



DEPOT HILL STATE SCHOOL

Newsletter

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PRINCIPAL'S CORNER



Hi Everyone,

How nice to have reached Autumn, my favourite season in Rockhampton!

We are now over the half way mark for this term and students are well established into learning routines. I'm pleased to say that attendance is also remaining high with average student attendance sitting at 90%. A big thank you with the parents who made a real effort to make sure that students attended 5/5 days last week. It was great to be able to reward so many students on parade!

P & C Meeting

Last Friday afternoon, we held our first P & C meeting of the year. It was wonderful to welcome three new families to the meeting. We look forward to listening to parent ideas about any improvements that they would like to see in the school. Jess Lee, our P & C President, has very kindly been attending student council meetings and was able to feedback student ideas to the parent body, with the recommendation that the P & C consider supporting any improvements that the students are fund raising for. The Student Council's first fundraiser for the term will be a School Disco to be held on Friday, 28th March. More information will be sent out through the newsletter over the weeks ahead.



dates to Remember

Monday 3rd March
>2:30pm Parade
Tuesday 4th March
Wednesday 5th March
Thursday 6th March
Friday 7th March
>12:15pm-1:00pm Swimming Lessons Yr P/1 >1:00pm-1:45pm Swimming Lessons Yr 2/3/4 >1:45-2:30pm Swimming Lessons Yr 5/6
Monday 10th March
>2:30pm Parade
Tuesday 11th March
Wednesday 12th March
>NAPLAN
Thursday 13th March
>NAPLAN
Friday 14th March
>NAPLAN >12:15pm-1:00pm Swimming Lessons Yr P/1 >1:00pm-1:45pm Swimming Lessons Yr 2/3/4 >1:45-2:30pm Swimming Lessons Yr 5/6
Tuesday 18th March
>Book Club Orders Due Back
Friday 28th March
>School Disco
Friday 4th April
>Last Day Term 1
Tuesday 22nd April
>Term 2 Starts
Friday 9th May
>Indigenous School Hearing Review Date
Friday 27th June
>Last Day Term 2
Monday 14th July
>Term 3 Starts
Thursday 16th October
>School Photo Day

Multi-Tiered Systems of Support

As part of the Multi-Tiered Systems of Support which are offered at Depot Hill, our Social Worker, Miss Erin Clifford, provides counselling for students on Tuesdays. Erin is also able to help families connect with community supports which may be useful. Thanks Erin for sharing the information below.

QLD Virtual Hospital

There is a virtual emergency department service (Qld Virtual Hospital) which is a division of Metro North Health. You are triaged in a similar manner to a real hospital and go through a similar process of discussions with a nurse then doctor (from anywhere in Qld). Could be useful for those individuals/parents/students/carers who find it difficult to leave the house to see a GP.: <https://metronorth.health.qld.gov.au/hospitals-services/qvh-virtual-emergency-care-service>

Wellways Rockhampton Hub

The first Wellways-led Medicare Mental Health Centres are officially open in Rockhampton and Gladstone — and are welcoming walk-ins. Free, safe and positioned in prime spots in the heart of these communities, the centres offer mental health care without stigma and judgement to locals over the age of 18. They also provide immediate, short and medium-term care for those going through challenging times.

No Medicare card or GP's referral are required, removing previous barriers to support. The centres include access to lived experience peer workers, who have been through similar mental health challenges themselves.

Learn more about the Medicare Mental Health Centres in Central Queensland or find one near you: <http://www.wellways.org/.../medicare-mental-health-centres>



Office Hours

Please note that the school office will be unattended for the next two weeks, as our business manager Cindy is on leave. We apologise for any inconvenience and appreciate your understanding.

Explicit Improvement Agenda

Our Explicit Improvement Agenda this year is Using engaging Pedagogies (Literacy), to meet the needs of all learners. The focus of this work is to provide clear guidance and modelling of effective pedagogy, specifically explicit instruction, monitor the implementation of teaching strategies, and ensure professional reflection is part of the school culture. This week, staff begin to take the opportunity to watch each other work and discuss what they are seeing with the goal of building a common language and understanding about Depot Hill State School's whole school approach to pedagogy.



