



14 - 30 Lancewood St
Park Ridge 4125 QLD

Website: <http://www.parkridgeshs.eq.edu.au>
Email: info@parkridgeshs.eq.edu.au
Phone: 07 3380 4111
Fax: 07 3380 4100

Subscribe to Online Newsletter! <http://parkridgeshs.schoolzinewsletters.com/subscribe>

19 July 2013

CALENDAR OF UPCOMING EVENTS

22 July	Parent Teacher Interviews 3.10 – 6.30pm
22 July – 2 August	Japanese Students visit
23 July	Logan Employment Expo
24 & 25 July	Year 8, 2014 Enrolment Evenings 3.30 – 7.00pm
30 July	District Track Carnival
1-2 August	Year 10 student conferences
7-8 August	Year 9 student conferences
12 August	EKKA Show Day Holiday NOTE: There is no student free day in EKKA week

From the Principal

Dear Parents and Carers

Time to Reflect on Our Progress

As I have mentioned in previous newsletters, our whole school **Teaching and Learning Framework – PRSHS Learning Design**, is being embedded throughout the school. It incorporates a strong focus on:

- Explicit instruction so that students are fully aware of the learning goals and what they need to do to succeed and crucial skills are unpacked and developed
- Strengthening student engagement in the learning and providing opportunities for students to practice and hone skills,
- Providing constant feedback to students so that they know where they are in the learning and what they need to do to improve,
- Differentiating the teaching and learning process to address the needs of individuals and groups of students

- Ensuring higher order thinking skills are incorporated in the learning to challenge and extend our young people.

As we begin a new semester it is **timely to reflect on our progress towards the targets** that we set at the beginning of the year. At various levels throughout the school, as members of administration, as heads of department and as classroom teachers, we have been gathering data and have begun the detailed task of analysis. This process of reflection will lead to a phase of replanning and adjustment.

One of our key targets has been to improve student attendance as we believe attendance is significant in how well a student achieves. Our goal is that **each student achieves a 95% attendance rate and that we have no unexplained absences**. In this area our data (see Table 1) shows a varied record across the school with some outstanding results in some form classes and in some year levels. Unfortunately this is not echoed across the whole school and there is clearly room for improvement. There will be reinvigorated efforts in this area in semester two.

Table 1

Form/ENT	A	B	C	D	E	F	G	H	I	Year level percentage
Class										
Year 8	96.1	92.5	92.8	93.1	93.1	93.1	-	89	-	92.8%
Year 9	92.3	92	92.5	87.5	88	84.6	83.3	100	-	90%
Year 10	96	89	92.5	88	84.6	80.9	77.2	66.6	-	84.35%
Year 11	91.3	90	82.6	83.3	83.3	73.6	94.2	92	-	86.3%
Year 12	87.5	91.6	87.5	88.2	87.5	92.3	83.3	92	88.4	88.7%

Our target around the submission of assessment tasks is well on track. We believe that every student is capable of submitting every piece of assessment and unless there are seriously extenuating circumstances, this is the expectation across the school. Teachers have worked hard to communicate this expectation and to put in place processes that ensure students don't slip through the net. When work isn't submitted, student results can plummet and no longer reflect the student's ability. My discussions with HOD's reveal that this target has been achieved in most subject areas.

Another target has been to have at least an 85% pass rate in every curriculum area. In semester one 72% of subjects reached the 85% mark or better and 95 classes had a pass rate of 90% or better. Of course there are many contributing factors that influence this data. For example:

- Sometimes, pass rates are higher in elective subjects where students have elected to study the subject because they have a strong interest in the particular curriculum area.
- Students can value one subject more than another (for various reasons) and thereby devote great time and effort in that area.
- There is no doubt that some subjects are more challenging and require significant literacy and higher order thinking skills, so some students may struggle a little more than others.

However, we do have high expectations of our students and we want them to succeed. Our constant mantra is **“Are all our students learning?”** and we accept the challenge to seek continual improvement. We try hard to ensure students are in subjects that they are suited to and it is our teachers’ challenge to engage each and every student in the learning.

