Dear Helensvale Community,

Looking for information?

In the recent parent survey, parents indicated that our school could improve some aspects of the current communication methods used to communicate with families. As principal I acknowledge that timely communication is essential to enable parents to adequately plan for school activities. On most occasions the required information is shared with families via email, information notices and permission forms. Reminder emails, Facebook posts and Homelink’s information are provided to keep parents informed. From time to time parents misplace the information due to a myriad of issues and at the last minute seek vital information. The best and recommended method is to send a message to the Helensvale State School Facebook page which will be responded to in a timely manner. Posting on the P&C Facebook page adds an extra step, potentially delaying a response from the school. In discussions with P&C President Lisa Rae, we both agreed to direct parents to the school’s Facebook page for answers to school related questions.

School Reports

Semester 1 report cards will be forwarded home on Wednesday next week. The new look report card aims to provide parents with a clearer overview of their child’s achievements with easy to understand
subject information. On receipt of the report I recommend that parents set aside quality time to talk about your child’s achievements and goals for Semester 2.

2016 Japan Tour Group leaves next Thursday

When next week’s edition of Homelines hits your inbox our students and teachers will be in the air flying to Japan to commence our bi-annual cultural visit to Japan. This year 24 students will be travelling to Japan for a 10 day visit including a homestay with our sister school families. While the whole Japanese visit is a wonderful experience the homestay part of the visit always is the experience that students remember the most. I extend my special thanks to Mrs Rie Graham, LOTE teacher for coordinating the visit and who will be travelling along with our staff who are supervising our students: Mrs Sue Woodgate, Miss Suj Ponnusamy, Mr Michael Cacciola and Mrs Jo Irving. I wish our students and staff a safe visit and trust the memories of this adventure are positive and memorable.

Ks for Kids Fundraiser

Next Wednesday evening is game two of this year’s “State of Origin” Series for 2016. Given the interest in the game and media coverage the Student Council has decided to hold a free dress day next Wednesday to raise funds for our school chaplaincy program. A gold coin donation will be collected on Wednesday by the Student Council members. On Wednesday students are encouraged to wear either Maroon (red) or Blue clothing to indicate their support for NSW or Qld State of Origin teams. The funds raised will be directed towards this weekends Ks 4 Kids.

Ks4Kids is proudly supporting SU Qld state school chaplains that are working in our school communities to provide assistance, love and more positive options to our young generation. Why not donate to someone walking or running for this great cause, or better still.....walk or run yourself and raise valuable funds to ensure these invaluable Chaplaincy services are maintained and expanded to bring hope to every child in our school communities.

Quote of the week

“Life is 10% what happens to us and 90% how we react to it.”

From Mrs Austin’s Desk

Behaviour Management Parent Session

In last week’s Homelines I advertised a parent information session to discuss future changes to our behaviour processes and systems. Due to our scheduled Parent Reading Workshop with Mrs Brown & Mrs Kibbey, we are moving our Behaviour Management Parent Session to another day.

If you are still interested to attend, I am asking you to RSVP by sending me an email to ensure the parents sessions will go ahead. If we do not get enough numbers, we will postpone this event until Term 3. Please send your RSVPs by email to raust35@eq.edu.au. Alternatively, you can call the Administration office on 5556-1333 to secure a spot.

Behaviour Management Parent Session

When: Thursday 23 June
(Please note date change)
Where: PAC – Green Room
Time: 9am & 6pm
Who: All families welcome to attend
Please RSVP your attendance to raust35@eq.edu.au

Whole School Assembly

Week 11 is our scheduled whole school assembly.
We welcome the community to attend. See you all there.

Whole School Assembly
When: Wednesday 22 June
Where: PAC
Time: 2:15pm

Response to Intervention

Below are some letters written to Admin from Year 4 students trying to persuade us what topic we should do for RTI next Term. We wanted to share the impact RTI is having on our students and their enjoyment for learning...

I definitely believe that the RTI teachers are really pushing my grades up to a higher mark and my parents are also very proud of me. Every afternoon I come home with a really challenging maths problem for my parents to solve, sometimes they cannot even solve it, but I say use these strategies (doubles, double double, friendly fix, friendly balance, place value and friendly jumps.)

