Dear Helensvale Community

NAPLAN Data Release Date

The 2016 NAPLAN test data for years 3 & 5 will be released by ACARA next Wednesday. This data will provide information on how our student performance compares with other schools in Qld and will indicate our level compared to the NMS.

Individual student NAPLAN reports will also be forwarded home shortly.

Pokemon Go! What a craze!

In the interest of our community I share this short article by Michael Grose from Parentingideas a respected writer on parenting children.

About Michael Grose

Michael Grose is the winner of the Australian Educator of the Year 2013. A prolific author, experienced media performer and polished presenter, Michael continually wows teachers and parents with his high-energy style and practical, common sense content. He holds the distinction of being the first to conduct a parenting seminar to Australian politicians in Parliament House Canberra.

Beats just about any fad I’ve seen including yo yo’s, swap cards and the original Pokemon Gameboy way back in the old days – remember the 90’s. While Pokemon Go is geared toward adults and teenagers it’s taken off among primary aged children – even some pre-school kids – as well. Both genders are playing the game, but a rough count among colleagues and friends indicates that it’s boys more than girls that are hooked on the game. Pokemon Go has plenty of psychological hooks to make boys love it. The roam and search nature of the game appeals to the hunter-gatherer that exists in most boys. There are plenty of things to collect which appeals to a boy’s fundamental need to put order and control in his world. And the competitive element embedded in the game makes it almost irresistible to many boys who love nothing better than to better someone else. How can we approach this craze?

Many parents have asked me how they should approach the Pokemon Go craze, particularly when their children are besotted by it. Start by accepting that Pokemon Go, like all fads, has captured your child’s interest. It’s hard to fight against or even stop your child from being involved in games that ‘everyone is playing’. That leads to two parenting requirements. First, find out all you can about the game so you know what you are up against. Ask your child to...
explain what it's all about. Figure out which parts of the game are age-appropriate and which parts are going to present you with headaches. Once kids are old enough to have their own phones and transportation, they're certainly old enough to play the game without help. Pokémon Go gives users plenty of chances to spend real money, so you probably will want to limit in-game purchases. Lures, an aspect of the game, can present tricky situations for parents. A player can set out a lure to attract pokémon, but because these lures can be seen by any nearby player, you’re not sure who they are attracting. Revisit those Stranger Danger lessons with your kids.

Second, you need to meld your existing family technology rules with the expectations and opportunities that Pokémon Go presents. These include, how much time children are allowed to spend on technology; consider what activities Pokémon Go takes kids away from (including homework); and be aware that it’s not healthy for your child to be hooked on one activity at the expense of everything else.

Pokémon Go gets kids outside roaming and exploring their neighbourhoods, which on the surface, is a good thing. However as one mum told me her son’s Pokémon Go experience was leading them to a local quarry, which had some obvious risks attached. So if your kids are old enough to wander unsupervised some quick reminders of safety rules maybe in order, such as crossing a street with a phone in their pocket and only playing the game with kids their own age. If you join in the craze then be prepared to drive your players around as many Pokémon stops are in interesting places such as parks, historical markers and other gathering spots. Different places have different Pokémon things to collect—yes, it can get complicated, which is the intrinsic value of the craze. So my advice for parents is to approach Pokémon Go positively and intelligently. Discover about it as much as you can at your own pace, your current circumstances and your kids will allow. Join them if possible. Remember, it’s a lot of fun; it does get kids exercising more than their thumbs and there are some great learnings (maths, nature and even history) built into the game. On the other hand, ensure that kids keep a balance in their activities so that a fun craze doesn’t become an absolute, all or nothing obsession—which can so easily happen with boys.

“...WHAT AMAZES ME IS HOW FAR SOME PEOPLE WILL GO TO JUSTIFY THEIR BEHAVIOUR TO THEMSELVES, JUST TO PRESERVE THAT SELF-PERCEPTION.”

— Christopher Golden

International Visitors
On behalf of the school community I extend a sincere thank you to our host families for welcoming our Taiwanese students into their homes during their two week homestay. This week we welcome students from Kokuren in Japan who are enjoying an educational experience at our school. I extend a special thank you to Kathy Ise, 4A for coordinating the visits with the assistance of our school’s cultural committee members, Raeline Pettigrew, Marissa Gillies, Rie Graham, Carly Edwards, Long Bradley, Chaplain and teacher-aides Belinda Timmerman and Brenda Sorell. I also acknowledge the donation by Jodie Parke (Arts) of artwork for our visitors and Mrs Brown, DP, standing in for me at the arrival and welcome ceremonies. Thank you team.

