This Month

**MAY**

- **Saturday 25**  Open Day and GAIA Festival – School Oval
- **Wednesday 29**  Secondary Athletics Carnival at CQUniversity Oval
- **Thursday 30**  Primary Athletics Carnival at School Oval

**JUNE**

- **Saturday 1**  Romeo and Juliet Production Pilbeam Theatre
- **Sunday 2**  Rocky River Run
- **Wednesday 5**  OGA Rockhampton in Staff Lunch Room
- **Friday 7**  Rockhampton Show Holiday
- **Saturday 8**  QLD Glee and Dance State Final (Brisbane)
- **Sunday 9**  QLD Schoolaerobic State Final (Brisbane)
- **Monday 10**  Queen’s Birthday and Boarder’s Long Weekend
- **Saturday 15**  Girls Grammar Race Day at Callaghan Park

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**Contact Us**

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Celebrating Mother’s Day at Girls Grammar Mother’s Day Luncheon on Friday 10 May
Primary News

Scott Fuller
scottfuller@rggs.qld.edu.au

Primary Athletics Carnival

On Thursday the 30 May the Primary School Athletics will be held as a Mini Olympics. The goal is for fun and participation in all events by all students. Girls will compete against their class level rather than age level. There will be ribbons awarded for 1st, 2nd and 3rd place with all girls receiving a ribbon for participating in each event. Some of the events include; sprints, mini hurdles, Javelin (vortex), Discuss (Frisbee), Long Jump, High Jump and Shot Put. However, the highlight of the day will be the Students vs. Parents vs. Teacher 50 metre relay. If you would like to join in the Parent relay team please contact Scott Fuller. However, I warn you the staff relay team has been in training and will be very hard to beat. A schedule of events will go home with your daughter to provide you with an approximate event timeline. Please join us in your House Colours and support the girls on this truly wonderful day.

Rotary Quiz

Last month, Girls Grammar competed at the Rotary Club of Rockhampton North. The Quiz was held over two evenings, Monday 22 and Tuesday 23 of April. Eight high schools competed in the quiz each evening. Teams were asked 40 general knowledge questions, 20 questions for the team and another 20 in which they competed against another school. The team’s total score would provide rankings after round one.

On the first evening the Junior Team of Lydia Strohfeldt (Captain), Shannon Graddon and Alix Holmes all in Year 10 competed against St Ursula’s College in round one, narrowly winning 18 to 16. In the semi-final the girls competed against TCC who were ranked number one in this stage of the competition. Girls Grammar won 17 to 15 which ensured a place in the final against RGS. In the final the girls got off to a great start, however, RGS were too quick in the buzzer and went on to win. The Junior Team achieved second place and were presented with a cheque for $300 00. The Junior team has decided that the money will go towards assisting a project which will support the school.

On Tuesday evening the Senior Team competed. The Senior Team comprising Melanie Irvine (Captain), Julia Webb and Erin Caulley came up against the highly rated TCC in Round one. Once again the Girls Grammar’s reaction when pressing the buzzer was their downfall, losing 26-20. This eliminated them from the competition which was disappointing as the audience could see they knew the answers, it was only speed in answering that was the difference.

Overall it was a positive experience for both teams. We have decided to practice our buzzer pressing speed a little earlier next year.

Rockhampton Eisteddfod

Congratulations to the Girls Grammar Junior P-3 Choir and Mini Glee Club who competed in the Rockhampton Eisteddfod. The Mini Glee club won their section receiving 89 points, narrowly edging out the Junior P-3 choir who scored 88.5 points to achieve second place. Thanks to Hollie Dunn Senior Music prefect who coached the girls. Thanks also to Jessica Dawes who conducted the P-3 Choir and Christina Bond who accompanied on piano.

Also many students who receive private tutoring in dance, music and singing have been very successful in the Eisteddfod. This is a credit to our girls dedication towards the performing arts, as well as the many long hours parents spend making costumes, attending rehearsals and supporting their daughter in the performance. It highlights the strength and benefits of the Performing Arts Program offered at Girls Grammar. We have been asked to remind parents that whilst attending the Rockhampton Eisteddfod photography is prohibited whilst in the auditorium.

