



- [Principal's Message](#)
- [From Mrs Donovan's Desk](#)
- [From Ms Welch's Desk](#)
- [2D News](#)
- [4D News](#)
- [News from 6D](#)
- [School News](#)
- [Community News](#)

PRINCIPAL'S MESSAGE

Published by The Administration Department

[top](#)



*Hit the Target,
Be at school by 8.45am*

[top](#)

G20 BRISBANE HOLIDAY THIS FRIDAY

As the G20 meeting of world leaders is held in Brisbane from Friday, the resultant public holiday for Brisbane may provide the opportunity for many of our parents to spend some time in their child's classroom. I extend an invitation for parents who are free on Friday to contact the class teacher to arrange the best time to spend time with your child at school. These opportunities are rare and I look forward to seeing you on Friday.

[top](#)

REMEMBRANCE DAY OBSERVANCE

On Tuesday morning our school held a brief Remembrance Day observance at 11am. The Prime Minister's 2014 Remembrance Day message was read to classes through the public address system which was followed by one minute silence as a sign of respect.

"This Remembrance Day marks 96 years since the guns fell silent at the end of The Great War. The Great War was the crucible in which our nation's identity was forged. From a population of under

5 million, 417,000 enlisted, 332,000 served overseas, 152,000 were wounded and 61,000 never came home. Today we will remember the courage, achievements, pain and loss of all who have served in our name and we draw strength from their memory. Lest we forget."

[top](#)

SWIMMING PROGRAM

Our swimming program continues to be enjoyed by our students with the program running like clockwork. A big thank you to our parents for ensuring that all our swimmers have their swimwear, towel and footwear each swimming day.



-- Maria
Montessori

"The greatest sign of success for a teacher ... is to be able to say, all the children are now working as if I did not exist."



-- Tim
Hansen

"Creativity is especially expressed in the ability to make connections, to make associations, to turn things around and express them in a new way."



--
Anonymous

"Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid."

[top](#)

Michael Shambrook

Principal

FROM MRS DONOVAN'S DESK

Published by The Administration Department

[top](#)

One of our Year 7 students, Kelsie, had the privilege of performing with the Helensvale State High School Elite Dance Troupe as part of their recent Academic Awards Night. This performance celebrated the Dawn of a New Era with Year 7 becoming part of Secondary Schooling in QLD from 2015. Congratulations to Kelsie for this fantastic opportunity!

[top](#)

Every Wednesday I went up to Helensvale High School to train with the Elite Dance Troupe. We trained for several weeks until finally Tuesday 4th November came. I left school at quarter past eleven to go to the Gold Coast Arts Centre to have a stage run which was from 12pm – 2pm then we had to come fully dressed at 6pm. When we came back I was a little nervous, but when I got on stage all of my nerves disappeared as I started dancing. I was a little tired as it was 9pm but I felt awesome performing. It was a privilege to do this and I enjoyed every second of it. I am very thankful to Helensvale State High School for the opportunity and look forward to studying Dance Excellence next year.

[top](#)

10 RESEARCHED-BACKED TIPS FOR RAISING HAPPY KIDS - MICHAEL GROSE

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the **RULER Program**, the world's best emotional intelligence program for children and families.

The thing that I love about the **RULER Program** is that it's totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that's all I can tell you about the program now – you'll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position.

2. Positive peers matter

Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group is usually equated with high life satisfaction regardless of what other factors are at play.

3. Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy.

5. Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

7. Family dinners matter

Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters

Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term.

10. Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Kids learn best when they have concrete tools to assist the learning, whether learning to read (*books come in handy*), playing sport (*a ball and some goalposts helps*) or learning to dance (*some suitable music helps*).

FROM MS WELCH'S DESK

Published by The Administration Department

[top](#)

SWIMMING CARNIVAL

The swimming carnival will be held at Helensvale Swimming Pool on Monday 8th December for students in Yr 1 to Yr 7 (and age appropriate Yr 3 students). Permission notes and more information will be sent home over the next week or so.

During the **warm weather** please remind children to drink lots of water during the day to remain hydrated during our warmer months. Also during some hotter days the library, games room, tuckshop area or the environment area may be a good choice of area to play.

