Dear Helensvale Community

Public holiday start of next term
Families are reminded that the first school day of next term is Tuesday 4th October due to the Monday being a public holiday in Qld for Labour Day. All schools will be closed on this date.

Do families meet basic needs?

As the school holidays commence next week, I trust our families will endeavour to make time to spend quality time as a family. In a child’s life, being a member of a family is the corner stone of who they are, where they belong and significantly influences the values and beliefs that guide them throughout their lifetime.

Over the last fifty years the definition of what constitutes a family has changed significantly. In response to the changes resulting from divorce, children remaining at home, well into their 20s, blended families following re-partnering, same-sex relationships, extended families in response to elderly parents being cared for in their own children’s homes, along with foster families and single parent families, the traditional two parent and two children family is no longer the norm.

Families today look different to the families portrayed in 1960-80’s TV sitcoms, however the key components of family are similar. Children in any family situation, traditional or modern, need basic needs, as identified by Maslow’s Hierarchy of Needs. The diagram below clearly illustrates the five basic needs of humans. We require all these needs to be fully functional members of our community.

Factors beyond the child’s control can trigger behaviour outside what is accepted in our school and wider community.

The key message for parents is that YOU are the adult in a child–adult relationship and while you may be challenged on occasions, you have to set the boundaries with your children.
Children need to know what is expected of them, the consequences and how to make positive decisions regarding morality, honesty and how to share the love in their family.

If catering for your child’s needs as per Maslow’s triangle you can establish a harmonious family unit where expectations are clear, No means NO, a high priority is given to quality time to listen to and share information on feelings, friendships, respect for others and how to feel positive about oneself. It is not rocket science but does need a consistent message day in and day out.

We know that families have changed significantly over time and so have the external factors which we identify as basic needs. The modified triangle below suggests that there are now six basic needs of humans. I will not debate the pros or cons of including Wi-Fi as a need but we need to remain conscious of the strength of this external influence on family life.

The digital space should be viewed as a tool to assist us live our lives, not as a basic need which can consume all the other needs. Wi-Fi potentially can fracture the bonds that hold families together in the quest to be the best or greatest in an online experience.

Families again need to set rules / guidelines about the use of Wi-Fi based activities and balance the time available for the other basic needs to prevent a further breakdown in the family unit from an external force which can easily be switched off.

As a family, do you have the courage to challenge the place of Wi-Fi in your family’s life and find the OFF switch? The future of your family unit is in your hands!

Farewell Mrs Brown A/DP

Tomorrow Ms Brown’s time as acting DP concludes pending the return of Mrs Welch from her leave in Bali. On behalf of the school community I wish Nancie every success in her future endeavours as an educator, both internationally and locally. In the months Nancie has been at HSS she has drawn on her many experiences in school settings around the world. Nancie’s drive and energy in achieving set goals has driven many aspects of the school’s improvement agenda. On Wednesday’s whole school assembly Nancie was acknowledged by the school community for her contribution to the school.

Michael Shambrook
Principal

Quote of the week

Connect with your CHILDREN by disconnecting from distractions

From Ms Brown’s Desk

One more day at Helensvale State School before I say farewell and head to Bellevue Park State School. I really can’t comprehend how quickly the time has flown since my arrival at the commencement of Term 3, 2015.
I remember very clearly the day Mrs Welch walked me down to the PAC to meet all the teachers. There were faces as far as the eye could see and I recall thinking that I would need a LONG time to get to know everyone! But that was just the tip of the iceberg. I was yet to meet our teacher aides, office staff, a groundsman and cleaners. There were members of the P&C and the tuckshop folk – oh, and there were parents, children, more children and... even more children - over 1000 children!

Funnily enough, it wasn’t long before I began feeling like I had been here forever and it really didn’t take too long to get to know everyone. This school has such a huge heart and I was soon part of this big, warm, welcoming family. It has been an absolute joy to come to school each and every day to do my best to make a difference to the little people entrusted to our care.

I’d like to wish you and your family all the very best and please keep encouraging your children every single day to set achievable goals and to reach for the stars.

