6 March 2014

CALENDAR OF UPCOMING EVENTS

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From the Principal

Dear Parents and Carers

As part of an initiative to strengthen discipline in Queensland State schools, Discipline Audits will be conducted in every Queensland state school by November 2014. The purpose of the Discipline Audits is to provide quality feedback on how the school is ensuring a safe, supportive and disciplined learning environment and to inform school behaviour management planning processes.

During the audit, an independent, experienced school principal will visit our school to collect a range of data and information about school-wide, programs and procedures in the area of discipline. Interviews will also be conducted with staff, students and parents to gather a range of perspectives on school strategies and practices. The school will receive the auditor’s report within 15 days and key findings will be discussed with the school’s leadership team and school staff. The report’s Executive Summary and 5 page Profile will be made available to parents and caregivers on our web site. Our Discipline Audit will be held on March 14. We look forward to the audit as an opportunity to gain valuable feedback to inform our forward planning.

For further information about Discipline Audits, please visit the Education Queensland website.

Congratulations to Past Students

Year 12 students from 2013, Bronte Snowdon and Joseph Van Veldhuisen have each received a $3000 bursary from Logan City Council to assist them with their tertiary studies. Both Bronte and Joseph are very worthy recipients and we congratulate them and wish them well in their endeavours.

Next Step Survey

The Queensland Government will again be conducting its annual state-wide destination survey of all students who completed Year 12 in 2014. The Next Step Survey is a brief confidential survey that aims to gain a comprehensive picture of the employment, study and life choices made by Queensland school completers.

Any person who completed Year 12 last year can expect to receive a telephone call or request to complete a web-based survey by mail, between March and May 2014. Please encourage them to take part. If their contact details have changed, please assist the interviewer with their updated details or forward the survey to their new address so they can complete the survey. Thank you for your support of the Next Step Survey in 2014. This information gathered will assist educators and government to plan services that prepare students for further study and employment.

For more information visit www.education.qld.gov.au/nextstep/ or telephone toll free on 1800 068 587

We Are Here To Learn

This is one of our underlying principles and remains our primary focus. For our learning goal to be realised we need students who come prepared to learn. It is absolutely imperative that students are able to access the appropriate textbooks. If parents have opted to be part of the Shared Resource Hire Scheme, please ensure you have entered into a payment plan so the texts and other resources can be distributed to your child. If parents have chosen not to be part of the scheme, the full resource list will need to be purchased.

Students also need to be well organised for their learning. Parents can help out by reinforcing the need to bring all learning materials each day and by checking yourself on the status of your child’s stationery, texts and homework diary.

Badge Ceremony

This Monday we held the induction of our new school leaders at the Badge Ceremony. It is gratifying to see so many students keen to take on more responsibilities.

They have grasped an opportunity to acquire new skills and build their leadership capacities. They have seized the chance to give back to the school in a very positive way.

We have high expectations of our Year 12 Senior Leaders. They are an effective focus group for conveying student opinion and they can have a very real influence on the school’s policy decisions.
We appoint student leaders in an effort to promote the values that we believe are crucial to our school and our community:

- a genuine respect for Park Ridge SHS and its wider community
- a willingness to get involved and participate fully in the life of the school
- being prepared to accept responsibility and to persevere when the going gets tough
- displaying honesty and integrity
- being able to accept success and failure with equal grace

We are very fortunate to have so many students who demonstrate these values in our school and I have every confidence that they will do a great job!

Kind Regards
Valerie Hadgelias – PRINCIPAL

Senior Leadership

It is a very exciting time for Park Ridge SHS’s student leadership program. With a team of 60 highly dedicated young leaders being inducted into office early this week, the year is off to an excellent start for student directed change.

To date, our leaders have already organised a Valentine’s Day fundraiser, and have been instrumental in ensuring that the Swimming Carnival and a range of other sporting activities have run smoothly. The leaders were also involved in a two-day camp, where they immersed themselves in the values that underpin strong leadership, not only in the school context, but in the wider community. Our leaders spent this time visioning for important change and structuring key priorities for the year.

Our student leaders will be actively involved in the learning climate of our school, supporting learning teams and volunteering to work with students who need extra assistance. They will also be involved in rotational activities in our Year 8 area, at lunchtime, getting to know our Year 8 students and providing them with strong role models. Many students have identified key areas of interest and have nominated to work on our environmental committee, sporting, cultural, safe schools and community fundraising teams. At the heart of their directions, it is a common belief that leadership is about responsibility, commitment and dedication to ensuring that every member of our community feels supported and engaged in a vibrant learning environment.

