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17 October 2014

## CALENDAR OF UPCOMING EVENTS

20 October	STUDENT FREE DAY
21 October	P&C Meeting 6pm
7 November	Instrumental Music Awards Evening
17 November	Year 12 Formal
18 November	P&C Meeting
19 November	Sports Awards
19 November	Phase 3 Immunisations
20 November	Annual Awards Evening
21 November	Year 12 Graduation – Last Day

### From the Principal

At this time of the year it is good to reflect on many of the achievements that have occurred in our school community over the past year. We have kept a strong focus on the learning environment, promoting through workshops, assemblies, speciality events and at a classroom level the importance of committing to a strong learning climate to ensure the best outcomes for our students.

Our tertiary bound senior students have been working toward ensuring a strong finish to the end of their high school years, with staff focusing squarely on supporting them to achieve results that will place them in a strong position for tertiary entry and the attainment of their Queensland Certificate of Education.

As a school we are very excited about the addition of Year 7 students in 2015 and much work has been done around the embedding of identified Junior Secondary practices to cater for the unique developmental learning needs of our students in years 7-9. A Junior Secondary Head of Department position has been introduced for term 4 that will become a permanent position in our school for 2015.

Term 3 saw many of our students being involved in a range of extra-curricular activities, representing our school with pride and respect in both our school and wider community. Our AFL School of Excellence produced four teams that were selected

to represent our school at the state finals this year, an exceptional achievement for both the students and staff. We were also privileged to see both our junior boys and girls AFL teams win their state AFL championship.

Many of our instrumental students were also given the opportunity to be a part of the Logan Youth Exchange trip to China during the September break. This provided our students the chance to perform in three concerts and interact with instrumental students in the Shanghai district and share internationally their passion for their art. Michael Purtle, our Music Coordinator, also attended bringing his experience and support to a very worthwhile project in our region.

We have also continued our work in improving student literacy and reading skills across our school, including the introduction of a literacy coordinator position that has been filled by Cath Armstrong. This initiative has seen even greater and more focused efforts being placed on identifying and providing our students, with specialised literacy needs, a very differentiated and targeted approach to instruction.

This term we would like to continue to involve our parents as valuable resources in reviewing our approach to the learning. In response we will continue to provide opportunities for our parents to be a part of focus groups and workshops to ensure a strong partnership in the education of every student at Park Ridge SHS.

We would like to thank our parents for their ongoing support of our school and the many opportunities provided for our students to develop as strong citizens in our community.

Kind Regards

**Sharon Amos – Acting Principal**

### School Canteen

The school canteen is run by the P&C. It opens at 8.15 am every morning. Students can order lunches for first and second breaks before 9.00am. We welcome parent volunteers at any time and appreciate any offers of help.

**Phone Belinda (Canteen Manager) 3380 4143**

## B.R.A.K.E. – Driver Awareness Program

### “Driving knowledge for life”

In Term 4, Year 11 students will not have a 12.40pm finish on Wednesday afternoons. They will be participating in the B.R.A.K.E. Driver Awareness programme in Term 4 as part of the Access Program on Wednesday afternoons.

The B.R.A.K.E. programme was developed due to International, National and State research showing that a high percentage of young novice drivers are involved in motor vehicle crashes. In Australia young new drivers represent 13% of the total population; however they contribute to 32% of serious car crashes (more than double). Researchers estimate that the first 6 months after getting a licence, young drivers are 6 to 33 times more likely to be involved in a serious car crash.

B.R.A.K.E. (**B**ehaviour, **R**isks, **A**ttitudes, **K**nowledge, **E**ducation) Driver Awareness Program aims to reduce the likelihood of young people under 25 being involved in motor vehicle crashes, particularly serious crashes and fatalities. In the next 12 months many of our Year 11 students will receive their driver’s licence. Even though they will be licensed to be on the road they are still young drivers with limited experience.

The Program does not teach road rules, rather it teaches young drivers how to evaluate and apply their road safety knowledge. Through interactive multimedia and discussion students look at the **behaviour** of young drivers when faced with hazards and the **risks** associated with those hazards. It also analyses the **attitudes** of young people, and attempts to increase student **knowledge** through a variety of problem solving scenarios, role plays and activities. By **educating** our students now on how to evaluate driving situations and applying their road safety knowledge we can make a difference in their futures.

B.R.A.K.E. programme focuses on Driver Behaviour, Risks, Attitudes, Knowledge and Education. After students finish the 8 modules of the programme in Term 4 they will receive 3 month, 6 month and 12 monthly email reminders from the B.R.A.K.E. Organisation to further re-enforce the information learnt. In Year 12, students participate in 3 and 6 monthly refresher activities. Students on completion of the program achieve one credit point towards their QCE.

