Term 4 Week 3 20-10-16

Principal's Message
Published by The Administration Department

School News

Community News

Important Dates

**Year 5**

Step Into History Incursion
Friday 28th October
Cost: $9.00
Last day for payment is 24th October 2016

**Years 1-5**

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

School Opinion Survey (SOS) Data

This week we received our 2017 SOS data resulting from the surveys conducted in August. The graphs below show the percentage response to each of our highest and lowest questions.

In brief, the data shows that the satisfaction levels have increased across, parents, students and staff over the last 4 years.

Parent response table showing top 5 and lowest 5 responses by %

<table>
<thead>
<tr>
<th>% Above/Below Nation</th>
<th>PARENT – Questions - 94 Parents Responded</th>
</tr>
</thead>
<tbody>
<tr>
<td>97.9%</td>
<td>Teachers at this school expect my child to do their best</td>
</tr>
<tr>
<td>96.8%</td>
<td>My child likes being at this school</td>
</tr>
<tr>
<td>95.0%</td>
<td>This school celebrates student achievement</td>
</tr>
<tr>
<td>94.7%</td>
<td>My child feels safe at this school</td>
</tr>
</tbody>
</table>
93.0% Teachers at this school motivate my child to learn
81.9% Student behaviour is well managed at this school
83.0% The school gives my child the opportunities to do interesting things
84.8% The school asks for my input
85.9% The teachers at this school treat students fairly
89.2% The school provides me with useful feedback on my child's progress

<table>
<thead>
<tr>
<th>% Above/Below Nation</th>
<th>STUDENT – Questions - 127 Students Responded</th>
</tr>
</thead>
<tbody>
<tr>
<td>100%</td>
<td>My teachers expect me to do my best</td>
</tr>
<tr>
<td>99.2%</td>
<td>My teachers encourage me to do my best</td>
</tr>
<tr>
<td>97.6%</td>
<td>My school encourages me to be a good community member</td>
</tr>
<tr>
<td>97.6%</td>
<td>I am getting a good education from my school</td>
</tr>
<tr>
<td>96.1%</td>
<td>My school looks for ways to improve</td>
</tr>
<tr>
<td>83.5%</td>
<td>Student behaviour is well managed at my school</td>
</tr>
<tr>
<td>86.4%</td>
<td>I feel accepted by other students at my school</td>
</tr>
<tr>
<td>87.1%</td>
<td>My school takes student opinions seriously</td>
</tr>
<tr>
<td>89.0%</td>
<td>My teachers help me with my school work when I need it</td>
</tr>
<tr>
<td>89.0%</td>
<td>Teachers at my school treat students fairly</td>
</tr>
</tbody>
</table>

% Above/Below Nation | STAFF – Questions -- 74 Staff Responded |
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>100%</td>
<td>I am aware of OHS procedures at this school</td>
</tr>
<tr>
<td>98.6%</td>
<td>The school encourages me to take responsibility for my work</td>
</tr>
<tr>
<td>98.6%</td>
<td>Students with disabilities are well supported at this school</td>
</tr>
<tr>
<td>97.3%</td>
<td>I have the required skills to use the necessary ICTs to do my job at this school</td>
</tr>
<tr>
<td>97.3%</td>
<td>Staff at this school are approachable</td>
</tr>
<tr>
<td>66.2%</td>
<td>I feel I have a good work life balance</td>
</tr>
<tr>
<td>81.2%</td>
<td>I feel the developing performance process helps me to improve my work</td>
</tr>
<tr>
<td>82.2%</td>
<td>This school encourages me to participate in Professional Development activities</td>
</tr>
<tr>
<td>82.2%</td>
<td>The school makes reasonable demands of me in my job</td>
</tr>
<tr>
<td>86.0%</td>
<td>I have access to quality professional development</td>
</tr>
</tbody>
</table>

Full list of questions with % responds for all sections will be forwarded to parents early next week via email.
Implementing Digital Technologies (DT) into our curriculum

In the year 2020 schools will be required to report on a new area of study which is part of the ACARA curriculum in Australia. In preparation for 2020 our teachers have participated in professional learnings about this area of study.

The key reason for the introduction of DT is to prepare Australian students for a society and workplaces which are based on the knowledge and understanding and the processes and production skills of our digital world.

