

Newsletter No. 4

Monday 19 March, 2007



Smart Choices Healthy Food and Drink Supply Strategy in Queensland Schools

All state schools are required to be operating in accordance with the Smart Choices Food and Drink Supply Strategy as of January, 2007. The Strategy applies to all school activities including classroom, excursions, sports days etc as well as to tuckshop and P & C and school fundraising. The new requirements have come about because of widespread concern about issues of child obesity and lack of fitness and the ultimate consequences for our society with increasing health issues and costs.

At Pine Rivers State High School, we have embraced the strategy and our tuckshop has been compliant since last year. With other activities, we are encouraging organising staff and parents to review menus and to select more healthy choices for our students on all occasions. This is our preferred practice rather than enter into the negotiation of who should be permitted to have one of two only red occasions per term. This could become very complex in this large secondary school with the multiplicity of programs.

However, we have sought P & C approval for a major fundraiser for our Year 12 Enterprise Committee to be a slice drive in Term 2. This will replace our long tradition of Chocolate Drives over many years. The slices will be delivered and distributed on one afternoon to be taken home and delivered to those who have placed orders. Unless students bring these slices to school in their lunch boxes, we would not expect to see these items being promoted and sold on our school site over an extended period of time.

It is of concern that many students are still purchasing hot chips and softdrinks on their way to and from school. We ask parents to encourage their children to make healthier food and drink choices to safeguard their health. We also urge all students to support our school tuckshop and its healthy menu items in the interests of their health and the profits which are channelled back into resources for our students.

It is pertinent to invite parents to join our tuckshop convenors as volunteers in the first year of these new requirements. Healthy menu items which are attractive to the teenager's palate require more hands on deck to prepare the food for our students.



METROPOLITAN NORTH SECONDARY SCHOOLS SWIMMING REPRESENTATIVES

The Metropolitan North Regional Swimming Trials were held at Albany Creek Leisure Centre on March 1, 2007.

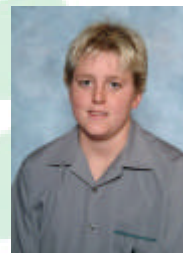
Pine Rivers State High School had 22 representatives compete as part of the Pine Rivers Secondary District at this meet.

It is pleasing to report that 7 of our students who swam as part of this team were selected in the Metropolitan North Secondary Schools Swimming Team to contest the Queensland State Secondary Schools Swimming Championships at Sleeman Centre, Chandler on 1 – 3 April 2007.

Congratulations to the following students on being selected in this representative team:

- Year 9 - Brenden Hall
- Year 10 - Jack Newell, Andrew Quinn
- Year 11 - Katrina Schieber, Kirsten Crotty
- Year 12 - Kimberley Sauer, Ebony Smith

We wish them all the best at the State Championships.



Year 9 Student Steps Up to the National League in Swimming

Congratulations to Brenden Hall in Year 9 who has had a stunning year in swimming competition to date. Brenden has earned tremendous respect from his peers and the staff at

this school since he arrived in Year 8 with his amazing determination and focus to pursue his goals.

The following is a list of Brenden's impressive achievements in swimming since the beginning of term:

- Awarded a Grant from the 2007 Louise Savage "Aspire to be a Champion" Foundation – one of seven only such grants throughout Australia
- Queensland Sprint Championships at Chandler on February 10 – won bronze medal after having been back in the water 10 days from a break following surgery
- 2007 Queensland Sporting Wheelies State Swimming Championships on February 24 – broke 5 Games records and was declared Overall Swimmer of the Meet
- Secondary School Regional Championships on March 1 – qualified for 7 events as below:
 - 50m + 100m freestyle
 - 50m + 100m backstroke
 - 50m butterfly
 - 50m breast stroke
 - 200m individual medley
- Senior Metropolitan Championships on March 3 and 4 – won 3 gold and 1 silver medals

Brenden has now been selected for the Australian Swimming Paralympic Team to compete at the Arafura Games in Darwin from May 12 – 19 this year. We wish you all the best, Brenden.



QUEENSLAND REPRESENTATION

Marcus Thompson in Year 10 has been selected for the Queensland junior wheelchair basketball team.

Congratulations Marcus.



**Parents' and Citizens' Association
Annual General Meeting
Wednesday 28 March 7:30pm**

Parents and caregivers are invited to attend the Annual General Meeting of the Pine Rivers State High School on Wednesday 28 March at the Staff Common Room, Administration Block, commencing at 7:30pm. The AGM will be followed by the March general meeting.



Pine Rivers Students Clean Up!

Sunday March 4 was **Clean Up Australia Day**, a day when many people get involved in activities to clean up local waterways and parks. Schools usually hold an event in the week leading up to the Sunday.