Michael Shambrook
Principal

From Ms Brown’s Desk

2017 Prep Parents and Carers Information Session
On Monday August 8, I will be presenting two information sessions, 9am and again at 4:30pm for parents and carers who intend enrolling their child in Prep at Helensvale State School next year. The session will include all you will need to know about Prep next year and there will be ample opportunities to have specific questions answered.

Enrolment packs will be available from August 8, instead of August 1 and parents will be able to book an interview time slot as soon as all paperwork is completed. Children will be eligible to attend Prep if they turn five before June 30, 2017 and early entry may be available if the child turns five during July 2017 and meets specific criteria. Parents have the flexibility to delay their child’s entry until the following year if there are readiness concerns.
What an exciting NAIDOC assembly program we have planned for Monday, including our Prep students singing, years 1 - 2 students dancing and students from years 3-6 performing a RAP.

Students are to wear the formal check uniform or their Indigenous Helensvale SS polo shirt.

We would love to have you join us for this special assembly which commences at 12 noon.

Snugglepot and Cuddlepie certainly was a big hit with our little people on Monday. Many agreed that their favourite part was when the lights flashed across the audience and Snugglepot and Cuddlepie recognised HUMANS! We know that many of you were unable to join your child at The Gold Coast Arts Centre so Levon in Prep D has drawn a picture of all the characters to share with you.

Prep-Year 1 Assembly

Our Sector Assembly is on Thursday, August 4 at 2:15pm and Prep B and Prep C will be performing their NAIDOC item. We hope you can be part of the audience.
PREMIER’S READING CHALLENGE 2016  
16 May to 25 August  
5 WEEKS Left!

Congratulations to all students who have completed the challenge and handed in their forms. The purpose of the challenge is to encourage students to be enthusiastic about reading, writing, authors and illustrators. Students may read fiction and non-fiction books suited to their reading ability. Hint: Students may include novels being read in class.

Please contact Ros Moore with any queries.

Speld Workshop for Parents  
(Supporting people experiencing learning differences)

We are fortunate to have Marion McMahon the Executive Officer of Speld presenting to staff and parents on Tuesday 2 August.

This workshop for parents and carers will commence at 2pm in the PAC and finish by 3pm.

Please join us to hear about the support and services offered by Speld and how you might support your student’s learning at home.

For further information contact Ros Moore at:
www.speld.org.au

From Mrs Austin’s Desk

Helenvale’s new Behaviour System

This week, the school held two parent sessions to inform the community of the changes being implemented with our new Behaviour System. This was the perfect opportunity to engage with the school, ask questions and be informed.

After many weeks of advertising and even postponing this event from Term 2 due to lack of interest, over the two sessions only 3 families from the community attended. The school did receive a few apologies from other families that could not attend. As you can imagine, this was a disappointing outcome considering the size of our community.

Helenvale State School is implementing a new whole school Behaviour Management System across our P-6 classrooms. Our number one priority is to ensure that there is consistency happening within our classrooms and that all parties including students, staff and the community are speaking a common language, regardless of the year level students are in.

What do we want to achieve with our new system?

• Set high expectations for the behaviour of all students.
• Develop and implement a system that demonstrates consistency, equity and transparency for all classes and year levels.
• Encourage and motivate students to strive for excellence with their behaviour.
• Acknowledge, reward and celebrate students who consistently follow the school rules.
• Set consistent and logical consequences for students who do not follow the school rules.
• Improve the communication between school and home so that parents and carers are informed regularly about both positive and negative behaviour.

Behaviour Zones – Daily System

Each day, students will be monitored on our Zone Chart.

• Each student will start in the Green Zone at the beginning of the day.
• Students can move between the zones according to the behaviour choices they make throughout the day.
• The meanings of each zone is stated above.
• If a student does reach the red zone throughout a day, they can still move out of it depending upon the choices and effort they make from that point on. Alternatively, students that move into the purple and blue zones can also go backwards as well.
• Teachers, in consultation with our support, staff make the choices of whether students move throughout the zones.

Please Note...

