Dear Helensvale Community

Celebrate Tuckshop Day on Friday 4 November

I encourage you to give our tuckshop workers/ volunteers an extra ‘thank you’ tomorrow, Friday 4 November when Qld celebrates Tuckshop Day. Thank you for the vital service our volunteers provide.

Helensvale future leaders Trump US election

This week our nominees for the 2017 school leader positions met before a panel to present their leadership qualities prior to the election process next week. While the US presidential election is creating a media frenzy our nominees presented themselves in very positive terms with a view to representing all the students in the school. I congratulate all nominees on their aspirations to leadership roles and their commitment to our school. Next week our students will vote for the various roles available.

High School Awards Evening

On Tuesday evening I attended the HSHS Awards night to witness the awarding of academic, sporting and citizenship awards to this year’s top performers.
The theme for the evening was presented as “Full of Dreams” which encouraged students to dream of a future guided by the opportunities offered by the school, the community and parents.

The quality of the performances highlighted the strength of the music, dance and choral programs on offer at HSHS. I congratulate all recipients of the awards and was reassured that the representation of former Helensvale primary school students amongst the winners of the awards provided the foundation for future study.

Memorial Tree in Bloom

Roses are red, violets are blue and in the sea of purple we will never forget you.

Parents and visitors to our school often comment on the tree with the plaque near the lower school amenities block. Currently the Jacaranda tree has showered the ground with beautiful purple petals creating a sea of purple, rich in colour. The image is truly amazing and I notice parents, students and teachers stopping to take in the magic of the beautiful scene.

It is timely to remind our community that this beautiful tree was planted in memory of Lorraine Burns, a lower school teacher at Helensvale SS who passed away in October 2003 aged 36 years. The tree has grown over the last 13 years to be a feature of our school’s landscape especially at this time, blossoming with spectacular purple flowers.

I take this opportunity to draw our community’s attention to the significance of the memorial tree and the wonderful memories that many of our staff hold for their former colleague. Lorraine may have moved onto the big classroom in the sky but our community holds dear fond memories of a teacher who left us with so much to give to teaching. I trust when you are in the school you take time to appreciate the beauty of this area at this time of the year and understand its significance.

2017 Class Formation

Planning is underway for the 2017 school year. It is critical that we are aware of any student not returning in 2017.

If you are not returning in 2017, you are asked to inform the school office as soon as possible.

The focus on class placement is always centered on what is the best placement to assist a child’s learning.

Thank you to those families that forwarded their 2017 preferences to the school by the recent deadline. In a school with 1078 students, staffing and class size recommendations prohibit the formation of classes that meet all the preferences received. Due consideration is given to all correspondence but no assurance is given to accommodating parent preferences.

As parents you select Helensvale SS as your school of choice and our professional teaching staff select the appropriate class for your child on all the information available regarding your child’s learning. I am confident that class arrangements for 2017 will again accommodate our predicted enrolment and will provide all students with the opportunity to be successful learners.

Michael Shambrook
Principal
From Mrs Austin’s Desk

Student Arrival Times and Attendance

During Semester 2, we have been tracking the attendance rate of students and the large volume of students that have been arriving late. Under the Education Act, a child (by law) must attend school each day from start to finish. Exclusion from school during the six hours of learning time, should only be for extenuating circumstances like illness. When children are continually late or have regular time off we know they can experience feelings of anxiety and stress about being ‘behind’ the other students. As we have said many times before, every day counts!

What can Parents do to help their children?

Children must attend school every day, and they must attend from the moment the first bell rings until the final bell is rung to dismiss them. Below is a table which outlines just how much schooling a child misses when they arrive late to school. It is quite alarming to see how much just 10 minutes a day can build up.

<table>
<thead>
<tr>
<th>Time Per Day</th>
<th>Missed Time per Week</th>
<th>Missed Time per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>50 mins</td>
<td>Nearly ½ YEAR</td>
</tr>
<tr>
<td>20 mins</td>
<td>1hr 40 mins</td>
<td>Nearly 1 YEAR</td>
</tr>
<tr>
<td>Half hour</td>
<td>Half a day</td>
<td>Nearly ½ YEARS</td>
</tr>
<tr>
<td>1hr</td>
<td>1 day</td>
<td>Over 2½ YEARS</td>
</tr>
</tbody>
</table>

Sector Assemblies

Week 6 will see the return of our Sector Assemblies.