As part of the schools' contribution for Clean Up Australia Schools Day, the Year 12 Environment Committee students and several willing students from other committees spent an hour with their teacher, Mrs Bowerman, in Thursday afternoon access on March 1 cleaning up the section of 4-Mile Creek that borders two of the School Ovals.

Their haul consisted of a wide selection of litter including plastic bottles, plastic bags, paper and cardboard, aerosol cans, and a huge number of assorted snack food wrappers, in fact, a total of around 4 cubic metres of rubbish! On a strange but, somewhat comical note, we also found enough dumped furniture to start a small Ikea store! A soggy wallet was also found by some of the students and returned to its grateful owner via our School Based Police Officer.

We know that the litter contributions were not all from students at this school, and it may have taken some time to accumulate, but it is still a disturbing amount of rubbish. This sort of litter is a hazard to the animals that live in the creek (and the ocean that the creek eventually empties into). It is also a real eyesore and giving a poor impression to pedestrians as they pass by the school. Please let's all do our best to work together, clean up our act, and look after our immediate environment more in the future.

The Year 12 Environment Committee.



**Non Uniform Day
Wednesday March 28, 2007**

The Student Representative Council is conducting non-uniform day on **Wednesday March 28, 2007** in order to raise funds.

Students who choose not to wear full school uniform will contribute a gold coin as a donation.

A high standard of dress is required as usual on these occasions. This is stated clearly in the School Responsible Behaviour Plan booklet for all school community members, which should have been taken home earlier this year.

These are as follows:

- Dress must not cause offence or embarrassment to members of the school community. Normal school rules apply to the wearing of jewellery and make-up
- Footwear must comply with work place health and safety requirements – they must be enclosed and substantial if in Science Labs, Kitchens and Workshops. No thongs or sandals are permitted.

- All skirts or dresses must be of a suitable length so as not to cause offence
- Inappropriate slogans should not appear on clothing
- No bare midriffs, singlets, halter neck tops or dresses, or strapless tops may be worn.

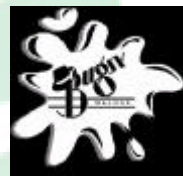


**PRIMA MEETING
(Pine Rivers Instrumental
Music Assoc)**

**Tuesday 20 March 7.30pm AGM
Attention All Band Members**

Meetings are held every **third** Tuesday of the month in the Common Room (Admin Block). An invitation is extended to all parents of students in the Instrumental Music program (especially Year 8 and new parents) to attend this meeting and we welcome nominations for executive positions. Come and meet fellow parents, our Principal and conductors and share in the benefits that your involvement will bring to supporting your child in this music program.

PRIMA supports the Instrumental Music program in particular – Concert Band, Stage Band, Wind Ensemble, Percussion Ensemble, Jazz Ensemble and the String Ensemble by raising funds for instruments and music and promoting student musicianship in festivals, competitions, camps, tours.



Bugsy Malone

The show opens to a young member of New York kingpin Fat Sam's outfit being cornered by rival hoods. They question him... then-splat! He is 'splurged' with a mysterious new weapon that fires whipped cream!

Welcome to the 1920's musical underworld of Bugsy Malone and Pine Rivers 31st musical.

At "Fat Sam's Grand Slam" the home of 'Fat Sam' Stacetto (Jonathan Aviles) and the beautiful Tallulah (Lauren Andrew), our hero Bugsy (Aaron Muscat) is smitten with the sweet and innocent Blousey (Samantha Roy). Suddenly the hoods enter again and splurge...the turf war begins. With cream guns firing, custard pies flying, and a collection of crazy characters that would rival Abbott and Costello and The Three Stooges, we are left to wonder will Bugsy and Blousey fall in love or will Tallulah steal Bugsy's heart forever? And how on earth will Fat Sam's motley crew ever plan a defense against the new splurge gun racket and the evil mastermind Dandy Dan (Scott Norris)?!?!

Graham Sprott Centre, Pine Rivers State High School

**28th, 30th and 31st March 7pm
Tickets Adults \$11 Concession \$8
Box Office enquiries phone 3881 4704**

Come and find out why everybody loves **Bugsy Malone!**

Casual Cleaning Register



If you are interested in putting your name down on the Casual Cleaning Register, please reply in writing to The Registrar, Pine Rivers State High School, Gympie Road, Strathpine. Qld 4500. **A current Blue Card is required.**



Past Student Profile

The setting is relaxed and all the staff are Japanese. Piqued by the curiosity of the samurai and geisha, language does not seem to pose a problem for former performing arts student, Samantha Harris-Hughes (2000) very much enjoying herself during a photo shoot at the Jidaiya Studio in Kyoto Japan.

Sam is having a wonderful time performing on stage at Japan's Universal Studios in Osaka singing and dancing as Hip in "Monster Rock and Roll Musical Show". Her 6 month contract has just been extended to a further 12 months. The much talented Samantha is also finishing studies in Human Movements and Cardiology.



