Principal's Message

Dear Helensvale Community,

Successful Appointment of Head of Special Education Services

On behalf of our school community I would like to congratulate Glenda Earle who has been appointed as our Head of Special Education Services. Glenda has been acting in this position for the last 6 months and we are excited to know she will be continuing with us.

Deputy Principal – Prep and Year One

This week we have welcomed Nancie Brown who will be A/Deputy Principal during Terry Welch’s absence. Nancie joins our school from Bellevue Park State School and I am positive our school community will make her feel welcome as she gets to learn about our school.

HR Update

This week we will be welcoming back Michael Cacciola (HPE), Jacqui Maule (Year 3) and Rhys Horne (SEP) from leave. Mrs Gina Connolly will be finishing her contract with us on Wednesday this week and we will be welcoming Miss Dominique Hall to this position. Dominique has been working with our school as a member of our Special Education Program so is familiar with our school processes. Mrs Ros Moore is currently on leave and is being replaced by Suzy Hinds and Mrs Susan Carter is being replaced by Lizzie
Hammond while she is also on leave. Nina Hoile, our Music Teacher is on leave for the next 2 weeks and is being replaced by Helena Humfrey and Ellen McNamara.

---

**School Disco**

On Thursday night last week we had many students attend in their favourite Disney character costume or fluoro clothing for our School Disco. It was great to see so many of our students come and join in this event.

I would like to thank the many staff who attended to support the supervision of our students, especially Mrs Kim Ona who organised the event. I am positive all students had a great time and enjoyed the chance to dance with many on the night.

---

**Student Report Cards**

Teachers are currently finalising report cards for our students which will be emailed home to parents next Wednesday afternoon. Student attendance information will be printed on these report cards so please ensure any unexplained absences have been addressed with your child’s teacher to ensure this report is an accurate reflection of your child’s attendance this term.

*Please ensure we have your correct email address so your child’s report card can be emailed successfully.* Please ensure you have saved OneSchool.application@dete.qld.gov.au to your inbox so the email is not sent to your junk box. If you have any difficulties please contact June Northall in Administration on 5556 1333.

---

**New Front Entrance**

Work is continuing on creating the new front entrance to our school and I would like to thank our school community for their support in being Safe and Respectful of the team completing this work over the last couple of weeks.

---

**Parent Feedback for our School Vision**

Thank you to the many parents who completed our online survey providing feedback for the development of our 2015 – 2018 school vision. I look forward to sharing this feedback with our staff to inform our strategic agenda for the next few weeks. Please note that the survey is now closed.

---

**Keep a watch on our school these holidays**

With the holidays fast approaching, we need you to look out for after-hours crime in our school. If you see something suspicious, please don’t attempt to intervene. Call School Watch on 13 17 88 and let the local...
police or State Government Protective Security Service deal with the matter.

The School Watch program is a partnership between the Department of Education and Training, the Queensland Police Service and the State Government Protective Security Service. It aims to reduce vandalism, theft and arson in Queensland schools.

Keep the number handy and let’s work together to help create a safer school community.

### National Collection of Data on School Students with Disability

Collecting data on school students with a disability helps teachers, principals and education authorities support the participation of students with a disability in schooling on the same basis as students without a disability. All Australian Governments have agreed to work together on the annual collection of data on school students with disability. All Australian schools participate in this annual data collection.

The data provided to the Australian Government is aggregated data only. Please be reassured that the Department will not provide on to another organisation any data that can identify an individual student. The only data being collected at the school level to be reported nationally is the:

- number of students in the school who are provided with an adjustment to address a disability;
- level of adjustments we provide for those students; and
- broad category of disability.

Consultation with parents is important not only for the data collection but also to ensure you are aware of the adjustments being provided to support your child. We will therefore continue to consult with you. While only data that cannot identify your child will be submitted outside of the Department, if you do not wish for your child’s details to be included, please let me know. Information and fact sheets are available to help you make a decision from the:


Alternatively, if you have any queries about the collection or use of this data I encourage you to contact me directly.

### Principal on Leave

From the commencement of next term I will be taking long service leave for the remainder of 2015. This leave was originally planned for semester 2, 2013 and was deliberately delayed following my appointment as Principal of Helensvale in October 2012. Mrs Donovan, Deputy Principal, will be acting Principal during this time. I will return for the commencement of the 2016 school year and look forward to a change of pace for the next 20 weeks travelling around Australia. I take this opportunity to wish all our families, students an
staff a successful Semester 2 and looking longer term, a Merry Christmas and a Happy New Year. I know that Mrs Donovan will successfully lead the school forward during this time and have great confidence that our improvement agenda will continue to improve student learning. After 35 years in education I am looking forward to the break to recharge my energy level to lead HSS into the future.

