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19 September 2014

CALENDAR OF UPCOMING EVENTS

19 September	LAST DAY TERM 3
6 October	LABOUR DAY HOLIDAY
7 October	FIRST DAY TERM 4
10 October	Term 3 Interim Reports posted
20 October	STUDENT FREE DAY
21 October	P&C Meeting 6pm
16 October	Next Newsletter

From the Principal

Dear Parents and Carers

Life Skills Program

We strive, here at Park Ridge State High, to be a strong and supportive community. We work hard to build confidence, resilience and adaptability in our students. We want them to leave us understanding that they have the capacity to overcome the challenges that lie ahead.

The Life-skills curriculum in the junior school is an important part of our well-being program. The Life-skills program is intended to support the strong parenting that embraces our young people at home.

Significant issues are addressed in these classes. Drug and alcohol education, bullying and cyberbullying, peer pressure and self-issues esteem, time management, goal setting, resilience and emotional intelligence are just a few of the topics covered.

Some parents appear to believe that this Wednesday afternoon program is not significant as it isn't part of the core curriculum but this is not the case. Students in the junior school do not have the privilege of flexible time on a Wednesday afternoon. That privilege is for senior students who use the time for TAFE studies, early start university subjects; catch up classes in certain practical subjects and small group tutorials at school or home study.

Chaplaincy Dinner

The West Logan Chaplaincy dinner was held on Tuesday, September 9. It was an opportunity to thank the many active supporters of chaplaincy in our community. Despite the flu season, the Performing Arts block was overflowing with invited guests. The work of Chaplaincy in all of our local schools was highlighted and celebrated. Once again our hospitality students did an outstanding job and they, along with their dedicated teachers, are to be congratulated.

Chaplaincy is such a valuable program in our schools. It is not about preaching a religion. It is about offering care and concern for all our students (and staff), offering emotional and practical support to our students and their families in times of turmoil, about being a support person for some young people in need of a strong and dependable role model in their lives.

Interim Reports

Reports will be posted home in the first week back after the holidays. Please don't hesitate to phone the school if you have any questions or concerns. If you would like to make an appointment to speak to any teachers, you can organize that through the school office (Ph: 3380 4111).

Kind Regards

Valerie Hadgelias - PRINCIPAL

School based trainee finalist 2014

Congratulations Joshua Taylor!

Josh was a finalist for school-based Trainee of the Year and attended a dinner presentation at Dreamworld on the Gold Coast. Josh impressed the judges with his ability and determination to, not only complete his traineeship whilst successfully completing Year 12, but also because he is one of our busy student leaders in the leadership team at school. He also has a part-time job and has had to step up in his family responsibilities while his Dad was away working and his Mum was in hospital.

Josh has almost completed his traineeship in Automotive with Maxima at Logan City Council. His employers, Maxima and host Logan City Council, have been very impressed with Josh's ability to commit to his traineeship. Even with so much going on, Josh never faltered or looked for a way out of his

commitments. There were over 300 nominations and Josh was one of three finalists in his industry.



Josh was joined at the dinner presentation by his very proud Mum Robyn, his brother Jackson, his employers and host employers and our school Chaplain, Sean Fortescue. Well done Josh, we are all very proud of you.

Wendy Howard – Work Education Transition Officer

Faster, Fitter and Stronger

Certificate III Fitness 2014

The energy that students have exhibited throughout this year has been incredible. Their diligence, determination and commitment to understand the importance of fitness to their health, their clients' health and the wider school community was very much the theme of the year.

The Year 11 class participated in various activities to enhance fitness. These included circuits, pyramids, add-on activities, interval and aerobic training. They were required to lead 10 to 30 minute sessions for the members of their fitness group. The topics that were completed in theory were Occupational Health and Safety, Customer Service, Anatomy, Gym exercises, correct technique, various body work sessions and training principles. The quality of these sessions was outstanding as students worked hard to produce high energy efforts from their clients.

The Year 12 group completed an eight-week fitness program for two clients. The program included yoga, gym, body work, boxing, circuit work and aerobic sessions. The groups produced excellent results with this program and their clients were very tired on completion of most activities. Beyond this, the group then had to reflect on their efforts on how to improve their sessions. They then were exposed to various ideas on how to develop a boot-camp session. Their efforts and motivation were impressive and their skills and knowledge will be applied to running three boot-camp sessions with Year 10 classes for the rest of the term.

