

5 March 2015

CALENDAR OF UPCOMING EVENTS

3 March	Year 11 and 12 Ancient History Excursion
3 March	School photo catchup day
6 March	Badge Ceremony
2 April	Last day of Term 1

Swimming Carnival 2015

On Wednesday 11 February the annual Park Ridge SHS swimming carnival took place at Springwood Aquatic Centre. It was an absolutely fantastic day with well over 500 students participating on the day. There was some fierce competition and tight swimming races all day, but a big congratulation goes to **Banksia** for coming out winners at the completion of the day.

There were some excellent individual performers through the day and a congratulations must go to the following students for winning age champion;

Well-done to **"Eucalyptus"** for the winning house in the swimming carnival.

A great effort was made by the following students for age group champions.

Males:

- 12 Years Corey Judge
- 13 Years Ben Mansfield
- 14 Years Jack and Lachlan James
- 15 Years Riley Gilchrist
- 16 Years Alex Sauer
- 17 Years Jonah Martin

Females:

- 12 Years Zoe Edwards
- 13 Years Katie Bianchetti
- 14 Years Dana Edwards
- 15 Years Camryn Newton-Smith
- 16 Years Taylor Meerwald

- 17 Years Ebony Gunstone and Jessica Livsey.

A huge congratulation also goes to the students who represented Park Ridge High at the district swimming carnival at Chandler Aquatic Centre this past Wednesday.

Mr Adam Boon – Year 7 Coordinator/AFL Teacher

District Swimming

On Wednesday 18 February 2015, 45 students participated in the District Swimming Carnival at Chandler Aquatics Centre. All students represented the school in a positive manner and participated to the best of their ability. The day was successful with **Jonah Martin** winning the 17 years boy's District Age Champion. The boys finished first overall and the girls finished third overall, resulting in Park Ridge State High School finishing third for the carnival. Well done to all students' involved.

Good luck to those students attending the regional carnival this week!

Miss Alyce Brown – HPE Teacher

Modern History Excursion

On Tuesday 24th February Senior Modern History students travelled to a variety of sites around the Logan area examining primary and secondary sources for a local histories topic. Students attended the Logan Central Library, which has a wide collection of local history resources, Kingston Butter Factory, Logan Village Cemetery and the Beaudesert Historical Society. All students represented the school well and explored varying social and cultural changes that have occurred within the wider Logan area.



Miss Alyce Brown – Modern History Teacher

From The Arts

Calling all students!!! If you can sing, dance, act, play a musical instrument or can tell a good joke come along to E Block staff room to collect your **entry form** for the this year's talent quest.

The show is set for **Friday 1st May**, with auditions happening later this term. Details will be in the morning notices.

There are prizes on the night for the winning acts and we have food and drink available in the foyer during interval.

Tickets will go on sale for \$5 or \$15 per family in the next few weeks and can be bought from the Cashier's window. We strongly urge you to pre pay for your tickets to avoid disappointment at the door as we only have limited seating.

Mr Rob Emblen – Head of Department for The Arts

Refund Guidelines for Excursions and Camps

At Park Ridge State High School, we are committed to providing a safe and supportive learning environment for students, staff and volunteers. This commitment includes the health and safety of staff and students when conducting curriculum activities in the school or in other locations.

School excursions, camps and activities enhance a student's learning by providing opportunities for the student to participate in activities, both curriculum-related and recreational, outside the normal school routine. All planned school excursions are approved by the Principal and endorsed by the Parents and Citizens Association.

State schools are able to charge a fee for:

- An educational service including materials and consumables not defined as instruction, administration and facilities for the education of the student;
- An education service purchased from a provider other than the school where the provider charges the school; and
- A specialised educational program.

A school fee is directed to the purpose for which it is charged.

School fees for excursions, camps and activities are calculated on a cost recovery only basis, according to the number of students who have indicated their attendance.

Participation of students in an excursion, camp or activity is indicated through payment of the excursion, camp or activity fee and provision of a permission form completed by the parent/carer.

As the school budget cannot meet any shortfalls in funding for an excursion, camp or activity due to the subsequent non-participation of a student who had previously indicated attendance of the activity, fees already paid for an excursion, school camp or activity may be refunded in full or in part or not at all, having regard to the associated expenses incurred and the circumstances of the non-participation.

If a parent/carer wishes to apply for a refund due to their child's non-participation in an excursion, camp or activity, they may do so by completing a Student Refund form available from the school office. Where possible, the request should include the receipt relating to the payment for which a refund is being sought.

