



Park Ridge State High School Newsletter

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24 May 2016

CALENDAR OF UPCOMING EVENTS

1 June	Regional Cross Country
8 – 10 June	Senior Block Exams
15 June	Year 7, 2017 Enrolment afternoon (3.15pm – 5.30pm)
20 – 24 June	Year 11 Work Experience Week
24 June	Last Day Term 2
11 July	First Day Term 3

Message from the Principal....



Congratulations to all the students who sat NAPLAN and to the staff who supported them. NAPLAN only assess numeracy and literacy, it does not assess some of the other amazing skills that our students demonstrate every day. It does, however,

give schools some important information around what they need to do to support the numeracy and literacy needs of our students. I was really encouraged to see the commitment of the students in answering questions and not 'opting out', which is a key focus for our school. Thank you also to the families that supported our school through this time.

SCIM Camp

Last week saw the 9th anniversary of our SCIM Camp initiative. The program began as a partnership between our high school and our neighbouring primary schools to build networks and develop the musicianship of our instrumental music students. High school students tutor primary students from seven local primary schools, along with the instrumental teachers from each of the schools. The 3-day event culminates in a musical concert that demonstrates the exceptional talents of staff and students alike. Friday's concert was no exception, with offerings from strings, brass and percussion. One of the highlights of the night is always the combined student choir. Mr Peter James, Principal at Park Ridge SS, along with our Music Coordinator, Michael Purtle and all the instrumental and support staff from the participating schools worked tirelessly to ensure a successful camp this year.

Winter Uniform

Just a reminder to families, that with the cooler season quickly coming upon us, it is important that students have the correct school jumper or jacket. These can be purchased from our uniform shop.

Uniform Shop Opening Hours

Tuesday and Wednesday: 8:00am – 10:00am
 Thursday: 1:00pm – 4:30pm

Thank you for your support
Sharon Amos - Acting Principal

Year 7 Enrolments 2017

Parents and carers wanting to enrol their student into Year 7 in 2017 are invited to attend an enrolment afternoon on **Wednesday 15 June from 3.15pm to 5.30pm** (no booking needed) at the **Resource Centre**.

Enrolment packages are available from the Park Ridge SHS office.

Please assist us by bringing the following items to the enrolment afternoon:

- 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.

Please contact the school office if you have any queries.
Phone: 3380 4111 - 8.00am – 4pm

Legal Studies Excursion

On Friday 6 May, a selection of students from Year 10 and 11 went on an excursion to the Legal Studies Youth Parliament, held at the Queensland Parliament House. With a total of 24 schools there, it was a great experience for the students to further their knowledge in parliamentary processes and gain more confidence in public speaking. Those who participated were **Charlotte Holt, Chelsea Meerwald, Luke Retter** and **Sandy Thao** with the assistance of **Chloe Lai, Sana Larter** and **Charli Walker**. On the day, the students also met several politicians including Ms Kate Jones (Minister for Education) and Mr Peter Wellington (Speaker of the Legislative Assembly).



Mrs Sawtell with the students at Parliament House

Written by Luke Retter – Year 11 Student

Griffith University Uni-Reach trip

On Monday and Tuesday 9-10 May, twenty-five of our Year 12 students participated in the Griffith University Uni-Reach Program. This followed a day of in-school activities with representatives from Griffith University. The program provides high school students with an opportunity to gain an insight to university life including pathways to get there, what to expect and how to make the most of their university experience.

Students travelled to a number of the campuses including: Nathan, Gold Coast, Southbank and Mt Gravatt where they worked with students from other schools. They attended tours of the campuses, hosted by current students of the university, and participated in workshops specific to their area of educational interest.

In the closing session, mentors provided the following list of essentials for students commencing tertiary study:

- Eat well and healthily
- Go to your classes – you are paying for it!
- Access to tertiary study is a privilege - take advantage of it
- Invest in friendships and the campus community
- Take up opportunities including travel, studying and working overseas as a part of your course
- Network in your chosen field
- Study hard
- Use good time management skills for a study/life balance
- Step outside your comfort zone (on occasion) and reap the rewards

Student feedback tells us that it was a valuable experience which will help them choose their pathway for future study. The information shared will place students in an excellent position for a smooth transition to tertiary study.

I am pleased to be able to congratulate the students on their exemplary behaviour, punctuality and excellent representation of our school.



Kerryn Shaw – Teacher Librarian

Junior District Cross Country

On Tuesday, 17 May Park Ridge SHS had seven students representing the school in the under 12 years district cross country which was run at Greenbank State School. The students began the day by familiarising themselves with the 3km track which involved unsteady, bumpy and steep terrain. The first race of the day was the under 12 years boys. It was an intense race with fierce competition from the other schools in the region. **Congratulations** must go to **Oscar Timms, Riley Galvin, Rueben Price** and **Levi Arnesen** for their hard work and determination during the race.

By the time the under 12 years girls were ready to run their race the sun was out in full force, which played a key factor against

our girls on the day. Running in the blazing sun in difficult conditions our girls showed their fighting spirit and successfully completed the course. Well done to **Tiara-Lee Imber, Alicia Longland** and **Ruby Mann**.

A special mention must go to **Ruby Mann** for placing 2nd out of 30 girls in the under 12 girl's race. She will now go on to represent our district at the regional cross country championships on Thursday, 2nd June 2016. Congratulations Ruby!

