



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

5 August 2013

From the Principal

Dear Parents and Carers,

Year 12's must stay focused

We have certainly reached the "pointy end" of Year 12. It's so important that students don't lose momentum and let their results slip. There is still time to boost their achievement levels through hard work and dedication. A strong focus now on their future goals can make a real difference to final Year 12 outcomes.

Students need to be strategic about where best to concentrate their efforts. Is there a particular subject where there is real potential for significant improvement? Which subjects will have the greatest impact on their OP? What areas do they need to brush up on before the crucial Queensland Core Skills Test? Exactly what is required to ensure that all of the competencies for their Vocational Certificate course will be achieved? Are they on track for attaining the Queensland Certificate of Education? If not, what is their best way to proceed?

Students have already been given guidance about this strategic approach to their studies but I urge anyone who feels they need further advice to speak to our Guidance Officer, Ms Kris Roberts or our Deputy Principal of the Senior School, Mr Tony Hillas. Parents are also encouraged to approach our staff if they have questions. There is no doubt that the processes around Year 12 outcomes are complex and we are very willing to offer further clarification.

Working Bee

We are planning to have a Working Bee on Saturday 17 August from 8:00 am - 12:00. If you can spare a few hours to help with painting, gardening or minor repairs we would love to hear from you. Please phone the school office (33804111) to register your interest and we will send out further information to you.

Are you able to donate plants? As part of our working bee would like to upgrade some gardens around the school and we need more plants. We will of course, be purchasing some but if you have any that you could donate we would be very appreciative.

Planning for Year 7 commencing high school in 2015

Planning has begun in earnest for our revamped junior secondary that will come into play when the Year 7 students join us in 2015. Our cluster of schools recently met to talk about the issues that need to be addressed and to share ideas and plans for this exciting change. There are clearly implications for

a broad range of issues including facilities, staffing, curriculum, our teaching and learning framework, student well-being and "rites of passage". Our planning has begun in earnest and we will soon be seeking input from interested parents.

We won't need any new buildings as the school has the capacity to cope with the extra enrolment numbers but, as part of the preparation for the enrolment of Year 7's, nine classrooms have recently been refurbished with fresh paint, new whiteboards, carpets and furniture. They form part of the Year 7 precinct that will begin operation in 2015 but will be in service for all of our students in the meantime.

Kind regards

Valerie Hadgelias - Principal

Get Started returns for Round 2

The second round of the Queensland Government's Get Started program is now open, offering vouchers worth up to \$150 to help families pay membership fees for children to join a registered sport or recreation club.

Children with a parent or guardian who holds a health care or pension concession card are automatically eligible to apply, while other families will need to submit recommendations from two referral agents. Applications are processed on a first come, first served basis.

Details are available from the Department of National Parks, Recreation, Sport and Racing's Get in the Game website.
<http://www.nprsr.qld.gov.au/>

Immunisations

Attention Year 11 boys

Logan City Council is providing free HPV vaccination for any student **15 years or younger**. You are able to receive the three dose vaccine **FREE** of charge from one of Council's Immunisation Clinics. Students must be *no older than 15 years of age when receiving their first dose*. Immunisation flyers have been given to students at school. For more information please visit the Logan City Council website <http://www.logan.qld.gov.au/community-support/health/immunisation>

Where are they now?

One of the most rewarding parts of my job is to have surprise visits from past students or to attend a function and have one of your past students come up and say "Hi, look at me!"

Recently, **Jack Quail**, who graduated last year with his school based apprenticeship converted to full-time, popped in to say

hi and thanks. Jack is now well into the end of his first year apprenticeship in Building and Construction. He was on a flexi finish and surprised me with a visit. He said "Hey Miss, thanks for everything you did for me", but Jack and his Mum can take much of the credit for where he is now. I can show a student the pathways but they have to walk down them. Well done, Jack!



Former students Jack Quaille and Georgia McKay.

Georgia McKay graduated last year and was successful in gaining a full time traineeship with Logan City Council through Maxima. Last week 55 of our students attended the Logan City Careers Expo. She was modelling and a presenter for the Maxima workshop and explained to the students the positivity of gaining a traineeship; what employers are looking for and how best to present oneself.

