From The Leadership Team

School News

Community News

From Years 4, 5, 6 and 7

From The Leadership Team

Term 3 Week 2 24/7/2014

Principal’s Message

Hit the Target,

Be at school by 8.45am

30th Anniversary Celebration

This term is shaping to be a memorable one as we celebrate our school’s 30th Anniversary with a monster fete in September. Our fete is just 50 days away with our P&C planning a wonderful day to celebrate this significant milestone. The Helensvale community is responding positively to our invitation to join in the celebrations.

School Opinion Survey (SOS) Significant Changes

This week all parents received an SOS information sheet, which included an individual password, to enable ALL Helensvale parents to complete the 2014 survey. Since the SOS surveys were introduced 20 plus years ago, only 40 randomly selected parents completed the survey. This change will provide a greater cross section of parent’s views and will enable the data to focus on specific areas of the school. Parents can complete the survey on line up until next Tuesday. To assist keep the momentum for parents to complete the survey by next
Tuesday our school will publish the number of surveys that have been completed by email each day. A total of 810 surveys, representing the number of families at our school have been issued. Let’s have all surveys completed by next Tuesday.

Japanese Visitors

Next week 25 Japanese students will travel to the Gold Coast to join our school community for a cultural and educational learning experience. Our visitors will enjoy Australian hospitality during their homestay with local parents.

What were you doing 45 years ago, when history was made?

With these famous words, “One small step for man, a giant leap for mankind”, Neil Armstrong stepped onto the moon’s surface. I know many of our parents were born after this time but we all benefit today from the scientific breakthroughs resulting from space exploration.

On July 20, 1969 Neil Armstrong became the first human being to stand on the surface of the Moon. About 20 minutes later, he was followed by Buzz Aldrin. Armstrong and Aldrin’s landing was the end result of almost a decade of scientific and engineering work by hundreds of thousands of people across the United States. Even though the lunar program’s main goals were to beat the USSR in the race to place a man on the moon the Apollo project ranks as one of the greatest engineering achievements in human history.

In total there were six successful Apollo landings between 1969 and 1972. These voyages from the Earth to the Moon were accomplished with only the most basic of computing assistance. Today, your average new motor vehicle has more computing power than the ones use to get the man on the moon. Other advances are found in our food, our building materials, medical procedures and in the planes we travel in. We are surrounded every day by technologies developed for space exploration. The artificial heart for example, resulted from experiments on the space shuttle and a partnership with renowned heart surgeon Dr. Michael Debakey. The hand held Jaws of Life used to save victims from car wrecks originated from the system used to separate the space shuttle from its booster rockets. Even the insulation that keeps our homes warm and energy efficient is based on the technology used to insulate the space shuttle.

The importance of acknowledging this milestone in an educational setting is twofold:

1. **Challenges are part of life**, including school life and with an open mind we can work together to solve the greatest of challenges. In 1960, the USA had a goal to put a man on the moon, but did not know how they were going to do it. NASA engineers and scientists accepted the challenge and through creative thinking, challenging current thinking patterns, exploring new ways of doing things, success was achieved. This is what we want our students to learn at school for an unknown future.
2. **Cooperation is the key to success.** Throughout the space race both USA and USSR made many scientific advances but the greatest advances were made when both countries cooperated by pooling their resources to make advances well beyond the scope of either country. In the last 45 years the benefits of cooperation has grown significantly as a quality which is a requirement in today’s workforce. The skills of cooperation, sharing of ideas, learning from each other are skills that we endeavour to develop in our young students at our school.

**Thought of Week**

*I accept the challenges that emerge daily in my life,*

*My biggest challenge is knowing how to achieve success with integrity and truth,*

*Success will be greatest when I have shared my reasoning to find a solution,*

*Sharing does not guarantee success, but builds a foundation for success through cooperation. Anon*

Michael Shambrook

Principal

**News from the Deputies**

**From Ms Welch’s Desk**

**Twilight Concert**

I am looking forward to the twilight concert next Thursday 31st July in the PAC. The concert will start at 3:30 and all parents of the instrumental program and Choir students are asked to be seated and ready to join in the fun by 3:30. The students will be going straight to the music room at 3:00 to have a quick snack (provided) before they perform. Many thanks to Sue Purton, Teagan Allen and Nina Hoile for putting together some great pieces for us to enjoy. Please ask the Music Teachers for more information if you have not received a note.