Firstly, the RTI teachers are very lovely and nice, they will help you with everything and anything. Also there are fitted groups just for you, but for reading there would probably only be two groups because my class is very equal and very good at reading, we get nearly 100% every time in reading.

Secondly, at the start of the year maths was my least favourite subject and now it is my third favourite subject out of 10 subjects. Also me and my parents will be very upset if reading is the RTI subject instead of maths, I’m not saying I don’t like reading it’s just that I’d rather maths to be the RTI subject.

Last of all, I truly believe later on in life we will need to study maths to get a degree and to get a good mark in tests, also if you’re at a super market you will need to add up prices to see if you have enough money to purchase what you want.

Yours Sincerely Jasmine

I really REALLY believe we should have reading for RTI. I have three reasons why we should have reading for RTI. Down below I have made up some reasons to have RTI as reading.

Firstly, we have done maths for almost two terms, so we should do reading for two terms. Even though we all got 100% on our reading, reading is good for you.

Secondly, when you get older and you get a job, you are more than likely to read. Say you become an author or illustrator, you have to read over your writing, or read the text to know what to illustrate.

And last of all, if you are a fluent reader you can be good at writing. Because you would look at words all the time, you could learn to say and write hard words.

So all up Ms Ona I think you should make RTI reading. Not just because of the good reasons I gave you just because reading is awesome, and it also it exercises your brain if it is a hard book for you. So please can RTI be reading?

From Imogen

We have to keep doing maths for RTI lessons because every student in Year 4 has almost completed 100% for reading. These are my reasons.

1. Lots of people in my class already know how to read properly.
2. Maths has helped people in 4C get smarter.
3. Lots of people in my class like doing maths with RTI.

So please can we continue doing maths with RTI Mrs Ona?

Here some strategies that I learnt with RTI.

### Friendly and fix

<table>
<thead>
<tr>
<th>Operation</th>
<th>Example</th>
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</thead>
<tbody>
<tr>
<td>940 - 81</td>
<td>940 - 80 = 860</td>
</tr>
<tr>
<td>(-1)</td>
<td>-1 = 859</td>
</tr>
</tbody>
</table>

### Subtraction

<table>
<thead>
<tr>
<th>Operation</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>98 - 24</td>
<td>90 - 20 + 8 - 4</td>
</tr>
<tr>
<td></td>
<td>= 70 + 4 = 74</td>
</tr>
</tbody>
</table>

Thank you for reading this.
From Henry

Thank you
This term we asked the community to help with before and after school supervision of students. Since this request, the school has also rostered two staff members to conduct before school supervision from 8:00-8:30am. This has seen an improvement to behaviour before school. We would also like to thank the community for their supervision of students after school. It is greatly appreciated.

School News
Published by The Administration Department

School Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur 16 June</td>
<td>Prep-Year 1 Assembly</td>
<td>PAC</td>
<td></td>
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<tr>
<td></td>
<td>Twilight Tunes 3:45-5:00pm</td>
<td>PAC</td>
<td></td>
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<tr>
<td>Fri 17 June</td>
<td>Senior Sports Day</td>
<td>HSS Oval</td>
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<tr>
<td></td>
<td>Years 5 &amp; 6</td>
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<tr>
<td></td>
<td>Including 2006 Yr 4 students who have qualified for Championship Events</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 20 June</td>
<td>Fleays Excursion</td>
<td>Year 5 - 5E &amp; 5F</td>
<td></td>
</tr>
<tr>
<td>Tues 21 June</td>
<td>Fleays Excursion</td>
<td>Year 5 - 5A &amp; 5B</td>
<td></td>
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<tr>
<td>Wed 22 June</td>
<td>Whole School Assembly</td>
<td>PAC</td>
<td></td>
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<tr>
<td></td>
<td>Free Dress Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 27 June</td>
<td>School Holidays Commence</td>
<td></td>
<td></td>
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<tr>
<td>Mon 11 July</td>
<td>Term 3 Commences</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 13 July</td>
<td>Whole School Assembly</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Mon 25 July</td>
<td>Snugglepot &amp; Cuddlepie Excursion</td>
<td>Prep-Year 1</td>
<td></td>
</tr>
</tbody>
</table>

School Payments
Commencing from Term 2, there was a change to the finance window opening days and hours. The new days are Mondays and Wednesdays with times of 8am – 9.30am.
Please assist us by adhering to these times.

