From The Leadership Team

School News

From Years 2, 3 and 4

Community News

From Years 5, 6 and 7

From The Leadership Team

Term 1 Week 7  13/3/2014

Principal’s Message

Hit the Target,

Be at school by 8.45am

P&C Association AGM next Wednesday

Next Wednesday the AGM of our P&C Association will be held in the Administration Block Staff room. The meeting will elect the office bearers for the next 12 months. Our long term President, Leanne Watt and Secretary Shandell Gammon are standing down from their respective roles as their children have transitioned to high school. I would like to sincerely thank Leanne and Shandell for the time and effort they have committed to the P&C over many years. You step down from these positions in the knowledge that the school is a better place for your dedication and generously giving of your time to assist our
students. Our Vice President, Karl Wall and Treasurer, Julie Toope are willing to continue in their roles, subject to the meeting wishes, to maintain stability and corporate knowledge.

All parents are invited to the meeting to have their voice heard.

Cybersafety Help Button

Online safety is just a click away with the Cybersafety help button now installed on all school computers throughout the state. The floating icon will be visible on computer desktops and is also available for parents to download to their home computer. It provides students with an easy means of reporting cyberbullying and online concerns. The button is a federal government initiative providing an online hub with 24 hour access to cybersafety help, reporting options, resources and information.


Dogs on School Grounds

In the afternoons, I have noticed that more and more people are starting to bring dogs with them into school grounds. I can understand the joy of walking your dog, however, can I please ask that dogs are not brought onto school grounds. A large number of students are very frightened of dogs, big and small, and seeing them at school can be quite upsetting. The more dogs we have at school, the more likely we are to have some sort of incident. Please support our school community and ensure that dogs, large and small, are not brought onto the school grounds.

Safe School Travel (SafeST)

In response to my plea in last week’s Homelines regarding unsafe practices by parents around the school a number of parents have contacted me to investigate the formation of a SafeST committee at our school. I have included information below about the SafeST concept and extend an invitation to parents to attend a meeting to discuss the road safety issues evident at our school. The photo below clearly shows a breach of the road rules by not crossing at a crossing. Fine $44.00 per person for J walking.
Each year, a number of students are injured as they travel to and from school. The Department of Transport and Main Roads is committed to reducing student injuries and fatalities through the Safe School Travel (SafeST) package.

SafeST is a collection of programs, schemes and initiatives designed to improve transport safety for all children regardless of whether they walk, cycle or travel as passengers in buses or cars.

The first step is for a school community to identify its safety concern. Establishing a SafeST committee can help address our current issues.

The committee should include the Principal, parents/carers, teachers and other interested parties (for example, local police or a local government representative).

I extend an invitation to members of the school community to attend a meeting to discuss the establishment of a SafeST Committee at Helensvale SS. The meeting will be held early next term, date to be advised. More information will be shared with the community prior to the meeting so parents who cannot attend can have an input into the discussion.

Lost Property Update

This week a new mobile stand and storage bins have greatly assisted the storage and organisation of the lost property. Clothing is now arranged on hangers and will enable greater access for parents and students to find missing items.
Quote of the Week

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” Margaret Mead

Michael Shambrook
Principal

News from the Deputies

From Ms Welch’s Desk

Facts About School Music

At Helensvale State School we have a great music program with our classroom music teacher Nina Hoile and the Instrumental Music teachers Sue Purton and Tegan Allen. Yesterday at the Middle School Assembly we had the Strings perform. It was wonderful to see this group excited and enthusiastic about music at Helensvale.

Below is a list of facts about school music. The full article is on the music room window if you wish to read more.

1. Music makes a contribution to child's development that no other subject can match. “Music education uniquely contributes to the emotional, physical, social and cognitive growth of all students.” National Review of School Music Education, Australia, 2005
2. Music Students are more likely to be good citizens
3. Learning Music helps under-performing students improve
4. Musical training can enhance brain function
5. Incorporating music learning into other curriculum areas helps children learn
6. Playing music improves concentration, memory and ability to express feelings
7. Australian parents want their kids to learn music
8. Most children miss out on effective music education while at school (Queensland State Schools have specialist music and instrumental teachers)
9. Learning music is good for Australia’s social and economic growth

Source: MUSIC. COUNT US IN- Run by the Music Council of Australia

Cyber Safety

It is important that we keep our students safe.

This week we have had our adopt a cop Constable Ngarie Mackney and Senior constable Kristyn Smithe talk with our Year 3 students around keeping safe while using technology.

Our three main points to the students were

1. Do not give out personal information
2. Do not chat with people you do not know in person
3. Ask “why?” if someone asks you to keep a secret and tell an adult.

I would like to thank Senior constable Kristen Smith for the support and resources they have provided around this issue. I have also included a web site below which you may want to visit for more information.

cyber[smart:] - More videos and online games about cyber safety for young kids (0-7), kids (8-12) and Teens (13-18).


From Mrs Donovan’s Desk

In this edition of Homelines I would like to take the time to introduce you to our Student Support Services Team at HSS. This team works collaboratively to support the needs of identified students.

Ros Moore
Ros is our Support Teacher Literacy and Numeracy and supports students identified as part of our whole school approach to intervention. Ros works collaboratively within school teams and with students to improve student achievement.

