From the Arts

On Friday, 1 August, our talented instrumental music students performed in front of our largest audience yet. They were joined by Windsor Brass and Yugumbir State School Senior Band. The combined schools performance presented a broad range of music offered by the different ensembles, with solos by Jasmin Hardie, Sebastian Buciu and Carly Burton. Mr Purtle even dusted off the trombone and showed why he is such a respected musician and still highly sought after to play in ensembles around Brisbane. We are very lucky to have teachers like him working with the students. His passion for music is infectious and the energy in the instrumental program is due to the hard work of the Instrumental teachers and the parent support group that do a lot of work behind the scenes to organise nights like these. Our popular guitar duo, Luke Allport and Aaron Jordin, also featured between our larger acts.

On Tuesday, 5 August our dance troupe made their way to the Logan Entertainment Centre to perform in the Beenleigh Dance Eisteddfod against many other high schools from around the region. The students performed very well and picked up two special mentions. They performed a total of eight routines ranging from Contemporary to Hip-Hop to Bollywood. We are very proud and appreciative of the hard work and dedication the students and Miss Doherty put towards the preparation of the routines. Many hours of rehearsal goes into each of the dances to get to the polished product that hits the stage.

Rob Emblen – HOD the Arts

Logan West Cluster Math Challenge

A hush of excited anticipation fell across the arena as the two long-time rival forces faced each other in battle. They stood only metres apart staring each other down. Although silent, the message was clear, Prepare for pain. Maybe that is just how it felt as the 2014 Logan West Cluster Maths Team Challenge was preparing to start. Regardless of which schools attended the Math Challenge, the 11 students representing Park Ridge SHS had only one goal - to get the shield back from Browns Plains SHS.

In actual fact, the morning was a friendly and lively display of the high levels of mathematical skill in the primary schools within the district and the two high schools, Browns Plains SHS and our own Park Ridge SHS. Mr Nicholas Hallows and Mr Ian Clapham were coaches for the two groups representing the school from their Year 8 math classes. The members of the Year 8 Ignite team were: Jon Hill, Connor McMaster, Coby Parmenter, Freddie Ashdown, Kirra Klane and Hayden Forbes. The Year 8 IMEX team members were: Jayden Hardie, Zac Old, Dana Edwards, Jasmin Noon and Linkin Mulchay. Caitlin McMaster was selected as the sixth member of the IMEX team, but was unfortunately unable to make it on the day.

The morning was made up of two rounds. Round one was the team challenge, consisting of 10 high order thinking questions with a possible 150 points on offer. Round two was the relay round in which the teams took turns working in pairs to solve the questions. Only once a question was solved or passed on could the next pair start working on a new question. 100 points were available in round two. At the end of the first round Park Ridge Ignite were leading with 85 points, Browns Plains A was second on 75 points, Park Ridge IMEX following closely with 70 points and Browns Plains B were fourth on 55 points. With 100 points up for grabs in round two, it was anyone’s game.
After one hour of solid mathematical awesomeness, Park Ridge finished in first and second place. Ignite totalling 132 points for their effort and IMEX closing the gap with 130 points. Browns Plains trailed in the third and fourth place with total points in the mid to low 120’s.

It was wonderful to see so many students enjoying and celebrating their mathematical successes. Cheers exploded from groups when an answer was correct; high fives were exchanged and boisterous congratulations were offered freely and enthusiastically. For 45 minutes to one hour students were 100% focussed on the wonders of Math.

Congratulations to Mr Hallows and his Ignite team for a fantastic victory and for bringing home the shield. IMEX will get it next time.

### Ian Clapham – Maths Teachers

**The Science and Engineering Challenge**

On Monday, 21 July, many of our enthusiastic Year 10 and 9 students competed in the Science and Engineering Challenge. Hosted by Griffith University, this day-long competition is designed to provide high school students with a positive experience of science and engineering. The Park Ridge team competed against seven other schools from Brisbane and Logan. Each school team was divided into eight smaller teams who worked together on a variety of different challenges.

The teams were awarded points for how well they did in the challenges and the school with the most cumulative points at the end of the day was declared the winner. The Park Ridge team competed very strongly in all of the challenges; however, Boonah State High School was the overall winner on the day.

Congratulations to the following students for the tremendous effort they demonstrated on the day.

**Year 9** - Jacob Bykersma, Jacob Keiler, Samantha Nguyen, Sandy Thao and Whitnee Wikohika  
**Year 10** - Jake Arnesen, Jaimie Austin, Lucas Coleman, Breanna Connor, Rhys Coxall, Corban Gifford, Catie Jordinson, Zak Karpowicz, Kiarra Kelley, Taylor Meerwald, Angela Nguyen, Nikita Noon, Tayla Reid, Kimberly Taylor, Kaleb Yuile, Paige William and Emily Wise.