**Prep Parent Day**

Also on Thursday 31st July the Prep parents have been invited to join in and become a student for the afternoon. From 12:00 to 3:00 parents can join in our rotations in Prep and bring along a picnic lunch. Let’s hope for some nice weather (we will picnic inside if it is raining). Please ask the Prep Teachers for more information if you have not received a note.

**Attendance**

As part of my role I am involved in helping students attend school and access the curriculum. During the year we send out notes to make sure that parents are aware of any significant amount of absences. At times if absences are deemed to be interfering with learning, parents may be asked to meet to discuss ways in which the school can support attendance.
As schooling is compulsory, I also need to let the Department of Education know if students are not attending school every day without a suitable reason. This may result in fines as it is a parental responsibility in Queensland to ensure your child attends school every school day of their educational program.

**Anxiety About Attending School**

It is normal that, at some stage in life, every individual will feel anxious when faced with a difficult situation. Each individual will cope with anxiety in different ways. During difficult times, you can support your child to cope with anxiety in effective ways and by doing so, enhance their resilience.

**What can parents do – some suggestions**

It is important not to dismiss your child’s anxiety, but to help them see that the situations they are worried about may not be as bad as they think.

- Listen to your child and encourage them to tell you about their feelings and fears.

- Avoid telling your child to ‘get over it’. Your child may perceive this as you not understanding or not caring about their concerns.

- Discuss various scenarios, possible outcomes and ways to handle the situation. This will help put things in perspective.

- Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.

- Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over for them, it stops them from learning how to cope for themselves as they begin to believe that someone else will rescue them.

- If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.

- Talk with school staff to find out what assistance the school can provide.

- If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.

- If your child delays getting ready for school so that they will be late, encourage them to still go to school and reassure them that you will contact the school to explain why they are late.

- Should your child find socialising before school a source of anxiety, arrange for them to arrive just before the bell.

- Be involved in your child’s school (e.g. volunteer in the tuckshop)
From Mrs Donovan’s Desk

Last week the Camp Quality team visited our school to perform their puppet show which provided students with an understanding of how cancer can impact students. I would like to personally thank Amy, the Primary School Coordinator from Camp Quality for organising the three performances which our students thoroughly enjoyed.
Understanding separation anxiety

Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parenting ideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime: in a child as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsessive with thoughts depicting doom, a lesson in identifying the important factors at play is in order.

THE UNDERLYING FEAR:

"Children with separation anxiety disorder feel constantly worried or fearful about separation," says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:

- Fear that something terrible will happen to a loved one.
- Worry that an unexpected event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

"I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will be ending in 60 seconds," she says.

Over the years, Russell recognised that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat, but her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of oxygen.

THE TRIGGERS

Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperamental and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition.

Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a "Fear of the unknown.

"I would get thoughts about bad things happening to my parents. I felt safe when I was with them," she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition.

This link is not uncommon, says Swinbourne.

"In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other's anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited."

The processing of the child's fears and worries will vary from child to child.

"Parents need to create a reasonable amount of separation," Russell says. "I think we need to prepare our child for a separation, and then follow through on it in the way that they need."

The severity and impact of separation anxiety can be managed by understanding the triggers and learning skills to deal with anxiety. It's important to seek help from a professional if separation anxiety is affecting your child.
From Mrs Ona’s Desk

School Opinion Survey 2014
Education Queensland is keen to understand the way in which parents view the effectiveness of their child’s local school. Consequently, each year a sample of each school’s Year 5 & 6 students as well its parent community are provided with an opportunity to complete an Opinion Survey which canvasses levels of satisfaction across a range of the school’s operations. Student recipients of the survey are selected by Education Queensland (not the school) through a numerical process and will complete their surveys at school. For the first time in 2014 however, ALL parents will have an opportunity to complete an on-line version of the survey from home. Within this next week we will be distributing an information page containing a unique log-in code to each HSS family - I would ask that your family takes the time to read through the survey and offer responses to the simple questions about our school’s operations relative to this year. The unique log-in/password code can only be used once - be assured that your identity will remain anonymous. The survey period will be limited and all parents are encouraged to participate. Our school will receive the collective results of the surveys in early December, where the outcomes can then be made publicly available to the school community. Please be on the lookout for your survey information sheet to be brought home by the eldest child in your family. If after receiving your Opinion Survey information page you have any queries or would like further clarification regarding any of the questions, please feel free to contact the school. Parent online survey will close on 3rd of August.

