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20 October 2015

CALENDAR OF UPCOMING EVENTS

19 October	STUDENT FREE DAY
19 October	Year 7 2016, Info and tour of school 10.00 am
20 October	P&C Meeting 6pm
21 October	Year 7 2016, Enrolments 3.15pm – 5.30pm
9 & 10 November	Instrumental Music Awards Evening (Junior & Senior)
16 November	Senior Formal
18 November	Sports Awards Presentation Evening
19 November	Annual Awards Presentation Evening
20 November	Year 12 Graduation Ceremony

Message from the Principal....



Welcome back to Term 4. This is a very important term to ensure that all students are focused, ready for the school day and working hard to achieve their full potential.

Attendance and Uniform:

It is good to see an improved attendance rate this term. Ensuring that our students are at school every day, bell to bell, ensures the best possible chance of learning success.

I have greatly appreciated the support of our community in coming on board with our dress code this year. The wider community and in particular the business community have been very positive about this change. It is imperative that we represent our school with pride and respect and demonstrate to our community the high standards that our school commits to, across all areas of our learning community. A strong dress code indicates that our students are ready for the demands of the workforce when they leave our school.

It is important as families start to buy new uniform for next year that all black or all white leather or vinyl shoes are purchased with no logos or emblems.

Congratulations.....

Congratulations to our Instrumental Music students who competed at the St Columbian Spectacular on Saturday October 17. The competition was fierce; however, our school took out the top honour of the day through the amazing efforts of the Stage Band. Our strings also took out both 1st and 2nd place in their section.

I would also like to thank the staff and parents who work tirelessly to support this program and provide wonderful opportunities for our students.

Vision: Learning for Success

Expectations: We are here to learn, do what is right and work together!

Mantra: Excellence in all we do!

Thank you again for your support,

Sharon Amos – Acting Principal

Enrolments for Year 7, 2016

Parents and Guardians of current Year 6 students, who wish to enrol their child/ren at Park Ridge State High School for 2016, are advised that information/enrolment afternoons are being held on the following dates:

Monday 19 October (Student Free Day) 10.00am	Resource Centre	Please phone to book for information and school tour
Wednesday 21 October 3.15pm – 5.30pm	Resource Centre	Please phone to book an enrolment interview appointment

Enrolment packages are available from the school office and should be collected and completed before your enrolment interview. Please assist us by also bringing the following items to the enrolment interview:

- Student to be enrolled
- Completed and signed enrolment forms
- Student's birth certificate
- Copy of most recent report card

- Any relevant specialised medical / legal / educational documents or reports.

Science Stars



During the Christmas holidays, Year 10 student **Theresa Torrent** participated in the ConocoPhillips Science Experience. This event was 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.

It highlights the wide range of careers that allow students to pursue their interest and abilities in the sciences.

Year 10 student, **Harrison Warren** participated in The Queensland Junior Physics Olympiad. This five day programme was held during the winter school holidays and is targeted at keen Year 10 students who have an interest in science and mathematics. Held at the University of Queensland the Physics Olympiad aims to develop problem solving skills as well as an appreciation and understanding of physics in the participating students.



Year 12 student, **Corey-Ann Roberts** was selected to take part in a SPARQ-ed Immersion Research Program. Corey-Ann was assisting real research in a real research laboratory with real scientific researchers on a project entitled *Characterisation of Mesenchymal Stem Cells and Differentiation into Osteocytes and Adipocytes*. This project was designed by Dr Mike Doran from QUT's Institute for Health and Biomedical Innovation.

“WATCH US GROW”

This term has been an exciting start for our Year 7 students in the Student Support Services area.

We have started a gardening programme which has given the responsibility of students to learn how to grow and look after seedlings. Every day their garden beds are watered using a roster, to give the students responsibility to ensure their seedlings are well looked after.

We have had great help from Ms Scutt and also Miss Young who have guided our class since we started. Our wonderful

teacher aides have also been amazing helping out with our students.

All the students were very helpful in this program, from assembling the garden beds together, pushing the wheelbarrows filled with compost and even getting their hands dirty by planting the seedlings in the garden beds.

This term we will be looking forward to growing tomatoes, cucumbers, capsicums, beans, zucchinis, strawberries and herbs.



We are very excited and look forward to the next coming weeks when we see awesome results.

Mrs Key and Year 7 Gardening Programme.

AFL News

There has been plenty going on in the AFL Academy lately. Classes have resumed and are doing new and exciting things. The Year 9 and 10 students are enjoying their training for performance unit. This unit is exciting as it enable's students to see the benefits of training on game days. For the first time we have been able to have our Year 12 senior Academy students mentor and train the Year 8's. This has started really well with the grade 8 students able to learn from their mentor's and the experiences they have had. It is certainly very special to see and something that will be happening on a regular basis this term. Finally we have the **senior girl's final game on Friday 15 October**. The game will start at 10am at Yeronga AFC against Mountain Creek SHS. They have been training tirelessly and are ready to go. A special good luck to all Year 12 girls as this will be their final time playing.

