Term 4 Week 8 24-11-16

Principal’s Message

Published by The Administration Department

Important Dates

Year 6
Year 6 Graduation
Monday 5th December
Cost: $22.00
Last day for payment is Mon 28th 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

Moving from Helensvale SS at the end of 2016?

Thank you to those families for advising that you are leaving our school at the end of 2016 or returning later than the gazetted commencement date of Monday 23 January 2017. We are now in the final stages of our teacher/class allocations and need to account for every child enrolled on day 8 (EQ’s student audit to finalise teacher allocation) for next year.

Welcome New Prep Families

Next week we are welcoming our new 2017 Prep students to our school for their transition sessions. To date we have had many excited prep children attending their enrolment interviews displaying confidence beyond their years. I look forward to meeting all our new families and joining an education partnership over the next 7 years.

Thank you to RTI Teacher Aides

The teacher aides listed below have been working in classrooms supporting our children throughout the year. I would like to sincerely thank our Response to Intervention (RTI) Squad of wonderful teaching and non-teaching staff for making a difference every day in the lives of our young children. Our RTI casual teacher aides for 2016 are:
Police enforcement in our local area

In the lead up to the end of the year, local Police are conducting regular checks at all the schools in our local area. This includes the illegal use of our bus stop, assisting community members with parking complaints and monitoring other traffic offences.

January 2017 “Back to School” Opening Hours for Uniform Shop

The week prior to school resuming the Uniform Shop will be open on the following days.

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 16th</td>
<td>8.15am - 1.00pm</td>
</tr>
<tr>
<td>Tuesday 17th</td>
<td>8.15am - 12.00 noon 5.00-7.00pm</td>
</tr>
<tr>
<td>Wednesday 18th</td>
<td>8.15am - 1.00pm</td>
</tr>
<tr>
<td>Thursday 19th</td>
<td>8.15am - 12.00 noon 5.00-7.00pm</td>
</tr>
<tr>
<td>Friday 20th</td>
<td>8.15am - 1.00pm</td>
</tr>
</tbody>
</table>

Collection of monies for class teacher gift / vouchers

Recently I sent all parents an email reminding parents of Education Queensland’s policy regarding the acceptance of gifts by school employees. This information was also included in Homelines.

I re publish this information below.

Employees receiving Gifts

As we move into the Christmas period I know that many parents traditionally give teacher’s 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.

It has come to my attention that funds are still being sought by individual parents for gifts / vouchers for the class teacher / staff.

I clearly state that staff cannot accept any gifts / vouchers which have been collected by individuals outside of the guidelines published above and below.

Any parent who has contributed monies to an individual (s) should request the funds be returned immediately.

It is important that parents adhere to the following advice from our Regional Manager, Financial Advisory Services Mick Kelly.

Collection of Monies

The only monies / cash collected at Helensvale State School is through the administration office at the school or through the P&C for an “approved” event / activity. No monies / cash should be collected or requested by individuals on any occasion.

While I appreciate the good intentions of parents towards their child’s teacher it is important that all EQ guidelines are fully adhered to as all staff have a responsibility to adhere to the Qld Government’s Code of Conduct.

Mike Shambrook
Principal

From Mrs Austin’s Desk

End of Year Events

The next 2 weeks of the school calendar are the busiest. To help families with their planning, I have included a brief overview of events and details.
Senior Weeks – Week 9 & 10

Senior Weeks will be in full swing for our Year 6 students. The activities include a Movie Session, Games Day, Signing Day, Party Day, Graduation and Red Carpet Disco. We are sure our seniors will have a great final 2 weeks of their primary schooling years.

Prep Transition 2017 – Week 9

Next week you will see our future cohort of students that will be joining us in Prep. Each day they will be visiting our current Prep classes to become familiar with what their classrooms will look like next year.

Volunteers Morning Tea - Wednesday 30 November (Location: PAC)

We will be holding a morning tea to acknowledge and thank all of our members of the community that volunteer within the school. This is just a small token of our appreciation for all the help our volunteers to support the staff and students of our school.

Religious Concert – Thursday 1 December (Location: PAC)

Each year students that have participated in Religious Instruction have the opportunity to participate in the end of year concert. Unfortunately, this event will be offered on one of our swimming days. As families have paid for these lessons, it was unavoidable that some students may miss this concert as they will be swimming. We apologise in advance for this.