Great Galaxies P-6 – Date Change

There has been a change to the date that Great Galaxies will be performed for Primary students in Years Prep to 6. The school calendar date is Friday 14 June. The new date is Monday 17 June.

From the Director of Learning

Strategies for Success Seminars

Learning Performance Seminars will be holding “Strategies for Success” seminars in Brisbane in the July school holidays. These seminars are fast
moving and provide information on how to take the next step in striving for top academic performance. The sessions are based upon the latest research on how information is organised in the brain. Please contact Learning Performance Seminars on 07 3281 1400 should you want more information.


Drama Department

Jeffery Lewis
jefferylewis@rggs.qld.edu.au

Drama Production

The girls from Drama Master Class have had a very exciting couple of months. Working with local arts makers and patrons of the arts, they have developed the school’s very first, student-devised production. Exploring the role of The Arts in Rockhampton, the production r+a=x gives five perspectives of what it’s like to be an artist in our town. Featuring an exam, a high-sea adventure and the last cow in Rocky, it’s sure to be a lot of fun!

When: Thursday 6 June – Doors open at 6:45pm

Where: Walter Reid Cultural Centre – Derby Street, Rockhampton

Cost: $5 per ticket – paid in cash at the door.

This show is for one night only. Bookings can be made through Reception@rggs.qld.edu.au

We would love to see you there!

Shake and Stir

On Friday 17 May, Shake and Stir Theatre Company visited Girls Grammar to bring the stories of William Shakespeare to life. The award-winning group lived up to their reputation, dazzling our Year 7-12 students with performances of ‘Statespeare’ and ‘Bard to the Bone’. While the girls were impressed by the Taylor Lautner look-alike, they also expressed great enthusiasm about the performances. It was great to hear reports from students talking about how they never realised the relevance of Shakespeare to their lives! All in all, a fantastic day that will be of great benefit to all students of English and Drama.

Grin and Tonic

Grin and Tonic Theatre Company ran a very valuable Masterclass with senior Drama students on Tuesday 21 May. These classes are currently exploring the style of Realism, and the students relished the opportunity to gain knowledge and performance advice from professional actors. The workshop was hands-on and challenged students to develop their understanding of characters and performance rhythm. We’re looking forward to seeing all of this knowledge put into (dramatic) action in our first Year 9-12 Performance Assessment evening on Thursday, 13 June.

Rowing News

Robin Fay
Facilitiesmanager@rggs.qld.edu.au

The first regatta of 2013 is about to happen on Saturday 25 May. For the new rowers and most year 8 rowers it will be their first rowing race. They have been practicing two or three times per week this term and the improvement is evident.

The flooding during Term 1 forced a delayed start to the season, but many girls have literally dipped their toes in the water to try rowing in Term two. The school teams look like having some strong rowers in Years 8 and year 9 with some talented Year 7 girls coming through.

The regattas this term lead to the Central Queensland Championships (June 22/23), at which we were very successful last year. In 2012 the CQ Championships involved hundreds of rowers from 30 schools.
Other exciting developments this term include the delivery of our new double scull and the approval of a new RGGS competition rowing suit which will be unveiled at the regatta on the 16 June.

**CQ Rowing Development Camp 24-26 June**

Development Camp for school Rowers with visiting International coaches. Nominations open 30 May at www.rowingqld.asn.au

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**Student Achievements**

**SHE’S DUNN IT, A CUT ABOVE THE REST**

Congratulations to Hollie Dunn for winning the National Cutting Horse Association area 4 Senior youth title for the year. Hollie competed against some of the best youth and horse in Australia for this title.

**NO BAR TOO HIGH FOR OUR TUMBLER.**

Meredith Fay, Year 8, competed in the Central Qld Gymnastics Championships which were held in Bundaberg.

Meredith’s level 5 event featured many competitors from Mackay, Gladstone, Yeppoon, Rockhampton and Emerald.

Competing on the four gymnastic apparatus of Vault, Beam, Floor and Uneven Bars; Meredith recorded the following results 3rd on the Vault, 2nd on the Beam, 1st for the Floor Routine and 1st on Uneven Bars. Congratulations, Meredith was placed 1st overall to be the Level 5 Central QLD Champion.