We are fortunate to have a strong team of dedicated, committed teachers who are striving to maximise our student academic outcomes as well as wanting to promote their emotional and social well-being. It is also pleasing that the vast majority of our students have committed to our core expectations – **We are here to Learn, We are here to do what is Right, We are here to Work Together.**

However, we will continue to review our performance and to look for ways to improve.

Kind regards

Valerie Hadgelias - Principal

Parent/Teacher Interviews

Parent/Teacher Interviews will be held on **Monday, 22 July 2013**; from **3.10 pm until 6.30 pm**. Interviews will be conducted in the Resource Centre and are of 10 minutes duration. To book an interview with your child's teacher please go to the link below, or scan the QR Code below, and follow the instructions. <http://sobs.com.au/pt/parent.php> . The interview allows you the opportunity to consult with the teachers of your student. Through consultation you and the teacher can identify your child's strengths and weaknesses at school, but more importantly, identify what needs to be done to improve their outcomes. Students are welcome to come along and be part of the discussions.



The 32nd Annual Tertiary Studies Expo (TSXPO)

On Saturday and Sunday 20 – 21 July 2013, 10am - 4pm, the 32nd Annual Tertiary Studies Expo (TSXPO) will be held at the Exhibition Building, RNA Showgrounds Brisbane. Admission to this event is free.

TSXPO is Australia's largest tertiary studies expo and the ideal event for all senior school students and parents. With more tertiary studies on offer each year and with constantly changing career opportunities and pathways, entry requirements and study options, it is vital you keep up to date with the latest!

Exhibits are from every Queensland University, as well as those from interstate and overseas, visitors can gain a comprehensive insight into the institutions and programs that best suit them. TSXPO gives you access to over 250 qualified representatives in one location!

TSXPO also features representatives from TAFE, Defence & Police Forces, Private Education Colleges, student support services, as well as a significant number of graduate employers and government agencies recruiting for graduate placements. TSXPO has a long tradition of helping tertiary bound students in choosing the right study path and career.

Many universities will have academic staff on their site so you can ask some very specific questions. You could even meet with your future lecturers! At the expo, you will have a chance to meet with current students to talk about their study experiences. So take the TSXPO opportunity and meet with all the relevant people to help you make that important tertiary study decision.

Attend for your chance to win an apple iPad. A \$2,000 bursary is also on offer.

Mrs Shvetsoff - HOD Senior Schooling

Mathematics News

Why study Mathematics C?

Mathematics is an integral part of a general education. It enhances understanding of the world and the quality of participation in a rapidly changing society. It is a truly international system for the communication of ideas and concepts, and has developed over many thousands of years through contributions by scholars of both ancient and present-day cultures around the world.

Mathematics C is a companion subject to Mathematics B. It aims to extend the competency and confidence of students in mathematics beyond the scope of Mathematics B, to build on and combine many of the concepts introduced in Mathematics B, and to provide further opportunities for students to participate more fully in lifelong learning.

The intent of Mathematics C is to encourage students to develop positive attitudes towards mathematics by an approach involving exploration, investigation, problem solving and application in a variety of contexts. Of importance is the development of student thinking skills, as well as student recognition and use of mathematical structures and patterns. Students will be encouraged to model mathematically, to work systematically and logically, to conjecture and reflect, to prove and justify, and to communicate with and about mathematics. The subject is designed to raise the level of competence and confidence in using mathematics, through aspects such as analysis, proof and justification, rigour, modelling and problem solving. Such activities will equip students well in more general situations, in the appreciation of the power and diversity of

mathematics, and provide a very strong basis for a wide range of further mathematics studies.

What will students study?

The Mathematics C course consists of core and option topics.

The six core topics are:

- Introduction to groups
- Real and complex number systems
- Matrices and applications
- Vectors and applications
- Calculus
- Structures and patterns.