Teach our children to be safe on the road –
cross at the crossings

From Years 4, 5, 6 and 7
EXCELLENCE @ HELENSVALE

- **Dance and Drama Excellence Auditions**
  - Monday 4th August from 3:45 – 4:45pm
- **e4e**
  - Applications due to HSHS Administration by Monday 4 August
- **Music Excellence**
  - USB/DVD to be submitted by Monday 4th August at HSHS Administration
- **EXCITE Exam**
  - Tuesday 5th August @ 3:30 – 4:30pm
- **Art Excellence Workshop**
  - Wednesday 6th August from 3:30pm – 5pm
- **Japanese Excellence Exam**
  - Wednesday 6th August from 3:30pm – 4:30pm
- **Sports Excellence Trials**
  - Wednesday 6th August from 3:45pm – 5:15pm – Track and Field, Volleyball, Soccer, Rugby Union – both year levels
  - Thursday 7th August from 3:45pm – 5:15pm – Touch Football, AFL, Netball – both year levels

Helensvale State High School 2014 presents:
Excellence Program (Round 2) and General Enrolment Information Evening
When: Tuesday 29th July, 5:30–6:30pm
Where: Student Activity Centre, Helensvale State High School
You will be able to:
- Hear about our Excellence programs and our general enrolment procedures
- Collect Excellence Application packages and enrolment forms

Helensvale State High School 2014: Round 2 Applications
**open now!**
Excellence in:
- **Sport** (Volleyball, Rugby Union, AFL, Soccer, netball, Track and Field, Touch Football, Golf, Tennis)
- **Arts** (Dance, Drama, Music, Visual Art)
- **Japanese**
- **EXCITE** (Academic Excellence—English, Maths, Science, and History)
- **e4e** (Education for Entrepreneurs)
ROUND 2 YEAR 6 & 7 SPORTS EXCELLENCE TRIALS FOR 2015

The aim of our excellence program is to provide the opportunity, support and environment where our talented and enthusiastic students can aspire to their goal of sporting excellence.

Round 2 trials dates for Year 6 & 7 are as follows:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>Wednesday 6 August</td>
<td>3.45pm-5.15pm</td>
</tr>
<tr>
<td>Rugby Union</td>
<td>Wednesday 6 August</td>
<td>3.45pm-5.15pm</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Wednesday 6 August</td>
<td>3.45pm-5.15pm</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Wednesday 6 August</td>
<td>3.45pm-5.15pm</td>
</tr>
<tr>
<td>AFL</td>
<td>Thursday 7 August</td>
<td>3.45pm-5.15pm</td>
</tr>
<tr>
<td>Netball</td>
<td>Thursday 7 August</td>
<td>3.45pm-5.15pm</td>
</tr>
<tr>
<td>Touch Football</td>
<td>Thursday 7 August</td>
<td>3.45pm-5.15pm</td>
</tr>
</tbody>
</table>

Sport application forms can be downloaded from our website

https://helensvaleshs.eq.edu.au

Please complete forms and bring with you to trials

HELENSVALE STATE HIGH SCHOOL

The Lolli-pop workers help us to cross the road safely
Dear Parents/Carers,
Due to the increase in our community accessing online banking to pay school activities our Finance Window will open on Tuesdays, Wednesdays and Thursdays from 8am to 9.30am. If Parents/Carers would like any information on how to access online banking please email Tracey Smith on tsmit517@eq.edu.au or phone on 55561333.