### Ross Bradford – HOD Science

**STEM Games**

Starting Tuesday, 5 August, the STEM games challenge will be moved from Thursday's first break to Tuesday’s first break in N01. All students from Year 8-12 are welcome to participate. Students are encouraged to design, build and submit an original educational video game that includes science, technology, engineering and mathematics (STEM) content or themes.

For more information, please see Mr. Thompson in O-block staffroom, email jthom814@eq.edu.au or Phone 3380 4111.

### AFL News

There has been plenty happening at the AFL Academy at Park Ridge. With multiple training days everyone has been working hard on their fitness level and skills in the lead up to competitions and the results are paying off.

**Training Days:**

- **Monday First Break**: Open Girls, Second Break: Open Boys and Junior Boys  
- **Tuesday First Break**: Opens Girls, Second Break: Open Boys and Junior Boys  
- **Wednesday First Break**: Junior Girls,  
- **Thursday First Break**: Junior Girls, Second Break: Open Girls  
- **Friday First Break**: Gym Session, Second Break: Open Boys

These students have displayed outstanding attitude and commitment which has created the platform for individual, team, and overall Academy success.

The junior boys participated in Round 4 of the Brisbane Lions Cup against Benowa SHS at Surfers Paradise AFC. Going into the game the boys were considered an outside chance having never beaten this team previously. Benowa played well all day and were leading by 18 points at three quarter time. To our team’s credit they never gave up on each other, kept working and came away with a 12 point victory, a terrific comeback! There were some great efforts including Layton Reid who continued to play through injury and did an outstanding job. This win delivered the boys their first ever preliminary final appearance in the Brisbane Lions Cup. This means that they were down to the final three best teams in the state. Wow, what an achievement!

The preliminary final for the Brisbane Lions Cup was played on Thursday 24 July at Burpengary AFL precinct against Helensvale SHS. Preparation for this game was excellent with the boys and head coach Mr Boon giving up time every day to train for the big game. While the team was slow to start with, Helensvale kicking the first 4 goals of the game, the boys...
worked hard in the second quarter to go in at the break 20 points down. The third quarter was similar to the first with Helensvale able to capitalise on opportunities up forward and go into the final break with a 48 point lead. ‘Saving the best for last’ was certainly the story of the day for Park Ridge as they came out firing in the last quarter - kicking 4 goals to Helensvale’s none. It was a credit to their attitude and commitment to one another to never give up and finish the game as strong as possible - in particular Mitchell Lyndsay and Caleb Hill. Great effort boys!

**Derek Berry - Director of AFL**

**Vicki Wilson Netball Competition**

“Competitive netball at Park Ridge State High School?” you ask. Yes, competitive netball. For the first time in well over a decade, our school fielded a team in the state-wide Vicki Wilson Netball Tournament. The team, comprising of students from Year 8 through to Year 12 girls, competed in the Met-West playoff round at Western Districts Netball on Thursday, 24 July.

Sporting brand new uniforms and an enthusiastic attitude, the girls underwent a baptism of fire; playing one of the highly ranked teams from the 2013 state finals in their first match. Undeterred, the girls did themselves proud by knitting together two solid wins and another almost-win out of seven gruelling matches. Their finest moment of the day was defeating interschool rivals, Runcon, who had beaten them only the day before in Wednesday afternoon sport. The proudest moment for me as a coach, was seeing the determination and teamwork of the girls who were up against it for much of the day. The Vicki Wilson Tournament is an open-aged school girl comp, so many of the teams comprised of predominantly Year 11 and 12’s, making the competition very strong. Yet they grunted it out, match after match and did themselves and the school very proud.

Special thanks goes to Martina Beardsley who managed the team on the day; making my job as coach so much easier, and to the other parents who came to support on the day.

**Congratulations** to the following players who represented the school in the 2014 Vicki Wilson Netball squad:

Moana Taukamo (Year 12), Jade Ransfield (Year 12), Natalie Hartness (Year 12), Stephanie Le (Year 12) Whaiora Cullinan (Year 11), Tiana Cullinan – Captain (Year 10) – Team Most Valuable Player, Emily Beardsley (Year 10), Tiahlee Roberts (Year 10), Marina Mihaere (Year 10), Hannah Smyth (Year 9), Mackenzie Cross (Year 9) and Caitlin McMaster (Year 8)

Thank you for all the early morning training sessions and your commitment to the team. What a great start to a bright future for netball at Park Ridge State High School.

**Karina Cole – Coach**

**GENERATION 2050**

**Project Feed the World**

Are you in Year 10, 11 or 12 in 2014? Are you studying and enjoying agriculture and/or science at school? Are you passionate about agriculture and want to undertake tertiary study in this area? Would you like to experience UNE life and see the opportunities that the UNE School of Environment and Rural Science can provide you with?

….then the University of New England’s GENERATION 2050 is for you!

100 passionate agriculture students from around Australia will be chosen to take part in UNE’s Generation2050: Project Feed the World Conference.

