Principal’s Message

Published by The Administration Department

Dear Helensvale Community

Family records up to date?
Changed your phone number, address or emergency contacts recently
Its time to update your family records now!

P&C Association new President elected

Our new P&C President is Karl Wall who has served as Vice-President since 2012. I congratulate Karl on his election and wish him and his executive a productive Term 4 with their fund raising ventures. I also thank former President Lisa Rae for her contribution to the P&C during her time in the top job.

The next P&C meeting will be held next Wednesday evening at 7.00pm in the staff room.

Attending Prep in 2017 will be compulsory

From 2017, it will be compulsory for all Queensland children to undertake the Prep Year, prior to commencing Year 1. To minimise disruption to schools and families, the new requirement will not apply to children already enrolled in Year 1 for 2017.

Since Prep started in 2007, there have been noticeable improvements to learning outcomes for children who participate in Prep. The vast majority of Queensland parents already choose to enrol their child in Prep when they reach the eligible age. Making Prep compulsory ensures all children develop the knowledge and skills provided by the Prep Year that form the foundation for future learning.

For more information refer to the Enrolling page on the Education website.

Before School Supervision

Families are reminded that supervision is provided by school staff in the tuckshop undercover area before school from 8.00am to 8.30am at Helensvale State School. All students are to wait for the 8.30 bell in this area.

Prep Interviews and Enrolment

If you have a Prep child starting at Helensvale State School next year please collect an enrolment pack and book an interview as soon as possible. Transition days are coming up in November and you need to be enrolled to participate in these days.
Brilliant Futures Program - Now open to students in Years 5 & 6

As a supporter of State Schooling I am proud to promote this exciting opportunity for students wishing to secure a place at an Academy in Year 10.

Designed to complement a child’s current schooling through Years 6 to 9, Brilliant Futures provides a smooth transition for highly capable students when entering Queensland Academies and commencing the International Baccalaureate Diploma Programme.

Graduates from the Brilliant Futures Program enjoy guaranteed entry into the Queensland Academies senior secondary campus of their choice.

Queensland Academies are state schools for highly-capable students in Years 10 to 12. They are located across three campuses in Brisbane and the Gold Coast. A bridge between high school and tertiary study, the Academies are designed to maximise the potential of bright students and prepare them for university.

Queensland Academies offer the International Baccalaureate (IB) Diploma Programme – an internationally recognised pre-university level qualification that allows subjects to be accelerated and graduating students to study at both Australian and international tertiary institutions.

The Queensland Academies Brilliant Futures Program is open to students currently in Year 5 and 6. Graduates from the program will gain an automatic offer into Year 10 at the campus of their choice, including Creative Industries, Health Sciences, and Science, Mathematics and Technology.

Students will benefit from working with Queensland Academies teachers and will be challenged through contemporary pedagogy that offers collaborative, accelerated learning focussed on deep inquiry and real world research.

Expectations of students in the Brilliant Futures Program:

• Participation in a minimum of one course in both Years 6 and 7
• Participation in the Year 8 project
• Payment of an annual enrolment fee
• Semester submission of report cards
• Submission of NAPLAN reports when available.

We look forward to welcoming the next cohort of Brilliant Futures students into the Queensland Academies community.

Applications close 5th October 2016. Visit the Queensland Academies website to apply.
For more details call (07) 3377 9366.

Click here to view the Queensland Academies Website https://qa.eq.edu.au/

Michael Shambrook
Principal

From Ms Brown’s Desk

Roald Dahl Day Dress Up Day

Quotes of the week

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.”
- Henry Ford

“The important thing is not to stop questioning.”
- Albert Einstein

“Learning is a treasure that will follow its owner everywhere.”
- Chinese Proverb
From Mrs Austin’s Desk

Parent Teacher Interviews

Thank you to those families that booked and attended a Parent Teacher Interview for Term 3. When we closed the online booking system, we had 525 interviews booked across Prep to Year 6. We hope you found the conversations shared engaging and directed your child’s learning for the remainder of the school year.

Response to Intervention

This week sees the completion of our Response to Intervention for Term 3. We thank all staff involved for the tremendous work completed for another term. Response to Intervention will continue in Term 4, with the focus on Reading from Prep to Year 6.