Tuesday 7 November – Year 2 & 3 – Special Year 3 Strings Performance

Wednesday 8 November – Year 4, 5 & 6

Thursday 9 November – Prep and Year 1

We would love to see you all there.

From Mrs Welch’s Desk

Grandparents Day Picnic

It was a great day on Friday. We had many parents and Grandparents join the Prep students for lunch. Many stayed and joined in activities in the classroom. Thank you to all who could join us on the day.

Swimming

All of the Year 1 students will be going swimming in another two weeks. Please make sure all forms are back to school. You will also need to have swimmers and a rash top for the program.

Halloween

I have heard many fun stories around Halloween parties and trick and treating. It is indeed a fun time for all. I know lots of the children are talking about their stash of lollies. Can I please ask that these do not come to school. Some students find it difficult to focus on school work when their sugar intake increases.

Attendance
As we approach the end of the school year it is still important to attend every day and to get to school on time. As part of my role I work with students who are having difficulty attending on a regular basis. If you need support with this please contact me at the school email address.

Have a great week
Terry Welch
Deputy Principal

School News
Published by The Administration Department

School Disco Tonight!
The Student Council are busily organising this term’s school disco.
The discos will be held tonight, Thursday the 3rd November 2016 in the PAC and the theme is come dressed in your brightest fluro colours!
The disco for years Prep and Year 1 was held today during school hours. The disco for year 2-5 will all happen after school and the cost is $5.

Tickets can be purchased at the door tonight
Thursday November 3rd
Come dressed in your brightest fluro colours!
Year 2&3 - 4.30-5.30pm
Years 4 & 5 - 6-7.30pm

News from Year 1
Learning is fun in Year One!
Year 1 have been very busy this term with our Science investigations into “Light and Sound”. The children have been given opportunities to experiment with different light and sound sources to discover some of the properties of light and sound, which they have enjoyed immensely.

In History we have continued our investigations into the Past to discover how many things have changed over time.
Visits from our Learning Coach Mrs Stewart:

All of our Year Ones have benefited from the expertise that our Learning Coach, Mrs Stewart has brought to our Year One cohort. Part of her role is to plan and coordinate our Reading Intervention as well as supporting teachers to implement effective teaching strategies that benefit all our students and enrich their learning. This term Mrs Stewart has been visiting 1B to engage in lessons that explore the use of De Bono’s six thinking hats as applied to reading. This has enabled our students to think about stories from different perspectives and deepen their understanding of the texts we read.

Year One would like to say a big THANK YOU Mrs Stewart for all your hard work and dedication!

Opinion: Elsa is much better than Cinderella

The reason is that she is a queen in the movie Elsa. She is so great!

As you can see, Elsa is much better than Cinderella!

Opinion: Dogs are better than cats.

The reason is that some dogs are very good at games. For example, they are fun to play with.

Also, they are cute and cuddly.

Active School Travel

As you can see, they are much better than cats!

Last week Active School Travel along with our School Student Council organised the Daniel Morcombe Foundation ‘Day For Daniel’. We had red poppers, fruit and waters to share with all our active travellers and it was wonderful to see such amazing support for this day.
Last week 50% of Helensvale State School were active travellers by walking, riding, catching a bus or car pooling to school. Congratulations to all students who were active travellers!

Our Green Boot Awards have been awarded to the classes with the highest percentage of students who are active travellers. Our sector winners are:

Prep & Year 1 winner – 1D
Years 2 & 3 winner – 2C
Years 4 – 6 winner – 5D

The most active class at Helensvale State School was 5D with 77% of the class being active travellers. Well done 5D!

Please remember Active School Travel is every Friday so if you walk, ride, scoot, bus, train or car pool 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.

Ensemble Showcase 10th November

Dear Parents/Carers

We would like to acknowledge the hard work your child has put into their Music making throughout the year by showcasing them on the 10th of November at 6:00pm to 7:30pm in the Performing Arts Centre at our school. We would like to invite all your family and friends to celebrate your child’s success.

Please save the date and remember to invite all your family and friends.

Instrumental students will need to be at school at 5:15pm for tuning.

Choir students will need to be at school at 5:30pm.

We hope to see you there.