**Ros Skerman**

Ros is our Support Teacher Literacy and Numeracy and leads our LIFT program which focuses on supporting the teaching of reading.

**Ms Paula, Shane Wilson, Narelle Smithers and Matthew Howell** are our teachers in our Special Education Program and support students verified as having a disability.

**Jenny Schaffer**

Jenny is our Guidance Officer and is here from Monday to Friday each week. Education Queensland's vision for a creative and clever Queensland built on a quality education system is supported through the provision of a comprehensive guidance and counselling service provided directly to students and their families in all primary, secondary and special schools and other departmental facilities across the state. This includes early childhood development programs for young children with disabilities and their families with some specific services available to parents of pre-prep aged children with disabilities.

Guidance and counselling services focus on assisting students achieve to their potential in the most appropriate educational setting. Guidance officers identify factors that can be barriers to learning and development, and plan or assist in planning support programs that can help students achieve positive outcomes. Guidance officers may work directly with the student or with the student’s teachers, support personnel, family, other specialists, or professionals from other agencies depending on the issues to be resolved and the age of the student. A range of issues may be supported by guidance officers including personal and social development, diverse learning styles and needs, and educational and career pathways.

Guidance officers, whilst respecting client privacy and confidentiality, work as members of a support team and are committed to providing quality education services to enhance the educational opportunities for every young Queenslander regardless of their circumstance.

**Jeff Van Doornum**

Jeff is our Behaviour Adjustment Teacher and provides explicit, targeted and intensive support for students with behavioural difficulties. Jeff provides this support from Wed – Fri from 12pm – 3pm. He also supports teachers to implement positive behaviour strategies and leads the implementation of the School Wide Positive Behaviour agenda at HSS.

**Long Bradley**

Long is our Chaplain and is here on Wednesdays and Fridays each week. The School Chaplain's Role is to:
1. Support students exploring their spiritual beliefs and world views

2. Facilitate and provide pastoral care for students and be a role model to them

3. Engage with local Christian churches and other religious groups and community groups and with parental consent, connect students with resources and programs provided by these groups

4. Facilitate events and activities (Outside of Hours)

5. Participate in the general (optional) activities in the Life of the School

Katrina Williamson

Katrina is our Speech-Language Therapist and is here every Wednesdays providing twelve days of service to our identified students each term. Speech-language pathologists (SLP) work as part of the education team to maximise students’ access, participation and achievement in all key learning areas. SLP’s study, diagnose and treat communication disorders, including difficulties with:

- Speech sounds,
- Fluency (stuttering),
- Voice modification,
- Understanding (receptive) and using (expressive) language,
- Alternative communication (e.g. sign language/ devices for communication).

Katrina works with students who have difficulty communicating because of developmental delays, intellectual disabilities, hearing loss and learning disabilities.

Christaine Boulay

Christine is our EAL/D Teacher for 2014 and supports students identified as being English as a 2nd language area.

Jeroushka Sutcliffe (AVT PI - Advisory Visiting Teacher Physical Impairment)

Cathie Brennan (AVT VI – Advisory Visiting Teacher Vision Impairment)

Janelle Bressow (AVT VI – Advisory Visiting Teacher Hearing Impairment)

The main role of the AVT is to support school staff in enabling students with a disability to access and participate in the curriculum. The way this is achieved varies from school to school. Our AVTs provide a range of services some of which include providing specific information on a student’s disability, program advice and monitor the use of specialised equipment including technology.

Helen Hartley
Helen is our Learning Coach and leads whole school curriculum development in collaboration with the Executive Leadership Team. Helen also leads the learning of our staff in developing identified areas of practice.

**Anxiety in School Aged Children**

It is unfortunate but a very real fact that stress and anxiety is a real problem in today’s fast paced, high tech, activity packed society. Below are some simple suggestions that may help -

**Don’t dismiss your child’s feelings** – telling your child not to worry about their fears may make them feel like they are doing something wrong by feeling anxious. Acknowledge how they feel and let them know that it’s ok to feel bad about some things. Encourage them to share their emotions and thoughts.

**Listen** – Let your child know that you are happy to listen to them at any time and if they don’t feel like talking just yet, that’s OK too.

**Offer Comfort and Distraction** – Try to do something your child enjoys, play a game, cook together, read a book, watch TV together – whatever your child likes to do, do it with them.

**Go Outside** – exercise can boost your mood so go for a walk with your child, take them to the park or the beach. Fresh air and physical activity can lift your spirits.

**Stick To Routines** – Balance out any changes by maintaining as much of their regular routine as you are able to. Regular bed and meal times are important.

**Keep your Child Healthy** – make sure your child gets enough sleep and that they eat a healthy combination of foods. Not getting enough rest or eating nutritious meals at regular intervals can contribute to children’s stress.

**Avoid Overscheduling** – the list of extra curricula activities that children are offered is endless, but too many activities can lead to stress and anxiety in children and parents. Just as grownups need some down time after work, children also need quite time.

**Limit Your Child’s Exposure to Upsetting News or Stories** – If your child sees disturbing or violent news reports reassure them that they and the people they love are not in danger. Talk to them about the aide that people may be receiving and discuss ways that people may help in their community.