The Digital Technologies subject comprises two related strands:

- Digital Technologies knowledge and understanding
- Digital Technologies processes and production skills.

Together, the two strands provide students with knowledge, understanding and skills through which they can safely and ethically exploit the capacity of digital technologies, controlled through a variety of means, to create and interact with digital information and systems for specific purposes and/or audiences.

In Digital Technologies students use digital systems, digital information and computational thinking to create solutions that enable the articulation of human knowledge. They develop understanding of the relationship and interconnectedness between the components of digital systems in authentic situations. They consider social, cultural, legal, environmental and ethical issues. They use computational thinking methods and strategies to understand and solve information problems. They develop conceptual, collaborative and technical skills to systematically create information processing solutions (such as means of communication, databases, digital media, robotics, transactions and websites) for specified audiences, end users, clients or consumers. They learn to operate and manage digital systems to locate, manage, organise, analyse, represent and present information; create digital products; troubleshoot, control and monitor processes and devices; communicate with others; and support computational and design thinking and production.

In next week’s Homelinks I will follow up with further details of the two strands below.

- Digital Technologies knowledge and understanding
- Digital Technologies processes and production skills.

Going on holidays in school time, what do you have to do?

The complexities of family / work commitments occasionally necessitate your children being away from school for short periods e.g. 1-2 weeks. Parents in this situation are legally required to seek exemption from school for the period in question as attending school is compulsory.

An Application for exemption for a child or young person enrolled in a Queensland state school form has to be completed prior to your child being away from school. Forms are available from the school office.

P&C Trivia Night

The P&Cs Trivia night on November 12 is shaping up to be an evening where we can demonstrate our capacity to recall all the pieces of information we see, read or experience on a daily basis out of context. The challenge is that we THINK we KNOW what is happening in our world but with so much information bombarding our brains sometimes the simplest pieces of information blur with our confusing state of mind. Are you up to the challenge?

Try some sample questions,

1. What is the Helensvale State School’s P&C President’s middle name?
2. How many times has Peter Brock won Bathurst?
3. How many times has Donald Trump been married?

I trust you will make a table booking for a great night out on Saturday 12th November.

Michael Shambrook
Principal

quote of the week

“There is no trivia in a strategic mind”

- Anon
From Mrs Welch’s Desk

Bunburra Jurjumms

I would like to thank the EATSIP Committee who have been working hard all year to support our Indigenous families. Also a big thank you to Xjahn-Teil who danced for us at the Assembly in week 1.

Last week a group of our students visited Griffith University as part of the AIME Program. We are very grateful to the Helensvale Bowls Club who drove us to and from the venue.

Prep 2017

It has been lovely to meet so many of our new students who will be start school next year.

Due to the number of late enrolments for 2017 we still do not have fixed dates for transition experience days. If you know of any families who will be enrolling in Prep for 2017 please ask them to do so as soon as possible to help us finalize staffing and transitions.

From Mrs Austin’s Desk

2017 Class Requests – FINAL CHANCE

1 day left!

For the past 3 weeks we have opened to the community if families would like requests considered for 2017 class placements that the time is NOW to be considered. I cannot stress enough that last minute requests will NOT be accepted unless there are extenuating circumstances. I would like to thank those families who have already submitted requests. Your diligence and support is greatly appreciated.

For the last time, below is the information and criteria shared with the community in previous weeks. Remember parent requests will only be considered that have been received PRIOR to Friday October 21.

Families leaving the school

If families already know they will be leaving Helensvale SS and moving to another school for 2017, can you please informed the school office in writing as soon as you can. This ensures your child is not allocated to a class allowing a position within that list for another student. We appreciate your support with this request.

Parent requests

We would like to invite the community to put into writing any request they would like the school to consider for their child. Your request will only be taken into consideration if it is supported with evidence that is in the best educational interest of your child. You can nominate specific qualities or teaching styles that best suit your child.

This is not an opportunity to criticise aspects of the school or our teaching staff. Please do not nominate or request specific teacher/s, as our staff members can change each year with movement across year levels and on occasions are transferred to different schools. If you nominate a specific teacher, your request will not be considered.

There are a number of different aspects taken into consideration when classes are created. It is a very lengthy and time consuming process that is scrutinised to ensure students are set up for the best educational success possible.
With this in mind, we cannot always guarantee that your requests will be granted, but rest assured they are always taken into consideration.

