Term 3 Week 6 18-8-16

Principal's Message

Published by The Administration Department

Important Dates

Year 3
Big Bang Education
Thursday 1st September – classes: 3A 3B 3E
Friday 2nd September – classes: 3C 3D 3F
Cost: $7.50
Last day for payment is 29th August 2016

Year 1
Paradise Country
Friday 9th September – all year 1 classes
Cost $19.00
Last day for payment is 5th September 2016

Year 6
Teppanyaki Japanese Restaurant
Wednesday 7th September - 6E 6A
Monday 12th September - 6C 6D
Tuesday 13th September - 6F 6B
Cost: $25.00
Last day for payment is 5th September 2016

The finance window is open Mondays and Wednesdays 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.

Dear Helensvale Community

School Records Up to Date?
Are your family records at school up to date? Imagine how you would feel if the school was unable to contact you in an emergency as you have not updated your family contact details, court orders and emergency contacts. Act now to update your records.

Gold Coast Show Day – Friday 26 August – School Closed
Reminder that the school will be closed on the Gold Coast Show holiday on Friday 26 August. Enjoy the GC Show.

2017 Prep and Enrolments

Contact Details
Address 8 Lindfield Road
HELENSVALE
QLD, 4212
Phone 5556 1333
Email admin@helensvaless.eq.edu.au
Web https://helensvaless.eq.edu.au
Absentee line 07 5556 1370

Our recent PREP information sessions were well attended. Shortly the visits to the kindergartens and early learning centres will commence to conduct the initial assessment to assist class placement in 2017. Enrolments are now open for 2017 with enrolments packages available from our school office.

If you have neighbours or friends who have Prep aged students for 2017, please pass on this information – we would love to welcome new families into our school

How did we ever live without it—35th Anniversary?

Thirty-five years ago this month, a device that most of us took for granted, has grown in number from 1 in August 1981 in Melbourne, costing $5600 ($17000 in today’s value) to 26 million today at a cost of between $150.00 -$1000.00, celebrates its thirty-fifth anniversary in Australia. This device has become the most sort after device for all ages and has changed significantly how our society functions, does business, communicates, listens to music, keeps people informed about news in print and video and records most aspects of our life.

The initial sales of these devices was limited to car installations, but today it is compact, mobile, multifunctional and you can’t leave home without it. The device has also added to our vocabulary and shortened the English language into a form which would make a 1950s English master turn over in his grave. Android, apps, texting, iTunes, downloads, video chat, Facebook, blogs, live streaming etc., are now common parts of our language with the younger generation unaware how we lived before the mobile phone. Consultants in this industry believe today’s mobile phones will develop to a much higher level of sophistication and become integrated into eye glasses, watch like devices and perform tasks that we have no idea will exist before our PREP children enter high school. In conclusion the mobile phone has transformed our world, our lifestyle and our family’s communication pattern, not always promoting respectful and reputable comments or images guaranteed to build positive relationships.

Tuckshop Helpers needed on Thursday

Thank you to our community for the quick response to the request for additional tuckshop helpers for Mondays. Now we extra help on Thursdays. Do you have time to help? Contact Tracy at the tuckshop. Thank you in anticipation of your support.

Westfield Shopping Centre thank you

I wish to publically acknowledge the support offered to schools in the Helensvale area by the Security team at Westfield. On occasions when a student goes via the Centre on the way to school the Security Team has been quick to inform us of their whereabouts reducing the stress on parents and school staff. Thank you for your support.

Eisteddfod Update

Our first performance of the 2017 Gold Coast Eisteddfod, by the Beginner Strings has proved to be both an exciting and challenging time for our young performers against very strong competition.

The competition was very strong with the private and independent schools providing benchmark performances. Thank you to our music teachers Nina Holie, Sue Purton, Stephanie Williams and Amana Bowen for their dedication and commitment to our instrumental and choral program. Congratulations to all our participants in this year’s competition.

