Leadership Team Update
Published by The Administration Department

Important Dates

Date Claimer
The P&C AGM will be held on Wednesday March 22nd, at 7pm in the Teacher’s Staffroom in the administration building.

Friendly Reminder
THE STUDENT RESOURCE SCHEME PAYMENTS ARE CURRENTLY BEING PROCESSED
If you have any concerns please do not hesitate Tracey Smith on tsmit517@eq.edu.au

Dear Helensvale Community
Principal: Mike Shambrook, Deputy Principals: Kim Ona, Terry Welch, Renee Austin

School Enrolment – Day 8 Figures – Class changes
Today our Day 8 enrolment figures, required by Education Qld to finalise our teaching staff to commence the year, requires the school to establishment another Prep class due to a higher than expected Prep enrolment numbers. Prep parents of children required to move to the new Prep class will be contacted by phone by Friday. The new class will reduce the numbers in all Prep classes to around 22 students. Currently some of the classes have 27 students. Long term research on class size, clearly indicates that most children in the early years of schooling experience greater opportunities to learn in smaller classes. The change of class is planned for early next week.

Parent/Teacher Information Session – Next Tuesday 5.00pm
All parents/carers are invited to attend the parent/teacher information sessions being held next Tuesday afternoon at 5.00pm commencing in the PAC.

The sessions will commence in the PAC at 5.00pm with two class sessions commencing at 5:30pm and a repeat at 6.00pm to enable parents with three or more children to attend at least two sessions. Arrangements for larger families can be made with the class teacher.

Active engagement in your child’s learning supports their level of achievement and can assist them to improve their learning outcomes. If you are unable to attend you should inform your child’s class teacher and make alternative arrangements to receive this information.

The focus of the meeting will be to provide updated information regarding school procedures, routines, expectations, homework, teacher–parent communication and the learning and assessment focus for the year level.

I look forward to meeting as many parents as possible next Tuesday afternoon.
New Policy Requirement- Parent / Carer Permission for 3rd Party Websites

This year all Qld State schools have to obtain the permission of parents / carers for computer programs which require the students to use their school logon/password.

Mathletics is an example of a program which requires a school logon/password. The critical issue for EQ is that many programs used in schools, store data in another country, e.g. Mathletics data is stored in the USA.

As each year level uses different programs, parents will receive via email separate permissions letter for each year level their child is in. To assist in the speedy collection of the completed permission forms, each child will bring home a printed copy of the permission section only. Until the form is returned your child will not be permitted to access programs requiring a school logon/password. I thank parents in anticipation of a speedy reply to this request.

Daniel Morcombe Foundation presentation To Year 3 to Year 6

11:30 Tuesday 14th February

Bruce and Denise Morcombe will be giving a presentation to all Year 3 to Year 6 students on the 14th February 2017. The presentation will be in the school PAC (hall) starting at 11.40. All parents are welcome to join us.

The Foundation’s key role in the community is the education of all children about their personal safety.

The presentation lasts approximately 50 minutes which includes a short film clip from the Keep Kids Safe Kit and a montage of photos highlighting some of the DMF activities. If you would like to donate or find out more about the foundation please go to http://www.danielmorcombe.com.au

Please inform class teachers if you do not wish your child to attend.

Same Day Absence Notification

The safety and wellbeing of students are the highest priorities for the Department of Education and Training and Helensvale State School. Last year we implemented same day notifications advising parents/carers when a child has an unexplained absence from school.

- Any child that is not present at school by 9.30am without a notification to the school will be identified by our attendance officer as absent
- The parent/caregiver of this child will receive a text message to notify them of the absence at approximately 9.35am
- The parent/caregiver will then need to notify the school of the absence by one of following three methods:
  1. Reply to the text message
  2. Email the absence email address – absence@helensvale.eq.edu.au
  3. Phone the absence phone line – 5556 1370

Thank you for your cooperation in ensuring the safety of our students and please let the school know of all absences. Deputy Principal Terry Welch will be working with students and parents around attendance.

Mike Shambrook and the Executive Leadership Team

Quote of the week
### School Calendar

Please click here to download the printable version of the calendar: HSS Term 1 Wk2 Calendar

Please note: Assemblies start at 2:15 unless stated otherwise.

