Dear Helensvale Community,

Welcome to our P & C Executive
At last night’s AGM the following people were elected for 2016/2017 and I would like to sincerely thank:

President - Lisa Rae
Vice President - Karl Wall
Secretary - Sharon Wilson
Treasurer - Shane Moore

Evacuation and Lockdown drills
As part of our Workplace Health and Safety, we must ensure we have a practice drill and evacuation every semester (Jan – June and July – December). In view of the recent bomb threats we have had a practice lockdown and drill. I ask all parents that are on site should an evacuation occur to proceed to the oval as quickly as possible. In the event of a lockdown (Waltzing Matilda) any visitor to the school must proceed to the nearest classroom. It is important that ANY person follow staff direction.

Tuckshop ordering for all parents of Anaphylaxis and children with allergies
In 2015 we asked that all Anaphylaxis children ordering from the tuckshop by the bag system or on flexi schools place in BOLD letters that their child is Anaphylaxis. This way all members of the tuckshop are able to cater for and be very mindful of your child’s specific needs. Our tuckshop ladies are now asking that should your child have an allergy but not necessarily be Anaphylaxis that you also write this information on the bag including what it is that your child is allergic to.

Our tuckshop welcomes at any time any parent that would like to come in and check the ingredients of any food that is prepared.

I would like to take this opportunity to ask you to talk to your child about buying their friend’s food from...
the tuckshop.

Whilst I acknowledge that this is a nice gesture, on many occasions a child buys their friend a treat not knowing that there may be an allergy or their friend has a medical condition or that their friend’s mum or dad/carer may not like their child to eat certain foods.

I thank you all for taking this important information on board to ensure the health and safety of all children.

Date Claimer - ANZAC service

The Rotary Club of Coomera Valley will again be holding the traditional Memorial March and Service on Anzac Day April 25th 2016. We would be delighted to welcome the Helensvale State School and community in participating in the Anzac Day program at Upper Coomera.

We will advise of the program closer to the time.

Holidays are close

This time next week, March 24, marks the end of term 1. We will have a 2 week break and return to school on Monday April 11.

De Parker
A/Principal

From Ms Brown’s Desk

March 7 to March 11 Attendance Data

Congratulations to the following classes who have zero unexplained absences:
PA, PC, PE, 1B, 1C, 1D, 1E, 2A, 2F, 3B, 3C, 3D, 4A, 4C, 4D, 4F, 4G, 5A, 5C, 5F, 6C, 6D

Prep and year 4 cohorts exceeded targeted attendance of 95%. Whoop! Whoop! Let’s all help to ensure all cohorts hit target.

Our whole school attendance last week was 94.5% - so close to our target!

Late Arrivals

We continue to have a number of students who regularly arrive after the roll is marked at 8:55am and miss the first 5-20 minutes of lessons. These students must collect a late slip from the office. Ideas for helping your child arrive with time to spare include setting up a routine by thinking about what can be done each night to save time in the morning. Encourage your child/ren to complete assigned homework, pack the backpack, prepare lunch, snacks and water bottle; set out the school uniform; have a bath or shower; set an alarm and have a specific time for going to bed, reading and switching off the light. The morning routine could be to have a wash, comb hair, dress and make the bed, eat breakfast, help clear the table and clean teeth. Work out how long it takes to walk, scoot, skate, ride or...
drive to school and Bingo! All students are arriving on time.

Easter Hat Parade for Preps and Year 1

On Thursday morning at 10am, students in Prep and Year 1 will be participating in our traditional Easter Hat Parade in the PAC and we invite you to come and share this special time with your child. Students will each be wearing the spectacular hat they have created and will present Easter songs for your enjoyment.

Years ago, the tradition of wearing an elaborate Easter bonnet came about as people bought new clothes to celebrate the end of Lent, the 40 days of fasting and prayer for Christians that begins on Ash Wednesday. The first social occasion after this sombre period would be a trip to church on Easter Sunday morning. This was the perfect opportunity to show off a new outfit and matching bonnet that would be laden with bows, flowers and trimmings to herald the arrival of spring in the Northern Hemisphere. Please feel free to wear a spectacular hat and join us from 10am -11am.

Preservice Teachers

Next week, Helensvale will welcome a number of Griffith University pre service teachers who will be undertaking second and third year practicums with us. A huge thank you to our teachers who will mentor these lucky uni students.