All excursions and incursions have closing dates to make payment. Please ensure you pay by the due date as no late payments will be accepted.

Thank you for your assistance.

Leonie Foster
Business Services Manager

Bunburra Jajumms YATHGALAN
Beach Children's Whisper

Goals for 2016: 95% attendance

Date Claimer:
NAIDOC WEEK
11th-17th AUGUST
Deadly Choices every Monday
2:15pm
Babel Yilgarn every Tuesday
morning tea 10:55

Deadly Jajumms
Congratulations to Jyren
For achieving fantastic results in his reading.
Elijah for spectacular results in his reading test

Word of the Week:
Chungarra - Pelican

School Shirts
Child $35
Adult $50
Available in most sizes
Order now for NAIDOC

03-10 JULY 2016

Songlines:
The living narrative of our nation

Raffle
Baronnet Apartments
Value $418

$2/ 1 ticket
$5/ 3 tickets
$10/ 6 tickets

2 Nights for 2 people

1 bedroom, Superior Ocean View apt....

Low season, subject to availability.
Closes 1:30pm 2nd July
Drawn 2pm 2nd JULY by Mrs Pat Richards (Election Scrutineer) at
Helensvale Primary School performing Arts Centre
Winner notified by phone
Sponsored by Helensvale Primary School P&C
Raising money for Helensvale State School’s Indigenous Programs
In Mathematics, we have been learning to describe three-dimensional shapes and objects. For example, we have been learning that rectangular prisms have six rectangular faces, 12 straight edges and 8 corners. Spheres, on the other hand, have no faces, no corners and no edges. They have one curved surface and are perfectly round. Here we are holding up a variety of three-dimensional shapes:

In Science, we each had to choose a suitable material to create a boat that would float and hold marbles. We considered the properties of materials and chose a material that we thought would be flexible, waterproof and would float. Some people chose aluminium foil for their boat and others chose modelling clay. The boat that held the most marbles without sinking was Mia’s boat which held 11 marbles! Here we are testing our boats. If they didn’t float the first time, we had to think like a scientist and make changes to our boats to try to make them float:
News from 6A

Life Education

My experience at Life Education was fantastic! I had so much fun learning about how to be cyber safe.
I learnt to always get a full explanation about things I read or want to buy on the internet.
We also learnt about being responsible in social situations. We watched a movie about a group of girls who went to a party but because of bad choices made by one of the girls, they couldn’t get home on time. We learnt it is important to always have another plan in place when out at a party or even at the movies.
Jack H
It was a fantastic experience it will definitely help me decide on choices I make in the future.
Yuechan N
Remember, do not give your name and address to anyone over the internet that you do not know or trust, even if they ask you more than once.
Alex F
I learnt that to be on Facebook, you need to be over 13 years old. I enjoyed Life Education, and I think we all had fun.
Vanessa T

PE News

Sports Day Uniform

On this day students are encouraged to wear their House colours. This is not a free dress day to wear any colour they want, but students can wear sunsafe shirts (no singlets) and shorts that show their House colours. Students can also wear sporting shoes/runners for this day. All students must wear the school wide-brimmed hat. The newer versions of these hats can be worn inside out to show their House colour.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Rotation 1</th>
<th>Rotation 2</th>
<th>Rotation 3</th>
<th>Rotation 4</th>
<th>Rotation 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:20-10:05</td>
<td>10:05-10:50</td>
<td>11:35-12:20</td>
<td>12:20-1:05</td>
<td>1:05-1:45</td>
</tr>
<tr>
<td>10 years</td>
<td>Shot Put</td>
<td>Ball Games</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Boys</td>
<td></td>
<td></td>
<td>100m</td>
<td>Long Jump</td>
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<td></td>
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<td></td>
<td>Relay</td>
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<td></td>
</tr>
<tr>
<td>10 years</td>
<td></td>
<td></td>
<td></td>
<td>Shot Put</td>
<td></td>
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<tr>
<td>Girls</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>100m</td>
<td>Long Jump</td>
<td>High Jump</td>
<td>Ball Games</td>
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</tr>
</tbody>
</table>

