Term 1 Week 5  27/2/2014

Principal’s Message

What does your child do at school?

Have you ever asked your child what they did at school today, only to receive the stock-standard “nothing” response?

Take heart. There is an easy way to get a more reassuring response.

Professor Stephen Dinham, a research director at the Australian Council for Educational Research (ACER), says the best conversation starter about your child’s day is not based on what they did at school but what the teacher has said to them about their work.

"Don’t ask them what they did today, what they enjoyed at school or what they learnt," Professor Dinham says.

"Ask them, ‘What feedback did you get about your learning today?’"

In other words, “What did your teacher say about your work today?”

Professor Dinham, who has done extensive research into the factors that help kids do well at school, says children have four needs – the most outstanding being how they can improve in their work.

“They want to know what they can do,

what they can’t do,
how their work compares to others,

but the one they really want to know is how they can do better," he says.

“Good feedback from teachers can have an almost “immediate positive effect” on a child’s learning”, Professor Dinham says.

And it's that information that your children will want to share with you.

How Can We Help You?

Throughout the year we would like to run a number of information sessions/workshops for parents to provide you with strategies on how to help your child at home. We would also like to run some general information sessions to give you a better understanding of our curriculum and some of the learning strategies we are using at school.

In a world in which parents are time poor with the pressures of modern day life, I believe that the sessions would be extremely valuable for all parents. Timing is always an issue, so I would love to hear what you think.

When would be the best time to run these sessions – during school hours, after school, 5:00, 6:00?

What would you like to find out more about – maths, reading, spelling, homework, sex education?

Would you prefer to have the information online?

Please email me with your ideas – the.principal@helensvaless.eq.edu.au

I would love to hear from you.

Before School

If children arrive before 8:15, they need to wait in the covered area near the tuckshop. If you are waiting with your child, can I please ask that you wait in those areas as well. Please do not wait in the covered areas outside the classrooms or on the playgrounds near the PAC. Children who are not with their parents see other children waiting in these areas and think that they are able to be there too. I know that the covered areas can get quite noisy in the mornings but having the children wait in these areas ensures that we can keep an eye on everyone.
Improve your child's school success

Is there anything parents can do at home to help their child do better in school?

The answer is yes.

Creating a calm and happy home where children can flourish educationally isn't as easy as it sounds. Here are some things to consider:

1. Be explicit about your expectations

Most of us are keen to make sure our children's self-esteem never suffers and we often encourage and praise small successes without making it clear that we expect children to do the hard work to improve. Often, parents don't tell their children that just "doing OK" or getting straight Cs is unacceptable. It can help for parents to talk about goals that took a lot of hard work, such as going to university or saving up to buy a house, so that kids understand that worthwhile things take hard work and often involve doing things that they don't want to do at the time.

2. Family mood and outlook

Your child's mood affects how well he learns. A positive outlook is the best thing you can inspire in your children to keep them performing well at school and willing to tackle their homework. Computer and TV screens can tire some children out cognitively and visually, so limit viewing and computer time to certain times every day to keep your child free for homework.

3. Provide the basics

A mum can make sure her child gets plenty of sleep, eats the right foods, and has clean clothes to wear and a packed lunchbox each day. Proving education is important to you is easy if you participate in school life - showing up at sports events, school concerts, assemblies and excursions is great. And most schools are keen for you to volunteer in the classroom, especially in the younger grades.

Put notes reading "I love you" or "Have a great day" note in their lunchbox to surprise them - perhaps with a gold coin for them to go and spend at the canteen on a special snack. Get to know your child's teacher, subjects, and classmates. Keep teacher-parent communication ongoing throughout the year.

4. Create a great learning environment

Create an environment that she'll learn best in. Her study area should include an appropriate size desk with drawers, a chair that's comfortable, and good lighting. It doesn't necessarily have to be in the child's room: try the living room, a nook, or the family room.

Work with your child to set up a homework time frame that matches his rhythm. After a post-school snack? Is it better to wait until after dinner? Keep the time free of other commitments and phone calls. Make it a family "study" time: read the newspaper while your son studies. Try to check finished work to show you care and offer
your child the chance to ask you any questions. Don’t do the kids’ homework for them. Teach them how to use the dictionary, the library, and find online resources rather than look up the question for them. It is much more beneficial for them to learn how to do the work on their own than have you fill in the blanks for them too quickly.

5. **Create a love of self-learning**

Learn at home, too. Get kids thinking about subjects they are interested in. Ask them for more details and encourage them to find the answers, even if it means a couple of lessons showing them the ins and outs of Google and search engines. Make sure they know how to take notes, how to summarise what they have read, and how to go about finding answers to their questions. These skills will come in handy no matter what they are learning. Don’t assume that school is all of the learning practice they need - reinforce it at home as much as time allows.