We also saw **David Talbot**, who graduated two years ago and is working in civil construction and **Rachael Franco** who has a traineeship in Business, both with Logan City Council. It was a proud moment to see so many of our past students working with the council.

All of these past students applied successfully to Maxima, a company that recruits for Logan City Council.

Year 12 Traineeship vacancies for 2014

Maxima are now looking for current Year 12 students who are interested in a full-time traineeship with Logan City Council commencing in December 2013.

The positions are in: Business, Horticulture, Events Management, Pest Management, Library and Information, Warehousing, Information and Technology, Civil Construction, Waste Water and Local Government Health.

Year 12 students who may be interested in any of these positions can bring their resume and collect an application form from me.

Maxima will be recruiting school based trainees with the council at the end of the year.

Opportunity for Year 10 in 2014

Next year, current Year 10 students who will be in Year 11, will have the opportunity to study off-campus one day a week to assist them with their future pathways.

Metropolitan Institute of TAFE (MSIT) is offering the following certificate courses:

- Certificate II Applied Fashion Design
- Certificate III Millinery (hat making)

- Certificate III Business (medical)
- Certificate III Children's Services (Child Care)
- Certificate II Hairdressing
- Certificate III Info Digital Media Tech (Web and Games apps)
- Certificate III Media - Film & TV Production
- Certificate III Music
- Certificate III Tourism

If any current Year 10 student is interested in any of these courses next year, they must see me with their resume during break time. There is a small cost involved and that information together with enrolments will be available later this term.

Wendy Howard - Work Education transition Officer

Japanese Visitors

Ginga Guikin High School Visitors 22 July – 2 August 2013

Park Ridge State High School had the pleasure of welcoming sixteen students and their teacher from Ginga Guikin High School, Japan from 22 July till 2 August 2013. While they were with us, they participated in many activities around the school such as a Dance lesson, a Manual Arts lesson where they made a spinning top out of wood, Home Economics, Art, AFL, and a music concert to finish off the jam-packed two weeks.

Our students took the opportunity to play host and also demonstrated their leadership abilities. They became lunch time buddies for the Japanese students. They spent time with them at lunch, playing sport and practicing their English skills. On all accounts, both the Japanese and our students had a fabulous time. I know that it is with mixed emotion that the students leave our school after two weeks of laughter, learning and friendship. They received a gift from our school to remember their visit. The respect shown to our visitors makes me proud to be a teacher at Park Ridge State High School. Thank you to all staff, buddies and the host families for making their visit a memorable one.



Mrs Hadgelias and Mrs Dalle with students at the morning tea to welcome the Japanese visitors.

Inga Dalle - LOTE Teacher/Japanese Visit Coordinator

Sports News

Year 8 /9 Rugby League Gala Day

The Rugby League gala day held recently, was a great day with 30 students from Year 8 and 9 giving their all for Park Ridge SHS in the battle for Rugby League supremacy in the area. The first game against Sunnybank SHS was a real battle - traditionally Sunnybank SHS are the team to beat. For the first half of the game we were right in the contest, however as the game progressed, the opposition was much larger and eventually over-powered our boys. In the second game, **Shaedyn Bryers** scored a try and in the third game **Mitchell Lindsay** broke the line and scored an amazing run away try. Although the boys lost the next two games, they continued to improve. They ended up playing for third and fourth place but by that stage a number of the boys were very sore and we had to settle for fourth. Overall, the gala day was a great experience and considering that the team was made up of mostly Year 8's they tried their best to rise to the challenge against mostly Year 9 boys. **Thanks to Tash (Jake's Mum), for buying all the boys an ice block after the game to reward their effort and congratulations to all the Park Ridge boys for such a great effort.** We are all looking forward to next year's Rugby League Gala Day with enthusiasm.



Craig McBrien – HOD HPE/Sports

Health News

Type 2 Diabetes

Type 2 diabetes mellitus (known as type 2 diabetes for short) is a metabolic disorder in which either the pancreas doesn't make enough insulin or the cells of the body become resistant to insulin. Your body needs insulin to regulate the levels of sugar (glucose) in your bloodstream.

