Dear Helensvale Community

Pupil Free Day next Monday

This is the final reminder that the school will be closed next Monday as it is a pupil free day. Our staff will be at school undertaking professional development activities relating to a wide range of topics concerning the curriculum and student learning.

Clowning

As widely reported in the media, there is a current trend of people dressing as clowns and going in public with the intent of scaring others. On Monday a number of Queensland state schools were named as targets for this behaviour in a Facebook post, Helensvale SS was not mentioned. Any behaviour by members of the general public with the
intent to scare or intimidate others will be immediately reported to the police. As principal I will take action deemed appropriate to ensure the safety and wellbeing of students and staff. This behaviour will not be tolerated due to the impact on the social and emotional needs of students. Similarly, any behaviour by students (including that related to clowning) with the intent to scare or intimidate others will be dealt with according to the school’s Responsible Behaviour Plan.

Education Queensland has advised Principals to be alert to this issue and where required, communicate with their school community to reassure all concerned that the safety and wellbeing of students continues to be their highest priority.

As advised to parents on Tuesday afternoon, a small number of students during the second break reported that they had sighted a clown in the bush adjacent to the school’s fence line on Discovery Drive.

At the time I was at the year 4-6 adventure playground near the oval and immediately checked the area in question. The reported sighting was not substantiated. In reviewing the report with students I was able to establish that a section of large red banner for the Helensvale Golf Club on Discovery Drive when viewed through the branches and leaves of a large fig tree near the drainage culvert a section was partly visible projecting a red abstract image. This had been mistakenly viewed as a clown in red, hiding in the bush.

I ask all parents / caregivers to speak to their children regarding the current craze and assure them that they are safe at school and should a person approach the school in clown clothing to remain calm and report the sighting immediately to the teacher. Should a fellow student commence telling scary stories about clowns to ask them to stop, or just walk away and tell a teacher on playground duty. Young children are especially vulnerable to scary stories requiring adults to listen and logically address their concerns.

It is unfortunate that the media is highlighting in children’s television time the extreme examples of this trend, heightening the fear in children unable to make sense of this conundrum. Clowns in the past have been funny and safe, but now are being viewed as a danger to the community. My best advice is to reinforce with your child to remain calm and stay with a group of people.

2017 Prep will be compulsory (Reminder)

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 Education website regarding enrolling in schools.

Before School supervision

Our school provides student supervision by staff before school from 8.00-8.30am in the tuckshop undercover area. All students are to wait in this area until the 8.30 bell.

PREP Interview 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.

Michael Shambrook
Principal

Quote of the week
From Mrs Welch’s Desk

What a great place Helensvale State school is! It has been an amazing 8 days for me, returning after a year working in Indonesia. Helensvale has certainly flourished in my absence. The support structures for the children both academically and socially/emotionally are succeeding. The students are happily learning and working together with their teachers. The staff are all focused on student learning and growth. It is great to be back and working in such a thriving community.

One of the biggest differences I noticed from my travels is all the amazing resources that we have. We should be grateful for the spaces in which we work and play and also for the quality of the staff and resources available for our students.

One of the new supports we have in Prep this term is Mrs Danielle Mikael. Dani will be working with small groups of students to support and extend Numeracy and Literacy. She will also be supporting some students with social skills and gross motor groups. We are working towards getting the Preps reading for Year 1 in 2017.

I look forward to catching up with familiar faces and meeting all the newer members of our community.

Terry Welch
Deputy Principal
Prep & Year 1

From Mrs Austin’s Desk

2017 Class Requests

Last week we opened to the community if families would like requests to be considered for 2017 class placements that the time is NOW. Last year, when had a number of requests that came in very late in the term once the lists had already been created. Although it may look like a simple swap, unfortunately this isn’t the case. There are so many layers that are considered to ensure a balanced classroom according to needs of the students. Therefore, I cannot stress enough if you want your requests to be considered don’t leave it until it is too late to avoid disappointment.

If you missed last week’s information, it has been included again for you below. Remember parent requests will only be considered that have been received PRIOR to Friday October 21.

