

# Newsletter No. 17

Monday 9 November, 2009



## Farewell to our Year 12 Cohort of 2009

Next Friday, November 20, we will be conducting a Special Valedictory Ceremony for our Year 12 cohort of 2009. There are 10 days only for this journey of 5 years to be over. How time has flown! Our students are ready to fly the "schooling" nest, but we the staff are anxious that they fly with strength and confidence.

We hope that at some time in the future, our students will reflect back on their time at Pine Rives State High School with pleasure and satisfaction. We hope that you will understand and value the culture in which you have been immersed at Pine Rivers State High School. Our staff have worked hard to guide and support our students in their academic progress. In addition, they have helped them to develop personal and social skills, which will be invaluable in coping with the complex and challenging world they are about to confront.

Congratulations to all of our Year 12s. We are proud of you. We thank you and your parents and caregivers for the support and loyalty you have given our school over the last 5 years. We wish our students and their families all the very best for the future. We encourage you to continue this bond with your school and look forward to hearing about your future successes and challenges.



## School Valedictory Ceremony Friday November 20, 2009 Start Time: 8:45am

The Valedictory Ceremony for our Seniors of 2009 will be conducted on Friday November 20, commencing at 8:45am in the hall. All Year 12 students are required to attend. Year 12 parents and caregivers are welcome to help celebrate the occasion. Our Year 11 students will also attend this special event, as is the tradition. The Year 12 student leaders for 2010 will be announced at this ceremony.



## Friday November 20, 2009

The Year 12 Graduation and Formal will be held at the Greek Club on Friday November 20. Parents, staff and students will celebrate the achievements of our students in their final year of schooling on this occasion.

## Arts Presentation Assembly

On October 30, our Semester 2 Arts Presentation Assembly was conducted by Vice School Captain, Mackenzie Jackson, to recognise students in the performing and visual arts. Our Year 11 Mentor and Tutor Enrichment (MATE) Program and our Year 11 Queensland Interyear project (QIP) students were also presented at this assembly. They were joined by our Senior Economics Competition and our Year 8 Maths Quiz awardees. Our guest was Mr Sanford McMurray, Director of Cheersport Australia, who has been instrumental in organising cheer and hip hop program for students in our school.

Rebecca Draheim assisted Mr McMurray with the presentation of awards. The entertainment for the assembly showcased our drama students' talents with their presentation to celebrate International Teachers' Day. Congratulations to all students who were presented awards.

## CANNES FILM FESTIVAL

### Suspense Films

#### **Best Soundtrack, Best Cinematography**

"Happy Anniversary", produced by Ruth Alder, Valeria Shakirova, Maddison Meldrum

#### **Best Mood and Atmosphere**

"No Revenge" – produced by Katelyn Gilliland, Madisen Urban

#### **Best Concept, Best Editing and Best**

**Production "Missing"** - produced by Gary Perrigo, Brittainy McNally, Nicola Williams

### Music Video Clip

**Best Editing "Heaven"** – produced by Maraeka Trueman

#### **Best Cinematography**

"Maybe" produced by James Robertson

#### **Best Mood and Atmosphere, Best Concept and Audience vote for Best Production**

"One Man Show" produced by Maree Bosua

### Hollywood Style Films

#### **Best Cinematography and Best Soundtrack**

"Second Thoughts" produced by Samantha Tesch, Duncan Scorgie, Matthew Goodall

#### **Best Mood and Atmosphere**

"In My Heart" – produced by Tess-Anna Gilfedder, Taylor Perren, Alana Tibbits

**Best Concept, "Jade Fist"** – produced by Mitchell Gatt, Anton Nauer, Mathew O'Sullivan

Senior Graduation and Formal

**Best Editing and Audience vote for Best Production "The Clownwalkers"** – produced by James Robertson, Kirk Yonan, Samuel Jordan

**Arthouse Film**

**Best Mood and Atmosphere "Fighting the Truth"** – produced by Gabrielle Fereday

**Best Cinematography**

**"Malevolence"** – produced by Mitchell Gatt

**Best Editing, "The Escape"** – produced by Maree Bosua

**Best Concept "Talking Objects"** – produced by James Robertson

**Best Soundtrack, "The Imperfect Human"** – produced by Matthew Goodall

**Best Production "Child's Play"** produced by Taylor Perren

**Kid Witness News**

Liam Wilson  
Melinda Peachey

**Danc'Ed in the Spotlight**

Briony Tyson	Sarah Scott
Vanessa Mercer-Weir	Courtney Smith
Elizabeth Burton	Dana Ramke
Kyla Duffy	Courtney Hamlin
Danielle Marshall	