Student Absence Line
- 55561370

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

School News Calendar

<table>
<thead>
<tr>
<th>Thur 31st July</th>
<th>Prep Parent Day</th>
<th>Prep Classrooms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12:00pm-3:00pm</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
<td>Location</td>
</tr>
<tr>
<td>--------------------</td>
<td>--------------------------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Thur 31st July</td>
<td>Twilight Concert 3:30pm</td>
<td>PAC</td>
</tr>
<tr>
<td>Wed 6th August</td>
<td>GC North District Athletics Trials</td>
<td>Griffith University Track</td>
</tr>
<tr>
<td></td>
<td>Field Events (selected students)</td>
<td></td>
</tr>
<tr>
<td>Thur 7th August</td>
<td>GC North District Athletics Trials</td>
<td>Griffith University Track</td>
</tr>
<tr>
<td></td>
<td>Track Events (selected students)</td>
<td></td>
</tr>
<tr>
<td>Mon 25th August</td>
<td>Burleigh Heads National Park- Year 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Morning-2B &amp; 2C</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Afternoon-2D &amp; 2E</td>
<td></td>
</tr>
<tr>
<td>Tues 26th August</td>
<td>Burleigh Heads National Park- Year 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Morning-2F &amp; 2G</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Afternoon-2A</td>
<td></td>
</tr>
</tbody>
</table>

**Week 2 - Focus Skill**
Helensvale State School

Focus Skill

“Entering and Leaving the School Grounds”

School rule: Be safe  You can do it key: Organisation

**ENTERING....**

**By bike...**

WEAR your helmet

DISMOUNT your bike or scooter as you approach the school gate

WALK your bike through the gate to the bike cage

WALK your bike if using the crossing

LOCK your bike/scooter and helmet in the bike cage

LEAVE bike cage and proceed to Tuckshop area before 8.15am or to your classroom after 8.15am

DO NOT stay in or near the bike cage

DO NOT touch or move any other bikes or scooters

DO NOT store bikes, scooters/skateboards in your classroom or bag racks.

ALL BIKES, SCOOTERS AND HELMETS MUST BE LOCKED IN THE BIKE CAGE

DO NOT RIDE YOUR BIKE OR SCOOTER IN THE SCHOOL GROUNDS
**By car...**

MUST be dropped at a safe place to exit the car

STEP from car onto the footpath

USE PEDESTRIAN CROSSING AT ALL TIMES

ENTER through gates and proceed to the correct area

DO NOT JUMP FENCES

DO NOT CROSS ROAD WITHOUT USING CROSSING

DO NOT WALK THROUGH CARPARK

**Walking...**

WALK on the footpaths with an adult or friend whenever possible- (Safety in numbers)

ENTER the school grounds through the most suitable gate

PROCEED to the correct area

**By Bus...**

EXIT the Bus when it comes to a complete STOP

ALLOW people in front of you to exit first

EXIT the bus carefully onto the footpath

WALK inside the school grounds to the correct area

REMAIN SEATED AT ALL TIMES

BE RESPECTFUL BE SAFE BE COURTEOUS TO DRIVERS AND PASSENGERS
LEAVING...

By bike...
COLLECTING YOUR BIKE from the bike cage – be CONSIDERATE and COURTEOUS
ENTER the cage a few at a time.
COLLECT your bike and WALK to the nearest gate
HELMET ON and MOUNT your bike AFTER leaving GROUNDS
BE CONSIDERATE TO PEDESTRIANS AND AWARE OF TRAFFIC
DO NOT RIDE YOUR BIKE OR SCOOTER IN THE SCHOOL GROUNDS

By car...
STAY BEHIND FENCE UNTIL PARENTS ARRIVE
LEAVE through a gate DO NOT jump the fence
ENTER car from the footpath
DO NOT get into the car from the road side
DO NOT walk between traffic to get to the car

Walking...
MEET inside the gate
LEAVE the school grounds together
WALK sensibly and safely directly home as instructed
WALK on footpaths, use crossings and be AWARE of traffic, bikes and other pedestrians

By bus...
WAIT inside the school gate
WAIT for the duty supervisor to call you
BUS PASS ready
WALK to your bus and board from the footpath only

REMAIN SEATED AT ALL TIMES
BE RESPECTFUL BE SAFE BE COURTEOUS TO DRIVERS AND PASSENGERS
PLEASE REMEMBER

*To be safe and sensible as you travel to school

*DO NOT RUN

*Be alert and aware of traffic at all times

*Playgrounds are STRICTLY OUT of BOUNDS before and after school

Child & Adolescent Oral Health Service

Gold Coast Hospital& Health Service
Students in grades (7,6,5,2,1) have been provided with an offer of oral health care examination card to take home.

