Dear Helensvale community,

Celebrate P&C Day

P&C Day will be celebrated tomorrow Friday 29 May 2015. This is an opportunity for schools to thank the more than 25,000 parent volunteers in Queensland state schools, whose contribution is vital in raising the next generation of Australians.

P&Cs Qld, CEO Kevan Goodworth said,

“It might be difficult for parents and carers to commit to attending every P&C event or to take on an executive role on the P&C, but I can assure volunteers that every contribution, large or small, makes a difference.”

“P&Cs are an integral part of our education system. A school operating without proper and effective parent and community engagement is not operating to its highest level.”

In my role as Principal in six schools over 26 years, the importance of an active P&C Association, supported by volunteers has been and will remain the backbone of schools which are community focused. I sincerely thank our P&C Association for the great work that they perform and without this support our school would not be what it is today.

Voluntary School Contribution Scheme
This week a letter was forwarded home regarding the 2015 voluntary contribution scheme. The P&C Association supported the re-introduction of the scheme which had previously been part of the school culture for many years.

As stated in the letter, ALL funds raised by this voluntary contribution will be used to upgrade/purchase computers, iPads and wireless access points for student use. As this scheme is voluntary, NO parent will be contacted in any way regarding the non-payment of the scheme.

A number of payment options are available including cash, cheque, credit card and internet banking. All funds received will be used exclusively to enhance student access to upgraded technology.
The 2015 target is greater than 94% attendance and less than 10% of our students will have an attendance rate of less than 85%. This information presents the best arguments why everyday counts. Reliable students are at school every day, on time because they know learning is important.

Approaching children in the playground

From time to time I receive reports that a small number of parents attempt to resolve relationship issues between their children and other children in the school grounds. I remind parents that all school related issues should be directed to the office as parents are not permitted to approach any child/ren in the school regarding behaviour or conflict issues between their children and another student(s).

Year 6 Camp Next week

When you receive next week's Homelines our year 6 students will have returned from their camp at Tyalgum Ridge Retreat in northern NSW. Tyalgum Ridge is located in the eroded crater of one of the world's large:
extinct volcanos and surrounded by rainforests, waterfalls and beautiful scenery. I will be participating in the camp over the three days with my own group of students. I trust my ambition to participate in all activities is not in conflict with my capabilities.

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

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

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

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

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


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

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**Mike Shambrook**

Principal

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**Quote of the Week**
"The man who really wants to do something finds a way; the other man makes an excuse."

From Mrs Donovan's Desk

Senior Dance Club

Many thanks to Zy Kelly and the Senior Dance students who facilitated another workshop for our Senior Dance Club students on Monday. We hope to be able to perform this routine later this term at a whole school assembly.

Please see the information below regarding Dance Excellence at Helensvale State High School. Application forms are due this week (28th May) and auditions will be held on 9th June at Helensvale State High School. Please contact Zy Kelly at Helensvale State High School for more information.
Don't be daft about Minecraft

Minecraft may be the best trend to hit boy world in years. Writer Jason Fox explains the attraction and outlines the benefits for kids.

But parents are worried. And rightfully so, to a degree. Too much of a good thing can be a bad thing.

But some parents are freaking out about the amount of time their kids are investing in the game, and are imposing blanket bans of it without first understanding its magic.

So, let's have a look at what makes Minecraft so engaging, why blanket bans aren't a good idea, and how to manage your child's play.

Minecraft is an infinite, non-winnable game. Unlike a book, a game of chess, or a football match, a Minecraft game doesn't end. There's always more that can be explored, and more that can be done. The projects you undertake in Minecraft are self-initiated: no one is telling you what to do. And the process of making progress within Minecraft is completely autonomous - no one is telling you how to execute your projects and achieve your goals. It's self-regulated learning at its finest.

So, when a parent bans Minecraft it's a lot different to banning other games. You're not simply cutting your child out from a source of entertainment. You're preventing them from accessing a world where it's safe to fail, learn, explore, build and share.

In essence: it can be pretty devastating - particularly when we put things back into the context of the future of work.

Why? Because your child's ability to participate in and contribute to unprecedented, self-driven, creative and collaborative work is going to be one of the key employable talents in the future. Your child could already be building a digital portfolio of project work, without you even knowing it.

So being able to 'unplug' and manage time and energy are essential skills your child needs to learn too. So, here are three ways you can help them manage Minecraft in your house:

more on page 2


parentingideas.com.au
... Don’t be daft about Minecraft...