If you would like to make a request for your child’s 2017 class, you must do so in writing by either email or letter. All requests must be delivered to the office in a sealed envelope addressed to your Sector Deputy Principals by Friday October 21. Emails can be sent to admin@helensvaless.eq.edu.au

**Sector Deputies Term 4**
- Terry Welch - Prep and Year 1
- Renee Austin - Year 2 and 3
- Kim Ona - Year 4 and 5

**Behaviour Update**

Over the past week we hope the community has noticed some additional colour seating located around the school. This is not additional bonus of seating but the purple and red chairs have a role to the school community during lunch times.

<table>
<thead>
<tr>
<th>Purple Chairs = Buddy Chairs</th>
<th>Red Chairs = Timeout Chairs</th>
</tr>
</thead>
<tbody>
<tr>
<td>When students have no one to play with and looking for a friend, they sit on the chair.</td>
<td>When students have broken a low level school rule in the playground, they can sit out of play for allocated play time.</td>
</tr>
</tbody>
</table>

The location of the chairs are in the following areas:

- Tuckshop Undercovered Area
- Jnr School Undercovered Area
- Year 1 Adventure Playground
- Oval Undercovered Stage Area
- Jnr School Playground and Gully

For working families we have included some photos for you.

**Missing Postcards and Incorrect Addresses**

I have to share with the community it is pretty heartbreaking to see some of our positive behaviour postcards we have tried to send home to students and families have been returned to school. This is due to families NOT updating their personal details with the school including current addresses. There are a number of families in our community who are missing out on this celebration and the only way we can ensure this does not happen, is to remind families to update their personal details with the school Administration. This can be done in person in the Administration office, by phone (Ph: 5556 1333) or by email (admin@helensvaless.eq.edu.au).

**From Ms Ona’s Desk**

**2016 Group Photos Helensvale State School**

Day: Thursday 27th October
Location: PAC
Time: 9am to 1:30pm
Uniform Equipment: Polo shirt for sport teams/Check Uniform for all other groups

**Photo Schedule**

9:00 AM - Junior Choir 4
9:20 AM – Senior Choir 40
9:40 AM – Senior Band 36
9:55 AM – Junior Band 36
10:10 AM – School Girls AFL Team 27 (3 teams of 9)
10:20 AM – Discovery Strings 25
10:30 AM – Lynfield Strings 20
10:40 AM – Cultural Club 30
10:50 AM – Touch Football 15
10:55 AM – BREAK
11:40 AM – District Athletics 30
11:50 AM – Senior Rugby League 15
12:00 PM – School Cross Country 16
12:10 PM – School Boys AFL Team 16
12:20 PM – Japan Tour 24
12:30 PM – MLTAQ Gold Coast Speech Contest 2015 18
12:40 PM – House Captains 15
12:50 PM – School Leaders 25 (library, AST, Facility, Computer, Cultural, Environmental, LOTE)
1:00 PM – Class Captains 16
1:10 PM – School Swimming Team 8
1:15 PM – School Captains

9:30 - 10:50am, Year 6 Cap and Gown Photos and Catch Up
9:00am            Class 6A
9:15am            Class 6B
9:30am            Class 6C
9:45am            Class 6D
10:00am          Class 6E
10:15am          Class 6F
10:30am          Catch-Up Cap & Gown photos (for any students who were being photographed in a Special Group photo at the time their class was booked in)

Order forms will be given out to students on the day of the photos.

MSP Photograph offer the special groups on a sliding scale pricing scheme. The photos are sold at $24 for 1 photo, $40 for 2 photos, or $15 EACH for 3 or more photos in the one order. The multiple-order discounts are only available within the same family (Eg. If a parent has two or more children at the school).

Please note MSP also charge a $2 service fee for all eftpos payments.

NO payment is to be returned to the school, as all orders must be sent to MSP directly. Parents are welcome to complete credit/debit card details on the form and faxing or emailing it through, or posting the form with a cheque or money-order attached.
School Disco

The Student Council are busily organising this term’s school disco.

The discos will be held on the 3rd November 2016 in the PAC and the theme is come dressed in your brightest fluro colours!

The disco for years Prep and Year 1 will be held during our school day and the ticket will also include a pass for a free dress day. These tickets will be $2.

The disco for year 2-5 will all happen after school and the cost is $5.

