Dear Parents and Helensvale Community,

Celebrate Tuckshop Day on 7 November

Our Tuckshop performs an important role in our school community. Our students greatly appreciate the opportunity to have quality food available when the fridge at home is empty or for those special days. Much of the hard work undertaken by convenors Tracey and Liz, P&C Executive and our volunteers is completed without fanfare or public recognition. Our tuckshop staff provide an invaluable service in ensuring students have access to nutritious, tasty and affordable food five days per week.

Friday 7 November is Tuckshop Day
This gives our school community the opportunity to show their appreciation for the work our staff and volunteers do. Celebrate Tuckshop Day by giving Tracey and Liz and the Tuckshop volunteers a big “thank you” when you pass the tuckshop tomorrow.

Day for Daniel was a great success

As I was away from school last week it has been reported to me that it was a heart-warming sight to see a sea of red around the school on Friday to mark the occasion. Thank you for supporting the Daniel Morcombe Foundation.

World Teachers’ Day:

Thank you to our P&C Association’s gifts of appreciation for our teachers to celebrate World Teachers’ Day, Friday 31 October. Many of our staff were deeply touched by the cards and special gifts received from their children.

National Sunnies for Sight Day

National Sunnies Day is an exciting new education initiative launched by the Queensland Eye Institute to raise awareness and funds to help eliminate blindness from our community.

Eye Facts -----Did you know?

- Eye disease and blindness are major problems that remain heavily under treated in Australia.
- Australians not only have a high rate of skin cancer and melanoma, but also many diseases of the eye are also caused by the sun.
- Over half a million (575,000) Australians have vision loss, the prevalence of which increase three times with each decade over the age of 40. The most common are uncorrected refractive error, cataract, glaucoma, diabetic retinopathy and macular degeneration.
- We are all at risk of losing of our vision however, most vision problems are caused by conditions that are either treatable or preventable.
- The older we become, the more susceptible we are.
• Loss of sight in children can occur in many ways – through retinopathy/ prematurity, congenital cataracts, or eye cancer.
• Increasing evidence suggests that a significant cause of eye damage is through excessive exposure to the sun’s ultra-violet rays.
• Most people receive significant sun exposure in their early years.
• Exposure to sunlight has been associated with cataracts, pterygia (pron. terr-idg-ia) and causing both cancer and pre-cancerous conditions on the eye’s surface.
• A study has shown that children who live their childhood in Brisbane are much more likely to develop pterygium than children who grow up in Melbourne.
• The health costs associated with treating eye disease are enormous for our community.
• 670 million people around the world are blind or vision impaired due to lack of access to eye examinations or glasses.

What needs to be done?

• Educate children from an early age that prevention is better than cure.
• Educate parents as sun protection needs to start before children can initiate their own care.
• Teach primary school students the message – ‘Protect YOUR Pupils’ and to wear not only a wide brimmed hat and sunscreen, but also sunglasses to protect their eyes when playing outside.
• Get involved in National Sunnies Day and help raise valuable funds for more research and education.

National Sunnies for Sight Day is a day for Australians to learn about how they can join the fight against avoidable blindness and vision impairment.

Check out their website for more information.

Quote of the week

“Parents and schools should place great emphasis on the idea that it is all right to be different. Racism and all the other ‘isms’ grow from primitive tribalism, the instinctive hostility against those of another tribe, race, religion, nationality, class or whatever. You are a lucky child if your parents taught you to accept diversity.”

Roger Ebert

Michael Shambrook

Principal

News from the Deputies

From Ms Welch’s Desk

Swimming
It is wonderful to see everyone so excited about swimming. Please remember to label all possessions and that if you are the first group off to the pool that you are here and in class by 8:45 (1A, 2D, 3A, 5D). The students have very quickly learnt all the routines around swimming and it is a pleasant break from the classrooms on these hot days.

**Prep 2015**

I am in the process of trying to organise Prep classes for next year. We have finished interviews and it was a real treat to meet all our new students and their families. If you know of any Prep students for 2015 please make sure they have done the enrolment process.