SENIOR SPORTS DAY PROGRAM – Friday 17th June

Students born 2004-2006 (All Year 5/6 Student and “Championship” Year 4 students)
11 years
Boys  Long Jump  High Jump  Shot Put  Ball Games  100m Relay

11 years
Girls  Ball Games  100m Relay  Long Jump  High Jump  Shot Put

12 years
Boys  High Jump  Shot Put

Girls  Ball Games  100m Relay  Long Jump

Lunch 1.45-2.15pm
An Assembly will be held at 2.25-3.00pm in the PAC to announce winning houses and age champions.

VENUES
- High Jump - Main Oval (Centre of oval)
- Long Jump - Long Jump pit (Oval near Senior Playground)
- Shot Put - Shot Put circles (Environmental Area)
- Sprints/Relays - Marked running track (Main Oval)
- Ball Games - Multi-purpose courts

Chappy Corner
Are you needing to work or just looking for something to occupy your children during the upcoming June/July holidays?
There are many organisations that offer holiday programs such as the Gold Coast City Council. Check out this link to see what is available http://www.goldcoast.qld.gov.au/active-healthy-program-booklet-28396.html

Other organisations that offer camps to meet various interests such as surfing, fishing, footy, the arts, technology and so much more are:
SU Qld (click on Find A Camp once on the site) http://sucamps.org.au/

If you have any questions, please feel free to contact School Chaplain Long Bradley at school on Tuesdays and Wednesdays or via email at lbrad49@eq.edu.au

HOST FAMILIES REQUIRED FOR JAPANESE STUDENTS
Helensvale Primary School will be welcoming students from the Kokuren Study Tour from 25 July – 3 August. Students are between the ages of 10-14.
The programme provides both the visiting students and the hosting families with a wonderful opportunity to share experiences and cultures and to develop life-long friendships.
You will be required to supply 3 meals a day, transport to and from school and a warm, friendly, home.
If you are interested in hosting a student or you would like any additional information, please contact Naomi or Judy on the following number
The Japanese Advisory Service
(07) 5592 0575

Uniform Shop News
Senior Shirts
I have been advised that it’s possible to do a second run of Senior Shirts if there is enough people wanting them. Unfortunately if there is not enough orders, shirts will retail for around $50-$55. Just thought I’d let you know in case someone really wants another shirt. They will take around 10 weeks to arrive. If you would like to place an order, please let me know ASAP!!! Orders must be in before the holidays. Thanks in advance.

Email Address
Great news!!! The Uniform Shop now has an email address. You can contact me directly at The Uniform Shop at hssuniformshop@gmail.com. I hope you will find this an easy way to contact me with your enquiries.

Fleecy Stock
Please note that the size 6 Fleecy Jackets have sold out and some other sizes are low in stock. New stock is expected to arrive over the holidays.

Regards
Chris Jupe
Uniform Shop Convenor

From the Drama Room
Our prep's to year 3 students have been practising their puppeteering! Last week we started using the puppet theatre and had some amazing results. Here is a performance for you to enjoy.

Lost Property
Could families and students please check lost property for any missing items before the end term.

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@austrnews.com.au if you are interested in advertising your business.

Youth Flourish Outdoors
Upcoming Event: Hangouts!
Book Now

Trauma Focused Adolescent Group Work
Six Sessions - 2 Hours – Weekly
10th May to 14th July - 6pm to 8pm – Tuesdays
This Program is designed for Teenagers - 13 through to 18 years old.
Outdoor Adventure Based Activities, incorporated with Psychological Strategies covering:

- Psycho-education
- Stress Management
- Social Skills Training
- Challenging of Schemas
- Problem Solving Skills
- Relaxation Strategies
- Communication Training

The Flourish Team blends Experience with Adventure as therapy; focusing on adolescent development and trauma, and follows the Australian Practice Guidelines for the Treatment of Complex Trauma.

