

BRAY PARK STATE HIGH SCHOOL

Newsletter

Newsletter 19 at 7 December 2006

Principal's Column

The 2006 school year now draws to a close as we celebrate our successes throughout the year and progress our planning for the 2007 school year. On reflection, it has been an exceedingly busy year with many events occurring within our community and great milestones met. One of the most obvious, yet hard to grasp and describe, enhancement in our school community is the overall swelling of pride in the school and the real sense of community exhibited by students, parents and staff alike. This year the student leaders had the vision of not only modelling pride, but of embedding pride into our culture, and they have succeeded. Warm congratulations to all of our community.

I would like to take the opportunity in our last newsletter of 2006 in sincerely thanking our P & C, both the members of the P & C and the Executive. This group continues to strong in membership and commitment to our students and their outcomes. I would encourage more parents/carers to become involved with this group, as 2007 begins and our school faces another triennial school review, it is through groups like the P & C that parents/carers can, (and do), influence the strategic decision making processes in terms of the directions taken by the school. The P & C has contributed to the school in many ways this year, some of which include – departmental acquisitions of equipment, acquisitions of newly designed sports team uniform shirts, governance and decision-making of the school, and the winning of a number of grants totalling around \$220 000. A very talented and extremely generous group of people!

The BPSHS staff have also been very busy this year, some examples being the Parent/carer/teacher reporting occurring four times this year, the changes to senior syllabi and hence school programs, the Sporting Development Program, the Integrated Task culminating with the Medieval Fayre, the Soul Singers, review of Behaviour Management and too many more to mention. One only needs to look at the calendar from 2006 and for 2007 to see how busy a school day can be. Well done to all of our staff, both teaching and non-teaching.

To all of our students, parents/carers, and our staff – I hope your Christmas and New Year is one of abounding joy shared with your family and friends, and we look forward to your safe return to Term 1 of 2007 on Monday 29th January 2007.

Leonie Kearney – Principal

Day for Daniel at Bray Park State High School

On the 7th December 2003, Daniel Morcombe disappeared while waiting to catch a bus on the Sunshine Coast. The events surrounding Daniel's disappearance shocked the entire community and many people made it their mission to ensure this type of tragedy never occurs again.

It is this disturbing event that has prompted Bray Park State High School to participate in the "Day for Daniel". On Tuesday, the 28th of November, students were encouraged to "Wear Red" to raise community awareness and money to promote child safety through the Daniel Morcombe Foundation.

The entire Year 8 and 9 cohorts also participated in a presentation that looked at child protective behaviours and offered a simple and practical blueprint for all children and parents to incorporate into their daily lives. The Daniel Morcombe Foundation's belief and vision is one of a future where all children are provided with protection, education and support in their lives.

"It is days like these that we hope will prevent any other family feeling the pain of fearing for their child's safety," said Year 8 and 9 Coordinator, Mrs Carly Ballantyne who together, with fellow Year 8 and 9 Coordinator Mr James Roche, organised this annual event for the school.

New Zealand Trip

A REMINDER that the NZ Trip is from 10-18 April 2007. The final payment will be due Week 5 2007. Over the holidays make sure that you:

1. Get your passport organised (if you haven't already done so).
2. Keep saving for your spending dollars.
3. Get fit and stay healthy.

Remember you will be walking for at least one to two hours per day. Have a great Christmas and holiday!

Katrina Makings – HOD Social Science

Unleash the Poet Within

Poetry is alive and well at Bray Park State High School. That's the conclusion that can be drawn following the inaugural "Unleash the Poet Within" poetry competition which was held recently. Teacher, Mr Peter Harvey, who coordinated the competition, said he was extremely pleased with both the quality and quantity of poems submitted.

"We have enough quality poems to prepare an anthology of poetry which will be placed in the library for perusal or as a future educational resource," he said.

The competition which, it is hoped, will become an important literary event in the school's calendar, consisted of separate categories for both upper and lower level school students with trophies and gift vouchers awarded as prizes to the winners. Students were able to enter as many as three poems into the competition but each poem needed to follow one of the following themes:

- i. A bizarre and unexpected event
- ii. A changing world
- iii. Relationships

The winner of the upper school category was Angela Healy from Year 11 for her poem titled "*Stories in My Eyelids*" while the winner of the lower school category was Year 8 student Sam James for his poem titled "*The Light around My Storm Cloud*".