1. Show genuine interest (this should be your first step)
   If your child plays Minecraft, ask them to take you on a tour. Show an interest in their passion, and ask them questions like: What are you trying to build? What are your goals? What are the steps you need to take? What’s the coolest thing you’ve found? Set aside at least an hour for this. It’s highly likely they’d love the chance to share this with you, which will help you to open up a new level of connection with them.

2. Encourage interactivity correctly
   Minecraft’s multiplayer mode allows your child to play and build in the same online world as their friends, but remember: there are a lot of idiots on the internet, so do the following two things:
   a) Create your own server or ‘white list’ – it’s like having an invite-only friends list.
   b) Use a family-friendly server – you can Google these to find the right one to play on.

3. Don’t ban – bracket
   Banning something like Minecraft should be the very last resort, as it usually only serves to enhance the craving for it. Instead, make it part of their daily free time. Try not to have this at the end of the day or make it contingent on homework being completed, as this may only create anger, rushed homework and late nights. After school is best, especially if it’s bracketed by dinner time, when all phones and computers are turned off.

   My true hope is that you give option #1 a very good go first. And if #1, #2, #3 don’t work, I’m hoping you’ve found them an even better game to play.

   Jason Fox

CHECK OUT MINECRAFT:

- Check out the Minecraft review at The Parent’s Guide to Video Games:

- And this wonderful article from Penny Flanagan of Pickpost:

- And finally, check out the brilliant work of Dean Groom and Massively Minecraft (a place for both kids and parents to play):
  http://massively.kidspot.com/

- Dr Jason Fox keeps savvy people up to date with the latest in motivation design. Learn more at www.jasonfox.com

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NSW Parenting Ideas Club today at parentingideasclub.com.au. You’ll be so glad you did.

parentingideas.com.au
15 healthy ways to manage emotions

Here are 15 healthy ways to manage your emotions that you can pass on to your children:

1. **Breathe deeply**
   The trick here is to take deep breaths, rather than shallow breaths. The easiest way to do this is to sit up straight (or stand up straight) and count from 1 to 5 while breathing through your nose, and count from 5 to 1 while breathing out.

2. **Find a favourite relaxation exercise**
   There are many instant relaxation exercises you can try to change your emotional state. My favourite way to manage nervousness and tension is to tense my body for 3 seconds and then relax.

3. **Use positive, realistic self-talk**
   Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that.” “This will stress me out big time.” “I’m no good at...”

4. **Choose one or two of them and use them together**
   For example: “I’ve done it in the past and survived. So I should be able to do it again.”

And then pass these to your children. Anxiety is a legitimate feeling, anger is a legitimate feeling, and apathy (not a recommended state) are now at epidemic proportions among children and young people, even though we live in affluent times.

More on page 2
Exercise
Exercise releases endorphins; nature’s feel-good chemical, which will improve your mood to a better state. The paradox is that we often don’t feel like exercising when we really need it. Let’s face it, when you come home from work tired and stressed, exercise is the last thing on your mind. But going for a run, walking the dog or even playing a game outside with the kids is the very thing you need to feel better.

Distract yourself
A healthy distraction such as phoning a friend, reading a novel or watching a comedy is a very many people use to manage difficult emotions. It’s a highly recommended strategy for natural wellness. It’s amazing how much better a situation will soon after a short break.

Longer term strategies
7. Have constructive habits and hobbies
One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up, making life enjoyable. Single-tracked lives—alcohol and pop-culture—are recipes for emotional disasters. If you can relate to this, then suggest you take the time to find a hobby or interest that juices you up.

8. Make physical activity a habit
How much do you move during the day? 10,000 steps a day is related to good physical and mental health. This was relatively easy to do before modern society made walking largely redundant as a mode of transport. Now we have to purposefully exercise if we are going to getting anywhere near to close to the amount needed for optimum mental and physical health. Daily walks, regular swims, playing team and individual sports are all great mood shifters we need to incorporate into our lives.

9. Meditate to stop those thoughts
If you struggle to close down the thoughts that race through your brain, then meditation will offer you the relief you need. Living with a brain that never seems to close down, or at least never stops ruminating and examining all sorts of scenarios can be exhausting robbing you of huge amounts of emotional energy. Alcohol is one solution, but not necessarily healthy. Parenting Ideas recommends meditation as a life skill that will help you balance your emotional state.

