Dear Helensvale Community,

Our children are our priority

Drop off and Pick up

As you are all aware, school drop off and pick up times can lead to a large volume of traffic around school zones and I acknowledge that these are very busy times for everyone. We live in a world that is very fast paced and time is precious for everyone.

However, I ask that our children’s safety be our priority. I ask that all drivers take particular note of the following:

• The 40 speed limit must be adhered to at drop off and pick up times
• The front of the school bus zones are for buses only. This is not a drop off zone for students.
• Do not park in disabled parking zones unless your car displays the appropriate sticker
• Do not park or stop where there is a yellow unbroken line
• If you are crossing the road, ensure you use the pedestrian crossings

I thank you for driving safely around our school.

Last week, Mike and I met with Councillor William Owen Jones about our school drop off and pick up zones. Please be reassured that we are working together in an effort to try and establish a kiss and go area. As you can imagine, there are many elements and factors to consider when planning one of these.

I remind you of our Active School Travel program. This is a great way to minimise traffic around school zones and have some fun and fresh air.

Do we have the most up to date details for your child?

During the day, members of our staff access student information on our database in an effort to contact you or to check medical conditions or court orders. It is essential that the most up to date details are on our system. At times, we may need to contact you in an emergency and it may be very difficult if we do not have the most current details.

Are we up to date with your details?

Does the school have up to date phone numbers, email and address for parents and emergency contacts?

Does the school have the most up-to-date information regarding medical conditions?
Have your living arrangements changed? eg: family court orders

If you need to notify us of any changes, please call the office on (07) 5556 1333, email admin@helensvaleess.eq.edu.au or send a note to the office. We will very happily update your child’s details for you.

P & C Annual General Meeting – March 16 at 7pm

The role of the P&C Association is to assist the school in the provision of a range of activities that our children can participate in within the school, and to assist the school in the acquisition of resources and facilities for our children to utilise on a day-to-day basis. The P & C ask for and appreciate your support.

I would like to sincerely thank the outgoing executive:

President - Lisa Rae
Vice President - Karl Wall
Secretary  - Sharon Wilson
Treasurer - Shane Moore
De Parker
Acting Principal

News from Ms Brown’s Desk

Attendance

Whole school attendance hit target last week with 95% of our students being at school.

Congratulations to two cohorts this week for exceeding our target: Preps and Year 3

Mrs Sarah Chalmers is now following up by email or phone call any students’ unexplained absences. Please ensure you let the school know if your child is going got be away to greatly reduce the need to seek this information on a daily basis.

Was your child at school every day this week?

It is normal that, at some stage in life, every individual will feel anxious when faced with a difficult situation. Each individual will cope with anxiety in different ways. During difficult times, you can support your child to cope with anxiety in effective ways and by doing so, enhance their resilience. Anxiety becomes a problem when it is persistent and prevents them from enjoying normal life experiences for a long period of time.

How can you tell if your child has anxiety?

Signs of anxiety in children may include:

- having lots of worries and a strong need for reassurance
- psychosomatic symptoms which occur before school (e.g. feeling nauseous, shortness of breath or headaches). When the threat (fear of going to school) is taken away, the symptoms will reduce.
- crying, being clingy or fidgeting when nervous
- sleep problems such as difficulty falling asleep, nightmares and trouble sleeping alone
- fear and avoidance of a range of issues and situations.

Why are some children anxious about going to school?

Anxiety may affect children at any age. The causes of anxiety may be different for young children than for teenagers:

- Separation anxiety (being afraid to be away from parents)
- Problems at school such as:
  - not having friends, not fitting in, friendship conflicts
  - feeling lost at school
  - fear of getting into trouble
• learning difficulties
• not getting along with a teacher
• being bullied

New situations – whether facing the first day in a new grade or the first day in a new school, it’s normal to feel nervous in a new situation.

• Failure – worry that their schoolwork will be too hard, they won’t be able to keep up, or they won’t know the correct answer when called on in class.

• Fear of losing a parent. They may think something bad will happen to a parent due to:
  • family problems and fighting
  • a parent being ill
  • parents separating
  • knowing another child who has lost a parent or whose family has broken up.

What can parents do?

• It is important not to dismiss your child’s anxiety, but to help them see that the situations they are worried about may not be as bad as they think. Listen to your child and encourage them to tell you about their feelings and fears.

• Avoid telling your child to ‘get over it’. Your child may perceive this as you not understanding or not caring about their concerns.

• Discuss various scenarios, possible outcomes and ways to handle the situation. This will help put things in perspective.

• Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.

• Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over for them, it stops them from learning how to cope for themselves as they begin to believe that someone else will rescue them.

• If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.

• Talk with school staff to find out what assistance the school can provide.

• If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.

• If your child delays getting ready for school so that they will be late, encourage them to still go to school and reassure them that you will contact the school to explain why they are late.

• Should your child find socialising before school a source of anxiety, arrange for them to arrive just before the bell.

• Be involved in your child’s school (e.g. volunteer in the tuckshop, participate in classroom support, or join the P&C). Support your child with homework and study, modelling skills for becoming more independent.

Further assistance

Sometimes, all of these things do not work and you may need assistance from professionals who can help anxious children. Discuss your concerns with your child’s teacher or the Sector Deputy Principal, Ms Nancie Brown (Prep – year 1), Mrs Renee Austin (years 2 and 3) and Mrs Kim Ona (years 4, 5 and 6), to resolve any school-based issues. If your child requires additional support, the school’s guidance officer, Mrs Jenny Schaffer may assist with anxiety support for your child (in an age-appropriate way) or with a referral to professional support. Alternatively, you can manage your concerns regarding your child’s anxiety with your doctor, who can assist you with a referral to a mental health professional such as a psychologist, psychiatrist or therapist. They help children overcome their anxiety by using methods such as relaxation, improving self-esteem, improving confidence and changing the way they think about difficult situations.

Anti-Bullying and Harmony Day

Don’t forget your child can wear an orange item of clothing for Anti-Bullying and Harmony Day on Friday, March 18. Rubber wrist bands will be on sale for $1.00 each.
News from Mrs Austin’s Desk

Parent Teacher Interviews – Semester 1

As Term 1 this year is only 9 weeks, we have decided to hold our Parent Teacher Interviews during Week 2 of Term 2 (Monday 18 April – Friday 22 April) for Semester 1. Unfortunately this is when our Year 6 school camp is scheduled therefore; Year 6 will have slightly different dates.

Like in previous years, booking a Parent Teacher Interview will be done via our online booking system. This will become active on Monday 21 March and will close on Friday 15 April. More information will be provided over the coming HomeLines, so stay tuned.

NAPLAN 2016 Update

Below is an overview of information regarding student participation according to National Assessment Program (NAP)’s website:


Student Participation

All students in years 3, 5, 7 and 9 are expected to sit the NAPLAN tests.

However, there are some instances where students may be exempted from one or more of the NAPLAN tests or marked absent (for the purpose of the tests) or withdrawn from the tests. The National protocols for test administration provide the framework for understanding student participation.

Exemptions

Exemptions may be granted for students with a language background other than English or for students with a disability. In both cases, schools need to discuss the proposed exemption with the student’s parent/carer and gain their permission prior to the testing period.

Students with disability: Adjustments are provided to students with disability to support access to the tests and encourage maximum participation. Students with significant intellectual disability and/or those with significant co-existing conditions which severely limit their capacity to participate in the tests may be exempted from sitting the national tests. This is determined after consultation has occurred between the principal/school and the relevant parent/carer, and if it is decided the student is not able to access the tests with adjustments. For more information on the types of adjustments available, see the section on Adjustments for students with disability.

A school representative will be in contact with families whose child/ren has a verified disability participating in NAPLAN for 2016 shortly.

Withdrawals

NAPLAN tests are a routine part of the school calendar. However students may be withdrawn from the testing program by their parent/carer if there are religious beliefs or philosophical objections to testing. This is a matter for consideration by individual parents/carers in consultation with their child’s school. A formal application in the manner specified by the relevant test administration authority (TAA) must be received by the principal prior to the testing.

If you want to withdraw your child from participating in the 2016 NAPLAN tests, then please collect an...
Application for Test Exemption Form from the school office.

Absences

Students are considered absent for test purposes in the following instances:

• They did not sit the tests because they were not present at school when the test was administered.
• They were unable to sit the test as a result of an accident or mishap.
• They were at school but were too ill to participate.
• Principals are encouraged to enable the participation of students who were absent on the day of the test but who return to school within the week scheduled for NAPLAN testing.

If you have any questions regarding NAPLAN 2016, then please contact Kim Ona via email konaa1@eq.edu.au or contact the school office on 5556 1333.