For further information contact, **Gena Shvetsoff, HOD Senior Schooling on (07) 33804111**

## Logan Youth Music Exchange trip to China

On 21 September, ten students from Park Ridge State High School went on a music exchange trip to the Shanghai district in China. Whilst there, the students performed at three concerts in three different cities - Yuyao, Suzhou and Xuhui - to massive audiences of over 4000 people. Students were able to glimpse the culture in each of the three cities by staying with host families in those districts.

**Students who attended the trip were; Kendal Newton-Smith, Hannah Smyth, Liam Brown, Mitchell Brown, Carly Burton, Catie Jordinson, Jake Johnson, Sebastian Buciu, Luke Stanley and Rebecca Cahill. They**

**were also accompanied by Mr Michael Purtle as one of the conductors.**

All students had a fantastic time and performed admirably being great international ambassadors for our school and our country.

### **Michael Purtle – Instrumental Music Program**

## Student Champions

Two Park Ridge State High School students have successfully qualified to compete at both national and world level for their respective sport. **From 25 September to 5 October, Year 10 student Emily Simeon and Year 11 student Chris Devlin participated in the National Inline Hockey Championships held at Geelong, Victoria.**

Chris represented Queensland brilliantly and helped them to finish second in the championships behind Victoria. Chris was a standout player at the championships and his high level of skill and talent was recognised with him being selected for the Oceania Team.

Emily, who is also an outstanding player, represented Queensland and her team also placed second overall. Her hard work and training paid off when she was selected to represent Australia in the Junior Women’s team along with 13 other girls

Sacrificing their weekends and spare time to train, both Chris and Emily trained 2 hours every Thursday night and Saturday afternoon but both admit it was all worth it to make the team. Throughout this time Chris and Emily have also gained many supporters including friends, team-mates, family and coaches which has made the achievement all the more special.

***Huge congratulations to Emily and Chris on their amazing efforts. We hope you both continue to enjoy and succeed in your chosen sport.***

### **Jonah Martin & Moana Taukamo - Sport Captains**

## Term 3 AFL Girls Team Update

Term 3 was a huge term for girls AFL at Park Ridge SHS. Both senior and junior teams were to participate in the Brisbane Lions Cup semi-finals with the hope of playing for a state championship. Both teams did just that - winning their semi-final matches at Coorparoo AFC. The junior team came up against strong opposition in St Mary’s College. The girls fought hard all day and worked together really well to come out on top with a 20 point win - putting them through to a state final against Mountain Creek SHS. The seniors participated in a three-team semi-final format needing to win both games to progress to the state final. The girls came up against Faith Lutheran College first and won this match convincingly due to some brilliant teamwork and team structure. The second game for the senior team was against Centenary College. There was a strong breeze favouring one side of the ground. The girls needed a great start, and that’s exactly what they produced, running away to an early first quarter lead. The seniors were declared winners of this game after an unfortunate injury to an opposition player, which resulted in the game being abandoned. This ultimately gave the open’s team the chance to also play off in the state final against Mountain Creek SHS.

In the last week of Term 3 both teams travelled to the Burpengary AFL precinct to take on Mountain Creek SHS. Both teams had history, playing Mountain Creek in both state finals in 2013. The junior team kicked the day off. Like the semi-final, it was a tough match throughout the entire game with some stellar efforts by co- captain **Camryn Newton-Smith** and best on ground for the day, **Charlotte Holt**, propelling the team to an outstanding state championship win. The girls were elated with the win, making it two state championships in a row for the junior girls.

After the junior game the senior team took to the field with a steely look of determination in their eye. From the get-go the girls were in a fierce battle which saw them win the majority of the contests. The midfield worked tirelessly to give themselves first use of the ball, however at times turnovers cost the team as Mountain Creek used the ball effectively. The girls worked really hard and special efforts from **Tiana Cullinan** and **Stephanie Le** gave the team every chance of come-from-behind to a victory in the final quarter. It wasn't to be, narrowly going down to Mountain Creek.

These girls put in a lot of time and effort leading up to this point and senior coach **Derek Berry** and myself could not be more proud of all the girls who participated in the program throughout the year. Their attitude, commitment and dedication to the program could not be questioned. **A special mention must go to the Year 12 girls who will be moving on from Park Ridge at the end of the year. We wish them all the best and hope they continue to play AFL in the future.**

**Adam Boon – AFL/HPE Teacher**

## 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](mailto:diabetes.healthyliving@uq.edu.au) , or visit <https://exp.psy.uq.edu.au/t1diabetes> for more information.

## Health News - Mental Health week

October 7-12 was Mental Health Week in Queensland. It is a reminder to us all to consider our own mental health, what we model to our children and how we care for ourselves. As a parent and/or educator of teenagers, at times their moodiness or lack of family involvement seems to err on the "this-is-not-quite-right" side of the "Is my teenager normal?" scale. How do you know if you should be taking the next step?