Until we meet again...

From Mrs Austin’s Desk

Behaviour Update

Well, week 10 is finally upon us which means we have held our first ever Behaviour Rewards Day for Term 3 today! And what a day we had. With so many students so close in points, some classes needed an additional day to decide the 5th student to attend.

Congratulations to all 210 students who were rewarded for their behaviour choices over Term 3 by attending Helensvale’s first Behaviour Rewards Day. Considering this was the first term of implementation of our new whole school behaviour system, it is clear that many students challenged themselves to raise the bar with their behaviour choices and engagement in the classroom and playground. Today was your day of acknowledgement and we hope you felt rewarded.

During first session all students were captivated and mesmerised by the team from Reptile Relocation and Awareness and their creepy crawlly friends. The informative show discussed the facts and myths about many Australian wildlife, varying from frogs, turtles, lizards, snakes and even crocodiles.

The students then had the opportunity to get up close and personal to get a photo opportunity with the animal of their choice to remember the occasion. The students thoroughly enjoyed the day, which was evident from the smiles on their faces.

The middle session was followed by a movie in the hall where the students sat back and relaxed whilst eating popcorn. Below are a few photos from the day that we can share with you.

Congratulations again to the 210 students who worked hard to achieve the top 5 places within their class to attend today’s reward. We hope they all thoroughly enjoyed their special day.
We also hope that families have also enjoyed receiving their postcards in the mail in recognition of students reaching designated points (year dependent) on their individual ‘Strive to Succeed Passports’. To date, the school has mailed home 161 postcards during the past 9 weeks that we have rolled out the new system. The positive feedback from the community has been lovely to receive, which means we are moving towards our goal of strengthening our communication between home and school.

School News
Published by The Administration Department

School Calendar

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<td>Fri 16 Sept</td>
<td>Last day of Term 3</td>
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<td>Mon 19 Sept</td>
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<td>Tues 4 Oct</td>
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<td>Wed 5 Oct</td>
<td>Whole School Assembly</td>
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<td>Tues 11 Oct</td>
<td>Year 2-3 Sector Assembly</td>
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<td>Thur 13 Oct</td>
<td>Year Prep-1 Sector Assembly</td>
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<td>Fri 28 Oct</td>
<td>Day for Daniel</td>
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Active School Travel

At our Term 3 Active School Travel breakfast last Friday we saw many students being active travellers.

Last week, 54% of Helensvale State School students were active travellers by walking, riding, catching a bus or car pooling to school. Congratulations to all students who were active travellers!

Our Green Boot Awards have been awarded to the classes with the highest percentage of students who have been active travellers. Our sector winners are:

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

The most active class at Helensvale State School was 5E with 83% of the class being active travellers!

Please remember Active School Travel is every Friday so if you walk, ride, scoot, bus, train or car pool to school come along to the school front gate from 8:00 am – 8:30 am to receive your stamps and to redeem some awesome prizes.

Wishing all of our active travellers a wonderful holiday!

From the Active School Travel Team

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**Active School Travel**

**Classes with Green Boot Awards**

- Prep & Year 1: Prep A
- Years 2 & 3: 2D
- Years 4 – 6: 5E

**Word of the Week**

Yalboru - Happy

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PE News

Student Success
Congratulations to Charlie P on finishing third in the South Coast Regional Discus. We wish him all the best at the State trials next term.

News from PrepE
We have been super busy in Prep E this term! We have been working very hard to independently sound out when we are reading and writing. This has helped us to create our own rhymes in English. In maths we have been collecting data for our maths investigation, learning about 2D and 3D shapes, adding and sharing, as well as our favourite – counting backwards from 20 and forwards up to 100. This term we have celebrated book week and Roald Dahl Day, as well as visiting the Arts Centre to see Snugglepot and Cuddlepie on our excursion. We have made squishy circuits and have been developing our coding skills on the ipads during our digital technology time, as well as learning about the weather in science. We can’t believe there are only 10 more weeks of prep and then we will be heading to Year One!