Swimming Carnival – Friday 2 December

This is such a fun day for students as they participate in races and games. Please ensure if you get your payments in on time to avoid missing out. This event is for students’ age appropriate in Year 3 to 6.

Christmas Sharing Concert & Awards Prep & Year 1 – Friday 2 December

Our first Christmas Sharing concert will be kicked off with our Prep and Year 1 students. For those families new to the school, this event is a celebration of student academic success and performances of Christmas songs. It is a lovely way to end the school year and we encourage as many families to join us. This event will start at 9am in the PAC.

Graduation – Monday 5 December

This formal event for our Year 6 students is not only their night of academic recognition, but also a time to reflect on their schooling years at Helensvale and to say goodbye. Our Graduation night will commence in the PAC and will start at 5:30pm sharp.

Christmas Sharing Concert & Awards Year 2 & 3 – Tuesday 6 December

Our next Christmas Sharing concert will be for our Year 2 & 3 students. This event is a celebration of student academic success and performances of Christmas songs. This event will start at 9am in the PAC.

Christmas Sharing Concert & Awards Year 4 & 5 – Tuesday 6 December

Our final Christmas Sharing concert will be held during the middle session on Tuesday for our Year 4 & 5 students. Again academic awards will be presented and Christmas performances. This event will start at 11:30am in the PAC.

Behaviour Rewards Day – Wednesday 7 December

This term the top 5 most improved students according to the points accumulated on their “Strive to Succeed” passport from Term 3 to Term 4, will be attending our Behaviour Rewards Day. We have organised another engaging surprise for the students but it will remain a secret until the day. The students will participate during the first and second sessions.

Meet the Teaching Team 2017 – Thursday 8 December

This is a lovely way to end the school year by introducing cohorts of students to the team of teachers that will have in 2017. Each teacher will operate a game or activity, whilst students rotate and get introduced and acquainted. Although we know students would love to know which teacher they will have, they will not find out until the first day of school in 2017.

Last day of 2016 School Year – Friday 9 December

If you require any further information regarding any of these events, please contact the school office by phone or email and we will be happy to help you.

Gold Behaviour Badges
We are incredibly excited to show the community a picture of our brand new gold behaviour badges that have just arrived. This very special award will be presented to the top 3 students in each class according to their “Strive to Achieve” passport points and behaviour report card marks. Once presented, the badges belong to the student and can be worn to school every day. Students that wear these badges will be easily identifiable to students and staff as behaviour role models for the school. Badges will be presented during the Christmas Sharing Concert & Awards Day.

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From Mrs Welch’s Desk

**End of Year Christmas Sharing Prep and Year 1**

The Christmas sharing concert will be on Friday the 2nd December starting at 9:10am.

This is a lovely way to end the year and I look forward to all the performances.

Please keep a look out for information regarding class parties and when they will be happening.

Have a great week

Terry Welch

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From Ms Ona’s Desk

**Commonwealth Games**

The unveiling of the Queen’s baton on the Gold Coast

500 day count down until the 2018 Games

On Sunday 20th November our 2017 School Captain’s, Matilda Bester and Jaylin Wright attended the Unveiling of the 2018 Commonwealth Games Queens Baton, held at Jupiter Casino. They along with hundreds of invited guests were the very first to witness what the Queen’s baton looked like. The room was buzzing with excitement as well as the flashing of camera lights once the Queen’s baton was unveiled. Our captains expressed afterwards, ‘It was a breathtaking moment’. 
Next year the school leader's duties will focus on promoting the 2018 Commonwealth Gold Coast Games to the wider school community. Our adopted country is Jersey. We look forward to learning more about this country as well as the Commonwealth Games.