<table>
<thead>
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<th>Term</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Wk 1</td>
<td>23 Jan</td>
<td>24 Jan</td>
<td>25 Jan 2:15pm</td>
<td>Australia Day</td>
<td>27 Jan</td>
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<td></td>
<td>Whole School Assembly</td>
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<td>Public Holiday</td>
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<tr>
<td>Wk 2</td>
<td>30 Jan</td>
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<td>1 Feb Year 2-3</td>
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<td>Assembly</td>
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<td>Wk 3</td>
<td>6 Feb</td>
<td>7 Feb</td>
<td>8 Feb 5-6:30 Meet the Teacher Night</td>
<td>9 Feb Heat Van on Oval</td>
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<td>8 Feb 8:00 Brisbane Heat Van on Oval</td>
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<td></td>
<td>Parenting Group</td>
<td>11:40 Daniel Morcombe foundation talk to Yr 3-6</td>
<td>Year 4-5-6 Assembly</td>
<td>District Swimming</td>
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<td>Kids Know How Workshop</td>
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<td>Year 2-3 Assembly</td>
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<td>Prep-Yr 1 Assembly</td>
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<td>Parent Teacher Interview Book in Open</td>
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<td>Parent Teacher Interview Book in Open</td>
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<td>Prep-Yr 1 Assembly</td>
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<td>Parent Teacher Interview Book in Open</td>
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<td>Parent Teacher Interview Week</td>
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<td>Harmony Day</td>
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<td>Parent Teacher Interview Book in Open</td>
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<td>Parent Teacher Interview Book in Open</td>
<td>24 Mar</td>
<td>Admin Building</td>
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<td>10</td>
<td>HSS Cross Country</td>
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<tr>
<td>10</td>
<td>HSS Cross Country</td>
<td>28 Mar</td>
<td>9:15am Whole School Assembly</td>
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<td>HSS Cross Country</td>
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<td>HSS Cross Country</td>
<td>31 Mar</td>
<td>Easter Concert Prep/Yr 1 12:15</td>
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**Additional Events**

- **Parent Teacher Interview Book in Open**
- **Parenting Group**
- **Kids Know How Workshop**
- **Year 2-3 Assembly**
- **Year 4-5-6 Assembly**
- **AGM – P&C Meeting**
- **Prep-Yr 1 Assembly**
- **Parent Teacher Interview Week**
- **Harmony Day**
- **P&C AGM 7pm**
- **Admin Building**
- **Easter Concert Prep/Yr 1 12:15**
Bunburra Jajums Yathgalen
Beach Children Whisper

DATE CLAIMER

Term 1 2017 WEDNESDAY 8th SAUSAGE SIZZLE

Attendance Goal for 2017: 95% Currently 91%

NEWS FROM AUNTY VICKI!

Tips for turning up
Don’t talk about it
Check it out girls school. School starts at 8, be here
by 7.50 am school opens at 8 am beware inклк.

SCHOOL SHIRTS

Child $35
Adult $50
Available in most sizes

SIGNIFICANT DATES

January
1st 1962 Native Title Act Precinded
20th Invacare/Ontario/Day
31/12 Test Embassy

WORD OF THE WEEK

Burrugann-boomerang
Welcome Back

It’s time to RECOGNISE Aboriginal and Torres Strait Islander peoples in Australia’s Constitution. It’s the right thing to do.

PE News

PE BOWLING

http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14IvUbRy56o... 3/02/2017
This week we launched the bowling program in PE lessons. Students have worked collaboratively in groups to ensure the bowling lanes operate effectively setting up and removing pins, retrieving the bowling ball, coaching and mentoring each other with technique and of course the most enjoyable part of bowling, the actual bowling! Students learnt the terminology of follow through to “answer the phone”, correct 3 finger grip, good bowling technique as well as specific bowling literacy of “strike”, “spare” and “turkey”. Basic mathematic skills are also reinforced with “make to 10” facts. The Bowling program continues for 4 weeks.

Broadwater District Trials: Representative Sport

At Helensvale State School we provide representative sporting pathways for all students that are gifted, talented and show excellent skills in their chosen sport.

Below are a list of dates for the various representative sports our district offer. Most teams are Under 12yrs teams (meaning student born in 2005 or younger) unless stated otherwise (Netball and Rugby League offer 11yrs as well as 12yrs.) Talented 11year old players (2006 students) are eligible to attend a 12yrs trial if they are gifted and excel in that sport.

