Dear Helensvale Community,

P&C Fun Run Tomorrow

The annual P&C Fun Run will be held tomorrow in the PAC due to the weather forecast of further showers on Friday morning. The Army / Commando Bookcamp theme has created great interest amongst our students in all year levels. If you can assist the P&C Executive tomorrow by manning the various activities, please call P&C President Lisa Rae on 0406920317.

On Friday students are encouraged to wear camouflage / commando style clothing (no weapons please) to add to the atmosphere of the Fun Run. The cost of this privilege is $2.00 and entitles the student to wrist band, certificate and certificate.

Year 6 Camp Report

As indicated in last week’s Homelines, a report on the Year 6 camp, held last week, is included in this week’s edition. The report captures the excitement of the camp activities. I thank Ms Lucy Reynolds 6C, for assisting students prepare the report.

Mother’s Day Stalls next week

The P&C will be holding Mother’s Day stalls next in preparation for Mother’s Day on May 8th. These stalls provide our students with the opportunity to conveniently purchase a suitable Mother’s Day gift for $5.00. In previous years the time taken for careful consideration shown by our younger students highlights the importance of mothers to our students. Stalls will be held on Wednesday 9-11 am for Prep to Year 3, 1st break for Years 4-5-6. Thursday open 8.15 - 8.45 am outside the uniform shop.
ANZAC Day March

On Monday, 20 students from our school attended the ANZAC march and wreath laying service at Reserve Road Upper Coomera. The marchers included two of our students who proudly wore medals belonging to their great grandfather. The pride with which the medals were worn highlights the significance of ANZAC Day to our younger generation. I acknowledge the following students for showing their community spirit by joining the school contingent at the march.

Cruze F PA, Taylor F 2C, Alaska T 4D, Lewis S 6D, Lily T 6E
Kate J PA, Amy S 3F, Morgan T 5D, Cameron H 6A, Jade W 6B
Mitchell F PE, Nazareth T 3A, Alisha H 6A, Jarred S 6F, Gabriella S 6B
Harry G 1E, Carys P 4E, Ava P 6D, Alysha M 6C, Mackenzie R 6D
Chloe F 2C

Homestay Families Required

Homestay Families are required for our international visitors – do you have a friendly home with spare bed(s)?

Thank you to the families who have responded to our request for homestay families for our international study tour.

As previously advertised next term, in weeks 1 & 2 our school is hosting a 14 day international tour group as part of our international exchange program. We are still seeking families to host students from Taiwan for the period of the visit. The preferred placement is that families host 2 students to assist with communication and cultural differences. A daily financial allowance is available to assist with the homestay. If you are interested in hosting our guests, please email the school office on admin@hss.eq.edu.au or call the office on 55661333 for an application form. Options re the homestay period in your home can be negotiated where necessary.

If you cannot assist but know of suitable families for our visitors, please forward the contact information to them. Let us show our visitors how friendly the Helensvale community is towards international visitors.
Flu Season Preparation

Influenza (flu) vaccinations

As we move into the influenza season it is important to be aware that many common respiratory infections are spread from person to person via coughing and sneezing. The best way to protect yourself and others from influenza type infections is to be proactive and adopt good hygiene practices for infection control.

It is recommended you be vaccinated if:

- you have children who go to school or daycare
- you are a smoker (smokers are more likely to develop complications from the flu)
- you have a chronic medical condition e.g. cardiac condition, lung disease or asthma
- you work or travel in crowds e.g. trains, buses, planes etc.
- you live or work with people in a high risk group (with a chronic medical condition).

Vaccination against the influenza virus is also important because:

- Influenza spreads easily from person to person through coughing and sneezing.
- You don’t have to have flu symptoms to spread the virus.
- People can take several weeks to recover from the flu.
- The flu does not discriminate against who it infects - fit and healthy people are at risk too.
- An influenza vaccination is needed each year to effectively fight against the virus.

How to stay healthy this winter

1. Regularly wash your hands
2. Use a hankie or tissue to blow your nose
3. Cover your mouth with a tissue when you cough or cough into your elbow
4. Get adequate sleep

Stay home from school / work if you are sick

Are you ready for this flu season?