Today it was my pleasure to accompany our Senior Band for their performance at the Gold Coast Eisteddfod. Our young musicians displayed a high level maturity in the practice room with no signs of nerves or anxiety before the big performance. In a highly competitive section with 12 schools from private and state schools our school took out 3rd place. Congratulations to our musicians on a great performance and a special thank you to Instrumental teacher Mrs Sue Purton for her dedication and commitment to her students.

Bicycle Maintenance Program

Our school chaplain, Mr Long Bradley, together with the assistance of Karl Wall from the P&C, and others, have been able to obtain a shipping container for his bicycle maintenance program. Long shared the idea with his chaplaincy supporters and at the P&C meeting - and all are on board and very supportive. He has quite a number of people who are more than willing to get rid of their old bikes taking up space at home.

If you know of anyone who wants to support the program with a bench, shelving and tools or anything else you think could be useful, please feel free to contact Long: lbrad49@eq.edu.au

Michael Shambrook
Principal
“One shouldn’t be afraid to lose; this is sport. One day you win; another day you lose. Of course, everyone wants to be the best. This is normal. This is what sport is about. This is why I love it.”

— Oksana Baiul, Olympic Gold Medalist

From Ms Brown’s Desk

Attendance

Overall school attendance for the year is currently sitting on 93%. The two cohorts with the best attendance are Prep and Year 4 with 94%. Our Term 3 data has dropped by almost 2% in the majority of cohorts with all the winter coughs and colds.

Do you have a child who struggles to come to school? Please don’t hesitate to contact Mrs Jenny Schaffer, our Guidance Office, if you need support with school refusal.

Prep 2017 Enrolments Open

Prep enrolment interviews commence on Tuesday 23 August. These will each take about 15 minutes. If you have not yet collected the enrolment pack and booked an interview time via the office, please do so as soon as possible. All paperwork must be completed prior to booking the interview. We all look forward to welcoming our new Preppies and their families into our close knit school community.

As part of the enrolment process, to ensure we provide the best possible start for each child next year, the Brigance Early Childhood Screen 111 is used as a tool to gain a snapshot of school readiness and mastery of early developmental and academic skills. This year, for children attending Koala Kindy; Goodstart Early Learning in Helensvale; Bright Horizons in Helensvale and Young Discoverers, the screening will be conducted in the child’s centre with their teacher present. For these children, it will not be necessary to attend the enrolment interview with their parent as I will meet those children in their centre.

If attending another centre, (children come to us from up to 25 different locations), or do not attend one at all, it will be necessary to bring your child with you when enrolling so the Brigance Screener can be conducted at Helensvale State School. It’s only a short process and fun! Please feel free to call me on 5556 1333 if you have any queries.

Strings Eisteddfod

Congratulations to all our Strings students who participated in last week’s Eisteddfod. The adjudicator’s feedback was positive. Helensvale’s ensemble made a great impression on other schools and teachers in the audience. The adjudicator and some of Miss William’s teaching colleagues who were listening said Helensvale produced a lovely confident sound and if we wanted to improve, posture (how instruments are held, standing/sitting straight) and bow techniques would be two big things to work on to improve the quality of sound. Feedback is so important for improvement.

Rehearsals are now back to once a week. Years 4, 5, 6 have before-school practice on Tuesday mornings at 7.45am which coincides with the lesson on the same day. Please make sure you contact Miss Williams before school (swill541@eq.edu.au) if your child can’t make it.

Book Week

On 22-25 August, Helensvale State School is celebrating Book Week. We are very excited to have Dr Anita Heiss, a member of the Wiradjuri nation of central New South Wales and one of Australia’s most prolific and well-known authors of Indigenous literature, join us on Thursday 25 August.

Students are already planning their favourite character costume for Thursday’s dress up and we are looking forward to seeing everyone’s outfit and trying to guess the character.

If you have time, please drop into the library to have a look at the display featuring all the 2016 shortlisted books. Thanks to Ros Melrose and Ursula Newbery for their creative flair which has encouraged the students to drop in for a look see.
Coding in Prep Classes

Our Prep students are continuing to build their coding skills with Mrs Fewtrell. This week they have been out on verandas and programming Sphero, a small robotic ball, to navigate under bridges and around corners on a tricky block-enclosed pathway. Students are always eager for their digital technology lessons and the delight is obvious when the robots behave as programmed!

