

# Newsletter No. 10

Monday 18 June, 2007



## ANNUAL EXPO – 4 weeks to go Wednesday July 18 Opening Doors 4pm – 7pm

Pine Rivers State High School is conducting its Annual EXPO in the second week of Term 3 on Wednesday, July 18 from 4pm until 7pm. Parents and caregivers are encouraged to attend and to help our school celebrate the diversity of programs available to help our students achieve excellence.

The theme of our EXPO for 2007 is 'Opening Doors', which has been inspired by an address given by Ms Carmel Diezmann, Professor of Education and Acting Assistant Dean (Research), QUT, earlier this year at our Senior Induction Ceremony. At Pine Rivers State High School, we believe that we do focus on providing a multiplicity of opportunities which open doors to future pathways and careers for our students.

We seek the assistance of our current parents and caregivers to promote our EXPO to prospective families. We are targeting Year 4 - 7 students in the local district and their families. The program will include an address by the principal to provide information for prospective parents and caregivers about our school and enrolment procedures.



## Foundation Student and Queensland Rugby League Representative Guest for Education Week Assembly

On Friday June 1, Pine Rivers State High School conducted its **Back to School Day** as part of the celebrations for Education Week. A special assembly was conducted to welcome our visitors.

Guest of honour was Mr Paul Smith, a foundation student whose special claim to fame was that he was selected for the Queensland Secondary School Boys Rugby League Team in 1966. As such, he was the school's first state representative in sport and he was very proud of the fact that Queensland won against New South Wales, which it hadn't done since 1954, apparently. Tommy Raudonikis, one of NSW's most famous players was in the opposing team. Mr Smith paid tribute to one of his high school teachers, Mr Horrigan, who is now deceased, who had faith in him and supported his development as a footballer. This ultimately gave him the confidence to take on anything and to accept life's challenges as opportunities.

Mr Smith's first job was in sales but he went on to be very involved in the Music industry, meeting and working with some very famous bands, including the **Rolling Stones, Red Hot Chilly Peppers, Dido and the Eurythmics**. After 26 years in the music industry including product development in the USA and Canada, Mr Smith moved into the construction industry where he is currently working.

Other guests at our assembly included foundation students, Ms Carole Rainbird (Mrs Burton) whose father was the first President of our Parents' and Citizens' Association and whose mother was the first President of the Ladies' Auxiliary and Mr Garry Duffield, Mr Ted Cooper, foundation Manual Arts teacher, Mr Laurence Clarke former student and currently Public Relations Officer BNIT, student leaders from 2006, Ms Samantha Quinney and Mr Jason Schluter currently studying at QUT.



## General Manager, Construction Training Queensland, Participates in Principal for a Day Program.

Pine Rivers State High School participated in the state-wide **Principal for a Day** program this year, as part of the celebrations for Education Week. Our guest was Mr Alan

Waldron, the General Manager for Construction Training Queensland (CTQ)

The purpose of the program is to give leaders in the wider community an opportunity to gain insights into the state education system in the twenty-first century. School leaders in return are able to further develop productive partnerships with the business sector.

Pine Rivers State High School has already in place a partnership with CTQ with our Doorways to Construction Program, which began this year for selected Year 11 students.

Principal, Mrs Janelle Deakin, took the opportunity to have Mr Waldron talk with students and staff about this program, which is going very well. Mr Waldron visited numerous classes throughout the day, met with staff and students, including our student leaders, to discuss the multiplicity of programs and initiatives at our school. Both hosting principal and visiting 'principal for a day' enjoyed the exchange immensely.



## School Annual Report 2006

Queensland schools are required to prepare and publish an annual report, which provides information in a consistent format on student and school performance. This is the School Annual Report 2006, which is now available on our school website at [www.pineriversshs.eq.edu.au](http://www.pineriversshs.eq.edu.au) and will be issued to interested parents and caregivers on request in hard copy. It has been prepared by the principal and endorsed by our School Council at their May meeting.

Our school has previously published our Annual Highlights 2006, which was distributed with our school newsletter on April 2. This information is also available on our school website.