**Consult a Counsellor or Pediatrician** – If you suspect that a change in the family, a new sibling, a move, a divorce or a death is behind your child’s stress seek advice from an expert.

**Set a Calm Example** – You can set the tone for how stress and anxiety in children and adults is handled in your home. It is virtually impossible to block stress out of our lives completely but you can do something about how you handle your own stress. The more you are able to keep things calm and peaceful at home, the less likely it is that anxiety in children will be a problem in your home.

Jenny GO
Helping kids with homework

For many parents homework is that time of the day when they routinely harass, hassle and harangue their child to JUST DO YOUR HOMEWORK! Here are some ideas that may help.

Homework causes more headaches for parents than it does for children. Some parents worry because their children don’t seem to do enough while others are concerned because they do too much.

But for many parents homework is that time of the day when they routinely harass, hassle and harangue their child to JUST DO YOUR HOMEWORK!

Okay, what to do?

The first step is to know the homework policy of your child’s school and understand what is expected of you as a parent. Most schools have parent interviews and information sessions at the start of the year. Next year, make sure you get a good handle on how your child’s teacher expects you to assist your child.

It is also useful to find out what your child’s teacher will do if your child doesn’t complete set tasks. Homework is basically an agreement between a teacher and a child so it should be up to the teacher to ensure the homework is completed. That means the teacher becomes the ‘bad guy’ and puts some consequence in place if the homework is not completed. Your role as a parent is to support the school if a consequence is put in place, such as completing work in recess or whatever the school deems appropriate.

Here are practical homework tips:

1. Establish homework time and stick to it each day. If children tell you they don’t have any formal homework then they can read, revise or organise their work. My feedback tells me sticking to a routine even when no formal homework is set is extremely useful and helps avoid battles.

2. Put the onus back on your children to take responsibility for their work. Ask children at the start of a homework session to state how much homework they will do. At the end of the session check it to see if it matches with their intentions as well as yours. If you are more concerned about homework than them, your children are not the ones responsible for their homework.

3. Homework is as much a time management issue as anything else. Encourage children to work reasonably quickly and efficiently. Have a set time limit, which they should stick to. There is little point sitting away once they become frustrated or tired. Give them an egg-timer or use a clock and get them to work hard for small chunks of time. A little work each night is more productive than packing it into one weekly session.

4. Help children decide the best time to do homework and then encourage them to stick to those times. Maybe on some days homework is tackled after dinner for any number of reasons. If doing homework straight after school is important to you then consider feeding children ONLY after homework is completed. Food can be a huge motivator for some children.

5. Establish a good working environment for students. Make sure they have a quiet, well lit, well ventilated area away from distractions. A table or desk makes a good workspace, although don’t be surprised if they spread work all over the kitchen table. Some kids hate to be stuck away in their rooms and prefer to work at the kitchen table and can do so productively. Others are easily distracted and work in short bursts. Work out what is best for your child.

6. Use the motivating factors of technology. The Internet and other forms of electronic learning are quick, convenient and give access to huge amounts of information. Nevertheless, children should still know how to access information from more traditional means such as books. Check with your child’s teacher as to their specific recommendations and preferences.

7. Encourage children to get organised. Help them think ahead to plan their homework around extra-curricular activities. A weekly planner or diary will help older students get organised. Assisting children to become organised is perhaps the best way parents can help at home.

8. If you are helping with a particular task, keep your explanation simple and practical. If you become frustrated or upset and the atmosphere becomes tense – stop helping.

9. Be realistic – don’t expect to solve all homework difficulties. When in doubt send a note to your child’s teacher letting him or her know the problem. The teacher will appreciate this good communication.

10. Communicate any concerns. If you have concerns about how much or the difficulty of homework your child is set, contact the teacher and arrange a time to discuss your worries. Such discussion is the basis of a true partnership between you and your child’s teacher.

The place of homework is routinely questioned by education authorities (mine is currently one of those times in Australia) but my gut reaction is that children will always have homework. The name may change and the activities may vary but it will always be homework.

Schools generally try to make sure homework is varied, interesting, engaging and purposeful for children and parents.

Parents also need to be patient with both children (if they struggle) and schools that are trying to find a balance between too little and too much.
INSIGHTS
by Michael Grose - No. 1 parenting educator

Making school drop-offs hassle-free

"One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents’ efforts to get them to school with tears, tantrums or tidiness."

There are a number of trouble spots for parents, and they have one thing in common. They all occur during a child’s transition from one activity or place to another.

Transitions from play to dinner time, television to bedtime or from bed to the breakfast table are common battlefields for parents. Kids want to do one thing, yet family requirements mean that they have to do something else.

A battle can ensue with children dwelling, whining or refusing point blank to budger? Parenting is always hard work at these times.

One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents’ efforts to get them to school with tears, tantrums or tidiness.

Children’s tears at drop-off time play at the heart strings of compassionate parents, particularly those who feel guilty about leaving their child. Tantrums are another way children keep parents busy and their complaints about being too tired indicate that perhaps an earlier bedtime is in order.

