Dear Helensvale Community,

Welcome to Term 3

I trust all our families had a restful and relaxing holiday. Students certainly seem keen to be back with their classmates / teachers and ready for the work ahead of them. Some of our Term 3 activities include: District Sports, Gold Coast Eisteddfod, Father’s Day Stall, school Disco and of course the Olympic Games in Brazil. So let the learning begin!

Independent Public Schools (IPS)

The Queensland Government is committed to providing state schools with greater autonomy in decision-making and increased capacity to work in new ways to maximise learning outcomes.

There are currently 180 Independent Public Schools in Queensland.

Shortly the department will call for Expressions of Interest (EOI) for 70 schools to join the IPS initiative in 2017. This will bring the total number of IPS in Queensland to 250.

Schools considering applying to become an IPS can begin consultation with the school community now. The prospectus and fact sheets available online can be used during this consultation period to discuss with the school community what becoming an IPS would mean for the school.

What will it mean for students?
Independent Public Schools are empowered to shape their own strategic direction and make decisions that will directly benefit their students.

They have an enhanced capacity to work directly with local businesses, industry and community organisations.

Schools also have greater flexibility to tailor the curriculum to directly suit the needs of their students.

This tailor-made approach will mean students may benefit from opportunities such as International Baccalaureate, extracurricular and gateway programs, or access to centres of excellence.

Consultation Process

All non-IPS Queensland state schools have been invited to commence discussions with their communities to gauge the interest and support prior to the opening of applications in term 4.

Key features of the Independent Public Schools initiative include:

- Enhanced local governance (School Council)
- Opportunities for innovation
- Locally tailored workforce
- Increased financial flexibility.

To become an Independent Public School, a school council must already exist, or there must be an explicit commitment to establish one and schools are required to demonstrate they have the support of their school community in submitting an application.

Avenues for our school discussions will be this term’s August and September P&C Meetings and additional meeting(s) for the school community to discuss the benefits/impact of being an IPS school. The panel on the evening will include Principals of other IPS schools in our local area.

Parents will also be invited to provide comment if unable to attend meetings. Letters or emails are more than welcome. If you would like to know more information about the Independent Public Schools initiative, visit the Education Queensland website at: www.education.qld.gov.au/schools/independent-public-schools.

Facilities Upgrade

Construction work will commence mid next week to replace the retaining wall outside teaching block 3. The current timber structure, 32 years old, will be replaced with a concrete sleeper design and will be increased in size to improve the effectiveness of this area for class activities. The old timber seating will be replaced with modern aluminium seating placed on a new concreted surface. The work is scheduled to take approximately two weeks. Normal class activities will be maintained during this time with some adjustments to eating areas when the safety barrier perimeter is confirmed. Funding for this work is from our annual maintenance program.

Welcome new Staff

This term a number of changes have been made in our teaching staff due to staff taking extended leave or moving to new positions outside of education. The changes are listed below and I extend a warm Helensvale welcome to our new staff members.

<table>
<thead>
<tr>
<th>New Staff Member or changes to class</th>
<th>Days</th>
<th>Class/Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miss Jemma Boswell</td>
<td>Mon-Fri</td>
<td>2B</td>
</tr>
<tr>
<td>Miss Rebecca Bruce</td>
<td>Tuesday &amp; Thursdays (Weeks 1-3 only)</td>
<td>ARTS</td>
</tr>
<tr>
<td>Mrs Marie Keevers</td>
<td>Thurs-Fri</td>
<td>2E</td>
</tr>
<tr>
<td>Patrina Izod</td>
<td>Mon-Wed</td>
<td></td>
</tr>
<tr>
<td>Mr John White</td>
<td>Mon-Fri</td>
<td>6C</td>
</tr>
</tbody>
</table>
School Opinion Survey (SOS) – have your say!

The 2016 SOS is now available online for parents to provide feedback on our school. The user name and password to access the online survey has been forwarded home to parents this week. Last year 96 families completed the survey and in 2016 I encourage the remaining 700 families to take the opportunity to complete the survey this year.

Below is the survey data from 2015, detailing both positive areas and areas for improvement which were subjected to a school review in term 4 last year by A/Principal Mrs Donovan, who addressed the issues identified.