Families leaving the school

If families already know they will be leaving Helensvale SS and moving to another school for 2017, can you please informed the school office in writing as soon as you can. 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 teachers, 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@helenswaless.eq.edu.au

**Sector Deputies Term 4**
Terry Welch - Prep and Year 1
Renee Austin - Year 2 and 3
Kim On - Year 4 and 5

**Behaviour Update**

As we continue to refine and improve upon our new behaviour system, we are consistently seeking feedback from students, staff and the community. We truly do appreciate the feedback we receive regardless if it is positive or suggests areas for improvement. As a result, there is an area we have reviewed regarding our criteria for our end of term Behaviour Rewards Day.

This term, all students will be informed this week the following information. If any student receives a suspension within a term, it will automatically eliminate them to be considered to attend the end of term Behaviour Rewards Day the suspension occurs within. This decision went through an extensive consultation process with the School Wide Positive Behaviour Team which consists of 15 staff members across all year levels, including support staff and teacher aides. This was then further support by the Executive Leadership Team consisting of the Deputies and Principal. This change will come into effect Term 4, 2016.

I again would like to thank the community for its ongoing support for the new behaviour system and encourage your feedback for future improvement.

**School News**

Published by The Administration Department

**School Calendar**

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<th>Event</th>
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<tr>
<td>Thur 13 Oct</td>
<td>Aboriginal &amp; Torres Strait Islander Parent Information Evening (5-7pm)</td>
<td>PAC</td>
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<td>Mon 17 Oct</td>
<td>Pupil Free Day</td>
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<td>Thur 20 Oct</td>
<td>Year 2 Step into History Incursion</td>
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<td>Fri 28 Oct</td>
<td>Day for Daniel</td>
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<tr>
<td>Fri 28 Oct</td>
<td>Year 5 Step into History Incursion</td>
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<tr>
<td>Mon 21 Nov</td>
<td>Years 1-5 Swimming Lessons Commence</td>
<td>Helensvale City Pool</td>
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</tr>
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Bunburra Jajumms Yathgalen

Beach Children Whisper

DATE CLAIMER
Deadly Choices every Monday 2:15pm
Dined: Viljahn every Tuesday Lunchtime: 1:35pm

Attendance Goal for 2016: 95% Currently 90%

NEWS FROM AUNTY VICKI

Family Information
Night
13th October
5pm-7pm
Sausage sizzle

SCHOOL SHIRTS

Child $35
Adult $50
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 GUMURIU unit at Griffith University next Thursday 13th, 11-2pm.
Please advise Auntie 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.
Hi everyone. It is only 4 weeks 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. Come dressed in your favourite Luau costumes!

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. 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 get some great prizes to make this night a success! Thank you to those parents who have donated a prize already, too!


PRIZE DONATIONS NEEDED

On behalf of the Helensvale State School P&C we are asking for donations for our annual trivia night fundraiser. We are looking for items we can use for door prizes, our raffle and a silent auction. All products and gift vouchers are greatly appreciated and as a token of our appreciation we will offer free advertising on the night and also on our Facebook page.

If you can help support our great school please call Sharon Wilson 0412 927 197 or email: pandc@helensvalleshq.eq.edu.au

Thank you
Karl Watt, P&C President
Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in years 2 and 6. This service will be provided on-site at Helensvale State School by the Mobile Dental Clinic. Hours of operation for this clinic are 7:45am - 4:30pm, commencing Tuesday 18th October.

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:

News from 4G

4G are continuing to work on number sense in Mathematics. Learning our math vocabulary is growing as well. This term we are learning about Measurement and Geometry, identifying and representing how we solve simple problems with unknown quantities, and as always, working on our times table facts and their related division facts.

In English we are learning how to write a persuasive text as well as learning lots of different strategies such as questioning and activating prior knowledge when reading different types of texts.

Science is going to be great this term as students will be exploring the force of friction and conducting experiments on how friction affects the distance travelled by a toy car.

I hope that all the students are enjoying and using Mathletics at home. I have been monitoring their progress from home and will be using the information to help support your child during Math Block time.