I would also like to thank Rob Emblen, Cath Armstrong and Derek Berry for working so closely with the team and for the support of Craig McBrien and Rob Brown who ran two excellent workshops for the leadership camp.

Sharon Amos – Deputy Principal

Special Provision for the QCS Test

Year 12 students who are eligible for an Overall Position (OP) or equivalent OP must sit the QCS Test. Students who are ineligible for an OP may choose to sit the test.

The QSA recognises that some students are affected by a medical condition, an impairment or exceptional circumstances that may act as a barrier to their access to the test or to their demonstration of their achievement in the test. We attempt to minimise such barriers by making special provision available.

There are four types of special provision.

Before the Test

Special arrangements are practical adjustments to the test conditions, e.g., rest breaks, A3-size test materials, computer (OP-eligible students, OP-ineligible students and Private-entry candidates).

Exemption allows a student to be absent from the test and remain eligible for an OP (OP-eligible students only). The closing date for applications based on long-term impairments and exceptional circumstances is 21 May 2014. If a long-term impairment is diagnosed after 21 May, call QSA on (07) 3864 0227 to discuss an extension of the closing date.

Applications based on short-term impairments and exceptional circumstances should be submitted as soon as possible after the condition is diagnosed or the circumstances become known (but not before the documentation time limits listed on pages 9 to 20 of the special provision handbook).

Effect of approved special provision

No record of special provision will appear on the student’s Senior Statement, Statement of Results or Statement of Achievement.

Special arrangements — the student will receive a test grade and will remain eligible for an OP and FPs, if applicable.

Exemption, absentee exemption, and declaring a test grade null and void — the student will not receive a test grade. However, their OP and FPs, if applicable, will be calculated in the same way as for OP-eligible students who sat the test.

Applying for special provision

Any student, who wishes to apply for special provision, needs to see Mrs Shvetsoff in Administration for further information.

Mrs Gena Shvetsoff - HOD Senior schooling
Parent Information Evenings

At Park Ridge High School we are committed to forming strong partnerships with our parents and the wider community. We have a number of occasions on the school calendar when we invite our community in to discuss the direction of the school and seek valuable feedback to improve our practice.

Parent Focus Group

On Tuesday night we welcomed a group of parents to our first focus group for the year. This was an opportunity to discuss our school direction in relation to our curriculum framework, Learning Design, and our behaviour plan, Learning Together. There was very positive conversation around our focus on recognising and celebrating positive behaviour in the school and we relayed the school’s desire to strengthen our current merit point system. Student learning profiles were also reviewed with a commitment to immediate and detailed feedback to parents at regular intervals and the ability for all students to set goals and build strategies for success in a formalised and consistent manner across their various subject areas.

Year 8 Information Evening

On Wednesday night we hosted a Year 8 parent information evening. The night was designed to inform parents about the direction of the Year 8 curriculum and unpack the learning opportunities afforded this cohort during the year. It was also an opportunity for parents to meet teachers and staff directly involved in supporting Year 8 students.

We would like to thank all of the parents who attended, your involvement in discussion, clarifying questions and insightful feedback was greatly appreciated.

Sharon Amos – Deputy Principal

Year 10 Parents Information Night

Date: Tuesday 25 March 2014
Time: 6.30 – 8.00pm
Location: Resource Centre

You are invited to an information night 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 to explore senior options.
- It is imperative that you come along if you have a child selecting subjects for the senior school for 2015.

Ms Sharon Amos - Deputy Principal and Mrs Gena Shvetsoff – HOD Senior Schooling

SCIENCE NEWS

How to study for your Science test

In class

- Take good notes. Your notes should contain as complete a record of what was discussed in class. Of course, you should not try to write every word spoken, but don’t leave out ideas. When you study, your notes should call back to your mind the entire sequence of ideas presented. Take care to spell all new words carefully.

- Be involved in your classes. Don’t simply pretend you are a sponge, ready to soak up whatever your teacher says. You are there to learn, not to be taught. Ask questions if you are confused. Confusion is definitely your worst enemy. If your class includes group activities, participate as fully as you can.

At home

- Pre-read your textbook. Use your own initiative in making use of the text. In most cases, it will be most useful for you to at least skim the relevant pages before each class. You should receive a course outline at the beginning of the unit, which will tell you the topics you are going to learn about. You may receive chapter references (or even page references), or your teacher may expect you to be perceptive enough to refer to the Table of Contents. Review your notes every day. This suggestion is one which we have all heard a thousand times. Unfortunately, most of us never really believe it until we actually try it. Spend 30 minutes or so each evening going over the notes from each class. There are at least two tremendous benefits to be gained from this discipline.