The questions in green show a satisfaction level above 89%

The questions in yellow show a satisfaction level between 85% and 88%

The questions in red show a satisfaction level between 81% and 84%

<table>
<thead>
<tr>
<th>Q No</th>
<th>Question</th>
<th>Satisfaction %</th>
</tr>
</thead>
<tbody>
<tr>
<td>S2001</td>
<td>My child likes being at this school.</td>
<td>93.9</td>
</tr>
<tr>
<td>S2002</td>
<td>My child feels safe at this school.</td>
<td>94.9</td>
</tr>
<tr>
<td>S2003</td>
<td>My child's learning needs are being met at this school.</td>
<td>89.7</td>
</tr>
<tr>
<td>S2004</td>
<td>My child is making good progress at this school.</td>
<td>88.7</td>
</tr>
<tr>
<td>S2005</td>
<td>Teachers at this school expect my child to do his or her best.</td>
<td>95.9</td>
</tr>
<tr>
<td>S2006</td>
<td>Teachers at this school provide my child with useful feedback about his or her school work.</td>
<td>87.5</td>
</tr>
<tr>
<td>S2007</td>
<td>Teachers at this school motivate my child to learn.</td>
<td>89.7</td>
</tr>
<tr>
<td>S2008</td>
<td>Teachers at this school treat students fairly.</td>
<td>87.1</td>
</tr>
<tr>
<td>S2009</td>
<td>I can talk to my child's teachers about my concerns.</td>
<td>96.9</td>
</tr>
<tr>
<td>S2010</td>
<td>This school works with me to support my child's learning.</td>
<td>87.6</td>
</tr>
<tr>
<td>S2011</td>
<td>This school takes parents' opinions seriously.</td>
<td>84.6</td>
</tr>
<tr>
<td>S2012</td>
<td>Student behaviour is well managed at this school.</td>
<td>81.4</td>
</tr>
<tr>
<td>S2013</td>
<td>This school looks for ways to improve.</td>
<td>92.7</td>
</tr>
<tr>
<td>S2014</td>
<td>This school is well maintained.</td>
<td>95.9</td>
</tr>
<tr>
<td>S2015</td>
<td>This school gives my child opportunities to do interesting things.</td>
<td>91.8</td>
</tr>
<tr>
<td>S2016</td>
<td>My child is getting a good education at this school.</td>
<td>90.7</td>
</tr>
<tr>
<td>S2017</td>
<td>My child's English skills are being developed at this school.</td>
<td>91.8</td>
</tr>
<tr>
<td>S2018</td>
<td>My child's Mathematics skills are being developed at this school.</td>
<td>91.8</td>
</tr>
<tr>
<td>S2019</td>
<td>I understand how my child is assessed at this school.</td>
<td>93.8</td>
</tr>
<tr>
<td>S2020</td>
<td>I understand how computers and other technologies are used at this school to enhance my child's learning.</td>
<td>85.4</td>
</tr>
<tr>
<td>S2021</td>
<td>Teachers at this school are interested in my child's wellbeing.</td>
<td>91.8</td>
</tr>
<tr>
<td>S2022</td>
<td>Staff at this school are approachable.</td>
<td>90.8</td>
</tr>
<tr>
<td>S2023</td>
<td>Staff at this school are responsive to my enquiries.</td>
<td>89.5</td>
</tr>
<tr>
<td>S2024</td>
<td>This school asks for my input.</td>
<td>83.3</td>
</tr>
<tr>
<td>S2025</td>
<td>This school keeps me well informed.</td>
<td>89.6</td>
</tr>
<tr>
<td>S2026</td>
<td>This school encourages me to take an active role in my child's education.</td>
<td>89.6</td>
</tr>
<tr>
<td>-------</td>
<td>------------------------------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>S2027</td>
<td>This school encourages me to participate in school activities.</td>
<td>88.3</td>
</tr>
<tr>
<td>S2028</td>
<td>This school provides me with useful feedback about my child's progress.</td>
<td>88.5</td>
</tr>
<tr>
<td>S2029</td>
<td>This school provides useful information online.</td>
<td>91.5</td>
</tr>
<tr>
<td>S2030</td>
<td>This school is environmentally friendly.</td>
<td>94.5</td>
</tr>
<tr>
<td>S2031</td>
<td>This school is well organised.</td>
<td>87.5</td>
</tr>
<tr>
<td>S2032</td>
<td>This school has a strong sense of community.</td>
<td>91.7</td>
</tr>
<tr>
<td>S2033</td>
<td>This school celebrates student achievements.</td>
<td>91.7</td>
</tr>
<tr>
<td>S2034</td>
<td>I would recommend this school to others.</td>
<td>91.7</td>
</tr>
<tr>
<td>S2035</td>
<td>This is a good school.</td>
<td>94.8</td>
</tr>
</tbody>
</table>

