Dear Helensvale Community

Tragedy at Dreamworld

On behalf of our school community I extend our deepest sympathies to the families impacted by the tragic loss of life at Dreamworld on Tuesday. Given that this theme park is popular with many members of our school community, with many having travelled on this ride over many years, this loss of life hits home hard. Our prayers and thoughts are with the families suffering loss, the other visitors to the park who witnessed this tragedy and Dreamworld staff who are also parents of this school.

World Teachers’ Day

I wish to acknowledge and thank the P&C and Qld Teachers Union for providing the Breakfast and Morning Tea for our teachers tomorrow as part of World teacher’s day celebrations. WTD is celebrated in Qld on the last Friday of October and provides an opportunity for the community to acknowledge the work teachers play in our society. Traditionally many students write cards or notes to their teacher thanking them for the care and support they provide year in and year out. I wish all of our teachers a great day as a small appreciation of the work they undertake.

Japanese Visitors

This week our school hosted two half day visits from a Japanese school specialising in an early childhood studies program. The students, average age 14yrs worked with our Prep students through a series of activities where the students used their developing English skills in an educational play context. Our Prep students met the challenges of communication and fully participated in the activities on offer. I thank our Prep students, teacher aides and teachers for their support of the program along with our Cultural team who planned the visit under the guidance of Mrs Ise.

Family Record Information up to date?
It is timely to remind families that each week we experience difficulty in contacting parents due to family records on Oneschool being out of date. Changes to mobile and landlines, emails and postal addresses make contact very challenging in emergency situations.

Have you changed your contacts for your mobile, landlines, emails, postal addresses or emergency contacts recently? Contact the office as a high priority.

**Implementing Digital Technologies (DT) into our curriculum Part 2**

As reported in last week’s Homelines in 2020 schools will be required to report on a new area of study which is part of the ACARA curriculum in Australia.

The Smart Classrooms strategy is a learning initiative that assists educators to make ICT integral to learning as part of the Department of Education, Training’s collective vision to create a clever, skilled and creative Queensland.

The strategy is about engaging the digital generation, improving individualised learning opportunities, sparking innovation in learning, enhancing teachers’ digital pedagogy and getting the best from schools’ ICT.

The challenge lies in shifting from teaching and learning about ICT to teaching and learning with and through ICT. This means rather than using technology to do old things in new ways, we want to do new things in new ways and use technology to enable and transform teaching, learning and the curriculum.

The compelling case for change is clear. During the past decade, and particularly the last five years, our students have evolved. Technologies have changed and the world has changed and will continue to do so at a rapid rate. This means teachers and their teaching methods must also adapt – traditional classroom learning is limited to the knowledge the teacher has and can access.

Students’ ability to find and then evaluate information and construct new knowledge is enhanced through connecting with the world outside the classroom, opening new possibilities that will enable individuals to build new nodes of knowledge depending on their needs and learning styles. This fundamental change will impact on what we teach, how we teach and where we teach.

**P&C Trivia Night – 16 days away**

The P&Cs Trivia night on November 12th. Are you up to the challenge?

**Answer to last week’s questions**

1. What is the Helensvale State School’s P&C President’s middle name? Bernard
2. How many times has Peter Brock won Bathurs? Nine times.
3. How many times has Donald Trump been married? Three.

**Have you booked your table for Saturday 12th November?**

**Questions this week?**

1. What year did our school open for students?
2. Are the Cook Islands located in the northern or southern hemisphere?
3. Who won the TV challenge Australian Survivor I 2016?

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**Date Claimer**

**Celebrate Tuckshop Day on Friday 4 November**

I encourage you to give our tuckshop workers / volunteers an extra ‘thank you’ on Friday 4 November when Qld celebrates Tuckshop Day and the vital service our volunteers provide.