<table>
<thead>
<tr>
<th>Patsy Finger</th>
<th>Aveta Elliott</th>
<th>Jo Irving</th>
<th>Melissa Brannotte</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Daniel Kutcher)</td>
<td>(Sarah Gleeson)</td>
<td>(Thomas Dellosa)</td>
<td>(Devon McCoy)</td>
</tr>
<tr>
<td>Lisa McClean</td>
<td>Andrea Lowater</td>
<td>Kylie Baldock</td>
<td>(Desiree Eltze)</td>
</tr>
<tr>
<td>(Jasmine Stinger)</td>
<td>(Georgina Wright)</td>
<td>(Emma Glenville)</td>
<td></td>
</tr>
</tbody>
</table>

Get Microsoft Office 2016 Free of Charge

Did you know your child can get Microsoft Office 2016 free of charge, just for being a student at Helensvale State School? All you need is your child’s school email address to sign in.

To help prepare your child for success this academic year, the Department of Education and Training has teamed up with Microsoft to provide free Office 2016 to every Queensland state school student. With Office 2016, your child will have access to the latest version of Word for writing, Excel for spreadsheets, PowerPoint for presentations, OneNote for organisation and notetaking, and much more.


Switch off on 19 March for Earth Hour

Show your support for global sustainability by switching off your lights on Saturday 19 March between 8.30 pm and 9.30 pm. The Queensland Government supports Earth Hour annually by switching off the lights in buildings that are either owned or managed on behalf of the Queensland Government.

Until next week...

From Mrs Austin’s Desk

Harmony Day & Anti-Bullying Day

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Harmony Day & Anti-Bullying Day
Behaviour Focus of Week

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.

### Week 8’s Focus – Class on time from breaks

<table>
<thead>
<tr>
<th>School Rules</th>
<th>‘Be Respectful’, ‘Be Safe’ and ‘Be a Learner’</th>
<th>You Can Do It</th>
<th>‘Getting Along’ and ‘Organisation’</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.45am</td>
<td>Bell to go into class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.50am</td>
<td>Learning time starts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.55am</td>
<td>Roll time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.30am</td>
<td>First bell after Morning Tea. This is the signal to start moving back to classes, get a drink and go to the toilet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.35am</td>
<td>Second bell after Morning Tea. Students are sitting silently and respectfully in two straight lines ready to enter for learning time.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.10pm</td>
<td>First bell after Lunch. This is the signal to start moving back to classes, get a drink and go to the toilet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.15pm</td>
<td>Second bell after Lunch. Students are sitting silently and respectfully in two straight lines ready to enter for learning time.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

By teaching your children a routine to be prepared for school each morning, will ensure a smooth transition from home to school in the mornings. Routines can consist of the following:-

- Packing school bags the night before (homework, hat etc)
- Lay out uniform the night before
- Creating a simple checklist of the order things need to be done when your child wakes up

1. Make your bed
2. Have breakfast
3. Have a shower
4. Get dressed into school uniform
5. Make and pack school lunches
6. Brush your teeth

_Instruct that only AFTER the checklist has been completed that any electronic devices be used in the morning!!!!! Reward them for their independence._

To encourage students to be more independent, structured and organised we must as parents and educators give them the tools and information (eg checklists) to show them what that looks like. Remember without setting high expectations, we never truly see what children are capable of achieving.

---

Cyber Safety for our Students

Below is an overview of the age restrictions for accessing many of the Social Media and Internet sites that have embed into everyday society.

As a school, we are aware that many students are using social media when ‘officially’ they are too young to sign up to the sites – we know because they tell us!

Lots of them say that Mums and Dads have signed them up – sometimes years ago. There’s nothing illegal in that, but please keep in mind that if you signed your 8 year old up to Facebook five years ago, saying they were 13 years old – they now appear as an 18 year old on the site.

If an adult tries to groom your now 13 year old via social media, they will be able to argue that they thought they were talking to another adult. Remember to update their details, check their privacy settings, and talk to them about which pictures they use for their profile, so they’re safe online.

---

_Beaucei Parties_

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* Audio | Visual

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

_M.: (07) 5553 7378__
_E.: admin@scrim-tech.com.au_
School Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 18 Mar</td>
<td>Anti-Bullying &amp; Harmony Day</td>
<td>D(t)ont forget your child can wear an orange item of clothing. Rubber wrist bands will be on sale for $1.00 each.</td>
<td></td>
</tr>
<tr>
<td>Mon 21st Mar</td>
<td>HSS Cross Country</td>
<td>School Oval</td>
<td></td>
</tr>
<tr>
<td>Thur 24th Mar</td>
<td>Easter Hat Parade Prep-Year 1</td>
<td>PAC</td>
<td></td>
</tr>
<tr>
<td>Fri 25th Mar</td>
<td>Good Friday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat 26th Mar</td>
<td>Easter Saturday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun 27th Mar</td>
<td>Easter Sunday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon 28th Mar</td>
<td>Easter Monday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tue 29th March</td>
<td>School Holidays</td>
<td>commence</td>
<td></td>
</tr>
<tr>
<td>Mon 11th April</td>
<td>Welcome Back to Term 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
On Tuesday 8 March, 48 students from Grades 4, 5, and 6 attended two author sessions at the Helensvale Library. Students were asked to write a persuasive paragraph outlining why they should be included in the excursion.