Michael Shambrook  
Principal

**Quote of the week**

*It is the mark of an educated mind to be able to entertain a thought without accepting it.*  
Aristotle

**From Ms Brown's Desk**

Welcome back to Term 3. I hope you were able to take advantage of the holidays and enjoyed some quality time with your family.

By now you would have all received your ordered school photos and an emailed Semester 1 school report for each of your children. Please do not hesitate to make an appointment to meet with any teachers, if necessary to discuss your child’s progress.


Don’t forget that our P&C meets on the third Wednesday of each month at 7pm. We are hoping that many of you will be able to join us for our next meeting on July 20.
**Speld (Supporting people experiencing learning differences)**

Parent Workshop

When: Tuesday 2 August at 2pm

Where: Helensvale State School PAC

Who is presenting: Marion McMahon, Executive Officer of Speld

This workshop will be interesting for all parents, in particular, if you have concerns regarding your child’s learning. www.speld.org.au

Please contact Ros Moore through the office with any queries.

**Premier’s Reading Challenge 16 May – 26 August**

“*When I say to a parent, “read to a child”, I don’t want it to sound like medicine. I want it to sound like chocolate.”* Mem Fox

Children enjoy being read to so for the Premier’s Reading Challenge shared reading of a book with an adult or sibling may be included on the form for all students from Prep to Grade 6.

We are now in Week 9 of the challenge and I hope students enjoyed adding a few books to their record forms during the holidays. Please remember to include the title and author’s name on the form.

As 2016 is the centenary celebration of Roald Dahl’s birth, students may wish to read or even re-read some of his wonderful stories.

*A book is like a garden, carried in the pocket.* Chinese proverb

Please contact me through the office with any queries regarding the Premier’s Reading Challenge.

Ros Moore

---

**From Mrs Austin’s Desk**

**Response to Intervention (RTI)**

As we commence Term 3, classroom teachers have used this week to review and collate assessment and data from Term 2 to drive our Response to Intervention support. Week 2, our RTI squads will recommence focussed learning into each of our Prep to Year 6 classrooms three times a week.

During Semester 1, our Response to Intervention focused on the following curriculum areas:

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Curriculum Area – Semester 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td><strong>Reading</strong></td>
</tr>
<tr>
<td></td>
<td>Decoding and Comprehension Strategies</td>
</tr>
<tr>
<td>Year 1</td>
<td>Maths</td>
</tr>
<tr>
<td>Year 2</td>
<td>Number focus – Addition, Subtraction, Number Computation</td>
</tr>
<tr>
<td>Year 3</td>
<td></td>
</tr>
<tr>
<td>Year 4</td>
<td></td>
</tr>
<tr>
<td>Year 5</td>
<td></td>
</tr>
<tr>
<td>Year 6</td>
<td></td>
</tr>
</tbody>
</table>

This Semester, our Response to Intervention focus will be on the following curriculum areas:

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Curriculum Area – Semester 2</th>
</tr>
</thead>
</table>
Prep

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Maths – Week 2, 3, 4

Reading – Week 5, 6, 7, 8, 9

Behaviour Update

This week we had a visit from the Regional Co-ordinator for Positive Behaviour Learning, Behaviour Systems and Support Coach, Mr Ryan Donovan. During his visit, he interviewed a number of teachers and students about our current behaviour systems and processes. Ryan will then compile the information and present the school with his report with findings and feedback for improvement. This is invaluable information to continually improve our safe and collaborative school environment.

This semester will be an exciting one as we begin to implement and roll out a new enhanced whole school behaviour management system into our school. The behaviour systems have been designed to further develop our current processes with a specific focus to encourage and highlight the positive behaviour choices students make. There are a number of facets involved, therefore it will take the next 6 months to slowly but effectively transition into our new system.