The selection process for these sports start at school where we hold pre-selection trials. Our school can only send limited numbers of students who demonstrate a high standard to a district trial, therefore it is essential your child attend the school pre selection trial. If a child has the skills and ability to attend a district trial, they will receive all the necessary paperwork, times, venues etc. A child can not head straight to the district trial without attending the school pre selection trial.

School pre selection trials will be advertised on the daily notice board to students with 3-5 days notice. If a child is absent for any reason on that day parents must inform Mr Cacciola on the day of the child’s absence. Failure to do so can result in a child’s ineligibility to attend the district.

A child can not head straight to the district trial without attending the school pre selection trial. I have also listed the South Coast regional trial dates; if your child is picked in the district team they then get to go these South Coast trials.

If you have any further questions please contact the Sport teacher Mr Michael Cacciola

mcacci1@eq.edu.au

<table>
<thead>
<tr>
<th>Sport</th>
<th>Trial Dates</th>
<th>Trail Venue</th>
<th>South Coast Regional Dates</th>
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<tr>
<td>Swimming</td>
<td>10-11,12yrs</td>
<td>10-11,12yrs</td>
<td>Southport Aquatic Centre</td>
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<td>10-11,12yrs 16th Feb</td>
<td>16th Feb</td>
<td>Mon 27th Feb/ Wed 1st Mar</td>
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<tr>
<td>Cross County</td>
<td>10-11yrs- Wed 24th May</td>
<td>Runaway Bay</td>
<td>Tue 6th June</td>
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http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_141vUbRy56o... 3/02/2017
Track and Field
(10,11,12yrs)
10-19yrs Tue 15th & Wed 16th Aug (back up 17/8 & 18/8) Griffith University Tues 5th & Wed 6th Sept

Hockey 12yrs
Boys/Girls Wed 22nd Feb Ips Tues 14th Mar

Cricket 12yrs
Boys Wed 9th Aug TSS Wed 30th Aug & Thurs 31st Aug

Netball 11&12yrs Tues 7th & 14th Mar Runidel SS Tues 21st Mar

Rugby League 12yrs
Wed 8th Mar Helensvale Hornets RL Tues 18th Apr & Wed 19th Apr

Basketball 12yrs
Boys/Girls Thurs 9th Mar Biggara Waters SS Thurs 20th Apr

Rugby League 11yrs
Wed 15th Mar Helensvale Hornets RL Tues 18th Apr & Wed 19th Apr

Football 12yrs
Boys/Girls Tues 21st Mar & Thurs 23rd Mar Southport SHS (boys) Helensvale SS (girls) Thurs 4th May

AFL 12yrs
Boys Thurs 23rd & 30th Mar Cooke-Murphy Reserve Tues 18th Apr

Touch 12yrs
Boys/Girls Wed 26th Apr & 3rd May Coombabah SS Tues 30th May

Softball 12yrs
Girls Thurs 23rd Apr Ips Tues 2nd May

Rugby Union 12 yrs Boys
Thurs 4th May & Thurs 11th May Ips Tues 13th June

Golf 10 – 19 Yrs
Boys/Girls No Trial Paper Noms to BW Sect Mon 22nd May

Tennis 12 Yrs
Boys/Girls Wed 24th May Ips Mon 29th May

Rugby League 12yrs Girls
Thurs 19th Jun Ips Tues 18th July

AFL 12yrs Girls
Thurs 13th Jul Pacific Pines SHS Tues 6th Aug

Cricket 12yrs
Boys Wed 9th Aug TSS Wed 30th Aug & Thurs 31st Aug

Aquathalon 12Yrs
Boy/Girl Direct nominations to regional level Sat 11th Nov

Dates subject to change
Welcome back to 2017! It’s shaping up to be an exciting year for the music department. For any new families who learned Strings, Brass, Woodwind or Percussion instruments at another school and would like to continue learning at Helensvale, please contact the office or the Music Department.