• This system will also operate within the playground at break times and specialist lessons.
• Students’ Behaviour choices throughout a whole school day will be monitored and reported to the classroom teacher on a daily basis.
Rewards

Points System

Some zones represent points at the end of the day. The points are recorded and tracked by our new “Strive to Succeed Passports” by stickers, stamps or teacher signature. This will replace the previous “Be Safe, Be Respectful and Be a Learner” ticket system. Students will accumulate their points (and previous tickets collected in Term 2) and trade them in for rewards.

<table>
<thead>
<tr>
<th></th>
<th>Red Zone</th>
<th>Orange Zone</th>
<th>Green Zone</th>
<th>Silver Zone</th>
<th>Gold Zone</th>
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<tbody>
<tr>
<td>P-1</td>
<td>+1 point</td>
<td>+2 point</td>
<td>+3 point</td>
<td></td>
<td></td>
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<tr>
<td>2-6</td>
<td>+1 point</td>
<td>+2 points</td>
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The school is also working towards improving lines of communication and celebrating student successes with families. This will see an increase in positive communication coming home from the school when students reach the Gold zones and accumulate points on their passport. This could be done verbally at the end of the day, phone calls home or emails.

The points the students accumulate, will contribute to the following rewards:

**Ongoing**
- VIP Seating Assembly
- Free night off Homework
- Morning Tea with ELT
- Computer Lab express line
- Game time in classroom
- Free time
- Moving desks for the day
- Prize box
- Visit another classroom

**Term**
- End of Term Behaviour Rewards Day:
  - Term 3 + Top 5 students with the most points on the "Strive to Succeed" Passport
  - Term 4 + Top 5 improved students with "Strive to Succeed" Passport from previous term’s points

**Semester**
- Gold and Silver Behaviour Badges:
  - End of Semester Behaviour Assembly to acknowledge and award students with Silver and Gold Behaviour Badges. Badges will be worn by students as a part of their uniform in recognition of being behaviour role models for the school.

Sector Assemblies

- Tuesday August 2: Year 2-3
- Wednesday August 3: Year 4, 5 and 6
- Thursday August 4: Prep & Year 1

From Ms Ona’s Desk

Reminder: ICAS Competitions

The ICAS English competition, will be held on Tuesday 2nd August. That’s next week! If you nominated and paid for your child to participate in this competition, please remind them that they will be writing a reading comprehension test on Tuesday. They need to bring a 2B pencil and a rubber to the test.

Please remind your children that this is a voluntary activity and that there is no pressure associated with it. It is merely an opportunity for them to see how far they can extend themselves.

The Maths competition takes place on Tuesday 16th of August and students will need a 2B pencil and a rubber.

Communication strategies for parents and the community

- Take an active role in communicating with teachers and the school. Make appointments with your child’s teacher to discuss any concerns or seek feedback.
- Make your child’s learning the main focus of your communication with the school. Remember that this is the common goal you share with the school - to see your child succeed. In particular:
  - provide information about your child’s needs and discuss your expectations with your child’s teacher
  - find out about what your child will be learning (subjects, topics, content) and how they will be learning (classroom activities, processes, technologies)
  - remember that today’s classrooms may be different from your own school experience. Talk to your child’s teachers about aspects of the class program that seem different and the reasons for these approaches
- use the language of learning to talk to your child about their day to day experiences. Discuss with teachers the terms and phrases they use to make sure you both have a common understanding.
- Make use of the range of communication tools and channels provided by the school, including newsletters, websites, emails, assemblies, parent/teacher interviews, P&C meetings, web conferencing and text messages.
- Find out how the school communicates about opportunities for parents and the community to engage in school activities.
• Discuss your communication needs with your child’s teacher or the principal, especially if you need access to information in other languages or in other modes.
• Engage in communication strategies that are appropriate for your child’s age and stage of development.

Helensvale State High School

Student Enrolment Packages for Years 7-9, 2017 are now available from our school’s front office. Enrolment packages are also available from the High School. Students who are intending to go to Helensvale High School must be enrolled before the Transition Day on Friday 2nd September.