Mr Berry - Director of AFL

FUN RUN!

This year the fundraising committee have been organising a school **Fun Run** for **Saturday 24 October**. The day will be dress up themed, so participants can come dressed as their favourite fictional character. On the day, there will be; food provided by the Chaplain and Home Economics department, various market stalls and a variety of entertainment.

Students, who have collected sponsorship forms from their teachers and have received their sponsors, will get the chance to run their funded laps around the school oval. **Every student who raises over \$10 will be able to choose a prize from a corresponding category of rewards, and will also be in the draw for a chance to win a family trip to Disneyland!**

Even if you are not participating in the **Fun Run** itself, you are more than welcome to arrive on the day to support friends and family and have a good time!

Written by - Fundraising Committee

Health News – Depression

What is depression?

- Depression is a mental illness characterised by feelings of sadness that lasts longer than usual, affects most parts of your life and stops you enjoying the things that you used to.

How common is depression?

- On average 1 in 6 people will experience depression during the course of their life
- Almost 1 in 4 young people said they were “sad”, “very sad” or “not happy” when asked to report how happy they were with their life on a whole.
- 1 in 4 young Australians currently have a mental health condition



Who can get depression?

Depression is a mental illness that does not discriminate. It can affect anyone.

Celebrities that have been affected by depression include

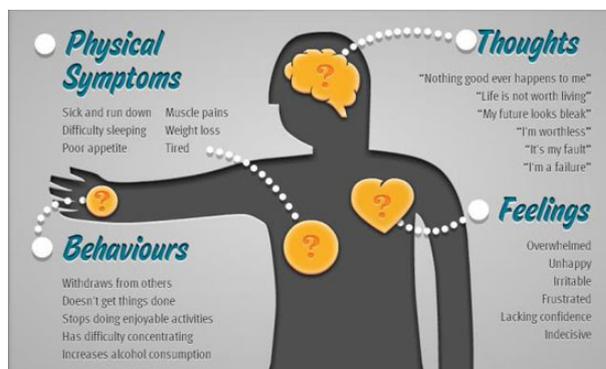
- Owen Wilson: actor
- Robin Williams (RIP- depression leading to suicide): actor, comedian
- Heath Ledger (RIP- depression leading to overdose causing death): actor
- Princess Diana (RIP – depression): princess
- Ruby Rose: DJ
- Ian Thorpe: Olympic swimmer
- Darius Boyd: NRL player
- Charlotte Dawson (RIP- depression from bullying causing suicide): model
- Cory Paterson: NRL
- Jonathan Hay: AFL
- Mitch Clark: AFL

What are the symptoms of depression?

- Depression can affect so many aspects of your life including your feelings, your thoughts, your behaviour and your physical self

Feelings	Thoughts	Behaviour	Physical
Overwhelmed	“I’m a failure”	Unable to concentrate	Tired all the time
Sad, miserable	“I’m worthless”	Not going out anymore	Sleep problems
Disappointed, frustrated, irritable, guilty	“People would be better off without me”	Withdrawing from family and friends	Loss or change of appetite

Feelings	Thoughts	Behaviour	Physical
Indecisive, unhappy	“Nothing good ever happens to me”	Not doing usual enjoyable activities	Headaches, muscle pains
Lack of confidence	“Life is not worth living”	Not getting things done at school/ home	Churning stomach



Why do people develop depression?

Sometimes depression can develop after a stressful life event. Over time the symptoms may become worse and affect your everyday life.

- Stressful life events
- Drug and alcohol use
- Childhood experiences, abuse
- Family poverty
- Learning and other school difficulties
- Parents separating or divorce
- Being a minority group that is disadvantaged socially (sexual minority and gender diverse group, Aboriginal and Torres Strait Islander, refugees, homeless etc)



What do I do if I think I have depression?

- Get help from someone (this can include a close friend to talk to, your school nurse, guidance officer or Chaplain, a favourite teacher or parent)
- Contact your local GP for a referral to a health professional
- Call Beyond Blue 1300 22 4636 (www.beyondblue.com.au)
- Go online to www.MoodGym.com.au for online support (www.moodgym.com.au)
- Contact HeadSpace 3727 5000, (www.headspace.org.au)

- Go online to ReachOut for online support, tools and forums (www.reachout.com.au)

Support is always available through the School Based Youth Health Nurse. I am available every Tuesday and alternating Wednesdays and Thursdays.

Hilary Wilson - School Based Youth Health Nurse

Resources:



Community News



Would you like to be a Host Family to an AFS exchange student arriving in February?

Are you ready to get an unforgettable experience, get to know another culture, make a lifetime friendship by adding a new member to your family from different country?

If your answer is YES, then log on to our website www.afs.org.au/host and get to know our amazing students arriving in February.

We have students from a variety of different countries eagerly awaiting any kind of information regarding their future host families who will host them here in Australia for the length of their program.

If you believe you can be such host family for 5 or 11 months, then please contact the Hosting Coordinator at the AFS National Office: on 1300 131 736.