Prep B Sphero Experience- Tuesday 16th of August 2016

What did your group have to do before playing with Sphero?

Emma explained, “First we had to get some big wooden blocks and we had to take them outside. We made a track for Sphero to go around.”

How did we make Sphero move?

Julian explained, “We use the iPad to control the Sphero. You have to leave your finger on the iPad to make it move, not like Bebot when you take your finger off. It can go left, right, forwards and backwards.”

Why did you enjoy playing with Sphero?

Keely said, “I loved playing with Sphero because you get to control it and make it move. It helps us to learn left, right, forwards and backwards when we make it move.”

Great work, Prep B!

Stranger Danger

Please take the time to reinforce stranger danger through ongoing and open communication with your children. Whilst keeping in mind the age and maturity of the child, equip each with the knowledge and strategies to protect them in dangerous situations by instilling confidence rather than fear.

Three key messages:

Encourage your children to be aware of their surroundings and to recognise warning clues. Help them to consider choices that may keep them safe or help make them safe again as quickly as possible. Encourage the reporting of unsafe incidents to an adult.

PREMIER’S READING CHALLENGE 2016
16 May to 25 August

The purpose of the challenge is to encourage students to be enthusiastic about reading, writing, authors and illustrators. Students may read fiction and non-fiction books suited to their reading ability.

Congratulations to our students who have achieved the challenge and handed in their completed forms.

Please ensure students complete their record forms with the titles and authors of the books read.

With 1 week left, I hope all students are reading every night aiming to achieve the challenge by 25 August.
Children’s Book Week 20 - 26 August

Children’s Book Week celebrates books and Australian authors and illustrators. The theme for 2016 is Australia! Story Country as Australian children’s literature is filled with memorable characters and places and our country has been a ‘story country’ for many thousands of years.

We will be celebrating Book Week throughout the week 22 – 25 August as Friday 26 is the Gold Coast Show holiday.

Librarians from the Helensvale Library will visit our school on Monday 22 to read to our Prep and Grade 1 students.

The short listed books for the various awards will be on display in our library and a dress-up day is planned for Thursday 25 August.

For further information: cbca.org.au

From Mrs Austin’s Desk

New Behaviour System

In previous Homelines, we have identified the positive reinforcement of the new behaviour system. This week we will discuss the consequences when students choose not to display the expected Academic and Social Behaviours in the classroom or playground.

As a school, we are trying to ‘raise the bar’ with our behaviour expectations at Helensvale State School. Our core business as a school, is a place of learning, but disruptive behaviour choices of students can, at times prevent us from achieving this. Therefore, it was imperative that as a school we were transparent in the expectations of our students. Statements such as “Teachers have the right to teach and students have the right to learn”, “Follow instructions the first time every time”, “Show respect to all adults and students at all times” and “Do the right thing even when no one is watching” are common statements used to challenge students thinking and behaviour choices. We also know that these expectations are not limited to school, but at home and in society.

To raise the bar, we had to ensure the new behaviour system had consistency, fairness and transparency. This is paramount to ensure the teachers, students and the community are all working from the same page.

The table below outlines the process staff will take when students break a school rule according to their appropriate year level. Please note: that students can jump zones depending on the severity of each situation and context.
### Three Strikes in the Red Zone or Community Service

As students move through the daily zone chart, warnings are given to students to assist them in making better choices with their behaviour. After verbal warnings and reaching the Orange Zone, students are given a number of opportunities to turn around their behaviour choices. By reaching the Orange Zone, this clearly informs students they are dangerously close to the Red Zone. If students still persist with negative behaviour choices, they will be moved to the Red Zone. Red Zones equate to a ‘Strike’.

