



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>

30 August 2013

From the Principal

Dear Parents and Carers,

The Importance of Resilience

One of the most important skills a young person can develop is resilience. The ability to stay on track after a disappointment, to accept that life doesn't always go the way we want, is crucial to developing a sense of emotional well-being.

Resilience is closely tied to self-esteem. Young people, who realise that failing at something doesn't mean they personally are failures, are far more likely to be willing to try new activities and learn new skills.

Unfortunately some students internalise their lack of success in a specific activity and feel they are unable to achieve at anything. They begin to feel that they are hopeless and that they can never achieve.

As a society we should value effort and dedication as much as achievement. Young people need to understand that each person is gifted in different ways and that skills continue to develop throughout our lives. We all have the capacity to continue to grow and enhance our lives.

Positive comments appreciating effort, noticing improvement and communicating confidence in a young person can have a snowball effect in enhancing a teenager's self-image. We, as parents and as teachers, need to assist students build their resilience; encouragement is our best tool. Through encouragement we can nurture confidence and self-esteem.

We have to encourage our young people every day.

Their world is often difficult and can seem overwhelming. Teenagers need people in their lives who will convince them that they are valued, respected, capable and able to achieve.

Kind regards

Valerie Hadgelias - Principal

Outstanding school fees and accounts

The end of the school year is fast approaching. Parents/caregivers need to ensure that all school fees and accounts are paid up to date. This is especially so for Year 12 students who may be denied participation to the school formal unless all school accounts are finalised and Year 11 students may be denied the opportunity to purchase a senior jersey for 2014. Year 11 and 10 students are to have their school accounts finalised by 15 November 2013 while Year 8 and 9 students are to have their accounts finalised by 29 November 2013. This is to ensure that all eligible students receive their 2013 School Magazine before the end of the school year and that students

may participate in the Shared Resources Hiring Scheme in 2014.

Most families would have received the Federal Governments' Schoolkids bonus of \$820.00 per secondary school student to assist families with their school expenses. If you have not received this, and feel you are eligible, contact Centrelink on 132468 for more information.

Cheryl Clegg - Business Services Manager

2013 Year 12 Queensland Core Skills Testing Information

Over the last few months our Year 12 students have been preparing for the QCS Test, a key Year 12 assessment that is quickly approaching. QCS this year will be held on **3 and 4 September 2013**. All QCS students have been issued with the Special Instructions last week. Year 12 students who are eligible for an OP **must** sit the test to retain their OP eligibility. 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 QCS Test.

The QCS Test consists of 4 papers and will be conducted over 2 days. Each test requires specific equipment:

Tuesday 3 September	Morning: Writing Task (2 hours) Afternoon: Multiple Choice I (1 hour 30 minutes)
Wednesday 4 September	Morning: Short Response (2 hours) Afternoon: Multiple Choice II (1 hour 30 minutes)

Note: An approved calculator—(essential equipment for MC and SR subtests) — is one that is hand-held, solar or battery-operated, noiseless, and not attached to a printer. It does not have a spell-checker, dictionary or translator functions.

If your son or daughter is absent for all or part of the test and they want to retain their OP eligibility, they must provide a completed Absentee application for exemption (OP-eligible student) to the chief supervisor. The documentary evidence you provide must cover the day or days you were absent from the test.

The Year 11 Practice QCS Test has been postponed until 10 and 11 October 2013.

If you have any questions or concerns about the QCS Test, I can be contacted on 3380 4111.

Gena Shvetsoff - HOD Senior Schooling.

Year 12 Formal

The Year 12 Formal is quickly approaching and will be held on **Tuesday 12 November 2013**. The Formal Committee has been busy organising details to make this celebratory night very special for students. The venue that has been chosen is very attractive with ample space for arrivals and with a spectacular ballroom and views of Brisbane City at night from the balcony.

As with staging any event, it is difficult to avoid rising costs. Every effort has been made to keep the cost affordable for students. The ticket price includes the cost of the venue, a two course meal and drinks, a DJ, as well as access to a professional photographer on the night. Students will have unlimited access to these photographs online after the event, by use of a password.

Parents or students are now able to start making payments towards the Formal ticket. Invitations will be given to students at the beginning of Term 4.