Authors Tristan Bancks and Frances Watts shared with students stories from their writing careers, how to make a book trailer and tips for finding inspiration in everyday experiences for writing stories. The authors were entertaining and our students participated enthusiastically asking and answering questions. Many students purchased novels signed by the authors at the end of the morning sessions.

I wish to acknowledge the sponsorship of Cr William Owen-Jones enabling us to travel by coach and attend the sessions cost free.

My thanks also to Mrs Ros Melrose for her support on the excursion.

Ms Ros Moore
Learning Coach

Active School Travel

Congratulations to the following classes for winning the Green Boot Award

P-1 Prep A 27%
2-3 3E 73%
4-6 5D 67%

Commonwealth Day Celebrations

Commonwealth Day celebrations at the Arts Centre, Monday 14th March.
House Cup Challenge

Tickets are awarded to students who show “BE SAFE, BE RESPECTFUL AND BE A LEARNER” behaviour both in the classroom and playground. These tickets can be exchanged for sporting equipment, prizes, V.I.P. seating at Whole School Assembly, special activities in class and even a night off homework, just to name a few. Tickets are accumulated weekly and are added to their sports house. At the end of the year the house with the most points are rewarded with a special trophy donated by Mortgage Choice.

With 2 weeks left and points still coming in from week 7 the house points so far are:

BILLABONG 6111
WOOMERA 6565
COOLABAH 7020
GUNYAH 6603

PE News

Students born in 2004,05,07 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
P & C News

**BILLY G COOKIE DOUGH COLLECTION - FRIDAY 18TH MARCH**

Collection of the Billy G Cookie Dough tubs will be taking place on Friday 18th March from 2-3pm in the PAC Foyer. All tubs must be collected as they are a frozen item and storage is not available. Please refer to your pick up letter for contact details if necessary.

IF YOU ARE FREE TO COME AND HELP SORT OUT THE COOKIE DOUGH ON FRIDAY PLEASE CONTACT LISA ON 0406 920 317 WE HAVE 750 TUBS ARRIVING...

**BBQ**

The Tuckshop will once again be closed on Thursday 24th March for cleaning. We will be holding a Sausage Sizzle for $2.00

**Woolworths Earn & Learn**

Resources purchased with the points earned by our school arrived today and were a welcome sight for Mrs Freedman in the resource room. A big thank you to everyone who collected the stickers and helped us achieve this.

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**Tuckshop News**

The Tuckshop will be doing a Sausage Sizzle (for $2 each) for the last day of term, which is Thursday 24th March, 2016. We will also be selling drinks, chips, cookies and Muffins and ice blocks. Prep classes will come up with their teachers prior to the breaks to purchase theirs. This will be the last day of school for the term, only. All purchases on this day will require cash money.

The last day for Flexischools will be Wednesday (23rd March, 2016) as it will be closed due to the holidays. It will reopen for the 1st day of next term. If you set up a weekly order for your child, you will have to go in and redo it for next term again.

We are desperately seeking volunteers to do the all-day shifts. We need you from 9am until 2.15pm. We will supply your lunch and tea or coffee. If you have children at the school, you don’t need a blue card to start. You will be processing and recording lunch orders, stocking chips and drinks, washing up, packing lunches, serving children and meeting other parents. Time goes quickly and it is quite fun. It is a great way to meet other parents if you are new to the school and if you are job seeking, it is a good stepping stone to paid work.

Also if you have a spare hour or two in the morning after dropping off the kids at class, we need help processing the baskets. Once this is done it makes the day run smoothly. So if you can spare and hour or two that would be great too.
There are a few ways you can order Tuckshop. There is a basket system in every class, where your child puts their order in the basket in the morning when they get to class and it comes to the Tuckshop after roll call. The orders are processed and the Tuckshop Monitors collect the basket and take it to the classroom where the teacher should hand the lunches out to the students. The children or parents can come to the order window at the Tuckshop and make an order. We keep the orders and put them in their basket when it comes in. Or you can do online orders on Flexischools, and they come to the Tuckshop via the computer and are put in the baskets when they come in.

