



NEWLETTER 5 MONDAY 27 MARCH 2017

SCHOOL CROSS COUNTRY MONDAY 24 APRIL



The school cross country will be held on Monday 24 April. The junior school cross country (Under 12 – Under 14, born 2005, 2004, 2003) will be held during Period 3, with the senior school cross country (Under 15 – Open, born 2002, 2001, 2000) during Period 4. Any students wishing to compete in the cross country **MUST** put their name on the nomination forms **IN THE SPORTS HALL NEXT TO THE STAFFROOM IN THE CORRECT AGE AND GENDER CATEGORY.**

Students must nominate to compete in the event. Please contact HPE staffroom with any further questions.

ANZAC DAY - STUDENTS AND STAFF TO MARCH AT KALLANGUR



2017 marks the 100th Anniversary of World War 1. In 1917 there were significant battles in Bullecourt, Aras and Ypres, along with the Flanders Offensive

Information for parents

On **ANZAC** Day, Tuesday 25 April, all students from Pine Rivers State High School have been invited to participate in the **ANZAC** Day March at Kallangur with the Pine Rivers RSL Sub Branch.

Details of the march are as follows:-

7:30am - 7:45am

All students assemble outside the Kallangur Fair Shopping Centre – in the carpark of the Woolworths Supermarket {There is **NO PARKING** here}.

8:00am

Schools will ensure students are prepared in lines ready for the march.

8:15am

Parade Marshal will signal the start of the parade.

March commences for students and staff. (Parents to meet students at the RSL following the march.)

8:45 – 9:00am

March finishes – Please collect your child from your schools designated area.

Students from all State Schools will be marching under one banner – “State Schools Honour Our Defence Forces”.

Requirements to march

- All students marching must be in their **FORMAL** school uniform.
- School hats must be worn
- Students should bring a water bottle.
- Students are encouraged to wear medals of relatives during the march.
- We look forward to many students supporting this special occasion.
- Please note that parents who wish to march in the parade are invited to

march as a group behind their child's school.

JUNIOR SECONDARY NEWS

Junior Secondary

PINE RIVERS STATE HIGH SCHOOL

YEAR 9 LEADERS - GRIP LEADERSHIP CONFERENCE

Last Thursday, our Junior Leaders along with their Senior counterparts, participated in the GRIP Leadership Conference held at Chandler. They joined with over 300 other student leaders from a wide variety of schools, to be immersed in the world of school leadership. Despite being some of the youngest students there, our Junior Group more than met the many challenges of the day, which included dressing and acting like a Super Hero. They left the Conference with the skills and practical tools to put their many amazing and unique ideas into action. Already the team have put some ideas from the conference into action, and their enthusiasm will be a massive benefit to the whole Junior Secondary school.

YEAR 8 HIGH RESOLVES PROGRAM – EFFECTIVE COLLABORATION

With Year 8 Camp underway there is no better time than now for these students to be developing their collaboration skills. The HR Program is a highly engaging learning experience that develops student understanding of the need to work together to address many complex problems in the world. All Year 8 students will have participated in a ninety minute training session prior to the Easter break. Well done students for being great 'global citizens' and participating with enthusiasm throughout your sessions.

YEAR 7 TEAM BUILDING DAYS

Friday 17 and 24 March saw all Year 7 students engage in their first Team Building Day at the Pine Rivers PCYC. The program was run by both Pine Rivers State High School and PCYC staff who offered challenging activities to develop communication and collaboration. Form teachers and QIP Leaders were on hand for support, ensuring that the program was a key learning opportunity and success. Both days have been well attended, so well done Year 7.

Many thanks to the PCYC Staff for their hard work and to Mrs Marx (YLC) who worked

tirelessly to ensure a great day was had by all.

Helen Beasley
Secondary

HOD Junior



QUEENSLAND SCHOOL PHOTOGRAPHY PHOTOS



The Photo packs ordered and paid for by parents have arrived at school. These are being distributed through FORM tomorrow, Tuesday, 27 March.

Please remind your student(s) that you have ordered these and tell them to collect them off their FORM teacher.

Any uncollected photos will be returned to the Office for collection.

If you have not yet paid Queensland Photography for your photos, please respond to their message and pay them directly. On receipt of this payment they will advise the school and we will then distribute your photos to you.