News from 2E

This term for History, 2E are looking at the way technology has changed over the years. Last week we looked at how TVs have changed. We learned that TVs only showed black and white pictures, had knobs to turn them on and off and didn’t broadcast all day and night. Now we have wide screen TVs that sit on a cabinet or attach to the wall, use remote controls to turn them on and off and broadcast 24hours a day. We were amazed to learn that TV didn’t go all...
day and night in the olden days and were black and white only. This week we are looking at the similarities and differences between lawn mowers from the past and present.

We also looked at an old iron, a lantern and a billy can. Mrs Keevers even showed us her doll. It was called a walkie-talkie doll. It wasn’t a very cuddly doll as it was made of hard plastic. Here are photos of some of the children in 2E holding the olden day things.
Ashton brought in some vintage cars that belonged to his father. Brock brought in an old fire hat which belonged to his grandfather. It was very shiny.

We are all looking forward to our incursion in next week called Step Into History. We will be able to have a play with lots of olden day things.

News from 1/2 IC

Students have been busy writing recounts and persuasive texts in the form of letters. We have read ‘I want a pigeon’ and ‘I wanna iguana’ and thoroughly enjoyed these stories. This has helped students to write their own texts. Below are some samples of writing from students in 1/2 IC.

On the weekend I went to Movieworld to see Doomsday Destroyer. First we lined up to go on the ride. Then I saw the statues of the villains from DC. Next I saw the hose guy. Finally I jumped 20 times to make a mess in the building.

From Rydah.

Dear Mum and Dad,

Please can I have a dog. I will feed it, play with it, wash it and walk it. If you let me get a dog I will love you forever.

I promise to be good always.

Love from Rydah.

On the weekend I went to the movies. Then I went back home. Then I watched TV and then I went to school. I was in the car. I put my finger in the door and it closed. I hurt myself.

By Luke

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From Rydah.

Dear Mum and Dad,

Please can I have a dog. I will feed it, play with it, wash it and walk it. If you let me get a dog I will love you forever.

I promise to be good always.

Love from Rydah.
I promise to always be good.
Love from Luke.

First we went on the bus. Then we saw some goats.
By Bennett

I went to Paradise Country. First we went on the bus.
By Magnus

On the weekend I had a busy time.
First my sister had a birthday and she opened her presents.
Next I got a Batman car and then I played with my car for 10 hours.
Finally we watched Peter Rabbit and then we went to bed.
By Ethan N.

Dear Mum,
Please can I have a guinea pig.
I will feed him, water him, wash him, hug and play with him.
I promise to always be good.
I will ask my mum 10 times a day and say, "MUM I WANT A GUINEA PIG!!"
Love from Ethan N.

News from 5D

Flying with 5D

This term in English, we have been reading the novel 'Paper Planes' by Steve Worland. In the book, 12-year-old Dylan Webber discovers that he has a unique talent for folding and flying paper planes. He begins a journey to reach the World Junior Paper Plane Championships in Japan. Our class re-enacted an event in the novel by holding our own paper plane competition. We stepped out 25-metres (the distance required to get into the Junior Paper Plane Championships) and flew our planes to see if we could make the distance. One plane flew from the environmental area to underneath one of the classrooms on the other side of the gully! We are really enjoying the book so far and look forward to comparing and contrasting the book and the film.

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.
News from our Guidance Officer

9 Surprising Facts About Learning and Attention Issues

By Amanda Morin

In a recent survey by the National Center for Learning Disabilities (NCLD), nearly everyone asked had heard of dyslexia. But only one-third knew about other learning disabilities (LD). And more than half of the people surveyed incorrectly think that wearing glasses can treat certain learning disabilities. Here are nine other facts that might surprise you.

1. There are no medical tests to diagnose LD. Researchers are beginning to learn the role of genetics in learning disabilities. But there’s no blood test or brain scan that can tell you if your child has one.

Identifying LD is a complex process. It should start with having a doctor rule out vision, hearing or developmental issues that can hide an underlying LD. Then you’ll work with your child, his teachers and the school to observe and collect information about your child’s learning and performance.
Finally, qualified professionals will do testing, verify the information gathered and learn how your child processes information.