Behaviour Update

There is only 1 more week left until our first Behaviour Rewards Day. As previously stated, this term the top 5 students (from each classroom) will attend this reward according to points accumulated with student’s individual “Strive to Succeed Passport”. We are excited to acknowledge and reward the students that have challenged themselves and raised their own behaviour choices.

Unfortunately, we cannot give anything away as to what the school has planned as we want the students to be surprised. We will share with the community next week the reward the students participated in.

**Behaviour Rewards Day**

- **When:** Thursday 15 Sep
- **Where:** PAC
- **Time:** 9:15-1:35pm

**Who:** Top 5 Students from each class “Strive to Succeed Passport”

Organisation is the Key

Our behaviour staff work collaboratively with many families to discuss the importance for supporting children’s independence and confidence. As humans, we all want to feel success. As educators, it is our role to support parents with advice, strategies and tips that are proven and best practice through research so children can achieve success at school and home.

One strategy that we know to be useful is the use of visual or picture timetables. This tool helps to organise and structure steps, in the right order so students don’t have to remember large volumes of information and rely upon memory to get them in the correct order. This is one of the strategies we implement to assist students to be organised at school. This could include getting resources ready for learning, or structuring the school day according to subjects to help students know what is going to happen before they occur.

Below is a useful website that families could use to create and structure their own visual timetables at home for the following routines:

- Getting Ready for School
- Getting ready for Bed
- Afterschool Routines
- Clean Up Room
From Ms Ona’s Desk

Commitment to helping the student’s to develop lifelong learning skills such as collaboration, independent thinking skills and perseverance has been a focus for the student’s in year 6 throughout the year. Many opportunities are planned for children to develop and practice these skills throughout each term and time is given for the children to reflect on how they are progressing as learners and what they need to do next to improve. Our increasing opportunities for children to learn in a more self-directed and self-evaluative way, helps to prepare them for high school.

Last Friday students who have already enrolled for Helensvale High School had the opportunity to be part of schools transition day with the other local Primary School. The students reported they had a fantastic day and most importantly now know the importance of being ready for high school.

I look forward to seeing the students continue to develop being independent learners throughout the year.

School News
Published by The Administration Department

School Calendar

Date Event Location
Fri 9 Sept Year 1 Paraside Country Excursion Paraside Country
Mon 12 Sept Year 6 Teppanyaki Excursion - 6C, 6D Matsuzaka Teppanyaki Japanese Restaurant
Tues 13 Sept Year 6 Teppanyaki Excursion - 6F, 6B Matsuzaka Teppanyaki Japanese Restaurant
Tues 13 Sept Roald Dahl Dress Up Day - Gold Coin Donation
**DATE CLAIMER**

**Deadly Choices**
every Monday 2:30pm

**Ode to Yalpums**
every Tuesday Lunchtime - 3:30pm

**Significant Dates**

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>7th</td>
<td>Indigenous Literacy Day</td>
</tr>
<tr>
<td></td>
<td>26th</td>
<td>Cathy Freeman's 2000 Olympic Gold Medal</td>
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<tr>
<td></td>
<td>28th</td>
<td>John Pat dies in police custody. Each year, Aboriginal people remember him and other cases in Ian Pat Day with memorial services and protests marches</td>
</tr>
</tbody>
</table>

**School Shirts**

- Child $5.50
- Adult $8.50
- Available in most sizes

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

**Top Article**

Don't think about it

Use it, go to school, learn, speak, help others. If you attend school on time, it might become a habit.

Get it sorted now.

Yes, we know it sounds obvious, but it’s important. Go to school on weekdays only. School attendance should become a habit.

**Deadly Choices**

What’s this about? It’s about the people you’re thinking. More importantly, it’s about how you’re thinking.

So, here’s our advice. School attendance should become a habit.

Come back to school. We know you’ve been busy, but it’s time to return to school. School is important, so make sure you attend. 

Mom and Dad

Don’t forget to pack your lunches. We’re looking forward to seeing you back at school. See you soon!

**Word of the Week**

Waijung-Mother

It’s time to RECOGNISE Aboriginal and Torres Strait Islander peoples in Australia’s Constitution. It’s the right thing to do.
Active School Travel

At our term 3 Active School Travel breakfast last Friday we saw many students being active travellers and enjoying toast, fruit and a drink together.