More information about the changes will be communicated via our weekly Homelines. We will also be sharing information at our monthly P&C meetings. At the end of last term, I also advertised a Parent Information Session, but due to the lack of response I decided to postpone it until this term. The new date this event has been scheduled is:

**Behaviour Management Parent Session**

When: Tuesday 26 July
Where: 9am - PAC – Green Room
6pm - Administration Building
Who: All families welcome to attend
Please RSVP your attendance to raus35@eq.edu.au

Please ensure you RSVP to the above email address or call the school office on 5556 1333. Should you have any further queries please do not hesitate to contact me.

**Sector Assemblies – Week 2**

All families are welcome to attend our sector assemblies scheduled next week:-

Prep & Year 1 Thursday 21 July 2:20pm
Year 2 & Year 3 Tuesday 19 July 2:20pm
Year 4, 5 & 6 Wednesday 20 July 2:20pm

---

**From Ms Ona’s Desk**

**School Opinion Survey**

This year’s School Opinion Survey will be conducted 11 to 29 July 2016.

The School Opinion Survey is undertaken each year by the Department of Education and Training, State Schools Division to obtain opinion information from parents/caregivers, students and school staff.

The surveys will help our school to find out what we are doing well, and how we can improve.

Links to the surveys are available on the School Opinion Survey website.

All families will have the opportunity to complete the Parent/Caregiver Survey with survey access details to be sent home to every family in the school. The survey is anonymous, and the results are not reported in ways that an individual’s response can be identified by the school.

Parents/Caregivers are encouraged to complete the survey online.

It’s important that as many parents/caregivers as possible complete the survey and raise awareness of this survey with other parents/caregivers.
Survey queries or requests for translations can be directed to our school on telephone 07 5556 1333 or email admin@helensvaless.eq.edu.au

MSP School Photos
School photos have been distributed to those families who ordered them. If you have any enquiries please contact MSP photography on 07 5520 2900.

School News
Published by The Administration Department

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 19 July</td>
<td>Year 2-3 Assembly</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Wed 20 July</td>
<td>Year 4-6 Assembly</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Thurs 21 July</td>
<td>Prep-1 Assembly</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Sat 23 July</td>
<td>FIEC Taiwanese Study Tour Depart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 25 July</td>
<td>Snugglepot &amp; Cuddlepie Excursion</td>
<td>Arts Centre</td>
<td>Prep-Year 1</td>
</tr>
<tr>
<td>Tues 26 July</td>
<td>Kokuren Junior Study Tour Arrive</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 1 Aug</td>
<td>NAIDOC Assembly</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Tues 2 August</td>
<td>Kokuren Junior Study Tour Depart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 8, 9 &amp; 10 Aug</td>
<td>EISTEDDFORD - Strings</td>
<td>Arts Centre</td>
<td></td>
</tr>
<tr>
<td>Thurs 11 Aug</td>
<td>Year 2 Burleigh Heads National Park</td>
<td>Burleigh Heads</td>
<td>2A &amp; 2B morning session</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>2C &amp; 2D afternoon session</td>
</tr>
<tr>
<td>Fri 12 Aug</td>
<td>Year 2 Burleigh Heads National Park</td>
<td>Burleigh Heads</td>
<td>2E &amp; 2F morning session</td>
</tr>
<tr>
<td>Mon 15, 16 &amp; 17 Aug</td>
<td>EISTEDDFORD - Band</td>
<td>Arts Centre</td>
<td></td>
</tr>
<tr>
<td>Mon 22, 23 &amp; 24 Aug</td>
<td>EISTEDDFORD - Choir</td>
<td>Arts Centre</td>
<td></td>
</tr>
</tbody>
</table>

School Payments
Commencing from Term 2, there was a change to the finance window opening days and hours. The new days are Mondays and Wednesdays with times of 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.

Thank you for your assistance.
Leonie Foster
Business Services Manager

Japan Tour 2016

Wow!! What an amazing experience our 24 students had in Japan during the holidays. Eight students from Year 5 and 16 students from Year 6 bravely left Brisbane Airport for Japan on Thursday 23 June. Our first stop was Tokyo, which is the capital of Japan where we visited Tokyo Disneyland, Harajuku, Meiji Shrine and Asakusa. We were very lucky to go on many rides at Disneyland. We thoroughly enjoyed having lunch at Kawaii Monster Café, which is the newest attraction in Tokyo and surprised us with its edgy and colourful interior and food.
After spending 4 days in Tokyo, we travelled to Kyoto by bullet train and from the window we saw Japan’s highest mountain Mt. Fuji. When we arrived in Kyoto we walked some distance to see the monkeys at the top of the hill. The next day still in Kyoto, we visited famous temples and learnt some history about Japan.