SAM SETS SIGHTS ON QUT

Samantha Quinney, 2006 School Captain, has been awarded a Vice Chancellor's Scholarship to attend QUT and will be one of the faces for QUT. The Scholarship of

\$20000 will enable Sam, successful in achieving an OP 1, to pursue her academic studies in a double degree studying Business and Law. She says that her position as a QUT ambassador was helped enormously by her years of schooling at Pine Rivers and the opportunities for academic success, leadership, teamwork and extracurricular activities. She hopes that her achievement will act as a role model for other students.



Student Attendance

Consistent attendance at school is a significant factor in achieving better academic and social outcomes for our students. New concepts and skills are taught and reinforced each day by the teachers. Students who miss the introduction or the reinforcement of these concepts and skills, are likely to have gaps in their learning. This can also occur when a student is late to school or class.

When a student is absent from school for a valid reason, we require that a note providing specific details (date and reason) to explain the absence from the parent or caregiver be brought by the student to the office. We are then able to review this information and adjust our student attendance data base accordingly. We would expect that students only miss school with illness or medical appointments that are unavoidable during the school day.

Parents need to be aware that in Queensland, the law requires parents to ensure their compulsory school aged child is enrolled at school, and attends school for the educational program on every school day. Compulsory school age finishes when the child turns 16 years of age or completes Year 10, whichever is sooner. There are legal consequences for parents outlined in the new Education (General Provisions) Act 2006, where a child of compulsory school age does not attend school and there is not a reasonable excuse for non-attendance.

After Year 10, in the Compulsory Participation phase of learning, students again must attend school on a daily basis in order to achieve their Senior Statement of Attainment and work towards a Queensland Certificate of Education (QCE). Again, consequences apply for absences in the compulsory participation phase.

At this school, we teach our students that they need to take responsibility for their learning and their regular attendance and punctuality in order to maximise their results. We also expect that the students take

responsibility for the delivery of documentation to support absence or lateness to the correct place. Please do not hesitate to call the school to check on your child's attendance or punctuality at school. It is also worth remembering that employers always note the level of absenteeism on school reports when making an assessment on a potential employee.



From the School Chaplain Now and not yet

Greetings folks. At the time of writing this, my wife is in her 40th week of pregnancy. Our fifth child is due any day now, and I'm constantly 'on call'. The phone could ring any minute, and in seconds, my life will change dramatically. The baby is a lively little one, who seems to practise Yoga at around 9pm every night before settling down for sleep. We communicate with each other using pushes, taps and jabs. The other night, bubs said "Leave me alone Dad", my wife said something similar. It's weird, I can communicate with my child now but at the same time I can't yet. This dynamic causes me great tension. I'm nervous and excited at the same time, and I long for the call or scream of "LETS GO". I wish the time would hurry up.

As a follower of Christ, I'm faced with a similar tension. My comfort and hope is in God who promises to one day bring the suffering and pain associated with this world to an end, and release us into the peace and rest associated with his Kingdom. In dying, Jesus took the full brunt of the suffering and death of this world. In being restored to life, he offers us his promise of freedom and victory. We can enjoy his victory now, but, and here's the tension, also, not yet. Our hope can be in Christ, and he has shown himself faithful, but as for the fullness of that reality, well that is yet to be realized.

I wish the time would hurry up. How gritty the tension is sometimes, like feeling my unborn child push and prod and hiccup – a wonderful promise, one that I can't yet cuddle and kiss and play peek-a-boo with.

Dave Hockey, School Chaplain



FROM THE COMMUNITY EDUCATION COUNSELLOR

I would like to welcome all new and current students to Pine Rivers State High School. My name is Faye Gundy the Aboriginal Community Education Counsellor, I am at Pine Rivers every Monday, Tuesday and Wednesday but not on Thursday and Friday when I am at Bray Park high school.

My role in the school is to...

- Liaise with students/parents/ principals/ teachers and support staff.
- Maintain connections with the wider Aboriginal and Torres Strait Islander Community
- Counsel students
- Coordinate tutorials
- Conduct mediations
- Assist with school based traineeships with employment agencies
- Assist and refer to other organisations if required
- Organise cultural activities/ events
- Encourage parent partnerships and participation
- Assist with the WOSI (Whole Of School Intervention) strategy

My main focus is to encourage students to stay at school and to complete Year 12 and to enter further education, as it is very important for Aboriginal and Torres Strait Islander students to achieve educationally to ensure a positive future. I can be contacted on 3881 4773 or 0439 7449 46.

This year we have an Indigenous Teacher Aide as well. His name is Sid Doyle. Sid is a great asset to the

school as he works hard at motivating students to achieve their goals academically. Sid also assists with the school's rugby league program.