An additional 4 Sessions (10 in total) are available in August if desired, to further continue the work.

Location: Oxenford Youth Centre
25 Leo Graham Way, Oxenford, Qld 4210

Information for Participants:

DESCRIPTION:
Every week you will join a small team with great leaders at one of a number of adventure locations for the evening. The team will remain the same over a ten week period. Here you will get to know one another’s strengths and abilities and gain confidence as you move up the skill ladder.

You will learn how to work successfully as a team, how to lead, how to make good friends, and how to support and guide others.

PRICE INCLUDES:
- Food ingredients (yes, you will be cooking!)
- Games
- Problem Solving Activities
- Photos (Access to our online community)
- Certificate of Completion
- Poster of the Group and Challenges

DON’T FORGET:
Each of the Challenges are your choice; you will not be forced to finish any of the tasks. Each step of the program is a real challenge, they are built to make you think and feel stress (in a fun way), and accomplish.

You will do lots of things you have never done before!

The most important tool to bring with you is respect; this will help a lot.

OUR TIPS:
Make sure you wear comfortable clothes that you could do sports in, including sneakers.

Since we’ll be outside, bring a hoodie.

BOOK NOW!
Indigenous playgroup for children aged 0-5 years and their families. Supported by a qualified Indigenous Early Childhood Educator and Family Support worker. The playgroup provides cultural activities for children, parents and families. With an opportunity to establish social and support networks within your community.

For more information call North Gold Coast Early Centre 07 56449100 or Sonya Owen - 0449902770. If transport is required please phone prior to the day. Thank you.

WANT TO LEARN HOW to assist Aboriginal and Torres Strait Islander experiencing mental health problems?

Aboriginal and Torres Strait Islander Mental Health First Aid Course

We respectfully acknowledge the traditional custodians of the Beautiful Island in which we live, work and play, and pay our deepest respect to our Elders past, present and future.

This two day course is conducted by the Aboriginal and Torres Strait Islander Health Service, Gold Coast Hospital and Health Service and on occasions may be co-facilitated with other services.

Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis, until appropriate professional treatment is received or the crisis resolved. Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid (MHFA) Australia and conducted by MHFA instructors across Australia.

The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as a 14 hour course, typically conducted in 6 modules but we are holding it over two days. This course teaches health professionals and community members (16 years and over) how to assist an Aboriginal or Torres Strait Islander adult who is developing a mental health problem or in a mental health crisis.

Who can attend the course?

This course is targeted to Gold Coast Aboriginal and Torres Strait Islander community members over 18 years old.

However, if there are vacancies the course will be made available to Aboriginal and Torres Strait Islander Community members from outside of the Gold Coast, Non-Indigenous Community members and staff of services working with Aboriginal and Torres Strait Islander clients. Please contact the service to confirm availability.

Please note: this course is not a cultural awareness, therapy or support group rather it is an education course to learn how to give first aid to others.

What the course covers

- Aboriginal and Torres Strait Islander social and emotional wellbeing
- Mental health problems in communities
- Mental health first aid strategies for working with Aboriginal and Torres Strait Islander communities.

Developing mental illnesses:
- Depression
- Anxiety
- Gradual onset psychosis
- Substance misuse
What the course covers (Continued)

Mental health crisis situations:
- Suicidal thoughts and behaviours
- Aggressive behaviours
- Severe effects of drug or alcohol use
- Panic attacks
- Traumatic events
- 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

KIRRRA 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
- 8 & 15 September
- 2 & 9 December

Click here to download
1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf

NORTHERN GOLD COAST
COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCYC)
25 Lea Graham Way Oxenford
P: 55 245 9756 554 986
E: family@youthcentre.org.au

