From The Leadership Team

Term 3 Week 4    7/8/2014

Principal’s Message

Hit the Target,

Be at school by 8.45am

Dear Parents and Caregivers,

School Opinion Survey Reminder

To date only 106 of a possible 810 families have completed the parent School Opinion Survey online. This year is the first opportunity for ALL parents, since the surveys commenced over twenty years ago, to have a say about our school. Since the surveys commenced, hundreds of parents have asked me why only 40 parents had the opportunity to complete the surveys as they wanted to have a say. Now that this opportunity has been provided to parents the current response rate is disappointing. The survey closing time has been extended to Friday and I trust many of the outstanding surveys are completed to provide valuable information to inform future planning.

Let us hit 500 completed surveys by Friday am.
Fete Fast Approaching

This week all families received the Fete Newsletter via email. The newsletter provides ALL the information our community needs to know about the 30th Anniversary Fete. I thank the community members who have made a commitment to assist on the day, donate goods, cash or support a class stall. I ask that if you have not yet committed to our fete please call one of our fete coordinators- Lisa Rae on 0406920317 or email lisarae9889@gmail.com

Please place 13 September on your calendar for a great day out.

Is your child anxious?

The number of students in schools displaying anxiety is on the increase. To assist parents identify anxiety and how to support their child I provide this extract from East Washington University.

The Anxious Student

We have all experienced anxiety in response to a perceived stressful situation. Anxiety becomes heightened as the situation becomes more vague and less familiar.

A panic attack is an overwhelming sense of dread and fear, and is the extreme result of feeling anxious. Some of the physiological components of general anxiety and a panic attack are rapid heart palpitations, chest pain or discomfort, choking, dizziness, sweating, trembling or shaking, and cold, clammy hands.

The student may experience feelings of worry or fear and may anticipate some misfortune. S/he may complain of poor concentration, being on edge, being easily distracted, memory problems and/or fitful sleep. The student may also indicate unreasonably high self-expectations, and be very critical of her/his performance. This student may constantly think about and discuss her/his problems and possible solutions, but be too fearful to take action.

Anxiety Problems

<table>
<thead>
<tr>
<th>1. Inability to relax</th>
<th>4. Rapid heart rate.</th>
<th>7. Excessive sweating.</th>
<th>10. Feelings of dread or fear of losing control</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Difficulty falling asleep.</td>
<td>6. Trembling.</td>
<td>9. Nausea</td>
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</table>

Helpful Responses

• Let them discuss their feelings and thoughts. Often this alone relieves a great deal of pressure.
• Help them if possible to define their stressors and their ineffective and effective coping strategies.
• Encourage them to break down tasks into workable steps in order to feel less overwhelmed.
• Relaxation techniques, deep breathing, meditation and enjoyable exercise (e.g. walking) can all be helpful in reducing anxiety. Encourage them to engage in these behaviours or to seek professional help to learn these and other coping strategies. They can also consult self-help documents located on this website.
• Be clear and explicit about what you are expecting from them, and what you are willing to do. It may be helpful to have them repeat what you have said to ensure that they understand.
• Be calm and reassure him/her as appropriate.

Less Helpful Responses

• Taking responsibility for her/his emotional state.
• Trying to solve her/his problems as if they were your own.
• Becoming anxious or overwhelmed along with them.
• Overwhelming the student with more information or ideas (instead, keeps things ‘bite size’).

I trust this information is of assistance for families.

Japanese Visitors

On Monday evening our families farewelled the Kokuren Study Tour with a Sonora party in the PAC. During their homestay our visitors experienced many aspects of Australian Culture and clearly made strong relationships with our families. I sincerely thank our host families for the commitment they made to our visitors and making them part of their families.

Next Wednesday we welcome a small group of seven students from the Beans English School in Japan. This time of the Japanese school year is holiday time and across Australia many Japanese students are enjoying Australian hospitality.

Upper School Gym

Over the last two weeks our year 5, 6 & 7 students have been introduced to the new gym equipment provided by the P&C Association. As the equipment is designed for specific tasks our students have been attending a familiarising program to ensure all the equipment is used appropriately and in a safe manner.
Student Safety Thank You

Thank you to the parents who contact the school from time to time to report situations where they believe our students may be at risk of harm, travelling to and from school. The reports include suspicious vehicles around the school, people watching the school/students or behaving in a manner to attract attention, speaking to students as they walk/ride home or just staying around the school without any real purpose. The support of parents is vital to minimise the risk to our students and again I thank parents for being the eyes and ears of the school. Coomera Police on most occasions fully investigate these issues resulting in no further incidents involving the same people/vehicle. On occasions a report is proven to be innocent with the person unaware of the attraction they have caused. Please keep watching and reporting.