Tuckshop News... Tuckshop News... Tuckshop News...
Hi Everyone,
This is just a rundown on how Tuckshop works for our new families whom have joined our school community. We have attached our NEW MENU for 2017 so you can print it off and keep it on the fridge for reference.
If your child is having Tuckshop we have a few ways of ordering. We have online ordering through Flexischools. You log into the website and set up an account, which only you have access to. You can order your children’s lunches up to two weeks in advance, or you can set up a specific order for a particular day each week or you can do an order for a certain day that you need it. This is an easy way to order and is quickly processed at the Tuckshop.
You can write a Tuckshop order on a paper bag and send it and the money in the class basket, in your room. Just make sure it has your child’s name, class, and which lunch it is for on it. Morning Tea is at 11am and Big Lunch is at 1.30pm. If you are doing both lunches you will need to do a separate order for both lunches as we don’t get the bags back.
If you don’t have any bags or you need change or to pay by EFTPOS then come to the window before school and make an order. We have bags for you to fill out for 10c each.
Sometimes your order may be for slushies or cold items which we won’t send in the basket: your child will get a tag in the lunch bag. They will then come to the Tuckshop with their bag and the tag and exchange the tag for their item. This stops melting and spillage on the way to class. So if you are ordering these items, please make your child aware to keep their bag and the tag and go to the Tuckshop to get it.
If you send too much money and will require change with your order: we tape the change in the corner and write on the bag the change amount and circle it. If your child will be getting change from their order, please make them aware of this process so they don’t just throw the bag and money in the bin.
We need volunteers to help run the Tuckshop, so if you can spare a day or even an hour in the morning, your help would be greatly appreciated. We supply your lunch and drinks for the day. Helping in the Tuckshop is a great way to meet new friends, see how the Tuckshop is run and contribute to our school community. Your kids love seeing you at school too! If your child has anxiety, it is far enough away that you are close by if needed, but not in the classroom as a distraction either. Just pop in when you are free and we can start you straight away. We would love to meet you!
The Tuckshop is run by the P&C and all funds raised in the Tuckshop, go towards projects in the school and student resources. We have just had an upgrade of the Tuckshop over the holidays and it is now an amazing the space to work in. So come and say hi and have a look at the new extension.
Hope to see you soon!
Tracy Wall
Tuckshop Convenor

http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14lVUbRy56o... 3/02/2017
Hi Everyone,

Welcome back for 2017! Hope you all had a fantastic break and are ready for the term ahead!

Our first P&C meeting will be held on the 15th February, 2017, at 7pm, in the Teacher’s Staffroom in the administration building. So come along and be active in our school. If you have an opinion on something within our school and would like it addressed or have suggestions for fundraising and where our efforts can be directed this is the forum to get this across. Our P&C and school are working together to get resources and items which benefit all children within our school. So save the date and come along. We would love to see some new faces as well as our regulars.

Our AGM will be held on Wednesday March 22nd, at 7pm in the Teacher’s Staffroom in the administration building.

The P&C run the Tuckshop and Uniform Shop in our school and all profits raised go back into resources and items for the students in our school.

This year we upgraded the Tuckshop and made necessary room for our Tuckshop to operate properly for another 28 years! Come and have a look at the new Tuckshop and see the new renovation! They are always looking for new volunteers too. So if you can spare a few hours in the morning to get the baskets organized or if you can stay all day (your lunch is supplied) and the ladies in the Tuckshop would love some help. Without our wonderful volunteer base we couldn’t have the extensive menu we do or operate every day.

We are always after grant writers to help us win some extra funds to get bigger ticket items in the school. Over the years we helped put in the Year 6 building, PCYC’s building, playgrounds for every grade in the school, fans for the hall to name a few. These grants allow us to do fewer fundraising things throughout the year and allow us to get bigger ticket items needed for students.

So we hope to see you at the next P&C meeting!

Karl Wall
P&C President

The first issue of Bookclub for 2017 has been sent home this week.
This is a great way to purchase books at good value prices, while helping the school. Every order we place earns Rewards which we use to purchase books and resources. Just to give you an idea, last year we earnt nearly $3000 in Rewards.

You’ll find award-winning books, as well as old and new favourites. The books span a wide range of children’s reading levels and interests and are inexpensive (some books cost as little as $1 and $2).

It is very easy to order. Payment can only be made with a credit or debit card online.

You can place your order via www.scholastic.com.au/loop or via the iPhone or Android App.

There’s NO need to return paper order forms or payment receipt details to school.

For a quick how-to-order video, log-in to www.scholastic.com.au/LOOP, select State and School and then click on HELP at the top.

Remember NO Cash: Orders please – we are now running a cashless Book Club!

All orders need to be placed by FRIDAY, 10TH FEBRUARY.

Any questions, please email to hsbookclub@gmail.com

Happy Reading!