School News
Published by The Administration Department

School Calendar

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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
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<tbody>
<tr>
<td>Mon 1 Aug</td>
<td>NAIDOC Assembly 12noon</td>
<td>PAC</td>
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<tr>
<td>Tues 2 Aug</td>
<td>Kokonen Junior Study Tour Depart</td>
<td>ICAS English Exam</td>
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<tr>
<td>Tues 9 Aug</td>
<td>EISTEDDFORD - Strings</td>
<td>GC Arts Centre</td>
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<td>Thurs 11 Aug</td>
<td>Year 2 Excursion Burleigh Headlands National Park</td>
<td>Burleigh Heads</td>
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<td></td>
<td>24 &amp; 2B morning session</td>
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<td></td>
<td>2C &amp; 2D afternoon session</td>
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<tr>
<td>Fri 12 Aug</td>
<td>Year 2 Excursion Burleigh Headlands National Park</td>
<td>Burleigh Heads</td>
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<td></td>
<td>2E &amp; 2F morning session</td>
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<tr>
<td>Tues 16 Aug</td>
<td>ICAS Maths Exam</td>
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<tr>
<td>Tues 16 &amp; 17 Aug</td>
<td>District Track &amp; Field</td>
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<tr>
<td>Wed 17 Aug</td>
<td>EISTEDDFORD - Senior Band</td>
<td>GC Arts Centre</td>
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<tr>
<td>Mon 22 Aug</td>
<td>Book Week</td>
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<tr>
<td>Wed 24 Aug</td>
<td>P&amp;C Meeting 7pm</td>
<td>Admin Building</td>
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<tr>
<td>Thur 25 Aug</td>
<td>EISTEDDFORD - Choir</td>
<td>GC Arts Centre</td>
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<td>Fri 26 Aug</td>
<td>Gold Coast Show Holiday</td>
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<tr>
<td>Wed 31 Aug</td>
<td>ComBank Incursion Year 1</td>
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School Payments

Commencing from Term 2, there was a change to the finance window opening days and hours. The new days are Mondays and Wednesdays with times of 8am – 9.30am.

Please assist us by adhering to these times.

All excursions and incursions have closing dates to make payment. Please ensure you pay by the due date as no late payments will be accepted.
Thank you for your assistance.

Leonie Foster
Business Services Manager
Active School Travel

Another great week for being active at Helensvale State School! Last week saw Term 3 start with a great turnout for our first week of Active School Travel with 44% of our school actively travelling to or from school. Congratulations to all students who were active travellers last Friday!

Our Green Boot Awards were awarded and our sector winners are:
Prep & Year 1 winner – 1C
Years 2 & 3 winner – 2A
Years 4 – 6 winner – 5C

The most active class at Helensvale State School was 2A with 67% of the class being active travellers! Great work 2A!

Please remember Active School Travel is every Friday so if you walk, ride, scoot, bus, train or carpool to school come along to the school front gate from 8:00 am – 8:30 am to receive your stamps and to redeem some awesome prizes.

From the Active School Travel Team

NEXT P&C MEETING WED 24 AUGUST

5c & 10c Challenge Starts Monday

As of Monday for the month of August, the P&C is running this challenge with the highest collecting class winning a class party. We have 42 classes so $100 a class will raise vital funds for our school.

Hints for collecting lots of coins are putting collection tins at Mum's and Dad's workplace, asking grandparents and checking bottoms of bags and the car and so many more.

Each day, students will place their coins in the class container which will be bought up to the tuckshop for counting. Thermometers will track each class's progress.
GOOD LUCK AND START COLLECTING NOW.

FOUND

A green football has been handed in to the office by a member of the public. If your child has lost a green football, can you please contact the office.

Community News

Published by The Administration Department

Advertising in our Newsletter

Advertising Space is now available within our newsletter

Please phone Michelle on 0409992479 or send an email to michelle.m@austnews.com.au if you are interested in advertising your business.

Helensvale State High

“High School Experience Day”

Friday 2 September, 2016

For all current Year 6 students already enrolled at Helensvale State High for 2017

What happens at the Helensvale State High “High School Experience Day”? Students will be participating in a variety of engaging lessons and activities throughout the day.

What to wear? Afternoon tea, water bottle, hat, small notebook and a pencil case. UDG kit will be provided.

What to bring? Primary school sports uniform (excluding track pants)

Where to come? Students will assemble at the Helensvale State High / Discovery Plaze building at 9:30am and will be released from Helensvale State High at 2:30pm. (Best parking and entrance for drop off, Luck up – Rugby, Lamb)

Arron, Teaching and Support staff will be available to answer student and parent questions from 8:15am to 9:00am. Students will go to classes at 9:45am. At this time parents are free to leave or are invited to attend information presentations from 9:15am to 10:00am and a short meeting led by our Principal, Mr. Blagdon.