Paralympian and Games ambassador Kurt Fearnley unveils the 2018 Queen’s Baton

**Facts:** Queen’s Baton Relay

1. The baton was designed by Brisbane company, Designworks
2. Designworks has been working on the baton’s design since December 2015
3. Baton was made from reclaimed plastic collected from Gold Coast beaches and waterways, macadamia wood, engraved stainless steel and also uses LED lights
4. Its colours - including hot pink - change as the baton is passed between people
5. The shape, form and contrasting materials were designed to be reminiscent of surfboards and surfboats
6. The smooth lines aim to evoke the feeling of “gliding over” water and light reflecting off the metal mirrors the sun striking Gold Coast skyscrapers.
7. The concept of a loop represents the purposeful coming together of people and exchanging of culture, knowledge and friendship
8. As the baton is passed from hand to hand, a bright boundless energy will light up the baton in colours that reflect the warmth and spirit of the Gold Coast
9. The baton would travel for 288 days, covering 230,000km. The equivalent of travelling halfway to the moon
10. Inspired by Australia’s indigenous heritage and embodied the vibrancy of the Gold Coast and Queensland.
11. GPS technology will allow the baton to be tracked in real-time as it travels around the Commonwealth.
12. Its shape was also designed to symbolise inclusivity, exploring the story of people coming together in a gathering circle.
13. Will be launched from Buckingham Palace on March 13, 2017
15. The baton will carry a personal message from Queen Elizabeth II which will be read on the Gold Coast by the Queen, or her representative, to signal the beginning of the games.

![Queen's Baton Relay](image)

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**School News**

Published by The Administration Department

**School Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Paymen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 30 Nov</td>
<td>Volunteers Morning Tea</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Thur 1 Dec</td>
<td>Religious Concert</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Frid 2 Dec</td>
<td>Prep &amp; Year 1 - Christmas Sharing Concert &amp; Awards 9am</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Frid 2 Dec</td>
<td>School Swimming Carnival (Year 3-6)</td>
<td>Helensvale City Pool</td>
<td></td>
</tr>
<tr>
<td>Mon 5 Dec</td>
<td>Year 6 Graduation</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Tues 6 Dec</td>
<td>Year 2 &amp; 3 - Christmas Sharing Concert &amp; Awards 9am</td>
<td>PAC</td>
<td></td>
</tr>
</tbody>
</table>
Swimming - Year 1-5

The swimming time is the section highlighted in blue as “swim” and this is the actual, in the water, 30 min lesson time that the students in that class will be swimming. Any student that is swimming or getting changed during a lunch hour, their teacher will make the necessary arrangements to ensure student get to eat their lunches at an appropriate time. Parents are invited to attend and watch their students swim in these lessons free of charge.

Anyone requesting further information is to contact Mr Michael Cacciola.

Please click on following link to download timetable: Swimming Timetable 2016

Swimming Carnival - Friday 2nd December
At the swimming carnival this year, the student council will be holding a sausage sizzle. The funds raised will go towards the year 6 graduation gift from Helensvale State School students.

When: Friday 2nd Dec (Week 9)
Where: Helensvale Aquatic Centre
Cost: $2 each

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Swimming Carnival - Sausage Sizzle
Student Council News

2016 Swimming Carnival Timetable
Friday 2nd December

(These times are approximate and are subject to late change.)

Parent spectators cost $2 (payable to the pool on the day, price subject to change.)

8:45 Roll marking in class as normal

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.55am</td>
<td>East to Pool from school</td>
</tr>
<tr>
<td>9.15am</td>
<td>Freestyle (25m, 50m)</td>
</tr>
<tr>
<td>10.15am</td>
<td>Backstroke (25m, 50m)</td>
</tr>
<tr>
<td>11.15am</td>
<td>Butterfly (25m, 50m)</td>
</tr>
<tr>
<td>12.15pm</td>
<td>Individual Medley (4x25m)</td>
</tr>
<tr>
<td>1.45pm</td>
<td>East back to School</td>
</tr>
</tbody>
</table>

- In each stroke students can choose to race in either the 25m OR 50m (not both.)
- No nominations are required prior to the day, the marshal will call for all students to swim that stroke to make their way to the starting area. (Eg. the marshal will call for all 25m freestyle swimmers to go to the starting area.)
- 25m events are a have-a-go event for house points only
- 50m events are timed so that an overall 1st, 2nd, 3rd will be awarded (based on the quickest overall times from the heats as there will be no finals.) 50m events also get house points.
Active School Travel

Last week 44% 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 are active travellers. Our sector winners are:

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

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

Well done 5E!

This week we have our last breakfast for the year. Come along and enjoy some toast, poppers and water. 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.

Tuckshop News

Hello Everyone,
The Tuckshop will be CLOSED on the last day of school this term for a thorough cleaning and pack up, as well as stocktaking. 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.

The year 6 Graduation ceremony will be on Monday 5th December. We will be selling 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 right selling drinks, chips and lollies. We will also do a sausage sizzle for $2 on the right.

Thanks,
Tracy Wall
Tuckshop Convenor.