Special mention should go to Angela Healy. Not only did she receive additional Highly Commended recognition in the "Unleash the Poet Within" competition but she has also been recognised nationally for her entries into the prestigious Dorothy Mackellar Poetry competition. Two of Angela's poems were short listed and another received Highly Commended recognition, a truly amazing achievement for an extremely talented poet.

SOUL SINGERS, SENIORS AND STAFF MEMBERS OUTSIDE THE ROYAL CHILDREN'S HOSPITAL ON THURSDAY 23RD NOVEMBER AFTER THE TOUR AND PERFORMANCES.

Our visit to the hospital was a wonderful experience for us all but mostly for the children and parents in the hospital. Many parents requested for the Soul Singers to perform in the rooms – whilst handing out gifts donated from school / community members. We were split into 2 groups, which made it possible for us to go to other wards and outpatient areas. Santa was most loved by many children, how ever we couldn't split him in half – thank you Mr Sharp.

It can truly be said that the spirit of Christmas was definitely in the air, our Soul Singers, Senior Students and Staff members were exceptional ambassadors for our school and community, it is truly a wonderful experience to give to so many unfortunate children – seeing our problems wither away when we came in contact with such wonderful receiving smiles of parents and their children, one cannot imagine the pain they are experiencing, however to be able to have a moment where giving can give them some pleasure through their grief is a pure gift of happiness.

After leaving the hospital and sitting to contemplate on our visit – many students and staff reflected on how we are all so fortunate in life and how our problems were very small and the most important lesson was giving to others, which was an experience for each individual on this day.

So once again we thank you all for making this day possible and we were proud to be ambassadors for you all. We would like to thank the all the wonderful people who gave to this worthy cause – and put smiles on many children's faces when they received their gifts. THANK YOU!

We wish you all a very Merry Christmas and Happy Safe New Year. **GOD BLESS AND GOOD CHEER TO YOU ALL!**

Science News

Members of the Science Department attended a Sunshine Coast Regional Science Dinner at the Redcliffe RSL Club on November 22nd. The guest speakers were:

Professor Ian Fraser awarded "Australian of the Year" for his work in developing the vaccine which immunises women against the virus that causes Cervical Cancer and Kate Murray from the Department of Primary Industries. She is involved on the WOLLOMI PINE PROJECT, this ancient tree previously known only in the fossil record, was recently rediscovered in a canyon in the Blue Mountains. Kate is working on the propagation of the species to ensure its survival. This tree is now available in selected Garden Centres.

The staff enjoyed a fascinating evening which was very topical, as the Government is introducing vaccination in schools for all young girls in the near future.

Tony Parry - TIC- Science

Partnership in the Classroom

Early in 2006, Mr Chris Hay, General Manager of Northside Trusses and Frames, contacted the school proposing a partnership to form between the students in the classroom and his business located in nearby Brendale.

Seeing this as an invaluable opportunity, Maths staff, in conjunction with Mr Bruce Guscott, Safety and Training Supervisor, at Northside Trusses and Frames, designed a program of classroom lectures, factory visits and building site tours. A class of 24

Year 10 Consolidation Maths students and their teachers were guided through the processes of safety at work, timber sizes and types and building specifications and design. Students have been fortunate to have the opportunity to make links with business with the chance of job prospects in the future.

In 2007, Year 11 Maths A students will have the opportunity to work with Northside Trusses and Frames again, and we are looking forward to the real life experience.

Ros Saunders - HOD Maths

Social Science News "Living History"

Two Year 9 Social Science classes have been working with the residents of Anam Cara (retirement home) as part of Living History Unit. Students interviewed residents (and their families) to find out their unique histories. They received personal documents and photographs to scan on to the computer. Ultimately they produced a DVD of that person's life story including pictures, photos and sounds.

This was a wonderful opportunity for young people to work with the older residents of the shire. Students have gained an appreciation of what life was like before computers, mobile phones and ipods.

Anam Cara residents have also benefited from the students' interaction with many close bonds formed.

The presentation of these DVDs took place on 7th of December at Anam Cara. The audience included teachers, students and residents of Anam Cara and their relations.

Each resident interviewed received their own copy of the DVD produced by students. This DVD is a great summary of a person's life that will be cherished by themselves and family members.

Katrina Makings - HOD Social Science

TEXTBOOK & RESOURCE HIRE SCHEME 2007

Students / Parents / Carers

Please return these forms and payment by the last day of school, Friday 15 December 2006 to take advantage of the discount.

Summer Reading Club 2006-07

These summer holidays, Pine Rivers Library Service is again running the **Summer Reading Club**. The Club is all about encouraging a love of reading amongst Queensland children and their families.

