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25 July 2014

CALENDAR OF UPCOMING EVENTS

24 July	District Athletics
29 July	Logan City Career Expo
5 August	Beenleigh Dance Eisteddfod
11-16 August	Instrumental Music Camp
11 August	EKKA SHOW DAY HOLIDAY
19 August	P&C Meeting 6pm
28 August	FOGS Indigenous Careers Expo

From the Principal

Dear Parents and Carers

Welcome back to Semester 2. I trust your family had an enjoyable change in routine over the winter break. I am sure that this term will give us many reasons to celebrate the effort and achievements of our staff and students.

As you are aware we have been a School-wide Positive Behaviour School for a number of years and we have worked hard to embed high expectations and positive behaviour processes into the daily life of the school. We believe strongly that such an approach maximises learning time for all students.

We recently underwent an external review of our behaviour system and we were very pleased with the outstanding results:

- 100% of students and staff are fully aware of our three key expectations:
 - We are here to learn
 - We are here to work together
 - We are here to do what is right
- 100% of students interviewed indicated that they had received a reward for positive behaviour
- We received an outcome of 100% in the use of data to identify patterns of behaviour and to respond appropriately.
- Our behaviour management processes and decision making was also strongly endorsed.

The review identified one area for improvement and that involved the explicit teaching of expected behaviours. This criterion only received an 80% result and so will be a focus for Semester 2.

We certainly have no intention of resting on our laurels. Strong behaviour management processes are crucial to the success of any school. We will continue to work hard in this area. We always have new staff and new students who need to be fully inducted into our positive behaviour philosophy. We will continue to look for ways to reward the vast number of our students who always do the right thing and who are committed to their learning. We will also continue to work with and offer support to those students who have not yet reached our expectations.

I urge parents and carers to look closely at the Semester One Report in the areas of effort and behaviour. If these aspects of your child's report are disappointing please don't hesitate to contact the school to meet with the Year level Deputy Principal. A strong, negotiated support plan, based on a shared commitment from our school and from parents, can be a very positive way forward. The aim would be to assist the young person to accept responsibility and fully engage in their learning.

Kind Regards

Valerie Hadgelias - PRINCIPAL

Student's Lost Property

Over the past term, there have been quite a large number of items deposited in the lost property box situated in the student foyer of the administration office. Can I please ask that if your student has lost an item of clothing, they must check the lost property box as soon as possible. Items that have names on them will be returned to their owners. However, items without names and that are unclaimed by 31 July will be either donated to the school for the spare uniform cupboard or donated to charity.

Cheryl Clegg - Business Services Manager

The Arts News

Our students were invited to perform last Thursday 17 July at the Mayor's Business Breakfast held at the Logan Entertainment Centre, with the world renowned Jazz musician, James Morrison. He personally handpicked our Stage Band as

the strongest in the Logan District. He was so impressed by the calibre of the student's musicianship that he has arranged to do the same thing next year.

The students performed three numbers with Mr Morrison and received great praise from the local community that attended the event. Many dignitaries witnessed this performance which has shown our school in the best possible light. Many messages of congratulation have been forwarded to the school from the impressed audience members.

Mr Purtle and the Instrumental staff at Park Ridge should be so proud of themselves and the quality outcomes that they are producing with these very talented young musicians.

This again is another example of the momentum and energy that the Instrumental Music Program brings to Park Ridge SHS.



Rob Emblen – HOD The Arts

Griffith University Uni-Reach program

As a part of the Uni-Reach program, Griffith University mentors visited our school on Friday 18 July to help guide both Year 11 and 12 students through the process of what courses we are interested in and what is involved in going to university. The mentors are actually students who currently study at Griffith University and were chosen so that there was a mentor for everyone to talk to and to get the best information from.

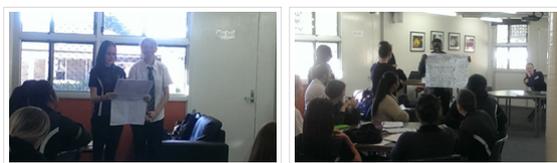
Throughout the day we participated in a number of fun 'icebreaker' activities that allowed both the students and mentors to learn more about each other and work together. The students got to choose who they wanted to be mentored by based on what they are interested in studying at Uni. This allowed us to learn more about the courses we are interested in and also ask more specific questions of what we personally need or want to know. We went through the courses that we were interested in, what was required to get into them, opportunities that are involved and also careers that can come out of having that particular degree.