Last week 51% 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!

Next week is the last week that our Green Boot Awards will be awarded to the classes with the highest percentage of students that ride their bike or scooter to and from school. Congratulations to the winners: Prep & Year 1 winner – 1B

Years 2 & 3 winner – 2B

Years 4 – 6 winner – 5D

The most active class at Helensvale State School was 4A with 77% of the class being active travellers!

For the remainder of the term the green boot award will be awarded to the classes who have the highest percentage of students who are active travellers!

Please remember Active School Travel is every Friday so if you walk, ride, scooter, 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.

From the Active School Travel Team

PE News

Student Success

Congratulations to Madison M on her results at the recent South Coast Regional Athletics finishing first in the Multi Event (which is a 4 discipline event involving 800m,100m,shot put and long jump) and second in the 800m! She will now go to the state trials for these 2 events.
Helensvale State School P and C Association

Trivia Night

Please note that the P&C Trivia Night has been changed to the 12th November, 2016.

This is the new date for the Hawaiian Luau. So get out the hula skirts, coconut bras, Hawaiian print shirts and get your costumes ready! There will be 10 rounds of trivia and lots of fun games, door prizes, raffles and a silent auction on the night! It starts at 6pm and goes ‘till 10pm. Tickets are only $10 per person, or get a group together and do a table of 10!

There will be beer, wine, soft drink, slushies and snacks available on the night. So this function will be NO BYO!

So hold the date and get ready for a fun night!

Tickets are now available from the Tuckshop from 8.30am-2.30pm!

5c & 10c Challenge

Our 5c & 10c Challenge has now finished. Thank you to everyone, students, parents and teachers for supporting our fundraiser, we raised $4,363.65! This amount will allow us to buy a few more extra seats to put around the school. That was an amazing effort! The class results are as follows:

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<tr>
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Once again thank you for all your help with our fundraiser. Thanks also to those mums and dads who helped with the counting, as it was a big effort!

Karl Wall
P&C President

Tuckshop News... Tuckshop News... Tuckshop News...

Hello Everyone,

Just letting everyone know that the Tuckshop will be closed on the last day of this term for cleaning. Our lovely Japanese teacher, Mrs Graham has organised for some generous Japanese Mum’s within our school, to cook Yaki Soba (Traditional Japanese Noodles) for the children, on the last day. We will only be taking pre-orders for this dish, therefore we cannot take orders on the actual day. Order cut off will be Wednesday 14/09/2016. We will be doing a

meal deal of Yaki Saba, Chips and a Popper Juice for $6.00. If you just want to order the Yaki Saba only, it will be $4.00. Please be aware that this dish does contain egg products, wheat products and soya beans.

The list of ingredients are as follows for the noodles, wheat flour, water, wheat protein, egg white, vegetable oil, emulsifier (soy lecithin), acidity regulator (575), salt, colour (160a), acidity regulator (500, 501). The Yakisoba Sauce ingredients are vegetable and fruit (tomato, apple and onion), sugar, vinegar, salt, hydrolysed protein, spices (black pepper, allspice, red pepper, cinnamon, clove, fennel, calery, thyme, sage, coriander, corn powder, starch, dextrin), panko extract, flavour enhancer (621, 631), thickener (1422), colour (150a). Other ingredients include onion, carrots and chicken.

If your child would like to order one of these lunches please complete order form and send it in with the correct money before Wednesday 14/09/2016. Please circle which lunch they would like it for too, please.

Tuckshop Order Form - Japanese Yaki Soba Noodles

Prep parents please be aware that the Prep's cannot come to the windows with money to buy anything, until the start of next term. You can order anything on the menu for them via a paper bag order and it will go down in their basket. If they get a tag in their bag, they come to the tuckshop ordering window with their bag and the tag and it will be exchanged for their item.

They just don’t understand the process of buying something with money, not buying for friends (as they may have allergies and their parents may not approve of what they are eating) and not giving your money to others, at the moment, so we prefer them to order by bag only. Next term we will trial them coming up. Please don’t send money in with them, thank you for your understanding in this matter.