Usually it’s children in the early years of primary school who present most difficulty at school drop-off times. Essentially these drop-off problems are separation issues that can easily be resolved by supportive teachers and some tough love parenting.

It’s worth remembering that a developmental task for children is to separate from their parents, so that they can benefit from being around other adults. Parents who resist this imperative, allowing their child to cling to them are doing their youngster a disservice.

If dropping kids off at school in the morning is a problem here’s a few ideas that may help. Your aim as a parent is to establish a new pattern of behaviour for your child in the morning, particularly as you approach the school gate or classroom door.

1. Go through the morning and drop-off routine with your kids. Make sure everyone knows what’s expected. Work out your jobs and those that the kids need to do then stick to this arrangement. For instance, it may be your job

2. Drop kids off, turn around and go: If you have a child who likes to keep you busy each morning with tears or tantrums then you may have to take the ‘tough love’ approach. Say goodbye using a firm voice, turn around and leave. Don’t look back. Most kids settle down at school within five minutes of being dropped off. Parental lingering only makes matters worse for children and teachers.

3. Reaffirm their efforts later; If your child begins to go off without tears or tantrums after a long period of difficult departures then make a bit of fuss when you see them later in the day. Don’t go overboard with tangible rewards or bribes. Parental recognition, genuinely given is a huge drive for most kids.

4. Warm your child off you: If your normal habit is to drop your child off at the classroom door each morning, try saying goodbye at the school gate away now and then. The aim is to make your child less, rather than more reliant on you.

If problems continue then it’s worth consulting your child’s teacher or welfare coordinator, carefully outlining the issue. Be prepared to be coached on this issue, trusting the approach that your school advises.

Teachers generally have experienced this type of separation anxiety before and understand when it’s within children’s capacities and when they may need extra help to cope. It makes good sense to trust their judgement. From my experience, it’s usually spot on!

Published by Michael Grose
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For more ideas, support and advice for all your parenting challenges visit:
www.parentingideas.com.au

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From Mrs Ona’s Desk
‘Say No To Bullying’

Wear Orange to support this on Friday 21st March

Gold Coin Donation

and receive a

‘Say No To Bullying’

Wrist Band

Teach our children to be safe on the road –

cross at the crossings

From Years 2, 3 and 4
Greetings from the Classroom of 2A

This term we have been very busy getting to know each other and establishing our routines so that we can work together efficiently and harmoniously. We have become much better at our skip counting and have explored ways to count collections. Everyone contributed their great ideas for sorting various objects.

We have also looked at ways to represent numbers using just a square of paper to make our hundreds, tens and ones.

Among us there are many budding poets who penned some great verses by reconstructing a poem. Here are some of us practising.

<table>
<thead>
<tr>
<th>The Little Puppy</th>
<th>The Quickest Cheetah</th>
<th>The Tiny Kitty</th>
<th>The Tiny Tiger</th>
</tr>
</thead>
<tbody>
<tr>
<td>By Lara</td>
<td>By Jacob</td>
<td>By Ellie</td>
<td>By Sharni</td>
</tr>
<tr>
<td>There was a little puppy</td>
<td>There was the quickest cheetah</td>
<td>There was a tiny kitty, She lived in a couch.</td>
<td>There was a tiny tiger.</td>
</tr>
<tr>
<td>He lived in a hat.</td>
<td>He lived in a forest.</td>
<td>She jumped high.</td>
<td>He lived in a tree.</td>
</tr>
<tr>
<td>He drank from a pond.</td>
<td>He ran in the farm.</td>
<td>She wriggled on a pouch.</td>
<td>He climbed on a bee.</td>
</tr>
<tr>
<td>He jumped on my cat.</td>
<td>He hunted in the east.</td>
<td>She scratched at a dog.</td>
<td>He scratched at a flea.</td>
</tr>
<tr>
<td>He rode a bike and</td>
<td>He chased at a spider.</td>
<td>She scratched at a fly.</td>
<td>He scratched at a telephant</td>
</tr>
<tr>
<td>He rode a scooter.</td>
<td>He chased at a flea.</td>
<td>And she scratched me!</td>
<td>And he scratched at me.</td>
</tr>
<tr>
<td>But one night-</td>
<td>He chased at an enu.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>He rode on me!</td>
<td>And he chased at me!</td>
<td></td>
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</tbody>
</table>

We have also been exploring colour and line in art and have created patterns in primary colour from a focal point, fish in secondary colours and bookmarks in cool and warm colours. Our bookmarks are where we keep our literacy and numeracy goals so they are always handy for our writing tasks or number work.

We think, "Literacy is cool"
For the first five weeks, Year 4 has been studying the text, The Twits. The assessment task involved writing a new chapter for the book. Students had to make sure that their chapter had tension and included noun and verb groups. Amelia would like to share the chapter she wrote.