## WINTER MUSIC EXTENSION CONCERT



Senior Music Extension students provided a memorable evening of music entertainment at the recent Winter Music Extension Concert held on 6 June in the Auditorium. Both Year 11 and 12 students took the audience through a wonderful array of classic, folk and contemporary pieces. The Extension Music program allows students to study their choice to an exacting level of ability either in performance, composition or musicology.



Congratulations to all students in their assessment performances – Erin Woodgate (viola), Laura Frazer (clarinet), Keah Woodgate (violin), Selena Long (vocal), Mitchell Clemett (voice/guitar), Shane McInnes (cello), Rhys Roberts (voice/guitar), Corinna Harrison (piano), Richard Wilson (guitar), Roslyn Cossins (piano) and Ben Burrows (guitar).



## CHEER IN TRAINING

Thirty students from across all year levels have been involved in Cheer training for the past month. Outside tutor, Sanford McMurray, from Cheersport Australia has been working with the students and the program has been a complete success to date! The group have

focussed on the stunting and dance aspects so far and will soon go on to learn tumbling. The results of their training will be on display at the Athletics Carnival next term where they plan to amaze the crowds with their new routine and cheer for *Pine* and *Rivers* as they battle it out on the day.

Sanford and organising teacher Miss Amy Ferrington have been watching the students closely and will announce the 'Cheerleader of the Month' at the next training session. Lookout for this announcement in the next newsletter!



Sanford is running Cheersport workshops in the holidays and these are open to anyone with any level experience. The workshops will be held on July 6 at the Australasian Gymnastics and Dance Academy at Burpengary. For more information, email Sanford at [info@cheersportaustralia.net](mailto:info@cheersportaustralia.net) or contact the Performing Arts Department at the school.

## *Exsanguinate*

The Year 12 Drama students are currently putting the final touches on their course production, *Exsanguinate*, to be presented on June 19 and 20. This is to be a very exciting performance, involving over 40 students and providing those involved with an opportunity to show not only what they have learnt this term, but what they have learnt over the course of their studies in Drama. Utilising Physical Theatre, Epic Theatre, Expressionism and Realism techniques, *Exsanguinate* promises to be a show not to be missed.

Preparations for *Exsanguinate* started during the Easter Holidays when the students came together for a very successful three-day Drama Retreat on the Sunshine Coast. We were joined by artists from Zen Zen Zo Physical Theatre Company and Kooemba Jdarra who helped the students to develop their skills and ideas.

The students were given the topic of 'water' as their stimulus and have worked together to devise and rehearse their final performance piece. We are very much looking forward to showcasing our students' talent and would like to invite you to attend.

### Exsanguinate

**Date:** Tuesday 19 and Wednesday 20 June

**Time:** 6:30pm

**Venue:** School Assembly Hall

**Cost:** \$5 Adult, \$3 concession.



## End Semester Reports

The Australian Government has legislated, in the *Schools Assistance (Learning Together - Achievement Through Choice and Opportunity)*

*Regulations 2005*, as a condition for continuing government funding to schools, a number of requirements in relation to student reports for all schools.

Under these requirements, school reports must include five achievement bands that must be labelled *A, B, C, D, E*. Parents may also request that the school provide them with written information that clearly shows their child's achievement relative to other students in the same year level at the school.

A common student report format based on the Key Learning Areas has been developed and will be implemented by Pine Rivers State High School for reporting student achievement in Years 8-10 from this semester. Reports for Years 11-12 will continue to be produced in the usual format.

The new student report for Years 8-10 will include achievement information about each learning area studied. A-E ratings will be used to describe your student's overall academic achievement for each learning area studied against what is expected at

the time of reporting, as well as for effort and behaviour. The student report will include a detailed description of the criteria used.

To cope with the demands of the new reporting templates, schools have received updates to our Student Management System and of the software used to produce student reports. We have experienced some minor technical problems with these updates and for this reason, we will be issuing student reports one week later than indicated on the school calendar.

Reports will now be issued on Friday, July 20, which is also the date set down for the first academic presentation assembly.



### Walker Sisters Make the Queensland Soccer Team

Congratulations to Jazmine Walker of Year 12 and Jacinda Walker of Year 11 who have recently been selected for the Queensland 19 years and Under Girls Soccer Team. The two sisters will compete in the National Soccer Championships in Darwin in August.