FREE PROGRAMS FOR PARENTS Term 2 2016

PARENTING MADE EASIER (4 weeks)
This is a four session program for parents and carers of children aged 0 – 12. It will help you understand children’s misbehaviours, and provide you with strategies to develop and foster emotional resilience, respect, cooperation, and responsibility in your children.
Friday 29th April, 6th, 13th and 20th May: 9:30 am - 12.00 pm

1,2,3 MAGIC & EMOTION COACHING (3 weeks)
A three session program designed to help parents/carers and educators of children 2 – 12 years to manage challenging behaviours. Strategies are also suitable for children with ASD or ODD. 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.
Wednesday 12th April, 19th April and 3rd May: 6.30 pm – 8.30 pm
Thursday 12th May – 19th May: 9.30 am – 11.30 am
Friday 26th May – 2nd June: 9.30 am – 11.30 am

TUNING IN TO KIDS (6 weeks)
Co-funded by the Mary Macly Foundation
This six session program teaches parents and carers 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 severe emotional and behavioural issues.
Tuesday 3rd May – 7th June: 5.30 am – 12.00 pm
Wednesday 18th May – 22nd June: 6.00 pm – 8.30 pm

ASSERTIVENESS (4 weeks)
Co-funded by the Mary Macly Foundation
This is a four week nurturing program designed to build self-esteem by supporting you to feel better about yourself, increase your confidence, and help you fulfil your goals in life.
AustNews ePublisher

Wednesday 11th May – 18th June: 2:30 pm – 12:00 pm

**Relational Rescue** *(one day course)*

This one day program offers an opportunity to explore ways to have a fabulous relationship, repair a troubled relationship, and understand why a relationship may not be working. Relationships include partners, siblings, work associates, partners, and children.

Saturday 21st June: 9:00 am – 6:00 pm

**Anger Management/Conflict Resolution** *(4 weeks)*

NEW! A four week program filled with information about anger – what it is, how it impacts our lives and relationships, and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships.

Monday 23rd May – 13th June: 9:00 am – 11:30 am

**Babysitting Training** *(5 weeks)*

For 12 – 17 year olds, this five week course uses a practical and fun approach to babysitting. The course covers interacting with kids, basic first aid, basic child development, and tips on managing difficult behaviors. A supervised outing is provided.

Monday 8th May – 6th June: 3:45 pm – 5:45 pm

Hollywood Library & Cultural Centre
corner Lindfield Rd & Sir John Overall Dr, Helensvale
P: 5581 5626

Child minding is available during all programs for children aged 0 – 5 years. First child - $4.50; $2 for every child thereafter. Places are limited and bookings are essential. Fee to be paid prior to commencing program.

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

All programs are held at Oxenford and Coomera Community Youth Centres unless otherwise indicated.

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**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 0-5 years
- Live in the local area
- Feel in need of more support in their parenting role
- Have feelings of isolation or feel overwhelmed
- Have limited or no local networks to support them
- Need more support connecting to services in their local community
- Are willing to accept a volunteer home visitor if they are asked to

If you would like to know more about the research, please don’t hesitate to contact Tiffany Kinoshita on 5644 9400 or another member of the research team from the Children and Families Research Centre at Macquarie University.

Tiffany Kinoshita
Research Assistant
Ph: (07) 5644 9400
E: tiffany.kinoshita@mq.edu.au

Dr Rebekah Grace
Chief Investigator
Ph: (02) 9850 8844
E: rebekah.grace@mq.edu.au

Dr Kelly Baird
Project Manager
Ph: (02) 9850 8869
E: kelly.baird@mq.edu.au

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**SUPPORTING ORGANISATIONS**

benevolent

artrite

western sydney university

macquarie university

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AustNews ePublisher

Gold Coast Table Tennis

THE FUN, SAFE & FRIENDLY exciting sport of TABLE TENNIS!

Free Come and Try Day
SATURDAY 18TH JUNE 2016 10AM - 12NOON
Gold Coast Table Tennis Centre
Lot 1 Herbertson Drive Mooloolaba

For more information visit www.goldcoasttabletennis.org.au
(07) 5537 1083

Free Dental Treatment for Kids Aged 2-17
Up to $1,000 a child for the Medicaid Child Dental Benefits Scheme.
Call us today with your Medicare card number to check your child's eligibility.