Behaviour Focus

OF Week 7 Uniforms

In conjunction with our School Wide Positive Behaviour Support (SWPBS) Team, each week we will be communicating a behaviour focus of the week at Helensvale SS. The focus will proactively teach the students the expected behaviours at school. This will be reinforced by classroom teachers in the classrooms, year level and whole school assemblies and through our Homelines. This gives families the opportunity to support the school and discuss our behaviour focuses at home.

<table>
<thead>
<tr>
<th>School Rules</th>
<th>‘Wearing my uniform and hat correctly’</th>
<th>‘Being Respectful and Organisation’</th>
</tr>
</thead>
<tbody>
<tr>
<td>You Can Do It</td>
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</tbody>
</table>

Correct uniform looks like:

• Hair tied back, no rats-tail and no tracks.
• Check shirt or dress to be worn at school assemblies, performances and excursions.
• Polo shirt and green shorts or skirt.
• School bucket hat worn with the brim down.
• Green or black hair ties, clips and head band
• Black closed in shoes and white ankle socks.
• Small plain studs (preferably gold or silver).

School News

Published by The Administration Department

School Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 11 Mar</td>
<td>Camp Quality Incursion Whole School</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Tue 15 Mar</td>
<td>Year 2-3 Assembly 2:20pm</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Wed 16 Mar</td>
<td>Year 4-6 Assembly 2:20pm</td>
<td>PAC</td>
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</table>
PE News

Students born in 2004, 05, 05, 07 wishing to compete in the school Cross Country should have received their Cross Country note. Parents are asked to sign this note and return it as soon as possible. Students will not be allowed to compete without this signed form. This event is also a selection trial for students born 2004, 05, 06 to attend the district Cross Country. Students who finish in the top 3 and meet the qualifying standards will represent our school at the district event.

Below is a timeline of events for the day. Parents are cordially invited to attend. If you have any further questions please see Mr. Cacciola or email mcacc1@eq.edu.au

2016 Cross Country
Timeline of Events
Monday 21st March

8.15 Cross Country Students walk the course
8.45 Roll marking
8.50 Cross Country Students arrive on oval
9:00 Start Events in the following order:
9 year old Boys
9 year old Girls
10 year old Boys
10 year old Girls
11 Year old Boys
11 Year old Girls
12 year old Boys
12 Year old Girls
Conclude approx. 10:55am

Michael Cacciola
Student Resource Scheme

Thank you to all the families that have returned the student resource scheme participation forms. Please be aware that even though you may have paid or are paying for this, we still require the completed form confirming participation in the scheme.

For your convenience the cash window is open on Tuesday, Wednesday and Thursday from 8.15am to 9.30am.

Leonie Foster

Student Absence Line

Email: absence@helensvaless.eq.edu.au
Phone: 55561370

Don’t forget we have a convenient absence line- email & phone, for parents/carers to access 24/7. Parents can leave a message in relation to student absence for the class teacher by this email or phone line. Please phone or email with the following information:

<table>
<thead>
<tr>
<th>Child/Children's Name</th>
<th>Child/Children's class</th>
</tr>
</thead>
</table>

What do most parents want for their children?
While everyone’s list is different, most parents list includes happiness, health, wellbeing and loving and caring relationships.

In order to reach these goals, your child will need to develop an inner strength to overcome the many challenges and demands he or she may encounter throughout school and life.

The capacity to cope, and rise above challenges in a less-than-perfect world is called resilience.

Assisting children to develop resilience is one of the greatest gifts we can give as parents.

Helensvale State School in conjunction with Ed LinQ are excited to present

Growing Resilient Children
an interactive parent/carer information session with

Pam Day, District Ed LinQ Co-ordinator,
Child and Youth Mental Health Services
on Tuesday 15th March 9-10am

Please RSVP to: Jenny Schaffer Guidance Officer
jscha20@eq.edu.au
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.

FOR YEAR 6 PARENTS AND STUDENTS
HELENSVALE SH YEAR 7 ACADEMY ENROLMENTS FOR 2017

Dear Parents and Carers of Year 6 students,

At Helensvale State High School, we pride ourselves on our ability to cater to 'One Student' through our Academy programs: EXCITE Academy, Japanese Academy, Sports Academy and Arts Academy, previously known as our Excellence Programs. It is through these programs that see a large number of our students work towards constant improvement in their chosen field, whether it be football, Drama, Japanese, or EXCITE. We would like to provide you with the key dates that you will need to be aware of if your child is planning on applying for a position in one of our Academy programs.

Please take particular note of our Information Evening and the date for close of applications. Should you have any questions regarding these dates, please contact our Enrolment Officer, Chloe Gamman, on 5577 9559.