Dental Van

The dental van has arrived at Depot Hill State school and will be here for the next couple of weeks. This is a wonderful opportunity for your child to receive a free dental check up in a convenient and familiar setting. If you're interested in taking advantage of this service, please pop into the office to collect a consent form or visit the dental van directly.



Birthdays

Happy Birthday to our amazing students Alyxxis, Jaymie and Zarlee! Wishing you a fantastic day filled with friends, fun and celebration!



Hope you have a wonderful week!

Mrs Elizabeth Jacobson
Principal

PARADE AWARDS



FACEBOOK

To keep up to date with the latest news and reminders and to see additional photos, please like us on Facebook.



PBL

DEPOT HILL STATE SCHOOL RULES

BE SAFE

BE RESPECTFUL

BE A LEARNER



PBL FOCUS FOR THE WEEK:

BE RESPECTFUL

by only one speaker in the room at a time

STUDENT ABSENCES

If your child is or will be away, please contact the school to give a reason for the absence.

attendance
MATTERS
every student • every day



The school now has a dedicated number for absences. Parents can send messages to this phone number at any time to inform the school of their child/ren absences. The phone number is 0426305056. You will not be able to call this number as it is text message system only. The school can still be contacted on 49221795 or 0447759501.

Missing 1 day a fortnight =

Missing more than a year of learning over 12 years!

UPDATE YOUR DETAILS

If you have recently moved, changed phone numbers or need to update emergency contact details or medical conditions, please update your details with the school as soon as possible.



PLEASE UPDATE YOUR
CONTACT DETAILS



COMMUNITY NOTICES



foster carers
urgently
needed



PORT CURTIS ROAD STATE SCHOOL

1875 - 2025

150th Celebration

SATURDAY 29TH MARCH 2025

Save the date to reminisce about the last 150 years at Port Curtis Road State School.




LifeEd.
Every child deserves to thrive

ABOUT CENTRAL QUEENSLAND LIFE EDUCATION

Life Ed CQ is a volunteer committee run, not for profit organisation committed to providing health and wellbeing education to the children of Central Queensland since 1989

To ensure your donation directly benefits the **Central Queensland** community, please donate using our **QR code** below. Donations made to other Life Education entities do not always go directly to your local community.

Your support will ensure we can continue to help the Central Queensland communities.

DONATE
HERE



 Secretary@cqlc.org.au

 [facebook.com/CQLifeEducation](https://www.facebook.com/CQLifeEducation)
#HealthyHaroldCQ


nurture
and **thrive**

PSYCHOLOGY

Rockhampton



Who we are

Nurture & Thrive Psychology Rockhampton is a dedicated team of psychologists offering compassionate, evidence-based psychological support for children, adolescents, adults, and families. We provide a safe, welcoming environment where clients can explore their concerns and receive the tools they need to thrive.

Our Services

Assessments

- Comprehensive diagnostic and developmental assessments
- Autism, ADHD, and cognitive assessments
- School readiness & learning difficulty evaluations
- Psychosocial functional capacity assessments

Therapy & Support

- Individual therapy for children, adolescents, & adults
- Family & parenting support
- Trauma-informed therapy & emotional regulation support
- Anxiety, depression, & mood disorder management
- Support for neurodivergent individuals (ASD, ADHD, learning differences)
- Counselling for life transitions, grief, & relationship challenges


Group Programs & Education

- Social skills development for children & teens
- Parenting workshops & education

Collaborative Care

- Working with GPs, pediatricians, schools, & other healthcare professionals to provide holistic care
- Reports and recommendations for NDIS and educational settings

 07 4817 3510

 www.nurtureandthrive.com.au

 85 Denham Street
Rockhampton QLD 4700


nurture
and **thrive**

Why Choose Us?