Carole

Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in years 4 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:

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:


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.
Brisbane Heat Cricket Van Tour to Helensvale Primary School!

Wednesday 8th Feb @ 8am

On Wednesday 8th February the Brisbane Heat Cricket Van will visit our school at 8am on the oval.

We will have inflatable activities, free Milo giveaways, music and heaps of promotional material for kids to get involved in their local Club cricket programs this year. Come along and join in the fun!

Gold Coast SUNS Family Day

Come down and join the Gold Coast SUNS players to celebrate everything AFL.

Where: Metricon Stadium, Nerang Broadbeach Rd Carrara
When: Saturday 11th February from 8:00am to 12:30pm
Cost: FREE

Your local Junior AFL club is Labrador Tigers JAFCA – sign up on the day or at Cooke Murphy Oval, Ashton Street, Labrador on Sunday 5th March from 10:00am – 2:00pm

For more information on Labrador JACF AFL Auskick or Junior AFL please contact: Michael Andrews on 0403 906 636 or at maq@westnet.com.au

To register for Auskick please go to www. aflauskick.com.au
Tuning in to Kids
Emotionally Intelligent Parenting
A six session parenting program for parents of children aged 5 – 12

Helensvale State School
8 Lindfield Road
Helensvale
P: 5556 1333 4905 E: jach20@eq.edu.au

Monday 13th February – 20th March: 9:30 am – 12:00 pm

Would you like to learn how to:
- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:
- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood diseases

Emotional intelligence may be a better predictor of academic and career success than IQ!

Northern Gold Coast Communities for Children is funded by the Australian Government Department of Social Services.
HELENSVALE CALISTHENIC DANCE ACADEMY
Would you like to try a fantastic, fun dance sport? Then why not come along and have a look at Helensvale Calisthenic Dance Academy. Calisthenics is a combination of gymnastics/ballet/exercise/marching and dancing to music.

Classes are held at the Helensvale Community Centre and Helensvale State School on the following days and times:

Monday (Helensvale Community Centre)
- Call Dance 5yrs and Under 3.30pm – 4.00pm
- Tinies 7yrs and under 4.00pm – 5.30pm
- Inters 16yrs and under 5.30pm – 8.00pm

Tuesday (Helensvale State School)
- Juniors 13yrs and under 4.30pm – 6.30pm
- Seniors 16yrs and over 6.30pm – 9.30pm

Wednesday (Helensvale State School)
- Sub Juniors 10yrs and under 4.30pm – 6.30pm

For more information phone Sarah on 0412 980989 or email calisthenics@bigpond.com
"Hi everyone! I hope you all had a great holidays! Everyone's getting excited about Tennis again with some great matches being played at the Australian Open. Why not let your kids try this great sport at Discovery Park Tennis Centre with the 2016 Gold Coast Tennis Coach of the year Johnny Stamenovic. They will have a great time while being active and learning from the best. Take advantage of our Australian Open Special which will give your child a free trial lesson. We can't wait to see you there!"

Call now on 0416011378 Johnny
INCREDIBLE TENNIS OFFER
At Discovery Park Tennis Centre, Helensvale for kids aged between 5-12

• FREE Tennis Lesson
  Risk free, no obligation

• FREE TRIAL TENNIS LESSON*

• 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 information: 0416 011 378

* Gold Coast Residents only *Only 50 spots available

Stepping Stones Triple P is a specialty tailored program for parents of children with a disability and autism aged 2-12 years. It is part of the Triple P – Positive Parenting Program, one of the world’s most effective parenting programs.

Stepping Stones gives parents the skills to raise happy, confident children and build stronger family relationships. It also helps parents manage problem behaviour and developmental issues common in children with disabilities.

The following FREE Stepping Stones Triple P programs have been scheduled through the Rochedale Disability Service Centre:

Group Stepping Stones (intensive 2 Days)
  • Day 1: Sat 6 May and Sat 20 May, 10am – 4:30 pm
  • Seminars (each seminar focuses on a particular topic)
  • Seminar 1 - Mon 20 Jan 10 – 13:30
  • Seminar 2 - Tues 28 March, 10am – 12:30
  • Seminar 3 - Date to be Advised
More workshops to come in 2017; please contact Kim Atkinson or Rowena Wooley on Ph: 5598 5800 or go to http://www.healthyfamilies.org.au/the-parenting-centre/check-out-collective/

Oz Shades Qld
Ph: 5573 2836

Early Season Special
Free installation on all Indoor/Outdoor Blinds
Get 10% off your order Guaranteed to beat any genuine quote!
Where can I play MILO T20 Blast?....
Surfers Paradise Cricket club - Friday
Helensvale Pacific Pines Cricket club - Friday
Palm beach Currumbin Cricket Club - Wednesday
Girls MILO T20 Blast - Mallawa drive - Sunday
For all School based MILO T20 programs, visit.....