Finally next term, the Year 11 students will be continuing their boot camp fitness sessions and also be involved in community fitness tasks for the juniors at lunchtime, with yoga, summer fitness, and researching how to screen clients. Year 12 students will continue orienteering and rock climbing. They will also be running community fitness sessions and will be finalising their work to be submitted to complete their Certificate III Fitness qualifications.

Congratulations to the whole group this year as your energy, positive behaviour, drive and determination makes Certificate III Fitness an excellent subject to teach. This subject will not only lead to a wonderful career in the fitness industry, but also

provide excellent habits that will create a healthy lifestyle in the future.

Mr Rob Brown – Senior Recreation Coordinator

Student Support Services

It was another busy fortnight in the SSS unit. On Thursday, 11 September, the SSS hosted our first Post School Options Forum. This event was attended by students, parents, Mary Sheppard – Advisory Visiting Teacher Transition, Wendy Howard – Work Transition Officer and Disability Employment Service Providers – Red Cross, MAX employment and APM. The Year 10, 11 and 12 students and parents listened to all presenters, discussing essential information including Centrelink payments, support from external agencies, work experience, linking with agencies and positive outcomes for students post school. There was a great turn out for this event with a very high level of student engagement. Positive feedback was received from all participants. We would like to thank everyone for their hard work and participation in the organisation and running of this forum. Hopefully, with the community's continued support we can repeat this event annually.



Tracy Hall – SSS Teacher

Park Ridge Rugby League 2014

The rugby league efforts of all levels have been outstanding in 2014.

The Year 8 team achieved runner-up as they narrowly lost the finals to Calamvale College. The boys were undefeated until the final and were bitterly disappointed with their team's final result. **Tom Mansfield, TK Kennedy, Jack James, Leyton Reid, Jacob Jansen and Josh Livey** all played to the best of their ability and were the outstanding players that made a dramatic difference to the team's efforts and achievements.

The Year 9 and 10 teams had low numbers and injuries hurt these teams' impact but they had a number of close matches and tried their hardest to do their very best.

Finally, the Open team had an exceptional carnival winning their way into a semi-final. Unfortunately a draw was not enough to secure a grand final spot but the boys finished strong winning their last game 5 tries to 1. This was a great finish for the seniors. The boys played well all day with **Dalton Harrison (Captain), Andrew Miklavc, Josh Taylor, Kevin Davis, Lucas**

Cuthbert, Elijah Morgan and Aaron Morrissey making an outstanding contribution.

Congratulations to all the teams on a great year especially to the success of the Year 8 and Open teams. Huge thanks to Mr Berry and Mr Boon for their involvement and coaching of the boys. Our school is grateful for your efforts. 2015 certainly looms as another exciting year for our Rugby League Gala teams.

Mr Rob Brown - HPE/Sports teacher

Community News

HOST FAMILIES NEEDED IN JANUARY 2015

EXPERIENCE ANOTHER CULTURE, MAKE NEW FRIENDS

IMPROVE YOUR LANGUAGE STUDIES AT HOME

In January 2015 we will be receiving exchange students from Europe (Germany, Italy, Denmark, Finland and France), South America (Argentina) and Japan. Our new arrivals will live with a host family and attend a local school for 2 or 10 months. As we plan for their arrival, we are keen to hear from suitable families who might be interested to host a student.

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. Our staff members will be happy to discuss which student might be best suited to a family.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

Student Exchange Australia New Zealand is a not-for-profit secondary exchange organisation which is registered with education & regulatory authorities in each State and Territory. You can find out more about our organisation by visiting www.studentexchange.org.au.

If you have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, you can either respond to this email or call our office on 1300 135 331. No obligation.

Student Exchange Australia New Zealand Ltd

PO Box 1420, Mona Vale NSW 1660 Australia T: (02) 9997 0700 F: (02) 9997 0701

W: www.studentexchange.org.au

PARK RIDGE CRICKET CLUB

U16 Cricket players required at Park Ridge Cricket Club, interested players contact Lewis Mills 0413 656 058. **Training on Tuesday night 6-7.30pm, play on Turf at Hubner Park, Park Ridge.**

Southern Stars Baseball Club - Stars required for this season.

Come on down to the field on these nights and meet the coaches.

Tuesday nights from 5.30 pm-7 pm for under 8, 10, & 12 years.

Wednesday from 5.30 pm -7.30 pm for under 14 & 16 years.
Andrew 0417 773 436 Contact Karen 0421 773 768

<http://www.southernstarsbaseballclub.org/>

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