Dear Helensvale Community,

Text messaging absences

This week our new text messaging absence service has experienced some teething issues as real time experience has highlighted some roll marking procedures which have had to be modified. I thank all parents for your appreciation that a new system would not be infallible from day 1. Challenges have included, students at before school instrumental music lessons, students who arrived late going to a specialist lesson without a late note and students arriving late in the time between 9.30am and when the messages are sent. All these issues have been addressed and we are confident that the experiences from this week will ensure week 2 and beyond has no glitches.

The capacity of our school to deliver this service to families has only now become viable to our school due to the support of the Department of Education and Training with a one off $4125 grant, the negotiation of a Standing Offer Agreement with text service providers to establish a low cost base per text and changes to the OneSchool roll marking software to enable texting of absences which was not available previously. Many high schools have used a text messaging system for some time but had to use an external roll marking program and negotiate text messaging services on a one on one basis. If we had used this external system the cost would have been $2000.00 plus / year which is now as low as $500.00 / year depending on the number of absences to an upper estimated limit of $800.00. As all Qld schools implement this program over the remainder of the year, there may be further economies of scale resulting in additional cost reductions.
Qparents on the way to our school very soon

QParents has been created by the Department of Education and Training to provide parents of Queensland state school students with secure online access to their child’s information. The portal allows you to securely access information about your child and to communicate directly with your child’s school.

Features of QParents

• QParents provides secure, online access to student information such as:
  • Attendance details
  • Behaviour
  • Report cards
  • Timetables
  • Invoices
  • Payment history

You are also able to update your child’s details including address and medical conditions, submit reasons for unexplained absences, notify the school of future absences, and make online payments against school invoices.

When will QParents be available?

QParents is currently in the final phase of development for our school and will be introduced progressively by the end of this term. We will be rolling this out a year level at a time.

An invitation will be sent to the first year level in the next 3 weeks to register for a QParents account, allowing you to then view and manage a student’s information. If you choose not to register an account, your child’s information will not be accessible in QParents.

Watch the video or read the information below to learn more about QParents. https://qparents.qld.edu.au/#/about

Michael Shambrook
Principal

If we cannot end now our differences, at least we can help make the world safe for diversity.
For, in the final analysis, our most basic common link is that we all inhabit this small planet.
We all breathe the same air. We all cherish our children’s future. And we are all mortal.

[Commencement Address at American University, June 10 1963]"
John F. Kennedy

From Ms Brown’s Desk

2017 Prep Interviews Commence on August 2

2017 is the first year for compulsory Prep attendance in Queensland. Children are eligible to attend full-time Prep in 2017 if they reach the age of 5 years by 30 June 2017.

Helensvale does have an enrolment management plan in place, which means students may not be able to attend unless they live within the designated catchment area. Proof of residency will be required if parents do not already have children enrolled in the school.

Parents intending to enrol their child will be able to pick up their 2017 Prep Enrolment Package from August 1 at the reception desk. Once all paperwork is completed and an original birth certificate has been sighted for proof of age, please contact June Northall as soon as possible for an interview date and time.
Interview meetings with the parent/s and child will commence on August 2 until the end of term 3 and each usually takes about 15 minutes. It is preferable that interviews are conducted in the morning when children are not feeling tired after a busy day at Kindergarten.

I look forward to meeting our new cohort of Prep children.

Snugglepot and Cuddlepie

There is great excitement in the Prep and year 1 classes at the moment as there are now only 4 more sleeps before the students head off on buses on Monday morning to see the Gumnut babies, Snugglepot and Cuddlepie. Also on stage at The Gold Coast Arts Centre are their friends and foes including Professor Kooburra, Mrs Fantail, Mr Lizard, Mr Frog, Mrs Snake, Mr Possum and, of course, Little Ragged Blossom.

“an engaging romp, bringing the magical bush tale to life for another generation…skillfully done…imaginative” - Sydney Morning Herald

“The combination of producer CDP and adapters Monkey Baa virtually guarantees a first-rate production and this one is no exception. It's as if the creatures of Gibbs' imagination have leapt out of the pages onto the stage.....it would be difficult to find a better way to spend an hour…” Diana Simmonds, Stage noise

I am certain that you will hear lots about the magical adventures of Snugglepot and Cuddlepie for days after the event!

NAIDOC Week

August 1 sees the commencement of our NAIDOC Week celebrations at Helensvale State School. These celebrations are held across Australia about this time to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. The EASIPS Committee, under the leadership of Aunty Vicki, has a great range of activities planned, including a special NAIDOC assembly on August 1 from 12pm. We hope you will be able to join us for the NAIDOC assembly.