Visit PLAYCRICKET.COM.AU to find out more...
### NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN

**Term 1 2017**

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<tr>
<th>PROGRAMS FOR PARENTS</th>
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<tr>
<td><strong>BRINGING UP GREAT KIDS (4 weeks)</strong></td>
<td>A four week program that uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children, promote respectful interactions, and encourage the development of children's positive self-identity. Thursday, 23rd February - 16th March: 8.30 am - 12.00 noon</td>
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<tr>
<td><strong>1, 2, 3 MAGIC &amp; EMOTION COACHING (3 weeks)</strong></td>
<td>A three session program designed to help parents/caregivers and educators of children aged 2 - 12 years to manage challenging behaviours. The program works equally well as a preventative tool and as early intervention. It gives parents strategies to address the needs of their child or children. Friday, 10th February - 16th February: 9.30 am - 11.30 am Friday, 10th March - 16th March: 9.30 am - 11.30 am</td>
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<tr>
<td><strong>TUNING INTO KIDS (6 weeks)</strong></td>
<td>This six session program teaches parents/carers of children and youth aged 3 - 12 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 emotional and behavioural issues.</td>
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<tr>
<td><strong>CIRCLE OF SECURITY PARENTING (5 weeks)</strong></td>
<td>This five 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 parent's of children aged 3 - 18 years. Monday, 27th February - 6th March: 3.30 pm - 8.00 pm</td>
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<tr>
<td><strong>ANGER MANAGEMENT AND CONFLICT RESOLUTION (4 weeks)</strong></td>
<td>NEW! A four session program filled with information about anger - what it is, how it impacts on our lives and relationships, and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships.</td>
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<tr>
<td><strong>ASSERTIVENESS (4 weeks)</strong></td>
<td>This is a four week program designed to help you build self-esteem by supporting you to feel better about yourself, increase your confidence, and help you fulfill your goals in life. Monday, 27th February - 2nd March: 10.30 am - 12.00 pm</td>
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<tr>
<td><strong>RELATIONSHIP RESCUE (4 weeks)</strong></td>
<td>These four session programs offer an opportunity to explore ways to how a fabulous relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and friends.</td>
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Child minding is available for free. 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** 13 62 62  
**Poisons Information Line** (24 hours) 131 126  
**Coomera Police Station** 9519 9595

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<th>SUPPORT SERVICES</th>
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<td><strong>24 Hour Support Services</strong></td>
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</table>
Alcohol & Drug Information Service 1800 177 833  
Dads in Distress 1300 853 437  
Domestic Violence 1800 811 811  
Family Drug Support 1300 368 186  
Kids Help Line 1800 551 000  
Men's Line Australia 1900 789 978  
Beyond Blue 1300 224 636  
Lifeline Crisis Line: 13 11 14  
Alcoholics Anonymous 5591 2062 |
| **Parenting & Child Support Services** |  
Broadmeadows: 1800 668 669  
Child Abuse Prevention Service 1800 668 669  
Kiddie Safe: 1800 668 669  
Pregnancy Helpline: 1300 139 313 |
| **Child Health Services** |  
Child and Youth Health [www.ch.gov.au]  
Practical health information for parents, carers and young people.  
Community Child Health: 5687 9183  
Logan Central: 3907 5903  
Beenleigh: 3827 9803 |
| **After Hours Doctors & Pharmacy** |  
National Home Doctor Service: 19 7425  
(Previously Medcall)  
Pacific Pines Amcal: 5573 7722 (Midnight)  
Oxenford Amcal: 5519 9200 (9pm)  
Rural Fire Services Gold Coast: 5597 4101  
Coomera Valley: 5573 3566 |

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http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14IvUbRy56o... 3/02/2017
### Early Years Hubs

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

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

Call 55 298 087 for venues and times

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### 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

Like us on Facebook - [www.facebook.com/occycentre](http://www.facebook.com/occycentre)