**Mr Twit’s Beard Makeover**

Mrs Twit was planning a horrid trick on Mr Twit. A few minutes later she had a cunning idea, she would give Mr Twit a beard makeover! She lay down on her scruffy couch thinking what ugly, horrid Mr Twit’s face would look like, when he saw his new horrid makeover. Mrs Twit giggled at the thought. She set off to look for some ingredients. First she looked in the dirty bathroom where she found some pink hair dye. “Perfect!” she whispered to herself. Mrs Twit wandered into the prickly garden. She got her gloves and picked up some stinging nettles and put them in a jar. She tiptoed back into the house and captured some fleas that were jumping around on the messy couch. Mrs Twit relabelled the pink hair dye and the other ingredients to normal things that you would find in a bathroom. “Mr Twit, come here to the bathroom!” Mrs Twit shouted. Mr Twit walked slowly to the bathroom and peeked through the door. “What do you want?” Mr Twit mumbled. Mrs Twit led Mr Twit to the raggedy chair. “Put this blindfold on. I am going to give you a makeover.” Mrs Twit explained. Mrs Twit carefully put on the ingredients. Mr Twit stated, “This stinky shampoo smells funny.” Mrs Twit replied, “It is a new formula.” She had a sneaky look on her ugly face. Mrs Twit walked into the bedroom. “You can take the blindfold off now” she called. Then she peeked through the door just as Mr Twit took the blindfold off. “Help” Mr Twit yelled. “Hahaha” Mrs Twit laughed. “You nasty beast, I’ll get you!” Mr Twit shouted.

Amelia 4A
THE FIRST FIVE WEEKS OF SCHOOL.

The first week of school was cool. On the first day the whole class was getting organized! With writing our names on books and sorting out pencil cases. I also got to meet new friends. Our class this year is called 4A. I like 4A because it's a fun place to be and fun to learn. Also when we did the roll its cool to say each other's names. My teacher is called Mrs Paki. She is nice and even funny.

The Dojo points are awesome! if you do something good you can go on the golden sun OR you can get 1 or 2 Dojo points. I also like 4A because we have job lists to do and sometimes people can change the weather and the date on the board. We have done lots of work on the Twits book for about 2 weeks then the three little pigs now we are onto; Jack And The Beanstalk. That one's an awesome story we also watched a YouTube clip on it too what's pretty cool.

I LOVE ALL THE SUBJECTS

From Libby 3  4A

From Years 5, 6 and 7
6A have been carefully following each week’s behaviour focus skill and were rewarded with the Year Six behaviour trophy at last week’s Whole school assembly. During class, we’re focussing on improving our computations data by practising our multiplication and division facts daily. In 6A we complete rotational literacy activities in small groups focussing on our reading, writing, spelling and comprehension skills. We are also working on becoming more independent learners in preparation for High School next year.

Literacy Rotations- Travis cC and Ethan C creating their personal profile.
The Lolli-pop workers help us to cross the road safely
Dear Parents/Carers,

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

Student Absence Line
- 55561370

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

- Child/Childrens Name
- Child/childrens class
- Date of absence
- Reason for absence

School News Calendar

<table>
<thead>
<tr>
<th>Mon 17th Mar</th>
<th>Save Our Soils-Incursion</th>
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<tr>
<td>AM-4E PM-4C</td>
<td>H.S.S $2.50 Payment due 19/3</td>
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</table>

| Wed 19th Mar | AM-4B PM-4A |

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tr>
<td>Thur 20th Mar</td>
<td>AM-4D</td>
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<tr>
<td>Fri 28th Mar</td>
<td>Jacobs Well Excursion</td>
<td>$32.00</td>
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<td></td>
<td>3A &amp; 3B</td>
<td>Payment due 19/3</td>
</tr>
<tr>
<td>Tue 1st April</td>
<td>3C &amp; 3D</td>
<td></td>
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<tr>
<td>Wed 2nd April</td>
<td>3E &amp; 3F</td>
<td></td>
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<tr>
<td>Thur 3rd April</td>
<td>School Cross Country Trials</td>
<td>H.S.S</td>
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<td>Permission by 25/3</td>
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**You Can Do It!**

At Helensvale State School the children are taught social and emotional learning through the You Can Do It program. The 5 foundations of this program are developing children’s confidence, persistence, organisation, getting along and emotional resilience. Each week we will feature a parent’s reference guide on each of the foundations. This week’s guide is about getting along and at school our youngest learners are taught this skill through a character called Gabby Getalong.
YCDI Parent Reference Guide:
Getting Along

Definition of Getting Along:
Getting Along means that young children work and play together nicely. It means that children are friendly, tell the truth, and care about others. Getting along means being able to fix problems without squabbling or fighting. When young children get along, they follow the important rules of the classroom and home. They also want to help to make their school and home cleaner and safer.

Examples of Getting Along Behaviour in Your Child:
- Plays well with friends
- Takes turns when playing with others
- Asks nicely to join in a game
- Listens to others when they talk
- Asks for help politely
- Does what his/her parent/carer asks him/her to do
- Makes an effort to be nice to someone who seems unhappy
- Shares a toy or snack with a friend when he/she comes over to play
- Helps someone else clean up toys when they are finished using them
- Tells the truth
- Does not tattle
- Does not call others bad names
- Does not interrupt when parent/carer is talking with someone else

Ways to Praise Your Child for Getting Along:
- “Good for you. You really are trying to get along with your friend.”
- “You are good at helping others.”
- “You didn’t try to lie. Telling the truth is very important.”
- “Wow, you cleaned up your friend’s mess. Thank you.”
- “You are a good listener.”
- “Sharing helps you be a good friend.”
- “Thank you for being patient and waiting until I was finished talking. That is very grown-up behaviour.”