[top](#)

SHOWCASE

Showcase is happening next Thursday 20th November. This event happens each year and is a chance for our instrumental and choir students to perform in another setting for us. It is a formal affair and students are required to wear the formal school uniform and the Senior Band will need to wear the band uniform. The P&C will be doing a sausage sizzle from 4:15pm. String students will need to be in the music room by 5:15pm ready to play, band students will need to be in the SEP by 5:30pm and Choir students will need to be in the Green room (behind the stage) by 5:30pm. All students will be staying with their group until the end of the concert and can be collected from the room they start in. Please discuss audience manners with your child and the importance of working as a team to make events run smoothly.

4:15 Sausage Sizzle (parents are responsible for their students)

5:00-5:15 All string players to music room

5:15 – 5:30 All band performers to SEP room

5:15 – 5:30 All Choir to Green room (back of stage)

5:30 – 6:00 Audience seated

6:00 Start of concert

All students will be staying with their group until the end of the concert and can be collected from the room they start in. Please discuss audience manners with your child and the importance of working as a team to make events run smoothly. The concert should run for approximately one and a half hours.

2D NEWS

Published by The Administration Department

[top](#)

This term 2D have been learning about graphs.



We made a graph using lollies (then we got to take them home and eat them)!



We have been practising and practising our Stamina Reading. You can tell our whole class is enjoying and concentrating only on our reading.



We learnt about Remembrance Day and agreed it is important to have a minute silence. Here we are 'Remembering'.

[top](#)



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

4D NEWS

Published by The Administration Department

[top](#)

A FEW OF OUR FAVOURITE THINGS FROM OUR YEAR IN 4D

[top](#)

My favourite thing was making new friends and playing new games and sports.

Yuechan

My favourite subject is Strings and Science with Miss Kirwan. I also love Geography and History.

Andrea

My favourite part of this year was having the best teacher and friends. I love school.

Lillianna

My favourite memory in 4D is going to Currumbin Wildlife Sanctuary and seeing all of the animals.

Holly

I've always enjoyed our school excursions. Being me, I love adventure and getting to go to Beenleigh Historical Village.

Aimee

I'm Harry and my favourite thing in Grade Four was doing Maths. I loved learning Decimals and Division. I lo
a challenge.

Harry

My best memory of Year 4 is Sports Day. I came first in a race. We've done heaps of stuff with Miss Kirwan &
Art was fun.

Benji

This year I have enjoyed going to Currumbin Wildlife Sanctuary. It was lots of fun to see all the animals and
learn about them.

Caitlin

My favourite thing in Year Four is that people help cheer me up when I'm gloomy. I like Times Tables and A

Jasmin

My favourite part of Year Four was being part of the Senior Sector and being in the Senior Band. Grade Four
the best grade ever!

Amelia

My favourite thing of this year is all the friendships I've made and the excursions. I've had a great year with r
teacher and class.

Gemma

I enjoyed everything this year. All of the subjects were great – Science, History, Sport, Maths, Music,
Geography and English.

Jake D



[top](#)



NEWS FROM 6D

Published by The Administration Department

[top](#)

In 6D we have recently been learning about ecosystems and habitats and the processes for all living things. There are seven processes that all living things do and Mrs Green helps us remember what they are.

M for Movement



N for Nutrition



Reproduction
We have been discussing and learning about independent and dependent variables and what a fair test is. We are using the process of a fair test to experiment to see what impacts on a bean seed to help the germination process. We need to keep all variables(things) the same and only change one. This is what we use to

remember what to do:

Cows Change 1 variable

Moo Measure 1 variable

Everything else the same

Each group were given the same materials: a zip lock bag, staples, paper towels, water and bean seeds. We had to discuss and find out what causes the seeds to germinate the best. After working in a group to make decisions, we got to work. Some of us changed the water intake, some changed the amount of sunlight the seeds received. Some groups chose to test out hot or cold as the changed variable.

So far we have found that if you use more water, the seed will germinate faster.

