21 March 2013

Calendar of Upcoming Events

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From the Principal

Dear Parents and Carers

This year’s National Day of Action Against Bullying and Violence was celebrated on 15th March, 2013. It was an opportunity for staff and students to be involved in activities and initiatives to promote Park Ridge SHS as a safe, supportive and respectful school community that promotes student wellbeing.

Like many other schools nation-wide, Park Ridge SHS is a registered Bullying, No Way! school. Those schools used the National Day Against Bullying and Violence to highlight a message for students, staff and the wider community alike about tolerance, safety and harmony.

Activities planned in the lead-up to the day, and on the day itself, included:

- An exhibition AFL match, Year 9 vs. Year 10
- Poster design and colour-in competitions (selections from which were included in a display in the Resource Centre and Staff Common room on the day)
- A photographic e-installation involving students and staff presenting key anti-bullying messages
- Promotion of the day and key messages via school website
- School-wide computer wallpaper to promote the day and the Bullying No Way! website
- Posters in classrooms to promote the Bullying No Way! key messages

A Boys Assembly highlighting the need for our young men to act with integrity and honour in today's society.

A Girls Assembly along similar lines will be held very soon.

This was an opportunity, quite early on in the year, to reinforce the message that Park Ridge SHS, as a community says NO to bullying and is a catalyst for further Action Against Bullying and Violence initiatives planned for this year.

Continuing to Build Our Expert Teaching Team

Last Monday our teachers were involved in a two and a half hour after school professional development session based around explicit teaching. Explicit Teaching is one of the key dimensions of our Teaching and Learning Framework. At Park Ridge State High we focus on the key question, “Is every student learning?” As part of our commitment to addressing this question we recognise the importance of our teaching being deliberate, strategic and highly organised. There is nothing haphazard about effective teaching and learning. Explicit teaching is characterised by a series of supports or scaffolds, whereby students are guided through the learning process with clear statements about the purpose for learning a new skill, clear expectations and demonstrations of the new skill, and supported practice with feedback until independent mastery has been achieved.

This professional development session was followed by three hour long meeting of our Admin/Heads of Department Team the following day to continue our work around building an expert teaching team. It is an exciting time as we keep on our journey of continual improvement.

Earth Hour is returning at 8.30pm on 23 March.

In 2006, Sydney-siders showed their support for climate change action in the first ever Earth Hour event. Then in March 2007 in Sydney, 2.2 million individuals and more than 2,000 businesses turned their lights out for one hour.

In 2008, the plan was to take Earth Hour to the rest of Australia. But then the City of Toronto, Canada, signed up and it wasn’t long before 35 countries and almost 400 cities and towns were part of the event. It said something compelling to the world: that the climate challenges facing our planet are so significant that change needs to be global.

With the invitation to ‘switch off’ extended to everyone, Earth Hour quickly became an annual global event. In 2011, Earth Hour saw hundreds of millions of people across 135 countries...
switch off for an hour. It’s all part of the effort to build a truly global community committed to creating a more sustainable planet.

This year Earth Hour is not just about switching off the lights as a show of unity in protecting the planet. This year people are being asked to pledge to switch on to renewable energy. For more information check out www.earthhour.org.au

Every Day Counts

As we reach the end of Term 1, parents are reminded of the importance of sending children to school every day. You may be surprised to realise that with one day absent each week a student will soon rack up two months of missed lessons in a year.

Unless your child is ill, it is expected that your child will be at school learning every day of the school year.

More information on the importance of regular school attendance is available at http://education.qld.gov.au/everydaycounts/index.html

Kind regards
Valerie Hadgelias – PRINCIPAL

ANZAC Day 2013

This year’s Park Ridge State High School’s ANZAC Day ceremony will be held on Wednesday, 24 April 2013. In this year’s ceremony, we plan to again include an Honour Roll of family members and forebears of our school community who have served in Australia’s Armed Forces. Those who died in action will be honoured by the laying of a floral tribute.

Family and community members are cordially invited to attend the ceremony. Your child will be bringing home a form to fill in relating to the new addition to the Honour Roll for 2013.

Andrew Conwell – SOSE Teacher

Woolworths Earn and Learn

Thanks Woolies Earn and Learn! Thanks parents and students for bringing in the tokens!

Next Step Survey

The Next Step Survey is the Queensland Government’s state-wide survey of every student who completed Year 12 and was awarded a Senior Statement in the previous year in Queensland. The survey collects information about the initial study and employment destinations of young people after leaving school.

These surveys provide valuable information to improve the services that are available to young adults in the future. The surveys collect information about what young adults are doing in the year after leaving school. Former students will receive a letter providing information about the surveys. They will then be able to participate in the surveys by receiving a phone call or by completing an online survey.

Andrew Conwell – SOSE Teacher

Woolworths Earn and Learn

Thanks Woolies Earn and Learn! Thanks parents and students for bringing in the tokens!

Look at all the wonderful equipment that we were able to get for our playgroup from the tokens parents and staff brought to school last year. Thank you so much for your support and please continue to bring in the tokens to support our school this year. The parents, students and children who come to playgroup, which meets on Fridays from 9 am to 10.20 am, appreciate your support.