Speld

(Supporting people experiencing learning differences)

We are fortunate to have Marion McMahon the Executive Officer of Speld presenting to staff and parents on Tuesday 2 August.

This workshop for parents and carers will commence at 2pm in the PAC and finish by 3pm.

Please join us to hear about the support and services offered by Speld and how you might support your student’s learning at home.

For further information contact Ros Moore at school or www.speld.org.au

Premier’s Reading Challenge 16 May – 26 August

The purpose of the challenge is to encourage students to be enthusiastic about reading, writing, authors and illustrators. Students may read fiction and non-fiction books suited to their reading ability.

Please ensure students complete their record forms with the titles and authors of the books read.

With 5 weeks left, I hope all students are reading every night aiming to achieve the challenge by 25 August.

HINT: Shared reading with an adult is counted towards the challenge.

Please contact Ros Moore with any queries.

Until next week...
From Mrs Austin’s Desk

Behaviour Update

It has been an exciting week as the first roll out of classes have implemented the new behaviour system into their classrooms. The classes participating in the first roll out includes:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Classes Participating – First Roll Out</th>
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<tbody>
<tr>
<td>Prep</td>
<td>Prep D – Mrs Bridge</td>
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<tr>
<td>Year 1</td>
<td>1D – Mrs Maroney</td>
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<tr>
<td>Year 2</td>
<td>2D – Miss Edwards</td>
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<tr>
<td></td>
<td>2E – Ms Izod &amp; Ms Keevers</td>
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<tr>
<td>Year 3</td>
<td>3C – Ms Wright</td>
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<tr>
<td></td>
<td>3D – Mrs Tobitt</td>
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<td>Year 4</td>
<td>4A – Mrs Iss</td>
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<td></td>
<td>4B – Miss Dunlop &amp; Mrs Baldock</td>
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<td></td>
<td>4E – Miss Millard</td>
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<td></td>
<td>4G – Mrs Lowater</td>
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<tr>
<td>Year 5</td>
<td>5B – Mrs Dragicevic &amp; Mrs Hewtrell</td>
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<td></td>
<td>5C – Miss Ponnusamy</td>
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<tr>
<td>Year 6</td>
<td>6D – Mrs Brannilie</td>
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<tr>
<td>Specialist Teachers</td>
<td>Health – Mrs Strong</td>
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</tbody>
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Already we have seen an impact on student behaviour choices and use of our new whole school language by students and staff. The new system is designed to raise expectations, create a whole school consistent language from Prep to Year 6 and also acknowledge and reward the students that constantly display the appropriate behaviour choices at school.

You may hear things from staff and students like “the expected behaviours”, “following instructions the first time, every time” and “zones”. This is just a snippet of some of the language that will be embedded into Helensvale’s every day conversations.

If you want to find out more, I encourage you to attend the Behaviour Management Parent Session being offered next week. Thank you to those families that have already contacted me and secured a spot. I look forward to seeing you there. If you are yet to RSVP, it is not too late.

**Behaviour Management Parent Session**

*When: Tuesday 26 July at 9am*
*Where: PAC – Green Room or 6pm - Administration Building*
*Who: All families welcome to attend*
*Please RSVP your attendance to rauxt35@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.

Response to Intervention

Ready, set, GO! Our reading squads have already commenced flying into our classrooms supporting our students with their reading. The staff that the school has employed to support this program is second to none. Not only do they do a fabulous job each and every day in the classrooms, but when they were invited to voluntarily attend a Reading Professional Development this week offered by our Head of Curriculum (Vanessa Kibbey) and our talented Coaches (Jane Stewart, Fiona Swatling, Ros Skerman and Jane Rheeder), all of our Teacher Aides jumped at the chance. This demonstrates their commitment not only to further developing their knowledge and experience but ensures our students are receiving the best support possible each and every day. To our Response to Intervention Teacher Aides, Helensvale SS thanks you!

This week I am going to share with you the whole school decoding strategies that are consistently used by all of our staff. We hope that by sharing this with our community, it could help families support their children when reading at home.

Next week, we will share with you the comprehension strategies. If you would like any further information regarding this please do not hesitate to contact your child’s classroom teacher.
From Ms Ona’s Desk

A reminder that the 8:45am bell is the time the students go into the classroom. This is when their teacher outlines the day’s routine, organisations, learning expectations, roll call, and daily notices. Learning time begins at 8:55. We are now into the second week of term 2 and we have already noticed an increase of students arriving to school late. Therefore it’s a timely reminder that all students are expected to be present in class on time.