Our online ordering system is Flexischools. You can go online and set up and account and order your Tuckshop (or Uniforms) for up to two weeks in advance. You can order when you want to, have a weekly order set up say every Tuesday for the same thing every week. It is easy to do and saves you finding change to do your order and the children don’t have to worry about putting the order in the class basket. If this system appeals to you, go to www.flexischools.com.au to get started. If you have done the weekly order last year and wish to continue it this term you will have to go and set it up again this term as they get wiped at the end of each term as we aren’t there over the holidays. So each term you will have to reset them again.

Preps are not allowed to come to the Tuckshop with money to buy things over the counter until the last term of school. Therefore if they want anything from the Tuckshop they have to do this by the bag system. You can order them anything on a bag; just make sure you put their name, class and which lunch (MT for morning tea at 10.55am and BL for big lunch at 1.35pm) it is for on the bag. If no specific lunch is written on your child’s lunch order, we will automatically make it a Big Lunch order. This is to save time having to phone and disrupt the class, and to make processing less time consuming as we are on a strict time table to get the lunches out on time. So, to avoid any mix up, please specify whether the lunch is little lunch or big lunch.

If you don’t have the correct change, please write on the bag the amount you have put in the bag, as this allows us to track down who needs change when processing bags. Please just fold your bags in half and in half again as this is enough to keep the change in. Please don’t staple or put tape on the opening as this is very time consuming during the processing of the bags and the staples can injure our volunteers or your child. So please just fold the bags. If your child needs change from your order, we will write the change required on the bag and circle it and then it will be taped in the corner of the bag. Please remind your child to keep the bag if they do have change: as a lot of them just throw it in the bin if they are not aware of this process.

Also letting you know that the items listed in the Over the Counter Purchases Items can only be bought at the windows at little and big lunches. We only supply a tag in the tuckshop bag for Prep classes as they can’t come and purchase items yet. All other classes must come to the windows.

We can only accept Australian currency as legal tender for orders. If we receive foreign coins they will be taped to the bag and we may have to change their order to accommodate the amount. Please note that we cannot take NZ coins either as the banks won’t accept them as they weigh differently.

We look forward to your support of the Tuckshop and hope to see a few of you as volunteers!

Cheers,

Tracy Wall
Tuckshop Convenor

Finance Window

Commencing 11/04/2016 there will be 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.

Thank you for your assistance,

Leonie Foster
Business Services Manager
**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>
<th>Date of absence</th>
<th>Reason for absence</th>
</tr>
</thead>
</table>

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**Community News**  
Published by The Administration Department

**Advertising in our Newsletter**

Advertising Space is now available within our newsletter
Please phone Michelle on 0400992479 or send an email to michelle.m@ austnews.com.au if you are interested in advertising your business.

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**ABORIGINAL AND TORRES STRAIT ISLANDERS PEOPLES SCHOOL BASED TRAINEESHIP PROGRAM**

AFL SportsReady, through our Warumilang Program, have partnered with Kinart for a few years now, to provide young Aboriginal and Torres Strait Islander People with employment opportunities.

Kinart would like to host Aboriginal and Torres Strait Islander students in Year 10 or Year 11, who may be interested in undertaking a School Based Traineeship with them. They are looking to employ two trainees, so that the trainees can support each other, at each of the following stores:

- Cairns, Smithfield
- Cairns, Mt Sheridan
- Cairns, Central
- Innisfail
- Townsville, Fairfield Central
- Townsville, Atherton
- Mt Isa
- Mackay
- Gladstone
- Bundaberg
- Hervey Bay
- Manoora
- Caboolture
- Chermside
- Indiranapilly
- Mt Ommanney
- Redbank
- Ipswich
- Sunnybank
- Cabramatta
- Loganholme
- Woodridge
- Mt Gravatt
- Wynnum
- The Pines, Elenora
- Victoria Point
- Oxenford
- Helensvale
- Rochedale
- Tweed Heads
- Lismore
- Ballina
- Armidale

We are looking for young people who are motivated, reliable, and would enjoy a customer service role and learning the operations of a big business which may lead to employment after school.

The trainees will undertake a nationally recognised Certificate II or III Retail qualification as part of their senior studies.

Our Warumilang Mentor, Marcia Laurie, will play a key role in coordinating monitoring and mentoring the successful applicants, along with our Field Officer, Kylie Drum and Christine Kaldar.

For more information or to apply, please contact Toni Meyer-Gleaves on the below details.

Applications are due to include cover letter, resume and most recent school report. Applications close on Thursday, 24 March 2016, 5.00pm.

Toni Meyer-Gleaves  
Administration Officer  
toni.meyer-gleaves@sportsready.com.au  
(07) 3017 3500

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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 founding 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

Paradise Diving Club

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 1993. 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 kevinball1@gmail.com or on 0415783720.