**Dance Squad Member of the Year**

**Senior** - Christine Walters  
**Junior** - Courtney Hamlin

**MUSICFEST**

**Concert Band - "Silver Award"**

Taylor Perren, Bridget Pulbrook

**Stage Band - "Silver Award"**

Ryan Hill

**String Ensemble – "Silver Award"**

Thomas Elze

**Wind Ensemble - "Gold Award"**

Tahlia Hamilton, Jodie Croxon, Jodie O'Brien

**Moreton Bay Youth Art Awards**

Gemma Schumann	Tamika Schier
Claudia Dewar	Ellen Murphy
Kayla Gutierrez	Kate Williams
Sabrina Norbido	Corrie Schuhmann
Madonna Patterson	Kate Dunlop
Sarah Peachey	Allison Konemann
Taylor Perren	Felicia Sutton

**Department Natural Resources Photography Awards**

Alana Tibbits, Becky Church

**Creative Generation Excellence in Youth Arts**

Tamika Schier, Mackenzie Jackson

**Economics Competition**

**High Distinction**

Tom Elze

**Distinction**

Courtney Smith

**MATE AWARDS**

Tiara Anderson	Courtney Johnstone
Lynette Balharry	Danni Jones
Lauren Benardos	Bonnie Kay

Kiona Bidner  
Grant Boldero  
Bree Boyd  
Madison Burgess  
Rebecca Christ  
Hannah Clemett  
Vanessa Connolly  
Amy Brittany Dale  
Emma Dunlop  
Katelyn Gilliland  
James Heidke  
Cara Huntley-Chipper  
Tiffany Jardine  
Ashleigh Jeffers  
Katrina Jennings

Maddie Knight  
Angela Luckman  
Casey McGuigan  
Megan Norris  
Danielle O'Brien  
Jack Paton  
Juannita Prasad  
Katie Shepherd  
Dylan Skoda  
Simone Spencer  
Emma Suta  
Sam Tayler  
Zoe Walters  
Tiahn Welsh

**QIP Certificates**

**Year 8.1**

Brenden Hall  
Aidan Jones  
Madelaine Robinson  
Angela Luckman  
Lynette Balharry  
Brittainy McNally

**Year 8.2**

Jason Pritchard  
Brendan Knight  
Chantelle Payne  
Melissa Green  
Tiana Whisson  
Kristie-Lea Stewart

**Year 8.3**

Aaron Luff  
Sean Matheson  
Tiahn Welsh  
Kirsten Sullivan  
Tiffany Jardine  
Anushma Kumar

**Year 8.4**

Grant Boldero  
Tom Noyes  
Megan Norris  
Rebecca Ward  
Christine Walters  
Caitlin Bergman  
Katie Shepherd

**Year 8.5**

Luke Zarb  
Matthew Kachel  
Katrina Jennings  
Amy Peterson  
Keely Altling-Carr  
Samantha Tayler

**Year 8.6**

Jason McDermott  
Ethan Jones  
Juanita Prasad  
Courtney Johnstone  
Simone Spencer

**Year 8.7**

Christopher Danby  
Michael Mills  
Rebekah Christ  
Emma Duggan  
Waveney Yasso  
Kayla Clark

**Year 8.8**

Shivin Prasad  
Isaac Wilcock  
Arabella Chambers  
Carly Williams  
Courtney Hannan  
Tayla Hartley

**Year 8.9**

Sam Boyd  
Dom Spearman  
Maddison Burgess  
Amy Corrado  
Bonnie Kay  
Danielle O'Brien

**Year 8.10**

Thomas Koch  
Briony Tyson  
Kristy Conserdyne

**Year 8.11**

Jake Cook  
James Heidke  
Vanessa Mercer Weir  
Olivia Hamlin  
Heather Hausmann  
Kiona Bidner

**Year 8.12**

Matthew Rollinson  
Glen Wilkie  
Tiara Anderson  
Tina Eliepa  
Breannan Boyd  
Rebecca Brice

**2009 Year 8 Quiz**

**Queensland Assoc of Maths Teachers**

Bobby Walls, Amy Henrich, Kaitlan Lavender, Shannen Tunnicliffe



**Presentation of 25-year Service Medallions**

Friday October 30 was World Teachers' Day. This is celebrated in more than 100 countries and acknowledges the efforts of teachers

in an increasingly complex society. The theme this year was "**Excellent Teachers are Everywhere**".

