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7 March 2013

CALENDAR OF UPCOMING EVENTS

11-15 March	Year 8 – 12 Assessment Week
18 March	Instrumental Music Parent Support Group meeting - 7pm
19 March	Year 10 Parent Information Evening – 6.30pm
19 March	P & C Meeting 6pm
22 March	Instrumental Music Evening
25 & 26 March	Year 12 QCS Practice Test
27 March	Qld Flood Appeal Market Day
27 March	Term 1 Reports posted
28 March	LAST DAY TERM 1

From the Principal

Dear Parents

School sores at school

It has come to our attention that there have been a couple of cases of highly contagious school sores, in the school, over the past few days. Parents and carers are asked to take students to the Doctor to seek treatment and also keep the student home until the sores have healed. Thank you for your support with this.

Badge Investiture

Last week we presented our senior leaders with their badges of office. I'm sure the many parents who attended felt very proud of their sons and daughters. We have high expectations of our student leaders but I don't believe we are asking too much. We have a great group of young people who embody wonderful qualities and have enormous potential. Our student leaders are an effective conduit for conveying student opinion and they can have a very real influence on the school's policy decisions. Each

of our leaders will take on extra responsibilities and will proudly represent Park Ridge State High.

I'm sure their fellow students will support them in their efforts to promote a vibrant, positive and dynamic environment and to enhance the good relationships between our school and the community it serves.

I feel very optimistic about our journey together through 2013. I think it is going to be a great year. I have every confidence in our student leaders. I know that they will do a great job!

Classroom Refurbishment

Over the next few months, nine classrooms will be refurbished as part of the schools preparation for having Year 7 students come to high school in 2015. The classrooms will be repainted and fitted out with new carpets and furniture. The work will require some classes to be moved but we anticipate minimal disruption.

This work is being carried out quite early considering we have almost two years until the Year 7 students join us but it's good that all of our students will benefit from the refurbishment plan.

We will be forming a taskforce very soon to develop our Junior Secondary Plan. The taskforce will be involved in planning a seamless curriculum for Years 7 to 9 as well as considering a range of other important issues. It is an exciting time.

Bike Safety

Please understand that traffic around the school is very busy at peak times and the Mt Lindsay Highway always carries a lot of traffic. Traveling by bike to school is a serious undertaking and requires students to be alert and road-wise.

If your student does ride to school:

- Ensure he or she wears a correctly fitted and fastened helmet – the helmet should fit firmly, be comfortable, and shouldn't move around on the head when worn
- Ensure he/she is aware of road rules and the need to be considerate of other road users.
- Teach your child never to be towed by a vehicle, and never "double" other children.

Helmets help protect bike riders from head injuries and can save lives. **Queensland law requires that everyone must wear a helmet when riding a bike.** Please talk to your child about the crucial importance of wearing a helmet and make sure that they understand that it is not optional.

Kind regards
Valerie Hadgelias - Principal

Year 10 Parents Information Evening



Date: 19 March 2013
Time: 6.30pm – 8.00pm
Location: Resource Centre

You are invited to an Information Evening where you will have the opportunity to:

- Find out about senior expectations
- Investigate what senior subjects would be most suitable for your child as they move into the senior school
- Explore options of school based traineeships and apprenticeships

This is an opportunity to guide our students as they move towards the senior phase of learning. We look forward to meeting our parents and students once again to explore senior options. It is imperative that you come along to this evening if you have a child selecting subjects for the senior school in 2014.

Sharon Amos – Deputy Principal, Year 10

Practice Queensland Core Skills (QCS) Test 1- Monday 25 and Tuesday 26 March 2013

Over the last few weeks our Year 12 students have been preparing for their first Practice QCS Test on Monday 25 March and Tuesday 26 March 2013. All QCS Students will be issued with the Special Instructions for the Prac QCS this week. All Year 12 students who are eligible for an OP must sit the practice QCS test. A number of OP ineligible Year 12 students have also elected to sit the test.