Respectfully yours

Music and the Arts Departments

By Julian

PE - PRE SERVICE TEACHER

My name is Mr Davis and I am a prac student from Griffith University. I am here at Helensvale State School for 5 weeks with Mr Cacciola. I have been in Health and Physical Education where we have been teaching a unit of Basketball. This includes fundamental skills to be able to play a game, which incudes dribbling, passing and shooting.
with a focus of teamwork and communication. I am grateful to have been given the opportunity to work with so many wonderful staff members and children who have made my time here at Helensvale memorable. This has been an honour and a privilege to be a part of your school. So thank you to every one, and a big thank you to Mr Cacciola. I will be returning next year in semester 2.

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Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in years 1 and 5. This service will be provided on-site at Helensvale State School by the Mobile Dental Clinic. The clinic is available on-site at Helensvale State School from 7:45am - 4:30pm.

To arrange an appointment for your child, telephone:

The Oral Health Client Service Centre
Ph 1300 300 850
Monday – Friday 8.00 am – 4.30 pm
Excluding Public Holidays

Child Dental Benefit Schedule Vouchers are accepted. When your child’s $1000 cap is reached, there will be no out-of-pocket expenses provided your child meets eligibility criteria.

* Eligibility – All Queensland resident children aged four years or older who have not completed year 10 of secondary school.

Further information on public funded oral health services can be accessed via URL:

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Opinion: Dogs are better than cats.

The reason is that you can play games with them and teach them so many things. As you can see, they are much better than cats.

By Alliera
Hi Everyone,

It is only 1 week until our Trivia Night on the 12th November! Tickets are now available from the Tuckshop for only $10 each and we have tables of 10 available. So grab a group and get your tickets for a great night of fun! This year’s Trivia Night has a Hawaiian Luau theme. So come dressed in your best Hawaiian outfit as there will be a prize for the best dressed on the night. We will have the bar open with beer, wine, alcoholic slushies and soft drink. You can also buy snacks on the night. There will be games, raffles and lucky door prizes, too. It should be a great night so come along for a great night of entertainment from 6 – 10 pm.

We also need help with prizes for the night. If anyone has a business they would like to promote, you can donate a prize or voucher and your business will get mentioned on the night. Or if you work for a company or business that would like to donate something to raffle off, please give Sharon Wilson a call! Hopefully we’ll get some great prizes to make this night a great success! Thank you to those parents who have donated a prize already.
Homestay Families Wanted - Early 2017

At various times throughout the year, Helensvale State School hosts international students. We look for families from our school community to provide a good caring home for those students.

If you might be interested in becoming one of our Homestay families in the future, please let us know.
Homestay Families

Wanted

Share your home with an international student

Homestay families are required to provide a good, caring home for our international students.
- Introduce your family to another culture
- Learn another language
- Make long term international friends
- Share our Australian culture and lifestyle
- Students will attend Helensvale State School

For your opportunity to be part of this cultural exchange experience please complete this form and return to the Helensvale State School office.

--

Host family name:_____________________________________
Address: ____________________________________________
Telephone:___________________________________________
Mobile: ___________________________ Email:___________
Number of children living at home: ______________________
Name and class of child/children: ________________________

What pets do you have? ________________________________________

Community News
Published by The Administration Department

Advertising in our Newsletter

Advertising Space is now available within our newsletter

Please phone Michelle on 0409 992 479 or send an email to michelle.m@austnews.com.au

if you are interested in advertising your business.
Gold & Tweed Coast
Indigenous Women

** Expression Of Interest **

- We are looking for 25 players, As well as some coaching/managerial staff (FAO, x2 League Safe, Trainer & Mentors) from the community.
- Looking for players willing to commit to at least 60-70% attendance of training and team building events. (This may include BBQ's and Raffles to gain sponsorship for the upcoming event)
- Also looking for Sponsorship to help with expenses (Accommodation, Playing strip and other materials).

For further information please don’t hesitate to contact me: Tyne Smith Ph: 0434 634 517 or email: tyne@actforkids.com.au

COME AND PLAY!