News from 2C
In the lead up to the celebrations for the 100th birthday of Roald Dahl, 2C have been reading The Enormous Crocodile and Fantastic Mr Fox. The children have created their own Enormous Crocodile hand puppets and preparing a short play.

News from 5C
Reading is Fun
This term, 5C have been reading the novel The Silver Sword. We have an amazing system in place. Every day after second break, a different student gets to read and this boosts our confidence. When it is time to stop reading we are always eager to know more. We use different voices for the various characters and this makes class reading so much fun! Thank you Mrs Rheeder for recommending The Silver Sword to us. We LOVE this book and we love reading!
Year 6 LOTE

Year 6 Japanese Excursion to Matsuzaka Teppanyaki Restaurant

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

The Matsuzaka Teppanyaki restaurant was spectacularly amazing. As soon as we got into the restaurant, the chefs and waiters greeted us in Japanese. The chefs served us teriyaki chicken, fried rice, miso soup and a salad. Before they gave us the food, the chefs started doing tricks with their cutlery. After giving us the salad, he got out raw eggs from a cupboard and threw them towards us. We luckily had small bowls to catch them. The chef served us the chicken and then he started making hard scrambled eggs. He cut them up and we had to catch them with our mouths. Last but not least, we had the fried rice and sadly ended the excursion. Overall, this restaurant, in my opinion, deserves 5/5 stars. By Keigo S. 6A

Last week 6A went to a Teppanyaki restaurant in Southport. We were all very excited to go. We all got on the bus chittering and chattering about all things we were soon to see. Then we got to the restaurant. We sat at our tables and waited for our chefs to come out. The waitresses served us Miso Soup and Salad. It was yum. Then the chef came up. He did some pretty amazing tricks and cooked up teriyaki chicken. It was so yum. Then he started cracking eggs with his knives. We were all very curious. Then he cooked all the egg and cut it up. He chuckled them into our mouths. Some people needed more time than others. Then he made fried rice. It was delicious! When we started to walk to the bus we waved goodbye to the Teppanyaki restaurant staff. This was a great experience and I will remember it fondly. By Alisha H. 6A

I enjoyed our excursion at the Teppanyaki restaurant. The food was amazing and so delicious. I loved the entertainment, how the chefs were tossing their kitchen wear in the air and how we got to catch a raw egg. I would definitely go there again. By Hannah W. 6B

The best part of the Japanese excursion was the chef playing cool music with salt and pepper. At the end he wrote a message with salt and pepper on the stove. It amazed me how neat he could write upside down. The chef did an awesome job cooking the food and I loved the delicious food. By Siena P. 6C

I had a wonderful time at the Teppanyaki restaurant. I loved the food and it was delicious. I enjoyed singing our song in Japanese to the chefs. Thank you to all the teachers for preparing this excursion. By Hine M 6D

The Teppanyaki restaurant was a great experience. The food was amazing and the chefs were so kind and talented. I will definitely go back! By Emily M. 6E

I really enjoyed the meals they were delicious. The chefs who did the performance were really talented. I also found it was very exciting when they threw the egg in our mouth. I would like to go back again. By Alayah D. 6F
DULEI YILGAHN GROUP

The Dulei (Swan) Yulgahn (Sisters) group was developed to offer personal and creative growth opportunities for young Indigenous girls from grades 4 to 6 at Helensvale State School. The program, delivered within a safe and secure environment, provides activities to enhance the confidence and personal wellbeing of our young Indigenous jajumms. Lunchtime activities include the importance of health and hygiene, personal goal setting and general yarning. Teachers involved in this program are Ms Skerman, Mrs Irving, Miss Ponnusamy, Mrs McCrae and Mrs Grieve.

The culminating activity for this term was for the girls to provide afternoon tea to selected staff members. They wrote the invitations, created the menu and assisted the teachers in preparing the food from recipes selected out of the Bush Tucker Calendar. Each jajumm was also asked if they wanted to bring a friend to be involved in the group.
Hello Everyone,

Just letting everyone know that the Tuckshop will be closed on the last day of this term for cleaning. If you can spare an hour or two to help, we would love to see you!