Here are the details:

Date: Tuesday 12 November, 2013

Time: 6.30 – 11.30pm

Pre-Dinner drinks: 6.30pm – 7.15pm at the venue (Parents and friends at their own cost)

Venue: Victoria Park Golf Complex, Herston Rd, Herston.

Ticket Cost: \$120

A large number of students have **also chosen to have a mobile Photography Booth** at the venue for the night. These students have indicated that they are willing to **pay an additional \$8 separately** for the use of this Booth. This cost is separate from the Ticket Cost. These students will receive a bracelet or stamp which allows them access to this facility on the night.



The Ballroom - Victoria Park Golf Complex

If you have any further queries, please contact Miriam Robinson (Year 12 Coordinator) on 3380 4139.

Science News

An Invitation to all 2013 Year 9 and 10 students to attend The ConocoPhillips Science Experience

Enjoy 3 or 4 days in which you will be introduced to some of the wonders of science and technology.

Perform interesting experiments in a university laboratory.

Hear leaders in science, technology and engineering.

Learn about careers in science and technology.

Each program is designed to provide students who have an interest in science with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work. The program takes place in over thirty-seven universities and tertiary institutions, within many different laboratories and lecture theatres. Participants perform experiments in the laboratories, meet and hear senior lecturers in the lecture theatres, attend site visits and walk around and experience what it is like to be on the campus of a university or tertiary institution. To date, more than 63,000 students have taken up this rare opportunity.

The program also provides information about further studies in science, technology and engineering. It highlights the wide range of careers that allow students to pursue their interest and abilities in the sciences.

One aspect of the program often commented on by participants is the opportunity to meet and share ideas with students from different schools. Each program includes a BBQ or other social activity.

Cost is \$115 (incl. GST) for 3 days and \$150 for 4 days of science activities for Year 9 and 10 students in 2013. For more information visit the website – www.scienceexperience.com.au

Ross Bradford – HOD Science

School-based apprenticeships and traineeships

Is your child in Year 10 or 11 now?

Opportunities to attend certificate courses in 2014 are now being arranged. We are in partnership with Skills Tech and MSIT (TAFE) who offer students opportunities to perhaps study a course they are interested in but not offered on our campus. The student attends school for four days each week and spends one day at TAFE. On completion of all modules, these certificate courses gain credits towards each student's QCE.

Skills Tech at Acacia Ridge Campus is offering:

- Certificate I Plumbing
- Certificate II Electro Technology
- Certificate I Engineering (Fitting)
- Certificate II Automotive (Light Vehicle)
- Certificate II Automotive (Heavy Vehicle)
- Certificate II Furnishings. (Year 10 only).

MSIT are offering:

- Certificate III Allied Health (Year 11 only)
- Certificate II Hairdressing
- Certificate III Children Services
- Certificate II Animal Studies
- Certificate III Aged Care
- Certificate III Millinery
- Certificate II Events Management

- Certificate II Applied Fashion
- Certificate III Design Fund. Graphic
- Certificate III Design Fund. Photo Image
- Certificate III Info Digital Media Technician (Networking & Programming)
- Certificate II Media (Film & TV Prod)

There is a nominal fee attached to these courses. Any interested students must see me during break.

Year 12 Full-time traineeships at Logan City Council/Maxima

Maxima is now interviewing current Year 12 students for full-time positions at Logan City Council to start in December 2013.

Traineeship positions are available in:

- Business
- Events
- Horticulture
- Pest Management
- Library & Information Services
- Warehousing
- Civil Construction
- Local Government (health)
- Information Technology

Maxima will be at school this Friday (30 August) to interview students. Interested students must see me to collect an application pack.

Other full time vacancies are:

- Hairdressing (Stefan)
- Plumbing apprenticeship. Must have car licence.

Other school-based vacancies are:

- Hairdressing (Stefan)
- Horse-racing Industry e.g. Stablehand
- Certificate II Business Office Administration

Defence Force opportunity for girls

There will be a camp for girls at the Amberley Air Force Base during the September school holidays. The camp will run for the first three days of the holidays and girls will get a taste of everyday life in the Air Force. Interested students can see me for more information.

School to Work

Year 12 students who are planning on going into the workplace or a trade when they leave school **MUST** be preparing now. Part of this planning and preparation is to have their resume up to date and have a set of interview clothes, including shoes, ties and stockings in the wardrobe. Employers are now contacting us for students to fill positions. Students must check the vacancy board in the canteen area each week and listen to morning notices for any training or work vacancies.