JUNIOR PROGRAM
Tuesdays & Thursdays
4.15pm - 6.00pm

Beginner’s welcome
Girls & Boys
Learn to play for ages 8-18
Quality Coaching
Cost: $10

Club contact details
Gold Coast Table Tennis Centre
Lot 1, Vernon Drive, Moderna Park QLD 4214
Coach - Cathy actresses
Phone: 0401 587 295
Email: info@goldcoasttabletennis.org.au

“Gold Coast Table Tennis welcomes you to try the great Olympic and Commonwealth sport of table tennis”

Kip McGrath
OXENFORD
Call 5561 7337

AustNews ePublisher
3/11/2016
http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14IvUbRy56o...
INCREDIBLE TENNIS OFFER

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FREE Tennis Racquet Upon Sign Up of Terms**
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PRIZES AND AWARDS
Discovery Park Tennis offers your children value for money, exciting, educational tennis coaching that we guarantee, they will simply love! Proven to develop social interaction, motor skills, the learning of new techniques and skills in a safe, structured and fun environment.

CALL NOW FOR FURTHER INFORMATION: 0416 011 378

* Gold Coast Residents only. **Only 50 spots available
SPORTING SCHOOLS

LET'S GET KIDS ACTIVE, ENGAGED AND HAVING FUN!

Sporting Schools is a $100 million Australian Government initiative set to be the nation's largest sport-based participation program. The program aims to help children to foster a lifelong interest in sport and gain a healthier mind and body.

In partnership with more than 30 National Sporting Organisations (NSOs), Sporting Schools is aiming to provide more opportunities to participate in sport before, during, and after school hours.

Kits and school registration are free for schools, although NSOs may charge a fee to cover costs associated with the program. To register for the program, schools must apply through the Sporting Schools website, which includes the following:

- Sport and activity descriptions
- Learning intentions
- The skill focus for the activity

The program is aligned with the National Physical Education Curriculum and can be used to assist in the delivery of:

- Health and physical education
- Physical literacy activities
- Educational and recreational activities

Visit sportingschools.gov.au/P4L for more information.

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Jazz, Classical, Tap, Hip Hop, Acrobatics, Musical Theatre, Contemporary.

To book your school's first performance, please visit our website:

www.musicin Schools.com.au

CONTACT US NOW!

Music in Schools

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- Property Disputes
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Call Jerry for a FREE measure & quote

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Contact us for more information:

 ARE YOU keen to deliver a program BEFORE, DURING or AFTER school?

Sporting Australia has partnered with over 30 National Sporting Organisations (NSOs) that have developed programs specifically for the school environment.

- Athletics Australia
- Basketball Australia
- Baseball Australia
- Beach Volleyball Australia
- Cricket Australia
- Cycling Australia
- Football Federation Australia
- Golf Australia
- Gymnastics Australia
- Handball Australia
- Hockey Australia
- Rowing Australia
- Soccer Australia
- Softball Australia
- Squash Australia
- Surfing Australia
- Swimming Australia
- Table Tennis Australia
- Tennis Australia
- Touch Football Australia
- Triathlon Australia
- Water Polo Australia
- Water Skiing Australia
- Wheelchair Basketball Australia
- Wheelchair Rugby Australia
- Water Polo Australia
- Water Skiing Australia

What’s the goal?

- To help reduce the risk of a lifetime of sport and active living
- To nurture children’s skills in leadership, social engagement and community spirit
- To offer children a range of naturally engaged skill goals
- To offer schools access to nationally accredited sport products and certified coaches
- To create linkages between your school and local sporting community

Visit the Sporting School website sportingschools.gov.au to find out more or contact the Client Support Centre on 1300 789 707 or info@sportingschools.gov.au

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 lands 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 but we are holding it over two days. This course teaches health professionals and community members (16 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 course 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
- Physical aggression
- 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
- 10 & 17 June
- 19 & 26 August
- 21 & 26 October

SOUTHPORT COMMUNITY CENTRE
6 Lawson Street Southport 8:45am – 4:30pm
- 17 & 18 March
- 22 & 29 July
- 9 & 16 September
- 2 & 9 December

Click here to download 1457560570 Aboriginal and Torres Strait Islander Mental Health First Aid Course.pdf
NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN

Free Programs for Parents Term 4 2016

Parenting Made Easier (4 weeks)
This is a four session program for parents/carers of children aged 0-12, it will help you understand children's misbehaviours, and provide you with strategies to develop and foster emotional resilience, respect, cooperation and responsibility in your children.
Thursday 27th October - 17th November: 9:30 am - 12:00 noon