The option topics are (two to be selected by schools):

- Linear programming
- Conics
- Dynamics
- Introduction to number theory
- Introductory modelling and probability
- Advanced periodic and exponential functions
- School option(s).

Tarek Mikhail – Mathematics Teacher

G'Day USA

Planning has started for G'Day USA 2015 and it is not too late to join the group. Travellers will leave Brisbane around New Years 2014/2015 and fly to Los Angeles. They will spend five days in LA, visiting Knott's Berry Farm, San Diego, Disneyland, and Universal Studios. They will then spend up to 10 days living with an American family in one of the following cities; Seattle, Portland, Sacramento, San Francisco, San Diego, Phoenix or Valdosta.



The 2013 group stayed in Seattle and loved it. The time in the host city includes some days in an American school, as well as local sight-seeing, ending with three days in San Francisco visiting Alcatraz, Union Square, Pier 39, dining at Bubba Gumps and riding the cable cars.

If you and your child are interested in G'Day USA 2015, check the website for more information visit <http://ewttravel.com> or scan the QR link. Then contact Ian Clapham (Year 10 Coordinator) on 3380 4135 to get involved.

Ian Clapham – Tour Coordinator

Athletics Carnival

On Thursday 11 July, our annual athletics carnival was held at school.

Attendance significantly improved this year and a great day was had by students, staff and parents. There were a large number of students who competed in all events showing that participation and getting in and having a go is the key to an enjoyable day.

Two students performed exceptionally well breaking records in the high jump and triple jump events. These students were:

- **Camryn Newton-Smith**
13 years girls High Jump - 1.55 Metres
13 years girls Triple Jump - 9.51 Metres
- **Jordan Stockman**
Open boys High Jump - 1.85 Metres

The winning house by the shortest of margins was Banksia. Congratulations on winning all three carnivals in 2013!

Congratulations must also go to the following students on being named Age Champion:

- 13 year girls - Camryn Newton-Smith
- 14 year girls - Courteney Bromage
- 15 year girls - Natasha Valentine
- 16 year girls - Stephanie Le
- 17 year girls - Bridie Andriske
- 13 year boys - Patrick Galo
- 14 year boys - Angus Chalmers
- 15 year boys - Zakk Gibson
- 16 year boys - Kendal Newton-Smith
- 17 year boys - Jordan Stockman



Students competing during the carnival; Camryn Newton-Smith, Dylan Hautapu, Courteney Bromage and Bridie Andriske.

Good luck to the Park Ridge athletics team for field events on Thursday 25 July at Sunnybank SHS and track events Tuesday 30 July at QSAC.

Kirsty Caddy - Sport Coordinator

UQ Young Scholars Program for Year 11 students

Are you a high achiever? Do you want to go to Uni?

University of QLD (UQ) is offering Year 11 students the opportunity to discover, learn and engage with like-minded students across Queensland and New South Wales. Designed to nurture and develop future leaders, the program presents students with a unique opportunity for academic extension and enrichment.

The program involves a 5-day camp at one of UQ's residential colleges in St Lucia from the 24th - 28th November 2013. It costs \$595 which includes all meals and accommodation. Financial hardship applications are available to assist students if needed.

To be eligible for selection you must currently be in Year 11 in Queensland or New South Wales, be OP eligible and intending to pursue university studies. Selection is based on academic excellence, leadership achievements and your contribution to school.

Your application must include a copy of your Year 11, semester 1 report card and a 300-word personal statement. *Applications need to be in by 5pm 9 August 2013.*

Check out the website www.uq.edu.au/youngscholars

See Mrs Dalle in W block if you wish to apply.

Health News

Good nutrition is essential for everyone, but it's especially important for growing teenagers. Unfortunately many Australian teenagers have an unbalanced diet.

From the 2007 Australian National Children's Nutrition and Physical Activity survey, teenage boys and girls aged 14 to 16 consumed only half the recommended serves of fruits and vegetables per day. One in four adolescents buys unhealthy takeaway food every day or even a few times a day. If you eat takeaway food regularly, you are more likely to put on weight than if you eat fast food only occasionally.