**2015**

Please let the office staff know if you are not returning in 2015 or if you will be returning after 27th January.

Have a great week!

**From Mrs Donovan’s Desk**

Have you heard about the new Talking Families website?

*We all know that life is getting busier, and pressure on families is growing. Yet many of us are uncomfortable with asking for help when we need it, or just don’t know where to turn. But you’re never as alone as you might think.*

*It's OK to talk about how you feel, or to ask family and friends for the help you need.*

*One conversation … could make all the difference.*


The website provides information on how to seek support when you need it. Visit the site by accessing the link above.

**Helensvale State High School Awards Night**

It was a pleasure to represent our school at the Helensvale State High School Awards Night for 2014. I was very proud to see many of our former students being recognised for academic excellence in various subjects. The theme of the night was celebrating the dawn of a new era with our Year 7 students moving to high school in 2015. Mark Blackshaw, Executive Principal spoke of the excitement, opportunity and challenges associated with this shift for 2015 and thanked the many primary schools in attendance for their support during the planning that has taken place this year. Congratulations to our many former students and their families who were recognised on the night.

**From Prep, Years 1, 2 and 3**
2C TERM 4 NEWS

2C students have been studying physical features of the world in Geography. Students can identify continents, oceans, latitudinal lines (e.g., equator) and many others. Please view the images below to see students ‘navigating’ their way around a world map.

In English 2C students have been comparing narratives and stating their preferences for particular ones based on illustrations, characters and events. A story entitled ‘Wishbones’ was very popular. The story line was similar to Cinderella so comparisons and conclusions could be made and drawn. Students also demonstrated their
artistic flair and created paintings portraying carp which coincided with the main character in this much loved narrative.

Teach our children to be safe on the road – cross at the crossings

From Years 4, 5, 6 and 7

Year 7 Camp – Maroon Outdoor Education Centre

Last week the year 7 students attended Maroon Outdoor Education Centre. It was very hot when we arrived and it stayed like that all week. The theme of the camp was ‘A Heroes Journey’ – this involved confronting the challenges of camp both physically and emotionally. We all had fun on the camp out and even managed to put up our tents and make our own dinner. Other activities included High Ropes, Canoeing, Raft Building and Catapult Building. Although the cabins were hot due to the high temperatures they were comfortable and the food was great. Many students were able to overcome their fears as they travelled through the ‘Heroes Journey’. Thanks to our teachers for giving up their time to make our camp an enjoyable and worthwhile experience.

By Jazzy and Ben
Term 4 in 4C

“In 4C we have been learning about advertisements. We found out that colour influences emotion and what a rhetorical question is. We also went through advertisements and observed all the special effects we wouldn’t have seen before. We looked at some differences between old advertisements and new ones. We looked at target audience and how they persuade us into buying the object. We’ve look at how they make things look bigger and better than they really are and how they use commands and repetition to make their point.” Amelie B 4C

“We also made bags out of jeans. We had to sew and decorate our bags then explain how to make them and evaluate our bag.” Brock A 4C

Year 6 Japanese Excursion to Matsuzaka Teppanyaki Restaurant

Last week Year 6 students went on a very enjoyable excursion to the Japanese restaurant to improve their understanding of the topic that they are currently learning in Japanese class. The students tried to use chopsticks to eat traditional Japanese food called “TEPPANYAKI” and used their language skills in a real-life setting. The students loved the food and enjoyed watching the amazing skills of the talented chefs. We had a wonderful time at Matsuzaka Teppanyaki Restaurant! The following are some comments from students on their Teppanyaki experience.

Last Friday everyone in 6A participated in the Japanese excursion. We sat around a table with a hot plate and the chefs cooked in front of us. I leaned so many things about the Japanese culture and the importance of how you use your chopsticks. I enjoyed everything at the restaurant.