### Year 9 Student Wins Gold at State Gymnastics Titles

Congratulations to Dominic Spearman in Year 9 who recently won gold on the pommel horse at the State Gymnastics Titles. Dominic was placed second overall and was one of 24 gymnasts from the Lawnton Academy of Artistic Gymnastics to compete.

## SPORT

### Metropolitan North Region Representatives

Congratulations to the following students who have been selected to represent their school and Metropolitan North Region at the State Championships in various sports:

Aaron Lund	Year 10	Hockey
Jason Lund	Year 11	Hockey
Katrina Schieber	Year 11	Netball
Jacinda Walker	Year 11	Soccer
Jazmine Walker	Year 12	Soccer
Jake Amosa	Year 12	Rugby Union
Kevin McComber	Year 12	Rugby Union
Darren Wilson	Year 12	Basketball

### Year 12 Pathways Workshop Wednesday June 20

On Wednesday, June 20, all Year 12 students will attend a full-day 'Pathways' workshop at Queensland University of Technology (QUT), Carseldine Campus, with some students continuing on to Brisbane North Institute of TAFE (BNIT). The day will begin with registration of all students at Carseldine Campus at 9am and conclude at 3pm. Student attendance is compulsory. We have received excellent feedback from students previously about the value of the day's experience.

At this 'Pathways Day', students will be addressed by qualified speakers who will provide the latest information about Industry Trends, Presentation Skills, Interview Skills, Self Marketing and Job Search Skills. Students will also be provided with information about the latest courses offered at QUT and BNIT.

Students will be required to dress as for a job interview, that is, smartly and neatly. They will be expected to make their own way to the venue, sign the attendance register, nominate for breakout sessions, take notes during presentations and participate in the discussions.

There will be no charge for the workshop. All students will be required to make their own arrangements to get to and from the venue. Students travelling on to BNIT will be provided with free bus transport back to the school after the event.



### Year 8 Teambuilding Day is the last day of Term 2!

All Year 8s will be involved in team building activities in their Prep Class for the majority of the day. The day is designed to reinforce the learning from Year 8 Camp. In the past, these have been very successful resulting in almost 100% attendance on the last day of term with students especially enjoying the challenges provided. Students are to wear sports uniform which includes a hat and to bring a water bottle.

#### Why use team building activities?

Team building activities are great opportunities for students to participate in learning through doing. We hope that the activities will facilitate learning on both an individual and group level, with students and class groups gaining greater insight into what it is and the benefits of working effectively as a group.

#### AIMS:

- To increase the participant's sense of personal confidence
- To allow students to attempt activities which involve a physical or emotional risk, and consequently to experience success or sometimes failure) in a **supportive, group atmosphere.**
- To increase mutual support within a group. Success and failure are less important than making an effort. A cooperative, supportive atmosphere tends to encourage participation. The use of teams, points, and timed competition has been consciously minimized.
- To develop an increased joy in one's physical self and in being with others. One aspect we are trying to encourage is the **element of fun.**



### Caboolture Show

Year 11 Multi-Strand Science students have started well in their show season for the wine they produced in class.

Caboolture show is one of the larger shows that we attend with very stiff competition from adult wine makers and other schools. Caboolture is the earliest show we attend and the wines are still very young with a lot more maturing to occur. Students receive valuable feedback from judges that they will use to modify their wines for later shows. In total we will compete in about 5 shows include the Ekka and the Pine Rivers Show.

Wines this year are probably more advanced than in the past and this was recognised by 3 places at the Caboolture Show:

- 2<sup>nd</sup> in the Social Wine class
- 2<sup>nd</sup> and 3<sup>rd</sup> in the Dry Red Wine class

All the wines are developing well and students can expect very positive feedback from all the shows we attend.

**Mr Gordon Power, HOD-Science**



### Health Expo June 22, 2007 Healthy Choices, Hear our voices!

It's not long now until the end of term, and therefore the Health Expo on the last day is drawing closer. The BIG day is receiving its finishing touches.

There will be approximately 16 stall holders set up in the hall to provide information to everyone. Some of our stall holders include the Aquatic Club, CYMHS, the Relaxation Centre, Spectrum Gym Static, the Chaplaincy Services and Indigenous Health. Workshops will consist of Hip Hop Dancing, Ultimate Frisbee, African Drumming and Ball Games. As some of the workshops will be held outdoors, students will need to bring hats and water with them. Due to the cost of the mechanical surfboard, bungee fun run and jumping castle, a gold coin donation will be required for those activities.