Then we travelled to Hiroshima where we saw one of the top three scenic spots in Japan, Miyajima Island. Many of us enjoyed taking selfie with the wild dear and some teachers tried the huge grilled oyster. Then we went to Hiroshima Peace Park and left our 1000 paper cranes. At the Peace Park we received post cards that were made from recycled paper cranes. Some of the post cards we received could have been made from the paper cranes that the students who participated in the Japan Tour 2014 took to Japan to show our respect.

On Wednesday afternoon the highlight of the tour started. We visited our sister school and stayed with our Japanese homestay families. We will never forget all the activities that we did at our sister school such as welcome assembly, student’s performance, teacher’s performance, school lunch, cleaning the classroom and having lots of fun! Visiting our sister school was definitely the highlight of our tour. We made many friends and have fantastic memories to last a life time.

This trip would not have been possible without the help and support of many people in both Australia and Japan. I would like to specially thank Mrs. Irving, Mr. Cacciola, Miss Ponnusamy and Sue
Woodgate and their partners, for the amazing job they did for the students and being great travel companions to make every day very special.

Japanese Teacher
Rie Graham

Special thank you to Miss Rie Graham for organising the trip and to acknowledge the many hours of extra time she dedicated to ensuring the trip was a great success.

Mr Shambrook

News from our Guidance Officer

Wellbeing Protective Factors That Are Particularly Important For School Children
Posted on June 5, 2016 by Shridevi

It’s now estimated that 1 in 7 children experience mental health difficulties. Half of all serious mental health problems begin before the age of 14. We also know however that early intervention to address difficulties can improve the chance of long-term mental health and wellbeing (KidsMatter, 2015).

The work of Paul A. LeBuffe, Valerie B. Shapiro, & Jack A. Naglieri at the Devereux Center for Resilient Children (DCRC), focuses on eight key within-person protective factors that have been found to be particularly important for school-aged children:

1. **Self-Awareness:** A child’s realistic understanding of their strengths and limitations and consistent desire for self-improvement.

2. **Self-Management:** A child’s success in controlling their emotions and behaviors to complete a task or succeed in a new or challenging situation.

3. **Social Awareness:** A child’s capacity to interact with others in a way that shows respect for their ideas and behaviors, recognizes his/her impact on them, and uses cooperation and tolerance in social situations.

4. **Relationship Skills:** A child’s consistent performance of socially acceptable actions that promote and maintain positive connections with others.

5. **Goal-Directed Behavior:** A child’s initiation of and persistence in completing tasks of varying difficulty.

6. **Decision Making:** A child’s approach to problem solving that involves learning from others and from previous experiences, using values to guide action, and accepting responsibility for their decisions.

7. **Personal Responsibility:** A child’s tendency to be careful and reliable in their actions and in contributing to group efforts.

8. **Optimistic Thinking:** A child’s attitude of confidence, hopefulness and positive thinking regarding themselves and their life situations in the past, present and future.

I trust you will find this information of value.

Jenny Schaffer
Guidance Officer

Important Messages from the Coordinator:
14th July 2016

**Vacation Care**

Here at OSHC we had a wonderful Vacation Care with our children having lots of fun, activities and challenges. Crazy hair and sock day, prizes galore for the most outrageous hair and socks. The children’s effort and determination was amazing and so many children participated, it was so much fun.
2016 Enrolment Packs

If you require Before School or Afterschool Care please call in and pick up a 2016 Enrolment pack.

YMCA Helensvale OSHC
P: 07 5665 9216
M: 0438 166 533
oshc@ymcabrisbane.org

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

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.

2016 Enrolment Packs

Then onto the Crazy Hair challenge with the teachers lined up and the children created some amazing hair do’s on our teachers. Check out Mr G. Miss Amanda was our overall winner.

