



Family and Friends of People Experiencing Eating Disorders Information Program

Having someone that you care about experience an eating disorder can be worrying, frustrating and confusing experience.

Family members and friends feel many things in this situation. Helplessness, anger, fear and despair are common.

Information, practical strategies and ongoing support are critical not only for the person with the eating disorder but also for those who support them.

MIFNQ in partnership with Townsville Mental Health Services and the Eating Disorders Reference Group are seeking

EXPRESSIONS OF INTEREST

from family and friends to attend the six-week information and support program. Each week deals with a topic specifically related to dealing with the effects of an eating disorder in the family.

The evening course will be held once numbers are sufficient.

Please call Jacquie on 47253664

NBSHS P & C ASSOCIATION

CONGRATULATIONS to A & P Church, who are the proud owners of the Cre8ive Sk8 skateboard worth \$200.00. Enjoy and keep safe.

FUNDRAISING: The current raffle is in a \$50.00 fuel voucher. Tickets cost \$2.00. Thanks to Joy for sitting at Woodlands all day Saturday July 22nd. We have August 12th set aside to sell another raffle.

We'd love to hear from any parent who has a passion for fundraising and positively promoting our school and community.

This newsletter is now available to view on www.nthnbchsshs.qld.edu.au

SUN SAFETY: Our committee is currently seeking prices to purchase long sleeve school polo shirts. This is an addition to the current uniform. This shirt is a practicable solution for all students who must wear long sleeve shirts when outside. Also, it is a great alternative for the cooler months. Parents interested in purchasing this item please register your name at the school office.

NEXT MEETING: Wednesday, August 16th
 There is a **special meeting** commencing 5pm to update the current P & C constitution. A brief general meeting will follow. The middle school subject selection commences at 6.30pm.

It is great to receive feedback that parents enjoy reading this segment. We understand attending meetings is not always possible but your input is important to our students, our community and us.



Concetta MacGregor
 (Hon. President)
 cmacq11@eq.edu.au



Message from the School Based Police Officer

Each year over 200 students are killed or seriously injured on Australian roads while travelling between home and school. The safety of our students is a very high priority.

Students who travel by bus to and from school are reminded that having a bus pass is a privilege and you must earn your right to keep it. You are reminded that at all times you must be seated, facing forward with both feet on the floor in front. It is unacceptable to be moving around the bus while it is moving. You must never place any part of your body outside the bus while it is moving also. If your bus has seatbelts, you must wear them. If you fail to abide by these simple rules, not only are you putting yourself at risk of injury, you may attract a traffic infringement notice and have your bus pass taken off you.

Students who ride their bicycles to school should always be aware of their own personal safety and that of other road users. It is compulsory for cyclists to wear helmets. These helmets must be in good condition, must be fastened correctly and fit properly. Otherwise, they are effectively useless and will provide no protection when your child may need it the most. Parents/carers are requested to ensure that their child has a suitable helmet that meets the Australian Standards. Students are reminded that at all times at least one hand must remain on the handlebars. If your bicycle only has one seat, then only one person can be on it at a time. Contrary to popular belief, handlebars are not an alternative seating option. Cyclists must always be predictable and clear in their intended actions whilst riding. When riding on footpaths, they must not ride in a manner that is dangerous to pedestrians. Failure to comply with any of the Australian Road rules may result in a fine being issued.

Students who drive to school are reminded that it is a privilege to hold a drivers licence. Be aware of the speed limit in the school area and be very conscious of pedestrians and other road users. Driving is the most dangerous activity that occurs on our roads. Every year hundreds of people are killed or seriously injured. Always drive responsibly and always abide by the Australian Road Rules. Failure to comply may result in traffic infringement notices being issued as well as your vehicle being confiscated by Police.

The Townsville School Based Policing Unit will be conducting traffic duties outside most local high schools over the coming weeks and we will be issuing traffic infringement notices to anybody who is not complying with the simple road rules. Your students' safety is a priority for us. Please help us keep them safe and reinforce these messages with your children.

Kindest regards,

Vicki Campbell
 Senior Constable
 School Based Police Officer

UPCOMING EVENTS	
Friday, 4 August	Genes for Jeans Day
Wednesday, 9 August	Impact World Tour
Friday, 11 August	NBSHS Athletics Carnival
Monday, 14 August	Career 1 Expo
Tuesday, 15 August	Senior School Subject Selection
Wednesday, 16 August	Middle School Subject Selection
Tuesday, 22 August	TSSS Athletics Carnival
Thursday, 24 August	TSSS Athletics Carnival
Tuesday, 29 August	Motivational Media
Tuesday, 5 September	QCS Test
Wednesday, 6 September	QCS Test