Teach Your Child the Following Types of Thinking (Self-Talk):
- **Being Tolerant of Others**: We are all different. We all have good things about us.
- **Thinking First**: When someone has something that I want, asking “Can I play too?” or “Can I go next?”.
- **Playing by the Rules**: Following rules is good. Rules help us to be safe and happy.
- **Social Responsibility**: It is good to help others. It is good to make things clean and safer.

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Hannah Edwards from 7D took out 1st place in the Australian Sumo Wrestling (ISKA martial Arts)
Year 1 & 2 Students enjoying Hockey Clinics

Last week coaching staff from the Labrador Hockey Club offered their time to work with the Year 1 & 2 students to teach them the skills and rules associated with Hockey. Students enjoyed the lessons and gained valuable skills. Students who wish to learn more Hockey and wanting to enrol at the local Hockey Club have been given information regarding this. If you have any further questions please see Michael Cacciola HPE Teacher. Thanks

School Fun Run and Cross Country

Thursday 3rd April we will hold our annual School Cross Country and Fun Run. The Cross Country is a competitive race for the 10-13 year olds (competing in their own age group / gender) and is a selection trial for the District Cross Country. STUDENTS COMPETING IN THE SCHOOL CROSS COUNTRY MUST HAVE COMPLETED TRAINING EITHER WITH MR CACCIOLA OR AT HOME. Parents will have to sign a permission form to indicate that their child has completed training and is eligible to compete. A permission note and details about the Cross Country will go home this week to students wishing to take part. We are also seeking helpers to be stationed around the running track so if you can assist please indicate this on the form.

Cross Country Times

8.15 Cross Country Students walk the course

8.45 Roll marking

8.50 Cross Country Races start in the following order:

10 year old Boys 2km

10 year old Girls 2km

11 Year old Boys 3km

11 Year old Girls 3km

12 year old Boys 3km
12 Year old Girls 3km

13 year olds Boys/Girls 3km

The Fun Run is a modified age appropriate run that every student will have a go at. It is a non-competitive event and is raising students awareness of the importance of being active, the enjoyment that we can have being active as well as being a major fundraiser for our school P and C. Times are below if you wish to come along and watch your child have a run.

**Fun Run Times** (approximate times)

- 10.10am **All prep classes** (these will be staggered start in classes. Eg Prep A boys, then Prep A girls, then Prep B boys.....etc etc)
- 10.30am **All Year 1 classes** (these will be staggered start in classes. Eg Yr 1A boys, then Yr 1A girls, then Yr 1B boys.....etc etc)
- 10:55 Morning tea break as per usual
- 11.40am **All year 2 classes**
- 12.10pm **All year 3 classes**
- 12.40pm **All year 4 classes**
- 1.05 Lunch break as per usual
- 1.50pm **All year 5 classes**
- 2.15 pm **All year 6 classes**
- 2.35 pm **All year 7 classes**

If you have any further questions please contact Mr Michael Cacciola HPE Teacher mcacc1@eq.edu.au

Thanks

**Student Leaders Update**

Are you like Connie Confidence?

Do you know the skills of confidence? Well Connie knows the skills of being confident because she is confident with everything she does, even if she isn’t good at it.

Being confident is a very important skill and people don’t realise that they use confidence in their everyday life. These are some ways you can display confidence.
• Try something new
• Do hard activities without asking for help
• Share ideas with your teacher
• Talk to someone new

Sometimes we feel down and glum and that is when it’s hardest to display confidence. Being confident is about taking risks and accepting yourself. For example on the football field when some big guy is running straight at you, you can’t just jump out of the way. The best thing to do is to be brave and believe in yourself and tackle him. So strive to succeed and be like Connie Confidence.

Ben Morgan
School Leader

P & C News

FUN RUN

This fund raiser is fast approaching, so remember to get your sponsors and money collected. All Sponsorship forms and money collected need to be returned to the Tuckshop by 31st March. The highest fund raising student will receive an IPod shuffle 2GB and the highest fund raising class will receive a special surprise.

Students who raise $10 or more will be able to choose a prize from the ones shown on the form. There is also a draw for only Helensvale students who raise $10 or more to win a 2day Family (2A + 2C) holiday at Seaworld Nara Resort valued at $600. On the day of the FUN RUN, we will be giving all students an icy pole for their efforts. Any parents who would like to help out on the day, we need people to cut and distribute the icy-poles and act as marshalls for the event.

