Principal’s Message

Published by The Administration Department

Important Dates

Years 1-5
Swimming Lessons
Monday 21st November - Thursday 1st December (9 Lessons)
Cost: $58.00
Last day for payment is 9th November 2016

Years 4-6
Swimming Carnival
(Any student in grade 3, born in 2007 can also attend)
Friday 2nd December
Cost: $5.00
Last day for payment is Mon 28th November 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

TRIVIA NIGHT THIS SATURDAY EVENING
Have you booked your table for the P&Cs Trivia Night this Saturday evening?
I look forward to sharing a wonderful evening with you.

Welcome to Week 6
Thank you to our Music Department staff for the great evening of music planned for TONIGHT at our Showcase presentation. Our music staff Nina Holle, Sue Purton, Stephanie Williams and Alannah Bowen have prepared our students for a wonderful evening of entertainment by our choral, band and ensemble groups. We do indeed have some very talented young students who are guided by our professional staff.

Please join us in the PAC from 5.00pm for this celebration of our Instrumental program in 2016.

Remembrance Day: Lest We Forget –Tomorrow
Why is this day special to Australians?
At 11am on 11 November 1918 the guns of the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement.

They accepted allied terms that amounted to unconditional surrender. The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war.

The students and staff of Helensvale State School will observe one minute silence at 11.00am tomorrow.

Gifts to Teachers

As we move into the Christmas period I know that many parents traditionally give teachers a gift to thank them for the extra commitment they have given to their child’s class during the year. Teachers and principals love to receive a thank you, however I must draw your attention to the Department of Education and Training policy on employees receiving gifts and benefits.

In particular, employees must refuse any offer of cash or any items which are readily converted into cash — such as a lottery ticket or “scratchy”, shares or a gift voucher.

All gifts that have a value of more than $150.00 must be recorded in DET’s gift registry. I trust this information does not stop you from expressing your thanks to your child’s teacher in an appropriate manner.

Stuart Robert Community Volunteer Awards 2016

Last week I attended the presentation of community volunteer awards to recognise the great work volunteers undertake in our community. Interesting facts shared at the presentation include that 25% of Australia’s population undertake volunteer work in some form. In dollar terms this is worth $7 Billion dollars to the Australian economy. The awardees came from a wide cross section of our community which highlighted the scope and impact volunteers have on our quality of life. Two members of our school community were recognised for their work in our school and wider community.

Leanne Watt (left) - HSS P&C Vice-President, HSHS Treasurer and Helensvale Hornets Registrar for 9 years.

Merle Buckley (right) - HSS Tuckshop volunteer for 7 years.

Congratulations to both Leanne and Merle on this wonderful recognition.

Michael Shambrook
Principal
Quote of the Week

Do you ever get the feeling that the only reason we have elections is to find out if the polls were right?

-- Robert Orben

From Mrs Austin’s Desk

Swimming Timetable Commences in Week 8-9 (21 Nov – 2 Dec)

Students are getting very excited about the commencement of our annual swimming lessons. Thank you to those families that have finalised their payments. **Payments for swimming lessons are now closed.**

There are a few changes for swimming 2016 compared to previous years so please read over the following information to ensure a successful swim season. Below is a calendar overview of the timetable.

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<thead>
<tr>
<th>Monday</th>
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<tr>
<td>28 Nov</td>
<td>Swimming Lessons</td>
<td>29 Nov</td>
<td>Swimming Lessons</td>
<td>30 Nov</td>
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</table>

- Lessons are offered for Year 1-5 students only
- Please ensure you are at school on time as the bus will not wait for late arrivals
- All students are strongly encouraged to wear swim shirts (normal t-shirts are acceptable to be worn)
- All students are strongly encouraged to wear sunscreen on their faces
- Please ensure appropriate swimwear is worn (no bikinis)

If you have any further questions regarding swimming please contact the school office or see your child’s classroom teacher.

We are still accepting swimming carnival payments for those students eligible to attend within the age requirements. **Payments will be accepted up until Monday 28 Nov.**

**Change to Specialist Timetable Week 8-9 (21 Nov – 2 Dec)**

Due to the commencement of our swimming timetable, there will be changes to our normal specialist timetable. This will only be for 2 weeks. We appreciate your understanding will this change.

**Support-A-Talker Prep**

Each morning before school our wonderful Prep Teacher Aides have been administering an Oral Language Program called “Support a Talker”. As a school, we have prioritised time outside of the school day to offer additional support for those students requiring it. I would like to thank those families that worked collaboratively with the school to get students here just a little earlier for this program to be facilitated.