TERM 1 ACADEMIC PROGRESS REPORTS AND PARENT-TEACHER-STUDENT INTERVIEWS

Term 1 Academic Progress Reports will be emailed to parents/caregivers or handed to the student to pass on to the parent/ caregiver during week 1 of Term 2. Parents/caregivers are encouraged to use this progress report as the basis for booking interviews with the relevant subject teacher via the **Parent-Teacher Online (PTO)** booking system. Student specific PTO information will also be emailed home / sent home with students on this day.



Parent/Teacher/Student Interviews - Wednesday 26 April

Parent/Teacher/Student Interviews will be occurring during the second week of Term 2, following the Easter holidays. Interviews will take place on **Wednesday 26 April**, in the **Assembly Hall, from 3:00pm - 7:00pm**. This will allow for convenient access of multiple teachers where required. **It is vital that the student is in attendance for the Parent/Teacher/Student Interviews**. It is important that parents take advantage of this opportunity to have an in-depth conversation with the relevant subject teacher after studying the academic progress report.

THANK YOU TO PAST STUDENT FOR GIFT TO MUSIC DEPARTMENT

Many thanks to Mr Rod Somerville who has very kindly donated a Yamaha digital recording desk to The Arts faculty of Pine Rivers State High School. Mr Somerville is a past student of The Pine, and his father, Mr Robert (Bob) Somerville, was a past president of the P and C. We are honoured to receive such a kind and generous donation which will serve many Music students.
Thank you.



QUEENSLAND MUSIC PRODUCTION SEEN BY STUDENTS

Students at Pine Rivers State High School recently had the opportunity to see The Clown from Snowy River, toured by Queensland Music Festival and starring Mark Sheppard and Allen Laverty. Students said:-
"The Clown from Snowy River is an exciting performance about Australian culture and historic events along with comedy and laughter. The actors are so funny and amusing that it is hard to sit still on your seat without giggling away. So, a special thanks to the actors for coming to Pine Rivers State

High School and delivering the awesome show." - Samuel C.

"I think that The Clown from Snowy River was funny and great, and my favourite part was all of it! I especially liked when we got wet and at the end when we got our photo taken. It was awesome!" - Brianna

The next show coming to "The Pine" is 20 Lazzi in a Hat - another hilarious show from Homunculus Theatre Company who have previously performed The Spirit of the Mask. Look out for details coming soon.

NOMINATIONS CALLED FOR THE 2017 PIERRE DE COUBERTIN AWARD

PIERRE DE COUBERTIN AWARDS

...BLENDING sport WITH culture AND education...

The Pierre de Coubertin Award recognises secondary school students who demonstrate values which are consistent with the Olympic Movement through participation in sporting activities.

More than 15,500 young Australians have received the Award since its inception in 1993 including 2016 Rio Olympic Gold Medallists [Kim Brennan](#) (Rowing) and [Evania Pelite](#) (Rugby 7's), Bronze Medallists [Cameron McEvoy](#) (Swimming), [Jessica Fox](#) (Canoe/Kayak – Slalom) and Olympians [Alana Boyd](#) (Athletics), [Bronte Barratt](#) (Swimming), [Scott Bowden](#) (Cycling), [Alicia Coutts](#) (Swimming), [Amy Cure](#) (Cycling), [Cedric Dubler](#) (Athletics), [Brittany Elmslie](#) (Swimming), [Bianca Hammett](#) (Synchronised Swimming), [Sally Kehoe](#) (Rowing) and [Cristina Sheehan](#) (Synchronised Swimming).

Each year, secondary school teachers are invited to nominate one recipient for the Pierre de Coubertin Award from Year 10, 11 or 12.

Selection Criteria

The Pierre de Coubertin Award recognises secondary school students who are active participants in sport and display the Olympic ideals of fair play and sportsmanship. The Awards are administered in each state by the respective State Olympic Council (SOC). The Pierre de Coubertin Awards are now administered electronically. Teachers must register at the Olympic Education website, www.education.olympics.com.au to continue to receive information about the Awards. Once registered, you will be able to

nominate your student online using the Pierre de Coubertin registration form.

School Nomination Information

Students will be assessed and nominated by their school by the specified closing date as identified by the SOC.

Schools are encouraged to conduct an internal awards process to determine their nominee.

Only one nomination will be accepted from each school in any one year.

Special nominations for students with disabilities or students who are isolated will be considered by the Awards Committee.