Wendy Howard - Work Education transition Officer

2013 German Trip of a Lifetime

From Friday 20 September until Thursday 10 October, Mrs Inga Dalle and Mr Theo Christensen are taking 12 students on a trip of a lifetime to Germany, Austria and Paris with a 16 hour stopover in Kuala Lumpur.

Here is a brief look at some of the cities and sights we will visit while we are there.

- A two hour boat ride up the Rhein River to see the beautiful castles that grace the river banks
- A trip to Stuttgart to see the famous Porsche Museum
- A day in Rothenburg ob der Tauber. Founded in 1170, it is a quaint medieval town that still has the old wall fortifications surrounding the city.
- Two nights in Füssen where we will see the world famous Sleeping Beauty castle called Neuschwanstein
- A ride on the cable car to the top of the highest mountain in Germany for a play in the snow. (The Zugspitze is 2962m above sea level)
- A visit to the Dachau prisoner of war concentration camp
- An evening at the Munich Oktoberfest
- A boat ride on a picturesque alpine lake called Königsee near Berchtesgaden
- A tour of the Berchtesgaden Salt Mine
- A two day visit to Salzburg to see the Sound of Music sights and Mozart's birth house
- A four day tour of Berlin taking in all the historical sights of the former Berlin wall
- The final leg of the trip is a two night visit in Paris where we will visit the 'Lourve', the Paris sewers and of course the finale will be climbing the Eiffel tower

The German trip has been solely planned and organised by myself and is funded by the students and their parents. Fundraising also played a major role to help reduce costs.



Mrs Dalle and some excited students showing off travel passes.

So does this sound like something you would like to do?

Another trip will be organised for 2016. It is preferable that you are studying a language, but such a trip is beneficial to anyone. So if you are keen to join us on the trip of a lifetime in 2016 start saving your pennies. The cost is \$5000 but this may be reduced depending on how much fundraising can be done.

Inga Dalle - German teacher

Sports News

It has been a busy few weeks for our students in sport at Park Ridge.

Last week our boys AFL Academy took on Narangba State High School in both the juniors and seniors. The juniors played well and even though they didn't come away with the win, they worked hard to close a very large gap on the scoreboard. The senior boys were exceptional in their performance and were able to take a narrow victory for the first time ever against a side that is ranked number 4 in Queensland. **Congratulations** to the AFL Academy and Mr Berry on all your hard work and numerous training sessions. The boys have given their lunchtimes every day for the last two weeks to prepare for this game. Their level of commitment to the program and each other certainly helped them bring home an historic win. **A special mention must go to Robert Pryer and Darryn Raw on an outstanding defensive performance in goals.**



Last Friday, Bridie Andriske, Taia Stowers, Andrea Pisa and Kirita Vaafusuaga represented Park Ridge at the Queensland Rugby 7's at Ballymore. Kirita played in the U15's Barbarian side and Bridie, Taia and Andrea played in the U18's competition. **Congratulations to Taia on making the Queensland Rugby 7's team, she was picked from 24 teams across the greater Brisbane and Gold Coast area.**

Kirita has also been invited back to Ballymore to further her skills with the U15's. Fantastic effort girls!

This week we have 29 students involved in the Regional Athletics Carnival being held at QSAC, Nathan. **Good luck to Bridie Andriske, Peta-Louise Beardsley, Courtney Bromage, Harrison Carr, Aidan Duncan, Zakk Gibson, Meg Hall, Dylan Hautapu, Kurtis Heffler, Storm Law, Stephanie Le, Sia Leifi, Jonah Martin, Camryn Newton-Smith, Kendal Newton-Smith, Codie-Lee Page, Obadiah Pewee, Blake Rhodes, Angela Roberts, Benjamin Roberts, Alex Sauer, Abigail Schulz, Steven Smith, Jordan Stockman, Taia Stowers, Tasha Valentine, Madison Warrington-Smart and Clay Waterman.**

The Annual Sports Awards evening is fast approaching; it will be held in the SAC this year on Wednesday 13 November, 2013. In the next few weeks a list will be displayed on the J block noticeboard of students sporting achievements. **It is the responsibility of individual students to check the correct spelling of their name and the appropriate awards and achievements for their sports.**

Any student in Years 10, 11 or 12 next year, who would like to apply for a sport leader position for 2014, should see Mrs Caddy in J block for a nomination form.