2. **ADHD is not a learning disability.** However, ADHD can interfere with learning. And experts estimate that one-third to one-half of individuals with LD also have ADHD.

3. **Issues with vision, hearing or motor skills are not learning disabilities.** That’s not to say these issues don’t affect learning—they can. And kids with LD may have trouble with some of these issues. This might seem confusing. But the key is to have doctors and educators sort out the primary cause of those symptoms. In some cases, a medical condition (such as poor vision or hearing) is the cause. In other cases, it’s LD.

4. **Medication doesn’t “cure” ADHD.** Medication can be helpful for many kids with ADHD. But it isn’t a cure. Medication combined with other therapies is often the most effective treatment for ADHD. Tutoring, coaching and counseling can help kids learn practical skills (such as organizing homework) and improve their focus and attention. Medication can help them succeed in those efforts.

5. **There are no medical treatments for LD.** There are, however, other ways to help kids with LD. Examples are instructional interventions, assistive technology and accommodations. If you hear about a medical “therapy” to treat LD, be cautious. But keep in mind that some kids who have ADHD may benefit from medication that addresses their ADHD symptoms.

6. **Learning disabilities and ADHD run in families.** A child with ADHD, for example, has about a one in four chance of having a sibling or parent with ADHD. And many siblings of kids with dyslexia have similar issues with reading.

7. **LD is not the same as an intellectual disability.** More than four out of 10 people surveyed by NCLD think that learning disabilities are correlated with IQ. The truth is that most kids with LD have average or above-average intelligence.

8. **A disproportionate number of boys are identified with LD compared to girls.** Only half of all public school students are boys, yet two-thirds of the students receiving special education services for LD are boys. The reasons for this gender gap aren’t clear, but it’s consistent across all racial and ethnic groups.

9. **LD isn’t caused by the environment in which kids are raised.** Surprisingly, most of the people surveyed believe environment does cause LD—and four in 10 teachers do, too! These surprising facts are more than just interesting trivia. They’re things to keep in mind as you consider ways to help your child. It can be difficult to face the reality of your child’s struggles. But the more you learn about the issues, the better you can support and advocate for your child.
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

Kip McGrath
EDUCATION CENTRES
OXFORD

Helensvale Calisthenic Dance Academy
Celebrating 20 years

For more information email Sarah on calisthenics@blogspot.com

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Helensvale State High School – YEARS 3-6
TERM 4 – 8 WEEK PROGRAM
4.00PM to 5.00PM STARTS OCT 13th
$85 INC BALL, BAG & SINGLE

REGISTER @ http://bit.ly/2by7jgX

Michael CRANDON MP
Member for Coomera
Suite 22, 342 Harbord Road, Harbord, NSW 2036
Ph: 9580 5277
Email: Michael.Crandon.MP@nsw.gov.au

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• FUN KIDS TENNIS COACHING WITH GAME BASED LEARNING
• HIGHLY EXPERIENCED COACHES - GREAT WITH KIDS!
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* Gold Coast Residents only. *Only 20 spots available

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Free installation on all Indoor/Outdoor Blinds
*Guaranteed to beat any genuine quote*

FINA Diving Grand Prix
Gold Coast, Australia
27 – 30 October 2016

Gold Coast Aquatic Centre
Marine Parade, Southport

Diving Australia is pleased to invite your school to attend the FINA Diving Grand Prix to be held on the Gold Coast, Australia. The event will be held from 27 – 30 October 2016 at the Gold Coast Aquatic Centre – the host venue for the 2018 Commonwealth Games.

Athletes from 6 Countries will be competing out on the diving boards. China, Malaysia, USA, Canada, Singapore and Australia will all have athletes attending the event.

Please come along and see the flips and spins from some of the top level divers around the world. The FINA Diving Grand Prix is a free event; however standard spectator charges will apply to enter the Gold Coast Aquatic Centre.

The competition days are Thursday 27 – Sunday 30 October. Competition starts at 10am each day.