By Michael S. 6A

On Thursday Graham Sensei took 6B to a Japanese Teppanyaki restaurant. It was such a great experience! We practised our Japanese by speaking to our chef and singing everyone a thank you song in Japanese. We also had a load of fun. We got to catch a bowl of rice, catch egg in our mouths and even had to catch a raw egg in our
bowl! It was a memorable and extraordinary day and I can’t wait to go back again.

By Sammy-Jo K. 6B

On Friday 31st of October, 6C went to a Teppanyaki restaurant for a Japanese lesson. We had fried rice, teriyaki chicken, miso soup and salad. The chefs threw a raw egg at us and a bowl of fried rice. We also had to catch a cooked egg in our mouths. It was a great experience.

By Holly H. 6C

Teppanyaki was a very enjoyable experience. We were fascinated by the chef’s performance and we all thought it was amazing. The food was delicious and everyone said they wanted to go back because they had such a great time.

Lucy B. and Cadie S. 6D

Last week the class of 6E went to a Teppanyaki restaurant in Broadwater. It was an extremely fun experience, especially having to catch a cooked egg in our mouths and rice bowls in our hands. We want to thank our amazing chefs and waitresses who served us.

Isabella H. 6E
The Lolli-pop workers help us to cross the road safely
Dear Parents/Carers,

Due to the increase in our community accessing online banking to pay school activities our Finance Window will open on Tuesdays, Wednesdays and Thursdays from 8am to 9.30am. If Parents/Carers would like any information on how to access online banking please email Tracey Smith on tsmit517@eq.edu.au or phone on 55561333.

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**Student Absence Line**

**55561370**

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Don’t forget we have a convenient absence line for parents/carers to access 24/7. Parents can leave a message in relation to student absence for the class teacher on this line. Please phone and leave the following information:

- Child/Childrens Name
- Child/childrens class
- Date of absence
- Reason for absence

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**School News Calendar**

<table>
<thead>
<tr>
<th>Mon 3rd Nov - Fri 21st Nov</th>
<th>School Swimming Years 1-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 7th November</td>
<td>National Sunnies Day</td>
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<tr>
<td>Date</td>
<td>Event</td>
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<td>--------------------</td>
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<tr>
<td>Wed 19th November</td>
<td>P&amp;C Meeting</td>
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<tr>
<td>Fri 12th December</td>
<td>Last day of school</td>
</tr>
</tbody>
</table>

**Week 5 - Focus Skill**
Focus Skill

“Behaviour on excursions”

School rule: Be safe, Be respectful
You can do it key: Organisation, Getting along

At Helensvale we always represent our school with pride and respect. This is particularly important when we are on excursions, class trips or travelling by bus.

Bus behaviour

Buses may take us on class excursions, camps, sporting events or to our weekly swimming lessons. We must follow these rules while travelling by bus...

*Walk up the stairs one by one – slowly and carefully
*Greet the bus driver with a friendly “Hello”
*Sit on the seat with your back pressed against the seat
*Fasten your seat belt (if there is one)
*Remain in your seat at all times
*Speak quietly to the person beside you so that you don’t distract the driver
*Do not touch windows, curtains, air vents without the permission of your teacher
*Remain seated when the bus stops until your teacher gives you directions
*Check that you have not left anything behind
*Leave the bus slowly and carefully
*Thank the bus driver as you leave

**Excursion behaviour**

While we are on excursions we need to be aware that we are representing the school. The way we conduct ourselves says a lot about Helensvale State School and the students who go there.

*We wear our formal uniform on school excursions (unless told otherwise)
*We remain with our teacher/supervisor at all times
*We usually walk in 2 lines and stay together as a group
*We greet people that we meet with respect and courtesy
*We do not disturb other people within the environment (eg if others are enjoying a quiet lunch in the park we don’t spoil their experience)
*We listen carefully to those that are speaking to us
*We observe, listen, learn and enjoy the experience
*We are alert and aware in different surroundings
*We do not wander away from the group
*We come prepared with all required items (hat, lunch, bag, towels, etc)
Swimming behaviour

While we are at the pool for our swimming lessons it is essential that we behave appropriately for our own safety and the safety of others.