On the eve of this occasion, four of our Senior teachers received 25-year Service Medallions. A special ceremony was conducted by the Department of Education and Training (DETA) to present teachers across the district with these awards.

Congratulations to Ms Penny Bate (Head of Department – Languages), Mr David Elliott (Manual Arts), Mr Gordon Power (Head of Department, Science) and Mr Bill Schneid (HPE) for achieving this milestone.



The passion for music was the key theme at the recent music event this month. October kicked off with the instrumental music showcase GALA NIGHT '09 featuring our school ensembles and the invited primary school bands from Petrie State School String Ensemble and Strathpine State School Concert Band. Pine Rivers Percussion Ensemble opened the night, followed by the Concert Band, Wind Ensemble, String Ensemble, Middle School Band and the Stage Band.

The program was diverse and entertaining with a fine repertoire ranging from folk songs to traditional to classical to contemporary and popular music arrangements. The successful night was a credit to the impressive achievements and musicianship of all students, their conductors Mr Scott King, Mr Timo Jarvela and Mr Bruce Hamlin and the support of all school principals, staff and PRIMA towards the instrumental music program. This was followed by a string of successes at the MUSICFEST competition held at Iona College. Gold Award trophies went to the Wind Ensemble and the String Ensemble and Silver Award trophies went to the Stage Band and the Concert Band.

Congratulations to all musicians on this fine effort and conductors Mr King and Mr Jarvela and of course our parents and caregivers who continue to support our students achieve their very best. On a side note, the PRIMA fundraiser 'Shopping at Harbourtown' was a great crowd pleaser raising approx \$800 towards the instrumental music program. A big thank you to all our members in PRIMA working behind the scenes for the benefit of our school.



#### FROM THE GUIDANCE OFFICE

Grandfather sat contemplating.  
'What's wrong?' asked the grandson  
'Grandson I have 2 wolves fighting inside me.  
One is anger. One is peace.'

The grandson asked 'Grandfather, which one will win?'

In his wisdom, the old man replied,  
'The one I feed?'

#### **American Indian Proverb**

We all have anger. It's a normal human emotion. At times it is useful to express strong feelings as it helps us deal with situations that trigger those strong feelings. However management is the key. If anger is expressed in harmful ways then it can lead to problems in relationships and affect the overall quality of one's life.

#### **Recognizing Anger**

Our bodies are great indicators of anger. When you get angry, your heart rate and blood pressure rise and stress hormones are released. This can cause you to shake, become hot and sweaty and feel out of control. You may then yell, throw things, criticise, ignore, storm out, and sometimes withdraw and do nothing. Take note of your body, as it can help you control the extent of your anger.

#### **Anger is a problem when:**

- It involves verbal, emotional, physical or psychological abuse.
- You feel angry a lot of the time.
- People close to you are worried about your anger.
- Anger is leading to problems with personal relationships and work.
- You think you have to get angry to get what you want.
- Anger seems to get bigger than the event that set it off.
- Anger lasts for a long time, and well after the triggering event has passed.
- Anger affects other situations not related to the original event.
- You are becoming anxious or depressed about your anger.
- You are using alcohol or other drugs to try to manage your anger.
- You are getting angry with the people who are closest to you, or with people who are less powerful than you, rather than dealing with the situation that sparked off your anger in the first place.

Anger can often lead to violence if not properly controlled and some people use anger as an excuse for being abusive towards others. Violence and abusive behaviour gives someone power and control over another person, usually through creating fear.

#### **Tips to Manage Anger**

**Make a list** of the things that often set off your anger eg running late, your children not cleaning up after themselves, or a co-worker blaming you for something you didn't do. If you know ahead of time what makes you angry, you may be able to avoid these things or do something different when they happen eg for lateness set your clocks ahead of schedule.

**Use strategies** to calm yourself – deep breath, count to ten, punch a pillow, walk away, put your anger into getting a job completed, talk to a friend (but when calm).

**What you think affects how you feel** so CONTROL YOUR THINKING - self-talk yourself into rational thinking. Know you are in charge of you. Choose to act and think calmly. It will win more friends and achieve better outcomes.