ANNUAL GENERAL MEETING

As part of our constitution, we must hold an Annual General Meeting and for 2014, ours will be held on Wednesday, 19th March at 7pm in the Teachers’ Lounge of the Administration Building. As is always the case, all members of the Executive stand down but can choose to re nominate. This year, both the Secretary and President are not restanding so please give consideration to joining the Executive of the P & C. If you have any questions about these positions, please ring Leanne on 0412 299 211

HELENSVALE STATE SCHOOL 30TH ANNIVERSARY FETE DATE: 13th Sept 2014

All classes have been asked to choose a stall to run at the Fete. We are still waiting on some classes to nominate their choice of stall. Once that is all sorted, information will go home to parents. If you are interested in helping with the Fete, please email your contact information to pandc@helensvaless.eq.edu.au and we will contact you. We are going to need lots of people helping on this day for it to be a success so please support the event.
We have organised 12 different show rides for the day. Wrist bands allowing children “all day riding” will be available for purchase. With each joint class having a stall, this amounts to 22 class stalls doing things like lolly stall, book stall, pick a stick stall etc. We are also having showbags for sale for a cost of approximately $5 to $7. Approaches have been made from outside stall holders and we are allowing approximately 20 of these to have a stall on the day. Businesses have donated prizes. Some companies will have stalls to showcase their services. Our bands and choir will perform along with some outside studios. We are hoping to have representatives from sporting bodies attend the day and invitations have gone out to those people. The P & C will run food stalls selling everything from hamburgers, pies to salad rolls and sausage sizzles. We are engaging outside companies to provide hot chips, fairy floss, coffee vans as well as our ladies from SEP who will have a Tea, Coffee and Cake House in the PAC. There will be a Cent Auction and baskets will be given to classes with themes asking parents to donate items.

We have had some wonderful support in gaining funding and items, from our local Councillor – Mr. William Owen Jones and Len at Club Helensvale who have both shown a keen interest in our Anniversary celebration.

We hope you are all getting as excited as we are about this fantastic day.

Looking forward to your active participation in our P&C Association.

Leanne Watt

P & C President

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

Community News
SWeLL EXPO
21 MARCH

Feel Good Photobooth

Gold Coast Titans

Yoga Workshops
Martial Arts
Fitness Games
Drumming
Arts & Craft

Fresh Fruit
Smoothies & Healthy Snacks

What is the SWeLL Expo?
To celebrate National Anti-Violence & Bullying Day, Helensvale SHS are taking a proactive approach to building resilience in young people & are hosting a Health & Wellbeing SWeLL Expo!

The day will start at 11:15am during first break and will be located within & around the SWeLL Centre. There will be a range of local service providers such as Headspace, Active & Healthy Program – GCCC, Okay for Youth, Young Carer’s, The DreamCentre, Youth Connect plus loads more – giving away brochures and prizes plus running fun interactive games during lunch breaks!

Come along to be energised, informed and inspired and take charge of your health & wellbeing!

Parents are warmly invited to attend an afternoon tea in the SWeLL Centre from 3-4pm & meet local service providers. Please RSVP to Hayley – Health Liaison Officer: hlow1@eq.edu.au
Gold Coast Indoor Sport
Junior Netball
Sign On Days and Trials

Every Friday Afternoon in March 4-6pm!

Want to get your daughter involved in Indoor Netball?

Individual and Team Registrations Welcome

Cost:
FREE for ALL of March
$35 per team ($5 per player)

Where:
9 Dominions Rd,
Ashmore

When:
Friday afternoons between 4 and 6pm
during the school term

All Levels From Beginners Welcome!

Applications For Team Coaches Encouraged

Gold Coast Indoor Sport
9 Dominions Rd, Ashmore

5539 3766

School Holiday Survivor Camp (8-13 year olds)
15-17 April 2014

Location: Camp Lake Fire, Maroon Dam

Activities include: Fishing in electric powered boats, canoeing, abseiling, boat tube rides, archery & open fire cooking.


All registrations are through the Events section at www.sportstuition.com.au

For further details, contact Steve Wilkes on 0403154510.

Visit Sports Tuition on Facebook
DO YOU DREAM OF REPRESENTING QUEENSLAND OR AUSTRALIA?
LET US HELP YOU GET THERE THROUGH OUR STRICTURED ACADEMY PROGRAMS.

Applications are now open for athletes in the following sports:

INDOOR VOLLEYBALL
GOLF
TABLE TENNIS
TRIATHLON

GCAS is a not for profit organisation providing services for athletes to reach their sporting goals. We offer skills based training by qualified and experienced coaches and personal development through education sessions provided by industry professionals. We are here to add value to your current club and representative commitments and help you take that next step in your sporting career.

Please visit our website www.goldsport.com.au for more information and you can also find us on Facebook. If you have any questions don’t hesitate to contact GCAS.
info@goldsport.com.au or 0411 700 080.

Labrador Junior AFC is still registering players for the 2014 Season.

Boys and Girls 5-16yrs
Come join in the fun and bring all your friends along to get fit and enjoy our family club. We train Tuesdays and Thursdays 4.30pm. We have new girls only team.

Enquiries phone Bob 0419779255
Come and try

SUBURBAN ORIENTEERING

Ideal family activity: all welcome: suitable for all ages and abilities
Training available: compasses for hire: run for your life or just a stroll

Discovery Park, Discovery Drive
Helensvale
Northern Gold Coast
Sunday 16th March 2014
starts 9am-11am
$5-7 senior $4-6 junior $14-20 family

What is Orienteering?
It's all about the map, not the compass! Orienteering is the sport of navigating in unknown terrain using a detailed map.

This event has short courses for youngsters in parkland and Helensvale State School plus long courses through streets, reserves and parkland throughout Helensvale.