1. Research has shown that reviewing new material within 24 hours of hearing it increases your retention of that material by about 60%. This means that you will be 60% ahead of the game the next time you walk into class. If you want to significantly reduce the time necessary to prepare for exams, this is the way to do it.

2. Reviewing material before the next class period enables you to identify points of confusion or omission in your notes, which prepares you to ask the questions you need to ask before the next lecture. Again, confusion is your worst enemy.

- It is excellent policy to give high priority to new vocabulary. Language is the most fundamental tool of any subject, and it can seriously handicap you to fall behind in this. Develop your own Glossary of Key Terms (lists of these are usually found at the end of the chapter).

- Following coverage of the chapter’s material in class, you should go back to the textbook and read it again. It will probably be helpful to skim through it first, as you did when you first looked at it. The tables and figures should be more readily read in detail.
• Make sure you attempt the review and study questions at the end of the chapter. Do your best to answer all of them as if they were a take-home exam.

• Keep in mind that you want to be an active learner, not a passive one. The more you use and manipulate the information, the better you will understand it. Using and manipulating information in as many ways as possible also maximizes your ability to access your memory. A good way to do this is use a list of key terms to create a concept map.

Ross Bradford – HOD Science

From the Maths Faculty

Maths tutorials are held in the Library every Thursday afternoon. These sessions are for all students at all levels. Some students attend because they need the extra help to succeed in Maths whilst others are currently doing quite well in Maths but want to achieve higher results. Special arrangements can be made for other times if teachers are available.

This year we are introducing Calculator Tests in Years 8 – 10. The tests are presented on a single sheet of paper. All working is done on the calculator with very little written work involved. The efficient use of calculators is very helpful for all students to not only correctly complete more work but also allowing the students to get the work done in a shorter time period.

Can you please help us to help your children, by making sure they have 5 items for each lesson. These items are a Maths book, pen, School Planner, calculator and ruler. If your children arrive at the classroom door with the appropriate materials then it allows for a far more productive time during the lesson.

Thank you for your support.

Adrian Day - HOD Mathematics

SPORT NEWS

2014 Sports Leaders

There has been plenty happening this year with the new Sports Leadership team for 2014. In week four all leaders attended a two-day leadership camp at school. It was a fantastic opportunity for the sports leaders to bond with the other student leaders within the school. The annual badge ceremony took place on Monday with students looking their best in their formal uniform.

The swimming carnival was held in week three this term with a tremendous turnout from students. The leadership team had been doing their best to generate interest and house spirit around the school by putting up posters and speaking on year level assemblies. The main goal of the day was to generate participation and the entire group, well led by the house captains, worked tirelessly to motivate and encourage students to have a go. Great work!

This Thursday, they will turn their attention to the AFL Academy day, with many of the sports leaders playing an important role on the day.

Gold Coast Suns visit

On Friday 7 February, our AFL Academy students were treated to a visit from some Gold Coast Suns AFL players. The visit focused on nutrition and the benefits it can play in leading a healthy lifestyle as well as the difference it can make to performance in sport.

The Gold Coast Suns players, in conjunction with AFL Queensland, provided all the ingredients to cook a pre-game meal. Players who visited were: Aaron Hall, Jaeger O’Meara, Clay Cameron, Alex Sexton, Tom Nicholls, Tim Sumner and Josh Hall who demonstrated how to cook Thai Beef Salad, a meal that is commonly had the night before a game. Students were briefed step by step on how to prepare the meal and were provided with hands-on assistance by the players. After the demonstration, 45 lucky students got to cook the meal and then sit down and enjoy the meal with the players.

Following that, it was time to talk about nutrition and the significant benefits that can be achieved by following a healthy diet. Students learnt first-hand the strict nature of an AFL player’s diet. Students also had the opportunity to ask general questions about how the players made it to the elite level of their sport. The general advice from players came back to hard work and persistence, setting goals and working methodically towards those goals.

The day was capped off by a visit by the players to a senior Brisbane Lions Cup team training on the oval. Certainly a day that will not be forgotten for all students involved with the visit.

Gold Coast Sun’s Josh Hall, Clay Cameron and Tom Nicholls assist students with preparing and cooking a Thai Beef Salad.