Type 2 diabetes often goes hand in hand with obesity, high blood pressure and high cholesterol. It used to be known as adult-onset diabetes or non-insulin-dependent diabetes. These terms aren't used anymore, because type 2 diabetes is increasingly affecting younger people and some people with type 2 diabetes have to use insulin.

How Insulin works and what goes wrong in type 2 diabetes

Insulin helps to take glucose out of the bloodstream by promoting its uptake into fat and muscle cells. Once in the cells, the glucose is used as the energy to fuel the cells doing their

different jobs, for instance the muscles working, or is stored in the liver or muscles for use later.

In people with type 2 diabetes one of 2 things goes wrong:

- Either the pancreas doesn't make enough insulin; or
- The body's cells are resistant to the effects of insulin.

Both of these faults lead to glucose accumulating in the bloodstream. Doctors call this hyperglycaemia. If left untreated, high blood glucose can lead to complications caused by nerve and blood vessel damage, or even death.

How does type 2 diabetes develop?

Type 2 diabetes doesn't develop overnight. It usually begins with insulin resistance, where the body's cells can't use insulin properly. Glucose builds up in the bloodstream. The pancreas keeps on producing insulin to try and get the blood glucose level down. Over time the pancreas loses its ability to secrete enough insulin. This can sometimes result in the person with type 2 diabetes having to inject insulin every day.

The good news is that because it doesn't develop overnight, if people at risk of developing type 2 diabetes are identified early enough, they may be able to take measures to avoid it.

This is why having your blood glucose level tested is a good idea. A slightly raised blood glucose level that is above normal, but below the cut off point for a diabetes diagnosis, may be a sign of glucose intolerance or what doctors have named 'pre-diabetes'. This puts you at risk of developing not only diabetes, but also heart disease.

What can I do to prevent type 2 diabetes?

If you have a slightly raised blood glucose there are things that you may be able to do to try to prevent or delay type 2 diabetes from developing. Doctors have identified lifestyle measures which can often restore blood glucose levels to normal and so avoid type 2 diabetes developing and avoid damage to the heart and circulatory system.

Excess weight (especially weight that's carried around the waist) and fatty tissue seem to contribute to insulin resistance. Weight reduction of 5-7 per cent and getting regular exercise (about 30 minutes of moderately intense activity per day) can help prevent the progression to diabetes in overweight people with glucose intolerance (pre-diabetes). Eating a fibre-rich diet in which less than 30 per cent of total energy comes from fat and less than 10 per cent of energy comes from saturated fat, as well as foods that have a low glycaemic index, can also help.

Taking glucose-lowering medications may also slow or prevent progression to diabetes in people with impaired glucose tolerance.

Symptoms of diabetes

Diabetes often develops with no symptoms at all or the symptoms are so mild that they go unnoticed. For this reason, blood glucose testing is important because it can highlight diabetes in the making and allow early treatment to avoid complications developing.

The symptoms of diabetes may include:

- Feeling abnormally thirsty;

- Increasing hunger;
- Increasing urination;
- Feeling tired;
- Feeling nauseous;
- Blurred vision;
- Weight loss; and
- Frequent infections and slow healing of sores or wounds.

Who is at risk of type 2 diabetes?

Type 2 diabetes or insulin resistance often goes hand in hand with central obesity (excess body fat that's concentrated around the waist), high blood pressure and high cholesterol. This cluster of disorders is sometimes known as syndrome X or metabolic syndrome.

Factors that increase a person's risk of developing type 2 diabetes include:

- Being older than 55;
- Being overweight or obese;
- Having an immediate family member with diabetes (parent, brother or sister);
- Being of Aboriginal or Torres Strait Island descent;
- Being of Pacific Island, Asian or Indian subcontinent descent;
- Having polycystic ovary syndrome and being obese;
- Having had gestational diabetes while pregnant; and
- Having had a borderline (slightly raised) blood glucose result.

What are the treatment options for type 2 diabetes?