Normal classes will be running for all Year 12 students **NOT** sitting the Prac QCS and they will be required to come to school during the these two days. The Prac QCS Test will be conducted over 2 days and will consist of 4 papers. Students will only have one lunch break each day.

Prac QCS 1 Program for each day:

Students are required to stay in the SAC for the full period of each part of the QCS Test.

TIMES	Monday/Tuesday
8.45am	Students assemble outside SAC – follow instructions given in Form & check equipment
9.00am	Students enter SAC
9.05am	Start instructions for Writing Task / Short Response
9.20am	Start perusal
9.30am	Start test
11.30am	Finish test and collect papers

TIMES	Monday/Tuesday
11.35am – 12.15pm	LUNCH
12.15pm	Students assemble outside SAC. Follow instructions given in ENT on assembly, check equipment
12.25pm	Students enter SAC
12.30pm	Start instructions for MCQ I or MCQ II paper
12.40pm	Start perusal
12.50pm	Start test
2.20pm	Finish test and collection of papers
2.25pm	End of session activities

Each test requires specific equipment listed below:

Equipment List for Prac QCS 1 Test

You need to get this equipment and get it organised so that you only bring in the equipment permitted for the scheduled test. **You are not permitted to borrow or lend equipment during the test.**

(am) Equipment for Writing Task	(pm) Equipment for MCQ I and II Test	(am) Equipment for SR Test	
		Essential	Optional
pens (black ink)	2B pencils		
pencil	sharpener	pens (black ink)	
sharpener	eraser (white gum)	pencil	set square
eraser (white gum)	calculator (approved)	protractor	correcting fluid/tape
correcting fluid/tape	fluorescent marker	drawing compass	template
transparent container for equipment	transparent container for equipment	ruler	sharpener
		eraser (white gum)	
		coloured pencils	
		calculator (approved)	
		transparent container for equipment	

Lunch – for the QCS group

Reminder - one break only. **Order your lunch at Canteen before school on the days of the practice QCS.**

What do I do if I am sick on the QCS days?

You must make every effort to do the practice QCS at the scheduled time. If you are sick on the day(s) of the test, you will need to get a doctor's certificate and bring it to school on your return.

If you think a significant event/development which occurs during or shortly before the test will make it extremely difficult/impossible for you to sit the practice QCS Test you need to contact the school.

For further information contact me on 3380-4104.

Mrs Gena Shvetsoff - HOD Senior Schooling

Work Experience

All Year 11 and 12 students have been given the opportunity to attend one week of Work Experience during the last week of Term 2 – 17 to 21 June. Students have been issued with paperwork, during ENT class, which is to be completed in full once they have secured a placement.

How does Work Experience work? Students are encouraged to think about what industry area they would like to work in e.g. hairdressing, diesel fitting, nursing etc; and then seek out these types of businesses. They can research relevant companies through the yellow pages, local papers, online Google to find places they would like to carry out their work experience. The student, (not the parent), contacts the employer to inquire about work experience (students have been given a guide sheet on what to say).

Once they are successful with finding an employer, the student must fill in the yellow form with their details.

The form must be returned to their ENT teacher no later than 15 March. I will follow up with a phone call to the employer then raise the agreement form which also covers the insurance. Once the agreement form is returned to the student (during the last week of term), the student has the Easter holiday period to arrange an interview with the employer. The interview will give the student the opportunity to present themselves in appropriate interview attire as well as meet the employer and have the agreement signed. It is also an opportunity for the student to enquire about the employer's expectations and start and finish times. **The signed agreement form must be returned to me during the first week back in Term Two.**

Student's not assigned to Work Experience during this time, must be at school. If a student has trouble contacting employers after school due to time lines, they can come see me during break time and I can arrange for them to ring from school. It is in the student's best interest to take part in this assignment. It is part of their school work and part of their Certificate II in Workplace Communication, which is worth 4 QCE points and requires 80 hours of Work Experience to be carried out through Year's 11 and 12.