Michael Shambrook
Principal

Quote of the Week

“EXERCISE, the more serious you are the more FUN it becomes”.

-- Wong Yu Jin

From Ms Ona’s Desk
Say Cheese

School Photo Day is
17 & 18 May 2016

Have your child’s school memories captured forever

Please take time to read the relevant information on the MSP Photography order envelopes and remember these helpful points:

- Ensure your order is placed by photo day to avoid any late fees.
- Ordering online using your child’s Unique Shoot Key is the easiest, safest and most secure way to order. If you do not know their Unique Shoot Key, please call our office on the number below.
- Sibling photography envelopes are available for collection from your school office. Please read them carefully as appointments are limited.
- If enclosing payment inside an envelope, please ensure the correct money is provided as no change is given. Cash, cheques and money orders are accepted.
- Don’t seal envelopes inside each other. You can pay for all children in one envelope, however each child needs to have their own envelope on photo day. Please indicate on the child’s envelope that contains all sibling payments the names of the children you are paying for.

For any enquiries, please feel free to contact us on:

e admin.govani@msp.com.au
p 07 5668 9110     f 07 5530 2900

Timetable

Classroom Photo Timetable will be posted in Homeliness prior to photo day.

Uniform

Students must wear their Formal School Uniform for school photos. Hair is to be tied back in class photos. However, girls can have their hair down for individual photos if they wish.

School News

Published by The Administration Department

School Calendar

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Payment</th>
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<tbody>
<tr>
<td>Fri 29 April</td>
<td>P&amp;C Fun Run</td>
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<td>Mon 2 May</td>
<td>Labour Day Holiday</td>
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<td>Tue 3 May</td>
<td>Year 2-3 Assembly PAC</td>
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<td>Wed 4 May</td>
<td>Year 4-6 Assembly PAC</td>
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<td>Thur 5 May</td>
<td>Prep-Year 1 Assembly PAC</td>
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<td>Tue 10 May-Thur 12 May</td>
<td>NAPLAN Testing</td>
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<td>Wed 11 May</td>
<td>Magic: 123 PD for parents, 9:30am-11:30am</td>
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<td>Tue 17 May-Wed 18 May</td>
<td>Class Photos</td>
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<td>Tue 17 May</td>
<td>Year 2-3 Assembly PAC</td>
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<td>Wed 18 May</td>
<td>Magic: 123 PD for parents, 9:30am-11:30am</td>
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<td>Thur 19 May</td>
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<td>Prep-Year 1 Assembly PAC</td>
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<td>Fri 20 May</td>
<td>P-2 Excursion, The Very Hungry Caterpillar, Arts Centre</td>
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### School Payments

Commercing 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.*

Thank you for your assistance.

Leonie Foster  
*Business Services Manager*

### News from Prep A

This term the children in Prep A have been enjoying some of the resources that the P & C purchased using the Woolworths Earn and Learn points. The children have been very eager to share a puppet show with their friends during Inside Learning Time. They have been taking turns putting on plays about farm animals, jungle animals and the people who help us.

Outside at playtime the children have been trying really hard to get the basketball through the hoop. It’s been so nice seeing so many children being like Pete Persistence and not giving up on learning this new skill. There have also been many Gaby Get Alongs sharing the turns and the ball as well.
Year 6 Camp

Our Favourite Activities at Tyalgum Retreat....

In my opinion, rock hopping was my favourite activity. To most things all we learnt about wild dogs. We never saw lions, but we saw their paw prints. It was really interesting. I compared the large prints to the smaller ones to imagine the actual size the dogs were. Next we got a safety notice about our safety (wrong!) but then we finally went rock hopping. The rocks I saw took my breath away! Some were multi coloured and I found it all very interesting. We continued and made some new friends. Although it was not the perfect sunny day, definitely one to remember.
Low numbers and efforts were extraordinary. Although it may not be the same activity, it was certainly my favourite.
By: Lynden Mela

Rock hopping was my favourite activity because it was really adventurous and we had a great instructor. I was able to find some cool rocks and some really cool trees. Some of them decomposed as flowers. We also found a spider's nest and we saved them on the way back. We had a really long walk and it was very tiring.