1, 2, 3 Magic & Emotion Coaching (3 weeks)
Gordie by the Maclean Charity Foundation
A three session program designed to help parents/carers and educators of children aged 2 - 12 years manage challenging behaviours. 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.
Friday 28th October - 17th November: 9:30 am - 11:30 am
Friday 18th November - 2nd December: 9:30 am - 11:30 am

Tuning In to Kids (6 weeks)
Gordie by the Maclean Charity Foundation
This six session program assists parents/carers of 3 - 12 year olds children to become more aware of their children's emotions. Help your child build resilience through understanding and managing their emotions. Also suitable for parents of children with anxiety and emotional and behavioural issues.
Wednesday 26th October - 30th November: 9:30 am - 12:00 noon

Circle of Security Parenting (6 weeks)
Gordie by the Maclean Charity Foundation
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/carers of 0-10 year children. Also suitable for parents whose children have emotional & behavioural issues.
Tuesday 25th October - 29th November: 9:30 am - 12:00 noon

Assertiveness (4 weeks)
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 make your goals a reality.
Thursday 27th November - 11th December: 9:30 am - 12:00 noon

Self-Esteem (4 weeks)
This is a four week nurturing program that helps build your self-esteem, increasing your confidence and helping you to feel better about yourself.
Monday 7th - 28th November: 9:30 am - 12:00 noon

Tuning In to Teens (6 weeks)
New!
This is a six session program designed for parents/carers and educators of preteens and teens aged 10 and over. The program aims to increase the adult-child connection by providing adults with a greater understanding of their adolescent's emotional experience while teaching specific skills that can assist in being supportive, empathetic, and staying connected with the young person.
Wednesday 26th October - 30th November: 6:00 pm - 9:00 pm

Relationship Rescue (4 weeks)
This four session program offers an opportunity to explore ways to have a fulfilling relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and children.
Tuesday 8th - 29th November: 6:15 pm - 8:45 pm

What Were We Thinking (3 Weeks)
New!
A three session program designed for couples with infants from newborn to 3 months. This program will help build confidence and competence in new parents and support emotional well-being, the essential relationship, and the adjustment to this phase of life.
Friday 4th - 18th November: 9:30 am - 12:30 pm

Baby Sitting Training (5 weeks)
For 12 - 17 year olds, this five week course uses a practical and fun approach to babsitting. The course covers interesting win outs, basic first aid, basic child development, and tips on managing difficult behaviours. Afternoon tea is provided.
Thursday 27th October - 24th November: 9:45 pm - 5:15 pm

Child Minding is available for a free booking is essential.

Communities For Children is funded by the Australian Government Department of Social Services.

Helpful Phone Numbers

Electricity Loss of Power 13 62 62
Poisoans Information Line (24 hours) 131 126
Coorooma Police Station 0519 5505

24 Hour Support Services
Alcohol & Drug Information Service 1800 177 833
Domestic Violence 1800 011 911
Family Drug Support 1300 368 186
Kids Help Line 1000 551 800
Men's Line Australia 1300 789 798
Beyond Blue 1300 224 636
Lifeline Crisis Line: 13 11 14
Alcoholics Anonymous 5591 2062

After Hours Doctors & Pharmacy
National Home Doctor Service 13 7425
(Previous Medical)
Pacific Pines Medical 5573 7722 (Midnight)
Overland ACR 5559 9200 (9 pm)
Holtman Medical Centre 5578 2199 (9 pm)

Parenting & Child Support Services
Breastfeeding Helpline 1800 698 260
Child Abuse Prevention Service 1800 688 009
Kidsafe Queensland (Child Safety indoors and out. Hire of safety equipment and car covers) 3854 1829
Pregnancy Helpline 1300 139 313

Child Health Services
Child and Youth Health www.chs.qld.gov.au
Practical health information for parents, carers and young people.
Community Child Health
Gold Coast 5687 9189
Logan Central 3987 5939
Beenleigh 3827 9893

1300 Health—1403 2584

Rural Fire Services Gold Coast 5597 4101
Coorooma Valley 5573 3556
Wappa Creek 5529 7799
Ormeau 0419 662 286

Early Years Inclusion
Educational Interactive Outcomes for Children

Family Support and...
Counselling Services

- Relationship issues
- Depression and mood disorders
- Anger management
- Mental Health issues and illness
- Addictions
- Anxiety

Book your appointment on 55 298 087

Call 55 298 087 for venues and times

Like us on Facebook - www.facebook.com/occycentre