We learnt about the courses, the costs, uni clubs and activities, exchange programs and much more information about university that we did not know before. We gained information not only through our mentors but also by having debates and trivia games. Having this new knowledge is reassuring and will make the transition from high school to university a lot easier.

The next two days of the Uni-Reach program is for the Year 12 students to go to a Griffith campus of our choice to learn more in a university setting.

Although the Uni-Reach program is run by Griffith University, the program has given us information about university itself not just strictly Griffith. The program allowed us to learn loads in an engaging and fun way and every question we had was able to be answered. It was a great day.

Shania Wood – Year 12 Student



QUT Open Day

The Arts Department at Park Ridge State High School prides itself on the practical opportunities we are able to make available to our students; this year offering many real-world and creative opportunities to students across both the Performing and Visual Arts. One of the more recent opportunities some of the Year 12 Film, Television and New Media students were given was an excursion to QUT's Creative Industries Precinct in Kelvin Grove. In preparation for graduation, these Year 12 students were invited to an Open Day. This included a tour of the Creative Industries campus and learning more about the Creative



Taylah Karpowicz filming in QUT's TV studio

Industries degrees on offer; specifically degrees for students interested in Film, Television or Animation. The students also had the chance to film in the university's television studio, edit together a mini music-video, and engage in a demonstration of 3D motion capture animation whereby actors wear lycra bodysuits with sensors embedded in the material – this cutting edge animation technique is what was used to make films like Avatar, and to animate film characters like Gollum from The Lord of the Rings series.



Sonia Braico and Megan Wise getting hands on experience in the QUT editing suite.

Rob Emblen – HOD The Arts

Need for Feed Program

The **Need for Feed** program started this week with 20 enthusiastic and excited Year 8 and 9 students ready to cook up a storm and learn all about healthy food choices. On the menu was chicken and salad burritos and apple berry crumble with custard. The students learnt essential cooking skills such as good hygiene practices and knife safety.

The **Need for Feed** is an 8-week program run by Diabetes Queensland and funded by the Queensland state government.



Get in the Game 2014, Get Started

The Get Started program assists children and young people who can least afford or may otherwise benefit from joining a sport or recreation club by providing vouchers of up to \$150 to use towards sports club registrations. Vouchers are redeemable at over 3300 clubs Queensland wide. The attached fact sheet provides further information for parents and guardians.

Health News



BREAKFAST AND YOUR CHILD

Did you know?

Skipping breakfast is associated with:

- poor concentration and memory
- overweight and obese children
- unhealthy snacking.

Why breakfast is important

Breakfast **gives children the energy they need to handle their busy days.** Children who eat a healthy breakfast go longer without feeling hungry. This means they can concentrate on playing, learning, remembering and solving problems better.



Research shows that a **healthy breakfast can help children perform better at school.**

Breakfast eaters also tend to:

- have better school attendance than those who regularly skip breakfast
- be more emotionally healthy than non-breakfast eaters
- be less likely to snack on sugary or fatty foods, which helps them stay at a healthy weight.

What a healthy breakfast looks like

A healthy breakfast needs to have a balance of carbohydrates, protein and fat to keep energy levels steady all morning.

For babies and toddlers, breakfast might be rice cereal, milk and fruit.

School-age kids and teenagers might like to choose from options such as porridge, oats, muesli, low-sugar wholegrain

cereal, boiled eggs, omelettes, wholegrain toast, fruit and natural yoghurt.

Choosing healthy foods and eating enough breakfast will help your child get through the morning. Highly processed, sugary cereals won't give her as much energy and will make her feel hungry sooner.

Breakfast ideas to encourage reluctant breakfast eaters

You're an important role model when it comes to eating. Showing your kids that breakfast can be yummy and that it's an important part of your day is a good way to encourage them to eat it. You can talk about its benefits with them too.