Huge congratulations to Maddison M for competing in the 10-19yrs Cross Country State Championship which was held in Maryborough over the weekend. She gained 19th place out of 55 participants. Maddie is the schools Cross Country winner who competed at Districts at Runaway Bay and won. Maddison was then selected to compete in the States Championships.

School Calendar

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

We respectfully acknowledge the traditional custodians, the Kombumerri people of the Yugambeh language, on whose land we have the privilege to live, work and play each day.

As an Indigenous Education Worker here at Helensvale State School, I wanted to share the following insight that was sent to me which helps explain Acknowledgement of Country.

Vicki McCrae

Andrew is a teacher with five classes of English across year 9 and 10. His biggest frustration is that the children know about the Acknowledgement of Country, but have no idea what it means culturally. While preparing a lesson about Romeo and Juliet it suddenly hit him. What if he used these two to explain the acknowledgement?

Here are Andrew’s thoughts:

Romeo crashes the party at Juliet’s house, he doesn’t ask permission to enter. He makes no acknowledgement of the family or of Juliet’s father, as the elder of the family. Tybalt [Juliet’s cousin, Romeo’s rival] is rightly aggrieved and seeks to take action against Romeo.

Today, people hesitate having parties at home because of party-crashers. These people, like Romeo, don’t pay any respect to the people who live there. They see it as their own rite of passage, just as they had their own parties crashed when they were younger.

None of this shows any respect, or shows an understanding of sovereignty.

The acknowledgement of country reverses this. It’s like knocking on someone’s door before you enter, and waiting to be invited in. Obviously, we don’t have an elder at every place where the acknowledgement is given, but it is symbolic of that recognition and respect.

In terms of contextualising the Acknowledgement of Country for use with your neighbours, it could be put like this:

“Neighbour, I acknowledge that you live here and take care of this block and the house that’s on it. I respect that you have your own house rules and agree to abide by them. I pay respect to all those who live here now, those who lived here before you, and to those who will be here after you are gone.”

News from 3CD

Year 3 Jacobs Well Excursion

To introduce our new Science unit on Living and Non-Living things, all of Year 3 visited Jacobs Well Environmental Education Centre. We had a fantastic day of learning, exploring and getting muddy!
PE News

Student Success

Congratulations to Madison M who placed in the top 20 runners at the QLD State Cross Country Championships!

Active School Travel

Term 3 started with a great turnout for our first week of Active School Travel with over 40% of our school actively travelling to or from school. Congratulations to all students who were active travellers last Friday!

Our Green Boot Awards were awarded and our sector winners are:

Prep & Year 1 winner – 1E
Years 2 & 3 winner – 2C
Years 4 – 6 winner – 4A

The most active class at Helensvale State School was 4A with 60% of the class being active travellers!

Great work 4A!

Please remember Active School Travel is every Friday so if you walk, ride, scoot, bus, train or car pool to school, come along to the school front gate from 8:00 am – 8:30 am to receive your stamps and to redeem some awesome prizes.

From the Active School Travel Team

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.

Stepping Stones Triple P is a specially tailored program for parents of children with a disability aged 2 to 10 years. It is part of the Triple P – Positive Parenting Program, one of the world’s most effective parenting programs.

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

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

- Gungahlin Stepping Stones
  - 18th July – 30th August, 10:30 – 1 pm
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
07 56449100
or
Sonya Owen - 0449902770

If transport is required please phone prior to the day. Thank you.

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 on, 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 endorsed by MHFA International 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) about how to assist an Aboriginal or Torres Strait Islander adult who is experiencing a mental health problem or in a mental health crisis.

Who can attend the course?

This course is targeted at 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
- Aggressive behaviours
- Severe effects of drug or alcohol use
- Panic attacks
- Traumatic events
- Severe psychotic states
- Non-suicidal self-injury (sometimes called self-harm)

Course Format

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

Cost

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

2016 Course Calendar

8:45am – 4:30pm

KIRRA HILL COMMUNITY CENTRE
1 Garrick Street, Coolangatta (see map)
- 15 & 22 April
- 19 & 26 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
NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCCY)
25 Leo Graham Way Oxenford
P: 55 298 087 / 55 804 995
E: family@youryouthcentre.org.au

FREE PROGRAMS FOR PARENTS Term 3 2016

BRINGING UP GREAT KIDS (4 weeks)
A four week program that uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children, promote respectful interactions, and encourage the development of children’s positive self-identity.

Thursday 25th August – 15th September: 9:30 am - 12.00 noon

1,2,3 MAGIC & EMOTION COACHING (3 weeks)
Confunded by the Mayress Charity Foundation

A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. Strategies are also suitable for children with ASD or UDD. 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.

