Dear Helensvale Community

Welcome to Term 4

This term we welcome back to the Helensvale school community our Deputy Principal, Ms Terry Welch. Terry re-joins our leadership team following 15 months teaching in Bali Indonesia where her experiences of living and working in a third world country will I am sure assist us all to appreciate what we take for granted. Throughout this week Terry has been committed to working with her P-1 classes, teachers and students as she gauges where her recent teaching experiences could best be utilised across our school. On behalf of the school community I officially welcome Terry back to our school and know that she will quickly re-establish her relationships with members of our school community.

New families

This week we welcomed a number of new families to our school. Children from various parts of Australia have settled well into their new school, encouraged by the warm welcome from students and staff. Moving into a new school can be a challenging experience for both parents and students and I invite our existing families to make welcome our new students and their families.

What is planned for Term 4

The final term of 2016 has commenced with a wide range of learning activities planned to maximise student learning and skills development in all areas. Included in the activities planned for this term are: Please note this list is in DRAFT form.

<table>
<thead>
<tr>
<th>Week</th>
<th>School Activity</th>
<th>P&amp;C Activity</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Mon Public Holiday</td>
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<tr>
<td></td>
<td>Wed 2.15 pm Whole school Assembly</td>
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</tbody>
</table>
**Staff Update**

This term we have a few new faces around the school due to staff being on leave. On behalf of the Helensvale community I welcome the following staff to our school.

- Danni Brown replacing Avetta Elliott who is replacing HOC Vanessa Kibbey for 2 weeks
- Leisa Bates replacing Jo Irving who is replacing Jane Rheeder LSL for 2 weeks
- Danielle Mikael re-joins our Prep teaching team for Term 4.

**School Swimming Program**

I remind parents that our Years 1-5 swimming program is part of the school’s HPE curriculum. It is expected that all students will attend the swimming program with the exception of students with a medical condition. As we live in an area of Australia where water sports/activities are a significant part of our lives, the acquisition of water safety skills and actually being able to swim with a degree of proficiency which could save your child’s life, makes it a valuable experience. The students will attend 9 lessons in weeks 8-9.

**Celebrating Student Success**

...
Congratulations to Madison Mc and Charlie P who have been selected in the South Coast School Sport 10-19 Track & Field Team to compete in the Queensland School Sport 10-19 Track & Field Championships to be held in Nathan (Brisbane) from TUESDAY 18 – SUNDAY 23 OCTOBER 2016.

We wish Madison and Charlie every success in their respective events.

Pupil Free Day

Families are reminded that Monday 17th October (Week 3) is a pupil free day when students do not attend school.

Our school staff will be participating in a range of professional development activities focused on student learning.

School Uniform

Our school is a uniform school and while we have a high level of compliance by most students, a small minority do not present themselves in accordance with our uniform policy. I thank parents for the support you place on wearing the correct uniform at all times. Uniform checks will commence next week to reinforce the school uniform policy.

Prep Enrolment

Following our well attended Prep information sessions last term, we have enrolled approximately 83 Prep children for next year. It is clear many of our existing families with Prep-age children are yet to complete an enrolment application. If you have a Prep-aged child or know of a neighbour with a prep-aged child, please contact the office for an enrolment package as soon as possible to avoid disappointment.

Michael Shambrook
Principal

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The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things

-- Ronald Reagan

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From Mrs Austin’s Desk

2017 Class Requests

Shortly we will be creating class lists for 2017. There are a number of processes involved in the developing lists, some include assistance from families.

Families leaving the school

If families already know they will be leaving Helensvale SS and moving to another school for 2017, can you please inform the school office in writing as soon as you can (excluding High School). This ensures your child is not allocated to a class allowing a position within that list for another student. We appreciate your support with this request.

Parent requests

We would like to invite the community to put into writing any request they would like the school to consider for their child. Your request will only be taken into consideration if it is supported with evidence that is in the best educational interest of your child. You can nominate specific qualities or teaching styles that best suit your child.

This is not an opportunity to criticise aspects of the school or our teaching staff. Please do not nominate or request specific teacher/s, as our staff members can change each year with movement across year levels and on occasions are transferred to different schools. If you nominate a specific teacher, your request will not be considered.