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**Quote of the week**

**I love my tuckshop**

Smart Choices for Queensland Kids

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Michael Shambrook
Principal
I would like to take this opportunity to say “Thank you” to all of the teachers at Helensvale SS and schools across the world. The dedication and passion of our staff is second to none. The role of the teacher is no longer just to stand in front of a class and deliver the curriculum. Here is a fun little poem that explains what we do each and every day...

I’m So Much More Than Just A…. Teacher

I am a counsellor and psychologist to a problem child.
I am a police officer that controls a child gone wild.
I am a travel agent scheduling trips for the year.
I am a confidante that wipes a crying child’s tear.
I am a banker collecting money for a ton of different things.
I am a librarian showing adventures that a storybook brings.
I am a custodian that has to clean certain little messes.
I am a psychic that learns to know all that everybody only guesses.
I am a photographer keeping pictures of a child’s early growth.
When mother and father are gone for the day, I become both.
I am a doctor that detects when a child is feeling sick.
I am a politician that must know the laws and recognise a trick.
I am a party planner for holidays to celebrate with all.
I am a decorator of a room, filling every wall.
I am a newspaper reporter updating on our current events.
I am a detective solving small mysteries and ending all suspense.
I am a clown and comedian that makes the children laugh.
I am a dietitian assuring they have lunch or from mine I give them half.
When we seem to stray from values, I become a preacher,
But I’m proud to have to be these people because…I’m proud to say, “I am a teacher.”

By Stacy Bonino

Please take the time this Friday to say “Thank You” to those teachers that have impacted and made a difference to your children. A simple letter or homemade card means so much to our teachers. I also know chocolate also goes a long way too!

Behaviour Update

As we are heading into the final weeks of the term to wrap up the 2016 school year, the behaviour team has discussed our behaviour end of year awards. In previous years, a ‘Gold Behaviour Award’ has been awarded to students who displayed outstanding behaviour across the full school year. As the new behaviour system is designed to give more timely and ongoing acknowledge for positive behaviour throughout a semester, we feel these awards can now be replaced with our new behaviour badges.

The badges are an aspirational achievement, therefore something the students must strive for. They will not be handed out in mass, as this devalues their meaning and significance. Therefore, the criteria will be set high. Students who will be eligible will need to complete the following criteria:-

• Overall Behaviour Report Card mark = A
• No Community Services (playground behaviour) or Red Zones (classroom behaviour)
• No suspensions
• The top 3 students according their “Strive to Succeed” Passport points within each class

The top 3 students are not gender driven, therefore if 3 boys or 3 girls have the highest points they will be awarded.

Families will be notified if their child will be receiving this award closer to the end of the school year. For those families new to the school, this award will be presented at our Sector end of Year Xmas Sharing, which is when all academic awards are presented. More information regarding these events will be provided to the community over the coming weeks.

Day for Daniel – Wear Red

Friday the 28 October marks the 12 annual ‘Day for Daniel’. This is a National Day of Action to raise awareness of child safety, protection and harm prevention. We all play a part in the wider community to keep ALL our students safe.

This is why Helensvale SS will be supporting this very worthy cause again in 2016.

The objectives of Day for Daniel are:

• To raise awareness about child safety and protection and to promote a safer community for children.
• To educate children regarding their personal safety and empower them to Recognise, React and Report.
• To provide FREE safety and educational material.
• To honour the memory of Daniel Morcombe.
• To have over 1 million people Australia Wide to participate in Day for Daniel.

Day for Daniel is also an opportunity for Australians to make a statement that crimes against children are not acceptable in modern Australia.

So this Friday, please remember to wear RED and donate a gold coin donation. All proceeds raised on the day will go to the Daniel Morcombe Foundation by our Student Council.