*Please ensure you have submitted your completed enrolment forms by 31st August to be included in this day.

Helensvale State High

200 Discovery Drive, Helensvale 4212
Phone: 55730553
Email: 2016_admin@queesn.edu

Jarjums
Free Playgroup
And Family Gathering

Where: North Gold Coast Early Years Centre
Cnr Martin and White Streets NERANG

When: Wednesday and Friday Mornings
Starting 3rd February 2016

Time: 9.30am - 11.30am

Indigenous playgroup for children aged 0-5 years and their families. Supported by a qualified Indigenous Early Childhood Educator and Family Support worker. The playgroup provides cultural activities for children, parents and families. With an opportunity to establish social and support networks within your community.

For more information call North Gold Coast Early Centre
07 56449100
or
Sonya Owen - 0449902770

If transport is required please phone prior to the day. Thank you.
Aboriginal and Torres Strait Islander Mental Health First Aid Course

We respectfully acknowledge the traditional custodians of the beautiful land in which we live, work and play on, and pay our deepest respect to our Elders past, present and future.

This two day course is conducted by the Aboriginal and Torres Strait Islander Health Service, Gold Coast Hospital and Health Service and on occasions may be co-facilitated with other services.

Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis, until appropriate professional treatment is received or the crisis resolved. Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid (MHFA) Australia and conducted by MHFA Instructors across Australia.

The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as a 14 hour course, typically conducted in 6 modules that we are holding it over two days. This course teaches health professionals and community members (15 years and over) how to assist an Aboriginal or Torres Strait Islander adult who is developing a mental health problem or in a mental health crisis.

Who can attend the course?

This course is targeted to Gold Coast Aboriginal and Torres Strait Islander community members over 18 years old.

However, if there are vacancies the course will be made available to Aboriginal and Torres Strait Islander Community members from outside of the Gold Coast, Non-Indigenous Community members and staff of services working with Aboriginal and Torres Strait Islander clients. Please contact the service to confirm availability.

Please note, this course is not a cultural awareness, therapy or support group rather it is an education course to learn how to give first aid to others.

What the course covers

- Aboriginal and Torres Strait Islander social and emotional wellbeing
- Mental health problems in communities
- Mental health first aid strategies for working with Aboriginal and Torres Strait Islander communities.

Developing mental illnesses:
- Depression
- Anxiety
- Gradual onset psychosis
- Substance misuse

What the course covers (Continued)

Mental health crisis situations:
- Suicidal thoughts and behaviours
- Aggressive behaviours
- Severe effects of drug or alcohol use
- Panic attacks
- Traumatic events
- Severe psychotic states
- Non-suicidal self-injury (sometimes called self-harm)

Course Format

The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as a two day face-to-face course conducted in 6 modules.

Course participants will receive a Certificate of Completion.

Cost

Attendance at the course is free. Tea/Coffee, morning tea and Lunch provided

2016 Course Calendar

8:45am – 4:30pm

KIRRA HILL COMMUNITY CENTRE
1 Garrick Street, Coolangatta (see map)
- 15 & 22 April
- 19 & 26 August
- 21 & 26 October

SOUTHPORT COMMUNITY CENTRE
6 Lawson Street Southport 8:45am – 4:30pm
- 17 & 18 March
- 15 & 22 April
- 19 & 26 August
- 21 & 26 October
NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCYC)
28 Leo Graham Way Oxenford
P: 55 298 087 / 55 804 995
E: family@youthcentre.org.au