This week I have met with our school’s Speech Language Pathologist to review the students’ progress. WOW! So many of our students who were 2 or 1 standard deviations below age appropriate levels for language and grammar are now achieving within normal limits. This is fantastic news and a true celebration. Congratulations to all involved. You should be very proud of yourselves.
School Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
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<tbody>
<tr>
<td>Thur 10 Nov</td>
<td>Years Prep-1 Sector Assembly</td>
<td>PAC</td>
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<tr>
<td>Thur 10 Nov</td>
<td>Ensemble Showcase</td>
<td>PAC</td>
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<tr>
<td>Sat 12 Nov</td>
<td>P&amp;C Trivia Night</td>
<td>PAC</td>
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<tr>
<td>Wed 16 Nov</td>
<td>P&amp;C Meeting 7pm</td>
<td>Staffroom</td>
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<tr>
<td>Mon 21 Nov</td>
<td>Years 1-6 Swimming Lessons Commence</td>
<td>Helensvale City Pool</td>
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<tr>
<td>Tues 22 Nov</td>
<td>Years 2-3 Sector Assembly</td>
<td>PAC</td>
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<tr>
<td>Wed 23 Nov</td>
<td>Years 4-6 Sector Assembly</td>
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<tr>
<td>Thur 24 Nov</td>
<td>Years Prep-1 Sector Assembly</td>
<td>PAC</td>
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<tr>
<td>Fri 2 Dec</td>
<td>School Swimming Carnival</td>
<td>Helensvale City Pool</td>
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<tr>
<td>Mon 5 Dec</td>
<td>Year 6 Graduation</td>
<td>PAC</td>
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<td>Wed 7 Dec</td>
<td>Whole School Assembly</td>
<td>PAC</td>
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<tr>
<td>Wed 7 Dec</td>
<td>Year 6 Red Carpet Disco</td>
<td>PAC</td>
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<tr>
<td>Fri 9 Dec</td>
<td>Last Day of School</td>
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Ensemble Showcase TONIGHT!

Dear Parents/Carers

We would like to acknowledge the hard work your child has put into their Music making throughout the year by showcasing them tonight, 10th of November at 6:00pm to 7:30pm in the Performing Arts Centre.
Arts Centre at our school. We would like to invite all your family and friends to celebrate your child’s success.

Instrumental students will need to be at school at 5:15pm for tuning.
Choir students will need to be at school at 5:30pm.

We hope to see you all then.

Respectfully yours
Music and the Arts Departments

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Hi Everyone,

Our Trivia Night is on this Saturday, the 12th November! Tickets are now available from the Tuckshop for only $10 each and we have tables of 10 available. So grab a group and get your tickets for a great night of fun. This year’s Trivia Night has a Hawaiian Luau theme. So come dressed in your best Hawaiian outfit as there will be a prize for the best dressed on the night.

There will be games, raffles and lucky door prizes, too. It should be a great night so come along for a great night of entertainment from 6 – 10 pm.
Our last P&C meeting will be held in the Teacher’s Staffroom at 7pm, next Wednesday night, 16th November, 2016. So come along for end of year drinks and nibbles beforehand at 6.30pm. This will be the last meeting for the year!

Thank you,
Karl Wall
P&C President

Tuckshop News

Hello Everyone,

The Tuckshop will be CLOSED on the last day of school this term for a thorough cleaning and pack up. Therefore we won’t be doing any lunches on this day. You will have to organise your child’s lunches for this day as the Tuckshop is unable to do any lunches.

Our Hawaiian Luau Trivia Night will be on this Saturday 12th November from 6 -10pm. Tickets are sold in the Tuckshop and are only $10 each and there are tables of 10. So grab your friends, get dressed up and come along for a great night of entertainment! There will be lots of prizes, games, raffles a silent auction and trivia of course!

Showcase will be on this afternoon, Thursday 10th November and we will be doing a sausage sizzle for all the performers and families to have before the performances commence. So we will have them from 4.30 for a 6 o’clock start. There will be no food or drink sold after the start of this event. This is a great night and really shows how far our performers have come along during the year and what all that practice has achieved!
The year 6 Graduation ceremony will be on Monday 5th December. We will do a sausage sizzle and sell drinks before this event.

The year 6 Red Carpet Disco will be held on Wednesday 7th December. The kids can come and walk the red carpet with friends and have photos taken from 5.30pm and the disco will start at 6pm. There will be a shop on the night selling drinks, chips and lollies. We will also do a sausage sizzle for $2 on the night.

Thanks,
Tracy Wall
Tuckshop Convenor.

News from Year 2

Snap Shot of Year Two This Term

English: This term in writing, we have been constructing persuasive texts and supporting our point of view with arguments and evidence.