School Photos Delivery

The school has been contacted by parents regarding the delivery date for the school photos. Information from the photographer indicates that the deliveries will begin in week 6.

Quote of the Week

Given that this week the world is remembering the commencement of The Great War, World War 1, in 1914, the futility of war seems to have been lost in the 100 years since, as there are about 80 conflicts in the world each year.

Is war the answer to disputes?

“An eye for an eye only makes the world blind.” Mahatma Gandhi

“Peace cannot be kept by force; it can only be achieved by understanding.” Albert Einstein
“I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word.” Martin Luther King, Jr.

Michael Shambrook
Principal

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

From Years 4, 5, 6 and 7

Eco Excursion

On Friday, 25th July 2014, all of the eco leaders and some students from 5E went to Helensvale High School for a special event. That event was National Plant a Tree Day where we learnt how to plant different plants properly. First we dug holes, then put water saving crystals in the hole to store the water helping to keep the plant alive while it is newly planted. We also learnt about cells of plants and propagation techniques such as cutting diagonally and using hormones.

We were lucky enough to be allowed to pick the high schools crop of strawberries, pack them up and even take home some for ourselves! We were treated to a delicious lunch, afternoon tea and everyone enjoyed the day. The high school Year 12 horticultural students were very helpful throughout our visit and many thanks go to Mr Paech for inviting us along. It was wonderful to be having fun and helping out the environment at the same time.

Ellie and Angelina
Dear Parents/Carers,

Due to the increase in our community accessing online banking to pay school activities our Finance Window will open on Tuesdays, Wednesdays and Thursdays from 8am to 9.30am. If Parents/Carers would like any information on how to access online banking please email Tracey Smith on tsmitt517@eq.edu.au or phone on 55561333.

**Student Absence Line**

- **55561370**

Don’t forget we have a convenient absence line for parents/carers to access 24/7. Parents can leave a message in relation to student absence for the class teacher on this line. Please phone and leave the following information:
### School News Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Fee</th>
<th>Payment Deadline</th>
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<tbody>
<tr>
<td>Mon 25th August</td>
<td>Burleigh Heads National Park - Year 2</td>
<td>$16.00</td>
<td>21/8/14</td>
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<td>Morning-2B &amp; 2C</td>
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<td>Afternoon-2D &amp; 2E</td>
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<td>Tues 26th August</td>
<td>Burleigh Heads National Park - Year 2</td>
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<td>Morning-2F &amp; 2G</td>
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<td>Afternoon-2A</td>
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Invitation

Helensvale State School
Cordially invites you to attend
Our NAIDOC Assembly
National Aborigines and Islanders Day Observance Committee

Date: 13th August 2pm
RSVP: 7th August
Location: Performing Arts Centre
8 Lindfield Rd, Helensvale

Week 4 - Focus Skill
Focus Skill

“Before school routine”

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

Before 8.15am bell....

At Helensvale SS we are required to wait in the top covered tuckshop area if we arrive at school before 8.15am.

We must be within the under covered area or sitting on the tables beside the under covered area.

We are not to be at our classrooms, on the walkways or in any playgrounds.

We need to be sitting in this area. We may play handball but no passing or kicking of footballs etc.

After 8.15am bell....

When the bell goes we WALK to our classroom area to put our bags away.

At this time we must remain in the area near our classroom.

This should be a calm time of day where we chat with friends, prepare for the day and wait sensibly for the school day to begin.

Playgrounds and ovals are strictly out of bounds and we are not allowed to play chasing games or ball games before school.

PE News
ON Tuesday 5th August the Helensvale State School Girls AFL team took to Metricon Stadium to play in the State GC Suns Cup Final. The girls started out in the Grand Final full of adrenaline and grew in confidence as the game went on. Stunning individual performances and magnificent team work saw the girls go from great to magnificent! The quality of footy was unbelievable and the girls ran out winners, 52 points -22 to be crowned State Champions of the GC Suns Cup.
Thank you to our wonderful volunteers who helped out in the Tuckshop last semester. We hope to see most of you again this term. A few of our volunteers are now doing paid work in our community and are now unable to help in the Tuckshop.