If you are thinking you would like to join Playgroup on Fridays with your children, we still have a few vacancies. Please phone us on 33804117 and I will get back to you.

Kay York – HOD Home Economics and Business
Clay Waterman (World Champion Amateur Boxer 2011)

During the last 6 months, Year 12 student Clay Waterman has added to his Boxing record of achievements. He is currently in the 69kg Youth weight division.

Clay’s current amateur bout record is:

- 70 Bouts – 69 wins and 1 loss
- 6 x Gold Medal State Champion (Nov 2012)
- 6 x Gold Medal National Golden Gloves Champion (August 2012)
- 4 x Gold Medal National Champion Adelaide (Feb 2013)
- 1 x Gold Medal Oceania Jnr 60kg Champion in Tahiti (October 2012)

He has weighed in over 145 times and holds the national record for the most wins in a row, being 60 straight wins to date and continuing.

This year is a very important year for Clay as he needs to complete his senior schooling including his school based traineeship with the Commonwealth Bank. It is also a preparation year for 2014. Clay has three major boxing events to prepare for: Youth World Championships (Bulgaria); Commonwealth Games (Glasgow) and Youth Olympics (destination to be confirmed). He will most probably spend most of his time next year in Eastern Europe preparing for these events.

Tai and Clay Waterman

Following in his footsteps is Clay’s younger brother, Year 9 student Tai Waterman, who is now a Schoolboy 50kg National Gold Medal Champion and also has an outstanding record. A lot of dedication, discipline, hard work and time go into both Clay and Tai’s boxing careers and maintaining these records. We are very proud of their achievements so far.

Anita Harrison – Mother of Clay and Tai/Teacher Aide

The Arts News

Instrumental Music

The Dynamic Instrumental Music Program offered at Park Ridge has started to gain momentum for 2013 with the junior students enjoying a two day intensive workshop focusing on their chosen instruments. This workshop has been developed as a way of immersing the junior students into the program and establishing some repertoire for them to perfect. A big thank you must go to the dedicated parent volunteers and the talented teachers who helped to make this workshop such a success. Without help from our school community this opportunity would not be available to our students. I look forward to watching these young musicians develop into accomplished performers over the next few years under the guidance of our Instrumental teachers.

This Friday, 22 March, our music students will again perform for our own parents and friends. We are excited about being treated to some wonderful entertainment. All four ensembles will be performing on the night. Our Senior Concert Band and Stage Band led by Mr Purtle, our String Ensemble directed by Mr Fordor and finally our Junior Concert Band under the baton of Miss Ritson, will be producing a fabulous sound and large repertoire after just six short weeks of rehearsals. This evening highlights the passion and talent that we have here at Park Ridge State High School. There will be another evening performance at the end of Term 2, so if you have never been to one of these performances before, do yourself a favour and don’t miss out on this musical evening. Dates and times will be advertised in future newsletters and on the school website.

Talent Quest

It is that time of year again! Yes! It’s time to dust off the dance shoes, learn those lyrics and tune your guitar. “Park Ridge has Got Talent” will be featuring some of the gifted students we have at Park Ridge.

If you haven’t collected your ticket yet, you can do so from the school Canteen before school. So if you want to watch talented students sing, dance, act, play an instrument, juggle or tell a good joke you need to secure your ticket as we only have limited seating. There will be some special guest acts on the night and food available. The show is always a huge success so come along and support the Arts at Park Ridge State High School.

Rob Emblen - HOD The Arts
AFL Academy News

Last Tuesday, 12 AFL Academy students participated in the Met West under-15 boy’s trials. The focus of the day was to gain match practice before round one of the Brisbane Lions Cup. All students played well and represented Park Ridge in a manner befitting of our great school. Dylan Hautapu, Joshua James and Madison Warrington-Smart played extremely well on the day and were able to gain selection into the final squad that will compete for the state championship in May. Nic Stiffel gained a shadow position which is a tremendous effort as a younger aged player. Great work to all participants and hopefully next year we will have more students wishing to represent the school.

Daniel Evans – Volleyball
Thomas McDonald – Volleyball

It is important that students listen to the daily notices in form class to get the up-to-date information on district and regional sport trials that are coming up. Students can also check the J block notice board and the school website for sport details.

The school cross country is approaching quickly and now is the time to be training and improving on last years’ results. The cross country will again be held at school on Thursday, 18 April 2013 and parents are more than welcome to attend to cheer on their students.

Good luck to all Park Ridge students for our second round of sport!!

Mrs Caddy - Sport Coordinator

March focus: “Bullying and Your Child”

Bullying is less common as your child moves through adolescence but can still be devastating if it happens. It can be helpful to know the signs, how to help your child build resilience and life skills, and how to work with your child’s school to combat bullying.