Cheers,
Tracy Wall (Tuckshop Convenor)

Community News
Published by The Administration Department

Advertising in our Newsletter
Advertising Space is now available within our newsletter. If you are interested in advertising your business, please phone Michelle on 0409992479 or send an email to michelle.m@austnews.com.au

Hi everyone! Last week every child at Helensvale primary school participated in a free tennis coaching lesson which was run by Discovery Park Tennis Centre (located next to the school). All the kids had a lot of fun and learnt about how to hit a forehand and backhand. Flyers were handed out to the kids but I’m sure a lot of them didn’t find their way to the parents, so I will let you know about a great promotion that we are running at the moment. All kids between the ages of 5 and 12 will receive a free trial lesson at the club, and if they sign up for a full term, they will receive a free tennis racquet too!

At Discovery Park Tennis Centre we play lots of tennis games and kids learn about everything there is to tennis. If you are looking for a great sport to get your kids in to, or if they are getting bored with the sport they currently play, please give us a call on 0416 011 378.

Keep a look out next week for our fun and affordable tennis holiday camp flyer.

We can’t wait to see you at the courts!
Johnny Stamenovic
Head tennis coach at DPTC
0416011378
INCREDIBLE TENNIS OFFER
At Discovery Park Tennis Centre, Helensvale for kids aged between 5-12

FREE Tennis Lesson & Racquet*
* Gold Coast Residents only. Only 50 spots available.

FREE TRIAL TENNIS LESSON**
FREE TENNIS RACQUET UPON SIGN UP OF TERM**
FUN KIDS TENNIS COACHING WITH GAME BASED LEARNING
HIGHLY EXPERIENCED COACHES, GREAT WITH KIDS!
SMALL GROUP SIZES – ENROLL ANY TIME ALL YEAR ROUND
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

ARE YOU ENROLLING AT COOMBABAH HIGH SCHOOL FOR 2017?

Are you enrolling at Coombabah SHS for 2017? We are now building student timetables and request that any families yet to enrol complete and return their enrolment documents to the school by Friday 16 September. Replacement enrolment packs are available from the school administration office. Enrolment documents are also from our website: www.coombabahshs.eq.edu.au

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www.chempro.com.au

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http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14lVUbRy56o...
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 CAMBOOYA STREET DRAYTON

CANTEEN WILL BE OPEN - PLENTY OF DRINKS AND FOOD AVAILABLE

Any enquiries please contact Trish Cochrane 0407 593062

This is a smoke, drug & alcohol free event proudly supported by

COMBATTING HUNGER

CARBA - Medical Services

MERCY COMMUNITY SERVICES

MARKET STALLS

TOOWOOMBA WARRIORS

HEALTH INFO STALLS
Gold Coast Event Centre Racecourse Drive, Surfer's Paradise QLD.
Saturday 9:00-5:00 & Sunday 9:00-4:00, last entry 30 minutes before closing.
Tickets available from Ticketek.com or at the door (cash and EFTPOS available).
Adults $14 | Children 3-15 years $7 | Family (2 Adults & 4 children) $45 | Children under 3 FREE

Bricks n Fun

Gold Coast

BRICK EVENT

#BRICKEVENTS 17-18 September, 2016

Get ready for a LEGO fan frenzy!

Showcasing amazing LEGO creations and displays, along with hands-on building and creation area for LEGO fans of all ages.

Need more LEGO to take home? All the latest LEGO merchandise will be available.

Day for Dating, Kids & Seniors.

Recreational activities for all.

Family Fun Day

Get your heads in the game!

Obstacle course, climbing wall, fun zones

Special attractions


AustNews ePublisher
CALLING FOR PLAYERS NOW!

The Arthur Beetson Foundation & Deadly Choices presents

MURRI RUGBY LEAGUE
JUNIOR CARNIVAL | 2016

For under 10’s and under 12’s | 19-20 September

If you are interested in playing in the 2016 Murri Rugby League Junior Carnival you can register your interest online at http://ems.gov.au/3w280kDMZ

Eligibility:
- A full 715 Health Check is mandatory for all players to participate in the carnival (only 2016 health checks apply) - a health check prior to this date is not valid.
- 90% school attendance for 3 months leading into the carnival.
- Must be Aboriginal and/or Torres Strait Islander (confirmation of Aboriginality is accepted through the 715 Health Check)

For general inquiries email kenneth.hill@tuh.org.au
Our very own School Chaplain, Long Bradley will be running the below program.
Drum Noize Workshops

Come along and learn to play exciting traditional rhythms and songs from all over the world.