Written by Angelina and Tatijana

[top](#)



If you look closely, you can see one sprout is greener and has smaller growths coming from it. The less watered seed is quite a bit behind in its growth.



Photographs by Lucy

SCHOOL NEWS

Published by The Administration Department

[top](#)

Dear Parents/Carers,

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

[top](#)

Student Absence Line 55561370

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

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

[top](#)

DATE	ACTIVITY	LOCATION
Mon 3rd Nov-Fri 21st Nov	School Swimming Years 1-5	Helensvale Swimming Pool
Wed 19th November	P&C Meeting	
Thur 20th November	Showcase Performance 6:00-8:00pm	PAC
Mon 8th December	Swimming Carnival Years 4-7	Helensvale Swimming Pool

[top](#)

WEEK 6 - FOCUS SKILL



Helensvale State School

Focus Skill

"Before school routine"

School rule: *Be safe*

You can do it key: *Organisation*

Before 8.15am bell....

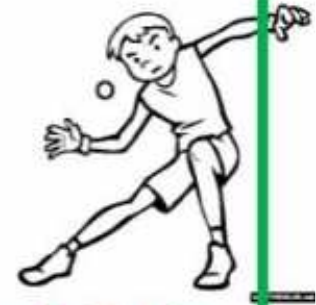


At Helensvale SS we are required to wait in the top covered **tuckshop area** if we arrive at school before 8.15am.

We must be **within** the under covered area or sitting on the tables beside the under covered area.

We are **not** to be at our classrooms, on the walkways or in any playgrounds.

We need to be sitting in this area. We may play handball but no passing or kicking of footballs etc.



After 8.15am bell....

When the bell goes we **WALK** to our classroom area to put our bags away.

AT this time we must remain in the area near our classroom.

This should be a **calm time of day** where we chat with friends, prepare for the day and wait sensibly for the school day to begin.

Playgrounds and ovals are strictly out of bounds and we are **not allowed to play chasing games or ball games before school.**

[top](#)

BE BRAVE

Last week we were fortunate to have a quick visit from the Beyond Blue Roadshow Bus to our school. They primarily engaged with the year 6 and 7's on this visit but we hope to be able to extend their involvement in 2015.

For all of those parents who know that their children experience anxiety, the following is an interactive web sit designed to inform and support. Please check it out – there is a program for children younger than 12, teenagers and parents.

You may find the BRAVE program at youthbeyondblue.com/brave

Jenny Schaffer
Guidance Officer

[top](#)

PE NEWS

Swimming Timetable 2014

Mon/Wed/Fri of Week 5 / 6 / 7

Commencing Monday 3rd November

Swimming Time				
9.00-9.30	1a	5d	2d	3a
9.30-10.00	1b	1c	3b	4e
10.00-10.30	5e	2g	1e	5b
10.30-11.00	1d	4b	4a	2a
11.00-11.30				
11.30-12.00	3f	4c	2f	3c
12.00-12.30	2c	3d	2b	5c
12.30-1.00	5a	2e	3e	4d

[top](#)

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

What students bring on swimming days

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

that full uniform must be worn on the outside). Please check with your class teacher.

The importance of the Helensvale Swimming Program

Swimming is not just a “learn to swim program” for the younger students, but teaches water confidence and stroke development to advance already competent swimmers. In every area of the curriculum teachers differentiate to ensure learning is relevant to every student and the learning activities are pitched at a level which challenges the students. Swimming is just another area of the curriculum where we want to give every student the opportunity to improve and extend their learning. Many students can swim , and with some advice coaching and expert knowledge students can become faster, stronger more confident swimmers.

As we live on the Gold Coast, Queensland, we have access to a range of water sports and swimming situations including beaches and pools.

Swimming is an integral part of the Health and Physical Education curriculum and the opportunity to access an accredited swimming program is important. A swimming program also raises awareness of the benefits and enjoyment that swimming provides and encourages students to continue with swimming as a recreational activity. Swimming offers another form of physical fitness to build healthy bodies and address some concerns about childhood obesity.