* We walk to the bus wearing our swimmers, towel, swim cap, goggles and thongs (or other shoes)
* We walk through the school to the bus silently so we don’t disturb other working classes
* At the pool we listen to our swim instructor and follow their directions the first time every time. (eg sit on the step, head above water, hold the edge while the instructor works with other swimmers)
* We get out of the pool straight away when asked
* When we return to school we walk back to our classrooms without a sound
* We get changed quickly, quietly and sensibly in the toilets ready for the rest of our school day.

PE News

Swimming Timetable 2014
### Swimming Time

<table>
<thead>
<tr>
<th>Swimming Time</th>
<th>1a</th>
<th>5d</th>
<th>2d</th>
<th>3a</th>
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</thead>
<tbody>
<tr>
<td>9.00-9.30</td>
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<td></td>
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<tr>
<td>9.30-10.00</td>
<td>1b</td>
<td>1c</td>
<td>3b</td>
<td>4e</td>
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<tr>
<td>10.00-10.30</td>
<td>5e</td>
<td>2g</td>
<td>1e</td>
<td>5b</td>
</tr>
<tr>
<td>10.30-11.00</td>
<td>1d</td>
<td>4b</td>
<td>4a</td>
<td>2a</td>
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<tr>
<td>11.00-11.30</td>
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<td>11.30-12.00</td>
<td>3f</td>
<td>4c</td>
<td>2f</td>
<td>3c</td>
</tr>
<tr>
<td>12.00-12.30</td>
<td>2c</td>
<td>3d</td>
<td>2b</td>
<td>5c</td>
</tr>
<tr>
<td>12.30-1.00</td>
<td>5a</td>
<td>2e</td>
<td>3e</td>
<td>4d</td>
</tr>
</tbody>
</table>

Listed above are the swimming times for the Year 1-5 Students. Parents are cordially invited to attend lessons. If you have any further questions about the swimming program please contact Mr Michael Cacciola, HPE Teacher.

**What students bring on swimming days**

Students are reminded to bring with them **togs/swimwear, towel and rashie/sunshirt** that are **clearly named**. Swimming caps (preferred) and goggles (optional) must also be clearly named. Classes swimming in the morning may be instructed by their class teacher to wear their swimmers under their uniform (a reminder that full uniform must be worn on the outside). Please check with your class teacher.

**P & C News**

**EFTPOS**
Eftpos is now available in the Tuckshop. This is for parents placing student tuckshop orders and P&C fundraising events. Minimum $5 debit and $10 credit card or 50c surcharge.

**TUCKSHOP VOLUNTEERS**

This has become extremely URGENT….. we desperately need volunteers to enable us to keep all windows of the tuckshop open at Morning Break and Lunch. Volunteers required all days but especially TUESDAYS…. We would even love to see some grandparents come and help, you get to meet some lovely people, have a chat and most importantly help us to keep the tuckshop open.. If you have a day to offer then please contact Tracy Wall at the Tuckshop.

**CALENDARS**

These celebration calendars are available for $10 and all proceeds are going the UPGRADE THE TUCKSHOP, please show your support to this very needy venture and also thank the Bendigo Bank who has provided us with these calendars. Available at the Tuckshop, Uniform Shop and Office.

**PORTRAITS – 15th & 16th November**

Remember to book you appointment for a beautiful family portrait, online at www.borderstudios.com.au or phone Kate on 0410 101 669. A beautiful 10x13 canvas for only $25 and packages from $179….

**FRIDGE/FREEZER REQUIRED**

Mrs McCrae and staff in the Community Room desperately would love a small fridge freezer for their room. This will enable them to store and make food. If you have a fridge/freezer that you would like to donate then please phone Lisa Rae 0406 920 317.