Our Excursion was to Inflatable World Burleigh Heads the children had a great time and enjoyed every minute.
We had two days of Queensland Oz Tag School Clinics each week it was great to see the children out on the oval enjoying Oz Tag.
Join us next week for:

Parks Week this is an annual celebration of the important role that our parks play in contributing to the health of our communities. A range of formal and informal events take place across Australia - there is something for everyone.

Jarjums Free Playgroup And Family Gathering

Where: North Gold Coast Early Years Centre
Cnr Martin and White Streets NERANG

When: Wednesday and Friday Mornings
Starting 3rd February 2016

Time: 9.30am - 11.30am

Indigenous playgroup for children aged 0-5 years and their families.
Supported by a qualified Indigenous Early Childhood Educator and Family Support worker.
The playgroup provides cultural activities for children, parents and families.
With an opportunity to establish social and support networks within your community.

For more information call North Gold Coast Early Centre
Aboriginal and Torres Strait Islander Mental Health First Aid Course

We respectfully 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 Health Service, Gold Coast Hospital and Health Service and on occasions may be co-facilitated with other services.

Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis, until appropriate professional treatment is received or the crisis resolved. Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid (MHFA) Australia and conducted by MHFA instructors across Australia.

The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as a 1.5 hour course, typically conducted in 6 modules but that are held every two days. This course teaches Health professionals and community members (16 years and over) how to assist an Aboriginal or Torres Strait Islander adult who is developing a mental health problem or in a mental health crisis.

Who can attend the course?

This course is targeted to Gold Coast Aboriginal and Torres Strait Islander community members over 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
- Severe onset psychosis
- Substance misuse

What the course covers (Continued)

Mental health crisis situations:

- Suicidal thoughts and behaviours
- Severe effects of drug or alcohol use
- Severe mental health issues
- Aggressive behaviours
- Panic attacks
- Traumatic events
- Severe psychotic states
- Non-suicidal self-harm

Course Format

The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as...
Click here to download 1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf

NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCYC)
28 Leo Graham Way Oxenford
P: 55 268 087 / 55 804 995
E: family@youthcentre.org.au

<table>
<thead>
<tr>
<th>FREE PROGRAMS FOR PARENTS Term 3 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BRINGING UP GREAT KIDS</strong> (4 weeks)</td>
</tr>
<tr>
<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-esteem.</td>
</tr>
<tr>
<td>Thursday 25th August – 19th September: 9.30 am - 12.00 noon</td>
</tr>
<tr>
<td><strong>1,2,3 MAGIC &amp; EMOTION COACHING</strong> (5 weeks)</td>
</tr>
<tr>
<td>A three session program designed to help parents, carers and educators of children aged 2 – 12 years manage challenging behaviours. Strategies are also suitable for children with ASD or DD. 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>
</tr>
<tr>
<td>Confounded by the Maypross Charity Foundation</td>
</tr>
<tr>
<td>Friday 20th July – 12th August: 9.30 am - 11.30 am</td>
</tr>
<tr>
<td>Friday 2nd – 16th September: 9.30 am - 11.30 am</td>
</tr>
<tr>
<td><strong>TUNING IN TO KIDS</strong> (6 weeks)</td>
</tr>
<tr>
<td>This six session program teaches parents and carers of 3 – 12 year old children how to become their child’s emotion coach. Help your child build resilience through understanding and managing their emotions. Also suitable for parents of children with anxiety and severe emotional and behavioural issues.</td>
</tr>
<tr>
<td>Confounded by the Maypross Charity Foundation</td>
</tr>
<tr>
<td>Wednesday 5th August – 7th September: 9.30 am - 12.00 noon</td>
</tr>
<tr>
<td><strong>CIRCLE OF SECURITY PARENTING</strong> (6 weeks)</td>
</tr>
<tr>
<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 and carers of 0 – 10 year old children. Also suitable for parents of whose whose children have severe emotional and behavioural issues.</td>
</tr>
<tr>
<td>Confounded by the Maypross Charity Foundation</td>
</tr>
<tr>
<td>Tuesday 26th July – 30th August: 9:30 am - 12.00 noon</td>
</tr>
<tr>
<td><strong>ASSERTIVENESS</strong> (4 weeks)</td>
</tr>
<tr>
<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 fulfill your goals in life.</td>
</tr>
<tr>
<td>Thursday 28th July – 18th August: 9:30 am – 11:30 am</td>
</tr>
<tr>
<td><strong>SELF-ESTEEM</strong> (4 weeks)</td>
</tr>
<tr>
<td>This is a four week nurturing program that helps build your self-esteem; increasing your confidence and helping you to feel better about yourself.</td>
</tr>
<tr>
<td>Thursday 28th July – 18th August: 9:30 am – 11:30 am</td>
</tr>
<tr>
<td><strong>ANGER MANAGEMENT/ CONFLICT RESOLUTION</strong> (4 weeks)</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Monday 11th July – 1st August: 9:30 am – 12:00 noon</td>
</tr>
</tbody>
</table>
COMING SOON: TUNING IN TO TEENS!!!