Meredith was selected for the CQ Regional Team for the Qld Championships in June (to be held in Brisbane).

**SHE SHOOTS, SHE SCORES!**

Luka Hill – Has been selected in the Rockhampton and District 15 years’ football team.

In a couple of weeks, she will be travelling to Gladstone for the Capricornia trials.

**JACINTA CYCLES HER WAY TO SPONSORSHIP**

Jacinta Thackeray competed in the eight hour Mountain bike race.

It was a team event and Jacinta’s team (of two) placed second after eight hours of bike riding.

Jacinta has also been offered a sponsorship for her track riding.
AIN'T NO MOUNTAIN HIGH ENOUGH

The Rockhampton and District Cross Country trials were held at St Brendan’s College Monday 13 May. Girls from Year 8 to 12 went down to the coast to compete against schools all over the region.

Cross Country results were following –

Krystel Brown – 1st
Jasmin Dwyer – 2nd
Natalia Schumacher – 2nd
Grace McKosker – 4th
Kate Hudson – 4th
Clare Stunzner – 5th
Luka Hill – 6th
Sophie Piggott – 8th
Tyler Robertson – 9th
Abigail Donaldson – 11th
Catherine Noah – 14th
Breanna Harms – 16th

RUN KRYSTEL, RUN!

Krystel Brown competed in The Challenge Games on Wednesday 24 March. She ran in the 400 and 800m placing 2nd in the 400 and 1st in the 800.

A wonderful effort.

Stay Smart Online

Ryan Cheers
directortech@rggs.qld.edu.au

Laptop security is a hot topic with record numbers of laptops recently not being kept within arm’s reach or secured in a locker at School. Our primary concern is to promote physical security of all electronic devices at school and outside school.

Your daughters store both school and personal data on their laptops. Their school data is safe and backed up on the School network (if they follow the recommended procedure for saving school work). Their personal data and information (whether stored on a laptop, tablet or phone) in many cases is irreplaceable if the device is lost. This personal information in the hands of cyber criminals could lead to identity theft or more sinister consequences.

Please understand that your daughter’s personal safety is our main concern and the physical security of their electronic devices is only the first step in digital security.

We strongly recommend visiting the following is a link to the ‘Australian Government Department of Broadband, Communications and the Digital Economy’ which discusses this topic in great detail.


Agricultural Science

Ku Lacey
kulacey@rggs.qld.edu.au

The much anticipated arrival of the first animals to be on site as part of the Agricultural Science program now a reality. The school is now proud to be caring for 10 lovely laying hens and will be using them to conduct nutrition trials as part of the senior Agricultural Science curriculum.
The Year 9/10 Agriculture class donned their thinking caps and tools as they worked on the construction of the flat pack coops, that conveniently, as most flat packs do, had no instructions. Everyone got involved and the reward was the successful completion of one of the coops. Our hens have now taken up residence. Watch this space for more poultry news!

As part of the unit of study this term which involves looking at the reproduction of farmed animals, the Year 9/10 Agriculture class had a visit to Koorana Crocodile Farm. At the farm the girls were toured through the facility and meet the resident crocodile families and also had the opportunity to see a crocodile hatching from its egg, as well as a couple that had recently hatched.

The highlight of the day however was the chance to actually hold one of the crocodiles, whose name was Harley. All of the girls took their turn and had a photo, and while some were reluctant, all ended up smiling. The feel of the crocodile was something akin to that of a squishy toy and not at all hard as some of the girls had anticipated.

Heath News

Linda Knowles
healthcentre@rggs.qld.edu.au

Adolescent relationships – the negative or “toxic” type

These are relationships which cause your child to feel negatively about themselves as a result of the hurtful behaviour of friends.