If your child is enrolled in one of the grades listed above or are new to the school and did not receive an examination card and would like to arrange for your child to receive oral health care please contact the Oral Health Call Centre 1300 300 850. Monday to Friday 8.00 am – 4.30 pm Excluding Public Holidays.

If your child requires disability access please identify this requirement with the Call Centre Operator.

TUCKSHOP NEWS

Welcome back everyone! Hope you have enjoyed the break and are refreshed for the term ahead!

Thank you to our wonderful volunteers whom helped out in the Tuckshop last semester. We hope to see most of you again this term. A few of our volunteers are now doing paid work in our community and are now unable to help in the Tuckshop.

We again need another 4 or 5 volunteers to help. Our days start at 9am and go to 2:45pm. You would be helping process the baskets, restock items, assist with preparing food items for the orders and serving on the windows at lunch breaks. It is fun work, and you will be helping our school community. You also see what goes on behind the scenes at Tuckshop. If your child needs you, you aren’t far away and they can come and see you as well as still having their independence in the classroom without you actually being there. You also get to meet other parents in our school community, and gaining work experience in the tuckshop, could be used as a stepping stone to full or part-time work in the broader community. We do supply tea and coffee as well as your lunch for the day, too.

If you do a running order on Flexi Schools, (the same order for one day every week) you will have to go back in and set it up again. Flexi Schools wipe those orders on the last day of school, so you aren’t charged for orders while we are all on holidays. So you will have to restart them again for this term.

For those parents who are new to the school and those who haven’t done Tuckshop before, we use Flexi Schools as our online ordering system for the Tuckshop, Uniform Shop and P&C fundraising. You can simply go online to flexischools.com.au and set up an account. You just follow the prompts and put say $50.00 into the account and then you can do a lunch order whenever you need to, or pay for uniform items etc. When your account gets down to $5.00, it lets you know so you can top it up again. You can even have it do it automatically, too. You can do all your ordering for the week at once or do it for up to two weeks in advance, as well as a running order (an order for one day every week). It is very easy to do, and saves trying to find the right change for tuckshop.
If you are doing orders for both lunches, you will need separate bags for each order, as these don’t get returned to the tuckshop after lunch. You will need to write your child’s name, class and which lunch the order is for. (eg. MT for morning tea and BL for big lunch) If there is only one order and the particular lunch is not written on the bag we do it for Big Lunch. You can get a pack of plain, brown, paper bags from the supermarket for about $2.50. If you have run out of bags and write your order on a piece of paper, don’t forget to include 10c for one of our bags for the order to be put into. Please don’t use plastic bags, as we cannot put hot food into these as it melts the plastic and is unhygienic and a WHS issue. We will have to supply a bag for the order and charge 10c: if there is not enough money to cover this we may have to change the order.

If there has been a miscalculation in the total of the tuckshop order and there is a drink on the order, we will change the drink to a cheaper drink and/or delete the drink and return the leftover money in the bag.

If you include extra money in the bag for the order, could you please write how much you have included in the bag, please, as sometimes the money falls out of some bags on the way to the tuckshop and this makes it easier for us to sort out who the money belongs to. We cannot accept any foreign coins as payment for Tuckshop orders. Even NZ coins are detected by the banks now as apparently they weigh differently. If we get a foreign coin, we will cross it with a texta and stick it to the front of the bag to take home. We will have to adjust the order if this occurs and/or there is no extra money to cover the item. If your child requires change from their Tuckshop, please let them know that we put the change in the corner of the bag and fold it over and tape it down. We also write on the bag that there is change in the bag and circle it. If they need change, please remind them, as a lot of children just through the bag away, change and all.

Sometimes we will put a tag in the bag for the children to collect special items that were ordered, that may spill over, melt or need extra items added to them. If your child gets a tag in their bag, please explain to them that they need to bring BOTH their bag and the tag to the tuckshop to collect these items. They just need to line up in the Tuckshop basket line to collect them, as they don’t need to line up in their class line.

Tracy Wall

Tuckshop Convenor

**Bookclub**

Your child will have brought home the Bookclub brochures this week.