Science: This term we have been learning how to conserve water at home and school. We have also been learning about the water cycle and the many adventures of 'Whizzy the Water Drop'.

History: Year Two had a wonderful time at the History incursion learning about technology from the past and how it has changed over time. It was a hands on experience where students participated in a range of activities including, dance, games, a tea party, shaving, butter making and washing clothes.

We have been working hard this term in preparation for Year Three next year. Well done Year Two!

Active School Travel

Last week 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!

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

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

The most active class at Helensvale State School was 5D with 78% of the class being active travellers. Well done for the 2nd week in a row 5D!

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.

School Disco

Thank you to all of the students who came dressed in their Fluro for our Semester 2 discos!
It was wonderful to see so many students enjoy the discos held last week. A big thank you to our great Prep DJ, Mrs Armstrong and to all of the student council representatives for making our last disco for the year so much fun.

Thanks you to all the teachers who volunteered their time to help at the all 3 discos this term too.

The student council is looking forward to continuing this great job next year.

Mrs Irving and 3 – 6 Student Council Representatives

Mathematics Professional Development Day

On Wednesday 9th November our Master Teacher Helen Hartley and Head of Curriculum Vanessa Kibbey led a day of reflection and refinement for our Maths Guaranteed and Viable Curriculum and Proficiency Scales. Two representatives from each year level participated in a very productive day collaborating and planning for our 2017 processes. A huge thank you to the team – Maree Klein, Jess Armstrong, Gail Kent, Megan Burgoyne, Wendy Proud, Saffyre Blume, Sally Bourke, Marissa Gillies, Kylie Baldock, Andrea Lowater, Aveta Elliot, Jane Barker, Jo Irving and Lisa Maclean – for your professionalism and enthusiasm.
Homestay Families Wanted - Early 2017

At various times throughout the year, Helensvale State School hosts international students. We look for families from our school community to provide a good caring home for those students.

If you might be interested in becoming one of our Homestay families in the future, please let us know.
Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in years 1 and 5. This service will be provided on-site at Helensvale State School by the Mobile Dental Clinic. Hours of operation for this clinic are 7:45am - 4:30pm.

To arrange an appointment for your child telephone:

The Oral Health Client Service Centre
Ph 1300 300 850
Monday – Friday 8.00 am – 4.30 pm
Excluding Public Holidays

Child Dental Benefit Schedule Vouchers are accepted. When your child’s $1000 cap is reached, there will be no out-of-pocket expenses provided your child meets eligibility criteria.

* Eligibility – All Queensland resident children aged four years or older who have not completed year 10 of secondary school.

Further information on public funded oral health services can be accessed via URL:

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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.
Join us for just a few hours or sleep out overnight on the field! Let us know you are coming by registering on our Facebook event!

What’s on?

• Two movies on the big screen - The Angry Birds Movie & Ghostbusters
• Participate in an oath to never commit violence against women led by White Ribbon Ambassadors & GC SUNS Players
• Amazing raffle & auction prizes will be up for grabs
• Have fun in the AFL Playground
Movie under the stars 2016
Hosted at Helensvale State High School
Saturday 19 November

Raffles & Lucky Door Prizes
Food Trucks
Bring Chairs Blankets Bean Bags
Only $10

Santa Meet & Greet

Dr. Seuss’ The Grinch That Stole Christmas - Starts at 6:45
100% of the profits go towards building a school in Samoa
under 16’s must be accompanied by an adult

Dont Miss Out - Book Now

$10 each or family of 4 for $30
Children under 3 are free

Payment By Person
Made at the Finance Department
Monday - Thursday 8:00 - 1:45pm
Cash, credit and debit card

You must provide an email address for your ticket to be sent to

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[Contact information for Oz Shades Qld]

[Contact information for Orthodontist - Benowa & Helensvale]

[Contact information for Amcal Chemist]

[Contact information for High Definition CCTV]

[Contact information for The Actor & The Wardrobe]

[Contact information for Bousce Parties]
**Expression Of Interest**

- Looking for any Indigenous women willing/wanting to play Rugby League in a Indigenous Carnival on the Sunshine Coast (Noosa) on the 4-5th Feb, 2017.
- We are looking for 25 players, as well as some coaching/managerial staff (FAO, x2 League Safe, Trainer & Mentors) from the community.
- Looking for players willing to commit to at least 60-70% attendance of training and team building events. (This may include BBQ's and Raffles to gain sponsorship for the upcoming event)
- Also looking for sponsorship to help with expenses (Accommodation, Playing strip and other materials).