Mike Shambrook
Principal

From Mrs Donovan's Desk

Congratulations to Maddison and Jake from 2B who led our Sector Assembly this week. Congratulations also to 3C and 3D for their presentation which all students enjoyed.

I have been thrilled with each of our Student Leaders who have led our Sector Assemblies this term. This is a special time for our Sector to celebrate the excellent achievements of students in Year 2 and 3. Thank you to the many families who have joined us for these assemblies to celebrate these achievements.
parenting ideas insights
Building parent-school partnerships
Words Michael Grose

Michael Grose’s top 10 parenting tips for school meetings

Conferences and meetings between parents and professionals offer an opportunity to discover a child's progress, share information or resolve social and learning challenges. They can also be the source of conflict and stress as views can differ so it helps to remember that everyone’s goal is to work from the best interests of a child or young person. Here are some tips to help make the meeting or conference more productive and less stressful for everyone involved:

1. Confirm the meeting
   If the meeting has been called by someone at the school then confirm that you will be attending. Confirm also if someone such as another parent, family member, friend or professional will be attending the meeting. It is worth finding out if more than one person will be attending from your child's school, including an outside professional such as a speech therapist or other specialist.

2. Work from a fresh slate
   Sometimes meetings can be marred before they start as negative past experiences can carry residual resentment. Every new meeting offers a fresh opportunity to create better outcomes for your child.

3. Prepare well
   Before a meeting or conference, list any questions that you want to raise. Keep the questions short and to the point. Similarly, it may be useful to list some of your child's strengths and areas of improvement that you've seen at home. Writing information down in advance ensures that your point of view is expressed and that critical information is covered. Similarly, make sure you take notes during the meeting so that vital information isn't missed.

4. Listen first
   Give the teacher a chance to make an assessment of your child’s progress or behaviour. This may sound obvious but some meetings never get off the ground because an enthusiastic parent takes over.

5. Ask specific questions
   Clarify the information you don’t understand, asking for concrete examples. Drill down to get a clear picture of any issues involving behaviour or learning. “So he doesn’t listen in class. Specifically, when does he seem to tune out?” If your conference is student-led then take your cues from teacher and your child. Be prepared to ask specific questions that show your interest; display your understanding of what your child is showing you and also may help you form a true picture of your child as a learner.

6. Stay solution-focused
   If your child’s behavioural or learning challenges are discussed it’s tempting to be defensive or sceptical. Ask for concrete examples to help you gain a clear understanding from the teacher’s perspective. Look over the proof offered such as observational records or testing results using these as the basis for moving towards a solution. Ask the teacher and other professionals what any test results may mean in terms of progress, strengths, needs and further support.

more on page 2


parentingideas.com.au
... Michael Grose’s top 10 parenting tips for school meetings ...

1. Remain calm
If the meeting doesn’t go well, stay calm. Meetings involving your own child can be very emotive because you and your child’s teacher are often discussing issues that are outside your direct control. Calmly stating your needs and views is far more effective than general accusations or inflexibly taking a stand. Ask for a break if you need one, even suggesting you meet at another time if your emotions are taking over.

2. Consider there are many ways to be right
Keep in mind that everyone wants the same thing—your child to make progress. Teachers view your child through a different lens than you and their conclusions and solutions can seem at odds with your own views. It maybe at these times that you need to trust the professionalism of your child’s teacher who has more than likely experienced these same challenges before.

3. Ask what you can do
Show your commitment to producing better results by asking for exercises that you can do at home to develop skills. It may be a good opportunity to ask for recommendations for outside resources to help you and your child. Often teachers know about camps, activities, organisations or events that can encourage educational and social growth.

4. Consider how to discuss at home
Once a meeting is over consider how you will talk about it with your child. Discuss areas that need work in positive, specific terms. “We talked about your reading and your teacher suggested that we need to...” Involve your child in discussing plans for improvement. Make sure these plans are doable rather than overwhelming him or her with an exhaustive list of suggestions. Small insteads in progress or improved behaviour have been found to have a snowball effect, impacting on broader areas of improvement.