For more information about this event please go to: http://www.dayfordaniel.com.au/

School News

Published by The Administration Department
## School Calendar

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<th>Date</th>
<th>Event</th>
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<tr>
<td>Fri 28 Oct</td>
<td>Day for Daniel</td>
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<td>Fri 28 Oct</td>
<td>Teachers Day</td>
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<td>Fri 28 Oct</td>
<td>Year 5 Step into History Incursion</td>
<td>PAC</td>
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<td>Thur 3 Nov</td>
<td>School Disco</td>
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<td>Tues 8 Nov</td>
<td>Years 2-3 Sector Assembly</td>
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<td>Wed 9 Nov</td>
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<td>Thur 10 Nov</td>
<td>Years Prep-1 Sector Assembly</td>
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<tr>
<td>Thur 10 Nov</td>
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<td>Sat 12 Nov</td>
<td>P&amp;C Trivia Night</td>
<td>PAC</td>
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<td>Mon 21 Nov</td>
<td>Years 1-5 Swimming Lessons Commence</td>
<td>Helensvale City Pool</td>
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<td>Wed 7 Dec</td>
<td>Whole School Assembly</td>
<td>PAC</td>
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<td>Fri 9 Dec</td>
<td>Last Day of School</td>
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## News from Student Council

**Day for Daniel**

The Daniel Morcombe Foundation Inc was established as a lasting legacy to Daniel Morcombe and to repay peoples kindness.

The foundation continues to educate students throughout Australia through their promotion of children’s safety in our community.

**On the 28th October 2016 we will be supporting the Daniel Morcombe Foundation by encouraging students to 'Wear Red For Daniel' for a gold coin donation.**

We hope to see a sea of red to mark this important day in our school year.

Thank you

**School Disco**

The Student Council are busily organising this term’s school disco.

The discos will be held on the 3rd November 2016 in the PAC and the theme is come dressed in your brightest fluro colours!

The disco for years Prep and Year 1 will be held during our school day and the ticket will also include a pass for a free dress day. These tickets will be $2.

The disco for year 2-5 will all happen after school and the cost is $5.
The tickets are on sale Monday 31st Oct & Tuesday 1st Nov at the ticket office at the PAC from 8:15am – 8:35am and first break Monday, Wednesday & Thursday. Tickets can also be purchased on the night.

Thursday November 3rd
Come dressed in your brightest fluro colours!
Prep/Year 1 - 1.35-2.30pm (During School Time)
Year 2 & 3 - 4:30-5:30pm
Years 4 & 5 - 6-7.30pm

News from Prep
It’s certainly shaping up to be a very busy and exciting term in Prep. We are all spending this term getting ready for our transition to Year 1. We now leave the classroom at 3pm and meet our parents outside the classroom instead of waiting inside to be collected by them. Term Four means we are also allowed to go to the Tuckshop on our own and to play down on the oval at Morning Tea and Lunch time. We are trying really hard to write on the red and blue handwriting lines that the Year One children use and are busy practising our addition skills and counting up to one hundred. We are all very excited and committed to being ready for our Year One classrooms in 2017.

PE News
Well Done to Charlie P on his results at the State Athletics trials last week. Charlie competed in the 12 years Boys Discus against the best throwers in the state and threw a massive 31m. Well Done Charlie.

Active School Travel
Last week 49% of Helensvale State School were active travellers by walking, riding, catching a bus or car pooling to school. Congratulations to all students who were active travellers!
Our Green Boot Awards have been awarded to the classes with the highest percentage of students who car pool to school. Our sector winners are:
Prep & Year 1 winner – 1E
Years 2 & 3 winner – 2B
Years 4 – 6 winner – 4F
The most active class at Helensvale State School was 4A with 73% of the class being active travellers. Well done 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.
This week Active School Travel and our School Student Council are supporting the Daniel Morcombe Foundation’s ‘Day For Daniel’. We hope to see you tomorrow morning from 8am to enjoy a piece of fruit and a popper at the school front gate and please remember to wear red and bring a gold coin donation to support this day.
Dear Parents/Carers

We would like to acknowledge the hard work your child has put into their Music making throughout the year by showcasing them on the 10th of November at 6:00pm to 7:30pm in the Performing Arts Centre at our school. We would like to invite all your family and friends to celebrate your child’s success.