Personalised Support: Tailored therapy and interventions to meet each client's unique needs

Experienced & Compassionate Team: Registered professionals with expertise across various areas of mental health

Collaborative & Holistic Approach: We work closely with medical professionals, educators, and families to provide well-rounded support

Safe & Inclusive Environment: We welcome individuals from all backgrounds and abilities

Contact Us


 85 Denham Street, Rockhampton QLD 4700

 Phone: 07 4817 3510 or 0466 435 284

 Fax: 07 4817 3546

 Email: admin@nurtureandthrive.com.au

 Website: www.nurtureandthrive.com.au

 Office Hours: Monday to Thursday 8:30 AM - 5:00 PM
& 8:30 AM - 3:00 PM on Fridays

Referrals

We welcome self referrals as well as from GPs, pediatricians, schools, and other healthcare professionals. Please contact our office to discuss the referral process or request further information about our services.

Providing the support, tools, and understanding to help individuals and families thrive.

 07 4817 3510

 www.nurtureandthrive.com.au

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Nurturing Neurodivergence Learning Loft

Are you struggling to support your neurodivergent child's unique needs?
Do you wish for practical, effective strategies that not only manage daily challenges but also bring more calm, confidence, and joy to your parenting journey?
Discover the Nurturing Neurodivergence Learning Loft, where parents of neurodivergent kids transform everyday struggles into opportunities for growth and connection!

What's inside the Learning Loft?

- ★ Better understand your neurodivergent child
- ★ Understand and support their executive functioning
- ★ Create calm, consistent routines
- ★ Optimise and enhance sleep and daytime functioning
- ★ Nurture a positive sense of self
- ★ Develop self-regulation strategies
- ★ Promote holistic well-being through nutrition, nature, play and exercise
- ★ Nurture passions and foster intrinsic motivation
- ★ Create supportive environments for household harmony and family well-being

Flexible Learning Options

10 x modules of video presentations
Each module includes pre-recorded video content that covers the week's topic, offering practical strategies and actionable insights for day-to-day parenting.

- ★ Self-paced Pass
- ★ Connected Parent Pass

Learn More:

Curious if this program is right for you?

Visit our website:

www.emmarichards.online

Contact Us:

Phone: 07 48173510

Email: emma.richards@nurtureandthrive.com.au



SCAN
HERE!



Therapy 'Play Group'

Our Therapy Play Group is designed for neurodivergent children aged 4-9 in Rockhampton to explore, play, and connect in a supportive environment. Led by a psychologist and teacher—both experienced in neurodivergence and child development—our sessions are crafted to meet each child's unique needs, allowing them to feel safe, engaged, and supported.

Why Choose Our Play Group?

- ★ **Gentle, Inclusive Environment:** Our low-pressure setting allows kids to participate, take breaks, or just observe if they wish, supporting comfort and engagement.
- ★ **Social Growth Through Play:** Kids build friendships, confidence, and social skills at their own pace, without the pressure of traditional programs.
- ★ **Family-Friendly:** Parents and siblings are welcome, creating a community of families who truly understand and support each other.

Session Details:

- ★ **When:** Wednesdays, 9 AM - 11 AM (during school terms)
- ★ **Where:** Alternates between a secure indoor/outdoor base and a nature-inspired outdoor site in Rockhampton.
- ★ **Access:** These group sessions can be accessed using NDIS funding.

Learn More:

Curious if our play group is the right fit for your child?

Visit our website:

www.emmarichards.online/therapy-play-group/

Contact Us:

Phone: 07 48173510

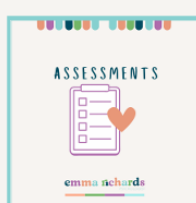
Email: emma.richards@nurtureandthrive.com.au



SCAN
HERE!

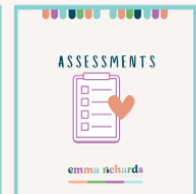
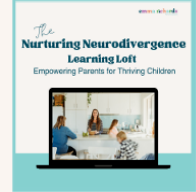


More support is available!



www.emmarichards.online

More support is available!



www.emmarichards.online



Health

School Dental Clinic

Child and Adolescent Oral Health Services



You can now complete your child's dental medical and consent form for ROCKHAMPTON via the QR code below.



Alternatively, you can enter the following link in your browser:

<https://forms.office.com/r/VG8yu20GPd>

If you have trouble accessing the QR code, please ring 4920 6372 or email cghhscaohs@health.qld.gov.au