Ms Faye Gundy, CEC



Personal Evaluation – Year 8 Camp – Moreton Island

On camp, I was challenged in many different ways. I have made new friendships which will hopefully last a long time. Also, we all learned quite a bit about what we can do and about other people, but more importantly, we saw the impact that humans have on the natural environment and learned how to reduce it as well.

I met many new people on camp, and got to know them better. It made it easier for me to meet two new friends because I shared a tent with them.

Camp was a big chance for me to learn more about myself as well. I learned that if I set a goal, there's always some way to achieve that particular goal. Also, I learned I am a lot fitter than I thought I was. I learned many different ways to communicate, and the best way to communicate with many different people.

I find it difficult to pick out one thing out of camp that was the best. It was all fun, even the 15km walk. I would say probably the view from the lighthouse was the best. It was amazing, that view. We all saw baby turtles swimming out into the ocean. They looked so cute. It was a rainy day, and some of us saw the rain coming from the ocean. Talk about the "wow" factor. The thing I liked the least was all the rain, especially in the night or early morning, because it woke me up.

The only thing I can think of that could be improved is the tents. I was in a tent of three people and it was **really squishy**. I think the tents should have two people.

Overall, Year 8 Camp – Moreton Island was **AWESOME!!**

Not being mean to these people or anything, but I think the people that didn't come to camp missed out on an amazing and wonderful opportunity.

Jacqueline Webber, Year 8.

International Women's Day Celebrated at Pine Rivers State High School



March 8 was International Women's Day, which provides an opportunity across the world to recognise the achievements of women and their contribution to society.

The winner of the "**Quilt of Compassion**" raffle was Mrs E Lowrie. Proceeds will go to the Fistula Hospital in Addis Ababa, Ethiopia. Thank you to all those who supported this fundraiser.

Dates to Remember

Mon 19	Year 8.5 Moreton Island Camp (5 days) Yr 11 CRC Kirra Camp 1
Tue 20	Parent Music Committee (PRIMA) 7:30pm (AGM) Yr 12 TSL Excursion Regional Sport Trials Day Healthy Schools Meeting
Wed 21	Harmony Day Musical – All day Rehearsal
Thu 22	Tutor and others Student Protection Training Rugby League Development Day School Council
Sat 24	Musical – Bump In
Mon 26	Year 8.6 Moreton Island Camp (5 days) Yr 11 CRC Kirra Camp 2 Musical Dress / Technical Rehearsal 5pm –

	9pm
Tue 27	SRC Meeting D Block Dining Room (1 st break) Musical matinee 11:45am
Wed 28	Student Leaders M/Tea Healthy Schools Committee SEU 2 nd Lunch P & C Meeting AGM Musical Opening Night 7pm
Thu 29	School Council
Fri 30	Musical Presentation Assembly Musical 7pm
Sat 31	Musical 7pm (Finale)

Community News

FREE TRAINING

PROGRAM TO HELP YOU FIND THE JOB YOU WANT

Have you decided to return to work but not sure where to begin?

You may be a parent or carer who has been unemployed for 12 months or more, or a parent who has a child/children under 15.

WE CAN HELP YOU

With programs starting every week at Mitchelton, Lawnton and Zillmere, we offer Career Counselling, Job Search, Job Applications, Selection Criteria, Interview Coaching plus Computer Training to meet your requirements eg Internet, Keyboard Skills, Word, Excel (the course is tailored to your needs).

This program, Parents and Carers, is Funded by the Queensland Government, **Sponsored by** Community Alliance Australia Ltd., and **Delivered by** Trish Farrell Consultancy - **Enquiries: 3354 4900**

WINTER CRICKET

Boys and Girls wanted to play Junior Winter Cricket. Full competition with finals, for ages 12 – 16 years. Qualified Umpires. A great opportunity to develop your skills. For information call Barry Horne 3283 6168 or 0404 071017

Australian Army Cadets

The Australian Army Cadets is recruiting for 161 Aviation Det – Brisbane. In addition to being taught Army Cadet Skills, training will also be provided in Aviation industry skills. Cadets will have the opportunity to elect for the following courses which include theory and practical training:

- Powered Flying
- Non-Powered Flying (Gliding)
- Aero Modeling
- ATC (Air Traffic Control)
- Ground Crew – Aircraft Handling
- Engineering

Upon successful completion of specified courses, the Cadet will be issued with an industry recognised qualification. For further information please contact Capt Richard Leahy 0417 758 492 or Lt Charles Martin 0411 247 544 or email: bushranger77@hotmail.com

Next Enrolment/Information Day

Sunday March 25 from 9am – 3pm at Officers Mess, Joint Logistics Unit, Apollo Road, Bulimba.