Please save the date and remember to invite all your family and friends.

We hope to see you all then.

Respectfully yours

Music and the Arts Departments

AB Paterson Public Speaking Competition

Over 1000 students enter the Public Speaking arena from the schools in and around the Gold Coast in the annual AB Paterson Public Speaking Competition.

Public Speaking is never an easy task, generating anxiety in most people, but like many unfamiliar and uncomfortable experiences, practice definitely helps build confidence.

The competition is an excellent opportunity to build on a communication skill that is needed in every walk of life, whether it be a speech to a class, an interview or a presentation.

This year Helensvale State School had three entrants in the AB Public Speaking Competition. Congratulations to these exceptional students who dared to be brave and develop this life skill.

Karen Pyne
Public Speaking Co-ordinator

I entered the AB Paterson Public Speaking competition because I came first in my grade, so I thought I had a chance. I made it to through the first nerve racking round. It was a good experience. I loved it.

Mathlida Bester 5A

Going to AB Paterson was a great experience. I was nervous at first but then my confidence built up.

Isabelle Jones 5D

The AB Paterson speech contest was a great experience. I have entered it for the past two years, so I wasn’t very nervous. There was not as many people as at the Helensvale State School contest. I had a good experience.

Keigo Seki 6A
Gold Coast Health Oral Health (Dental) Services

Gold Coast Oral Health Services are offering free dental check-ups to children in years 2 and 6.

This service will be provided on-site at Helensvale State School by the Mobile Dental Clinic. Hours of operation for this clinic are 7:45am - 4:30pm, commencing Tuesday 18th October.

To arrange an appointment for your child telephone:

The Oral Health Client Service Centre
Ph 1300 300 850
Monday – Friday 8.00 am – 4.30 pm
Excluding Public Holidays

Child Dental Benefit Schedule Vouchers are accepted. When your child’s $1000 cap is reached, there will be no out-of-pocket expenses provided your child meets eligibility criteria.

* Eligibility – All Queensland resident children aged four years or older who have not completed year 10 of secondary school.

Further information on public funded oral health services can be accessed via URL:
Homestay Families Wanted - Early 2017

At various times throughout the year, Helensvale State School hosts international students. We look for families from our school community to provide a good caring home for those students.

If you might be interested in becoming one of our Homestay families in the future, please let us know.

Homestay Families

Share your home with an international student

Homestay families are required to provide a good, caring home for our international students:
- Introduce your family to another culture
- Learn another language
- Make long term international friends
- Share our Australian culture and lifestyle
- Students will attend Helensvale State School

For your opportunity to be part of this cultural exchange experience please complete this form and return it to the Helensvale State School office.

Host Family Name:
Address:
Telephone:
Mobile:
Email:
Number of children living at home:
Name and age of child(ren):

What pets do you have:?

Tuckshop News

Hello Everyone,

Just letting everyone know that we will be running a shop at the Disco next Thursday 3rd November. We will be selling chips, lollies and drinks. We will also be doing a sausage sizzle on the night as well. Sausage sizzle will be $2 each. We will also be doing coffee on the night for any parents. Tickets for the disco will be $5 each and are being sold by student council down in the Pac before school and at morning tea times. These are a fun event for the children to be with their friends and it is the last one for the year! Prep –Year1 will be during school time from 2.15 -2.45pm. Year2 – Year3 will be from 4.30 -5.30 and Year4 – Year5 will be 6.00 – 7.30.

Showcase will be on Thursday 10th November and we will be doing a sausage sizzle for all the performers and families to have before the performances commence. So we will have them from 4.30 for a 6 o’clock start. There will be no food or drink sold after the start of this event. This is a great night and really shows how far our performers have come along during the year and what all that practice has achieved!

Our Hawaiian Luau Trivia Night will be on Saturday 12th November from 6 -10pm. Tickets are sold in the Tuckshop and are only $10 each and there are tables of 10. So grab your friends, get dressed up and come along for a great night of entertainment! There will be lots of prizes, games, raffles a silent auction and trivia of course!