Contact Us Now: 5573 2122
*

Thowers House

School Holiday Program 27 June - 8 July 2016

Monday 27 June 2016
8am-10am Ice Skating
10am-12pm Tie-dyeing
12pm-1pm Lunch
1pm-3pm Kayaking
3pm-5pm Throwers game of records

Tuesday 28 June 2016
9am-10am Basketball shoot-out
10am-12pm Ready, steady, cook!
12pm-1pm Lunch
1pm-2pm Muay Thai
2pm-3pm Dance
3pm-5pm Games

Wednesday 29 June 2016
9am-10am Frisbee flying
10am-12pm Inflatables
12pm-1pm Lunch
1pm-3pm Inflatables
3pm-5pm Competitions on offer

Thursday 30 June 2016
9am-10am Softball
10am-12pm Art and nature
12pm-1pm Lunch
1pm-3pm Art attack
3pm-5pm Movie mania

All activities are free!
**Thrower House**

**School Holiday Program 4 July – 8 July 2016**

**Monday 4 July 2016**
- **WEEK 2**
  - 9am-10am Soccer
    - Show us your soccer skills
  - 10am-12pm Olympic prep
    - Let’s get ready for our Winter Olympics day
  - 12pm-1pm Lunch
    - Join us for a picnic in the park
  - 1pm-3pm Kayaking
    - Are you ready to Kayak up Cumumber Creek
  - 3pm-5pm Oz Tag
    - Come join us for Oz Tag Taggy style

**Tuesday 5 July 2016**
- 9am-10am Elimination Games
  - Try to keep yourself in these games the longest
- 10am-12pm Classic cooking
  - Cook and eat these yummy treats
- 12pm-1pm Lunch
  - Join us for a picnic in the park
- 1pm-2pm Energy entertainment
  - You won’t want to miss this session
- 2pm-4pm Crime stoppers
  - Be your own detective
- 4pm-6pm Dance
  - Groove with Gabby’s dance moves (Olympic dance)

**Wednesday 6 July 2016**
- 9am-10am Handball
  - Handball competition, will you win?
- 10am-12pm All things gardening
  - Learn to grow and cook with freshly grown produce
- 12pm-1pm Lunch
  - Join us for a picnic in the park
- 1pm-3pm Olympic prep
  - Get a ready to rumble the Winter Olympics
- 3pm-5pm Movie mania
  - Sit back, relax with some more treats while watching a cool flick

**Thursday 7 July 2016**
- **We’ve won the Summer Olympics lets win the Winter Olympics**
- 8am-9am Olympic games
  - Thrower House are ready to take on other hubs to win the Winter trophy back
- Participants and teams will be picked prior to this date so get your name down quick!

This is an offsite excursion therefore Thrower House will be closed. Please ensure that you are ready to leave Thrower House at 8am when the coach arrives. We will return at 4pm.

**Friday 8 July 2016**
- 9am-10am Baseball
  - Mini baseball camp, who is up for it?
- 10am-12pm Sand art
  - Create groovy art with coloured sand
- 12pm-1pm Lunch
  - Join us for a picnic in the park
- 1pm – 3pm Skateboarding
  - Flavo is back to share his skating skills
- 3pm-5pm PJ party
  - Wear your Onesie/PJs and join the Thrower party

Please note: You can join the program on any day. On arrival you will need to complete a registration form.

**Thrower House**

**Located at Salk Oval, Thrower Drive, Palm Beach**

**For information:** email Throwerhouse@goldcoast.qld.gov.au or text/phone 0408 734 091

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**Box Ball Australia**

**Presenting**

**Super Sports Holiday Program**

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June/July School Holidays

Tuesday 28/6, Thursday 30/6, Tuesday 5/7 & Thursday 7/7
9am - 3pm Each Day (Drop Off from 8am)
Ages 6 - 13 years old

1 Day Pass $70, 2 Day Pass $120, 3 Day Pass $165, 4 Day Pass $200
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