**When?** Sunday 7 December to Wednesday 10 December 2014

**Where?** University of New England, Armidale NSW

**Cost?** FREE! All accommodation in a UNE residential college, meals and activities will be provided free of charge.

**How?** Visit www.generation2050.com.au and complete the online application form. As part of the application you will need to complete a short photo essay and provide the contact details of a teacher who is willing to provide you with a reference. You will also find a draft program online.

Applications close **Monday 1 September** and students will be notified of the outcome of their application on **Monday 6 October**.

If you have any questions please contact Amy Cosby on (02) 6773 2196 or acosby2@une.edu.au

**Health News**

**Are you a parent of a child with type 1 diabetes?**

Every day, thousands of Australian children suffer the effects of type 1 diabetes and families struggle with illness management and children’s behavioural and emotional adjustment.

**Positive Parenting for Healthy Living** is an adaptation of the successful Triple P - Positive Parenting Program offering practical ideas and support for parents of children with type 1 diabetes. This innovative group program is designed to help
parents manage their child’s illness, assist children in coping with their illness and emotions, and prevent and manage difficult child behaviour.

Over the next few months and for a limited time only, parents of 2-10 year old children with type 1 diabetes are able to access Positive Parenting for Healthy Living Triple P as part of a University of Queensland research project. Parents will be able to attend the program free of charge, and will be asked to complete 2 sets of assessment measures (questionnaire and family observation) over a 6 month period, as part of the study.

Contact Aditi Lohan on (07) 3346 7689 or email diabetes.healthyliving@uq.edu.au or visit https://exp psy.uq.edu.au/t1diabetes for more information.

Useful websites for general health

The Better Health Channel (BHC) provides health and medical information that is quality assured, reliable, up to date, easy to understand, regularly reviewed http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf

CYH Child and Youth health, information for families and young people from pregnancy through to health for infants, children, teens and young adults http://www.cyh.com/

RAISING CHILDREN NETWORK The complete Australian resource for parenting newborns to teens http://raisingchildren.net.au/

BEYOND BLUE Australian organisation provides information about depression to consumers, carers and health professionals www.beyondblue.org.au/


CALL 13 HEALTH (13 43 25 84) 24 hours a day 7 days a week for the cost of a local call

Useful websites for young people

Kids Helpline is Australia’s only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25 http://www.kidshelp.com.au/

E HEADSPACE referral and mental health information, fact sheets, online chat and telephone support http://www.headspace.org.au/

I STAY SAFE This site is especially for teenagers, and gives information on sexual health and safety http://www.health.qld.gov.au/istaysafe/

YOUTH BEYOND BLUE Promoting knowledge, skills and help seeking for young people with concerns for their own or a friends mental health www.youthbeyondblue.com/

National Cannabis information and prevention centre Useful information for people of all ages about cannabis and health http://ncpic.org.au/

Community News

Disability Awards nominations

Attached is a nomination form for recognition of people with a disability who you would like to nominate for our Disability Awards. There are seven categories and many deserving people.

Each year we hold these recognition awards as part of our Disability Awareness & Opportunity Expo, which this year will be held at the PCYC Carindale on 12 September 2014.

Visit us at the expo and gain some valuable information from the service providers about transitioning from school.

For more information contact Yvonne Campbell or email Yvonne@specialcarecentral.com.au

www.specialcarecentral.com.au

3lements Multisport Club

Please join us for a public meeting to discuss establishing a multisport club based in Calamvale and the surrounding suburbs.

Runners, Cyclists and Swimmers of all ages and abilities are welcome.

Come along to hear:

- Why our community needs a multisport club
- The benefits of joining our club
- Who the coaches will be
- Proposed training schedules and locations
- Presentation from a representative of Triathlon QLD

Where: Calamvale Community College, Resource Centre (11 Hamish St, Calamvale)

When: Monday August 18th arrive from 5.30 for a 6pm start

Contact: Matt 0432 810 482

If you are interested but are unable to attend this meeting please contact us for further information or visit our facebook page – 3lements Multisport Club.
Come and have fun at Athletics

Jimboomba Little Athletics and Senior Athletics is starting up again soon

Henderson Road, Jimboomba

We welcome athletes of all abilities and ages 3 years to open
Friday evening competition September to March

Time: 5:45pm-8:30pm (earlier for young athletes)

Sign on for 2014/15 season

Fri 22nd and 29th August 5:30pm-8:30pm.

For further information, please call the Jimboomba Athletics Centre on 0403 917 097

Email info@jac.asn.au, visit our website www.jac.asn.au or Like us on Facebook

Park Ridge Cricket Sign-on will be held at Hubner Road, Park Ridge on Sunday 10th, 17th, and 24th August from 9am – 12 noon for players aged 8 – 16 years, interested players can contact Lewis Mills on Mob: 0413 656 058.

Southern Stars Baseball Club

Regency Dr, Regents Park

Sign ups
Under 8 – Seniors welcome

Contact Karen – 0421 773 768