The timing of our swimming program being at the end of the year is to minimise the impact of learning at other busy times of the year and to revise those important swimming and water safety skills for our summer months

[top](#)

TUCKSHOP NEWS

We again need another 5 or 6 volunteers to help. Our days start at 9am and go to 2:45pm. You would be helping process the baskets, restock items and assist with preparing food items for the orders and serving on the windows at lunch breaks. It is fun work, and you will be helping our school community. You also see what goes on behind the scenes at Tuckshop. If your child needs you, you aren't far away and they can come and see you as well as still having their independence in the classroom without you actually being there. We do supply your lunch for the day too.

We now have a barista style coffee machine at the Tuckshop! We can do Moccacino's, Cappuccino's, Latte Flat White's, Long Black's and Hot Chocolates. Prices are \$3.50 for a small cup and \$4.00 for a large. These are available for teachers and parents. So if you need a morning kick start, come and grab a coffee!

The Tuckshop has an eftpos machine in the now! So we can process your orders at the order window with eftpos. There is a minimum order of \$5.00 for debit card and \$10.00 for credit card. If you don't meet this quota we will have to include a 50c fee to cover this charge.

We will be doing a sausage sizzle prior to the Music Showcase. We will also be selling coffee, hot chocolate and cold drinks. We will be doing this for the disco's and Graduation also. These are great, entertaining events showing off the children's talents and the teacher's dedication to nurture their talent.

For those parents who are new to the school and those who haven't done Tuckshop before, we use Flexi Schools as our online ordering system for the Tuckshop, Uniform Shop and P&C fundraising. You can simply go online to flexischools.com.au and set up an account. You just follow the prompts and put say \$50.00 into the account and then you can do a lunch order whenever you need to, or pay for uniform items etc. When your

account gets down to \$5.00, it lets you know so you can top it up again. You can even have it do it automatically, too. You can do all your ordering for the week at once or do it for up to two weeks in advance, as well as a running order (an order for one day every week). It is very easy to do, and saves trying to find the right change for tuckshop.

If you are doing orders for both lunches, you will need separate bags for each order as these don't get returned to the tuckshop after lunch. You will need to write your child's name, class and which lunch the order is for (e.g. MT for morning tea and BL for big lunch). If there is only one order and the particular lunch are not written on the bag we do it for Big Lunch. You can get a pack of plain, brown, paper bags from the supermarket for about \$2.50. If you have run out of bags and write your order on a piece of paper, don't forget to include 10c for one of our bags for the order to be put into. Please don't use plastic bags, as we cannot put hot food into these as it melts the plastic and is unhygienic and a WHS issue. We will have to supply a bag for the order and charge 10c: if there is not enough money to cover this we may have to change the order.

If there has been a miscalculation in the total of the tuckshop order and there is a drink on the order, we will change the drink to a cheaper drink and/or delete the drink and return the leftover money in the bag.

If you include extra money in the bag for the order, could you please write how much you have included in the bag, please, as sometimes the money falls out of some bags on the way to the tuckshop and this makes it easier for us to sort out who the money belongs to. We cannot accept any foreign coins as payment for Tuckshop orders. Even NZ coins are detected by the banks now as apparently they weigh differently. If we get a foreign coin, we will cross it with a texta and stick it to the front of the bag to take home. We will have to adjust the order if this occurs and/or there is no extra money to cover the item. If your child requires change from the Tuckshop, please let them know that we put the change in the corner of the bag and fold it over and tape it down. We also write on the bag that there is change in the bag and circle it. If they need change, please remind them, as a lot of children just throw the bag away, change and all.

Sometimes we will put a tag in the bag for the children to collect special items that were ordered, that may spill over, melt or need extra items added to them. If your child gets a tag in their bag, please explain to them that they need to bring BOTH their bag and the tag to the tuckshop to collect these items. They just need to line up in the Tuckshop basket line to collect them, as they don't need to line up in their class line.

Tracy Wall

Tuckshop Convenor

[top](#)

P & C NEWS

SHOWBAG STALL

On Friday afternoon from 2pm-4pm we will have a stall to sell off our remaining SHOWBAGS from the fete. All bags are **\$5** and will be available outside the PAC.