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 was 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. These meals will go down in the baskets like they do normally!

We will be needing a few volunteers next term if you are available! Come and see me and let me know what day you can come in. Even if you come and help for a couple of hours in the morning, or over the break times. Every little bit helps. You also can see what we do, and how it all works. I hope to see a few new faces when we come back!

Thanks to all the wonderful mums, dads, grandmas and people in our community who have helped in the Tuckshop so far this year. Without your help, we couldn’t offer the extensive menu we do and make all the things we do. So thank you! I hope to see all our regulars back again next term.

I hope everyone has a lovely break and you all get to recharge, relax and just hang out with the kids. If you are travelling over the break, PLEASE drive safely and we hope to see you all refreshed and ready, for the next term ahead!

Cheers,

Tracy Wall
Tuckshop Convenor

Helensvale State School P and C Association

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 drinks, slushies and snacks available on the night. This function will be NO BYO!

Hold the date and get ready for a fun night! Tickets are now available from the Tuckshop from 8.30am-2.30pm!

We are looking for prizes to make this a fantastic night. If anyone has a business and would like to donate a prize, we can promote your business on the night to say thank you! Contact Sharon Wilson on 0412 927 197 if you can help out!
Your P&C executive would like to wish you a fun and safe holiday break. Hope you all get a chance to relax and hang out with the kids. If you are travelling over the holiday period, please drive safely. See you all next term!

Cheers,
Karl Wall
P&C President

Community News
Published by The Administration Department

Advertising in our Newsletter

Advertising Space is now available within our newsletter

Please phone Michelle on 0409992479 or send an email to michelle.m@austnews.com.au if you are interested in advertising your business.
AUSTNEWS EPUBLISHER

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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 CAMBOYDA STREET DRAYTON

CANTEEN WILL BE OPEN - PLENTY OF DRINKS AND FOOD AVAILABLE

Any enquiries please contact Trish Cochran 0407 593062

This is a SMOKE, DRUG & ALCOHOL FREE EVENT PROUDLY SUPPORTED BY

Carbal Medical Services
Mercy Carbal Community Services

MARKET STALLS
TOOWOOMBA WARRIORS
HEALTH INFO STALLS
Treat yourself and your family to this exciting must-see event for all LEGO fans. Showcasing amazing LEGO creations and displays along with a 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.

Gold Coast BRICK EVENT

#BRICKEVENTS 17-18 September, 2016

Gold Coast Event Centre Racecourse Drive, Surfers Paradise QLD.
Saturday 9:00-5:00 & Sunday 9:00-4:00, last entry 30 minutes before closing.
Tickets available from wannaticket.com.au 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

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.gs/3w380kD8M

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@thur.org.au
Our very own School Chaplain, Long Bradley will be running the below program.

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CALLING FOR PLAYERS NOW!

The Arthur Beetson Foundation & Deadly Choices presents

MURRI NETBALL JUNIOR CARNIVAL | 2016

For under 10's, 12's and 14's | 19-20 September

If you are interested in playing in the 2016 Murrig Netball Junior Carnival you can register your interest online at https://ems.g3/3wZ80kDMZ

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@child.org.au

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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
or phone 5581 1625
September School Holidays

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

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

Free Show Bag Valued at $75 & Certificate for each participant
PLUS
Professional Athlete Appearance & Autograph signing at each session

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

Bookings: www.trybooking.com/224639
Contact: 07 5554 6831 or info@rdksports.com.au
Helensvale State High
Arts Department
Presents
ENCORE 2016
Friday 7th October
Show starts at 6:00pm HSHS SAC
$5 entry tickets on sale at Finance *No tickets sold at door*

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 a safe environment.

High Definition CCTV
Communications / Security
Audio + Visual

Get CCTV on your iPhone/iPad/iPod
CCTV Systems to suit all budgets available
M: 0423203159 P: 07 55028132
www.scrim-tech.com

Discover the Difference...
Providing Quality Education & Care since 1996...Not for Profit

AustNews ePublisher
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 children experiencing mental health problems?