By: Ashleigh Evered

I think that my favourite camp activity was the waterfall. The water was crystal clear and I found a green jade stone.
By: Matthew Briggs-Woodward

My favourite activity was high rope and the flying fox. For this activity, we had to put on a helmet and harness that goes around your waist and legs. On the high rope, you climb a ladder and go about 15 meters above the ground. You then walk across a tightrope whilst holding onto another rope. You walk across the tightrope and then back. After I had completed the high rope, I climbed up two more times to the flying fox. I walked on the tightrope and then on the flying fox twice. I was so excited.
By: Callum McRae

At camp we did an approximately 12km walk to get to a beautiful waterfall. At the waterfall, we splashed and played in the water. Even though some parts of the walk were challenging, the reward of playing in the water was worth it.
Aliah Bennington

At Year 5 camp all six classes participated in the high ropes and flying fox. They were optional, but not many children didn’t have a go. There were two challenging high ropes courses and then the flying fox. Not many people did the high ropes and even less children made it to the second high rope. They were both equally as hard, but I preferred the flying fox.
Jannelle Reilly

We went to the beautiful and amazing Araluen Ridge Retreat. There was an amazing view of Mount Warning and other beautiful mountains. Camp was very challenging with lots of activities. My favourite was rock hopping. I would definitely go there again.
Caitlin George

I found camp to be a fun experience that I would definitely recommend to people. The challenges were fun and exciting. We learnt things that we didn’t know about but most of the staff were excellent.
Hayley O’Brien

My camp was at Araluen Ridge Retreat and the activities we did were BMX bike, archery, waterfalls, rock hopping, camping skills, pong fox, canoeing and high and low ropes. The food was great and I had all my friends in my cabin. Also the instructors were really funny.
Graeme Ardley
Congratulations to Alex F on his selection in the South Coast Regional AFL team. We wish Alex all the best when he goes to the State trials later this term.

Michael Cacciola

Bonburra Jailums Yatungal
Back Chidren Whose

Deadly Jailum
PC Jayden 8 15-Apr-2016 Weekly Achievement Award

Solid Pathways University Experience Day
The recent University Experience Day held at the University of Queensland was overwhelmingly popular with more than 150 Solid Pathways students, parents and school staff coming together to experience University at first hand. The day

Dateclaimer:
Week 5 Deadly Choices Start each Monday 2.15pm
Wednesday 11th May Yarn Up (courage circle) Dolphin Room
Jingerri Jingerri,

Deadly Choices Program will be starting May 9th 2:15pm (Monday week 5) for year 4, 5, 6. Kalwun Health Clinic is also available to do any health checks for all students. Please email me if you require the permission forms.

Wednesday 11th May from 3:15-4:30pm, we will be holding a gathering and sausage sizzle. For catering purposes, could you let me know if you will be attending and family numbers. I hope you will be able to join us as we would like to share what’s been happening in the school regarding future programs, student/family support, student goals and activities. Mr Clegg (yr 3 student mentor) has offered to take the jajumms for a game of footy while we have a yarn.

Cheers Vicki

P&C News

FUN RUN

THIS FRIDAY - 29TH APRIL

SPONSORSHIP FORMS AND FREE DRESS $2 REQUIRED BY FRIDAY
PARENT HELPERS NEEDED PLEASE TO ASSIST WITH ICE BLOCKS AND ON THE OVAL 
If you can help please meet at the oval from 8.30am

Students who raise as little as $10 or more will receive an incentive prize for their efforts. The greater amount of sponsorship donations you receive, the better prizes you can choose.

By paying $2 and participating in the School Run 4 Fun Program each student will receive a frozen Berri Quelch Juice Stick, a wristband and a participation certificate on the day of the event. Also up for grabs is an iPod Shuffle for the highest fundraising student and a surprise party for the highest fundraising class. For families who raise $20 or more we are also offering the chance to win a family holiday for 2 nights’ accommodation to SeaWorld Resort & Water Park on the Gold Coast.

If you don’t have camouflage clothing don’t panic! Bring your $2 you can wear any sports-related clothing.