Adam Boon – Team Manager, Sport/HPE Teacher

Intermediate Cricket Report

On Wednesday, 18 May the intermediate boy's cricket team travelled to Moggill Cricket Club to take on Kenmore SHS in the Metropolitan cricket finals. The boys lost the toss and were sent into bat on what looked a good batting wicket. **Layton Reid** made a blistering start with the bat scoring 21 runs off the first over before being dismissed shortly after. **Matthew Casey** entered at number three and batted the entire innings while wickets fell around him. At the completion of the innings Matt found himself on 42 not out with the team total being 103 from 30 overs.

The team began their bowling innings knowing they needed early wickets and they did just that with **Nathan Colenso** taking a wicket in the second over. **Nick Swain** bowled well throughout the innings ending up with two wickets, but unfortunately the team could not stop the flow of runs and eventually lost the match by 4 wickets.

The boys put in a great effort and fought hard until the very last ball. I have no doubt that with some further training the boys will go one step further next year.

Adam Boon – Coach/ HPE Teacher

Guidance News

Supporting Children And Young People Through Parental Separation And Divorce

Getty Images



In Australia nearly one in two marriages end in separation and divorce. This directly impacts many children in our schools and adults in our workplaces, parishes and social networks, and quite possibly our own family too. Coping with the family changes that result can be challenging for children and their parents, and for those supporting the family including relatives and friends, work colleagues and school staff. Some knowledge and understanding of what children and young people are dealing with can help us to provide the right kinds of support, when and where it can help.

Reactions of children and young people

Children's reactions to separation and divorce are unique and varied, and can be more easily understood if we look at separation and divorce as a process over time, rather than a one off event. The child's age, their personality, their previous

life experiences, what support networks they have around them, and how well their parents are managing all impact on how children react and cope.

Some thoughts about children and young people's reactions are shared below. These are only a general guide, as every child's experience is unique, even within the same family. Paying attention and noticing how each child manages change is a very important role that adults can play as they guide and support young people in adapting to new situations.

Children in the preschool years may ...

1. recognise that they are seeing one parent less or differently
2. imagine fearful outcomes that seem real to the child
3. regress in some areas, e.g. toileting, language and style of play
4. show feelings such as anxiety and fear in actions e.g. clinginess and tantrums

Children in the primary school years may ...

1. understand more about what separation and divorce means in their family
2. hold unrealistic fears about the future that seem real to the child
3. blame themselves for family changes
4. experience physical symptoms including feeling sick, headaches, tiredness
5. show feelings in a range of ways – from being 'over' co-operative and agreeable to being angry and lashing out

Young people in the secondary school years may ...

1. feel a sense of loss similar to those of other adults involved and in their extended family
2. experience the changes in their family as unique, and so feel different and alone
3. worry about family finances
4. be unwilling to be a part of family arrangements that they feel don't suit them
5. feel angry, anxious, sad and overwhelmed
6. engage in risky behaviours as a way of dealing with their feelings about the changes

What can children and young people do for themselves?

Children and young people are often caught in the middle when the family changes. However, there are things they can be encouraged to do that may help:

1. read (appropriate) picture books and novels to understand they are not alone and that other children are dealing with similar issues
2. talk to their parents about how they are feeling
3. talk to other interested and supportive adults and peers about how they are feeling

- visit child-focused websites for age-appropriate information about separation and divorce – this can help allay fears and provide facts and ideas on coping.

How can parents help?

Parents may be just coping with the changes and losses that come with separation and divorce, and can feel overwhelmed in supporting their children 'the right way' while they try to manage themselves. Importantly, one of the best things parents can do is look after themselves – parent wellbeing is key to children coping well.

Parents can also help by:

- finding time, space and attention to spend talking and listening with their child
- letting children and young people have a say in decision making
- managing home routines that are constant, warm and reassuring
- ensuring children are eating well, sleeping enough and getting some exercise
- letting school know what is going on so that other adults can support their child
- accepting help from others (whether to mind the children for some parent time out, someone to have a laugh or a cry with, or a trusted adult for children to turn to).

How can other adults help?

There are often many adult care-givers in a child's life, including grandparents, relatives, family friends, teachers and other school staff. Each can play a role in supporting children and young people as they manage family change. Suggestions include:

- provide security and support to children and young people
- help children and young people feel competent and in control
- maintain expectations and consistent discipline
- keep lines of communication open
- respond appropriately, with understanding, if behaviour issues arise.

Article from Generation Next

<http://www.generationnext.com.au/2016/05/supporting-children-young-people-parental-separation-divorce/>

and running times. Please refer to the attached table for a brief summary of the affected school services. If your school run appears in the summary, please refer to our website at www.busqld.com.au for further details. **These changes will take effect from the 23 May 2016.**

If you require any further information please call Park Ridge Transit on 07 3802 1233.

Taekwondo Classes at Regents Park with Sun Bae

Master Mark Buxton has been teaching at Regents Park for the past 10 years, he is the highest rank in all three styles we do under our Head Master Bradley Tatnell. In 2016 Sun Bae welcomes all beginners from age 4-60+. And to start the 2016 year, we have the following FREE offers for students of (Browns Plains/Regents Park & around the area, being closer to the training hall; for their families and friends:

- **Free tryout 3 weeks** (nothing to pay - no obligations)!
- **Free training** upon joining until 31 June 2016!
- **Free uniform** upon joining.
- *Junior age 6-11: 6- 7pm (arrive 5:45pm) Tuesdays & Thursdays*
- *Adult age 12+: 7-8pm (arrive 6:45pm) Tuesdays & Thursdays*

*If there are any students that are interested please feel free to contact me: **Master Mark Buxton 0432 289 866 (phone or text) mark@sunbae.net***

Community News

Park Ridge Transit (PRT) School Route Changes Effective 23 May 2016



Park Ridge Transit has revised their school services and a number of changes have been made. These changes have been a necessity to improve service reliability, area coverage