5 September 2014

CALENDAR OF UPCOMING EVENTS

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From the Principal

Dear Parents and Carers

Visit from our Indonesian Sister School

Last week we had the pleasure of hosting 3 Principals from Central Java who were part of an Indonesian delegation visiting a number of schools in Queensland. We were privileged to host Bapak Rusimiyanto, Principal of SMA Semarang, our sister school, Bapak Felik Yuniarto and Bapak Wasito. Our visitors were particularly interested in the vocational courses that we offer here at Park Ridge SHS and they really enjoyed talking to our HOD’s about their programs and visiting classes in action.

We also had the pleasure of meeting the Governor of Central Java, Bapak Ganjar Pranowo and his wife, at a ceremony hosted by Browns Plains SHS. It was particularly pleasing to see Tom Power so expertly perform the role of interpreter for the Governor. Tom was the 2006 School Captain and Dux of Park Ridge SHS and was enrolled in our Indonesian Immersion program throughout Years 8 to 10. The Governor has previously met Tom in Indonesia and he expressly requested that Tom join him in Brisbane and act as interpreter. Tom is presently undertaking a doctorate in Political Science at the Australian National University. He is a fine young man and a wonderful role model for our students.

Special thanks to our Indonesian teacher, Pak Agus Timotius and to HOD English/LOTE, Ms Deb Pillay, who both did a wonderful job in organising our visitors’ program and in ensuring that our colleagues from Indonesia felt so welcome. Thanks also to our Hospitality students and teachers who did a brilliant job catering during the visit. We are hopeful that a reciprocal visit of both teachers and students to our sister school in Central Java will be scheduled in the near future.

Governor of Central Java with Mrs Pillay, Mrs Hadgelias and Pak Agus

The Governor’s wife is presented with a gift from Mrs Hadgelias
Our visitors spend time with the students and enjoy their hospitality

Kind Regards
Valerie Hadgelias - PRINCIPAL

2015, Year 7 and 8 students’ enrolment

Parents or guardians of current Year 6 and 7 students who still wish to enrol their children at Park Ridge State High School for 2015 are asked to contact the school office (3380 4111) to arrange an appointment for an enrolment interview:

- Sept 9th (Tues) 3.30pm to 7.00pm (by appointment only)

Enrolment packages are available from the Office. Please assist us by bringing the following items to the enrolment interview:

- Student
- Completed and signed enrolment forms
- Student’s birth certificate
- Copy of most recent report card
- Any relevant specialised medical / legal / educational documents or reports.

Resource Centre Open Hours

Students are welcome to use the Resource Centre for leisure and study purposes during the following times:

Before school from 8.30am: Tues – Fri
First break: every day
Second break: every day
After school until 3.30pm: Mon – Tues, Thurs – Fri

The Resource Centre provides facilities for students to: use the computers and printer; find information for assessment and recreational purposes, enjoy recreational reading and relax quietly.

Kerryn Shaw – Teacher Librarian

The ConocoPhillips Science Experience

An Invitation to all 2014 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. More than 63,000 students have taken this rare opportunity, up to date.

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 programs 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 (inc GST) for 3 days and $150 for 4 days of science activities for Year 9 and 10 students in 2014.

For more information see the website – www.scienceexperience.com.au

Ross Bradford – HOD Science

Logan Schools Math Team Challenge 2

Park Ridge State High School has again come out triumphant after a second math team challenge, this time at Kingston College. New teams and a larger range of opponents saw a fierce battle of Mathematics with not just one opponent, but seven opposing schools.

With the coaches Mr Ian Clapham and Mr Nicholas Hallows again at the reigns we had two powerful teams; IMEX and Ignite. The Year 8 Ignite team once again took the title with a great effort. Hayden Forbes led the ignite team: Chloe Lai, Lleyton Hayes, Emma McDonald and Jaelon Paewai. They were unstoppable, leading by 35 points going into the second round. The IMEX team: Caitlin McMaster, Annika Grieve, Ryan Taylor, Dana McNeill & Brianne Byer, who were also in contention for the title, gave 100% finishing in 10th place.

By the end of the competition, the Park Ridge Ignite team had amassed 180 points, trumping the runners up Alexandra Hills State High School, by a whopping 30 points and bringing home the Logan School Maths Team Challenge trophy to Park Ridge State High School.

This day was all about learning and having fun while working together as a team to solve complex mathematical problems, and this was achieved by all students. Everyone who participated had a wonderful time and walked away with a better understanding of mathematics and team work.
Congratulations Team Ignite on a well fought out victory.

Nick Hallows – Math Teacher

SSS News

This week we expanded on our communication skills. A Facebook posting asked for cards for the birthday of an 18-year old girl with downs syndrome, Hannah. On sharing a copy of this post with my students, we decided to give her a birthday that she wouldn’t forget. With a lot of cardboard, coloured paper and enough glitter to sink a small ship, the students created cards to celebrate this young person’s special day. The end result was a beautiful collection of cards that are individual and will be sent to Hannah on her birthday.

We are also running a Year 6/7 transition program to introduce our 2015 students to high school. This program runs over 10 weeks on Tuesday mornings and is designed for students to gain experience in a high school setting in a less stressful way. We have completed 3 weeks of the program and the students appear to be thoroughly enjoying themselves. We are completing school orientation booklets, getting to know you games, having “tasters” of individual subject areas and meeting a range of staff that will help make the transition to high school easier. There are around 16 students from various primary schools attending this transition and we are working hard to provide a positive and interactive atmosphere for our future SSS students.

Tracy Hall – SSS Teacher

PA Hospital visit

Recently ten of our Year 10 and 11 students attended the PA Hospital Open day Expo.