FREE PROGRAMS FOR PARENTS Term 3 2016

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DATES</th>
<th>TIMES</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td>BRINGING UP GREAT KIDS (4 weeks)</td>
<td>Thursday 25th August – 15th September: 9:30 am - 12:00 noon</td>
<td>A four week program that uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children, promote respectful interactions, and encourage the development of children's positive self-identity.</td>
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<tr>
<td>1,2,3 MAGIC &amp; EMOTION COACHING (4 weeks)</td>
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<td>A three session program designed to help parents/careers and educators of children aged 2 – 12 years to manage challenging behaviours. Strategies are also suitable for children with ASD or ODD. The program works equally well as a preventative tool and for early intervention. A great framework that preserves the dignity of the child and the adult.</td>
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<tr>
<td>TUNING IN TO KIDS (6 weeks)</td>
<td>Confounded by the Mayress Charity Foundation</td>
<td>This six session program teaches parents and carers of 5 – 12 year old children how to become their child’s emotion coach. Help your child build resilience through understanding and managing their emotions. Also suitable for parents of children with anxiety and severe emotional and behavioural issues. Wednesday 3rd August - 7th September: 9:30 am - 12:00 noon</td>
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<tr>
<td>CIRCLE OF SECURITY PARENTING (6 weeks)</td>
<td>Confounded by the Mayress Charity Foundation</td>
<td>This six session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents and carers of 0 – 10 year old children. Also suitable for parents whose children have severe emotional and behavioural issues. Tuesday 25th July – 30th August: 9:30 am – 12:00 noon</td>
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<tr>
<td>ASSERTIVENESS (4 weeks)</td>
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<td>This is a four week nurturing program designed to build your self-esteem by supporting you to feel better about yourself, increase your confidence, and help you fulfill your goals in life. Tuesday 25th August – 15th September: 9:30 am – 12:30 pm</td>
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<tr>
<td>SELF-ESTEEM (4 weeks)</td>
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<td>This is a four session nurturing program that helps build your self-esteem; increasing your confidence and helping you to feel better about yourself. Thursday 28th July – 18th August: 9:30 am – 11:30 am</td>
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<tr>
<td>ANGER MANAGEMENT/ CONFLICT RESOLUTION (4 weeks)</td>
<td>NEWL A four session program filled with information about anger – what it is, how it impacts on our lives and relationships, and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships. Monday 11th July – 22nd August: 9:30 am – 12:00 noon</td>
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COMING SOON: TUNING IN TO TEENS!!

Child minding is available during all day programs for children aged 0 – 5 years. First child $4 and $1 for every child thereafter. Places are limited and bookings are essential. Fee to be paid prior to commencing sessions.

Northern Gold Coast Communities for Children is funded by the Australian Government Department of Social Services.

All programs are held at Oxenford and Coomera Community and Youth Centre except where indicated otherwise.

Are you in need of extra support?

You are invited to be part of a research study that will examine whether a volunteer home visiting program (known as Volunteer Family Connect)
supports families with young children and complements the services already available in your local area.

We are looking for families who:

- Have young children aged 0-5 years
- Live in the local area
- Feel in need of more support in their parenting role
- Have feelings of isolation or feel overwhelmed
- Have limited or no local networks to support them
- Need more support connecting to services in their local community
- Are willing to accept a volunteer home visitor if they are asked to

For this study it is not possible to include families where there are current issues of abuse and neglect, domestic violence, unmanaged mental illness or unsettled parenting arrangements.

If you would like to know more about the research, please don’t hesitate to contact Tiffany Kinoshita on 5644 9400 or another member of the research team from the Children and Families Research Centre at Macquarie University:

Tiffany Kinoshita
Research Assistant
Ph: (02) 5644 9400
E: tiffany.kinoshita@mq.edu.au

Dr Rebekah Grace
Chief Investigator
Ph: (02) 9850 9344
E: rebekah.grace@mq.edu.au

Dr Kelly Baird
Project Manager
Ph: (02) 9850 9369
E: kelly.baird@mq.edu.au

SUPPORTING ORGANISATIONS

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INCREDIBLE TENNIS OFFER
At Discovery Park Tennis Centre, Helensvale for kids aged between 5-12

FREE Trial Tennis Lesson*
FREE Tennis Racket upon sign up of term**
FUN Kids Tennis Coaching with Game Based Learning
HIGHLY EXPERIENCED Coaches GREAT WITH KIDS!
SMALL GROUP SIZES - ENROL ANY TIME ALL YEAR ROUND
PRIZES AND AWARDS

Discovery Park Tennis offers your children value for money.

---


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school@musicarts.info@school.com.au
www.musicartsacademy.com.au

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Michael CRANDON MP
Member for Coomera
B-13 1-3 Norman St, Helensvale QLD 4212
Member for Coomera
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FREE TENNIS LESSON

Looking to make new friends and learn new tennis skills all while having fun? Platinum Tennis Coaching located at the Hinterland Tennis Club, Price Street, Nerang are offering a free tennis lesson to any children wanting to get involved in the sport, we have designed our tennis programs to be a perfect blend of fun and education.

So if you're between 4-18 years of age why not come along and join in.

Lessons run 6 days a week Monday to Friday from 3:30pm Saturdays from 8am.