This is a great way to purchase books at good value prices, while helping the school. Every order we place earns Rewards which we use to purchase books and resources. Just to give you an idea, last year we earnt nearly $3000 in rewards.

If you would like to place an order, please complete the Order Form on the back, place it in an envelope (along with your payment) and place in the Bookclub box in the Library.

Please ensure that your child’s name and class is written on both the Order Form and envelope.
Payment methods accepted are:

1. Cash - please ensure only correct money is given as NO CHANGE can be given

2. Credit Card - follow the steps listed on the Order Form and don't forget to record your Receipt Number on the form

3. Cheque - made payable to Scholastic

The orders take about 2 weeks and will be delivered to your child's class.

The orders are due in by FRIDAY, 1 AUGUST.

If you have any questions please contact us on hssbookclub@gmail.com

Anna & Carole

Teach our children to be safe on the road – cross at the crossings

Community News

LOST/FOUND

Bicycle

If you have lost a bicycle in the local area please call Administration on 55561333.

Hinterland Tennis Club

55960308

Junior Coaching $10 per lesson

Hot Shots Sign On Free Racket
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

A three-session program for parents and carers
to help manage difficult behavior in children 2-12 years old
is being held at Studio Village Community Centre
at 87 Village Way Studio Village
on Wednesday Evening or Saturday Morning
5pm to 7:30pm 9:30am to noon
Starting On Starting On
30 JULY 2014 6 SEPTEMBER 2014

Learn:
✓ How to discipline without arguing, yelling or smacking
✓ How to sort behaviour
✓ How to handle challenging and testing behaviours
✓ Choosing your strategy, the three choices
✓ Using emotion coaching to encourage good behaviour
✓ 7 tactics for encouraging good behaviour

Registration Fee?
The course costs $15.00
Register for this course contacting Nikki Condon at Studio Village Community Centre on 07 5529 8253

What people are saying?
What a relief to come across a program that preserves
the dignity of the child, maintains the self control of
both the parent and the child and is actually easy to
remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a
maginificent preventative measure that any parent can
use to avoid raising a child, who later down the line,
needs excessive discipline or grows out of control.

Who's running it?
The trainer for this course is Nikki Condon who
completed the Parentshop® 1-2-3 Magic & Emotion
Coaching on 10 May 2010. Studio Village Family Support
Worker, Nikki has worked with families, children, young
people including teen mums, and the community since
the 1990's with a special interest in building parents' confidence to raise happy children.

For more information contact Nikki
phone: 5529 8253 email: family@studiovillage.com.au

Village Family Support Program is funded by the Department of Communities

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® Licensed Practitioner. www.parentshop.com.au
Coomera Comets
Touch Football

Junior & Senior Touch Sign On
5.30pm - 7pm Friday Night
8th & 15th August 2014

Friday Night
Summer Junior
Competition
Boys and Girls Divisions
5 to 18 years old
Start Date: 10th Oct 2014

Monday Night Adult
Competition
Mixed, Mens and
Ladies Divisions
Start Date: 6th Oct 2014

JOIN THE FUN

All games are played at Coomera
Sports Park
Individual and team nominations accepted
www.coomeracomets.net
Another successful Year

Coomera Comets are celebrating 16 years of providing a successful Touch competition to the local community. Over sixteen years the competition has grown to over 150 teams competing in different divisions, with players from beginner level through to Australian Representatives, boys and girls, young and old; aged 6 to 60yrs.

2013 saw many of our junior teams compete at Junior State Championships with our 18yr boy’s team winning the State Championships & 50yrs Men’s team winning the Qld Affiliate Cup.

Our regular competition, for both Adults and Juniors, involves a compilation of family and friends, work mates, beginners, social and experienced players looking for a good run and to have a bit of healthy fun.

12th Annual Touched By Cancer Carnival
Oct 19th 2014

Each year Coomera Comets Touch hosts a one day social touch tournament to raise funds in support of the Gold Coast Prostate Cancer Support and Network Group. The event is designed not only to raise funds but awareness about Prostate Cancer. In Australia 2700 men die from Prostate Cancer each year, that makes it a higher mortality rate that breast cancer. Last year we were able to raise over $6000 bringing our total contribution to over $76,000.