It is preferred that refunds be made as a credit against the student's account at the school, and used for any cost in the future.

If your family account shows monies owing to the school (eg: Resource Hire/Excursions etc) this refund will be automatically transferred to the outstanding account to reduce the balance outstanding. Refunds over \$25.00 are paid only by EFT. Requests for refunds of \$25.00 or less will be credited to the students account for any future payments.

Refunds cannot be made in cash.

News from the Nurse

February is Ovarian Cancer awareness month.

Take some time to read this important information every woman needs to know.

One in 77 women will develop ovarian cancer in their lifetime. It could be you, your sister, your mum, your gran or your girlfriend.

Each year, more than 1,200 Australian women are diagnosed with ovarian cancer; around 800 will die from the disease. On average 3 Australian women are diagnosed every day.*

Unfortunately, when most women are diagnosed, their cancer will be at an advanced stage, where the cancer has spread and is very difficult to treat successfully. More than half these women will not live for five years after their diagnosis.

But... if ovarian cancer is found in the early stages, up to 95% of women will be alive and well after five years.

More women need to be diagnosed at an early stage when ovarian cancer is very treatable. There is currently no reliable early detection test or screening program for ovarian cancer (the pap smear does not test for ovarian cancer).

So every woman needs to know the symptoms of ovarian cancer.

Ovarian cancer has previously been called a silent killer, but we now know that the symptoms are NOT silent.

Almost all women with ovarian cancer experience symptoms, even in the early stages.

Being aware of these symptoms and risk factors and talking to your doctor if you are concerned could save your life.

Every woman needs to be aware of the risk factors.

There are a number of factors that can increase a woman's risk of developing ovarian cancer:

Age is the main risk factor for ovarian cancer. The risk increases with age, and women aged over 50 are more likely to develop ovarian cancer. However, ovarian cancer can affect women of all ages.

Family history and genetics are probably responsible for 10% of ovarian cancers. If you have two or more relatives from the same side of the family who have had ovarian, breast, colon or endometrial cancer, your risk of ovarian cancer may be increased.

You can read more about genetic risk at www.ovariancancer.net.au

Other factors that may increase the risk of ovarian cancer include:

- Never being pregnant, having a small number of pregnancies or never having taken the contraceptive pill – this may be because pregnancy and the pill give the ovaries a ‘rest’ from ovulation.
- Infertility and/or a history of using fertility treatments.
- Using oestrogen-only hormone replacement therapy (HRT) for 10 or more years.
- Smoking cigarettes.
- Eating a high fat diet, or being overweight or obese.

On the other hand, having several children, breastfeeding and using the contraceptive pill may reduce the risk.

Every woman needs to know the symptoms of ovarian cancer.

It can be difficult to diagnose ovarian cancer because the symptoms are ones that many women will have from time to time, and they are often symptoms of less serious and more common health problems.

But when these symptoms are new for you, have persisted for two weeks or more, and you have them on all or most days, then it’s definitely time to see your doctor:

- **Increased abdominal size or persistent bloating**
- **Unexplained abdominal or pelvic pain**
- **Difficulty eating or feeling full quickly**
- **Needing to urinate often or urgently or a change in bowel habits**

Also let your doctor know if you have any other symptoms that are not usual for you. These may include:

- Unexplained weight gain or loss
- Vaginal bleeding
- Back pain
- Indigestion or nausea
- Excessive fatigue

There is no reason to panic. Most women with these symptoms will *not* have ovarian cancer. Your doctor should first rule out more common causes of these symptoms.

If there is no clear reason for your symptoms, your doctor needs to consider the possibility of ovarian cancer.

If you are not comfortable with your doctor’s diagnosis, you should seek a second opinion.

*‘Ovarian Cancer in Australia: An Overview 2010’: A report by Australian Institute of Health & Welfare and National Breast and Ovarian Cancer Centre

<https://ovariancancer.net.au/>

Cancer Council 13 11 20

Information and support for you and your family for the cost of a local call anywhere in Australia.

Cancer Council Australia website

<http://www.cancer.org.au/about-cancer/types-of-cancer/ovarian-cancer.html>

Cancer Australia

<http://canceraustralia.gov.au/>

National Ovarian Cancer Network 1300 660 334

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

Jennifer McKinnon - School Based Youth Health Nurse

Monday, Tues and 2nd 4th Wed of the month. Find me in U block.

Community News:

Park Ridge Winter Cricket Season:

We are looking for **U14 players** who would like to play winter cricket starting 2 May 2014, those interested contact Lewis Mills on 0413 656 058.