We truly value parental input and would love to see as many parents as possible at school.

Please let us know if there is anything we can do to make your child’s time at Helensvale as productive and as enjoyable as possible.

**Thought of the Week**

“Children need to be taught how to think, not what to think.”

Margaret Mead

Mike Shambrook

Principal

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**The Lolli-pop workers help us to cross the road safely**

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**School News**

**Dear Parents/Carers,**

Due to the increase in our community accessing online banking to pay school activities our Finance Window will open on Tuesdays, Wednesdays and Thursdays from 8am to 9.30am. If Parents/Carers would like any information on how to access online banking please email Tracey Smith on tsmit517@eq.edu.au or phone on 55561333.
Student Absence Line
- 55561370

Don't forget we have a convenient absence line for parents/carers to access 24/7. Parents can leave a message in relation to student absence for the class teacher on this line. Please phone and leave the following information:

<table>
<thead>
<tr>
<th>Child/Childrens Name</th>
<th>Child/childrens class</th>
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</thead>
<tbody>
<tr>
<td>Date of absence</td>
<td>Reason for absence</td>
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</table>

Student Leaders Update

This year I have noticed that there are some people who at lunchtimes have no one to play with and look very lonely. I encourage everyone to make friends whether you know them or not. Be kind and thoughtful and walk over and say hello. I want everyone to be happy when they come to school and to know they have friends to play with. I think school is a great opportunity to make friends. My primary school years have always consisted of new friends whom I hope to keep. The new friend that you meet today could be with you all your life so take up the challenge and go out there and make some friends!

By Georgia Thompson
Year 6 School Leader

Bookclub

Wow what a great response to the first Bookclub issue of the year. Our school's order totalled nearly $3000! Great to see our students enjoying lots of reading!

PLUS your fantastic support of Bookclub has earnt our school $600 in Rewards!! We can use these Rewards on resources for our school.
The orders have just started arriving in this week and will be delivered to your child by Tuesday. If there are any issues please let us know ASAP.

Our next issue will be out first week of Term 2.

PS... Look out for next week's Homelines as we will have some news on where we have used our rewards we accumulated last year!

Happy Reading
Anna and Carole

hssbookclub@gmail.com

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Teach our children to be safe on the road –
cross at the crossings

Community News
MHAA is proud to support the following:

**GOLD COAST MENTAL HEALTH SUPPORT GROUPS**

All support groups are FREE and open to anyone in the community living with a mental illness.

<table>
<thead>
<tr>
<th>Support Group</th>
<th>Facilitator</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bipolar Affective Disorder Support Group</strong></td>
<td>Michelle &amp; Lou</td>
<td>2nd Monday each month 5.30pm - 7.30pm</td>
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<tr>
<td>Designed to provide support for people suffering from Bipolar Affective Disorder. New members are always welcome and no referral is necessary. Relatives and carers are welcome as a support until members are comfortable with the group.</td>
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</tr>
<tr>
<td><strong>Gold Coast Obsessive Compulsive Disorder Support Group</strong></td>
<td>Jean</td>
<td>2nd Tuesday each month 6.30pm - 8.30pm</td>
</tr>
<tr>
<td>Aimed at assisting and supporting people that suffer from Obsessive Compulsive Disorder (OCD), their families and friends.</td>
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<tr>
<td><strong>Anxiety and Depression Support Group</strong></td>
<td>Lou</td>
<td>1st Thursday each month 5.30pm - 7.30pm</td>
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<tr>
<td>Offers a warm, comfortable environment for people living with anxiety and depression and seeking to improve their quality of life. The objectives of the group are to provide self-help support, education and point people in directions that will help them.</td>
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<tr>
<td><strong>Post Traumatic Stress Disorder Support Group</strong></td>
<td>Loretta &amp; Shukti</td>
<td>1st Monday each month 6.30pm-9.30pm</td>
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<tr>
<td>Provides a friendly environment to discuss coping mechanisms that are available for people with PTSD.</td>
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*Don't isolate yourself, connect with others!*

Groups meet monthly at:
Australian College of Community Services - MHAA
Unit 30, Southport Trade Centre
3 - 15 Jackman Street
SOUTHPORT QLD 4215

For more information please contact MHAA or visit the website.

p: 1300 729 686
e: info@mentalhealth.org.au
w: www.mentalhealth.org.au
Interested in playing netball?
Runaway Bay Netball Club is looking for U/8 players (born 2006) for our 2014 team. If you are interested in playing netball please contact us for further information.