October 19th will be our 12th annual Touched By Cancer Carnival. Last year the carnival hosted 30 teams of all ages and skill levels and all games are contested in good spirit. This a great day to test the waters and see if you enjoy playing or if you are experienced then bring your beginner friends along and introduce them to your sport, or if your team is experienced nominate your team in the competitive division.

Nominations forms can be found at the website
www.coomeracomets.net

or submitted by
Email: coomeracometsouch@yahoo.com.au
Ph 0477 418 070

Fax: (07) 5573 2816

Mail: Coomera Comets Touch, PO Box 879 Oxenford Qld
NOMINATION FORM
NETTA / JUNIOR / SENIOR CLUB CARNIVAL
SUNDAY 24th August 2014

Divisions: Netta 8/9/10 yrs Juniors & Seniors 11/12/13/14/15/16/17 Open Age & Mixed

Games Commence: 8:00am sharp (Draws will be available from the Club Rooms after 7:30am or via our website)

Venue: 166 Benowa Road Ashmore 4214

Umpires: Each team must supply a correctly attired Badged Umpire
(Umpires may not umpire their own team and may be required when their team is playing)

Awards: Winners and Runners-up awards will be presented (9 per team)

Disputes: Will be dealt with by SCNA Executive Committee

****** FULL CANTEEN FACILITIES WILL BE AVAILABLE ON THE DAY ******

<table>
<thead>
<tr>
<th>TEAM NAME</th>
<th>AGE/GRADE (indication of strength)</th>
<th>TEAM UMPIRE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NOMINATION: $80 per Team (including GST) Payment must accompany this form

NAME OF CONTACT: ___________________ PH NO: ___________________

EMAIL: ___________________________

NO. OF TEAMS: ________________ @ $80 PER TEAM = ___________________

SIGNED: ________________________ DATE: ________________________

CLOSING DATE: Friday 18th August 2014

Payments may be made by direct deposit to
SCNA Bendigo Bank
BSB 633-108 Acc No 1428-06850
Reference-Team name
MILO T20 Blast is an active new sports program that gives kids the chance to play exciting games of T20 cricket for girls and boys aged 8-14 who know the basics of cricket and want to take things to the next level.

The 8-week program focuses on match-play with all the boundaries, atmosphere and music of T20. It’s non-stop involvement for participants – everyone gets the opportunity to bat, bowl and field!

You can play MILO T20 Blast at your local cricket club or community centre. So, what are you waiting for?

Sign up today at T20Blast.com.au or contact your nearest club to find out more.

Your nearest MILO T20 Blast Centre is: Runaway Bay Cricket Club, 2 Sport Drive
Starting 17/8/14 2 pm
All welcome from Coomera, Queens, Southport/Lebanon,
Cost is $99 for 8 weeks
Boys & Girls aged 7–12

SIGN UP TODAY AT T20BLAST.COM.AU
Helensvale Little Athletics Track & Field Club

Hi Everyone,

An exciting new season is nearly upon us again for your children as well as yourselves. ‘FAMILY, FUN and FITNESS’ is the motto of Little Athletics Australia. Helensvale Little Athletics are offering a 28 week season to help teach, nurture and improve your children’s Athletics disciplines.

Our Centre is located at the Helensvale High School Oval, Discovery Drive Helensvale. Our sign on registration days are:

- 9 August 2014 – at the Helensvale Plaza. 8am – 3pm
- 17 August 2014 – Open Day at Helensvale Little Athletics Club. Our open day is for your children & Open athletes to try some of our events also. 8am – 2pm.

However, you can register at any time during the season.

Our club is offering a 2 week trial for any new athlete who might be a little unsure. The cost for the 2 trials is $30, which if you register then will be deducted from the registration price.

- Trial week 1 – Friday 22nd August 2014.
- Trial week 2 – Friday 29th August 2014.

The start time for Friday nights is always 5.30pm. The attached flyer has all the registration, club levy & uniform costs on it.

If you have any further queries please call Neil on Mobile: 0458 616611
SEASON 2014/2015 PRICES

- **REGISTRATION**: These are the costs for the entire season.
  - TINY TOT: $60
  - UNDER 6: $100
  - U7-U17: 1st Athlete - $110
    - 2nd Athlete - $105
    - 3rd Athlete - $100

- **CLUB LEVY**: $50 Every athlete MUST pay this with registration.