### 5 signs your teen needs mental health treatment

Teens go through emotional ups and downs all the time. Hormones are changing, life can seem overwhelming, and without much life experience, a young adult can feel misguided. When parents are busy working, or a natural separation from family occurs, teens may turn to friends instead of parents.

Peer support can be helpful for certain issues. But when the symptoms of a mental illness are present, more than a good friend is needed.

The problem is, teens may not understand what the feelings they experience mean. As a parent, it's important to stay connected so that you notice any changes or any symptoms of a mental illness in your child.

Mental illness includes depression; anxiety; bipolar disorder; schizophrenia; borderline personality disorder; post-traumatic stress disorder (PTSD); attention-deficit disorder (ADD); attention-deficit hyperactivity disorder (ADHD) and many more disorders that can interfere with your teen's daily life.

In an effort to self-medicate — to control the symptoms of the undiagnosed and untreated mental illness — a teen without help may turn to drugs, alcohol, or eating disorders to feel better, to escape, to numb out, or to feel in control.

Below are some ways to tell if your teen may need mental health treatment.

1. **Mood swings.** How can you decipher a moody teen from a true set of mood swings that indicate mental illness? You know your child better than anyone else. Trust that you can recognize a shift in mood that is out of character for your son or daughter.
2. **Behavioral changes.** The same thing goes for your child's behavior. Of course behavioral choices change as your teen gets older, but if your son or daughter is presenting as a different person to you, this may indicate a mental illness or substance abuse.
3. **Consequences in school and among friends.** A mental illness can distract from concentration, which can affect school performance and the ability to sustain relationships with peers.
4. **Physical symptoms.** Decreased energy, changes in eating and sleeping, frequent stomach aches, headaches, and backaches, and neglect of personal appearance and hygiene (such as showering less often and not keeping up on grooming) can be signs that mental health treatment is needed.
5. **Self-medicating.** If you find any indicators of drug or alcohol use, self-harm, an eating disorder, or other

forms of escape, the link to mental illness may be direct. An effort to make oneself feel better can show a great need for mental health treatment.

If you see any of these signs, seek help for your child. With appropriate assessment, identification, and intervention, all mental illnesses can be treated and managed. Ask your school Guidance Officer for referral options or speak to the School Based Youth Health Nurse. There are free Queensland Health services especially designed for children and young people. There are also some great websites that you can check out yourself or tell your teenager about.

[www.reachout.com](http://www.reachout.com) / [www.youthbeyondblue.com](http://www.youthbeyondblue.com) /  
[www.eheadspace.org.au](http://www.eheadspace.org.au) / [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

**Gabrielle Nolan - Youth Health Nurse**

## Community News

### Do you love shopping?

If the answer is yes - please join us for a fun filled day

### A Pre-Christmas Shopping Tour!

Transport and lunch included - \$50 per ticket

Date – Sat 25 October 2014

Leaving and returning to Park Ridge State High School  
We will be visiting approximately 10 warehouse outlets -  
fashion, electrical, shoes, bags, accessories, lingerie and much  
more.

For details contact Emma 0418 115 124 or  
[emma.edwards7@bigpond.com](mailto:emma.edwards7@bigpond.com)

***This is a fund raising activity to support students of the  
Instrumental Music Program***

### Kyabra Recovery Connections - Is there someone in your life who is experiencing mental health difficulties?

Sharing recovery is a public forum offering easy to understand information and a roadmap for supporting mental health recovery. It includes guest speakers, take home information, resources/strategies/ideas and a chance to ask questions. This is an opportunity to think about your own needs and reclaim hope for the future.

**When:** 12th November 2014

**Time:** 10.00am - 1.30pm

**Where:** Kyabra Community Association, Kyabra Street,  
Runcorn

Light refreshments will be provided - Cost is free, parking is available. Please RSVP for catering purposes. 0413 949724

COME AND SELL or COME AND BUY

**CAR BOOT**  
Jumping Castle **SALE** Face Painting

**Sat. Oct. 18th**

**8am – 12pm**

at

**31 Green Road, Park Ridge**

For safety please use off street parking provided.

**To register for a car space**

*Please register by Monday 13th*

**Phone: 3800 3663 or**

**email: [lightacandle@bigpond.com](mailto:lightacandle@bigpond.com)**

Morning tea or hot dogs provided.

Bring the children.

An opportunity provided by

**Browns Plains Baptist Church**

## ISLAMIC SOCIETY OF LOGAN INC.

**260-266 Third Ave Marsden QLD 4132**

Invites the community to their National Mosque Open Day  
on

**Saturday 25 October, 10am – 4.00pm**

*We wish to foster friendship, understanding, tolerance and goodwill towards all of our fellow Australians. By opening the Mosque, you may experience and ask questions about our religion.*

10am – 2pm - Q & A Session (Hosted by Imams)

12pm – 1pm - Lunch and Zohr Prayer

1pm – 2pm - Official Program

2pm – 4pm - Q & A Session (Hosted by Imams)