<table>
<thead>
<tr>
<th>Prep &amp; Year 1 - Classroom</th>
<th>Year 2 - Year 6 - Classroom</th>
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</thead>
<tbody>
<tr>
<td><strong>First Time</strong></td>
<td><strong>First Time</strong></td>
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<tr>
<td>Verbal warning and rule reminder.</td>
<td>Verbal warning and rule reminder.</td>
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<tr>
<td><strong>Second Time</strong></td>
<td><strong>Second Time</strong></td>
</tr>
<tr>
<td>Verbal warning and rule reminder. Student moves to the border of Green and Orange Zone.</td>
<td>Move to the Orange Zone, rule reminder again.</td>
</tr>
<tr>
<td><strong>Third Time</strong></td>
<td><strong>Third Time</strong></td>
</tr>
<tr>
<td>Move to the Orange Zone, rule reminder again.</td>
<td>Move to the Red Zone. 10 minutes Time Out OR Buddy Class. Name recorded as a ‘strike’, families informed about the behaviour incident. Optional (if required) follow up detention with classroom detention during the next break time.</td>
</tr>
<tr>
<td><strong>Fourth Time</strong></td>
<td><strong>Severe Clause</strong></td>
</tr>
<tr>
<td>Move to the Red Zone 10 minutes Thinking Table or Buddy Class. Name recorded as a ‘strike’. Families informed about the behaviour incident. Optional (if required) follow up detention with classroom detention during the next break time.</td>
<td>Refer to Administration/Behaviour Teachers and home contact made. (Willfully hurts another student, willfully destroys property, repeatedly refuses a direction, major theft, engages in behaviour which endangers a class)</td>
</tr>
</tbody>
</table>

**Severe Clause**

Refer to Administration/Behaviour Teachers and home contact made. (Willfully hurts another student, willfully destroys property, repeatedly refuses a direction, major theft, engages in behaviour which endangers a class)

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Three Strikes in the Red Zone or Community Service

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Red Zones or ‘Strikes’ will accumulate and be tracked across a term. If students get 3 strikes in a term, then their behaviour is in need of review. Therefore, a stakeholder meeting will be conducted with families, school and students to further investigate the behaviour concerns. As a school, we recognise that some students require additional help and support to assist with their behaviour choices, and this meeting is an opportunity to make a positive plan in moving forward.

Below is an overview of how the 3 Strikes process will work.
Next week, I will discuss some of the proactive programs the school has introduced to assist and support students when they have been identified as requiring support. This is really exciting as new initiatives begin to roll out.

I would also like to thank those families that have contacted the school asking for ‘zone charts’ to be sent home. There has been such a positive response from the community wanting to implement the same system into their homes. As this system encourages students to be accountable for their choices, the zones make it extremely easy to transfer from school to home. I encourage parents to sit down with their children and negotiate what the ‘expected behaviours’ or ‘values’ are at home, and then use the zones to reinforce them.

If you would like an electronic version to be sent home then please contact admin@helenvalloes.eq.edu.au and we will send you the file via email.

I would also like to include an email received from a parent of our community that attended our Parent Behaviour Information Session held this term. We are receiving so much positive feedback which the staff appreciate receiving.

“I found the night very informative and well developed. I informed my wife about the information and the new plan that was going to be implemented, and we both agreed that it sounded well crafted and designed. We both love the idea of parents being informed with great behaviour in the same respect that bad behaviour is too communicated. We also like the straight forward reward/disciplinary chart that puts ownership back onto the children and giving them a sense of ownership. We have already seen a benefit. Samson has expressed great excitement over the new colour scheme/behaviour chart and has even requested we use a system similar for a good behaviour chart. My wife and I are happy with the new direction and emphasis put on helping to correct the bad behaviour rather than just react to it.”