The tickets are on sale Monday 24th & Tuesday 25th October at the ticket office at the PAC from 8:15am – 8:35am and first break Thursday 27th & Friday 28th. Tickets can also be purchased on the night.

Thursday November 3rd
Come dressed in your brightest fluro colours!

Prep/Year 1 - 1.35-2.30pm (During School Time)

Year 2 & 3 - 4.30-5.30pm

Years 4 & 5 - 6-7.30pm
Hi Everyone. It is only 5 weeks until our Trivia Night on 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.

We also need help with prizes for the night. If anyone has a business they would like to promote, you can donate a prize or voucher and your business will get mentioned on the night. Or if you work for a company or business that would like to donate something to raffle off, please give Sharon Wilson a call! Hopefully we get some great prizes to make this night a great success! Thank you to those parents who have donated a prize already, too!
Active School Travel

Last week 46% 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 been awarded to the classes with the highest percentage of students who car pool to school. Our sector winners are:

- Prep & Year 1 winner – 1A
- Years 2 & 3 winner – 2C
- Years 4 – 6 winner – 5A

The most active class at Helensvale State School was 4A with 80% of the class being active travellers. Well done 4A!

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.

News from the Gold Coast City Council Active School Travel Team

VCAST Video Competition

The Active School Travel VCAST video competition was a huge success. Thank you to all who participated. This competition was open to all Gold Coast primary schools and judging has now been finalised.
THE WINNERS ARE:
School/ group category-
Helensvale State School who win a $1000 sporting voucher

WE ARE WINNERS!!
The BIGGEST thank you to all families who voted for the Helensvale State School video.
A very big thank you to Miss Ferguson, Miss Elliott, Ms Parker, the Glee Club and our other Helensvale Primary School stars, for their hard work in starring in and producing this video.

South East Regional Debating Competition

Today 8 students from year 4, 5 & 6 participated in the South East Regional Debating Competition at Merrimac State School. They spoke extremely well and represented their school with pride. Both teams won both their debates and we came away with second prize overall.

Jane Rheeder

News from Student Council

Day for Daniel

The Daniel Morcombe Foundation Inc was established as a lasting legacy to Daniel Morcombe and to repay peoples kindness.

The foundation continues to educate students throughout Australia through their promotion of children’s safety in our community.

On the 28th October 2016 we will be supporting the Daniel Morcombe Foundation by encouraging students to 'Wear Red For Daniel' for a gold coin donation.

We hope to see a sea of red to mark this important day in our school year.

Ensemble Showcase 10th November

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 on the 10th of November at 6:00pm to 7:30pm in the Performing Arts Centre at our school. We would like to invite all your family and friends to celebrate your child's success.

Please save the date and remember to invite all your family and friends.

We hope to see you all then.

Respectfully yours

Music and the Arts Departments

PE News

Congratulations to Madison M: State Athletics Results

Madison M did our school and region proud when she attended the State Athletics Carnival and finished 6th in the 800m final and also 8th in the multi event. This is an outstanding achievement competing against the state's best athletes. Well Done Madison.

Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in years 2 and 6.

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, commencing Tuesday 18th October.

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: http://www.health.qld.gov.au/goldcoasthealth/html/services/oralhealth.asp

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.
Homestay Families

Wanted

Share your home with an international student

Homestay families are required to provide a good, caring home for our international students:
• Introduce your family to another culture
• Learn another language
• Make long term international friends
• Share our Australian culture and lifestyle
• Students will attend Helensvale State School

For your opportunity to be part of this cultural exchange experience please complete this form and return to the Helensvale State School office.

Host Family Name: ____________________________________________
Address: _____________________________________________________
Telephone: ____________________________________________________
Mobile: _______________________________________________________
Email: ________________________________________________________
Number of children living at home: ________________________________
Name and class of child/children: _________________________________
_____________________________________________________________
What pets do you have?: _________________________________________

Community News
Published by The Administration Department

Advertisements 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.
INcredible Tennis Offer
At Discovery Park Tennis Centre, Helensvale
for kids aged between 5-12

• FREE Trial Tennis Lesson*
• FREE Tennis Racquet Upon Sign Up Of Term**
• Fun Kids Tennis Coaching With Game Based Learning
• Highly Experienced Coaches! Great With Kids!
• Small Group Sizes - Enrol Any Time All Year Round
• Prizes and Awards

Discovery Park Tennis offers your children value for money, exciting, educational tennis coaching that we guarantee, they will simply love! Proven to develop social interaction, motor skills, the learning of new techniques and skills in a safe, structured and fun environment.

