20 March 2014

**CALENDAR OF UPCOMING EVENTS**

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From the Principal

Dear Parents and Carers

**Discipline Audit**

Park Ridge SHS is a great school. We pride ourselves on being a dynamic and supportive learning environment and on being a positive, life-changing influence in students’ lives.

Our collective efforts have been recognised in two independent audits. The Teaching and Learning Audit was held last September and the Discipline Audit was conducted last week.

Audits are performed by experienced secondary principals who are trained in the audit process. Auditors visit classes, talk to staff, students and P and C Association representatives, review planning and policy documents and importantly provide constructive feedback which is used as the basis for on-going improvement.

For each of the 8 domains in the Teaching & Learning Audit, we received a HIGH rating, and for each of the 5 domains in the Discipline Audit, we received a mixture of OUTSTANDING and HIGH.

During the Teaching and Learning Audit I was pleased to receive comments about the strength of our teaching practices, the engagement of our students in quality learning and our dedication to an improvement agenda.

Likewise, last week I was happy to hear comments about the openness and friendliness of our students, their positive behaviour and understanding of our Learning Together processes. It was good to hear that the students appreciate the efforts of staff to support and encourage them. It was also pleasing to see due recognition of the efforts of our staff in achieving a very positive learning environment.

The audit outcomes recognise the efforts of staff, our students and our wider school community in working together to make a positive difference.

In the pursuit of continual improvement, we will use the audit findings as a platform to review our planning for the future. Detailed findings from both audits are published on our webpage.

**P&C News**

I offer my sincere thanks to the members of the P&C Association who last night voted to donate $10,000 to the school to our programs. The P&C Association is only a small group but they make an extremely valuable contribution to our school and are keen to support each and every student.

The association is still without a Secretary. Please consider taking on the role. It is not too onerous or time consuming and existing members would be extremely supportive as you learn the ropes.

The P&C Association meetings are held on the third Tuesday of the month. They begin at 6 pm and are almost always concluded by 8 pm. New members are always welcome.

**Kind Regards**

Valerie Hadgelias – PRINCIPAL

**Year 10 Parents Information Night**

Due to unforeseen circumstances the Year 10 Information Night which was due to be held next Tuesday 25 March 2014 has been cancelled until early Term 2.

**Mrs Gena Shvetsoff – HOD Senior Schooling**

**Mighty Minds Pathways to Success – QCS Preparation Workbook**

This year, Year 12 QCS students will be following a new QCS preparation model that intends to address individual student needs in a more personalised learning program. Initially all Year 12 QCS students sat Mighty Minds Literacy and Numeracy tests to identify strengths’ and weaknesses in these areas, so a personalised QCS program could be developed for each student.

The student results from testing showed a wide range in ability levels across the cohort and individual students also presenting major skill differences between Literacy and Numeracy.
To support the students in their QCS preparation we have been able to source the Mighty Minds Pathways to Success QCS Preparation Workbook to help further. The workbook is available from the Cash Collection Window at a cost of $23.50 per book.

**Mrs Gena Shvetsoff – HOD Senior Schooling**

**FROM THE ARTS**

**Instrumental Music**

The Dynamic Instrumental Music Program offered at Park Ridge has started to gain momentum for 2014, 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” goes to the dedicated parent volunteers and the talented teachers that 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 Music teachers.

**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. Please see below for details:

- Date – Tuesday 1st April 2014
- Time – 6.30pm
- Place – The Performing Arts Block
- Cost – $5 per head and $15 per family

If you want to watch our 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. **Tickets will go on sale soon.** 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.**

**2014 Musical – “43RD STREET”**

“43rd street” is the story of a young girl called Jessie who enlists the help of her childhood friend Julius Marlow, now a private detective, to find her younger sister Alex and DW Washbourne the proprietor of “The Alley Cat”, a bustling speak-easy full of fun and laughter.

Come join Jessie and Julius put the pieces of the puzzle together as they weave their way through the bumbling gangsters and colourful characters that inhabit 43rd Street.

The musical is beginning to take shape and rehearsals are in full swing. **We would like to thank Systenet Managed Services and Trident Mining and Marine Services PTY LTD for their support in sponsoring this year’s musical.** Their contact details will be featured in all our future newsletters leading up to opening night on Friday 13 June. We still have opportunities for any other people or business’s that would like to get involved and sponsor this endeavour.

We will be putting a progress report into each newsletter highlighting our development as the show approaches.

**Systenet Managed Services P.O. Box 3499 Loganholme 4129**

**Email:** jordo@systenet.com.au **Ph/Fax 0738020645**

**Rob Emblen - HOD The Arts**

**Admission to Medicine at University in 2015**

The Undergraduate Medicine and Health Sciences Admissions test (UMAT) is now open. Year 12 students thinking about studying medicine or health sciences in 2015 at University of Queensland or Bond University or at some interstate universities, need to register for and sit the UMAT test. This is an aptitude test. UMAT is designed to assess critical thinking, problem solving, and abstract non-verbal reasoning abilities; as well as abilities to understand people. UMAT is NOT a knowledge or personality or IQ test. The results from this test are used along with your school academic results to assist with the selection of students who will be offered places in medicine and health sciences at UR and Bond Uni. UMAT is not required for entry to medicine at Griffith Uni or James Cook Uni.
• UMAT will be held in Brisbane on Wednesday 20 July 2014
• Your completed registration must be received at UMAT Office no later than 5:00 pm Friday 6 June 2014
• The UMAT registration fee is $240
• Registration is only available on-line at http://umat.acer.edu.au

If you would like more information, please contact Guidance Officer Kris Roberts at school.