- **UNIFORM**: Shirt $40  Shorts $30
  
  Set $60 (to be confirmed)
2.2km Kids Mini Marathon

Leukaemia Foundation Queensland 2.2km Mini Marathon

Let the kids spirits run free in the final 2.2km of the full marathon course. Get your kids registered and participate in the Leukaemia Foundation Queensland 2.2km Kids Mini Marathon and put a smile on their little faces. The course will cover the final 2.2km distance of the full marathon distance event.

All kids mini marathon finishers receive a commemorative finishers medal upon crossing the finish line. Open to children under the age of 12. Age category prizes and awards will be presented to all Kids Mini Marathon age category place getters.

<table>
<thead>
<tr>
<th>Date</th>
<th>3 August 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start time</td>
<td>10:15am</td>
</tr>
<tr>
<td>Course cut-off</td>
<td>11:00am</td>
</tr>
<tr>
<td>Age categories</td>
<td>U8</td>
</tr>
<tr>
<td>Age prizes</td>
<td>Sponsors Prize</td>
</tr>
<tr>
<td>Finisher rewards</td>
<td>Finisher Medal</td>
</tr>
<tr>
<td>Measurement</td>
<td>AIMS Certified 2.2km</td>
</tr>
<tr>
<td>Registration fees</td>
<td>SEB: $25</td>
</tr>
<tr>
<td>PARENTS RUNNING</td>
<td>Parents can accompany children free of charge in the 2.2km event</td>
</tr>
</tbody>
</table>

Post event & pre-event information

<table>
<thead>
<tr>
<th>Hydration</th>
<th>TBA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Post event recovery</td>
<td>Electrolytes, Water, Muffins, Fruit</td>
</tr>
</tbody>
</table>

Race Pack Collection Details

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>What to bring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 1 August</td>
<td>Intraining Running Centre 33 Park Road Milton QLD (Click for location)</td>
<td>Confirmation registration receipt or Race number confirmation email (received in race week)</td>
</tr>
<tr>
<td>Saturday 2 August</td>
<td>Intraining Running Centre 33 Park Road Milton QLD (Click for location)</td>
<td>Confirmation registration receipt or Race number confirmation email (received in race week)</td>
</tr>
<tr>
<td>Sunday 3 August</td>
<td>Brisbane Riverstage City Botanic Gardens (Click for location)</td>
<td>Race number confirmation email (received in race week)</td>
</tr>
</tbody>
</table>

Group Stepping Stones Triple P

at Helensvale State School
Triple P (Positive Parenting program) can help improve children’s development and behaviour, as well reduce stress for parents. Stepping Stones Triple P is an intensive course which covers a range of strategies which can help with parenting children with a disability. The course will be run over 5 group sessions and three individual phone-calls.

**Session Dates and Times**

11th September: 10:00 to 12:30

18th September: 10:00 to 12:30

9th October: 10:00 to 12:30

16th October: 10:00 to 12:00

23rd October: 10:00 to 12:00

3 X individual phone-calls

20th Nov: 10:00 to 12:00

**Cost:** Assist by answering questionnaires


Enquiries Karyn Healy on 0457 523 266 or kheal12@eq.edu.au
“Soccer X will be running a 9 week after school Soccer Programme at Helensvale State School during Term 3, every Monday beginning July 21st. The programme will cost $80 per child. Sessions take place on the school oval between 3-4pm. Our fun based sessions are open to all ages and abilities. Online registrations are available at www.soccer-x.com. If you have any queries please contact Justyn on 0451 162346.”

Kind Regards

Justyn McKay

Soccer X Pty Ltd Director

m: 0451 162346

e: soccerX.au@gmail.com

w: www.soccer-x.com

8 Lindfield Road
HELENSVALE 4212 QLD

07 5556 1333
07 5556 1300
07 5556 1370

admin@helensvale.eq.edu.au

http://www.helensvale.eq.edu.au/

Our Sponsors

Please click on any advertisement to email the affiliated business or view further details such as company brochures, flyers or promotions
are you looking for fast...easy...useful
GOODS & SERVICES
in your local area?
check the SCHOOL NEWSLETTER first!