Kind regards,

Heidi Booth
Deputy Principal: Junior Secondary

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>5</td>
<td>21 February, 2016</td>
<td>6-7pm</td>
<td>Parent General Enrolment and Academy Information Evening</td>
</tr>
<tr>
<td>5</td>
<td>23 February, 2016</td>
<td>6-7pm</td>
<td>Academy Applications Open</td>
</tr>
<tr>
<td>7</td>
<td>10 March, 2016</td>
<td>12 noon</td>
<td>Academy Applications Close</td>
</tr>
<tr>
<td>7</td>
<td>12 March, 2016</td>
<td>9-12</td>
<td>EXCITE Academy Entrance Exam</td>
</tr>
<tr>
<td>7</td>
<td>Week Beginning 14 March, 2016</td>
<td>9-12</td>
<td>Academy Trials (Monday, Tuesday)</td>
</tr>
</tbody>
</table>

Indigenous Knowledge Seminar

Belonging to Country

Indigenous Knowledge Seminar

On Easter Monday, March 28th, Indigenous elders, Mary Graham and Lilla Watson, will again present their one-day workshop, “Belonging to Country” on Tamborine Mountain.

Mary Graham, a Kombumerri elder, is a community governance and policy consultant on Indigenous issues, as well as a foundation member of the Reconciliation Council. Lilla Watson, a Burrigubba woman, is an internationally recognised artist and a highly regarded Aboriginal teacher, especially in the fields of women’s issues and Aboriginal knowledge. In December 2015, Mary and Lilla were awarded Honorary Doctorates from Queensland University of Technology for their outstanding contribution to the community.

The workshop will be held at St George’s Church hall on Dapsang Drive from 9.00 to 4.00. The cost is $120 for the day, which includes morning and afternoon teas and workshop materials. We ask people to bring lunch to share.

We are limiting the number of participants so that there are ample opportunities for discussion. We...
encourage you to register soon to ensure your place at the workshop.

For further information, call Sandra on 5545 1058 or email proj.res@gmail.com
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 mental health professionals and community members (18 years and over) how to assist an Aboriginal or Torres Strait Islander adult who is experiencing a mental health problem or in a mental health crisis.

Who can attend the course?

This course is targeted to Gold Coast Aboriginal and Torres Strait Islander community members over 18 years old.

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

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

What the course covers

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

- Developing mental illness:
  - Depression
  - Anxiety
  - Gradual onset psychosis
  - Substance misuse

What the course covers (Continued)

Mental health crisis situations:
- Suicidal thoughts and behaviours
- Aggressive behaviours
- Severe effects of drug or alcohol use
- Panic attacks
- 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 G ANN STREET, Coolangatta (see map)

- 15 & 22 April
- 10 & 17 June
- 19 & 26 August
- 21 & 28 October

SOUTHPORT COMMUNITY CENTRE
6 Lawrence Street, Southport 8:45am – 4:30pm

- 17 & 18 March
- 22 & 29 July
- 9 & 16 September
- 2 & 9 December
Hello, my name is Kevin Hall and I am the Head Coach at the Paradise Diving Club, the Gold Coast’s leading Springboard/Platform Diving and Trampoline Sports Club. Our philosophy is to provide quality coaching with a fun atmosphere.

PDC is a not-for-profit organisation that has been established since 1998. With school holidays almost here, I would appreciate if you could share the enclosed information with your school students by placing on the school noticeboards and including in the school newsletter.

In the upcoming school holidays on March 30th & 31st, 2016 Paradise Diving Club will be running a 2 day Holiday Dive Clinic which is open to all members of the community. This very popular and fun activity has become a major hit with all school kids on the GC over the last 6 years and many local children and parents becoming regular holiday participants. This upcoming holiday clinic creates a great opportunity to introduce the sport of diving to the children of the Gold Coast and presents a wonderful opportunity to come and learn a fantastic sport in a safe environment. It’s exciting, challenging and best of all fun!

All holiday clinic lessons will be conducted at the brand new, world class Commonwealth games facility at the Gold Coast Aquatic Centre in Southport. Springboard and Platform Diving is a growing sport of interest to many people and I encourage you to urge your children to pursue this exciting new experience.

If you require any further information please do not hesitate to contact me, I have electronic flyers available with all the school holiday program information. Please request a copy if you are interested.

Please contact Kevin at kevvyhall@gmail.com or on 0415787207.

Kind Regards

Kevin Hall - Head Coach of Paradise Diving

President of PDC - Mrs Sharon Suenavar