Aboriginal and Torres Strait Islander Mental Health First Aid Course

We respectfully acknowledge the traditional custodians of the Beautiful land in which we live, work and play on, and pay our deepest respects 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 41 hour course, typically conducted in 6 modules that 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
- 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
- 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

For this study it is not possible to include families where there are current issues of abuse and neglect, domestic violence, unresolved mental illness or unmet parenting arrangements.

If you would like to know more about the research, please don’t hesitate to contact...
ENJOY THE BEST EVER FOOTY FUN WITH YOUR FRIENDS!

SIGN UP NOW

HURRY! LIMITED SPOTS

JUNIOR OZTAG 2016

OZ TAG Queensland

SIGN UP AS AN INDIVIDUAL OR TEAM

CHOOSE YOUR COLOURS + YOU CAN KICK + NAME YOUR TEAM!

GET TAGGED YOU’LL LOVE IT!
NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN

Oxenford and Coomera Community and Youth Centre (OCYC)
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 of children aged 0 – 3. It will help you understand your children’s needs and desires, 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 – 11:30 am

1,2,3 MAGIC & EMOTION COACHING (3 weeks)
Collected by the Maynes Charity Foundation
A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. The program works equally well as a preventative tool and for early intervention. A great framework that preserves the dignity of the child and the adult.
Friday 28th October – 11th November: 9:30 am – 11:30 am
Friday 18th November – 2nd December: 9:30 am – 11:30 am

TUNING IN TO KIDS (6 weeks)
Collected by the Maynes Charity Foundation
This six session program teaches parent/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 encouled and behavioural issues.
Wednesday 26th October – 30th November: 5:30 pm – 7:00 pm

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 of children aged 0 – 10 years. Also suitable for parents whose children have emotional and 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 to live your goals in life.
Monday 1st – 28th 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)
This is a six session program designed for parents/carers and educators of teenagers and young adults aged 16 and over. The program aims to increase the adult-child connection by providing adults with a greater understanding of their adolescent’s emotional experience while teaching specific skills that can assist in being supportive, empathic, and staying connected with the young person.
Wednesday 26th October – 30th November: 6:00 pm – 8:30 pm

RELATIONSHIP RESCUE (4 weeks)
This four session program offers an opportunity to explore ways to have a fulfilling relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and friends.
Tuesday 8th – 29th November: 6:15 pm – 8:15 pm

WHAT WERE WE THINKING (3 weeks)
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 parental relationship, and the adjustment to this phase of life.
Friday 4th – 18th November: 9:30 am – 12:30 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 is provided.
Thursday 27th October – 24th November: 1:45 pm – 4:45 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 13 62 62
poisons information line (24 hours) 131 126
coomera police station 0519 5555

24 Hour Support Services
Alcohol & Drug Information Service
1800 177 833

Dads in Distress 1300 853 437
Domestic Violence 1800 811 811
Family Drug Support 1300 368 186
Kids Help Line 1800 551 660
Man’s Line Australia 1300 789 978
Beyond Blue 1300 274 636
Lifeline Crisis Line: 18 11 14
Alcoholics Anonymous 5591 2062

After Hours Doctors & Pharmacy
National Home Doctor Service 13 7425
(previously Medcall)
Pacific Pines Amcal 5573 7722 (Midnight)
Coomera Amcal 5519 9200 (9 pm)

Parenting & Child Support Services
Breastfeeding Helpline 1800 686 269
Child Abuse Prevention Service 1800 689 009
Kidsafe Queensland (Child safety indoors and out) 3854 1829
Pregnancy Helpline 1300 139 313

Child Health Services
Child and Youth Health www.chs.com
Practical health information for parents, carers and young people.
Community Child Health
Gold Coast 5687 9183
Logan Central 3387 5939
Beaumaris 3827 9833

1300 Health — 1343 2904

Rural Fire Services Gold Coast 5597 4101
Coomera Valley 5573 3566

Early Years Hubs

Educational interactive playgroups for parents and children 0-5 years.
Join us for singing, dancing, Smallsports, Read & Grow, craft and cooking.
-オンions
- 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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