Don't despair! It doesn't take a lot of effort to change your eating habits. A few simple changes will make a huge difference. You'll feel better, manage your weight and even save money!

Junk food is poor fuel for your body

About nine in 10 teenagers eat junk food every day. This might be fizzy drinks and high-kilojoule snacks like potato chips. However, your body can't run properly on inferior fuel.

Compared to home-cooked food, junk food (which includes fast food) is almost always:

- Higher in fat, particularly saturated fat
- Higher in salt
- Higher in sugar
- Lower in fibre
- Lower in nutrients such as calcium and iron

- Served in larger portions, which means more kilojoules.

While a mid-life heart attack might seem too far away to be real, it may surprise you to know that you could have health problems already. A poor diet can cause weight gain, high blood pressure, constipation, fatigue and concentration problems – even when you're young.

Eating tips to improve your diet

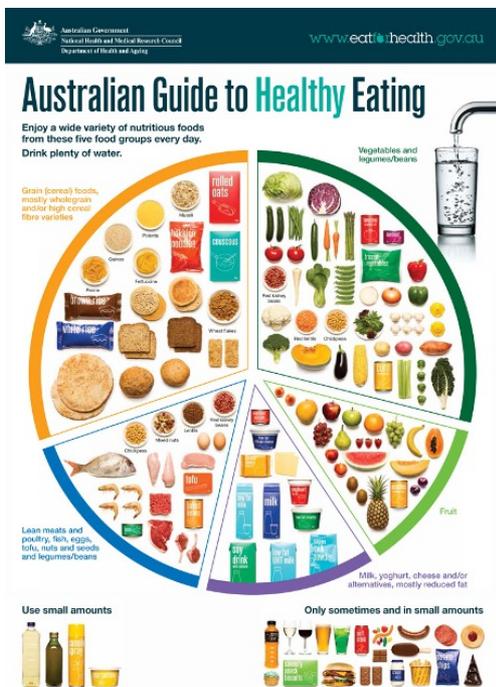
Small changes can make a big impact. Try these tips:

- Cut back on fizzy sugary drinks. Go for sugar-free versions. Even better, drink water instead – try adding a slice of lemon, lime or orange.
- Keep a fruit bowl stocked at home for fast and low-kilojoule snacks.
- Eat breakfast every day so you're less likely to snack on junk food at morning tea. A fortified breakfast cereal served with low-fat milk can provide plenty of vitamins, mineral and fibre. Other fast and healthy options include yoghurt or wholemeal toast.
- Don't skip lunch or dinner either.
- Help with the cooking and think up new ways to create healthy meals. Make those old family recipes lower in fat by changing the cooking method – for example, grill, stir-fry, bake, boil or microwave instead of deep frying.
- Reduce the size of your meals.
- Don't add salt to your food.
- Don't eat high-fat foods every time you visit a fast food outlet with your friends. Many of the popular fast food chains now have healthier food choices on the menu.
- Change your meeting place. Rather than meeting up with your friends at the local takeaway shop, suggest a food outlet that serves healthier foods such as wholemeal rolls with vegetable fillings or sushi.

Change the way you think about food

There are lots of myths about healthy food. Don't make food choices based on false beliefs. Suggestions include:

- Compare the prices of junk foods against the price of healthier food options to see that 'healthy' doesn't have to mean 'expensive'.
- Experiment with different foods and recipes. You'll soon discover that a meal cooked with fresh ingredients always leaves a limp burger or soggy chips for dead.
- Try different 'fast' options like wholewheat breakfast cereal, muesli, wholemeal bread, wholegrain muffins, fruit, yoghurt or noodles.
- Don't think that your diet has to be 'all or nothing'. Eating well doesn't mean you must be a health food freak. A good diet allows for treats occasionally.