We again need another 5 or 6 volunteers to help. Our days start at 9am and go to 2:45pm. You would be helping process the baskets, restock items, assist with preparing food items for the orders and serving on the windows at lunch breaks. It is fun work, and you will be helping our school community. You also see what go on behind the scenes at Tuckshop. If your child needs you, you aren’t far away and they can come and see you as well as still having their independence in the classroom without you actually being there. We do supply your lunch for the day too.

For those parents who are new to the school and those who haven’t done Tuckshop before, we use FlexiSchools as our online ordering system for the Tuckshop, Uniform Shop and P&C fundraising. You can simply go online to flexischools.com.au and set up an account. You just follow the prompts and put say $50.00 into the account and then you can do a lunch order whenever you need to, or pay for uniform items etc. When your account gets down to $5.00, it lets you know so you can top it up again. You can even have it do it automatically, too. You can do all your ordering for the week at once or do it for up to two weeks in advance, as well as a running order (an order for one day every week). It is very easy to do, and saves trying to find the right change for tuckshop.

If you are doing orders for both lunches, you will need separate bags for each order, as these don’t get returned to the tuckshop after lunch. You will need to write your child’s name, class and which lunch the order is for. (eg. MT for morning tea and BL for big lunch) If there is only one order and the particular lunch is not written on the bag we do it for Big Lunch. You can get a pack of plain, brown, paper bags from the supermarket for about $2.50. If you have run out of bags and write your order on a piece of paper, don’t forget to include 10c for one of our bags for the order to be put into. Please don’t use plastic bags, as we cannot put hot food into these as it melts the plastic and is unhygienic and a WHS issue. We will have to supply a bag for the order and charge 10c: if there is not enough money to cover this we may have to change the order.

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

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

Tracy Wall
Tuckshop Convenor

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

Community News
The second annual Gold Coast SUNS Sleepout is back at Metricon Stadium on
SATURDAY 9 AUGUST
FROM 2PM

With activities for the whole family including;

- FOOTY ON THE BIG SCREEN
  GC SUNS v Carlton (in Melbourne)
- LIVE MUSIC
- TWO GREAT MOVIES
  Smurfs 2 & Grown Ups 2
- FOOD & BEVERAGES
  Available for purchase

PLUS the opportunity to sleepout in our world class stadium!

The Gold Coast SUNS are challenging the community to support this event through participating or donating to our three youth homeless charities.

If you are looking to donate, participate or find out more, please visit goldcoastfc.com.au/sleepout

PROUDLY SUPPORTED BY

[List of logos for Gold Coast Bulletin, Crust, City of Gold Coast, Horizons, Rotary District 9640, Metricon Stadium, and müde | CREATIVE]
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PROUDLY SUPPORTED BY

- Gold Coast Bulletin
- crust
- City of Gold Coast
- Rotary District 9640
- Metricon Stadium
- nude CREATIVE
August is Dental Health Awareness Month
Dental Health Month aims to raise public awareness as around ¼ of Australians have untreated dental decay and only 39% of Australian adults visit the dentist for a yearly check up. As most dental diseases are completely preventable, we need to focus on early intervention and prevention to keep enjoying good oral health.

Let's keep our teeth for life, and help our children do the same!


Gold Coast Child and Adolescent Oral Health Service

In the case of a dental emergency, telephone the Oral Health Client Service Centre 1300 300 850

Monday to Friday 8:00am – 4:30pm excluding public holidays.

Thank you, your assistance is greatly appreciated.

Regards,

Child and Adolescent Oral Health Staff

For Sale

Enrico 1/2 size violin $50

Ashton full size- Blue $70

Phone Cheryl 55734297
HELENSVALE / PACIFIC PINES CRICKET CLUB SIGN ON

Sign on Date: Sunday August 17th 10am-3pm

Located on Parkes Drive off Discovery Drive Helensvale

For more information call Jodie 0488 171 009

Milo Cricket for ages 5-8                Juniors ages U10 – U17

www.helensvalecricketclub.com.au
Junior Coaching  $10 per lesson
Hot Shots  Sign On  Free Racket
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

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

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

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

What people are saying?
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!
I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control.