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Important Messages from the Coordinator:
24th November 2016

Term 4 Week 8

We welcome our new families to the school our 2017 Enrolments & Vacation Care booking forms are out. These have been emailed to all existing families if you are unable to print please call in and pick up a hard copy from the Service at your earliest convenience.

I cannot accept Vacation Care bookings until you have completed your 2017 Enrolment.

This year our YMCA children have been busy working on a production to celebrate Christmas.

The Christmas Gift. We would like to invite the Helensvale school community to come along and share the love of Christmas with us.

Everyone welcome!

Free to all.

YMCA Helensvale OSHC
P: 07 5669 9216
M: 0436 186 533
oshc@ymcagoldcoast.org

If you are new to the school and would like a tour of our services, please call to make an appointment. Our team members will show you around and explain all things OSHC. We look forward to meeting you!

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Homestay Families Wanted - Early 2017

In early 2017, Helensvale State School will be hosting a group of international students from South Korea. We are looking for families from our school community to provide a good caring home for those students.

Being a host family can be an enriching experience:
- Introduce your family to another culture
- Learn another language
- Make long term international friends
- Share our Australian culture and lifestyle
If you might be interested in becoming one of our Homestay families, please let us know by completing the following flyer and returning to the front office or by email to btimm29@eq.edu.au

Homestay Flyer

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

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.
COMING AND PLAY!

JUNIOR PROGRAM
Tuesdays & Thursdays
4.15pm - 6.00pm

Beginner's welcome Girls & Boys
Learn to play for ages 8-10
Quality Coaching
Cost: $10

Club contact details
Gold Coast Table Tennis Centre
Lot 1 Harbourview Drive Mooloolaba QLD 4555
Coach - Cathy Dostart
Phone: 0401 597 350
www.goldcoasttabletennis.org.au

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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

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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 foster a lifelong interest in sport and gain a healthier mind and body.

In partnership with over 30 National Sporting Organizations (NSOs), Sporting Schools seeks in providing the resources to help sporting clubs, coaches and teachers deliver sport before, during, and after school hours.

Not-for-profit registration is free for schools, skilled NGO endorsed coaches and identified sporting partners, and funding is available to schools to link up with qualified NGO-endorsed coaches to deliver the sporting programs developed by the NSOs.

Based on the following key principles: Sporting Schools focuses on providing safe, fun, engaging activities that get all children involved, regardless of their level of ability.

The Australian Sports Commission's Playing for Life materials are now available online on the Sporting Schools website, and include key tips:

- Curriculum content descriptions
- Learning intentions
- The skill focus for each activity
- The resources align with the National PE Curriculum and can be used as a stimulus in the delivery of:
  - Physical education
  - Health and physical education in middle years
  - Band 3/4/5/6 activities

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

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(03) 9540 3456

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Hollensvale 5529 7888
www.youthdiscovery.org.au

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Contact Us Now: 5573 2122

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Triena van der Weyer
5573 2122

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Jazz Classical Tap Hip Hop
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ABOUT AFFINITY FAMILY LAWYERS

Affinity Family Lawyers is a family law firm with the skills and experience to provide high-quality legal advice and representation in all areas of family law. We understand that family law issues can be emotionally and financially challenging, and we strive to help our clients navigate these challenges with support, guidance, and a clear understanding of their legal rights and options. Our team of experienced family law solicitors and barristers will work closely with you to develop a strategy that best suits your needs and helps you achieve the outcomes you desire.

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AustNews ePublisher
24/11/2016
Are you keen to deliver a program before, during or after school?

Sporting Schools has partnered with over 20 National Sporting Organisations (NSO's) that have developed programs specifically for the school environment:

- Athletics Australia
- AFL
- Australian Rugby Union
- Basketball Australia
- Baseball Australia
- Cricket Australia
- Cycling Australia
- Gymnastics Australia
- Hockey Australia
- National Rugby League
- Netball Australia
- Squash Australia
- Surf Life Saving Australia
- Swimming Australia
- Tennis Australia
- Touch Football Australia
- Triathlon Australia
- Water Polo Australia
- Volleyball Australia
- Yachting Australia

What's the goal?

- To help students build 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 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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Aboriginal and Torres Strait Islander Mental Health First Aid Course

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

This two day course is conducted by the Aboriginal and Torres Strait Islander Mental Health First Aid, 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

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members over 18 years old.