School News

Published by The Administration Department

School Calendar

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon 22 Aug</td>
<td>Book Week</td>
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<tr>
<td>Tues 23 Aug</td>
<td>Year 1 Pirate Day</td>
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<td>Wed 24 Aug</td>
<td>P&amp;C Meeting 7yr</td>
<td>Admin Building</td>
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<td>Thur 25 Aug</td>
<td>Book Week Dress-up Day</td>
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<tr>
<td>FRI 26 AUG</td>
<td>Gold Coast Show Holiday</td>
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<tr>
<td>WED 31 AUG</td>
<td>ComBank Incursion Yr 1</td>
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<tr>
<td>THUR 1 SEP</td>
<td>Year 3 Big Bang Education Incursion - 3A, 3B, 3E</td>
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<tr>
<td>FRI 2 SEP</td>
<td>Year 3 Big Bang Education Incursion - 3C, 3D, 3F</td>
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<tr>
<td>WED 7 SEP</td>
<td>Year 6 Teppanyaki Excursion - 6E, 6A</td>
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<td>FRI 9 SEP</td>
<td>Year 1 Paradise Country Excursion</td>
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<tr>
<td>MON 12 SEP</td>
<td>Year 6 Teppanyaki Excursion - 6C, 6D</td>
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<td></td>
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<tr>
<td>TUES 13 SEP</td>
<td>Year 6 Teppanyaki Excursion - 6F, 6B</td>
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<tr>
<td>WED 14 SEP</td>
<td>Whole School Assembly</td>
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<tr>
<td>FRI 16 SEP</td>
<td>Last day of Term 3</td>
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Bonburra Jajumms Yathgalen

Beach Children Whisper

**DATE CLAIMER**

- Sunday School every Monday 2.15pm
- Bible Study every Tuesday (term time) 1-3.15pm

**Goal for 2016: 95% Attendance**

**WORD OF THE WEEK**

Muni - Kangaroo

**SCHOOL SHIRTS**

- Child $25
- Adult $50

Available in most sizes

**DEADLY JAJUMMS**

Gold Coast languages workshop

- Highly Recommended: Jason-Lee K
  - Attendance: 90-95%
  - Most Improved: Clever 4K, Red 4C
  - Keep up the good work
  - Remember to wear your shirt
  - Student of the week: Indyka PJ

**SIGNIFICANT DATES**

**AUGUST**

- 4th: Aboriginal Torres Strait Islander Children's Day
- 9th: International Day of Indigenous People
- 13th: Remembrance Day Massacre NT
- 14th: Tian Land Council established
- 25th: Gunngi walk off Wettenhall Station NT

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**NEWS FROM AUNTY VICKI**

All students are welcome to join the reading/homework club every Wednesday and Thursday morning from 8:30 am.
NEXT P&C MEETING WED 24 AUGUST

5c CHALLENGE

Wow what an amazing fortnight it has been. Over $2800 of coins counted and it see’s Prep C out in the lead on $213.65. An amazing effort by all, so keep up the great work...

FATHER’S DAY STALL

Our Father’s Day Stall is coming up on Tuesday 30th August. Father’s Day gives us the opportunity to show our Dad’s and Grandad’s how much we love and appreciate them. So come along and buy them a special gift for $5.

HAWAIIAN LUAU TRIVIA NIGHT

The P&C are pleased to announce that we are once again holding a Trivia Night. It is being held on Saturday 15th October from 6pm-10pm. Come along for a night of music, fun and trivia. Tickets will be $10, with platters available to order. Tickets will be on sale soon...
Wonderful work Helensvale! With 45% of Helensvale State School were active travellers by walking, riding, catching a bus or car pooling to school. Congratulations to all students who were active travellers!

Over the next 3 weeks our Green Boot Awards are being awarded to the classes with the highest percentage of students that ride their bike or scooter to and from school. Our sector winners are:

Prep & Year 1 winner – 1B
Years 2 & 3 winner – 2C
Years 4 – 6 winner – 5E

The most active class at Helensvale State School was 5E with 78% of the class being active travellers!

Another super week 5E!

This Friday, we are having an Active School Travel Breakfast to celebrate Queensland Road Safety Week. If you are an active traveller, please come along and enjoy some breakfast with us.

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.

From the Active School Travel Team

News from Prep A

Over the past few weeks Prep A have been collecting data to provide useful information. This week we wanted to know which type of vehicle was the most popular passing our school. On Monday we walked down to the oval and observed the types and numbers of vehicles driving past. After analysing our tally marks, we discovered that cars were the most popular vehicle passing by our school. Prep A were surprised to see many utes and four wheel drives driving past too. We were a little disappointed that we didn’t see any motor bikes but it was exciting when the taxi drove by because we weren’t expecting that.