Let me entertain you
Fun is an antidote to poor mental health. People who have no fun in their lives have no mechanism for purging their moods into a positive direction. Music, television, and video games are all great forms of entertainment that can help change moods. It’s unhealthy though to use entertainment as a permanent escape from the situation that caused unpleasant feelings in the first place.

Find spirituality or something bigger than you
It’s no coincidence that most sustainable cultures have an aspect of spirituality present—there is something or someone bigger than us present. As Western cultures have become more prosperous, the place of religion specifically, and spirituality in general, has diminished. We are the poorer for it as we’ve become insular as individuals. Religion, whether organised or unorganised is not your bag, then find a cause that inspires you and makes you feel significant through your contribution. Adding meaning to your life will help you make sense of difficult feelings, and impartly, keep the blue moments in perspective.

Modify the situation
Ever lie in bed stewing over a problem or situation and worked your self into a real knot. Suddenly you feel overwhelmed. I’ve done this often. The best solution for me is to get to work on the problem, rather than stew over it. Plan that talk, make that difficult phone call, have that difficult conversation. Action is a great antidote to worry.

Change your goal
Sometimes our emotional state is giving us a message—that is, we are not on the right path. There are times when we set ourselves goals or aspire to goals that are unrealistic and unsustainable. The result of our honest efforts is that we continuously feel overwhelmed, stressed and unwell. If this is the case, then maybe it is time to reassess what you are trying to achieve so that you can more easily manage your emotional state.

Get support from others
Ask for help; people takes many forms. It may be simply having someone at work you can confide your worries to when needed through to joining a support group (such as a parent group of children on the spectrum) so that you can share your experiences and get validation for the frustration, stress or exhaustion you may be experiencing.

Seek professional counselling
We all get stuck from time to time by aspects of our lives, such as experiencing loss, transition or trauma. When this happens we need a professional who can help us take the steps needed to become unstuck. A well-known song by US singer Kenny Rogers went, “You’ve got to know when to hold em, know when to fold em and know when to walk away.” I’d like to add another line. “You’ve got to know when to get some help.” Seeking help is something we are getting better at as a community, but we still have a long way to go until it is accepted and normalised.

Check out how many of these healthy emotional management techniques you currently practice. My guess is that you do many of these intuitively, but you weren’t aware that they are emotional management techniques.

What would you like your kids to say?
There are plenty of healthy ways to regulate our emotional states, but often we simply default to unhealthy, unhelpful ways out of habit or because we know no other ways.

If someone asked your child in three years time to articulate the lesson they learned from you, hopefully they’ll be able to recount some of the right ways outlined above rather than pull out strategies from the 7 ways list.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael’s NSW Parenting Ideas Club today at parentingideasclub.com.au. You’ll be so glad you did.

parentingideas.com.au

From Ms Welch’s Desk
Under 8's Day

What a fantastic afternoon we had last Friday. It started with lunch time being shared with some of our parents and careers. After lunch Prep and the Year 1’s and 2’s came to the hall for a quick dance and 400 students sat down to play pass the parcel. A big thank you to our 2 pre-service teachers Courtney Swanson and Charlotte Luke who organised the afternoon.

Twilight Tunes

Twilight Tunes is next Thursday 4th June at 3:30 for the band and choir students (see flyer). The strings students will be performing later in the year.

Yarn Up at the High School

Bunburra Jajumms (our indigenous students) and their families have been invited to a Yarn Up at Helensvale State High School next Wednesday 3rd June 2015. All families have been sent an email with details but if you have missed out please contact myself or June at the front office for details.

Dear Parents/Guardians,

We would like to acknowledge all the hard work the children have put into their music making in Semester 1 and celebrate their success with an afternoon of music. 'Twilight Tunes' will be an excellent opportunity for us to share with you what the choir and band program have been doing. At this stage the String students will not be performing and we hope to have a similar event for them in the near future.

Details for the afternoon are as follows:

Choir and Band Students – Teachers Nina Hoile and Sue Purton

Due to changes in string teachers, Strings Students will be performing in a similar afternoon later this year.
Date: Thursday June 4, 2015

Time: Students will stay at school at 3pm and be given time to have some afternoon tea. Please bring an extra snack to school for this.

Choir students to meet in the music room.

Band students to meet in the PAC with their instruments.