CURRENT SCHOOL BASED VACANCIES

- Certificate III Business at Crestmead
- Hairdressing Apprenticeship Springwood

- Cert III Business Traineeship
- Construction – Rocklea (two positions, two different companies)
- Keen golfer - Golf club, Jindalee. Could lead to golfing pathway at the end of traineeship
- Real Estate - Mt Gravatt. Great opportunity for anyone looking at a pathway into Real Estate.

There have been many positions advertised on the vacancy board in the canteen. Students are encouraged to check these vacancies each week. If students see a position they are interested in, they are asked to take the details down and discuss them with their family. They then need to see me, **with their Resume** during break time.

Students and parents are reminded that School based apprenticeships and traineeships are not just a form of earning pocket money. Students must be committed and it needs to be a pathway to their chosen career.

Wendy Howard – Work Education Transition Officer

Queensland Red Cross Flood Appeal Market Day – 27 March 2013

As we all returned to school this year with the images of the destruction and trauma of the Queensland Floods firmly implanted in our minds, many of us have close friends and family affected by the devastating disaster. As a school community we can all make a difference.



Currently on Wednesday afternoons students in Years 10, 11 and 12 elective classes are selecting their Enterprise Projects in Workplace Practices II, to produce products and activities to raise funds for Queensland Red Cross Floods Appeal. They will be holding a **Market Day in first and second breaks on 27 March 2013.** Our students will be doing a wide range of activities to raise the funds and can use your donations, help and support to make a difference and this day a success.

Gena Shvetsoff - HOD Senior Schooling

One2One Laptops

Acer has agreed to remediation work for all Education Queensland NSSCF Acer Aspire 1830T Laptops to fix identified manufacturing faults with the device. There will be no cost associated for any repairs which result from the manufacturing faults identified in the list below. It will also mean that some sets of trolley laptops will be out of action for some time during this period.

Unfortunately, the school will have limited notice as to when these repairs are to occur and the Acer technicians will only be at our school for a limited period of time. Therefore, it is important that parents and students are aware of what is required and return the laptop on the day specified so that this work can be performed. Further information will be published on when and how students are to return their device as soon as the school knows when Acer will be coming to the school.

List of activities defined as "in scope":

- Replacement of 2 x 11mm main screws
- Top Lid and LCD Bezel Cover A if affected by screws
- Cover B if affected by screws
- Upper Case Assembly (Cover C) if affected by screws
- Lower Case Assembly (Cover D) if affected by screws
- Camera Lens if affected by screws (likely the bezel will need to be adjusted)
- Lock tight LHS and RHS Hinge screw (removing Cover C)
- Lock tight all remaining screws
- 5 x 5mm screws on bottom plate
- 10 x 4mm on bottom Cover D
- Replace and lock tight any missing screws
- Record condition of the unit for future consideration
- Rubber around LCD Bezel
- Rubber Feet on lower casing assembly
- Chipped Plastic Corners if affected by screws
- Remove any labelling from old/damaged plastics and re-affix to new plastics

Out of Scope:

- Normal wear and tear (cosmetic damage that currently does not and is not likely to ever affect the operation of the device)
- Keyboard damage (signs of liquid spills or missing/lifted keys)
- Damaged LCD screen (cracks or scratches)
- Plastics around corners / hinges bent inwards or broken off which are not relating from the loosening of the screws
- Hardware failures requiring a repair job (follow the current warranty process) ie: faulty HDD, RAM, Software issue etc

Any repairs that fall outside this scope will fall under the standard Warranty or Non Warranty repair process and the student will need to seek tech service from the school, who will then log a job with Acer service department. This will result in the usual repair costs as outlined in the Student Charter.

If you have any questions please feel free to John Thompson via email jthom814@eq.edu.au or phone 3380 4111. Thanks for your understanding around this replacement project.