2016 GOLD COAST LANGUAGE SPEECH COMPETITION

Incorporating the Queensland Japanese Speech Contest

On Sunday 14th August, the Gold Coast Languages Speech Competition was held at the Gold Coast campus of Griffith University. 39 schools from the Gold Coast, Logan and Brisbane districts attended the competition. There were more than 300 students from Year 4 to 6 competing in the Japanese section.

I am very pleased to announce that Tobias R (4A) won a 1st place medal, Molly W (4A) won a 3rd place medal and Lucy F (4A) won a 5th place medal in the Year 4 division.

Sonny D (5C) won a 1st place medal and Cody A (5C) won a 2nd place medal in the Year 5 Background speaker division. Keigo S (6A) won a 2nd place medal in the Year 6 Background speaker division.

Helena P (6A) won a 2nd place medal and Amelia G (6A) won a 3rd place medal in the Year 6 division.

The following students received a highly commended in their division: Year 4: Juvarni-Lee K (4E), Lilly-May M (4F) Year 5:
Congratulations and well done to all who represented Helensvale State School at the competition. Rie Graham –
Japanese Teacher

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.
Helensvale State High

“High School Experience Day”

Friday 2 September, 2016

For all current Year 6 students already enrolled at Helensvale State High for 2017

What happens at the Helensvale State High “High School Experience Day”?

Students will be participating in a variety of engaging lessons and activities throughout the day.

What to Bring? Afternoon tea, water bottle, hat, small notebook and a pencil case. BBQ lunch will be provided.

What to Wear? Primary school sports uniform (casual dress welcome)

Where to come? Students will assemble at the Helensvale State High Year 7 Discovery Place building at 9:30am and will be released from Helensvale State High at 2:30pm. (Best parking and entrance for 9:30am drop-off – Rugby Lane)

Admin, Teaching and Support staff will be available to answer student and parent questions from 8:30am.

Students will go to classes at 9:45am. At this time parents are free to be in the gym to attend information presentations from 9:30am to 10:30am and a light morning tea with our Principal Mr Eldridge.

*Please ensure you have submitted your completed enrolment forms by August to be included in this day.

Helensvale State High
24 Discovery Drive, Helensvale 4212
Phone: 55795553
eMail: 210h_admin@eq.edu.au
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.

**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
Jarjums
Free Playgroup
And Family Gathering

Where: North Gold Coast Early Years Centre
crm 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 educational activities

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.

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WANT TO LEARN HOW
to assist Aboriginal and Torres Strait Islander people 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 respect to our Elders past, present and future.

This two day course is conducted by the Aboriginal and Torres Strait Islander Mental Health First Aid 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 experiencing 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 that are held over two days. This course teaches health professionals and community members (18 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:
- Depressed
- Anxiety
- Gradual onset psychosis
- Substance misuse

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What the course covers (Continued)
Mental health crisis situations:
- Suicidal thoughts and behaviours
- Aggressive behaviours
- 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

Click here to download
1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf
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.  
Thursday 28th July – 18th August: 9:30 am – 11:00 am

ANGER MANAGEMENT/CONFLICT RESOLUTION  
(4 weeks)  
NEWT! A four session program filled with information about anger – what it is, how it impacts on our lives and relationships, and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships.

Monday 11th July – 1st August: 9:30 am – 12:00 noon

COMING SOON: TUNING IN TO TEENS!!!

Child minding is available during all day programs for children aged 0 - 5 years. First child $4 and $1 for every child thereafter. Places are limited and bookings are essential. Fee to be paid prior to commencing program.

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

All programs are held at Oxenford and Coomera Community and Youth Centre except where indicated otherwise.

AustNews ePublisher  
18/08/2016  
http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14IvUbRy56...
GROUP TRAINING

Look and feel good!
Get in shape and lose those unwanted kilos!
Stay motivated, have fun, train with your mates!

First week FREE!!