MOTHER’S DAY STALL

DATE : 4TH & 5TH MAY
COST : $5.00

MOTHER’S DAY IS NEARLY HERE AND THE P&C IS HAVING A STALL. IT WILL BE OPEN ON WEDNESDAY 4TH MAY FROM 8.45AM – MORNING TEA FOR PREP – YEAR 3. TEACHERS WILL ORGANISE CLASSES TO ATTEND THE STALL. WE WILL THEN OPEN DURING MORNING TEA FOR ALL GRADES. WE WILL ALSO BE OPEN ON THURSDAY 5TH MAY DURING MORNING TEA FOR ANYONE WHO MISSED OUT ON WEDNESDAY. COST IS $5. PLEASE COME ALONG AND BUY A SPECIAL GIFT FOR YOUR MUM, NANA OR GRANDMA.

News from our Guidance Officer

1-2-3 MAGIC® & EMOTION COACHING PARENTING COURSE

A FREE three-session program for parents and carers to help manage difficult behaviour in children aged 2 - 12. This program is also suitable for parents of children who have received a Diagnosis of Autism Spectrum Disorder (ASD) or Oppositional Defiant Disorder (ODD).

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

HELENSVALE STATE SCHOOL (to be held in PAC)

8 Unichild Rd, Helensvale
Wednesday 11th, 18th, and 25th May 9:30 am – 11:30 am
P: 5504 1333 or E: guidance@tq.edu.au to book a place

Proudly brought to you by Northern Gold Coast Communities for Children
Confused by the Mayorex Charity Foundation

FREE ADVERTISING

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- Tough Negotiator

Boucle Parties

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Michael CRANDON MP
Member for Coomera
E: Michael.Crandon@mp.qld.gov.au P: 1300 252 722 E: electormichael.crandon@mp.qld.gov.au

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CCTV System to suit all budgets available
M: 0412 556 278
W: www.scrim-tech.com

MOTHER’S DAY STALL

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Proudly brought to you by Northern Gold Coast Communities for Children
Confused by the Mayorex Charity Foundation
Numerous items including watches, jewellery, reading glasses etc have been found and are located in administration for collection. If you have lost an item please come to the office and provide a description.

Thank you
Community News
Published by The Administration Department

Advertising in our Newsletter

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

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 Mental Health First Aid Service, Gold Coast Hospital and Health Service and on occasions may be co-facilitated with other services.

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

The Aboriginal and Torres Strait Islander Mental Health First Aid Course is designed as a 14 hour course, typically conducted in 6 modules that we are holding it over two days.

This course teaches health professionals and community members (16 years and over) how to assist an Aboriginal or Torres Strait Islander adult who is developing a mental health problem or in a mental health crisis.

Who can attend the course?

This course is targeted to Gold Coast Aboriginal and Torres Strait Islander community members over 18 years old.

However, if there are vacancies the course will be made available to Aboriginal and Torres Strait Islander community members from outside of the Gold Coast. Non-Indigenous Community members and staff of services working with Aboriginal and Torres Strait Islander clients. Please contact the course 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
- Severe mental illness
- Substance misuse

What the course covers (Continued)

Mental health crisis situations:
- Suicidal thoughts and behaviours
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours
- Panic attacks

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

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

2016 Course Calendar
8:45am – 4:30pm

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

SOUTHPORT COMMUNITY CENTRE
6 Lawson Street Southport 8:45am – 4:30pm
- 17 & 18 March
- 22 & 29 July
- 9 & 16 September
- 2 & 9 December

Click here to download
1457560570 AboriginalandTorresStraitIslanderMentalHealthFirstAidCourse.pdf
YUGAMBEH
Welcome - Jingeri

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

YUGAMBEH Presented by Yugambeh Museum and Somerset College
SUNDAY 29 May 2016
11.00 – 4.00pm
The Gold Coast’s biggest celebration of Aboriginal bush foods, stories, music,
language, art and culture.