Child minding is available during all day programs for children aged 0-5 years. First child - $4 and $1 for every child thereafter. Places are limited and bookings are essential. Fee to be paid prior to commencing program.

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

| 08/06/16 |

All programs are held at Oxenford and Coomera Community and Youth Centre except where indicated otherwise.

AFFINITY FAMILY LAWYERS

- Separations & Divorce
- Child Support & Maintenance
- Property Matters
- Building Financial Agreements
- Divorce: Violence
- Children: Matters
- Family Law Costs
- Debt Recovery

07 5553 9770 www.aflfamilylawyers.com.au
Affinity Family Lawyers, Brisbane, Gold Coast

FREE ADVERTISING

- All Advertising Free
- Highest $$$$$
- Tough Negotiator

Canberra

BOUNCING PARTIES

Book now

bouncing.com.au 1300 005 500

BOUNCING PARTIES

High Definition CCTV

Communications | Security
Audio + Visual

Get CCTV on your iPhone or Android CCTV Systems to suit all budgets available

5423003959 P: 0755002173 www.aorim-tech.com

INCREDIBLE TENNIS OFFER

At Discovery Park Tennis Centre, Helensvale
for kids aged between 5-12

SUPPORTING ORGANISATIONS

benovation
armitage
Western Sydney University
MACQUARIE University

If you would like to know more about the research, please don’t hesitate to contact Tiffany Kinoshita on 0444 9400 or another member of the research team from the Children and Families Research Centre at Macquarie University.

Tiffany Kinoshita
Research Assistant
Ph: (07) 5444 9400
E: tiffany.kinoshita@mq.edu.au

Dr Rebekah Grace
Chief Investigator
Ph: (02) 0850 9844
E: rebekah.grace@mq.edu.au

Dr Kelly Baird
Project Manager
Ph: (02) 0850 8369
E: kelly.baird@mq.edu.au

Are you in need of extra support?

You are invited to be part of a research study that will examine whether a volunteer home visiting program (known as Volunteer Family Connect) supports families with young children and complements the services already available in your local area.

We are looking for families who:

- Have young children aged 0-6 years
- Live in the local area
- Feel in need of more support in their parenting role
- Have feelings of isolation or feel overwhelmed
- Have limited or no local networks to support them
- Need more support connecting to services in their local community
- Are willing to accept a volunteer home visitor if they are asked to

For this study it is not possible to include families where there are current issues of abuse and neglect, domestic violence, unmanaged mental illness or unsettled parenting arrangements.


Take your kids this July, August, July, August, July, August, July, August.

Call 0410 924 655; school@musicmatters.com.au; www.musicmatters.com.au

CONTACT US NOW!
FREE TRIAL TENNIS LESSON
FREE TENNIS RACQUET UPON SIGN UP OF TERM
FUN KIDS TENNIS COACHING WITH GAME BASED LEARNING
HIGHLY EXPERIENCED COACHES - GREAT WITH KIDS!
SMALL GROUP SIZES - ENROL ANY TIME ALL YEAR ROUND
PRIZES AND AWARDS

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

CALL NOW FOR FURTHER INFORMATION: 0416 011 378

* Gold Coast Residents only. Only 80 spots available.

———

Helensvale State School NAB AFL Auskick Centre

Sign on & 1st Session: - Friday 29th July
Time: 3:10pm – 4:10pm
Venue: Helensvale S.S oval
Address: Lindfield Dr, Helensvale
Cost: $75

For more information contact: Tyson on 3594 5722
Or visit www.afflaskick.com.au

Participants receive benefits which include: hat, football, lunch bag and much much more!!