Email: runawaybaynetball@gmail.com

Ph: 0424 509100
Dad’s Group

You are invited to attend
Bravehearts Parent Group
Thursday evenings 5.30pm to 7.30pm, Arundel, Gold Coast

This support group has been developed for fathers of children who have been sexually assaulted. This group will provide education including how to support your child, address coping strategies and allow parents to meet others who are in a similar situation.

Bravehearts Parent Support Group will run during school term 1, dates TBA.

Contact Bravehearts
Information and Support Line for more information:
1800 272 831

National Office: Phone 07 5552 3000 | Fax 07 5552 3088 | Freecall Crisis Line: 1800 272 831
Postal: PO Box 575, Arundel BC, QLD 4214 | Email: admin@bravehearts.org.au
Bravehearts.org.au ABN 41 496 513 890
The NRL are hosting a **Play NRL Holiday Clinic at Coomera Cutters Junior Rugby League Football Club** on Tuesday 8th April. Boys and girls aged 5 to 12 years are invited to participate in the Clinic. Our exciting Holiday Clinic allow participants to develop their Rugby League skills in a safe, modified and fun environment. All clinics are delivered by qualified and experienced Rugby League Coaches and cater for all skill levels from beginner to junior league players. All participants receive an NRL Pack (Including Football, Water bottle, Boot bag, kicking Tee and NRL T-Shirt) in addition all participants will be provided with morning tea and lunch. To participate in our Coomera NRL holiday clinic all children must be registered, places are limited at all holiday clinics. For more information and to register please go to [www.segdevelopment.leaguenet.com.au](http://www.segdevelopment.leaguenet.com.au) or call NRL Game Development Officer Matt Palin – 0400 345 547

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**Hinterland Tennis Club**

**World Tennis Day**

Sunday 2nd March

Time- 8am-12noon

Free Coaching for Juniors & Adults

Free Court Hire       Cardio Tennis

Free Day with BBQ/Ball Machines

Call John 041115435
"Soccer X Pty Ltd is pleased to inform you about our Girls Academy, which will be starting during March 2014 at Broadbeach State School. We will be holding a FREE taster session on Sunday, March 2nd at Broadbeach State School, 9.00-10.30am. All girls aged 6-11 years old are encouraged to come along to see what the academy is all about. For more information on the Girls Academy please visit [WWW.SOCCEER-X.COM](http://WWW.SOCCEER-X.COM) or call Justyn on 0451 162346."

Kind Regards

Justyn McKay

Soccer X Pty Ltd Director

m: 0451 162346

e: [soccerX.au@gmail.com](mailto:soccerX.au@gmail.com)

w: [www.soccer-x.com](http://www.soccer-x.com)
NOMINATION FORM

YHES HOUSE CHARITY CARNIVAL

SUNDAY 16th March 2014

Divisions: Netta 8 yrs, 9 yrs, 10 yrs,
Juniors 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17 yrs,
Opens, Mixed

Games Commence: 8:30am sharp
Umpires: Yes please, supply your own
Scorers: Each team will require a scorer
Draw: Will be available from the Club Rooms at 8am
Awards: One trophy per team for Winners and Runners Up

Closing Date for Nominations: Monday 10th March 2014

****** FULL CANTEEN FACILITIES WILL BE AVAILABLE ON THE DAY ******

<table>
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<th>TEAM NAME</th>
<th>AGE/GRADE</th>
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NOMINATION: $80 per team (including GST) Payment must be made with nomination
Payments can be made by direct deposit to:
SCNA
Bendigo bank
BSB: 633-108
Acc No: 1428-06650

Name of Contact Person: ____________________________ Ph No. ______________________

Email of Contact Person: __________________________

SIGNED ___________________________ DATE ___________________________

PO Box 4060, Ashmore 4214 Ph: 5539 5195 Fax: 5539 5904
e-mail: scna@scna.org.au www.scna.org.au
ABN: 12 480 921 861

Coomera Hockey Club

**When**: Training commences this Thursday the 27th of February with the U10's and U12's training from 5.30pm to 6.15pm and the U14's and U16's training from 6.15pm to 7pm. **Where**: Gold Coast Hockey, Cnr Musgrave Ave and Hockey Lane, Labrador

Any questions, please email info@coomerahockey.com
We look forward to meeting lots of new people.

Kind regards,

Jane Foxe

8 Lindfield Road
HELENSVALE 4212 QLD

07 5556 1333
07 5556 1300
07 5556 1370

admin@helensvaless.eq.edu.au

http://www.helensvaless.eq.edu.au/

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