Parents will be asked to wait outside in the foyer until 3:25. The concert will commence at 3.30pm and the afternoon will conclude by 4.30pm. There will be tea and coffee available for parents after school if they would like to stay with their child and other siblings without having to go home and return. This could be a great time for parents to meet and mingle with other parents and provide valuable feedback to us via our ‘Suggestions Box’ that will be available for you to add your ideas to!

Venue: Performing Arts Centre (School Hall)

Uniform: All performing students are to wear their full school uniform including black shoes. They do not need to change – simply wear this uniform all day!

Please let your child’s teacher know ASAP if they cannot attend this afternoon.

The Zoo-2015 Helensvale State School Musical

Have you got a special talent?
Could you entertain a group of people for 5 to 10 minutes?
Would you like to help raise money for the school?
Would you like to be a busker?

As we continue to prepare for the musical later this year we are looking for anyone who would like to be part of the busking that will happen before the main show. All money raised would go to the school

Any parent/child who is not in the musical who might like to do some busking from 5-6.30pm on the musical nights 22nd/23rd October please contact Ros Melrose for more information at the following email

rmelr5@eq.edu.au
Incursions

There are quite a lot of notes out at the moment. Please remember to get payments in as soon as possible. On the Spelling incursion there was an error with the last date of payment which should have read May. Any concerns over payment please contact Tracey Smith on 55561333.

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Assembly

There have been some changes to our assembly dates due to NAPLAN.

The junior (Prep and Year 1) Assemblies for the rest of the term are as follows.

1EF will be performing in Week 7 and
1CD will be performing in Week 9

Hope to see you there!

School News

Published by The Administration Department

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:

<table>
<thead>
<tr>
<th>Child/Childrens Name</th>
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<tr>
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**Photography Schedule Thursday 11th June 2015**

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<th>TEACHERS NAME</th>
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<tbody>
<tr>
<td>8:55</td>
<td>1A</td>
<td>BELINDA WRIGHT</td>
<td>12:25</td>
<td>1/2G</td>
<td>JANICE RUTHERFORD</td>
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<tr>
<td>9:10</td>
<td>1B</td>
<td>JENNIFER TOBITT</td>
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<td>2A</td>
<td>MARISSA-LEE GILLIES</td>
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<td>PC</td>
<td>VICKI REINEKER</td>
<td>12:50</td>
<td>2D</td>
<td>WENDY PROUD</td>
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<tr>
<td>9:40</td>
<td>PD</td>
<td>CATHY BRIDGE</td>
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<td>2E</td>
<td>LEE MILLARD</td>
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<td>LOUISE ALLWOOD</td>
<td>1:10</td>
<td>3A</td>
<td>SALLY BOURKE</td>
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<td>2C</td>
<td>JANELLE TURPIN</td>
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<td>3B</td>
<td>JENNIFER BROWN</td>
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<td>BEN CLEGG</td>
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<td>LEE MARONEY</td>
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<td>CARLY EDWARDS</td>
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**Photography Schedule Friday 12th June 2015**
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<td>SAFFYRE BLUME</td>
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<td>MAREA TYNAN</td>
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<td>KAREN PYNE</td>
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<td>9:55</td>
<td>4D</td>
<td>LEAH HILLS</td>
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<td>MELISSA BRANNOLTE</td>
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<tr>
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<td>ANDREA LOWATER</td>
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<td>JO IRVING</td>
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<td>LUCY REYNOLDS</td>
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<td>KELLY BUCKLEY</td>
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<td>10:35</td>
<td>5E</td>
<td>AVETA ELLIOT</td>
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<tr>
<td>10:45</td>
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<td>JESSICA POH</td>
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Reading Dogs

Our school has been fortunate enough to obtain the services of a Reading dog through the Animal Welfare League and her handler Jennie. Pookie the dog has been trained to work with children and the children appear to love working with her. She visits our school every Wednesday morning when selected students read to her in a supportive environment.

3D News

This term 3D worked hard preparing for the NAPLAN tests held in Week 4. We completed a Numeracy Test, Language Conventions Test, Writing Test and Reading Test over three days. We all tried to do our persona best in all of the tests, and most of us actually said we enjoyed the experience. A breakfast at the PAC each morning helped us through the process.
Waiting for the first test to begin.

Expressing our feelings after the third day was over.

**Bookclub**

The latest issue of Bookclub has been sent home.

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 earned nearly $3000 in Rewards.

It is very easy to order. This year, Scholastic have changed their ordering system and this will save time and resources for everyone.