There are a number of different aspects taken into consideration when classes are created. It is a very lengthy and time consuming process that is scrutinised to ensure students are set up for the best educational success possible. With this in mind, we cannot always guarantee that your requests will be granted, but rest assured they are always taken into consideration.
If you would like to make a request for your child’s 2017 class, you must do so in writing by either email or letter. All requests must be delivered to the office in a sealed envelope addressed to your Sector Deputy Principals by Friday October 21. Emails can be sent to admin@helensvaless.eq.edu.au

**Sector Deputies Term 4**

Terry Welch - Prep and Year 1  
Renee Austin - Year 2 and 3  
Kim Ona - Year 4, 5 and 6

**Prep 2017…Did you know?**

The laws in Queensland are changing and from 2017 it is compulsory for all children to undertake a full-time Prep Year, before they can begin Year 1. Find out more at the Education website (www.education.qld.gov.au/parents/find-school/enrolling.html).

If you haven’t already enrolled your child into Prep for 2017, please collect an enrolment pack from the school office as soon as you can. Numbers are filling up fast, so secure your spot.

**Behaviour Update**

Congratulations to those students that attended our first ever ‘Behaviour Rewards Day’ last term. The school received such positive feedback from the students and from families. Thank you to those families that have taken the time in writing such support emails. Your positive feedback is truly appreciated and is shared with the staff regularly.

As it is a new term, we thought it was important to remind the community information pertaining to our new behaviour system:

< > Behaviour Rewards Day Term 4 will reward the Top 5 students who have improved from Term 3 – Term 4 according to their “Strive to Succeed” Passport points. All ‘strikes’ accumulated in the classroom and playground reset for the term. Those students that were dangerously close to accumulating ‘3 strikes’ in term 3 will be monitored closely in term 4. Students participating in our ‘Reconnect Program’ at the end of Term 3 will continue until they have completed the program.

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**School News**  
Published by The Administration Department
### School Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 11 Oct</td>
<td>Year 2-3 Sector Assembly</td>
<td>PAC</td>
<td></td>
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<tr>
<td>Wed 12 Oct</td>
<td>Year 4-6 Sector Assembly</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Thur 13 Oct</td>
<td>Year Prep-1 Sector Assembly</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Mon 17 Oct</td>
<td>Pupil Free Day</td>
<td></td>
<td></td>
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<tr>
<td>Thur 20 Oct</td>
<td>Year 2 Step Into History Incursion</td>
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<tr>
<td>Fri 28 Oct</td>
<td>Day for Daniel</td>
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</table>

### Bunburra Jajumms Yathgalen

**Beach Children Whisper**

**DATE CLAIMER**

Deadly Choices every Monday: 2-5pm

Daily vaccine every Tuesday, Lunch time: 1:30pm

**Attendance Goal for 2016: 95% Currently 90%**

**NEWS FROM AUNTY VICKI**

**Family Information**

Night

13th October

5pm-7pm

Sausage sizzle

**SCHOOL SHIRTS**

Child: $39

Aged $55

Available in most sizes

**SIGNIFICANT DATES**

[12 1997] First Sea of Hands

Canberra

26 Uluru returned to traditional owners

28 Battle of Pinjarra, WA

**DEADLY JAJUMMS**

Students from Year 5&6 have been invited to spend time at the GUMURRI unit at Griffith University next Thursday 13th, 11-2pm.

Please advise Aunty Vicki if you would like your child to attend.

**WORD OF THE WEEK**

Yalboru - Happy

It’s time to RECOGNISE Aboriginal and Torres Strait Islander peoples in Australia’s Constitution. It’s the right thing to do.
Welcome to Term 4!

The last week of Term 3 46% 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 that have been active travellers. Our sector winners are:

- Prep & Year 1 winner – 1D
- Years 2 & 3 winner – 2B
- Years 4 – 6 winner – 5E

The most active class at Helensvale State School was 5E with 100% of the class being active traveller. Such an amazing result 5E!

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.

The Active School Travel Leaders and committee all hope everyone had a wonderful school holiday break, and we look forward to seeing all students being active school travellers in term 4.