The year 6 Graduation ceremony will be on Monday 5th December. We will do a sausage sizzle and sell drinks before this event.
The year 6 Red Carpet Disco will be held on Wednesday 7th December. The kids can come and walk the red carpet with friends and have photos taken from 5:30pm and the disco will start at 6pm. There will be a shop on the night selling drinks, chips and lollies. We will also do a sausage sizzle for $2 on the night.

The Tuckshop will be CLOSED on the last day of school this term for a thorough cleaning and pack up. Therefore we won’t be doing any lunches on this day. You will have to organise your child’s lunches for this day as the Tuckshop is unable to do any lunches.

Thanks,
Tracy Wall
Tuckshop Convenor

Hi Everyone. It is only 2 weeks until our Trivia Night on the 12th November! Tickets are now available from the Tuckshop for only $10 each and we have tables of 10 available. So grab a group and get your tickets for a great night of fun. This year’s Trivia Night has a Hawaiian Luau theme. So come dressed in your best Hawaiian outfit as there will be a prize for the best dressed on the night. We will have the bar open with beer, wine, alcoholic slushies and soft drink. You can also buy snacks on the night. There will be games, raffles and lucky door prizes, too. It should be a great night so come along for a great night of entertainment from 6 – 10 pm.

We also need help with prizes for the night. If anyone has a business they would like to promote, you can donate a prize or voucher and your business will get mentioned on the night. Or if you work for a company or business that would like to donate something to raffle off, please give Sharon Wilson a call! Hopefully we get some great prizes to make this night a great success! Thank you to those parents who have donated a prize already, too!
Helensvale State School P&C
Trivia Night 12th November, 2016

PRIZE DONATIONS NEEDED

On behalf of the Helensvale State School P&C we are asking for donations for our annual trivia night fundraiser. We are looking for items we can use for door prizes, our raffle and a silent auction.

All products and gift vouchers are greatly appreciated and as a token of our appreciation we will offer free advertising on the night and also on our Facebook page.

If you can help support our great school please call Sharon Wilson 0412 927 197 or email: pando@helensvaless.eq.edu.au

Thank you
Karl Wall, P&C President

Important Messages from the Coordinator:
27th October 2016

Term 4

YMCA OSHC Helensvale prides our role in the protection of children in our care as of the utmost importance. We have a range of policies and procedures in place to keep children and young people safe.

Details of these policies are available at www.brisbaneymca.org.au along with how you can report child safety concerns and general safeguarding children information for our families.

All staff have been made aware of and trained in Safeguarding Children & young People Policy of the YMCA of Brisbane.

We are committed to providing a safe, relaxed and fun environment where children have the opportunity to engage in related informal learning experiences.

We will not tolerate Bullying behaviours of any kind.

Children are encouraged to:
- Report any incidents of bullying that they are either involved in or witnessed.
- Help someone who is being bullied.
- Do everything they can to keep the play safe and happy.
- Use the strategies that they have been encouraged to us to deal with a bullying incident.

Join us next week for:
Melbourne Cup Day Activities

YMCA Helensvale OSHC
P: 07 5685 9216
M: 0438 186 633
aoh@ymcabrisbane.org

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

Community News
Published by The Administration Department

Advertising in our Newsletter

Advertising Space is now available within our newsletter

Please phone Michelle on 0409 992 479 or send an email to michelle.m@austrnws.com.au

if you are interested in advertising your business.
INcredible Tennis Offer

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

FREE Tennis Lesson & Racquet* Risk free, no obligation

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.