Selection Criteria and Guidelines

The Award recipient must:-

- Be enrolled in Years 10, 11 or 12 and not have received the Award on a previous occasion;
- Have participated actively in the school physical education program with a consistently positive attitude; and
- Demonstrate the attributes consistent with the fundamental aims of the Olympic movement.
- At some stage throughout Years 7-12, the selected student must have represented the school in:-
- At least one sport on the current Olympic program; and
- Participated in at least two other sports (individual or team).

Digital Media / Literary / Artistic Work

- Theme: *Which Rio 2016 Olympic Games moment has had the biggest impact on you?*
- Literary – Maximum of 250 words (typed).
- Artistic – Maximum 64cm x 45cm (or equivalent in three dimensional context).
- Digital media, literary or artistic works will remain the property of the Australian Olympic Committee, and where appropriate will be published in official publications.

For further details and a nomination form please contact Mr Roberts irobe2@eq.edu.au or Mr Evans pevan7@eq.edu.au in the Sports Hall Staffroom.

Further information can be accessed from:-

Nominations are to be submitted to Mr. Roberts or Mr. Evans and received no later than the Friday 28 April 2017.

Further information can be found at:-

<http://education.olympics.com.au/awards/2016-pierre-de-coubertin-awards/2017-pierre-de-coubertin-awards>

2017/2018 ENTERTAINMENT BOOK - PRE ORDER YOUR COPY NOW

Get in early and order your

2017/2018 Membership, to receive extra offers. Still only **\$65.00** per Brisbane, Sunshine Coast and Surrounds copy. 20% from every membership sold contributes to supporting our **4x4inSchools** team, **Fair Dinkum4X4**, in their endeavour to represent both our school and Australia in Abu Dhabi in December.



To order your Book or your Digital Membership securely online visit:-

<http://www.entbook.com.au/222v507>

Remember you can purchase books for anywhere in Australia, as well as New Zealand. Get your family and friends to help with fundraising for our National Champions, **Fair Dinkum 4x4**.

You are also able to purchase your books through our school office. We are expecting the new books to be in school from Thursday 30 March. If you purchase a digital version, they are available for use immediately!

MINDFULNESS AT PINE RIVERS STATE HIGH SCHOOL IN TERM 2



As part of our Learning for Life program, all students at Pine Rivers SHS will be experiencing the benefits of Mindfulness within the strand of Character. Teachers of

Character from Years 7 – 12 will be delivering the program with the support of the free app ‘Smiling Mind’.
 ‘Smiling Mind’ features guided mindfulness practice through a variety of programs, including Classroom Modules for ages 10-12 years, 13-15 years and 16–18 years. It also has programs for adults to use that helps us switch off from our busy lives!

Students will participate in this practice at least twice a week at school with the hope that they may supplement this with individual practice at home. Research suggests that a minimum of three sessions a week for at least 6 weeks can facilitate positive change. We will be delivering this program for the full 10 weeks of term 2.

Our goal is that by the end of the term, students can *evaluate the impact of mindfulness on their ability to think clearly and calmly when faced with life’s challenges at school, at home, at work and in relationships with others.*

We believe that this is an important skill for all of our students (and teachers) to experience in this busy world dominated by social media and a lack of ‘down time’, and it is a vital **learning for life!**

Please do not hesitate to contact me if you have any queries.

Marian Schneid **Acting HOD**
Teaching and Learning mschn3@eq.edu.au



Mindfulness is.....

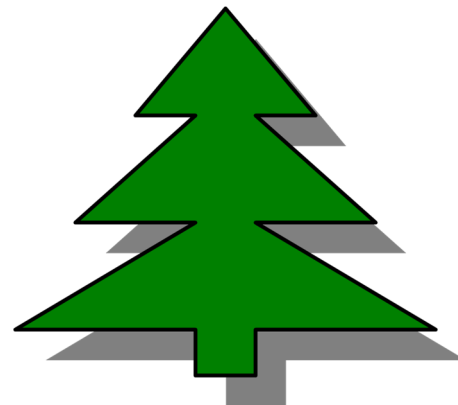
Mindfulness is...

A state of being awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgement.

It is about *focusing attention on the here and now*, rather than thinking about the past or worrying about the future.

Mindfulness practice has been proven to increase an individual’s:-

- Emotional and social intelligence
- General wellbeing
- Ability to focus and pay attention
- Ability to self-regulate responses to negative situations
- Performance and achievement



Last Wednesday the P&C Association held their AGM. It was at this meeting that the 2017 P&C Executive was formed and the continuation of our sub-committees and their Executive was confirmed.