Queensland University of Technology – free services to high school students

Year 10 subject selection assistance

If you are a high achieving Year 10 student who may be interested in going to university after Year 12, and studying science, health, engineering or mathematics - you and your parents/carers are invited to a QUT subject selection event.

Information about careers, admissions, bonus points and degree specific assumed knowledge will be presented, along with other subject selection information, so you can make sure you make right choices this year for subjects for study in Year 11 and 12.

Come along on Tuesday 24 June, Kelvin Grove Campus, starting at 5:30 pm.

For more information contact Simone Long on 3138 4488 or email stem.school@qut.edu.au

2014 Vice-Chancellor’s STEM Camp. High achieving Year 11 students can apply to attend a five-day school holiday event from 29 September to 3 October 2014. This science, technology, engineering and mathematics (STEM) camp is fully funded by QUT, with no costs to students who attend. Students will experience real university laboratories and learning spaces in QUTs Science and Engineering Centre, and will interact with STEM students, academic staff and researchers. The online application portal opened on 7 March, so for more info, visit www.qut.edu.au/for-schools

Kris Roberts – Guidance Officer

Dental Health for Teens

Healthy teeth and gums are vital to your child’s health.
You can help your child grow strong, healthy teeth by promoting good oral hygiene.

Cleaning teeth

Tooth brushing is important for keeping teeth clean, as well as preventing tooth decay and gum disease. But teenagers don’t always brush their teeth, and there could be many reasons for this. For example, your child might not understand the importance of brushing teeth or he might just forget to do it.

Try to look out for signs that your child might not be brushing her teeth – for example, her toothbrush hasn’t been used, her teeth might not look clean, or you might notice gum disease or bad breath.

You can also encourage your child to brush his teeth regularly. Discussing the benefits of brushing teeth could be a good place to start – for example, you could talk about how regular brushing helps keep teeth clean, and prevents tooth decay and bad breath.

In case your child needs reminding, here are the basic steps for brushing teeth:

1. Use a pea-sized amount of toothpaste.
2. Aim the toothbrush at a 45˚ angle towards the gum line.
3. Use a gentle circular motion.
4. Repeat on the inside surfaces of the teeth.
5. Use a light backwards and forwards motion on the chewing surfaces.

Choosing a toothbrush

There are so many toothbrushes to choose from these days that it can get pretty confusing. When you and your child are choosing a toothbrush, you can look for the following:

- Soft bristles – these won’t damage your child’s gums or tooth enamel.
- A long handle – this will let your child reach all her teeth.
- A small head – this will make it easy for your child to move the toothbrush around her mouth.

Electric toothbrushes are just as good as non-electric toothbrushes, and are particularly useful if your child brushes his teeth too hard, isn’t very strong or has poor hand control.

No matter what toothbrush your child uses, it’s a good idea to change it every three months or when the bristles start to look worn out and shaggy.

Flossing

Have a chat with your dentist about whether and how often your child needs to floss. Your dentist can also show you and your child the correct flossing technique.

Toothpaste and fluoride

Fluoride is a mineral that helps build strong teeth and bones and prevent tooth decay. If your child has too much fluoride, it can cause ‘fluorosis’, or a build-up of white marks on the teeth. Although this affects the way teeth look, it doesn’t usually affect health.
If your child has a high risk of developing tooth decay, your dentist might prescribe a fluoride mouth rinse.

Most tap water in Australia has added fluoride. Fluoride is considered safe and beneficial for strong teeth. In fact, fluoride works best when it’s taken in very small amounts throughout the day via sources such as fluoridated tap water, foods and drinks containing fluoride and fluoride toothpaste.

For further information on topics below see full article

- Teeth-grinding
- Dental sealants
- Orthodontics
- Injuries to teeth
- Mouth guards
- Visiting the dentist

Illustrated guide to brushing children’s teeth
http://raisingchildren.net.au/articles/pip_childrens_teeth.html/context/363

Full article “Dental Care For Teenagers” Raising Children Network

Gabrielle Nolan - Youth Health Nurse

Community News

T/Shirt, Book & plant sale

Logan East Community Neighbourhood Centre is holding a T-Shirt, Book & Pant sale on Saturday 29 March from 8.00am – 12.00pm. There will be brand new T-shirts in all sizes for $2 each and a variety of plants, books and bric-a-brac.

Come along to our centre on the Cnr of Cinderella Drive and Vanessa Blvd, Springwood and pick up a bargain. All proceeds from our sale go to support LECNA programs.

For more information call 3808 4529 Logan East Community Neighbourhood Centre.

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