John Thompson - IT Teacher & 1to1 Project Manager

District Swimming Carnival

Last Tuesday the Park Ridge SHS swimming team travelled to Chandler Pool to contest the Karawatha District Swimming Championship. With some good performances at our school carnival we were quietly confident that we could get the job done. The day started with a big effort from our 13 year-old boys and girls in the freestyle events and this lifted everyone's spirit to make sure we filled every race and gave Park Ridge the best possibility to take away the shield. As the day wore on some of our swimmers became tired and some true champions were found in **Kiri Whittle** and **Taylor Meerwald**. These two remarkable individuals rose to every challenge thrown at them by Ms Samman and Mr Harvey. If there was a race which needed to be swum, they were in it!

As the day progressed we were announced as coming 4th in the overall points tally and looked like we had our backs against the wall, but in true 'Ridge' spirit we kept on fronting up for our races and staged a miraculous comeback in the last event of the day – the open girls 4 x 50 metres freestyle relay. **Bridie Andriske** was in 2nd place as she dove into the water to begin the last leg of the 50 metres. The Park Ridge supporters were cheering in the stands hoping she would pull off a miracle and come from well behind to give us victory. It was close; we all looked to the scoreboard to see the final result...Park Ridge – 1st! A memorable victory for the last event of the carnival.

It was that time of the day when the results were due to be announced. Unfortunately this year Park Ridge was unable to regain the district trophy as we placed 3rd in the percentage shield and 4th in the overall shield.



Jonah Martin

Congratulations to Camryn Newton-Smith and Jonah Martin for being named District Age Champions. Well done to our swimmers – you did us all proud. Although we didn't come away with the trophy we are 100% confident we will be back bigger and better next year and we wish our swimmers competing at regionals all the best.



Jarrod Harvey – HPE Teacher

Health News



Adapted from article by Jenny Pogson Published 09/05/2012

Energy drinks have never been more popular, but what effect are they having on young people?



From the supermarket to the service station, if you've walked into a grocery store lately then chances are you've seen, and possibly even bought, an energy drink.

Around 20 per cent of beverages sold in Australian convenience stores are energy drinks. Given that the drinks claim to improve performance, alertness and concentration, it's hardly surprising

that their target market is young people, especially students and athletes.

Energy drinks get their kick from a range of ingredients including caffeine; herbal extracts, such as guarana and ginseng; and amino acids, such as taurine.

It's the amount of caffeine in energy drinks that's causing concern – the average energy drink contains 80mg of caffeine, and critics argue that some contain up to 300mg of caffeine (that's equivalent to five cups of coffee). Experts are worried an increasing number of this group are experiencing nasty side effects after they drink large quantities of energy drinks, or when they drink them mixed with alcohol.

Adverse effects

When you ingest caffeine, it stimulates the body's fight or flight response, producing a surge of adrenaline.

If our bodies are subjected to too much adrenaline, we can experience seizures, chest pain, heart palpitations and agitation – these are all signs of caffeine toxicity.

When Dr Naren Gunja, medical director of NSW Poisons and clinical toxicologist at Westmead Hospital, saw a case of caffeine toxicity in an emergency ward he decided to formally investigate the effects of caffeinated energy drinks.

He found that between 2004 and 2010 there were around 300 calls made to the NSW Poisons Information Centre regarding toxicity – or poisoning – related to the consumption of energy drinks. Reports rose from 12 calls in 2004 to 65 calls in 2010. The vast majority of these related to 'recreational' use of energy drinks, with affected 'recreational users' aged 15 to 21 years.

The number of energy drinks consumed in one session varied, but ranged from one to 80 – the mid-point (median) was five.

Importantly, almost half of these so-called recreational users had also ingested alcohol, caffeine tablets, illegal drugs or other caffeinated beverages at the same time.

"This suggests that knowledge of energy drink effects and toxicity is poor, and mixing of substances is not seen as a problem in this cohort of adolescents and young adults," Gunja and colleagues wrote in the Medical Journal of Australia.

"We know mixing alcohol and caffeine is a big problem because it alters your perception and ability to sense how drunk you are. So they may say 'I'm not that drunk, I'm wide awake' because of caffeine, but they are actually quite intoxicated because of the alcohol."