TO REGISTER:

1. Register online & pay online at www.afflaskick.com.au
2. Please print your receipt and bring to the first session

———

DEADLY CHOICES
NADC Womens Netball Challenge

8:30am - 3:30pm | 30 July | 43 Burdett St | Albion

LUNCH PROVIDED

THIS IS A 18+ EVENT

———

14/07/2016
FREE TENNIS LESSON

Looking to make new friends and learn new tennis skills all while having fun?
Platinum Tennis Coaching located at the Hinterland Tennis Club, Price Street, Nerang are offering a free tennis lesson to any children wanting to get involved in the sport, we have designed our tennis programs to be a perfect blend of fun and education.

So if your between 4-18years of age why not come along and join in.
Lessons run 6 days a week Monday to Friday from 3:30pm Saturdays from 8am.

If you would like to take this offer bookings are essential please contact Jono on 0488 696 939.

KUVXA

GROUP TRAINING

Look and feel good!
Get in shape and lose those unwanted kilos!
Stay motivated, have fun, train with your mates!

First week FREE!!

Times: Every Monday . 6.00-6.30am
Tues & Thurs . 5.30pm-6.00pm
Saturday . 6.30-7.00am

Where: Helensvale Primary School, Lindfield Rd, H/vale.

$15 per Week (4 sessions)*


CONTACT: MICK WARD
Fully Qualified Personal Trainer
Group Fitness & Boxing Instructor
3rd Dan Black Belt Taekwondo Do

Orthodontist - Benowa & Helensvale

Amcal Chemprow

Kip McGrath

HELENSVALE PLAZA AMCAL CHEMPROM CHEMIST
3751 SMITH STREET, HELENSVALE, 4212
Ph: 5512 3409
Fax: 5512 3410
Email: helensvale@chempro.com.au
www.chempro.com.au

Kip McGrath

OXENFORD CALL 5561 7337

Amcal Chemprow

Kip McGrath

Orthodontist - Benowa & Helensvale

Orthodontics for Children & Adults
Cosmetic & Invisalign Available
Mooloolaba 5297 0226
Brisbane City 3461

2016/17 SUMMER SIGN ON

WHEN: Saturday 6th and 13th August
TIME: 10am – 2pm
WHERE: Gambamora Park, Rivendale Road, Owenford (off Michigan Dr)

JUNIOR BASEBALL
For Boys and Girls from 5yrs – 16 yrs of age
Aussie T-Ball / Rookie Ball / Little League / Baseball

SENIOR BASEBALL
From 17yrs of age

LOOK WHAT YOU GET WHEN YOU SIGN ON....
All new U8’s and U10’s players receive a New Glove and Ball!
WE LOOK FORWARD TO SEEING YOU THERE!

For more information please contact us on:
P: 0400 000 046
E: info@coomeraclubs.com
W: www.coomeraBaseball.com.au

Coomera Cubs Baseball Club – PO Box 644, Oxenford, QLD 4210
www.coomerabaseball.com.au
ABN 63 745 586 854

Helpful Phone Numbers

Electricity Loss of Power 19 62 62
Poisons Information Line (24 hours) 131 126
Coomera Police Station 5519 5995

24 Hour Services
Alcohol & Drug Information Service 1800 177 833
Domestic Violence 1300 853 497
Family Violence 1300 368 186
Kids Help Line 1800 551 560
Men’s Line Australia 1300 789 978
Beyond Blue 1300 224 636

Parenting & Child Support Services
Breastfeeding Helpline 1800 686 268
Child Abuse Prevention Service 1800 688 069
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.ywh.com
Practical health information for parents, carers and young people.
Community Child Health
Gold Coast 5687 9183
Lismore Central 3957 5933
Early Years Hubs
Education and interactive playgroups for parents and children 0-5 years.
Join us for singing, dancing, Smallsports, Read & Grow, craft and cooking.
- Oxenford
- Upper Coomera
- Coomera

Call 55 298 087 for venues and times

Family Support and Counselling Services
- Relationship issues
- Depression and mood disorders
- Anger management
- Mental Health issues and illness
- Addictions
- Anxiety

Book your appointment on 55 298 087

Like us on Facebook - www.facebook.com/locycentre