Call Now For Further Information: 0416 011 378

* Gold Coast Residents only. **Only 50 Spots Available
FINA Diving Grand Prix
Gold Coast, Australia
27 - 30 October 2016

Diving Australia is pleased to invite your school to attend the FINA Diving Grand Prix Event to be held on the Gold Coast, Australia. The event will be held from 27 – 30 October 2016 at the Gold Coast Aquatic Centre – the Host venue for the 2018 Commonwealth Games.

Athletes from 6 Countries will be competing on the diving boards: China, Malaysia, USA, Canada, Singapore and Australia will all have athletes attending the event.

Please come along and see the flips and spins from some of the top level divers around the world.

The FINA Diving Grand Prix is a free event; however standard spectator charges will apply to enter the Gold Coast Aquatic Centre.

The competition days are Thursday 27 – Sunday 30 October. Competition starts at 10am each day.

If you would like to attend, or for more information please contact Barb Donnet
bdonnet@diving.aau

We would love to see you there!

DA Organising Committee
FINA Diving Grand Prix Gold Coast
PO Box 22
CARINA QLD 4152
Australia

Phone: +61 7 38213444
Fax: +61 7 38213553

www.diving.aau

2019 FINA Diving Grand Prix - Gold Coast
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.

The Australian Sports Commission's Playing for Life materials are now available online on the Sporting Schools website, and include features:
- curricula content descriptions
- learning intentions
- the asks for each activity
The resources align with the national HPE Curriculum and can be used in the delivery of:
- health and physical education
- short physical activities and classroom exchanges
- lunchtime meet activities.

Visit sportingschools.gov.au/P4L for more information
Are you keen to deliver a program before, during or after school?

Sporting Australia has partnered with over 130 National Sporting Organisations (NSOs) that have developed programs specifically for the school environment.

<table>
<thead>
<tr>
<th>Athletics Australia</th>
<th>Golf Australia</th>
<th>Surfing Australia</th>
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<tbody>
<tr>
<td>AFL</td>
<td>Gymnastics Australia</td>
<td>Swimming Australia</td>
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<tr>
<td>Australian Rugby Union</td>
<td>Hockey Australia</td>
<td>Tennis Australia</td>
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<tr>
<td>Badminton Australia</td>
<td>National Rugby League</td>
<td>Touch Football Australia</td>
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<tr>
<td>Baseball Australia</td>
<td>Netball Australia</td>
<td>Triathlon Australia</td>
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<tr>
<td>Basketball Australia</td>
<td>Orienteering Australia</td>
<td>Volleyball Australia</td>
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<tr>
<td>Beach Australia</td>
<td>Squash Australia</td>
<td>Water Polo Australia</td>
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<tr>
<td>Cricket Australia</td>
<td>Squash Australia</td>
<td>Yachting Australia</td>
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<tr>
<td>Cycling Australia</td>
<td>Squash Australia</td>
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<tr>
<td>Bowls Australia</td>
<td>Surf Life Saving Australia</td>
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<tr>
<td>Football Federation Australia</td>
<td>Surf Life Saving 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 nationally endorsed sports programs
- To offer schools access to nation-wide endorsed sports products and certified coaches
- To build links between your school and local sporting community

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

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<thead>
<tr>
<th>Jarjums</th>
<th>KALWUN</th>
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<tr>
<td><strong>Free Playgroup And Family Gathering</strong></td>
<td></td>
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<tr>
<td><strong>Where:</strong> North Gold Coast Early Years Centre</td>
<td></td>
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<tr>
<td>Crn Martin and White Streets NERANG</td>
<td></td>
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<tr>
<td><strong>When:</strong> Wednesday and Friday Mornings</td>
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<tr>
<td>Starting 3rd February 2016</td>
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<tr>
<td><strong>Time:</strong> 9.30am - 11.30am</td>
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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 56491000
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 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 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 16 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
- Severe effects of drug or alcohol use
- Traumatic events
- Non-suicidal self-injury (sometimes called 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, Coolum暇 (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
NORTHERN GOLD COAST
COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCYC)
25 Lao Graham Way Oxenford
P: 55 208 087 / 55 804 995
E: family@youthcentre.org.au W: www.youthcentre.org.au

FREE PROGRAMS FOR PARENTS Term 4 2016

PARENTING MADE EASIER (4 weeks)
This is a four session program for parents/care of children aged 0 – 12. It will help you understand children’s behaviours, and provide you with strategies to develop and foster emotional resilience, respect, cooperation, and responsibility in your children.