Gastrointestinal (stomach and gut) upsets and heart palpitations were among the most common symptoms in these reports. But there were also signs of serious caffeine toxicity including hallucinations, seizures and cardiac ischemia (where the heart muscle doesn't receive enough blood).

A dangerous cocktail

Aside from the potentially harmful effects of the caffeine in energy drinks, experts are worried the trend to mix energy drinks with alcohol and recreational drugs could increase the risk of young people coming to harm.

For example, it's thought the caffeine in energy drinks can mask some of the effects of alcohol – so you may feel less relaxed or less sleepy after drinking. This can lead to increased feelings of confidence, more risk taking, and an increased likelihood of drinking too much.

"Energy drinks do give you that hit for about 30 minutes and they can make you concentrate better, but the crash can sometimes push you to a tired place that is far worse than you were before," she says.

Safe drinking

But there are other things you might want to consider before drinking energy drinks.

- Caffeine affects every person differently, so the amount one person can drink safely may not be the same as another person.
- Symptoms of caffeine toxicity include headache, gastrointestinal upset, tremor, heart palpitations, respiratory distress and insomnia.
- Severe caffeine toxicity can lead to seizures, psychosis, cardiac arrhythmias and, very rarely, death.
- Seek medical attention immediately if you are having chest pain or severe reactions to caffeine, or if you are concerned about any symptoms you are experiencing.

Read the full article at <http://www.abc.net.au/health/thepulse/stories/2012/05/09/3471672.htm>

Gabrielle Nolan - School Based Youth Health Nurse

Community News



**Teacher Aide Training –
In your neighbourhood**

> CHC30812 Certificate III in Education Support

Are you free one day per week during school hours?

Would you like to develop skills and knowledge that will enable you to:

- > Assist teachers with the development and/or collecting of teaching resources;
- > Support the development of reading, writing and numeracy skills;
- > Support the learning needs of students with additional needs;
- > Comply with school administration requirements including computing skills;
- > Learn about legislation, policies and industrial requirements, including WHS.

Enrolments accepted into our teacher-aid programs commence January & June each year.
New programs have just commenced on a Tuesday or Thursday (9 – 3pm, school term) at Crestmead PCYC, Gimlet Street, Crestmead 4132.

Who Can Apply?

- > Students who have successfully completed year 10, or mature age entry, and
- > Hold a current blue card or be eligible to apply for one.

Program duration:
1 day per week over 2 years (4 semesters)

Cost:
Concession rate approx. \$456 (full program or approx \$115 per semester)
Full fee approx: \$1005 (full program or approx \$250 per semester)

Interested?
See program brochure: <http://www.southbank.edu.au/course/DOM/CHC30812.htm>
Contacts: Administration Team P: 3244 6061 / 3244 6222
JoAnne Bowman 0412 789 972 or Joan Schefe 0429 643 641



Southbank Institute of Technology
86 Ezzell Street, Locked Mail Bag 14
South Brisbane, Qld 4101, Australia
13 72 48 | southbank.edu.au

Student Exchange – Memories and Skills for a Lifetime!



Give your child the opportunity to gain international experiences and language skills to kick-start a future career. Along with distinct language benefits, exchange students mature, gain confidence and develop a much more worldly approach upon their return to Australia.

World Education Program Australia (WEP), a not-for-profit student exchange organisation registered with the education departments, is now accepting applications for students to live overseas in 2013/14 as exchange students for a summer, semester or year.

WEP is offering two **\$3000 scholarships** towards semester-long student exchange programs to Argentina and China commencing in 2014.

Find out more! Visit www.wep.org.au Attend one of WEP's information evenings and open days

Call 1300 884 733

Upcoming Information Sessions

Brisbane - 14 Mar, 30 Apr 2013 - 7:30-9pm

Garden City Library

Cnr Kessels & Logan Roads

Upper Mt Gravatt

Toowoomba

19 March 2013 / 7:30-9pm

Cedar Centre

36 Baker Street

Toowoomba