Avoiding negative relationships

- Start early and help your child to recognise the elements that make for good, positive relationships, such as caring for, valuing and respecting other people and themselves
- Encourage them to become involved in areas of interest outside of school and develop relationships in these areas. This helps to form a buffer if things in one area become difficult
- Communicate openly with your child and be genuinely interested in their friends
- Encourage your child to bring their friends home
- Help to build their self-esteem so that your child is less likely to accept the negative behaviour associated with these relationships
Managing negative relationships

- Allow your child the opportunity to solve the issue themselves. Developing conflict resolution skills is important, along with problem-solving and assertiveness skills.
- Provide support and help in the development of these skills.
- Talk to the school and ask for advice and assistance. Respect your child's privacy and discuss this with them first. Emphasise the importance of informing the school to increase the resources available to them for support. We are prepared to work with you and your child to solve issues together.
- Be aware that bullying behaviours can escalate as relationships degenerate, and your child is likely to fear possible consequences associated with notifying the school.
- Seek counselling for your child if required.
- Help them to learn to attempt to improve these relationships, or to realise that many adolescent relationships don't last as adolescents grow and determine who they are in life.
- Address and focus on bad behaviour where necessary, but not the child or their friends. Criticising friends never ends well.
- Remember that as a parent, you are the constant in your child's life and have the greatest influence on their long-term decisions.

Relay for Life

Zoe Ball – Year 12 Student

9 degrees, 18 hours of walking and a whole lot of mud doesn’t sound like much fun, but with a good team, a great cause, live entertainment and a sturdy pair of gum boots Relay for Life for the Girls Grammar Girls was one of the most fun and fulfilling experiences in the calendar. The Girls Grammar Gnomes and Gypsies rallied together at the CQU oval on Saturday 18 May along with several other teams to support such a worthwhile cause that touches the lives of so many. Although this much anticipated event was preceded by heavy rain only days before, leaving the track a little messy it didn’t stop anyone. There were hours of walking and dancing but at 1.00am the track was closed due to it becoming too dangerous. This allowed some of us to get a few hours of much needed sleep before the last few hours of this incredible event. A standout part of the night that us girls felt fortunate to be part of was the candlelight ceremony. Also massive thank you to Mr James Lye and Mrs Ku Lacey for their support throughout the event!

From the Chef

Mark Thompson
rggs@alliancecatering.com.au

Make it Count

To get a healthy variety, think colour. Eating fruits and vegetables of different colours gives your body a wide range of valuable nutrients, like fibre, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelons or white onions. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Eating a balanced diet and making other lifestyle changes are key to defending your body’s good health.

Fibre in vegetables...why we need it
Diets rich in dietary fibre have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Excellent vegetable sources: cannellini beans, kidney beans, black beans, pinto beans, lima beans, soybeans, split peas, chick peas, black eyed peas, lentils and artichokes.

Folate in vegetables...why we need it
Folate or folic acid is important for overall vision and growth. Our bodies need folate to produce healthy red blood cells and prevent anaemia. Folate
is especially important in the diets of pregnant women to avoid neural tube defects in developing embryos.

**Excellent vegetable sources:** black eyed peas, cooked spinach, great northern beans and asparagus.

**Potassium in vegetables...why we need it**

Diets rich in potassium may help to maintain a healthy blood pressure.

**Good vegetable sources:** sweet potatoes, tomatoes, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice and prune juice.

**Vitamin A in vegetables...why we need it**

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

**Excellent vegetable sources:** sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, red peppers and Chinese cabbage.

**Vitamin C in vegetables...why we need it**

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

**Excellent vegetable sources:** red and green peppers, sweet potatoes, kale, broccoli, Brussels sprouts, tomato and cauliflower.

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**Woolworths Earn & Learn**

From Monday 8 April to Sunday 9 June 2013, when you spend over $10 (excluding liquor, tobacco and gift cards) at Woolworths you can collect Earn & Learn Points Stickers from the checkout operator and place them on the Earn & Learn Points sheet. (These can be collected from Reception). Once the sheet is completed, simply place in the collection box in Reception.

When the program finished the school is eligible to spend the credit points on resources from the Modern Teaching Aids website.

Start collecting today.