If you would like to take this offer bookings are essential please contact Jono on 0488 696 939.

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Look and feel good!
Get in shape and lose those unwanted kilos!
Stay motivated, have fun, train with your mates!

First week FREE!!

Times: Every Monday, 6.00-6.30am
Tues & Thurs. 5.30-6.00pm
Saturday 8.30-7.00am
Where: Helensvale Primary School, Lindfield Rd, H/vale.

$15 per Week (4 sessions)*

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2016/17 SUMMER SIGN ON

WHEN:  Saturday 6th and 13th August
TIME:   10am – 2pm
WHERE: Gambarosa Park, Riversdale Road, Oxenford (off Michigan Dr)

JUNIOR BASEBALL
For Boys and Girls from 5yrs – 16yrs of age
Aussie T-Ball / Rookie Ball / Little League / Baseball

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From 17yrs of age

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What's on Communities for Children Early Years Hubs Term 3—2016

Monday

Cowra Youth Centre
20-30 Lennox St, Cowra
9:30-11:00 am or 1:00-3:00 pm

Wednesday

Cowra Youth Centre
20-30 Lennox St, Cowra
9:30-11:00 am or 1:00-3:00 pm

Thursday

Cowra Youth Centre
20-30 Lennox St, Cowra
9:30-11:00 am or 1:00-3:00 pm

Friday

Cowra Youth Centre
20-30 Lennox St, Cowra
9:30-11:00 am or 1:00-3:00 pm

**Parents:** are you looking for another approach?

**TRY OUR FREE Parenting Programs**

- **332 Magic and Movement Coaching**
  - 2-3 years old
  - 9:00-10:00 am
  - Sluggish, Fussy, Play 3 Move and Grow

- **Circle of Security**
  - Teaching to Kids

- **Bring Up Great Kids**

For more information or to book please contact us on 5529 8087

call 5529 8087

**Upper Cowra Centre**

20 Reece Rd, Upper Cowra
9:30-11:00 am or 1:00-3:00 pm

- **Dance Class**

**Looking for a fitness outlet?**

Join our new and FREE Mambo, Healthy and Active classes at the Youth Centre

Call 5529 8087

Oxenford Dental Centre
1250 Raceview Rd, Upper Oxenford
9:00-11:00 am or 1:00-3:00 pm

- **Dental Check-Up**

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TO ENTER:
Text code QLD2TAG to 0458 000 500
2016/2017 Sign On Day

Its nearly cricket time again!
Come and join us down at Hession Oval on sign on day.
Meet members from our committee, sign on for the season or purchase training shirts

When: Saturday 20th & Sunday 21st August

Where: Clubhouse – Parkes Drive Helensvale

Time: 9am – 12pm

If you have any questions, please don’t hesitate to call Simone on 0408980638

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Helpful Phone Numbers

Electricity Loss of Power: 13 62 62
Poisons Information Line (24 hours): 131 126
Coomera Police Station: 9519 5995

24 Hour Support Services

Alcohol & Drug Information Service: 1800 177 839
Dads in Distress: 1300 853 497
Domestic Violence: 1800 811 811
Family Drug Support: 1300 368 186
Kids Help Line: 1800 551 000
Men’s Line Australia: 1900 789 978
Beyond Blue: 1900 224 636
Lifeline Crisis Line: 13 11 14
Alcoholics Anonymous: 5591 2062

After Hours Doctors & Pharmacy

National Home Doctor Service: 19 7425
(previously Medcall)
Pacific Pines: 5573 7722 (Midnight)
Oxenford: 5519 9200 (9 pm)
Hinterland Medical Centre: 5578 2199 (9 pm)

Parenting & Child Support Services

Breadfruit Helpline: 1800 686 268
Child Abuse Prevention Service: 1800 688 069
KidSafe Queensland (Child safety indoors and out, Hire of safety equipment and car capsules): 3854 1829
Pregnancy Helpline: 1300 139 313

Child Health Services

Child and Youth Health: www.ysb.com
Practical health information for parents, carers and young people.
Community Child Health: Gold Coast 5687 9183
Logan Central 3907 5939
Beenleigh: 3827 9803

1300 Health: 1300 2504

Rural Fire Services Gold Coast: 5597 4101
Coomera Valley: 5573 3566
Woop Way: 5529 7799
Ormeau: 0419 662 286

Early Years Hubs

Educational interactive playgroups for parents and children 0-5 years.
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