Sources: http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Eating_tips_for_teenagers?open
<http://www.eatforhealth.gov.au/>

Gabrielle Nolan - Youth Health Nurse

German Trip Fundraiser

Photos with Finesse by Cathy Smith

Help us fundraise for the 2013 German trip

Where: Park Ridge State High School - Music Block (M06)
 Date: Saturday 20th July
 Time: 9am – 5pm
 Cost: \$70

1 X A3 portrait print, and a 7"x5" print with 2 wallet sized prints
 \$10 booking fee + \$60 on the day (normally valued at \$150)
 \$10 to be paid to the cash collection window at PRSHS (cash only)

A booking time to be made at cash collection window
 or phone Inga Dalle (German teacher) Ph: 33804141
photoswithfinesseaustralia.com.au

Visiting Japanese Students



URGENTLY REQUIRED

HOST FAMILIES FOR JAPANESE STUDENTS

Ginga Gakuin High School 15-17 year olds

ARRIVAL DATE: Monday 22 July 2013
 DEPARTURE DATE: Saturday 3 August 2013
 ATTENDING SCHOOL: Park Ridge SHS

HOST FAMILY REQUIREMENTS:

- No other Japanese students staying in family

- Three meals per day
- Own bed, but can share a room with host child
- Over 18's must hold Blue Card or be willing to apply
- Able to provide safe travel to and from school

***Single Placement, Remuneration Provided**
 AUSTRALIA JAPAN STUDY PROGRAMME (AJSP)

Email: ajsp.ritsuko@gmail.com Ph. 0421 744 339 (Ritsuko)

COMMUNITY NEWS

Become a WEP Exchange Student - It's an adventure!

Imagine swapping that boring old muesli bar for a croissant, and your stuffy school bus for a bike ride through the French countryside! As a WEP exchange student you can choose from over 20 countries to live and study for a summer, semester or even a year!

Zoe about her semester-long WEP exchange program to the USA:

"The best decision I ever made. I had the most incredible time in the US. I made so many amazing friends that I will never forget. I matured more as a person and an individual and feel more prepared for the 'adult world'. I'd recommend this to anyone who has ever wanted to do an exchange. I had the best time of my life."

Get started today to plan the experience of your lifetime! Request an information pack, including WEP's FREE application form. Visit: www.wep.org.au

Call: 1300 884 733 (for the cost of a local call) Email: info@wep.org.au



Southern Stars Baseball Club

Regency Drive, Regents Park

Sign-On

If you would like further information please contact
 Kevin – 0439 796386 or Karen – 0421 773768
 Email: southernstarsbaseballclub@gmail.com

Browns Plains Little Athletics Centre



2013 Sign-On Day

Registration is open to 3-16 years old
 Saturday 24 August from 8am-12pm
 Cnr Vansittart Road and Bennett Drive, Regents Park
 Join our 2013/2014 Season for some fun and a great start to

becoming a young athlete.

Competition meets are held on Saturday mornings and the
season starts

1st September, 2013 and ends 30th March, 2014

for all the info and more, see you at the 2013 Sign-On Day

Greater Brisbane Junior Tennis Association Inc.



PO Box 630 Indooroopilly Queensland 4068

www.gbjt.org.au

**SATURDAY AFTERNOON JUNIOR TENNIS
FIXTURES
SEASON 2, 2013**

Season Dates: 3rd August to 9th November

(GBJT does not play over School Holidays or on Long
Weekends)

Venue: The venue depends on level of play:

Beginner to Intermediate Players

University of Queensland Tennis Centre 2:00pm – 5:00pm

Intermediate to Advanced Players

Queensland Tennis Centre, Tennyson 2:30pm – 5:30pm

Cost: \$175.00

Enrolments close on the 21st July.

GRADING DAY FOR NEW PLAYERS

Sunday 21st July, 2013, 3:00 – 5:00 pm.

Queensland Tennis Centre, 190 King Arthur Terrace, Tennyson

Contact Details: Mrs Peta Davis 3374 0516

Email: admin@gbjt.org.au