P&C Executive

President:-	Evanthia Smith
Vice-Presidents:-	Lauren Puccini Barb Lamprecht
Secretary:-	Ruth Stamler
Treasurer:-	Karen Smith
Committee:	Grant Writer Elizabeth Laur Chaplaincy

Representative

Jenny Woolsey

PRIMA Executive (Pine Rivers Instrumental Music Association)

Chairperson:-	Kathy Solman
Vice-Chairperson:-	Leah O’Neill
Secretary:-	Judy Degney
Treasurer:-	Sue Laird

PRCAC Executive (Pine Rivers Community Aquatics Club)

Chairperson:	Scott Spencer
Vice-Chairperson:	Terri Flynn
Secretary:-	Craig Wright
Treasurer:-	Natalie Hay

Upcoming Committee Meetings

PRCAC

Wednesday 5 April at 7pm
 Pine Rivers Memorial Bowls Club

PRIMA

Tuesday 18 April at 6:30pm
 Pine Rivers State High School

P&C

Wednesday 26 April at 6:30pm
 Pine Rivers State High School
 Admin Block



Lauren Saville – Uniform Convenor

FORMAL SKIRTS

Our order of formal skirts have finally arrived and are ready for collection. An SMS has been sent to those parents who have put in an order. Thank you for your patience.

SECOND HAND UNIFORMS

Things are slowing down in the Uniform Shop now so I am in the process of sorting through our second hand winter stock. The cooler weather will be here before we know it and we have a large number of second hand v-neck fleecy jumpers and spray jackets for sale starting at just \$10. If you have any uniforms sitting at home that you no longer need, feel free to bring them into the shop for sorting.

LOST PROPERTY



Lost property boxes are still overflowing with items. Students have been reminded about this on several occasions however the pile is still growing.

I have a large number of items being held in the uniform shop that are named. Emails have been sent to all of these students but I am yet to have a single item collected. Lost property will be sorted at the end of term and donated to charity.

WINTER STOCK

Prices for new winter stock:-
 Fleecy V-neck jumper \$35
 Microfibre spray jacket \$82
 Microfibre spray trackpants \$48

SCHOOL BADGES

We have school badges at the Uniform Shop for only \$5.00. These badges look great on the senior's tie.
 Shop hours: Monday, Thursday and Friday 8.15am – 11.45am.

IMPORTANT DATES

Week	MARCH		
10	Mon 27 to Fri 31	Year 8 Camp (8.2 and 8.3) – 5 days	
	Wed 29	Year 12 MAP Excursion	
	Fri 31	Musical ALL Day Rehearsal 9:00am to Last day Term 1	
APRIL			
	Sat 1 to Mon 17	Autumn Vacation	
	Mon 17	Easter Monday	
1	Tues 18	1st day for Term 2 PRIMA meeting 6:30pm	
	Tues 18 to Fri 21	Year 8 Camp (8.5 and 8.4) – 4 days	
	Fri 21	1:50pm 20 Lazzis in a Hat (performance)	
2	Mon 24	School's ANZAC ceremony Cross Country Carnival	
	Mon 24 to Fri 28	Year 8 Camp (8.7) – 5 days – including	
	Tues 25	ANZAC Day ANZAC March – Kallangur	
	Wed 26	Year 9 History Excursion Year 11 & 12 SIP Excursion Musical Rehearsal – 9:00am to 3:00pm P&C Association General meeting Parent-Teacher-Student Interview Night	
	Thu 27	Year 9 History Excursion Musical Rehearsal – 1:00pm to 5:00pm	
	Sun 30	Musical Bump-In 9:00am Musical Tech Run – 3:00pm to 5:00pm	
	3	Mon 1 May	Labour Day (May Day) Holiday Musical Tech Run – 5:00pm to 9:00pm

MUSICAL SPECTACULAR 2017 BOOKING OFFICE OPEN 31 MARCH



The booking office will open on Friday 31 March. Lookout for future notices on our digital school sign and our facebook page. If your child is in the cast, don't forget to check the Important Dates, in this newsletter, for when rehearsals are on.

Opening Night
 Wednesday 3 May 7:00pm
Performances
 Friday 5 May 7:00pm
 Saturday 6 May 2:00pm **Matinee**
Musical Finale
 Saturday 6 May 7:00pm
 To book your tickets, click on the link below:-

<https://www.trybooking.com/buy-tickets/>