Over 150 Queensland Public Libraries participate in the Club each year, offering this exciting, free reading program to all children in their community. **The Pine Rivers Club will commence on Monday 4th December 2006 and runs until Saturday 20th January 2007.** Children can join the club at any of their library branches, at any time throughout the period.

Club membership is **FREE**, as are all of the fun, educational activities offered at the library branches during the program. Upon joining, children receive their own library bag as well as activity booklets and vouchers. To encourage children to read as many books as possible, they are offering each participant the chance to win a major prize drawn at the end-of-program party; a great way to reward participants and their families for keeping up their recreational reading over the holidays.

Last year was a huge success with over 950 children taking part in the Club Shire wide. This year with the help of school children in the district, it could be bigger and better. Research shows that children who read for pleasure are the best readers and that families that read together provide the strongest model for future readers.

For further information contact your local library or visit

www.pinerivers.qld.gov.au/library or www.summerreadingclub.slq.gov.au (after mid November)

Health News

This recipe is from the "gofor2and5" website. This is an easy and novel way to increase fruit intake. Enjoy over the upcoming hot months! www.gofor2and5.com.au

Frozen Fruit Blocks (Serves 10)

Ingredients

425g can pineapple (crushed or pieces) in natural juice
2 passionfruit (or ½ cup canned)
½ cup 100% orange juice

Method

Strain juice from canned pineapple and puree the fruit in a food processor or blender. Scoop passionfruit pulp into the pureed pineapple. Stir in orange juice. Pour into ice block moulds and freeze for at least 4 hours. When half set, place a toothpick or popsicle stick in fruit block for fun eating.

Sandi Phillips - School Based Youth Health Nurse - Available at Bray Park SHS - Mondays and Thursdays

BPSHS - DATES TO REMEMBER

This information is correct at time of printing

Please check future Newsletters for any alterations or additions to these Dates

TERM 4 – 2006

6-14 December	Year 8-9 Alternative Program
11 December	Year 7 Orientation Day - MONDAY
15 December	LAST DAY OF SCHOOL

SCHOOL HOLIDAYS from 18 December 2006

School Resumes on Monday 29 January 2007 – ALL STUDENTS start at 8.50am

Holiday Basketball Camp

10, 11, 12 January 2007. 9am to 4pm. South Pine Sports Complex, Cribbs Rd, Brendale

10 January 2007 – Under 12s - \$60

11 and 12 January 2007 - 13 to 18yrs - \$100

Call Elise on 0403 244 314 or 3377 9100 / www.basketballqld.net.au

Bring towel and suitable shoes. Each child receives lunch, drinks, ball, bag, t-shirt, water bottle, Bullets posters and more!

SHAFT

STUDENTS Year 8 to 12

Monday 8th to Friday 19th January 2007

Straddle Adventures, Archery, Cable Skiing, Indoor Rock Climbing, Surfing, Canoeing and much more – it's all part of a 10 day program for young people in the Shire looking for low cost, fun activities over the holidays.

SHAFT, Pine Rivers Shire Council's Super Holiday Activities For Teenagers program, is open to school students in Years 8 to 12 living locally and will be held from the 8th January to the 19th January 2007.

Bookings are essential, as there are limited places.

To make a booking call **3480 6543** (lines open 6 December 2006)

For more information visit www.pinerivers.qld.gov.au.

Aussie Arvo

Friday 26 January 2007 from 4pm to 9pm Pine Rivers Park, Strathpine

Family fun for all on Australia Day!

Pine Rivers Park is expected to be a buzz of live entertainment and activities for the whole family on Australia Day - 26 January - Aussie Arvo!

Ute enthusiasts can enter their outstanding vehicles in the Aussie Utes Competition and have a chance to win big prizes.

Parents can enjoy live bush bands, interact with their kids in the Aussie Activities area, watch and learn from the Australian Ladies Whip Cracking Champion 2004, Angie Mooney, and even have a coldie at the Aussie beer tent.

The children can experience the live magic show presented by Ronald McDonald, learn and interact with native wildlife, learn about safety and Australia's Emergency Services, get active in the Aussie Activities Area and chill out with an ice cream.

Entertainment will be provided by Veronika S, David Barry and bush bands.

Stay tuned for the announcement of the headline performer. The event will be rounded off with a fantastic fireworks display.

The event is proudly supported by the Royal Brisbane & Women's Hospital Foundation. For more information please call **3480 6666** or visit

www.pinerivers.qld.gov.au.