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**Sponsors and friends of Girls Grammar**

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**THANK YOU!**

**Gaia Festival Sponsors:**

Tascia Bredhauer – Bite Me Cakes
Mark Thompson – Alliance Catering
Bite Me Cakes – Tascia Bredhauer – 100 cupcakes
Mark Thompson – 200 scones
Simplicity Flowers – Floral arrangements or tables at M/Tea
Judy’s Wedding Bouquets – table decorations at M/Tea
Jessica Pearce – Gaia Committee
BJ Steffensen – MC & Gaia Committee
Arabian Nights – Belly Dancing
Nixon Communications – 15 radios
Vintage Bettie – fashion parade
Erin from Safari Room – Hair styling
Mary McKenzie - Make-up
Jessica Jonassen – Guest Speaker / Clinics
Girls Grammar Grounds crew
All stall holders - Multi-draw raffle prizes
Proceeds go to Capricorn Helicopter Rescue Service

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**THANK YOU!**
Mothers' Day Luncheon:

Sam Wray Chocolates
Dorothy Mulder
Helen Bredhauer
Vanessa Eyles – Eye Spy A Studio

Paterson Hall Restoration & Museum – Major Sponsors:

Shirley Crow
Pamela and Peter Richardson
Glory Powell
Leanne Bowie
Warwick Anderson - City Printing Works

Parent and student assistance is required to help our chef Mark and his regular volunteers prepare the wonderful food that will be on offer at the Girls Grammar School Race Day that is held on Saturday 15 June 2013.

Parent assistance is also required the Saturday of the races with the setting up and assisting in the kitchen area. Parents are needed in the kitchen area to help Mark and his regular volunteers to get food prepared to deliver to the many guests.

This is your chance to be part of a school event that is not only enjoyed by parents of the school, but the Rockhampton community.

Cooking nights will be held on Thursday 13 June and Friday 14 June in the Home Ec kitchen (beside the CAB area) from 6pm onwards. Anytime you can spare will be greatly appreciated.

Setting up at the race track starts around 8am and kitchen helpers start at 10am on the Saturday.

If this sounds like something you would like to be involved in, please contact me on 0418 193 162 anytime or email merinweston@bigpond.com

Looking forward to hearing from you.

Regards

Merin Weston (RGGS Old girl)

Community Notices

Devine Drama & Dance is back for Term 3 at RGGS

After a very successful term at RGGS Devine Drama & Dance is BACK for term 3! Please call ASAP to book your spot. Places are filling up VERY fast so don’t miss out. Below is the NEW timetable & price list.

All classes are held in the Mouritz Multi Purpose Hall at RGGS

TIMETABLE

DAZZLERS 10am – 10.45am
JUNIORS SHOWTIME & ACTION 11am – 12pm
SENIORS SHOWTIME & ACTION 12pm – 1pm

CLASS DESCRIPTIONS

DAZZLERS – A fun filled 45minute program for ages 2 -4. Incorporates singing, dance & drama.
SHOWTIME & ACTION – An hour long class for junior & senior students. Incorporates ACTING, DANCE & MUSICAL THEATRE. Learn how to be a STAR of the stage & screen.

TERM DATES (classes held on SUNDAYS)
Sunday 21st July – Sunday 15 September

NO CLASS on Sunday the 1st September

TOTAL – 8 classes

PRICE LIST Term 3

Dazzlers $80
Junior Package $100
Senior Package $100

To book please call Tegan on 0433892143 or email devinedramadance@gmail.com

5 A-SIDE INDOOR SOCCER COMPETITION

MENS, SOCIAL MIXED, JUNIORS

For more information please ring Rockhampton Manager
GAIL ON 0408 780 612

gail@australianfutsal.com

QUEENSLAND BALLET PRODUCTION ‘GISELLE’

Li Cunxin, our inspirational guest speaker at the 2012 Girls Grammar Speech Night returns to Rockhampton with Queensland Ballet’s production of Giselle on 16 October 2013. Li Cunxin was recently appointed as the new Artistic Director of the Queensland Ballet.
r + a = x
A PRODUCTION

The Rockhampton Girls Grammar School invites you to attend

Rocky + Arts = x
A production exploring the culture of Arts in Rockhampton

Walter Reid Cultural Centre
June 6

For bookings contact
Reception, 49 300 900
Reception@rggs.qld.edu.au