From the Active School Travel Team
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.
HCDA 20th Year Showcase

Date: 15th October 2016
Venue: The Arts Centre – Gold Coast
Time: 4.30pm
Cost: Adults $23.50
Pensioner $19.50
Child $16.50

Tickets are available through the Arts Centre ticket box.

For more information email Sarah.an.calisthenics@calisthenics.com.au

PREPARE TO PLEASANTLY SURPRISE YOUR CHILD WITH THE CELEBRATION OF 20 YEARS AT THE HELENSVALE CALISTHENIC DANCE ACADEMY!

Tickets are available through the Arts Centre ticket box.

AustNews ePublisher
http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14IvUbRy56o...
Are you keen to deliver a program before, during or after school?

Sporting Schools has partnered with 10 National Sporting Organisations (NSOs) that have developed programs specifically for the school environment:

<table>
<thead>
<tr>
<th>Athletics Australia</th>
<th>Golf Australia</th>
<th>Surfing Australia</th>
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<tbody>
<tr>
<td>AFL</td>
<td>Gymnastics Australia</td>
<td>Swimming Australia</td>
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<tr>
<td>Australian Rugby Union</td>
<td>Hockey Australia</td>
<td>Taekwondo Australia</td>
</tr>
<tr>
<td>Badminton Australia</td>
<td>National Rugby League</td>
<td>Taekwondo Australia</td>
</tr>
<tr>
<td>Basketball Australia</td>
<td>Baseball Australia</td>
<td>Tennis Australia</td>
</tr>
<tr>
<td>Basketball Australia</td>
<td>Cricket Australia</td>
<td>Touch Football Australia</td>
</tr>
<tr>
<td>Beach Australia</td>
<td>Diving Australia</td>
<td>Triathlon Australia</td>
</tr>
<tr>
<td>Cricket Australia</td>
<td>Squash Australia</td>
<td>Water Polo Australia</td>
</tr>
<tr>
<td>Cycling Australia</td>
<td>Softball Australia</td>
<td>Water Polo Australia</td>
</tr>
<tr>
<td>Equestrian Australia</td>
<td>Squash Australia</td>
<td>Yachting Australia</td>
</tr>
<tr>
<td>Football Federation Australia</td>
<td>Surf Life Saving Australia</td>
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</tbody>
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What’s the goal?

- To help students foster a lifelong love of sport and active living
- To nurture children’s skills in leadership, social engagement and community spirit
- To offer schools a range of nationally endorsed sports products and certified coaches
- To create links between your school and local sporting community

Visit the Sporting Schools website sportingschools.gov.au to find out more or contact the Client Support Centre on 1300 785 707 or info@sportingschools.gov.au
COMMUNITY DAY
TOOWOOMBA WARRIORS VS KAMBU JUNIOR RUGBY LEAGUE CARNIVAL
SATURDAY 8TH OCTOBER 2016
AT JACK MARTIN SPORTS CENTRE
TOOWOOMBA
STARTING AT 9AM Until 4PM
GAMES FOR U6s, U8s, U10s, U12s, U14s, U16s, U16 Girls, U18s
PARKING AND ENTRY TO GROUNDS VIA BOTTOM OVAL ENTRANCE ALONG CAMBOODA STREET DRAYTON
CANTEEN WILL BE OPEN - PLENTY OF DRINKS AND FOOD AVAILABLE
Any enquiries please contact Trish Cochrane 0407 593 062
THIS IS A SMOKE, DRUG & ALCOHOL FREE EVENT PROUDLY SUPPORTED BY
Carbal Medical Services
Mercy
Community Services
TOOWOOMBA MARKET STALLS
WARRIORS
HEALTH INFO STALLS

Helensvale State High
Arts Department
Presents

ENCORE 2016
Friday 7th October
Show starts at 6:00pm HSHS SAC
$5 entry tickets on sale at Finance *no tickets sold @ door*

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

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.

WANT TO LEARN HOW

to assist Aboriginal and Torres Strait Islander experiencing mental health problems?