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

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

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

Developing mental illnesses:
- Depression
- Anxiety
- Acute onset psychosis
- Substance misuse

What the course covers (Continued)

Mental health crisis situations:
- Suicidal thoughts and behaviours
- Severe effects of drug or alcohol use
- 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
- 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
## 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

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>DESCRIPTION</th>
<th>DATES</th>
<th>TIMES</th>
</tr>
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<tbody>
<tr>
<td>PARENTING MADE EASIER (4 weeks)</td>
<td>This is a four session program for parents/carers of children aged 0 – 12. It will help you understand children’s maladjustments, and provide you with strategies to develop and foster emotional resilience, respect, cooperation, and responsibility in your children.</td>
<td>Thursday 27th October – 17th November</td>
<td>9.30 am – 12.00 noon</td>
</tr>
<tr>
<td>1,2,3 MAGIC &amp; EMOTION COACHING (3 weeks)</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 great framework that preserves the dignity of the child and the adult.</td>
<td>Friday 28th October – 11th November</td>
<td>9.30 am – 11.30 am</td>
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<td>Friday 18th November – 2nd December</td>
<td>9.30 am – 11.30 am</td>
</tr>
<tr>
<td>TUNING IN TO KIDS (6 weeks)</td>
<td>This six session program teaches parental caregivers of 3 – 12 year old children how to become their child’s emotional coach. Help your child build resilience through understanding and managing their emotions. Also suitable for parents of children with anxiety and/ or emotional and/or behavioural issues.</td>
<td>Wednesday 26th October – 30th November</td>
<td>9.30 am – 12.00 noon</td>
</tr>
<tr>
<td>CIRCLE OF SECURITY PARENTING (6 weeks)</td>
<td>This six session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents/carers of 0 – 10 year old children. Also suitable for parents whose children have emotional &amp; behavioural issues.</td>
<td>Tuesday 25th October – 29th November</td>
<td>9.30 am – 12.00 noon</td>
</tr>
<tr>
<td>ASSERTIVENESS (4 weeks)</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 to meet your goals in life.</td>
<td>Tuesday 5th – 24th November</td>
<td>9.30 am – 12.00 pm</td>
</tr>
<tr>
<td>SELF-ESTEEM (4 weeks)</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>Monday 4th – 28th November</td>
<td>9.30 am – 12.00 pm</td>
</tr>
<tr>
<td>TUNING IN TO TEENS (6 weeks)</td>
<td>This is a six session program designed for parents/carers and educators of teenagers and young adults aged 15 and over. The program aims to increase the adult-child connection by providing adults with a greater understanding of their adolescent’s emotional experience while teaching specific skills that can assist in being supportive, empathic, and staying connected with the young person.</td>
<td>Wednesday 26th October – 30th November</td>
<td>6.00 pm – 8.00 pm</td>
</tr>
<tr>
<td>RELATIONSHIP RESCUE (4 weeks)</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>Tuesday 4th – 29th November</td>
<td>6.15 pm – 8.45 pm</td>
</tr>
<tr>
<td>WHAT ARE WE THINKING (3 weeks)</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>Friday 4th – 18th November</td>
<td>9.30 am – 12.00 pm</td>
</tr>
<tr>
<td>BABYSITTING TRAINING (5 weeks)</td>
<td>From 3 – 7 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.</td>
<td>Thursday 27th October – 24th November</td>
<td>9.45 am – 3.45 pm</td>
</tr>
</tbody>
</table>

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

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

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### 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 177 859
  - Dads in Distress 1300 853 467
  - 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 224 696
  - Lifeline Crisis Line: 13 11 14
  - Alcoholics Anonymous 5591 2062

- **After Hours Doctors & Pharmacy**
  - National Home Doctor Service 13 74 25 (previously Medcall)
  - Pacific Pines Amcal 5573 7722 (Midnight)
  - Oxenford Amcal 5519 9200 (9 pm)

### Parenting & Child Support Services

- **Broodcare Helpline 1900 696 269**
- **Child Abuse Prevention Service 1800 689 089**
- **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.qsh.com](http://www.qsh.com)
- **Practical health information for parents, carers and young people.**
- **Community Child Health**
- **Gold Coast 5687 9183**
- **Logan Central 3307 5393**
- **Beenleigh 3827 9833**

- **1300 Health — 1343 2504**
- **Rural Fire Services Gold Coast 5907 4101**
- **Coomer Valley 5573 3566**
Early Years Hubs
Education interactive playgroups for parents and children 0-5 years.
Join us for singing, dancing, Smallisports, 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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