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

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

Village Family Support Program is funded by the Department of Communities

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

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

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

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

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

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

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

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

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

12th Annual Touched By Cancer Carnival
Oct 19th 2014

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

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

Nominations forms can be found at the website www.coomeracomets.net or submitted by
Mail: Coomera Comets Touch, PO Box 879 Oxenford Qld
Fax: (07) 5573 2816 Email: coomeracometsouch@yahoo.com.au
Ph 0477 418 070
**NETTA / JUNIOR / SENIOR CLUB CARNIVAL**  
**SUNDAY 24th August 2014**

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

**Games Commence:** 8.00am sharp (Draws will be available from the Club Rooms after 7.30am or via our website)

**Venue:**  
166 Benowa Road Ashmore 4214

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

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

**Disputes:**  
Will be dealt with by SCNA Executive Committee

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

<table>
<thead>
<tr>
<th>TEAM NAME</th>
<th>AGE/GRADE (indication of strength)</th>
<th>TEAM UMPIRE</th>
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**NOMINATION:** $80 per Team (including GST) Payment must accompany this form

**NAME OF CONTACT:**  
**PH NO:**

**EMAIL:**

**NO. OF TEAMS** @ $80 PER TEAM =

**SIGNED:**  
**DATE:**

**CLOSING DATE: Friday 18th August 2014**

Payments may be made by direct deposit to  
SCNA Bendigo Bank
BSB 633-108  Acc No 1428-06850  
Reference - Team name
MILO T20 Blast is an active new sports program that gives kids the chance to play exciting games of T20 it’s for girls and boys aged 6-12 who knew the basics of cricket and want to take things to the next level.

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

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

Sign up today at T20blast.com.au or contact your nearest club to find out more.

Your nearest MILO T20 Blast Centre is: Runaway Bay Cricket Club, 2 Sports Drive
Starting 17/8/14 2pm
All welcome from Coomera, Queens, Southport/Beaudesert, Helensvale, Tamborine, Runaway Bay
Cost is $99 for 8 weeks
Boys + Girls aged 7-12

DON'T MISS ANY OF THE ALL-NEW, ALL-EXCITING ACTION OF THE MILO T20 BLAST THIS SUMMER.

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

Hi Everyone,

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

Our Centre is located at the Helensvale High School Oval, Discovery Drive Helensvale.

Our sign on registration days are:

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

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

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

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

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

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

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

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

- **UNIFORM**: Shirt $40  Shorts $30
  
  Set $60 (to be confirmed)

Group Stepping Stones Triple P

at Helensvale State School

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

Session Dates and Times

11th September: 10:00 to 12:30
18th September: 10:00 to 12:30
9th October: 10:00 to 12:30
16th October: 10:00 to 12:00
23rd October: 10:00 to 12:00
3 X individual phone-calls
20th Nov: 10:00 to 12:00

**Cost**: Assist by answering questionnaires
If you are interested please register at


Enquiries Karyn Healy on 0457 523 266 or kheal12@eq.edu.au

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

Kind Regards

Justyn McKay

Soccer X Pty Ltd Director

m: 0451 162346

e: soccerX.au@gmail.com

w: www.soccer-x.com
8 Lindfield Road
HELENSVALE 4212 QLD

07 5556 1333

07 5556 1300

07 5556 1370

admin@helensvale.eq.edu.au

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

Our Sponsors

Please click on any advertisement to email the affiliated business or view further details such as company brochures, flyers or promotions

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50c Raisin Toast with any McCafe Coffee Purchase

Valid until 31/12/2014
At McCafe, Helensvale, Upper Coomera, Ormeau & Oxenford
Limit of one offer per person per day. Not to be used to discount any other offer. Not available through Drive-Thru.

---

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ILLUSIONS MAGIC SHOW
MATT HOLLYWOOD

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Kids Birthday Parties Caffe Prana, Function Rooms & Catering
We offer full birthday packages including catering and entertainment to suit your child's wants and needs: such as Clowns or Magicians.

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Looking for your Local Painter?
Find one at Aussie Painters Network!

Over 10,000 Listings Available for you

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0430 399 800
07 3040 1234
OXENFORD DENTAL CENTRE

Free dental treatment up to $1,000 for kids aged 2-17 years if eligible for the Medicare Child Dental Benefits Scheme. Call us today with your Medicare card number to check your child’s eligibility.

5529 7666

SUITE 11, 5 MICHIGAN DRIVE OXENFORD

are you looking for
fast...easy...useful
GOODS & SERVICES
in your local area?

check the SCHOOL NEWSLETTER first!