If you would like to attend, or for more information please contact Beth Donnel
bdonnet@diving.org.au

We would love to see you there!

DA Organising Committee
FINA Diving Grand Prix Gold Coast
PC Box 27
CARINA QLD 4152
Australia
Phone: +61 7 38291466
Fax: +61 7 38291363

www.diving.org.au

2016 FINA Diving Grand Prix - Gold Coast

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 100 National Sporting Organizations (NSOs), Sporting Schools consists in providing the resources to help sporting clubs, coaches and teachers deliver sport-based, life-skills activities, for children and adults.

- Online registration is free for schools, clubs and coaches.
- Details and availability of activities are available online.
- The programme is designed to be flexible and adaptable.
- The focus is on fun, skill development and social skills.
- Locations are throughout the country.
- The programme is open to all participants.
- The programme is supported by the Australian Sports Commission.

Visit sportingschools.gov.au/P4L for more information.
Are you keen to deliver a program before, during or after school?
Sporting Schools has partnered with 10 National Sporting Organisations (NSOs) to deliver programs specifically for the school environment.

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<th>Athletics Australia</th>
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<td>Australian Football</td>
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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 children a range of options by endorsing sport specific and non-specific programs
- To offer schools access to nationally endorsed sport programs and certified coaches
- To create links between your school and local sporting community

Visit the Sporting Schools website sporting.schools.gov.au to find out more or contact the Client Support Centre on 1300 785 707 or info@sporting.schools.gov.au

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Benevolent

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

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

Course Format
The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as a two-day face-to-face course conducted in 6 modules.
Course participants will receive a Certificate of Completion.

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

2016 Course Calendar
8:45am – 4:30pm

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

Click here to download 1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf
NORTHERN GOLD COAST
COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCCYC)
25 Lao Graham Way Oxenford
P: 55 208 087 / 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 behaviours, 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)
Cooked by the Mayceyans Charity Foundation
A three session program designed to help parents/caregivers of children aged 0–5 years manage challenging behaviours. The program works equally well as a preventative tool and for early intervention. A gentle 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 – 2nd December: 9:30 am – 11:30 am

TUNING IN TO KIDS (6 weeks)
Cogdall by the Mayceyans Charity Foundation
This six session program teaches parents/caregivers 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. Suitable for parent/caregivers of 0–10 yr old 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 live your goals in life.

Tuesday 25th October – 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 1st – 28th November: 9:30 am – 12:00 pm

TUNING IN TO TEENS (6 weeks)
NEW!
This is a six session program designed for parent/caregivers and educators of teenagers and young adults 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 – 8:30 pm

RELATIONSHIP RESCUE (4 weeks)
This four session program offers an opportunity to explore ways to have a fulfilling relationship, repair a damaged relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and children.

Tuesday 3rd – 29th November: 6:15 pm – 8:45 pm

WHAT WERE WE THINKING (3 weeks)
NEW!
A three session programs 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 parent-infant relationship, and the adjustment to this phase of life.

Friday 4th – 18th November: 9:30 am – 12:00 pm

BABYSITTING TRAINING (5 weeks)
For 13–17 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 provided.

Thursday 27th October – 24th November: 8:45 pm – 9:45 pm

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

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

Helpful Phone Numbers

Electricity Loss of Power 19 62 62
Poisons Information Line (24 hours) 131 126
Coomera Police Station 9519 5565

24 Hour Support Services
Alcohol & Drug Information Service 1800 177 859
Dads in Distress 1300 853 497
Domestic Violence 1800 811 811
Family Drug Support 1300 368 186
Kids Help Line 1800 551 000
Men’s Line Australia 1900 789 978
Beyond Blue 1300 224 636
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
Breastfeeding Helpline 1900 686 269
Child Abuse Prevention Service 1800 688 009
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.qld.gov.au/chy
Practical health information for parents, carers and young people.
Community Child Health Gold Coast 5687 9183
Logan Central 3307 5939
Beenleigh 3827 9833

1300 Health—1300 2504
Rural Fire Services Gold Coast 5937 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**

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