LAST CHANCE TO BOOK YOUR PORTRAITS – THIS WEEKEND 15th & 16th November

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

TUCKSHOP VOLUNTEERS

This has become extremely URGENT..... we desperately need volunteers to enable us to keep all windows of the tuckshop open at Morning Break and Lunch. Volunteers required all days but especially TUESDAYS and

FRIDAYS.... We would even love to see some **grandparents** come and help, you get to meet some lovely people, have a chat and most importantly help us to keep the tuckshop open.. If you have a day to offer then please contact Tracy Wall at the Tuckshop.

TUCKSHOP POSITION

We would like to Congratulate Merle B for being successful in obtaining the Tuesday Tuckshop position. Mer is already well known to the tuckshop and has been an amazing volunteer for many years. Welcome aboard Merle....

CHRISTMAS STALL

This year the P&C is having a Christmas Stall for all of our students to buy that special little gift for their loved ones. All items will once again be \$4 and it will be held on Wednesday 3rd & Thursday 4th December. More details to follow.

COMMUNITY NEWS

Published by The Administration Department

[top](#)

WANTED FOR YEAR 6 AND 7 GRADUATION DISCO

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

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

Thanks, Year 7 teachers

[top](#)



The poster features a vibrant, colorful background with a sunburst effect in shades of blue, green, and yellow. At the top left, it says '9-15 november 2014' and 'think well be well' with a small yellow character. The top center says 'national psychology week' and the top right has the 'APS Australian Psychological Society' logo. A 'Free admission' badge is in the upper right. The main title 'Think Well Be Well FESTIVAL' is in large, colorful letters. Below it, the date and location are listed: 'SAT 15 NOVEMBER 10AM - 4PM Broadwater Parklands Marine Parade, Southport'. A Facebook link 'facebook.com/ThinkWellBeWellFestival' is provided. The bottom section lists activities: 'ACTIVITIES FUN FOR KIDS PSYCHOLOGY & MENTAL HEALTH INFO & TALKS', 'LIVE MUSIC' with artists 'ELECTRIK LEMONADE', 'MAYAN FOX', 'JAHKAYA', 'THE GENES', and 'JACKSON JAMES SMITH WITH SCOTT DALTON'. At the bottom, there are logos for 'Queensland Government', 'Griffith UNIVERSITY', 'JLR Sound Hire', and 'CITY OF GOLDCOAST'.

9-15 november 2014

think well be well

national psychology week

APS Australian Psychological Society

Free admission

ACTIVITIES
FUN FOR KIDS
PSYCHOLOGY & MENTAL HEALTH
INFO & TALKS

LIVE MUSIC
ELECTRIK LEMONADE
MAYAN FOX
JAHKAYA
THE GENES
JACKSON JAMES SMITH
WITH SCOTT DALTON

Think Well Be Well FESTIVAL

SAT 15 NOVEMBER 10AM - 4PM
Broadwater Parklands
Marine Parade, Southport

[facebook.com/ThinkWellBeWellFestival](https://www.facebook.com/ThinkWellBeWellFestival)

ROTARY CLUB OF RUNAWAY BAY

Queensland Government

Griffith UNIVERSITY

JLR Sound Hire

Proudly supported by
CITY OF GOLDCOAST.

[top](#)

THINK WELL BE WELL FESTIVAL

Here's a FREE concert and festival event that's not to be missed! Aiming to raise awareness of the role of psychology in positive mental health, *Think Well Be Well Festival* has something for everyone.

Hot young bands Elektrik Lemonade and Mayan Fox join Jahkaya, The Genes, and talented newcomers Jackson James Smith and Scott Dalton for the festival concert, with award-winning, highly danceable music that's sure to please.

The 'don't miss' free community event of the year, Think Well Be Well Festival will be held at Broadwater Parklands Southport on Saturday 15 November. Join us for a great time that will help you dance back into your life with more pleasure and awareness than ever!

ORGANISATION: The Australian Psychological Society Gold Coast Branch

EVENT EMAIL ADDRESS: thinkwellbewell@outlook.com

EVENT WEBSITE: <https://www.facebook.com/ThinkWellBeWellFestival>

VENUE: Broadwater Parklands

STREET ADDRESS: Marine Parade / Gold Coast Highway

SUBURB: Southport

POSTCODE: 4215

DATE: Saturday 15 November

HOURS: 10am to 4pm

COST: FREE!!!