Early Season Special
Free Installation on all Indoor/Outdoor Blinds
Guaranteed to beat any genuine quote

Call for a FREE measure, design & quote

Orthodontist - Benowa & Helensvale
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Amcal Chempro

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4/115 Wernher Drive, Helensvale - QLD Phone: (07) 55 731 770 Fax: (07) 55 730 629
Email: helensvale@chempro.com.au
www.chempro.com.au

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Kip McGrath
EDUCATION CENTRES
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Helensvale
Open 6 Days
Mon - Fri 8am - 5pm
5573 2122

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3 Sir John Overall Drive
Helensvale
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Mon - Fri 8am - 5pm
5573 2122
FINA Diving Grand Prix
Gold Coast, Australia
27 - 30 October 2016

Gold Coast Aquatic Centre
Marine Parade, Southport

Diving Australia is pleased to invite your school to attend the FINA Diving Grand Prix Event to be held on the Gold Coast, Australia. The event will be held from 27 - 30 October 2016 at the Gold Coast Aquatic Centre – the host venue for the 2018 Commonwealth Games.

Athletes from 6 Countries will be competing it out on the diving boards. China, Malaysia, USA, Canada, Singapore and Australia will all have athletes attending the event.

Please come along and see the flips and spins from some of the top level divers around the world.

The FINA Diving Grand Prix is a free event; however standard spectator charges will apply to enter the Gold Coast Aquatic Centre.

The competition days are Thursday 27 – Sunday 30 October. Competition starts at 10am each day.

If you would like to attend, or for more information please contact Beth Donnell
bdonnel@diving.asn.au

We would love to see you there!

DA Organising Committee
FINA Diving Grand Prix Gold Coast
PO Box 27
CARINA QLD 4152
Australia
Phone: +61 7 38231466
Fax: +61 7 38231363

http://epublisher.net.au/public/newsletter/ViewNewsletter?u=D1YX2G_14lvUbRy56...
Sporting Schools is a $100 million Australian Government initiative set to be the nation's largest sport-based participation program. The program aims to help children to foster a lifelong interest in sport and gain a healthier mind and body.

In partnership with more than 30 National Sporting Organisations (NSOs), Sporting Schools aims to provide the resources to help sporting clubs, coaches and teachers to deliver sport before, during, and after school hours.

Online registration is free for schools, and clubs/organisations can create a login to upload resources to the platform. The resources are designed to be accessible to all levels of ability and are available on the Sporting Schools website. The Australian Sports Commission's Paying for Life website also provides information on funding opportunities for schools.

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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, and pay our deepest respect to our Elders past, present and future.

This two day course is conducted by the Aboriginal and Torres Strait Islander Health Service, Gold Coast Hospital and Health Service and on occasions may be co-facilitated with other services.

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

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

Who can attend the course?

This course is targeted to Gold Coast Aboriginal and Torres Strait Islander community members over 16 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

WANT TO LEARN HOW to assist Aboriginal and Torres Strait Islander experiencing mental health problems?
Mental health crisis situations:
- Suicidal thoughts and behaviours
- Severe effects of drug or alcohol use
- 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
- 10 & 17 June
- 19 & 26 August
- 21 & 28 October

SOUTHPORT COMMUNITY CENTRE
6 Lawson Street, Southport 8.45am – 4.30pm
- 17 & 18 March
- 22 & 29 July
- 9 & 16 September
- 2 & 9 December

Click here to download
1457560570_AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf
NORTHERN GOLD COAST
COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCYC)
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FREE PROGRAMS FOR PARENTS Term 4 2016

PARENTING MADE EASIER (4 weeks)
This is a four session program for parents/careers of children aged 0 – 12. It will help you understand children’s behaviour, and provide you with strategies to develop and foster emotional resilience, respect, cooperation, and responsibility in your children.
Thursday 27th October – 17th November: 9.30 am – 12.00 noon

1,2,3 MAGIC & EMOTION COACHING (3 weeks)
Collected by the Mayes Boys Foundation
A three session program designed to help parents/careers and educators of children aged 2 – 12 years to manage challenging behaviours. 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 28th October – 11th November: 9.30 am – 11.30 am
Friday 18th November – 2nd December: 9.30 am – 11.30 am