For further information please don't hesitate to contact me: Tyne Smith Ph: 0434 634 517 or email: tynes@actforkids.com.au
INcredible Tennis Offer
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* Gold Coast residents only. *Only 50 spots available.

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Website: michaelcrandon.com.au
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Hon Stuart Robert MP
Federal Member for Fadden
Member for Fadden

T: (07) 5500 5919 | P: (07) 5500 9484
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SPORTING SCHOOLS

LET'S GET KIDS ACTIVE,
ENGAGED AND HAVING FUN!

Sporting Schools is a $100 million Australian Government initiative set to be the nation’s largest sport-based participation program. The program aims to help children to foster a lifelong interest in sport and gain a healthier mind and body.

In partnership with more than 50 National Sporting Organisations (NSOs), Sporting Schools seeks to provide the resources to help sporting clubs, coaches and teachers to deliver sport before, during and after school hours.

Online e-registration is free for schools, and self-nominated coaches and identified sporting partners, and funding is available for schools to link up with quality NSOs and coaches to deliver the sport programs.

The Australian Sports Commission’s ‘Playing for Life’ materials are now available online on the Sporting Schools website, and include links to:
- curriculum content descriptors
- lesson ideas
- the aim focus for each activity.

The resources align with the National Physical Activity and General Health Core Objectives, and are suitable for use in the delivery of:
- healthy and physical education
- short physical activity and in-classroom programs
- lunchtime or before school activities.

Visit sportingschools.gov.au/P4L for more information.

Orthodontist - Benowa & Helensvale
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Are you keen to deliver a program before, during or after school?

Sporting Schools has partnered with 10 National Sporting Organisations (NSOs) that have developed programs specifically for the school environment.

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<th>Golf Australia</th>
<th>Surfing Australia</th>
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<tr>
<td>AFL</td>
<td>Gymnastics Australia</td>
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<td>Australian Rugby Union</td>
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<td>Badminton Australia</td>
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<td>Baseball Australia</td>
<td>Netball Australia</td>
<td>Tennis Australia</td>
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<td>Basketball-Australia</td>
<td>Cricket Australia</td>
<td>Touch Football Australia</td>
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<td>Beach Australia</td>
<td>Squash Australia</td>
<td>Triathlon Australia</td>
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<tr>
<td>Aquatic Australia</td>
<td>Surf Life Saving Australia</td>
<td>Yachting Australia</td>
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What’s the goal?

- To help students foster a lifelong love of sport and active living
- To nurture children’s skills in leadership, social engagement and community spirit
- To offer children a range of nutritionally endorsed sports
- To offer schools access to nationally endorsed sports products and certified coaches
- To create links between your school and local sporting community

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

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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 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 56491900
or
Sonya Owen - 0449902770

If transport is required please phone prior to the day. Thank you.

Aboriginal and Torres Strait Islander Mental Health First Aid Course

We respectfully acknowledge the traditional custodians of the beautiful land on 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 that we are holding it 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 well being
- Mental health problems in communities
- Mental health first aid strategies for working with Aboriginal and Torres Strait Islander communities.

Developing mental illnesses:
- Depression
- Anxiety
- Gradual onset psychosis
- Substance misuse
Mental health crisis situations:
- Suicidal thoughts and behaviours
- Severe effects of drug or alcohol use
- Traumatic events
- Non-suicidal self-harm
- Aggressive behaviours
- Panic attacks
- Severe psychotic states

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
- 8 & 16 September
- 2 & 9 December

Click here to download
1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf
### NORTHERN GOLD COAST
**COMMUNITIES FOR CHILDREN**
Oxenford and Coomera Community and Youth Centre (OCCCY)
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