HOW TO GET TO TWBW FESTIVAL

* *Think Well Be Well Festival* will be held on the Great Lawn area of Broadwater Parklands.

* This is opposite the intersection of the Gold Coast Highway and Nerang Street.

* Parking is on- street in the area. Australia Fair Shopping Centre offers three hours free parking to shoppers

* Catch the G-Link light rail tram to Southport Station (Nerang Street) and walk back along Nerang Street towards the Broadwater.

* Alternately, you can get off the G-Link tram at Broadwater Parklands Station (Queen Street), cross the highway and walk north through the Parklands playgrounds and Water Park area.

MORE EVENT DETAILS

Few music festivals can claim to have the potential to change your life. The rare exception to the rule is about to hit the Gold Coast. Successfully run beachside at Burleigh in 2012, Think Well Be Well Festival is back, with a polished contemporary music line-up and activities that will not only lift your spirits, but will also fill your bag with fun giveaways and bright ideas for reducing the stress in your life.

Stress is having a significant impact on the lives of 75 percent of Australians. Recent research shows stress affecting the psychological functioning of one in five of us. Where better to learn how to reduce stress and create the perfect mental health lifestyle than by the water in Australia's lifestyle capital.

Think Well Be Well Festival offers the rare opportunity to have your stress, mental health, drug and child behaviour questions answered in person by some of Australia's most renowned organisations. Lifeline, Headspace, Relationships Australia and many other well-known not-for-profit organisations will be running stalls. Organisations with a specific youth focus include Headspace and the Child and Youth Mental Health Service at Gold Coast Hospital. The Gold Coast Drug Council, En-Vision and many others will offer informati

and interesting talks and activities to young people, families and people of all ages.

With the support of the Queensland Government , Gold Coast City Council, Griffith University and Rotary, the focus for this National Psychology Week event will be helping Australians identify lifestyle factors that are impacting on their physical and mental health and wellbeing. It also offers sources of guidance on psychological strategies for greater joy and pleasure in daily living.

FESTIVAL MUSIC CONCERT

An impressive musical line-up has been secured for this year's festival concert event. Fresh from another triumphant Airlie Beach Music Festival concert, soul-rock-hiphop funksters, Elektrik Lemonade are ready to rock the house. Also returning from Airlie Beach Festival, Jahkaya promises catchy, uplifting songs in the roots-reggae genre. For exotic, good humoured pop-rock with a conscience, we offer Mayan Fox's unique brand of very danceable music. Hot new talents Jackson James Smith and Scott Dalton offer instantly relatable original songs with a John Mayer-Matt Corby feel. The Genes complete the line-up, with critically acclaimed indie pop songs that are distinctive and organic in their feel.

Rarely on the Gold Coast has such an award-winning and talented musical line-up ever been secured for a community awareness event! Don't miss this important and fun opportunity to improve your life. See you at *Think Well Be Well Festival*.

[top](#)

Need vacation care these holidays?

Register your child for CPL's vacation care!

- Available for 5 to 18 year olds of all abilities from **8:00am to 6:00pm** at Southport Special School
- Your child can enjoy games, cooking, outdoor play and more!
- Child care benefits and rebates available
- Follows the national My Time, Our Place Framework

Spots are limited - register today! Bookings close 1 December



Call **5531 9000** or email rcunneen@cpl.org.au today!



[top](#)




saverplus

Would \$500 assist with your child's school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for education costs including uniforms, text books, laptops, sports equipment and music tuition.

You may be eligible if you:

- have a Health Care Card or Pensioner Concession Card
- are 18 or over and
- have some paid income from work (you or your partner).

**Contact Sylvia Constantin, your local Saver Plus Worker:
07 5644 9182 / 0431 076 011 or
sylvia.constantin@benevolent.org.au**

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Gold Coast North by The Benevolent Society. Saver Plus is funded by ANZ and the Australian Government.