What do I need to do?
Bring your family on the day between 08:30 and 10:30, wear sensible shoes and sun protection. Bring water and a compass if you have one.

If you are planning to being a group, please let us know so that we can print extra maps.

This is a street orienteering event plus easy parkland courses designed for youngsters. It's nothing like that boring compass exercise they made you do at school camp!

Gold Coast event programme at www.qs.asn.au/events select Club = Paradise Lost, Year To = 2015
Learn about the Gold Coast's orienteering club www.qs.asn.au/paradise-lost-orienteers
Keep in touch www.facebook.com/ParadiseLostOrienteers
Drop us a line paradiselost@qs.asn.au Call Mark: 0404 50 99 24

STUDIO VILLAGE FAMILY FUN DAY
Studio Village Community Centre is holding its Annual Family Fun Day on Sunday the 25th of May. This event is a fantastic way for community services to become involved and promote services in the local area to families. This year a singing competition will be held for 16 year olds and under with prizes being donated by sponsor, LJ Hooker Pacific Pines.

1ST PRIZE-$100
2ND PRIZE-$75
3RD PRIZE- $50

For more information contact us now

Best of Luck!

Studio Village Community Centre

Phone: 55298253 or Email: projects@studiovillage.com.au
Parents would your child like a FREE tennis t-shirt and Spongebob backpack?

As you may be aware our school is now an official partner of Tennis Australia's National Grassroots Program, MLC Tennis Hot Shots. As a benefit to this program all kids in our school have the opportunity to claim a FREE tennis Hot Shots t-shirt and a Spongebob backpack*. In additional to the t-shirt and backpack*, our school will receive a $2 rebate per child that registers which goes towards additional tennis equipment for our school.

To take advantage of this offer simply:

2. Scroll down to the bottom of the page and ignore the “MyTennis ID login” and go directly to the “MLC Tennis Hot Shots Venue”
3. Please type in the school postcode or name of the school and click the blue search button
4. Find our school and click the blue select button
5. Now scroll down the page and complete each of the fields. Please note that in the phone field you need to include your area code before your phone number so for example 0298765432 with no spaces.
6. Once all fields have been completed your child will receive their t-shirts and backpack* at school. These gifts will be handed out at the end of each month

We thank you for your ongoing support.

* SpongeBob backpacks are only available for a limited time. To ensure you don't miss out, register your details online now.
Interested in playing netball?

Runaway Bay Netball Club is looking for U/8 players (born 2006) for our 2014 team. If you are interested in playing netball please contact us for further information.

Email: runawaybaynetball@gmail.com
Ph: 0424 509100

The NRL are hosting a Play NRL Holiday Clinic at Coomera Cutters Junior Rugby League Football Club on Tuesday 8th April. Boys and girls aged 5 to 12 years are invited to participate in the Clinic. Our exciting Holiday Clinic allow participants to develop their Rugby League skills in a safe, modified and fun environment. All clinics are delivered by qualified and experienced Rugby League Coaches and cater for all skill levels from beginner to junior league players. All participants receive an NRL Pack (Including Football, Water bottle, Boot bag, kicking Tee and NRL T-Shirt) in addition all participants will be provided with morning tea and lunch. To participate in our Coomera NRL holiday clinic all children must be registered, places
are limited at all holiday clinics. For more information and to register please go to www.segdevelopment.leaguenet.com.au or call NRL Game Development Officer Matt Palin – 0400 345 547

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**YHES HOUSE CHARITY CARNIVAL**

**SUNDAY 16TH March 2014**

**Nomeation Form**

**Divisions:** Netta 8 yrs, 9 yrs, 10 yrs, Juniors 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17 yrs, Opens, Mixed

**Games Commence:** 8.30am sharp

**Umpires:** Yes please, supply your own

**Scorers:** Each team will require a scorer

**Draw:** Will be available from the Club Rooms at 8am

**Awards:** One trophy per team for Winners and Runners Up

**Closing Date for Nominations:** Monday 10th March 2014

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

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<th>TEAM NAME</th>
<th>AGE/GRADE</th>
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**Nomination:** $80 per team (including GST) Payment must be made with nomination

Payments can be made by direct deposit to:

SCNA
Bendigo Bank
BSB: 633-108
Acc No: 1429-06850

**Name of Contact Person:**
**Ph No.:**

**Email of Contact Person:**

**Signed:**

**Date:**

PO Box 4060, Ashmore 4214  Ph: 5539 6195  Fax: 5539 6904
e-mail: scna@scna.org.au  www.scna.org.au

ABN: 12 480 921 881
Southport Yacht Club presents

FREE
DISCOVER SAILING DAY!
Sunday 30th March

9AM - 1PM
SYC Hollywell Sailing Squadron
1 Marina Crescent, Hollywell
Breakfast and coffees available at our Waterfront Cafe
WE WELCOME ALL AGES!
For further information please contact the Sailing Office on:
07 5537 7030 or kelly@southportyachtclub.com.au
8 Lindfield Road
HELENSVALE 4212 QLD

07 5556 1333
07 5556 1300
07 5556 1370

admin@helensvaless.eq.edu.au

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

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