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<th>DESCRIPTION</th>
<th>DATES</th>
<th>TIMES</th>
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<tr>
<td><strong>PARENTING MADE EASIER</strong></td>
<td>This is a four session program for parents/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.</td>
<td>3 weeks</td>
<td>9:30 am – 11:00 am</td>
</tr>
<tr>
<td><strong>1,2,3 MAGIC &amp; EMOTION COACHING</strong></td>
<td>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 gentle framework that preserves the dignity of the child and the adult.</td>
<td>3 weeks</td>
<td>9:30 am – 11:30 am</td>
</tr>
<tr>
<td><strong>TUNING IN TO KIDS</strong></td>
<td>This six session program teaches parents/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 emotional and behavioural issues.</td>
<td>6 weeks</td>
<td>9:30 am – 12:00 noon</td>
</tr>
<tr>
<td><strong>CIRCLE OF SECURITY PARENTING</strong></td>
<td>This six session program provides parents with strategies to promote a sense of security and a sense of love and well-being in their children. Suitable for parents/carers of 0–10 year old children. Also suitable for parents whose children have emotional and psychological difficulties.</td>
<td>6 weeks</td>
<td>9:30 am – 12:00 noon</td>
</tr>
<tr>
<td><strong>ASSERTIVENESS</strong></td>
<td>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 set your goals in life.</td>
<td>4 weeks</td>
<td>9:30 am – 12:00 pm</td>
</tr>
<tr>
<td><strong>SELF-ESTEEM</strong></td>
<td>This is a four session nurturing program that helps build your self-esteem, increasing your confidence and helping you to feel better about yourself!</td>
<td>4 weeks</td>
<td>9:30 am – 12:00 pm</td>
</tr>
<tr>
<td><strong>TUNING IN TO TEENS</strong></td>
<td>This is a six session program designed for parents/carers and educators of teenagers aged 13 and over. The program aims to increase the adult-child connection by providing adults with a greater understanding of their adolescent’s emotional experience while teaching specific skills that can assist in being supportive, empathetic, and staying connected with the young person.</td>
<td>6 weeks</td>
<td>9:00 pm – 10:00 pm</td>
</tr>
<tr>
<td><strong>RELATIONSHIP RESCUE</strong></td>
<td>This four session program offers an opportunity to explore ways to have a fabulous relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and children.</td>
<td>4 weeks</td>
<td>6:30 pm – 8:00 pm</td>
</tr>
<tr>
<td><strong>WHAT WERE WE THINKING</strong></td>
<td>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 well-being, the parental relationship, and the adjustment to this phase of life.</td>
<td>3 weeks</td>
<td>9:00 am – 12:00 pm</td>
</tr>
<tr>
<td><strong>BABYSITTING TRAINING</strong></td>
<td>This five week course uses a practical, 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.</td>
<td>5 weeks</td>
<td>9:00 am – 12:00 pm</td>
</tr>
</tbody>
</table>

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

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### Helpful Phone Numbers

**Electricity Loss of Power**: 13 62 62
**Poisons Information Line** (24 hours): 131 126
**Coomera Police Station**: 9519 5885

<table>
<thead>
<tr>
<th>Support Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Hour Support Services</td>
<td>1800 177 853</td>
</tr>
<tr>
<td>Alcohol &amp; Drug Information Service</td>
<td>1800 809</td>
</tr>
<tr>
<td>Child Abuse Prevention Service</td>
<td>1800 809</td>
</tr>
<tr>
<td>Kidsafe Queensland</td>
<td>1300 139 313</td>
</tr>
<tr>
<td>Pregnancy Helpline</td>
<td>1300 289</td>
</tr>
<tr>
<td>Lifeline Crisis Line</td>
<td>13 11 14</td>
</tr>
<tr>
<td>Self Help Line</td>
<td>1800 511 000</td>
</tr>
<tr>
<td>Men’s Line Australia</td>
<td>1300 789 978</td>
</tr>
<tr>
<td>Beyond Help</td>
<td>1300 224 696</td>
</tr>
<tr>
<td>Lifeline Crisis Line</td>
<td>13 11 14</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>5591 2062</td>
</tr>
</tbody>
</table>

**After Hours Doctors & Pharmacy**
National Home Doctor Service 13 7425 (previously Medcall)
Pacific Pines Amcal 5573 7722 (Midnight)
Oxenford Amcal 5319 9200 (9 pm)

### Parenting & Child Support Services
- **Breastfeeding Helpline**: 1900 696 269
- **Child Abuse Prevention Service**: 1800 698 009
- **Kidsafe Queensland** (Child safety indoors and outside; hire of safety equipment and car capsules): 3854 1820
- **Pregnancy Helpline**: 1300 139 313

### Child Health Services
- **Child and Youth Health**: [www.csh.com](http://www.csh.com)
- **Practical health information for parents, carers and young people.**: Community Child Health
- **Gold Coast 5687 9183**
- **Logan Central 3307 5939**
- **Beaudesert 3827 9803**
- **1300 Health—134 2504**

### Rural Fire Services
- **Gold Coast 5907 4101**
- **Coomer Valley 5573 3566**

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**Early Years Hubs**

Educational interactive playgroups for parents and children 0-5 years.

- Join us for singing, dancing, Smallsports, Read & Grow, craft and cooking.
- Oxenford
- Upper Coomera
- Coomera

**Family Support and Counselling Services**

- Relationship issues
- Depression and mood disorders
- Anger management
- Mental Health issues and illness
- Addictions
- Anxiety

Call 55 298 087 for venues and times

**Book your appointment on 55 298 087**

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