**Teach our children to be safe on the road – cross at the crossings**

Community News

Wanted for Year 6 and 7 Graduation Disco
Does anyone have a vintage/collectors car that they would be willing to park outside the PAC for a couple of hours on the night of the graduation disco? Students could then take photographs near the car as a memento of the occasion.

Please contact the office if you are able to help us out.

Thanks, Year 7 teachers
Pop and Top Program
Speech and Language Groups for Northern Gold Coast Families

Talking First Words

Suitable for children: 1.5 - 3 years

Fun, playgroup style activities based around common children's themes for children who are beginning to use words and hoping to extend to 2 word phrases and build vocabulary. Parents are provided with ideas and strategies to support their child's language development.

These groups are provided through ongoing financial support of C4C ensuring access to all families at a significantly reduced cost.

Pop and Top group program designed by Dr. Sandra McMahon (Speechnet – Brisbane) – more information at www.speechnet.com.au

The groups are run by Jane & Carmen, Speech Language Pathologists.

Term 4 Dates:
16 October 2014
23 October 2014
30 October 2014
6 November 2014
13 November 2014
20 November 2014
27 November 2014
4 December 2014

Time:
10am - 10:45am

Location:
90 Reserve Road, Upper Coomera (parking and entry off Abraham Road)

Cost:
$50 for the term. This provides you and your child with exciting activities to complete between sessions. All costs can be claimed against health care funds.

To book a place for your child contact Carmen 0420 528 771 or S.P.E.E.CH at:
karyn@speechforkids.com.au
Pop and Top Program
Speech and Language Groups for Northern Gold Coast Families

Talking Sentences

Fun, playgroup style activities for children using at least 3-4 words in a sentence. This group aims for increase a child's sentence variety, length and clarity. Parents are provided with ideas, and strategies that support language development at home.

These groups are provided through the ongoing financial support of C4C ensuring access to all families at a significantly reduced cost.

Pop and Top group program designed by Dr Sandra McMahon (Speechnet – Brisbane) – more information at www.speechnet.com.au

The groups are run by Jane & Carmen, Speech Language Pathologists.

Term 4 Dates:
16 October 2014
23 October 2014
30 October 2014
6 November 2014
13 November 2014
20 November 2014
27 November 2014
4 December 2014

Time:
9am - 9:45am

Location:
90 Reserve Road, Upper Coomera (parking and entry off Abraham Road)

Cost:
$50 for the term. This provides you and your child with exciting activities to complete between sessions. All costs can be claimed against health care funds.

To book a place for your child contact Carmen 0420 528 771 or S.P.E.E.C.H at:
karyn@speechforkids.com.au
APPLICATIONS FOR 2015 BUS PASSES ARE **DUE NOW**

ALL NEW PASSENGERS FOR 2015

To ensure timely distribution of bus passes in the New Year, please submit your application before the end of November 2014.

**IMPORTANT INFORMATION FOR EXISTING BUS PASS HOLDERS**

At the end of each school year, please ensure that the current pass is retained to be used in the new school year until the new pass is issued.

Students with an existing bus pass need only re-apply for a 2015 bus pass if your child

- is moving from Primary to Secondary School
- is repeating a grade
- is changing their home address or school

**ELIGIBILITY AND APPLICATION FORMS**


**PLEASE RETURN COMPLETED APPLICATIONS TO**

Surfside Buslines

PO Box 3036

ROBINA

Q 4230

Email schools@tagroup.net.au or Fax 5571 6556
Applications will be processed over the Christmas school holidays. Once applications are approved, bus passes are sent to school for collection. Please allow 10-15 working days from the start of Term One 2015.

Prior to Government approval of bus travel assistance, all students can travel by bus to school using a TransLink gocard.