MOBO FESTIVAL

NORTHERN GOLD COAST COMMUNITIES FOR CHILDREN
Oxenford and Coomera Community and Youth Centre (OCCYC)
25 Lao Graham Way Oxenford
P: 55 298 58755 804 955
E: family@youreachcentre.org.au

FREE PROGRAMS FOR PARENTS Term 2 2016

PARENTING MADE EASIER
(4 weeks)
Friday 20th April, 4th, 18th & 25th May; 9.30 am – 10.30 am

1,2,3 MAGIC & EMOTION COACHING
(3 weeks)
Collected by the Maypurn Foundation
A three session program designed to help parents/carers of children aged 1-3 in early childhood.

TUNING IN TO KIDS
(5 weeks)
Collected by the Maypurn Foundation
A seven session program designed to help parents/carers of children aged 3-5 years.

ASSERTIVENESS
(4 weeks)
This four week program teaches parents/carers of children aged 3-5 years how to manage and
their child’s emotions.

RELATIONSHIP RESCUE
(one day course)
This one day 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.

ANGER MANAGEMENT/CONFLICT RESOLUTION
(4 weeks)
This program is designed to help parents/carers of children aged 3-5 years in managing anger.

BABYSITTING TRAINING
(4 weeks)
Child minding is available during all day programs for children aged 0-5 years. For all children
5 years and over, child minders are required.

New! A four session program filled with information on anger – what it is, how it impacts
on our lives and relationships, and strategies about how to manage anger, feel happy,
and improve the quality of our lives and relationships.

Mon 23rd May – 13th June; 9.30 am – 1.30 pm

Oxenford and Coomera Community and Youth Centre except where indicated otherwise.

For more information or to register, contact www.robert.org.au, email reg@robert.org.au.
Helpful Phone Numbers

Electricity Loss of Power 1362 22
Powerline Information Line (24 hours) 131 226
Canon Police Station 0502 9999

24 Hour Services
Alcohol & Drug Information Service
1300 778 633
Dowsett Alesands 1800 811 104
Family Drug Support 1300 509 459
Teen Help Line 1800 355 800
Mens Line Australia 1800 769 579
Beyond Blue 1300 736 463
Lifeline Centre Line 18 11 24
Alcoholics Anonymous 1300 663 636

Child Health Services
Child and Youth Health  www.yhs.nsw.gov.au
Practice health information for parents, carers and young people.
Community Child Health
Gold Coast 5607 9183
Logan Central 9745 5593
Beaudesert 9707 9393

Child Health Services
Healthcare for children and young people.

Early Years Hubs
Educational interactive playgroups for parents
and children 5 years.
Join us for singing, dancing, storytelling,
Read & Grow, craft and cooking.
- Oxenford
- Upper Coomera
- Coomera
Call 55 289 087 for venues and times

Family Support and Counselling Services
- Separation issues
- Depression and mood disorders
- Anger management
- Mental Health issues and family
- Alcoholism
- Anxiety
Book your appointment on 55 298 087

Like us on Facebook - www.facebook.com/occycentre

CHARTER WALK SUNDAY 22 MAY 2016
Take the first steps to a cure for childhood heart disease

Two Feet and a Heartbeat is a charity walk aiming to help beat childhood Heart Disease – the leading cause of infant death in Australia.

Did you know the human heart begins to beat at 21 days after conception? The Two Feet and a Heartbeat course is 3.1km long, a gentle reminder that we all have a heart beating inside us capable of so much, yet we just need to take the first step. A savannah style children’s entertainment will be available following the walk.

Step out on Sunday May 22nd at Broadwater Parklands, Southport and help beat Childhood Heart Disease. To register today or for more information, please visit twofeetandahereartbeat.org.au.

TOP

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 your 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.

TOP
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 6-30-7.00am

Where: Helensvale Primary School, Lindfield Rd, H/vale.

$15 per Week (4 sessions)*

You get: "ACE" training (scientific training for fat loss).
Plus nutritional advice & special report.

CONTACT: MICK WARD
Fully Qualified Personal Trainer
Group Fitness & Boxing instructor
3rd Dan Black Belt Tae Koon Do
Transformation Specalised with Metabolic Perscition
PHONE: 0402 835 027

"Like us on Facebook", ... "KUVX Health & Fitness"

*Must pay 12 weeks in advance or $15 direct debit per week