All parents and carers are invited to attend for all or part of the day. Look forward to seeing everyone there! Stay healthy.

**Healthy Schools Committee.**



### Gardasil Immunisation

Most of the girls in Year 10, 11 and 12 have already received their first dose of the Gardasil immunisation. Recent media reports have suggested that the immunisation is unsafe for young women. This is an exaggeration. This immunisation has been rigorously tested over several years with a large cohort of women of varying age, ethnicity and health backgrounds. There are some side effects that can occur with any type of immunisation. These include pain (81.3%), swelling (24.2%), redness/rash (23.6%), bleeding (3.2%), itchiness (2.7%), and fever (10.1%). Most of these side effects will only occur at the site of injection.

If your daughter has missed the first needle, you can contact the Pine Rivers Shire Council on 3480 666 to discuss alternative arrangements, or alternatively you can have it at your regular doctor's surgery. This immunisation protects against the genital wart virus, which is the major contributor to developing cervical cancer. It is estimated that up to 85% of adults carry this virus with no symptoms. Prevention is better than cure.

**Nerissa Baker, Youth Health Nurse.**

### Energy Drinks.



It is a common trend for young people to consume energy drinks such as V, Red Bull, and Mother. The main concerns with this are the levels of sugar and caffeine that are present in these drinks. While many advertise the natural plant extract guarana as its source of energy, guarana is naturally high in caffeine. The sugar content in energy drinks is 10-12%, which is considered high. Some products also advertise B group vitamins and herbal supplements. A healthy,

varied diet should provide your daily requirements of vitamin B.

In the short term, a small amount of caffeine can make you feel more awake, make your heart beat faster and make you go to the toilet more frequently. Large amounts can make you feel anxious, confused and restless, decrease your ability to concentrate, make it hard to sleep, and even give you headaches. Very large amounts have been found to cause people to hallucinate. Daily consumption of caffeine, whether it is from coffee or energy drinks, can lead to addiction.

The best way to maintain energy levels is from a healthy lifestyle. This includes eating a variety of healthy foods, exercising daily (an hour a day for teenagers), and getting adequate sleep.

**Ms Nerissa Baker, School Based Youth Health Nurse.**



### Pine Rivers Community Aquatics Club.

#### HEAD COACH

We are inviting applications for an experienced Head Coach to run squads and oversee **Learn To Swim** beginning August 2007.

The successful applicant should hold at least a Bronze Licence, Blue Card and a First Aid Certificate.

We offer a supportive committee with the desire to promote a family environment for all to enjoy.

Our 25 metre 8 lane solar heated pool offers a fantastic facility with a huge potential to be one of Brisbane's best. Currently, the swimming season is from end of August to May.

#### Apply to

Brett Smith, Pine Rivers Community Aquatics Club  
PO Box 195, STRATHPINE QLD  
4500

Or email to:  
[bsek4lyd@westnet.com.au](mailto:bsek4lyd@westnet.com.au)  
Phone enquires to Brett  
0412282419



**Applications close 13 July 2007**

#### Dates to Remember:

Mon 18	Block Exams Yr 11 & 12
Tues 19	Block Exams Yr 11 & 12 English Comp Year 8 – 12 PRIMA Parent Music Committee SRC Meeting D Block Dining Room M/Tea
Wed 20	Healthy Schools Committee SEU 2 <sup>nd</sup> Lunch Year 12 Pathways Day Year 12 Course Production Drama 12-6:30pm Hall
Thu 21	Year 9/10 German Restaurant Excursion Year 12 Course Production Drama 12 – 6:30pm Hall
Fri 22	Year 8 – 12 Health Expo and Team Building
<b>SCHOOL HOLIDAYS MON 25 JUNE – FRIDAY 6 JULY</b>	
<b>Mon 9</b>	<b>STUDENT FREE DAY</b>
Tue 10	Year 11 ECH Placement
Wed 11	Year 11 ECH Placement
Thu 12	Year 11 ECH Placement Zen Zen Zo Theatre 6:30pm
Fri 13	Year 11 ECH Placement SPORTS ASSEMBLY