We are only taking payment via Option 1 listed on the back of the issue. Payment can now only be made with a credit or debit card online.


To Place an Order -
2. Select QLD on the left hand side
3. Start typing Helensvale State School in the School Box and select our school
4. A box will appear on the screen, press CLOSE
5. You will be directed to the Loop Payment page
6. Select ORDER at the top
7. Select QLD in School Details
8. Type postcode 4212 or school name
9. Select our school from the list on the right
10. Click on START ORDER
11. Click on ORDER under Issue 4, 2015
12. Click on the + to add your Children (or your name as the teacher)
13. Add your child’s first name and last surname initial (so the school knows who the book is for)
14. Select the child’s Class from the list and click on ADD
15. Enter the item number from the Book Club brochure and quantity
16. You can order for multiple children at once by clicking on Add Child and repeating as above
17. Once you have finished your order for your family, click on NEXT
18. Check your order and then click NEXT
19. Add your payment details and click on Proceed with Payment and once processed it will confirm your order

All orders are linked directly to the school for submission to Scholastic and your order will be delivered to your child’s classroom in about two weeks if you order by the close date.

There’s NO need to return paper order forms or payment receipt details to school.

For a quick how-to-order video, log-in to www.scholastic.com.au/LOOP, select State and School and then click on HELP at the top.

Remember NO Cash Orders – we are now running a cashless Book Club!

All orders need to be placed by MONDAY, 1 JUNE.

Any questions, please email to hssbookclub@gmail.com

News from 3C

This week we went back to developing our narrative writing skills in the lead up to an assessment task for English. I was very happy with the efforts of students and they received relevant feedback on their work and were given the opportunity to share their stories with peers.

In Maths students have been practising the count up strategy for subtraction. The count up strategy can be used when the numbers in the subtraction fact are close together. Students find the difference between numbers by counting up from the smaller number to the larger number. Eg: 211-208 [start at 208 and count up to 211 to get 3].

This week we have also worked on partitioning numbers to 4 digits. Words Their Way groups have also been a lot of fun this term as lots of great new games have been added. 3C would like to thank Mrs Hartley for creating fun spelling games for the class.
Student Success

Congratulations to Harrison C on his selection in the South Coast Regional Golf Team. Harrison won his round of Golf at regional level and is now off to play against the best in the state at the Queensland titles next term. We wish Harrison all the best at these trials.

News from 6A

Looking Out For Each Other

In 6A we have been working on our friendship skills and strategies because we know how important it is to have good friends. If someone is upset, alone or being bullied we help them by asking them if they are okay.
if they want to play or if they need someone to talk to. We don't mind if we are not popular because we have friends who care for us and we care for them too.

A true friend is someone who sticks by you when you are down and celebrates with you when you are up. It's someone you trust. It is someone who understands you, knows the real you and appreciates the person you are.

We are good friends to each other by reminding our classmates to follow the School rules. Be SAFE and move sensibly around the school. Be RESPECTFUL and listen when others are speaking. Be a LEARNER by co-operating with each other. Getting Along with our classmates is made easier by following these rules.

As a class we work hard at making everyone feel accepted. Our Class motto, “In Our Class You’ll Fit Right In!” reminds us that we all have a special place in 6A. Looking out for each other builds friendships, makes a happier environment to work in and helps create good memories of our senior year of primary school.

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### Host Families Required

**HOST FAMILIES REQUIRED**

**FOR JAPANESE STUDENTS**

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

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

Host families will be subsidised by $80 a night for 2 students. You will be required to supply 3 meals a day, transport to and from school and a warm, friendly home.

If you are interested in hosting a student or you would like any additional information, please contact Naorr or Judy on the following number

The Japanese Advisory Service  (07) 5592 0575

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**Community News**

Published by The Administration Department

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**Advertising in our Newsletter**

Advertising Space is now available within our newsletter

Please phone Michelle on 0409992479 or send an email to michelle.m@austnews.com.au if you are interested in advertising your business.
Sensory Screening For Families With Special Needs

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

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

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

BUY TICKETS NOW AT THE BOX OFFICE

EVENT CINEMAS bcc CINEMAS
Helensvale State High’s Production of

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

Book, Music & Lyrics by

Lionel Bart

By arrangement with Hal Leonard Australia Pty, Ltd, exclusive representative of Cameron Mackintosh and the Southbrook Group.

Tickets $25