Times: Every Monday 6.00-6.30am
Tues & Thurs. 5.30pm-6.00pm
Saturday 8.30-7.00am

Where: Helensvale Primary School, Lindfield Rd, H’vale.

$15 per Week (4 sessions)*

You Get: “ICE” training (scientific training for fat loss).
Plus nutritional advice & special report.

CONTACT: MICK WARD
Fully Qualified Personal Trainer
Group Fitness & Boxing Instructor
3rd Dan Black Belt Taekwon Do
Transformation Specialist with Metabolic Perison

PHONE: 0402 835 627
‘Like us on Facebook’...KUXV Health & Fitness

*Must pay 12 weeks in advance or $15 direct debit per week

Communities for Children Early Years Hubs

The Communities for Children Early Years Hubs are holistically supported programmes that promote parent-child bonding, early years learning, fine and gross motor skills, and bonding through connection. They provide parents and carers with opportunities to socialise, share experiences and connect with their local community.

We also share and practice important information on Nutrition, and small children’s strategies that are vital for their healthy development and life-long learning.

Each hub has a variety of different programs to create a sense of community. These include:

Sing 2 Bliss

Sing a song with your baby (12 months - 4 years).

Cook & Grow Cooking Program

Parents take part in making healthy, family-friendly meals for children aged 3-5 years.

Playgroup Hubs

Come along and enjoy a fun-filled day with us, and discover new resources and ideas!

What’s on Communities for Children Early Years Hubs Term 3–2016

Monday

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Looking for a fitness partner? See our new partner Meet Local Healthy and Active women at the Youth Centre.

Parent-are you looking for another approach?
TRY OUR FREE
Parenting Programmes

Circle of Security
Parenting in the 90’s
Bringing up Great Kids

PART OF THE HAWK ARMY!

2016/2017 Sign On Day

Its nearly cricket time again!
Come and join us down at Hession Oval on sign on day.
Meet members from our committee, sign on for the season or purchase training shirts

When: Saturday 20th & Sunday 21st August

Where: Clubhouse – Parkes Drive Helensvale

Time: 9am – 12pm

If you have any questions, please don’t hesitate to call Simone on 0400890638
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 Muri Netball Junior Carnival you can register your interest online at http://ems.gs/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@whu.org.au

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Member for Coomaers
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Ph 02 4925 4500, Fax 02 4925 4501
michael.cordon@nswlegislative.asn.au

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W: info@voxinstitute.com.au
P: 0412 310 410

Hon Stuart Robert MP

T: (07) 9500 5519  F: (07) 9500 5484
P: Stuart.Robert.mp@parliament.qld.gov.au
P: PO Box 733 Biggera Waters QLD 4216
www.stuartrobert.com.au

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Dear Red

Dad & Donut

Orthodontist - Benowa & Helensvale

Reactive Recognition

Report

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/3w80kDMZ

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@yath.org.au

Helpful Phone Numbers

Electrical Loss of Power 13 62 62
Poisons Information Line (24 hours) 131 126
Coomera Police Station 9519 5900

24 Hour Support Services
- Alcohol & Drug Information Service 1800 177 893
- Domestic Violence 1800 811 811
- Family Drug Support 1300 368 186
- Kids Help Line 1800 551 000
- Men’s Line Australia 1300 789 978
- Beyond Blue 1300 224 666
- Lifeline Crisis Line: 13 11 14
- Alcoholics Anonymous 5591 2062

Parenting & Child Support Services
- Breastfeeding Helpline 1800 686 269
- Child Abuse Prevention Service 1800 689 069
- Kidsafe Queensland (Child safety indoors and out: Hire of safety equipment and car capsules) 3854 1829
- Pregnancy Helpline 1300 139 313

Child Health Services
- Child and Youth Health www.qld.gov.au
- Practical health information for parents, carers and young people.
- Community Child Health
  - Gold Coast 5687 9183
  - Logan Central 3367 5933
  - Beenleigh 3827 9633
  - 1300 Health—134 3 254

Rural Fire Services Gold Coast 5697 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.
- Owerford
- 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

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