**Be assertive** - Being assertive means being clear with others about what your needs and wants are, feeling okay about asking for them, but respecting the other person's needs and concerns as well and being prepared to negotiate. Avoid using words like 'never' or 'always' or 'should' (for example, 'You're always late!', 'you should do this'), as these statements are usually inaccurate, make you feel as though your anger is justified, and don't leave much possibility for the problem to be solved.

**Seek professional help** if your strategies aren't working. We all have choices. When dealing with anger *which wolf do you want to feed????*

**Adapted from Anger Management:**



**UNIFORM SHOP NEWS:** 2ndhand uniform cheques have been issued recently. Please call Debbie (3205 2794) if you have any queries. We would appreciate all cheques being presented as soon as possible. We will only accept secondhand uniforms to sell that are clean and in good condition ie no stains, tears, worn elastic. If you wish to sell through the secondhand shop, please include your contact details. Avoid the end of year rush and expense and secure your **new uniforms** for 2010 now.

Worried that your student might grow over the holidays? – Any uniforms bought now can be exchanged up until the start of school in January, just don't wash or wear them until you decide to keep them.



**TUCKSHOP NEWS:** Some changes to the menu for Term 4, plenty of fresh rolls, sandwiches and salads. A huge thank you to the Year 11 and 12 catering and hospitality students and their teachers, for a wonderful night of food and drink at the recent **Volunteers' Dinner**. Thank you, also, to the students who entertained us during the evening. Our volunteers truly felt appreciated.

The roster for the next fortnight is:

**November**

- Tues 10 Lexie Mac, Julie Mc, Marie O, Elizabeth K
- Wed 11 Lexie Mac, David E
- Thurs 12 Jenny K, Julie Mc
- Fri 13 Jill D, Julie Mc
- Mon 16 Josie H, Marie O
- Tues 17 Julie Mc, Cazna S, Marie O
- Wed 18 Lyn B, Lexie Mac, David E
- Thurs 19 Julie Mc, Barry N
- Fri 20 Julie Mc
- Mon 23 Josie H, Marie O



**QCPA Sunshine Coast Regional Council in conjunction with Education Old and Old Police**

**Bullying and Cyber Bullying  
How do we protect our Children?**

**Information Day**

Tullawong SHS – 21 November 2009  
**8:30am to 2:30pm**

Sessions will include:

**Bullying and cyber bullying: How should schools and the community respond?**

Kylie Smith  
Regional Manager Behaviour Support  
Sunshine Coast North/South District, Educ. Qld.

**The potential impacts of bullying: What can parents do?**

Lex Bell  
Guidance Officer – Intensive Behaviour Support  
Probationary Psychologist  
Sunshine Coast North District, Educ Qld.

**Who's Chatting to your Kids: Cyber safety and Cyber bullying**

Lyndal Harvey, Queensland Police Service

These information sessions are suitable for Parents, Community members and all Teachers

**RSVP to:**

Anne-Marie Lyell, Conference Coordinator.  
Email: [arutch@bigpond.net.au](mailto:arutch@bigpond.net.au)  
0417 077 994

By 18 November (Southern Information session)

- \*Free Information session \*Free Tea and Coffee
- \*Free information given \*Free Morning Tea and Lunch \*LUCKY DOOR PRIZES

**#Note: Anyone can attend either of the sessions.**

DATES TO REMEMBER	
Mon 12 – Fri 13	Year 12 Block Exams
Tue 10	SRC Executive Meeting MMC 1 <sup>st</sup> Break
Wed 11	SRC Meeting Dining Room
Mon 16	Year 11 Drama Political Theatre Performance
Tue 18	Student Leaders M/Tea
Thu 19	Year 12 Priority Prog. Per 1 – 3 (Valedictory – Etiquette, Dance, SBPO, Nurse, Chaplain)
<b>Fri 20</b>	<b>Year 12 Valedictory Assembly 8:45am – School Hall</b> <b>Year 12 Formal – Greek Club South Brisbane</b>
Mon 23 – Fri 27	Year 11 Block Exams
Mon 23 – Tue 24	QIP Training

**COMMUNITY NEWS**

**Kangaroo Bus Lines:** Students who currently have a bus pass will need to collect a new 2010 bus pass to be able to travel on school bus services next year. Passes can only be collected from their office at 382 Morayfield Road, Morayfield from Monday January 11 2010. Bus Passes **WILL NOT** be up for collection from your Bus Driver. Should you require any further information please contact School Transport Division on 5498 5860.