[top](#)



Shhh - It's a Secret
Is bed-wetting a problem?

Remember you're not alone.
Around 20% of children wet the bed at night.

Bed-wetting is a very common problem and can be easily treated.
Help is available through **Ozcare's Dry Bed Program**.
It works ... up to 93% of children have ceased bed-wetting.

The program offers • Information Package • Initial assessment by a
Continence Advisor • Follow up reviews • Use of bed-wetting alarms
• Ongoing counselling and support • Certificate of Success!

For further information on this specialised service,
contact Ozcare on 5569 6200 or visit www.ozcare.org.au

Not-for-Profit Health and Human Services

[top](#)

Pop and Top Program

Speech and Language Groups for Northern Gold Coast Families

Talking First Words

Suitable for children: 1.5 - 3 years



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

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

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

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



To book a place for your child contact Carmen 0420 528 771 or S.P.E.E.C.H at: karyn@speechforkids.com.au

Term 4 Dates:

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

Time:

10am - 10:45am

Location:

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

Cost:

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

[top](#)

Pop and Top Program

Speech and Language Groups for Northern Gold Coast Families

Talking Sentences

Suitable for children:

2.5 - 4 years



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

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

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

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



To book a place for your child contact Carmen 0420 528 771 or S.P.E.E.C.H at: kayn@speechforkids.com.au

Term 4 Dates:

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

Time:

9am - 9:45am

Location:

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

Cost:

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

[top](#)



2015
BUS PASSES
due now

[top](#)

APPLICATIONS FOR 2015 BUS PASSES ARE DUE NOW ALL NEW PASSENGERS FOR 2015

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

IMPORTANT INFORMATION FOR EXISTING BUS PASS HOLDERS

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

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

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

ELIGIBILITY AND APPLICATION FORMS

Information on the School Transport Assistance Scheme (STAS), eligibility and application forms is available from TransLink <http://translink.com.au/tickets-and-fares/other-tickets/school-tickets-and-fares>

PLEASE RETURN COMPLETED APPLICATIONS TO

Surfside Buslines

PO Box 3036

ROBINA

Q 4230

Email schools@tagroup.net.au or Fax 5571 6556

Applications will be processed over the Christmas school holidays. Once applications are approved, bus passes are sent to school for collection. Please allow 10-15 working days from the start of Term One 2015.

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

REMINDER

A valid bus pass must be produced TO THE DRIVER or the relevant fare paid via cash or gocard. Information on fares, go cards, zones and bus timetables is available from TransLink <http://translink.com.au/> or phone 13 30.

[top](#)



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

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

Learn:

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

Registration Fee?

The course costs \$15.00

Register for this course contacting Nikki Condon at Studio Village Community Centre on 07 5529 8253

What people are saying?

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control.

Who's running it?

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

For more information contact Nikki

phone: 5529 8253 email: family@studiovillage.com.au

Village Family Support Program is funded by the Department of Communities



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

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

[top](#)

Cartoon Art Club

Due to popular demand, cartoon art club on Thursday afternoons will be on right up to the
December (Thursday week 9).
New and returning students welcome.
For details call Wolf on 0414 746420.

[top](#)

Get fit and have fun

Karate Classes now at

Helensvale State School

Performing Arts Hall

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

Just turn up or call David on 0447514505 for more info

Regards

David Hinds Shihan

Dai Sensei

Hyung Chi Do Martial Art Academy

A.B.N.: 47 134 724 404

e: david.hinds@hyungchido.com

w: www.hcd.net.au

m: 0447 514 505

[top](#)





NETBALL SCHOOL

HOLIDAY CLINIC

SATURDAY 17TH JANUARY 2015

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

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

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

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

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

DATE: SATURDAY 17TH JANUARY 2015

TIME: 8:30AM – 12:00PM

**WHERE: NETBALL COURTS, VINEY PARK,
YAUN ST, COOMERA**

WHO: 5-10YEAR OLDS

COST: \$25

RSVP: ERIN HODGKIN 0432 604 277

OR EMAIL president@helensvalenetball.org

SO COME AND LEARN TO PLAY NETBALL