Lastly, any student who has been successful in representing at school, district, regional or state level and would like to apply for Sportsperson of the Year, please see Mrs Caddy for a nomination form.

Mrs Caddy - Sport Coordinator

Health News



**SOUTHSIDE HEALTH SERVICE DISTRICT,
LOGAN-BEAUDESERT AREA
ORAL HEALTH PROGRAM**

Dear Parents/Guardians,

Free dental care is offered to all Queensland students from the age of four to the completion of Grade 10 through the School Dental Service. As part of the oral health program, Queensland Health has implemented safety steps for the school dental service and your child's oral health. This procedure ensures that your children's dental treatment is performed in accordance with the following safety steps: identification of patient, informed consent, identification of site and side of procedure and the final team check. For further information regarding these safety steps please contact dental van staff or refer to this website: www.health.qld.gov.au/psq/patients.asp/ Queensland Health supports the right and responsibilities of our patients, consumers, carers and families. For further information please contact dental van staff or visit this website: www.safetyandquality.gov.au



The School Dental Service will be relocating to Park Ridge State High School, early in Term 4, to offer a dental examination and where necessary, general dental treatment.

Initial forms will be distributed for your consent to dental examination and to provide information on your child's medical and dental history. These forms will be distributed to **all students in years 8-10**. Once received, the form is to be completed by the child's legal guardian and **returned as soon as possible** so examination can occur. If you do not receive a dental form, please contact your child's teacher, as we do not have class lists and cannot chase up the children who have not returned their dental/consent forms. Please note that an examination or consequent treatment cannot commence until a signed medical/consent form has been received. For any further treatment identified at examination consent for treatment will be issued and must be signed and returned before any dental treatment will commence.

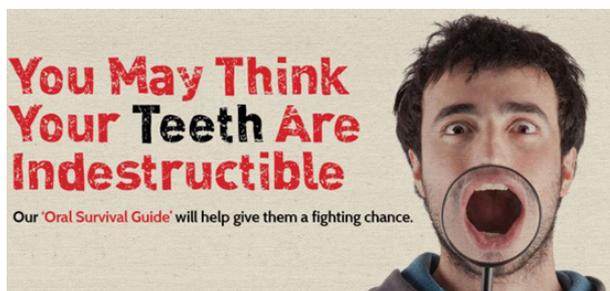
Year 11-12 students may be seen if they have a **current concession card from Centrelink**.

As the School Dental Service has a limited time designated to treat each school, it is most important that students keep their appointment/s. If an appointment cannot be kept, staff at the school dental clinic must be notified as soon as possible prior to the appointment date. In some instances, missed appointments may need to be rescheduled at another location.

Oral Health Staff can be contacted on **0412 096 656**.

Thank you, Oral Health Staff

ORAL HEALTH FOR TEENS AND 20's



Dentists believe that consumption of bottled water and soft and sports drinks, is contributing to a marked decline in the dental health of Australian teens. Dental decay and gum disease are the most common health conditions in Australia. Ironically, they are easily prevented. In addition to increasing decay rates, the Australian Dental Association says that teens need to be aware of activities that can put their oral health at risk. Oral piercings and behaviors that contribute to dental erosion are particularly prevalent in this group.

Studies have shown that young adults (18-24 year olds) in Australia have more tooth decay compared to Australian children at 12 years of age. It is thought that the many changes in the lives of young adults may result in less frequent tooth brushing, new eating patterns and less regular dental check-ups - changes that can increase the risk of tooth decay.

What to do - remember the basics!

1. Fluoride is needed DAILY throughout life to protect teeth against decay
2. Fluoride is most easily applied DAILY through brushing with fluoride toothpaste and drinking fluoridated water
3. Brushing twice a day with fluoride toothpaste reduces the risk of tooth decay much more than brushing once a day
4. The most important time to apply fluoride is before bedtime as the flow of saliva (which protects teeth against decay) is lowest during sleep
5. Use floss to remove plaque between teeth
6. Have regular dental check-ups
7. Don't share toothbrushes - bacteria that causes tooth decay can be spread from person to person!

Source: <http://www.dentalhealthweek.com.au/>

Gabrielle Nolan - Youth Health Nurse

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 .