TUNING IN TO KIDS (6 weeks)
Collected by the Mayes Boys Foundation
This six session program teaches parents/careers 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 emotional and behavioural issues.
Wednesday 26th October – 30th November: 9.30 am – 12.00 noon

CIRCLE OF SECURITY PARENTING (6 weeks)
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/careers of 0 – 10 year old children. Also suitable for parents whose children have emotional and/or behavioural issues.
Tuesday 25th October – 29th November: 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 (fit) your goals in life.
Thursday 3rd – 24th November: 9.30 am – 12.00 pm

SELF-ESTEEM (4 weeks)
This is a four session nurturing program that helps build your self-esteem, increasing your confidence and helping you to feel better about yourself.
Monday 7th – 28th November: 9.30 am – 12.00 pm

TUNING IN TO TEENS (6 weeks)
Next!
This is a six session program designed for parents/careers and educators of teenagers aged 13 and over. The program aims to increase the adult-child connection by providing adults with a greater understanding of their adolescent’s emotional experience while teaching specific skills that can assist in being supportive, empathic, and staying connected with the young person.
Wednesday 26th October – 30th November: 6.00 pm – 8.10 pm

RELATIONSHIP RESCUE (4 weeks)
This four session program offers an opportunity to explore ways to have a fabulous relationship, repair a ruptured relationship, and understand why a relationship may not be working. Relationships include parents, siblings, work associates, partners, and children.
Tuesday 4th – 29th November: 6.15 pm – 8.45 pm

WHAT WERE WE THINKING (3 weeks)
Next!
A three session program designed for couples with infants from newborn to 3 months. This program will help build confidence and competence in new parents and support emotional wellbeing, the parental relationship, and the adjustment to this phase of life.
Friday 11th – 18th November: 9.30 am – 12.00 pm

BABY-SITTING TRAINING (5 weeks)
For 13 – 17 year olds; this five week course uses a practical and fun approach to babysitting. The course covers interacting with kids, basic first aid, basic child development, and tips on managing difficult behaviours. Afternoon tea is provided.
Thursday 27th October – 24th November: 4.45 pm – 6.45 pm

Child minding is available for free. Bookings are essential.

Helpful Phone Numbers

Electricity Loss of Power 19 62 62
Poisons Information Line (24 hours) 131 126
Coomera Police Station 9519 5995

24 Hour Support Services
Alcohol & Drug Information Service 1800 177 859
Dad’s in Distress 1300 053 497
Domestic Violence 1800 811 811
Family Drug Support 1300 368 186
Kids Help Line 1800 551 085
Men’s Line Australia 1300 789 978
Beyond Blue 1300 224 636
Lifeline Crisis Line: 13 11 14
Alcoholics Anonymous 5591 2062

After Hours Doctors & Pharmacy
National Home Doctor Service 13 7425
(previous Medical)
Pacific Pines Altar 5573 7722 (Midnight)
Oxenford Altar 5519 9200 (9 am)

Parenting & Child Support Services
Broaching Helpline 1900 696 269
Child Abuse Prevention Service 1800 698 009
Kidsafe Queensland (Child safety indoors and out: Hire of safety equipment and car capsules) 3854 1820
Pregnancy Helpline 1300 139 313

Child Health Services
Child and Youth Health www.qld.gov.au
Practical health information for parents, carers and young people.
Community Child Health Gold Coast 5687 9183
Logical Genet 3307 5930
Beanleigh 3827 9033

1300 Health 1343 2504
Rural Fire Services Gold Coast 5907 4101
Coomera Valley 5573 3566
Early Years Hubs
Education and interactive playgroups for parents and children 0-5 years.
Join us for singing, dancing, Smallsports, Read & Grow, craft and cooking.
- Oxenford
- Upper Coomera
- Coomera
Call 55 298 087 for venues and times

Family Support and Counselling Services
- Relationship issues
- Depression and mood disorders
- Anger management
- Mental Health issues and illness
- Addictions
- Anxiety
Book your appointment on 55 298 087

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