REMINDER

A valid bus pass must be produced TO THE DRIVER or the relevant fare paid via cash or gocard. Information on fares, go cards, zones and bus timetables is available from TransLink [http://translink.com.au](http://translink.com.au) or phone 13 12 30.
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

A three-session program for parents and carers
to help manage difficult behavior in children 2-12 years old
is being held at Studio Village Community Centre
at 87 Village Way Studio Village
on Wednesday Evening or Thursday Morning
5pm to 7:30pm or 9:30am to noon
Starting On Starting On
5 NOVEMBER 2014 27 NOVEMBER 2014

Learn:
✓ How to discipline without arguing, yelling or smacking
✓ How to sort behaviour
✓ How to handle challenging and testing behaviours
✓ Choosing your strategy, the three choices
✓ Using emotion coaching to encourage good behaviour
✓ 7 tactics for encouraging good behaviour

Registration Fee?
The course costs $15.00
Register for this course contacting Nikki Condon at Studio Village Community Centre on 07 5529 8253

What people are saying?
What a relief to come across a program that preserves
the dignity of the child, maintains the self control of
both the parent and the child and is actually easy to
remember when memory is the first thing to go!
I realized quickly that the 1-2-3 Magic can be a
magnificent preventative measure that any parent can
use to avoid raising a child, who later down the line,
needs excessive discipline or grows out of control.

Who’s running it?
The trainer for this course is Nikki Condon who
completed the Parentshop® 1-2-3 Magic & Emotion
Coaching on 10 May 2010. Studio Village Family Support
Worker, Nikki has worked with families, children, young
people including teen mums, and the community since
the 1990’s with a special interest in building parents
certainty to raise happy children.

For more information contact Nikki
phone: 5529 8253 email: family@studiovillage.com.au
Village Family Support Program is funded by the Department of Communities

* An end to the arguing and yelling! • It saved our lives • Simple, sane, effective *

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

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**Cartoon Art Club**

Due to popular demand, cartoon art club on Thursday afternoons will be on right up to the 4th December
(Thursday week 9).
New and returning students welcome.

For details call Wolf on 0414 746420.

Get fit and have fun

Karate Classes now at

Helensvale State School

Performing Arts Hall

Mondays and Thursdays at 5.30pm (starting the 3rd of November)

Just turn up or call David on 0447514505 for more info

Regards

David Hinds Shihan
Dai Sensei

Hyung Chi Do Martial Art Academy

A.B.N.: 47 134 724 404

e: david.hinds@hyungchido.com
w: www.hcd.net.au
m: 0447 514 505
NETBALL SCHOOL
HOLIDAY CLINIC
SATURDAY 17TH JANUARY 2015

Helensvale Netball Club will be holding their annual holiday coaching clinic to be run by NGCNA qualified coaches for all players aged 5-10years.

Holiday clinics teach the essential skills necessary for future netball success. These skills are the foundation for technical ability.

Clinics focus on technique, ball control, shooting, defence, passing, footwork and most importantly FUN!

So come along with your sporty netball buddies and get ready to learn a whole lot more about netball.

Any players registered at any NGCNA club welcome to attend. New players welcome.

DATE: SATURDAY 17TH JANUARY 2015
TIME: 8:30AM – 12:00PM
WHERE: NETBALL COURTS, VINEY PARK, YAUN ST, COOMERA
WHO: 5-10YEAR OLDS
COST: $25
RSVP: ERIN HODGKIN 0432 604 277
OR EMAIL president@helensvalenetball.org

SO COME AND LEARN TO PLAY NETBALL
Our Sponsors

Please click on any advertisement to email the affiliated business or view further details such as company brochures, flyers or promotions.
OXENFORD DENTAL CENTRE
Free dental treatment up to $1,000 for kids aged 2-17 years if eligible for the Medicare Child Dental Benefits Scheme. Call us today with your Medicare card number to check your child’s eligibility.
5529 7666
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medicross
3 Sir John Overall Drive Helensvale
General Medicine
Chronic Disease Management
Mental Health Management
Skin Clinic
Allied Health Services on site
We welcome all new & existing patients
5573 2122

are you looking for
fast...easy...useful
GOODS & SERVICES
in your local area?
check the SCHOOL NEWSLETTER first!