A special thank you goes to AFL Queensland and the Gold Coast Suns for the great initiative and for building stronger links with our school community.
Gold Coast Suns Recipe for Thai Beef Salad

1 1/2 tbsp fresh lime juice
1 tbsp finely chopped dark palm sugar
1 tbsp fish sauce
2 tsp sesame oil
1 tsp soy sauce
2 tsp finely grated fresh ginger
1 garlic clove, crushed
1 (about 680g) beef rump steak
1 x 200g pkt grape tomatoes, halved
1 continental cucumber, halved lengthways, thinly sliced diagonally
1 red onion, halved, cut into thin wedges
2 long fresh red chillies, halved, deseeded, thinly sliced lengthways
1 bunch fresh mint, leaves picked, large leaves torn
1 bunch fresh coriander leaves picked
1 bunch fresh Thai basil, leaves picked, large leaves torn
55g (1/3 cup) toasted peanuts, coarsely chopped
4 Kaffir lime leaves, centre veins removed, finely shredded
Thin rice vermicelli noodles

Step 1 Whisk together lime juice, palm sugar, fish sauce, sesame oil, soy sauce, ginger and garlic in a jug. Place the steak in a glass or ceramic dish. Drizzle with half the dressing. Cover with plastic wrap and place in the fridge, turning occasionally to develop the flavours.

Step 2 Preheat a barbecue grill or chargrill pan on high. Cook steak on grill for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 10 minutes to rest. Prepare rice noodles as per instructions on packet.

Step 3 Place the tomato, cucumber, onion, chilli, mint, coriander, basil, peanuts and lime leaves in a large bowl. Thiny slice steak across the grain and add to the salad. Drizzle with remaining dressing and gently toss to combine. Toss through drained rice noodles. Divide salad among bowls and serve immediately.

Jonathan Brown Cup

On Friday 7 February the first round of the Jonathan Brown cup boys division was played at Yeronga FC the home of AFL Queensland. This competition involves the eight Schools of Excellence from the Gold Coast all the way up to the Sunshine Coast. This competition represents an opportunity for Park Ridge High School students to play against the best school football teams in the state. The schools involved are Palm Beach Currumbin SHS, Helensvale SHS, Benowa SHS (Gold Coast), Park Ridge SHS, Victoria Point SHS (Brisbane), Narangba SHS, Sandgate SHS, and Mountain Creek SHS (Sunshine Coast).

This year we were able to field two strong teams from our Year 8 class who have been training hard in lessons and on Thursday afternoons after school. I am pleased to say that currently after round 1 our Year 8 Team A sit on top of the ladder in Division 1, going through the first round undefeated. This team beat all the heavyweights of the competition in convincing fashion.

Team B were competitive in every game and went down narrowly but battled hard giving their all for the green and black. The results in division 1 were as follows PRSHS defeated Narangba 58-6, PRSHS defeated Mountain Creek 31-6, PRSHS defeated Helensvale 65-1, and PRSHS defeated PBC 39-16. A fantastic effort! We look forward to the second round and possible chance to play for the State title and the honour of being the best Year 8 boys AFL football side in Queensland for 2014.

Well done to all involved and thank you to the parents that supported the boys on the day. It was a great effort.

Craig McBrien – HOD HPE and Derek Berry – Sports Coordinator

Hospitality Small Business

Year 12 Hospitality students have been learning how to set up and run their own small business as part of their first term assessment. Students brainstormed ideas and then conducted surveys to determine what their target market would like to buy. They then chose recipes and completed costings to establish how much each recipe would cost to produce and what the selling price would need to be to make a profit. The first week of business was a huge success with stalls selling a range of items including fried rice, chocolate brownies, tacos, pancakes, pizza, fresh lemonade and stuffed potatoes. Most of the businesses proved to be profitable and the students are motivated to improve their practice and expand their business over the next three weeks.

Students prepare and sell their goods as part of their small business studies.
Creature Keepers

Currumbin Wildlife Sanctuary is pleased to offer Creature Keepers to high school students. This community course is presented by highly experienced professionals in wildlife care at Currumbin Wildlife Sanctuary and it is designed for those with a keen interest in seeking knowledge and understanding of wildlife.

Bird Component

This holiday, students will learn all about being a bird keeper. In an action packed two-day schedule, students will have the opportunity to do the following:

- A photo with a barking owl
- Bird handling activities
- Behind the scenes
- Bird feed out activities
- Bird Training game
- Plus much more!

*Activities subject to animal health and wellbeing

**Dates:** 8th & 9th April 2014, 15th & 16th April 2014

**Duration:** 2 full days

**Time:** 8.30am until 3pm

**Venue:** Currumbin Wildlife Sanctuary

**Cost:** $135.00

**Food:** Morning tea and lunch provided on both days