Parent teacher meetings and conferences take many formats including the direct involvement of children. Regardless of the format you will be more effective if you go in with a positive attitude, an approachable demeanour, and a willingness to work collaboratively with your child’s teacher to reach the best outcomes possible for your child.

Michael Grose


parentingideas.com.au
Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don’t function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepier later and wake up later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11:00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8:15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night’s sleep.

Maximising the three sleep cues of: darkness (a cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:
1. Regular bed-times: Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
2. Avoid a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
3. An established bed-time routine that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble camps seem to be recommended.
5. Maximising the three sleep cues of: darkness (a cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Sleep tips for teens:
1. Allow them to catch up on lost sleep during the weekends.
2. Help your young person schedule their after school activities to free up more time for rest.
3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
4. Afternoon naps are good ways to recharge their batteries.
5. Make sure they go to bed early each Sunday night to prepare for the coming week.

School News

Published by The Administration Department

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

- Child/Childrens Name
- Child/childrens class
- Date of absence
- Reason for absence
Focus Skill of the week

"Showing respect and using our manners"

School rule: Be respectful You can do it key: Getting Along

At Helensvale we greet each other with respect each day-

"Mr Shambrook, Good Morning"

We listen to the speaker

We look at the speaker

We show respectful body language – still, straight, attentive

We speak to others in the way we wish to be spoken to

The 3 Wise Monkeys

See No Evil

Speak No Evil

Hear No Evil
**In the classroom we show respect by -**

*Putting up our hand to answer or ask a question*

*Work quietly so as not to distract others or stop the learning process*

*Using the 5 L’s of listening*

*Not back-chatting the teacher*

*Listening to the views of others when working in groups and remembering that everyone has the right to contribute*

*No put downs*

---

**In the playground we show respect by -**

*Taking turns in games*

*Replacing equipment in the play bins when finished*

*Not using put downs or making a fool of others*

*No tackle games*

*Taking turns on the playground equipment*
In the Tuckshop line we show respect by -
Waiting quietly in the line
Saying please and thank you

On the school bus we show respect by-
Waiting in a line to get on the bus
Showing the driver my bus pass or asking for a ticket
Sitting in my seat
Talking quietly to the person next to me
Keeping my bag out of the walkway

The language you use says a lot about you as a person -
Always try to speak to others as you would like to be spoken to yourself.
Do not raise your voice
Do not use inappropriate words or actions
Keep your hand and feet to yourself
Ask the duty teacher or your classroom teacher for help to sort out any difficult issues
Student Success

Congratulations to Madison M on placing 4th at the South Coast Regional Cross Country. She now qualifies to compete at the State Cross Country Titles next term. We wish Madison all the best for this event.

Bookclub News

Issue 4 orders have been sent home with the students this week. If there are any issues or questions please contact us.

We received orders for just over $1500 in total which in turn earned our school $300 in Rewards which we will use on books and resources for our school. Thank you for your support of Bookclub.

We recently made a donation to the Library with some new books using our Reward points - see photo below.

If there are any questions for Bookclub, please contact us on hssbookclub@gmail.com or Carole 0412978700.

The next issue of Bookclub will be sent home next term.

Happy Reading!

Carole and Adrienne
Tuckshop News

Hi Everyone,

A special thanks to Belinda, Rebecca and Duke (sorry for leaving your names off last week, I didn’t mean to) for volunteering in the Tuckshop for this half of the year. Your help is greatly appreciated, as it allows us to have the extensive menu that we do have. If you can help in the Tuckshop we would love to meet you. Please come and let me know what day you could come.

Due to us not getting enough volunteers and needing to rely on our paid staff, as well as the rising costs of goods, we are unable to absorb these costs any longer. We will be having a Menu overhaul and will have to adjust our prices accordingly. Therefore we will have a new Menu after the holidays. We will put it up on the website when we come back and I will let you know in Homelines and via the P&C facebook page once it is up and running.

Flexischools will operate until Thursday 25th June, 2015. Flexischools wipe the orders from this date so you are not paying for orders while we are on holidays. If you do a running order for a certain day each week you will have to set it up again when we come back from holidays.

On Friday, the last day of term, we will be doing a Fun Day Friday Sausage Sizzle for morning tea and big lunch. We will be selling cookies, muffins, chips and drinks on this day also. We won’t be doing our normal menu on this day or our usual Tuckshop Basket system. The children can come to the Tuckshop and purchase their sausage sizzle and other goodies on the day.