The aim of treatment of type 2 diabetes is to lower your blood glucose. The first strategies to do this are usually lifestyle changes. Eating healthily, losing weight and getting enough exercise can help to lower blood glucose.

If these lifestyle measures aren't enough, your doctor may recommend that you take tablets to lower your blood glucose. There are various types of medication to lower blood glucose.

In some cases your doctor may suggest that you inject insulin as well as take diabetes tablets. This will be if you are not getting good enough control with tablets alone. After a few years some people will need to inject insulin because their bodies will stop making it.

Combining tablets with a healthy eating plan and weight management may mean that you can get by just with tablets and not need insulin injections for a longer time than if you took tablets alone with no lifestyle changes.

You may also need medications to control your blood pressure and the amount of cholesterol and other lipids (types of fats) in your blood. Maintaining a healthy weight, exercising, and eating a healthy diet can also help reduce your need for these extra medications.

Healthy eating to control blood glucose levels

Your blood glucose is affected by:

- What you eat;
- When you eat it;
- How much you eat;
- How much exercise you do; and
- Your medications or insulin.

Eating too much food can make your blood glucose go too high. Drinking alcohol without eating any food can make your blood glucose drop too low. Not taking your diabetes tablets or insulin correctly can also lead to your blood glucose going outside of a healthy range.

Ways that you can try to maintain a relatively stable and healthy blood glucose level are:

- Eat at the same times each day;
- Eat roughly the same amount of food each day;
- Know which foods contain carbohydrates, fats and proteins;
- Learn about the glycaemic index (GI) of carbohydrates — low-GI foods will keep your blood glucose levels down;
- Eat carbohydrates at every meal to spread your intake;
- Don't miss meals or snacks;
- Avoid high-sugar items, like lollies, soft drinks and desserts;
- Exercise at roughly the same time each day; and
- Take medicines at the same time each day.

What is the Glycaemia Index?

The glycaemic index (GI) is a scale that gives foods a rating from 0 to 100 depending on how quickly they raise blood glucose levels after they have been eaten. All foods are rated against glucose which scores 100 because it causes blood glucose levels to rise the fastest after it's eaten.

Foods with low GI values are absorbed slowly and cause blood glucose levels to rise steadily. High GI value foods cause blood glucose levels to rise quickly. Eating low GI foods can help people with diabetes to avoid big peaks and troughs in blood glucose levels. Generally raw, unprocessed foods have a low GI and processed foods tend to be high GI foods. For more information on choosing healthy low GI foods see <http://www.mydr.com.au/nutrition-weight/glycaemic-index>

Eating low GI foods can also improve sensitivity of the body to insulin, help lower cholesterol and other blood fats, and help people to keep their weight down.

Alcohol and blood sugar

People with diabetes shouldn't drink alcohol on an empty stomach because the liver will be so tied up trying to metabolise the alcohol, that it won't do its normal job of putting some glucose back into the bloodstream to raise the blood glucose. The liver's priority is to clear the alcohol and it won't produce

any glucose until it's dealt with the alcohol. This can lead to very low blood glucose levels, known as hypoglycaemia.

Source <http://www.mydr.com.au/diabetes/type-2-diabetes>

Gabrielle Nolan - Youth Health Nurse

COMMUNITY NEWS



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

How many apples will you give in 2013?



QT Mutual Bank's Staffroom for Improvement is back again this year giving our school the chance to win a \$20,000 staffroom makeover.

With the competition kicking off on Wednesday 28th August we are trying to encourage as many staff, parents and friends as possible to vote for our school in the hope of taking out the top honours in 2013.

While the ultimate prize of a \$20,000 staffroom makeover will undoubtedly be appreciated by our school staff, there is also a chance for individual voters to share in a \$5000 prize pool.

QTMB Marketing Manager Chris Moses said although the competition originally started as a way of giving back to teachers, over the years it has grown to be a much bigger community event.

"We've seen the competition gain a life of its own, which is a testament to how much communities want to see their teachers rewarded for everything they do".

To be crowned the 2013 winners we will need as much support as possible so make sure you register for this years competition by visiting www.staffroomforimprovement.com.au .