Friday 29th July – 12th August: 9:30 am – 11.30 am
Friday 2nd – 16th September: 9:30 am – 11.30 am

TUNING IN TO KIDS (6 weeks)
Confunded by the Mayress Charity Foundation

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.

Wednesday 3rd August - 7th September: 9:30 am – 12.00 noon

CIRCLE OF SECURITY PARENTING (6 weeks)
Confunded by the Mayress Charity Foundation

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 whose children have severe emotional and behavioural issues.

Tuesday 26th July – 30th August: 9:30 am – 12.00 noon

ASSERTIVENESS (4 weeks)

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 fulfil your goals in life.

Thursday 25th August – 15th September: 9:30 am – 12.30 pm

SELF-ESTEEM (4 weeks)

This is a four week nurturing program that helps build your self-esteem, increasing your confidence and helping you to feel better about yourself.

Thursday 28th July – 18th August: 9:30 am – 11.00 am

ANGER MANAGEMENT/CONFLICT RESOLUTION (4 weeks)

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.

Monday 11th July – 1st August: 9:30 am – 12.00 noon

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.

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

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 fixed network to support them

Click here to download
1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf

INCREDIBLE TENNIS OFFER

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

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 50 spots available

Dr Rebekah Grace  Dr Kelly Baird
Chief Investigator  Project Manager
Ph: (02) 9850 6944  Ph: (02) 9850 5369
E: rebekah.grace@mq.edu.au  E: kelly.baird@mq.edu.au

SUPPORTING ORGANISATIONS

benodenti  kartane  western sydney university
MACQUARIE University

AFL Auskick

REGISTER NOW AT HELENSVALE SS!

To register online, search Helensvale State School or 4212 in the centre locator.

- Online registration receipts must be presented and given to a club official on 1st session.
- Kids must be turning at least 5 in Calendar year to participate.
- If you miss the 1st session, registrations will be accepted at anytime.
- Cash & Cheque accepted at this centre.

Only $75

Date: Friday 29th July
Time: 9:00am - 10:30am
Cost: $75.00
Length: 1 hour per week for 6 weeks
Venue: Helensvale State School oval
Contact: Tyson on 5594 5272 or Tyson.Kubat@ afl.com.au

Come and see The Gold Coast SUNS Simply capture and you could win a Gold Coast Suns match ticket & a signed Suns jersey! Be sure to purchase your tickets today to be in the running to win.

Pay Online at: AFLAuskick.COM.AU

DEADLY CHOICES

Naidoc Women's Netball Challenge

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

LUNCH PROVIDED
THIS IS A ☆ EVENT
HEALTH SCREENS WILL BE AVAILABLE
DEADLY CHOICES PRIZES TO BE WON
YOU MUST HAVE HAD A HEALTH CHECK IN THE LAST 9 MONTHS TO BE ELIGIBLE TO COMPETE.
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 you're between 4-18 years 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.

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, 8.30-7.00am
Where: Helensvale Primary School, Lindfield Rd, H/valle.

$15 per Week (4 sessions)*
You Get: "ICE" training (scientific training for fat loss).
Plus nutritional advice & special report.

CONTACT: MICK WARD
Fully Qualified Personal Trainer
Group Fitness & Boxing Instructor
9th Dan Black Belt Taekwondo Do
Transformation Specialist with Metabolic Persicion
PHONE: 0402 835 627
‘Like us on Facebook’...KUVXA Health & Fitness

*Must pay 12 weeks in advance or $15 direct debit per week
2016/17 SUMMER SIGN ON

WHEN: Saturday 6th and 13th August
TIME: 10am – 2pm
WHERE: Gambamora Park, Riverdale Road, Oxenford (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@coomera.cubs.com
W: www.cooemera.baseball.com.au
Helpful Phone Numbers

Electricity Loss of Power 19 62 62
Poisons Information Line (24 hours) 131 126
Coomera Police Station 5519 5905

24 Hour Services

Alcohol & Drug Information Service
1800 177 839

Debts in Distress 1300 853 497
Domestic Violence 1800 811 811
Family Drug Support 1300 368 186
Kids Help Line 1800 555 000
Men’s Line Australia 1900 789 978
Beyond Blue 1300 224 466
Lifeline Crisis Line: 13 11 14

After Hours Doctors & Pharmacy

National Home Doctor Service 13 7425
(Previosly Medcall)
Pacific Pines Amcal 5573 7722 (Midnight)
Oxenford Amcal 5519 8200 (9 pm)
Hinterland Medical Centre 5578 2199 (9 pm)

Early Years Hub

Education all interactive playgroups for parents and children 0-5 years.

Join us for singing, dancing, Smallports, 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

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