Drumming is a great social activity. Discover why people have been drumming together for a thousand years.

Workshops are free and suitable for beginners. Drums will be provided.

Tuesday 20 September
Wednesday 21 September
Friday 23 September
Noon - 1pm
3pm - 4pm
Helensvale Library
Foyer

Book online at http://bit.ly/GCLibrariesEvents or phone 5581 1625

City Libraries
Iceland Bundall
16 Granta Rd, Bundall
M: 0427 997 337
E: grizzlyspresident@gmail.com

@grizzlys_ice_hockey
Gold Coast Grizzlies Ice Hockey Club

Must register name & email to participate.
Helmet, skates & stick provided
Fun & Safe for all abilities, boys & girls age 5+

SEPT 20th & 27th
5-6pm
September School Holidays

St Michael’s College Merrimac - Wednesday 21st September
Helensvale SHS - Wednesday 28th September
9am - 3pm Each Day (Drop Off from 8am) - Ages 5-12yo

***Only $50 per participant***
($5 discount for each other sitting)

Free Show Bag Valued at $75 & Certificate for each participant

Professional Athlete Appearance & Autograph signing at each session

Sports Include: Multi Skill Games, AFL, Basketball, NBL, Soccer, Netball, Boxball, Cricket, PLUS Interactive Sports Stations

Bookings: www.trybooking.com/224638
Contact: 07 5554 6631 or info@boxballsports.com.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 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 authorized by Mental Health First Aid (MHA) Australia and conducted by MHA 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
- Panic attacks
- Seizures
- 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.

Participants will receive a Certificate of Completion.
2016 Course Calendar
8:45am – 4:30pm

KIRRA HILL COMMUNITY CENTRE
1 Garvie Street, Coolangatta (see map)
- 15 & 22 April
- 10 & 17 June
- 19 & 26 August
- 21 & 28 October

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

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 0-6 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

If you would like to know more about the research, please don’t hesitate to contact Tiffany Koinaitis on 5644 8460 or another member of the research team from the Children and Families Research Centre at Macquarie University:

Tiffany Koinaitis
Research Assistant
Ph: (07) 5644 8460
E: tiffany.koinaitis@mq.edu.au

Dr Rebekah Grace
Chief Investigator
Ph: (02) 8650 8944
E: rebekah.grace@mq.edu.au

Dr Kelly Baird
Project Manager
Ph: (02) 9850 8369
E: kelly.baird@mq.edu.au

SUPPORTING ORGANISATIONS

Click here to download 1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf
## Communities for Children Early Years Hubs

### Term 3–2016

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### Communiites for Children Early Years Hubs

- **Beattie, Hall School, Clearfield**
- **Oxenford Youth Centre, 25 Linley Street, Clearfield**

### Parenting Programs
- **123 Magic and Emotions Coaching**
- **Circle of Security**
- **Taming Toddlers**
- **Bringing up Great Kids**

### Contact Information
- **Oxenford Youth Centre, 25 Linley Street, Clearfield**
  - Phone: 5529 9087
  - Email: info@oxygenyouthcentre.org.au

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### Other Services
- **Daycare and Early Learning**
- **Pre-Grooming**
- **Grooming**
- **Parenting Programs**
- **Events**

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### Additional Information
- **Beattie, Hall School, Clearfield**
  - Phone: 5529 9087
  - Email: info@beattiecommunitycentre.org.au

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### Website
- [AustNews ePublisher](http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14IvUbRy56o...)
- [Amcal](http://www.amcal.com.au)
- [Kip McGrath](http://www.kipmcgrath.com.au)

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### Newsletter Details
- **AustNews ePublisher**
- **9/09/2016**
ENJOY THE BEST EVER FOOTY FUN WITH YOUR FRIENDS!

SIGN UP NOW
HURRY! LIMITED SPOTS

JUNIOR OZTAG 2016
Queensland

SIGN UP AS AN INDIVIDUAL OR TEAM
CHOOSE YOUR COLOURS + YOU CAN KICK + NAME YOUR TEAM!
GET TAGGED YOU'LL LOVE IT!
**Hurry! Spots Limited!**

Junior Oztag is Fun, Safe & A Fantastic Way to Make Friends!