UNIFORM and STATIONERY SHOP HOURS

Monday 11/12/2006 Orientation Day - 8.30 to 12noon

(Uniforms only)

Tuesday 23/01/2007 9.30am – 12.30pm

Wednesday 24/01/2007 9.30am – 12.30pm

Thursday 25/01/2007 9.30am – 12.30pm

Thursday 25/01/2007 6.00pm – 7.00pm

Change of Address Details 2006-2007

Please ensure your mailing address is current with the school's records
Any enquiries please call 3881 6654

*Christmas Greeting to all our students, parents, carers and the
community! Happy Holidays!*

The Christmas Holidays

While many of us spend the majority of the year looking forward to Christmas and the long school holidays, for some the festive season quickly falls flat, the time together with family and friends is tense, and the holidays are long and boring. Here are some suggestions and information to help keep your Christmas holidays safe and enjoyable.

1. Start a project

This will vary depending on your interests. Some ideas include:

- ☆ restore an old piece of furniture,
- ☆ design and complete a piece of art
- ☆ replant an area of the garden
- ☆ learn a new skill, hobby, or sport
- ☆ Set up your own blog
- ☆ Learn to cook a variety of healthy meals

2. Stay active

Its important to try and get out and do something out of the house for at least an hour a day. Take up a new sport, swim a couple of laps in the pool, or walk to the shops. For more ideas and information check out www.healthyactive.gov.au

3. Balance the amount of time you spend with your friends

Make an effort to keep in touch with your school friends over the holidays, but be aware that it is possible to spend too much time together. For more info on relationships and communication check out: www.reachout.com.au

4. Get involved in the local community - There are a lot of activities running in the holidays that are free or affordable.

- For info about events that happening in the Pine Rivers shire look up www.pinerivers.qld.gov.au click on the Community Directory (orange tab on the right hand side. There is a link down the bottom to the Pine Rivers Events Calendar.
- Check out what is happening both around Brisbane and on the Sunshine Coast at www.brisbanecitylife.com.au/bcl/watson.htm
- For activities specifically for 10 to 17 yr olds check out www.brisbane.qld.gov.au Click on 'Community' and select Youth.
- You could also consider volunteering a few hours to assist a local charity. For more info check out www.volunteeringqueensland.org.au

5. Stay sunsafe

- Avoid being outside between 10am and 2pm as much as possible
- Apply maximum protection sunscreen (30+) every 2 hours
- Wear sunglasses and a hat with a broad brim

For more info check out www.qldcancer.com.au

6. Maintain a healthy diet

Check out the Australian dietary guidelines for children and adolescents on www.nhmrc.gov.au/publications/synopsis/dietsyn.htm See how you can make more healthier choices over the holidays and for the rest of your life. Remember to eat 5 veggies and 2 fruit a day. Great recipes for increasing your fruit and vegetable intake can be found at www.gofor2and5.com.au

7. Stay safe

When going out make sure you:

- Tell someone where you are going and when you expect to be home.
- Have a buddy system with your friends and ensure one person in the group is looking out for everyone
- If you choose to drink alcohol, drink within safe limits
- Don't accept drinks from other people (any drink can be spiked)
- Always carry emergency cash, a mobile phone or phone card, and emergency numbers

If you are worried about yours or someone else's drug or alcohol use freecall 1800 177 833 or check out www.health.qld.gov/atods or www.istaysafe.com

8. Talk to someone

If you are feeling down, worried, depressed or out of control, talk to someone who can listen and provide support. This can include:

Your local GP		Lifeline Crisis Line	131 114
Kids Help Line	1800 551 800	Child and Youth Mental Health Service	3817 6380

For more info check out www.reachout.com.au or www.headroom.net.au or www.beyondblue.org.au

9. Talk to someone

If you are experiencing difficulties in your relationships there is help available. As well as the numbers and websites listed above, you can call:

REFS (Family counselling & mediation)	5428 1684	Pine Rivers Neighbourhood Centre	3205 2955
Bargumar (Indigenous support)	5499 3822		

For parents

Parentline (support for parents between 8am – 10pm) 1300 301 300	If a crisis occurs contact:	Police (if in immediate danger)	000
For more info check out www.burstingthebubble.com		Youth Emergency Service	3357 7655
		Sexual Assault Hotline	1800 010 120
		dvconnect line for women	1800 811 811

10. Enjoy the Christmas season of fun, family, and festivities!

Hannah Tibben - YSC / Student Support Centre