Thanks,

Tracy Wall
Tuckshop Convenor

Host Families Required

HOST FAMILIES REQUIRED
FOR JAPANESE STUDENTS

Helensvale State School will be welcoming students from the Kokuren Study Tour from 27 July – 4 August. Students are between the ages of 10-14.

The programme provides both the visiting students and the hosting families with a wonderful opportunity to share experiences and cultures and to develop lifelong friendships.

Host families will be subsidised by $80 a night for 2 students. You will be required to supply 3 meals a day transport to and from school and a warm, friendly home.
If you are interested in hosting a student or you would like any additional information, please contact Naor
or Judy on the following number

The Japanese Advisory Service   (07) 5592 0575

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.
SENSORY SCREENING
FOR FAMILIES WITH SPECIAL NEEDS

Big Hero 6
Penguins Of Madagascar
Home (In Cinemas 19 Mar)
Tinkerbell: Legend Of The Neverbeast (In Cinemas 2 Apr)
Minions (In Cinemas 18 Jun)

SUN 15 FEB  SUN 15 MAR  SUN 26 APR  SUN 24 MAY  SUN 28 JUN

Sensory Movie Day is an inclusive event for families with special needs
• Lighting is on dim, sound lowered, volunteers monitoring fire exit doors.
• Sensory Movie Day run once a month on a Sunday at 11am
• Tickets are $8 each (Except Ipswich $6 each). Children 2yrs and under are free
• Companion I.D. Cards are accepted

Sensory Movie Day is running at the following Locations:
Morayfield, Maroochydore, Mackay, Capalaba, Browns Plains, Ipswich,
Toowoomba, Lismore, Tuggerah and Cronulla
Any questions email sensorymovieday@hotmail.com

BUY TICKETS NOW AT THE BOX OFFICE

Event Cinemas  bcc Cinemas
Positives for Paul
Family Fun Day

Raising money for Paul Downham who has been diagnosed with a brain tumour

Saturday 27 June
11.30am - 3.00pm
Location - Coomera State School Oval, Dreamworld Parkway, Coomera

Sausage sizzle and drinks, muffins, slices, etc available
Coffee van on site
Cent Auction for donated prizes from sponsors

RSVP 12 June - for catering purposes
adrienne.english@dete.qld.gov.au
BYO chairs and rugs
Helensvale State High’s Production of

*Oliver!*

Tickets $25

Tuesday 21 & Wednesday 22 July 2015
7PM
Arts Centre Gold Coast
Tickets on sale from Thursday 28 May 2015
Available from the Arts Centre Booking Office
Phone: 07 5588 4000 Email: www.theartscentreg.com.au

Book, Music & Lyrics by

**Lionel Bart**

By arrangement with Hal Leonard Australia Pty, Ltd, exclusive representative of Cameron Mackintosh and the Southbrook Group.
DISCOVERY PARK
SCHOOL HOLIDAY
TENNIS 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 29TH JUNE – THURSDAY 2ND JULY 2015
8:30AM – 12PM DAILY
$130 FOR 4 DAYS OR $35 PER DAY.
WHAT TO BRING: TENNIS RACQUET (IF YOU HAVE ONE)
HAT, SUNSCREEN, WATER BOTTLE & MORNING TEA.

BOOKINGS ARE ESSENTIAL BY 24TH JUNE - PLEASE CONTACT JOHNNY ON 0416011378.

CNR DISCOVERY DRIVE & WOLVI PLACE, HELENSVALE 4212
**Get your family active and eating well**

Local families can sign up the free healthy lifestyle program called PEACH™ - Parenting, Eating and Activity for Child Health. Registrations are now open for a new group to commence on the Gold Coast at in term 3, 2015.

The program is fun for kids and helps parents and carers make healthy eating and activity a part of everyday life. It is available to families with a child aged between 5-11 years who is above a healthy weight their age.

It consists of 10 group sessions that run for 90 minutes each. The first 9 sessions are held weekly within the school term. Ongoing individualised family support is offered through the second half of the program ending with one final group session.

Some of the topics covered include nutrition, relationships with food and eating, changing family lifestyle behaviours and making healthy eating affordable. While the parent sessions are taking place, children enjoy active play with a trained child physical activity facilitator.

The program is funded by the Queensland government and being delivered by the Queensland University of Technology.

If you would like more information about the PEACH™ program or to register please contact free call 1800 263 519 or visit www.peachqld.com.au

Sylvia Vincenc
Marketing and Communications Officer | (Mon to Wed)