Here are more breakfast ideas to encourage healthy eating habits in the morning:

- Make breakfast a time to sit and eat with your kids. Being a good example is a powerful way to change their habits.
- If your child says he's not hungry in the morning, try making a healthy smoothie, with milk, yoghurt and a piece of fruit such as a banana, instead of a more traditional breakfast 'meal'.
- Another option is for your child to eat a small meal at home, such as a small bowl of oats or a piece of fruit. You can then give your child a healthy snack to eat before school starts – for example, a sandwich or some natural yoghurt with fruit.
- If a hectic morning schedule gets in the way of breakfast, try setting your child's alarm 10 minutes earlier, or packing your child's bag and laying out her clothes the night before. You could even get the next day's breakfast ready the night before – try putting dry oats in a covered bowl, or placing toppings like sliced fruit, nuts or raisins in a muffin tray.
- Fussy eaters often respond better at mealtimes if the food is more interesting than usual. Young children love toast or fruit, and older kids can occasionally prefer 'non-breakfast' foods, like leftover pasta.
- Older children and teenagers might refuse to eat breakfast as a way of showing their independence. Try not to make a big deal about this. You could suggest your child takes a piece of fruit or a healthy smoothie made with milk, yoghurt and fruit to have on the trip to school instead. Your child might also like to choose his own healthy breakfast options when out shopping.
- A recent study showed that children who skipped breakfast were more likely to have parents who didn't encourage them to eat in the morning.

Nutritional benefits of breakfast

Human bodies make energy from carbohydrates, breaking them down into a sugar called glucose. After a night without food, your body has used up this glucose. It starts to use stores of energy from your muscles instead, like glycogen and fatty acids. This is why we need a fuel top-up before we tackle the day.

Eating breakfast will give your child energy and get her metabolism started. It will help her body use the food she eats more efficiently throughout the day. Also, **children who miss breakfast don't 'catch up' on those missed nutrients** during the rest of the day

http://raisingchildren.net.au/articles/eating_breakfast.html

Gabrielle Nolan – Youth Health Nurse

Community News

'Greater Brisbane Junior Tennis (GBJT) conducts weekly Tennis Fixtures at the Queensland Tennis Centre, Tennyson and The University of Queensland for children up to 18 years of age. **Grading day for new players is to be held on Sunday, 27 July at the Queensland Tennis Centre, Tennyson from 3pm to 5pm.** Further information is available at www.gbjt.org.au or by phoning **Mrs Peta Davis on 3374 0516.**

Heavily Funded Training in Health

Health Industry Training is a dynamic not-for-profit Registered Training Organisation representing the professional interest of General Practice and Primary Health Care in the Brisbane and surrounding regions.

Health Industry Training is offering heavily reduced Certificate III level qualifications for parents who are interested in working within the health industry. At a cost of \$320.00 for concession participants and \$600.00 for non-concession participants, this will allow you to complete a nationally recognised full Certificate III qualification in Allied Health Assistance or Health Service Assistance.

We will be holding an information session day on Thursday 24th July 2014 from 10am to 12pm – venue to be advised

Classes will be held 9am to 2:30pm Tuesday and Thursday commencing August 5th 2014. Numbers are limited. **For further information please call Health Industry Training on 1300 381 415**

WEP Student Exchange – See the World NOW



Do you want to see the world? Are you keen to push your boundaries and grow as a person? Could you see yourself living overseas as an exchange student in 2015? With over 20 different English and non-English speaking countries to choose from, the hardest part is choosing where you want to go!

Olivia (16) in France – "France is amazing in summer time. Honestly, indescribable. I'm extremely close with my current host family and it will be sad to leave. My host sister is my best friend and sister, and I can't imagine a life in France without her around. But we've already made plans to see each other after I leave."

Take The First Step!

In just a few easy steps, you could be on your way to participating in an opportunity of a lifetime. Visit www.wep.org.au and request a FREE information pack for you

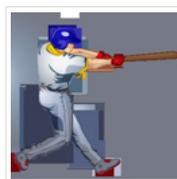
and your parents. Our brochure contains everything you need to know about WEP's not-for-profit student exchange programs to help you and your parents make this important decision.

Find Out More - Meet WEP staff and returned students at an upcoming information session:

Sunnybank Hills Information Evening

Sunnybank Hills Library
Cnr Compton & Calam Rds
06 August 7pm-8:30pm

If you have any questions about any of our exchange programs please feel free to give us a call on 1300 884 733 or email info@wep.org.au .



Southern Stars Baseball Club

Regency Dr, Regents Park
Come & Try Days
26th July and 2nd August
9am – 2pm
Under 8 – Seniors
welcome

Contact Karen – 0421 773 768