Thursday 27th October – 17th November: 9:30 am – 12:00 noon

1,2,3 MAGIC & EMOTION COACHING (3 weeks)
Guided by the Mayesons Charity Foundation
A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. The program works equally well as a preventative tool and for early intervention. A great framework that preserves the dignity of the child and the adult.

Friday 28th October – 11th November: 9:30 am – 11:30 am
Friday 11th November – 2nd December: 9:30 am – 11:30 am

TUNING IN TO KIDS (6 weeks)
Guided by the Mayesons Charity Foundation
This six session program teaches parents/care 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 encroached or behavioural issues.

Wednesday 26th October – 30th November: 9:30 am – 12:00 noon

CIRCLE OF SECURITY PARENTING (5 weeks)
This six session program provides parents with strategies to promote a sense of security and life’s value and well being in their children. Suitable for parental/care of 0 – 10 yr old children. Also suitable for parents whose children have emotional & behavioural issues.

Tuesday 25th October – 29th November: 9:30 am – 12:00 noon

ASSERTIVENESS (4 weeks)
This is a four week nurturing program designed to build your self-esteem by supporting you to feel better about yourself, increase your confidence, and help you live your goals in life.

Tuesday 25th – 24th November: 9:30 am – 12:00 pm

SELF-ESTEEM (4 weeks)
This is a four session nurturing program that helps build your self-esteem, increasing your confidence and helping you to feel better about yourself.

Monday 25th – 24th November: 9:30 am – 12:00 pm

TUNING IN TO TEENS (6 weeks)
NEW!!
This is a six session program designed for parents/carers and educators of teenagers aged 16 and over. The program aims to increase the adult-child connection by providing adults with a greater understanding of their adolescent’s emotional experiences while teaching specific skills that can assist in being responsive, empathic, and staying connected with the young person.

Wednesday 26th October – 30th November: 6:00 pm – 8:30 pm

RELATIONSHIP RESCUE (4 weeks)
This four session program offers an opportunity to explore ways to have a fabulous relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and children.

Tuesday 8th – 29th November: 6:15 pm – 8:15 pm

WHAT WERE WE THINKING (3 weeks)
NEW!!
A three session program designed for couples with infants from newborn to 3 months. This program will help build confidence and competence in new parents and support emotional wellbeing, the parental relationship, and the adjustment to this phase of life.

Friday 4th – 18th November: 9:30 am – 12:30 pm

BABYSITTING TRAINING (5 weeks)
For 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 behaviours. Afternoon tea is provided.

Thursday 27th October – 24th November: 9:45 pm – 11:45 pm

Child minding is available for a fee. Bookings are essential.

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

Helpful Phone Numbers

Electricity Loss of Power 19 62 62
Poisons Information Line (24 hours) 131 126
Coomera Police Station 9519 5555

24 Hour Support Services
Alcohol & Drug Information Service
1800 177 839
Depends on Distress 1300 053 437
Domestic Violence 1800 811 811
Family Support 1300 368 186
Kids Helpline 1800 551 000
Men’s Line Australia 1300 789 978
Beyond Blue 1300 224 696
Lifeline Crisis Line: 13 11 14
Alcoholics Anonymous 5591 2062

After Hours Doctors & Pharmacy
National Home Doctor Service 13 7425
(previously Medcall)
Pacitic Pines Amcal 5573 7722 (Midnight)
Oxenford Amcal 5519 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) 3854 1820
Pregnancy Helpline 1300 139 313

Child Health Services
Child and Youth Health www.qsh.com
Practical health information for parents, carers and young people.
Community Child Health Coast 5687 9183
Logan General 3307 5939
Beenleigh 3827 9833

1300 Health = 1300 2504

Rural Fire Services Coast 5907 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.
- Oxenford
- Upper Coomera
- Coomera

Call 55 298 087 for venues and times

Family Support and Counselling Services

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

Book your appointment on 55 298 087

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