A child who is being bullied might:

- refuse to go to school, or make excuses not to go
- be unhappy or anxious before or after school
- say ‘I hate school’ or express fear of school
- become more and more isolated from others
- have unexplained physical signs of injury – for example, bruises or torn clothing
- start doing poorly at school
- come home with damaged or missing belongings
- show noticeable changes in behaviour or emotions, such as anxiety
- have trouble sleeping
- regularly tell you she has a headache, stomach ache or other physical problems
- seem low on self-esteem or self-confidence

Your child might be experiencing some of these signs for other reasons, so it’s best to talk together about the signs you’ve noticed.

Read more about bullying and your child at the link below http://raisingchildren.net.au/articles/bullying_teenagers.html/context/1131

Helping Teens Handle Cyber bullying

If teenagers are being bullied online, it’s great for them to feel they have some power to resolve the problem on their own. These six steps are a good way for your child to G.E.T. R.I.D. of the bully:

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1. **Myth:** Getting an influenza shot every year weakens your immune system. **Reality:** Your immune system is not weakened by influenza vaccination. It remains on high alert for around twelve months. In addition, the flu vaccine only provides protection for the influenza strains that are expected to occur in Australia that year. Because strains may change, you need to be vaccinated each year to be protected against new strains. In addition, the flu vaccine only provides protection for around twelve months.

2. **Myth:** The influenza vaccine causes severe reactions or side effects. **Reality:** You definitely cannot get the influenza from having the flu shot. The flu vaccine contains no live flu virus at all - it’s actually a small dose of parts of inactivated flu virus. However, a small number of people might experience flu-like symptoms such as fever and tiredness as a result of the vaccination.

3. **Myth:** You don’t need to be immunised if you’ve never had influenza. **Reality:** The influenza virus has a number of different strains which keep changing, so no one can ever be totally immune. Most people get sick with influenza multiple times over their life, as the virus spreads easily from person to person through breathing, coughing and sneezing.

4. **Myth:** The influenza vaccine causes severe reactions or side effects. **Reality:** The flu vaccine is very safe, and most people experience no side effects. However, possible side effects may include redness or soreness at the injection site, a mild fever, headache and/or aching muscles. These symptoms don’t usually last more than a day or two. In the rare event of an immediate allergic reaction, immunisation providers are trained to administer treatment. People allergic to eggs or influenza vaccine should not receive influenza vaccine.

5. **Myth:** Flu vaccine: Myths and realities. **Reality:** The flu vaccine is expensive, as the virus spreads easily from person to person through breathing, coughing and sneezing. Most people get sick with influenza multiple times over their life, as the virus spreads easily from person to person through breathing, coughing and sneezing.

6. **Myth:** It is not necessary to get immunized against influenza every year because protection lasts from previous vaccinations. **Reality:** There are many different strains of influenza and one vaccine cannot guard against them all. The influenza vaccine only guards against the most common strains of the virus expected to occur in Australia that year. Because strains may change, you need to be vaccinated each year to be protected against new strains. In addition, the flu vaccine only provides protection for around twelve months.

Health News

**FLU SEASON IS ON THE WAY**

Influenza, commonly known as the flu, is caused by a highly contagious virus that is spread by coughs and sneezes. Every year it causes widespread illness in the community (epidemics and pandemics).

Annual immunisation is recommended for people in known high risk groups including people over 65, hospital patients and staff, some Aboriginal and Torres Strait Islander people, pregnant women, residents in nursing homes or other care facilities, severe asthmatics and anyone with a chronic illness to avoid serious complications, such as pneumonia, that may arise as a result of contracting the virus.

Serious side effects or allergic reactions to the vaccine are rare. If you are concerned about your reaction or your child’s reaction to any vaccine, see your doctor immediately.

**Flu vaccine: Myths and realities**

There has been a large amount of research undertaken to investigate common concerns raised about the influenza vaccine over the years. Some common myths are addressed below.
What should I do if I get the flu?

To help you recover from influenza more quickly, it’s important to get plenty of rest and plenty of fluids.

If you have flu-like symptoms

- Wash your hands regularly with soap and water or sanitiser gel
- Always cough into a tissue
- Dispose of tissues quickly
- Keep surfaces such as door handles, kitchen bench tops, phones, and keyboards clean (use soap and water or disinfectant wipes)
- Drink plenty of fluids
- Make sure you have plenty of rest
- If you have a fever, take paracetamol
- Stay at home - don’t go to work or school
- Avoid visiting aged care facilities and hospitals, so that you don’t pass the infection to others who may be at risk of complications

Over recent years, new antiviral medications have been developed to treat influenza. If taken early enough during the infection, these medications reduce the length of time that symptoms last and can help you return to your daily routine earlier.

If you are concerned about your symptoms or are not getting better, see your doctor or Call 13 HEALTH (13 43 25 84) http://www.health.qld.gov.au/flu/facts/what_to_do.asp


Gabrielle Nolan - School Based Youth Health Nurse

COMMUNITY NEWS

Captain Compost will make your garden grow!!

Our Mushroom compost is naturally organic compost suitable for a wide variety of applications including your home gardens.

Bring your trailer along on the first Saturday of every month from 7am – 11am.

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