Kind Regards

Kevin Hall - Head Coach of Paradise Diving

President of PDC - Mrs Sharon Sloomers
DISCOVERY PARK EASTER HOLIDAY
TEENY TUNES CAMP

KEEP THE KIDS ACTIVE & ENTERTAINED THESE SCHOOL
HOLIDAYS AT DISCOVERY PARK TENNIS CENTRE! NO
PREVIOUS TENNIS EXPERIENCE REQUIRED, KIDS WILL
HAVE A BLAST PARTICIPATING IN A WIDE VARIETY OF
FUN ACTIVITIES ON AND OFF THE COURT.
MONDAY 4TH APRIL - THURSDAY 7TH APRIL 2016
8:30AM – 12PM DAILY
$160 FOR 3 DAYS OR $55 PER DAY,
WHAT TO BRING: TENNIS RACQUET (IF YOU HAVE ONE)
HAT, SUNSCREEN, WATER BOTTLE & MORNING TEA.

BOOKINGS ARE ESSENTIAL BY 1ST APRIL -
PLEASE CONTACT JOHNNY ON 0416011378.

CNR DISCOVERY DRIVE & WOLVI PLACE, HELENSVALE 4212

A NEW DREAM
Australia's first Indigenous
Baseball Academy

Learn to Play Baseball
& Traditional Indigenous Games

Attend a Kul-Gunn Camp near
you. Have fun learning to play
Baseball and Indigenous cultural
games. You will be instructed by
fully accredited, professional and
friendly staff.
Each attendee will receive a Kul-Gunn

### HELENSEVAL HIGHER KEY DATES

<table>
<thead>
<tr>
<th>Term</th>
<th>Date</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5</td>
<td>Monday 22 February, 2016 9-12 pm</td>
<td>Parent General Enrolment and Academy Information Evening</td>
<td>Helensvale State High School</td>
</tr>
<tr>
<td>Week 5</td>
<td>Tuesday 23 February, 2016</td>
<td>Academy Applications Open</td>
<td>Submitted to MIS Administration</td>
</tr>
<tr>
<td>Week 7</td>
<td>Thursday 10 March</td>
<td>Academy Applications Close</td>
<td>Helensvale STH Administration</td>
</tr>
<tr>
<td>Week 7</td>
<td>Saturday 12 March, 9:12 am</td>
<td>EXCITE Academy Entrance Exam</td>
<td>Discovery Place</td>
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<tr>
<td>Week 8</td>
<td>Week Beginning 14 March, 2016 after school</td>
<td>Helensvale STH</td>
<td>Helensvale State High School</td>
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</tbody>
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### Aboriginal and Torres Strait Islander Mental Health First Aid Course

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 14-hour course, typically conducted in 6 modules that we are holding it over two days. This course teaches health professionals and community members (16 years and over) how to assist an Aboriginal or Torres Strait Islander adult who is developing a mental health problem or in a mental health crisis.

Who can attend the course?
This course is targeted to Gold Coast Aboriginal and Torres Strait Islander community 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
• Gradual onset psychosis
• Substance misuse

What the course covers (Continued)

Mental health crisis situations:
• Suicidal thoughts and behaviours
• Severe effects of drug or alcohol use
•自杀 attacks
• Traumatic events
• Non-suicidal self-injury (now called self-harm)

Course Format
The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as a two day face-to-face course conducted in 6 modules. Course participants will receive a Certificate of Completion.

Cost
Attendance at the course is free. Tea/Coffee, morning tea and Lunch provided

2016 Course Calendar
8:45am – 4:30pm

KIRRA HILL COMMUNITY CENTRE
1 Garrick Street, Coolangatta (see map)
• 15 & 22 April
• 10 & 17 June
• 19 & 26 August
• 21 & 28 October

SOUTHPORT COMMUNITY CENTRE
6 Lawson Street Southport 8:45am – 4:30pm
• 17 & 18 March
• 22 & 29 July
• 9 & 16 September
• 2 & 9 December
Click here to download 
1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf

YUGAMBEH

Welcome - Jingeri

Yugambeh tomorrow is a campaign to unite the community through cultural pride from the past to our tomorrow. Yugambeh mobo aims to ensure our Aboriginal culture, concepts and values are part of the South East Queensland story.

YUGAMBEH Presented by Yugambeh Museum and Somerset College
SUNDAY 29 May 2016
11.00 – 4.00pm

The Gold Coast’s biggest celebration of Aboriginal bush foods, stories, music, language, art and culture.

MOBO FESTIVAL