Students were given a tour of the hospital, dressed up for surgery; tried their hand at taking blood pressures; resuscitation; bandaging; and the opportunity to speak to many nurses about their varied fields.

It was a great day and certainly was a great experience for our students, giving them much to think about for future career pathways.

Cara Black, Abigail Schulz and Ashleigh Martin preparing for Surgery

Tahila Burgess and Sheridan Ferrier check out the digestive system

Ashleigh Martin checks on “Wally’s” heart

Wendy Howard - Work Education Transition Officer

School-based apprenticeships and traineeships

Mr Shakeshaft is a very proud Dad as he attends the sign-up of his daughter Suzy.

Over the past four months, Year 11 student Suzy has had work experience at The Cupcake Parlour in West End for one day a week, as part of a Work link programme. Suzy’s hard work has paid off after Ann- Louise, owner of the Cup Cake Parlour, agreed to sign her up on a school-based traineeship which will lead to a Certificate II in Hospitality.
Congratulations Suzy!

Wendy Howard - Work Education Transition Officer

Hospitality – The Café Aroma

This term, my Year 11 Hospitality class has spent the last 3 weeks busily preparing for their practical assignment, Café Aroma. Students worked as a team to facilitate this café, organising action plans, menus, food requisition, café layout and table setting. This function highlighted the students’ skills that are necessary to achieve the standards expected by the Hospitality Industry. It also allowed them to display their talent in various aspects of food and beverages presentation. Teams were allocated several tasks and duties to ensure the successful running of the venture.

I would like to thank all the staff for their enormous support. You all helped us make this event successful.

Mrs. Mona Rai - Hospitality Teacher

Explore Engineering Day at UQ – Year 11/12 girls

This offer is for girls in Year 11 and 12 who are doing MAB and one of Physics or Chemistry, and who might be interested in exploring possible careers in Engineering. University of Qld (Women in Engineering - WE) is running a special day on Tuesday 16 September. The WE Explore Engineering Day is fun and interactive, and is designed to excite and inspire female students to consider a career in engineering. You can participate in hands-on workshops showcasing different engineering specialities. If you are interested, please see Guidance Officer Kris Roberts asap, as places are limited.

Health News

Feeling tired and being less motivated in general are two very common symptoms of depression. This means that exercise is often the last thing that people feel like doing when they are experiencing depression. However, regular exercise has been shown to have very positive effects upon mental wellbeing. Whilst vigorous exercise releases endorphins (the ‘feel good’ chemicals that also alleviate pain) into our bloodstream, even gentle to moderate exercise increases serotonin, which has a number of benefits including lifting our mood and helping to counteract insomnia. The good news is that exercise doesn’t need to be strenuous for us to feel some of its many benefits.

How does exercise help depression?

- Increasing energy levels
- Helping to get a good night’s sleep
- Providing distraction from worries and rumination
- Providing social support and reducing loneliness if exercise is done with other people
- Increasing a sense of control and self-esteem, by taking an active role in the individual’s own recovery.

Evidence for the benefits of exercise in managing depression

- Numerous studies have shown that people who exercise regularly experience fewer symptoms of depression and anxiety than those who do not exercise regularly
- Several trials have shown that regular exercise of moderate intensity can be an effective treatment by itself for mild to moderate depression
- Two trials have found that 16 weeks of regular exercise is equally effective as an SSRI antidepressant medication in the treatment of mild to moderate depression in older adults who have been inactive
- Research also suggests that exercise can further assist depression in individuals with depression who have responded only partially to an antidepressant medication
- Both aerobic exercise (e.g. brisk walking, cycling or jogging) and resistance or strength training (e.g. weight-lifting) have been found to be beneficial for depression.
Exercise recommendations

The National Physical Activity Guidelines for Australians recommend:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

Sedentary Behaviour

- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

Getting started

- Start slowly and build up gradually. For example, if you have not been exercising at all, start with a 10-15 minute walk each morning, and gradually increase this to 30 minutes per day.
- Set short-term realistic goals for exercising each week (e.g. 3 x 20 minute walks per week). Plan to exercise at specific times of the day that fit in with your lifestyle and write your plan down.
- You don’t have to join a gym – try a variety of different types of activities to find those that you enjoy (e.g. swimming, walking the dog, jogging whilst listening to music, riding a bike, gardening, bushwalking, yoga, weight-lifting).
- Give yourself a break – if you don’t stick to your exercise plan, simply start again from where you left off.
- Remember that it can take time for the benefits of exercise to occur. (Most exercise studies showing a significant reduction in depression have examined exercise programs of at least 8 weeks).

More information


Gabrielle Nolan, Youth Health Nurse

Community News

Tired of Fighting with your Teenager?

FREE SEMINAR ON REDUCING FAMILY CONFLICT!

- Is your teenager between 11 and 16 years?
- Would you like practical tips for dealing with conflict with your teenager?
- Come to our FREE 2-hour seminar!

Parents of teenagers are invited to take part in new research by attending a seminar based on the successful Teen Triple P: Positive Parenting Program.

- Learn to more effectively resolve conflict
- Teach your teen better problem-solving skills
  - Improve family relationships
- Get support from a trained psychologist
  - Meet other parents of teenagers

DATES: September and October
VENUES: PCYC Bayside, Carindale & Inala and UQ St Lucia
To find out more or register your interest:
Website: https://exp.psy.uq.edu/parentingteens
Email: parentingteens@uq.edu.au
Phone: 3365 7306 or 3365 7303

Park Ridge Cricket Sign-on on Friday 29 August afternoon from 4-5.30pm at Hubner Road, Park Ridge. Interested players can contact Lewis Mills on 0413 656 058.