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 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 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
- Severe psychotic states
- Traumatic events
- Non-suicidal self-injury (commonly 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 Gerrick Street, Cooranboda (see map)
- 15 & 22 April
- 19 & 26 August
- 19 & 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_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf
### NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCYC)
25 Lao Graham Way Oxenford
P: 55 208 087 / 55 004 995
E: family@youngcentre.org.au
W: www.youngcentre.org.au

#### FREE PROGRAMS FOR PARENTS Term 4 2016

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Days</th>
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<tbody>
<tr>
<td><strong>Parenting Made Easier</strong> (4 weeks)</td>
<td>This is a four session program for parents/careers of children aged 0 – 12. It will help you understand children’s behaviours, and provide you with strategies to develop a safer, more secure, and emotionally resilient, respect, cooperation, and responsibility in your children.</td>
<td>Thursday 27th October – 17th November: 9:30 am – 12:00 noon</td>
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</tbody>
</table>
| **1,2,3 MAGIC & EMOTION COACHING** (3 weeks)  | A three session program designed to help parents/careers and educators of children aged 2 – 12 years to 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 – 11th November: 9:30 am – 11:30 am  
Friday 18th November: 9:30 am – 11:30 am |
| **TUNING IN TO KIDS** (6 weeks)               | This six session program teaches parental/careers of 3 – 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 emotional and behavioural issues. | Wednesday 26th October – 30th November: 9:30 am – 12:00 noon |
| **CIRCLE OF SECURITY PARENTING** (6 weeks)    | 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. 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 hit your goals in life. | Tuesday 1st – 24th November: 9:30 am – 12:00 pm |
| **SELF-ESTEEM** (4 weeks)                     | This is a four session nurturing program that helps build your self-esteem, increasing your confidence and helping you to feel better about yourself! | Monday 3rd – 28th November: 9:30 am – 12:00 pm |
| **TUNING IN TO TEENS** (6 weeks) NEW!         | This is a six session program designed for parents/careers and educators of teens and tweens aged 13 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, empathic, and staying connected with the young person. | Wednesday 26th October – 30th November: 6:00 pm – 8:10 pm |
| **RELATIONSHIP RESCUE** (4 weeks)             | This four session program offers an opportunity to explore ways to have a fabulous 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 wellness, the parental relationship, and the adjustment to the phase of life | Friday 6th – 18th November: 9:30 am – 12:00 pm |
| **BABYSITTING TRAINING** (5 weeks)           | For 12 – 17 year olds. This five week course uses a practical and fun approach to babysitting. The course covers interacting with kids, basic first aid, basic child development, and tips on managing difficult behaviours. Afternoon tea is provided. | Thursday 27th October – 24th November: 9:45 pm – 4:45 pm |

Child minding is available for a fee. Bookings are essential.

Comunities for Children is funded by the Australian Government Department of Social Services.

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### Helpful Phone Numbers

**Electricity Loss of Power 19 62 62**

**Poisons Information Line (24 hours) 131 126**

**Coomara Police Station 9519 5895**

**24 Hour Support Services**

- Alcohol & Drug Information Service 1800 177 893
- Dads in Distress 1300 855 497
- Domestic Violence 1800 811 811
- Family Drug Support 1300 968 186
- Kids Help Line 1800 551 000
- Men’s Line Australia 1300 789 978
- Beyond Blue 1300 224 696
- Lifeline Crisis Line: 13 11 14
- Alcoholics Anonymous 5591 2062

**After Hours Doctors & Pharmacy**

- National Home Doctor Service 13 7425 (previously Medcall)
- Pacific Pines Amcal 5573 7722 (Midnight)
- Oxenford Amcal 5519 9200 (9 am)

**Parenting & Child Support Services**

- Broadbeach Helpline 1900 686 269
- Child Abuse Prevention Service 1800 689 009
- Kidsafe Queensland (Child safety indoors and out. Hire of safety equipment and car capsules) 3854 1820
- Pregnancy Helpline 1300 139 313

**Child Health Services**

- Child and Youth Health [www.ysh.com](http://www.ysh.com)
- Practical health information for parents, carers and young people.
- Community Child Health
- Gold Coast 5687 9183
- Logan Central 3367 5933
- Beeline 3027 9803
- 1300 Health — 1343 2504

**Rural Fire Services Gold Coast 5597 4101**

- Coomera Valley 5573 3566
Early Years Hubs

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

Join us for singing, dancing, Smallsports, Read & Grow, craft and cooking.
- Oxenford
- Upper Coomera
- Coomera

Call 55 298 087 for venues and times

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

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