**How to Sign Up on the Gold Coast**

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<tr>
<th>Location</th>
<th>Contact Details</th>
<th>Contact Person(s)</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Labrador</td>
<td><a href="http://www.oztag.com">www.oztag.com</a></td>
<td>0404 030 244</td>
<td></td>
</tr>
<tr>
<td>Miami</td>
<td><a href="http://www.oztag.com">www.oztag.com</a></td>
<td>0425 333 807</td>
<td></td>
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<tr>
<td>Nerang</td>
<td><a href="http://www.oztag.com">www.oztag.com</a></td>
<td>0404 030 244</td>
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<tr>
<td>Tweed Coast</td>
<td><a href="http://www.oztag.com">www.oztag.com</a></td>
<td>0425 333 807</td>
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<tr>
<td>Coomera</td>
<td><a href="http://www.oztag.com">www.oztag.com</a></td>
<td>0404 030 244</td>
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View venue websites above for sign on dates in Aug & Sept

**Win a $2,000 Theme Park Holiday!**

3 Nights accommodation at Sea World Resort + Theme park passes to Sea World, Warner Bros. Movie World and Wet n Wild Gold Coast (2 Adults & 2 Children).

TO ENTER: Text code QLD0ZTAG to 0458 000 500
NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCYC)
25 Leo Graham Way Oxenford
P: 55 288 087 / 55 804 995
E: family@youthcentre.org.au
W: www.youthcentre.org.au

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)
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 – 15th November: 9:30 am – 11:30 am
Friday 18th November – 2nd December : 9:30 am – 11:30 am

TUNING IN TO KIDS (6 weeks)
This six session program teaches parents/carers of 3 – 12 year olds how to become their child’s emotional 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. Suitable for parents/carers of 0 – 10 year olds. Also suitable for parents whose children have emotional & behavioural issues.
Tuesday 26th 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 (MP) your goals in life.
Thursday 3rd – 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 7th – 28th November: 9:30 am – 12:00 pm

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-teen 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 – 9:00 pm

RELATIONSHIP RESCUE (4 weeks)
This four session program offers you the opportunity to explore ways to have a healthy 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 wellbeing, the essential relationship, and the adjustment to this phase of life.
Friday 4th – 18th November: 9:00 am – 12:30 pm

BABYSITTING TRAINING (5 weeks)
For 12 – 17 year olds, this five week course is a practical and fun approach to babysitting. The course content includes:
· First aid
· Basic child development
· Tips on managing difficult behaviours

Child minding is available for a fee - bookings are essential.

HELPFUL PHONE NUMBERS
Electricity Loss of Power 13 62 62
Poisons Information Line (24 hour) 131 126
Coomera Police Station 0519 5555

24 Hour Support Services
Alcohol & Drug Information Service 1800 177 833
Deads in Distress 1300 853 497
Domestic Violence 1000 811 011
Family Drug Support 1300 368 196
Kids Help Line 1000 551 900
Men’s Line Australia 1300 789 978
Beyond Blue 1300 224 636
Lifeline Crisis Line 18 14 14
Alcoholics Anonymous 5591 2062

After Hours Doctors & Pharmacy
National Home Doctor Service 13 74 25 (previously Medical)
Pacific Pines Amcal 5573 7722 (Wednesday)
Coomera Amcal 5539 9200 (Office Hours)
Hinwerden Medical Centre 5578 2199 (9 pm)

Early Years Playgroups
Early Years Playgroups
Family Support Services
Parenting & Child Support Services
Breastfeeding Helpline 1800 690 269
Child Abuse Prevention Service 1800 698 009
Kidsafe Queensland (Child safety advisors and out. Hire of safety equipment and car capsules) 3854 1829
Pregnancy Helpline 1300 139 313

Child Health Services
Child and Youth Health www.qld.gov.au
Practical health information for parents, carers and young people.
Community Child Health
Gold Coast 5687 9183
Logan Central 3087 5393
Beerheath 3027 9893
1300 Health – 1300 2584

Rural Fire Services Gold Coast 5579 4101
Coomera Valley 5573 3566
Wise Creek 5529 7779
Ormeau 0419 662 286

Counselling Services

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

Call 55 298 087 for venues and times

Book your appointment on 55 298 087

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