Principal's Message

Published by The Administration Department

Principals Message

School News

Community News
Dear Parents & Carers,

At the March meeting of the P&C Association the re-introduction of a voluntary contribution scheme will be discussed. For many years the P&C conducted a successful Voluntary Contribution Scheme to assist in funding resources in the school. The contribution was $40 per year or $10 a term.

In 2012 the scheme was discontinued due to a number of issues in the school at that time. In 2014 the concept was discussed and supported by the P&C but no formal action was taken to reintroduce the voluntary contribution. In discussion with the Principal, the contribution, if reintroduced would be totally directed to enhancing ICT resources in the school.

Many schools charge parents for ICT use / access / equipment etc. which is significantly higher than $40.00 per year. Should the contribution scheme be supported by parents at the P&C meeting potentially $40000.00 (1030 students @ $40.00) could be directed to enhancing ICT resources in the school. That is the scheme would remain at $40.00. Those include iPads, computers, laptops, enhancement / replacement of data projectors / interactive whiteboards used daily in classrooms.

The Helensvale State School P&C Association is committed to a free public education system, so it is therefore fundamental that parents are advised that this is a Voluntary Financial Contribution Scheme and as the word suggests payment is a matter for decision by parents.

The management of the scheme would include monthly reports to the P&C re the contributions collected and what the funds have been expended each month.

We would sincerely like to thank you for your support of the P&C and school and hope that the results indicate students receive a great preparation for a successful future because of this additional financial support.

To be eligible to vote on the proposed VFS on the 18th March 2015 you must be a P&C Member. To become a member you will need to attend our General Meeting on 18th March at 7pm and be present after the AGM in a Special Meeting to vote. I trust you will be able to attend the next meeting to discuss and vote on the reintroduction of the voluntary contribution scheme.

Yours sincerely

Lisa Ray
President Helensvale State School P&C Association

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ACARA updates My School website

Dear Parents & Carers,
**ACARA updates My School website**

ACARA has released its 2015 update of the My School website. My School includes seven years of NAPLAN testing, five years of financial data, detailed school and student information displayed through the school profiles and information about local communities. Find out how our school is performing via the latest update the Federal Government’s My School website at www.myschool.edu.au

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**National Ride2School Day**

National Ride2School Day is the perfect opportunity for Australian students and school communities to embrace a healthier start and to try walking and riding to school for themselves.

On **Friday 13 March 2015** we'll be celebrating the ninth National Ride2School Day event, where over 300,000 Australian students, just like yours, will ride, walk, scoot or skate to school.

National Ride2School Day is the flagship event of the Ride2School Program. Active travel is a great way for students of all ages to meet their recommend daily dose of 60 minutes physical activity every day.

The purpose of National Ride2School Day is to show school communities that riding to school is an easy and fun activity. It is a chance to celebrate on a large scale and prove it can be done.

At Helensvale we encourage students, where possible, to ride, walk, scoot or skate to school each day. This year our school has joined the Gold Coast City Council’s Active School Travel program to promote the benefit of travelling to school via non vehicle transport. In Term 2 the Active School Travel program will be launched with prizes for a range of incentive programs regarding school travel.
At Helensvale we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the class teacher as your first point of contact. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an
6. **Check in regularly** with your child. Keep the conversation open and ongoing. It can take time to resolve issues, by building confidence / so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

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Don’t forget, our school is taking part in the 2015 National Day of Action against Bullying and Violence on Friday 20 March. The day will be a free dress day, with students encouraged to wear orange colours in / on their clothing. Wrist bands will be for sale at $1.00.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our school a great school for everyone.

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**Reminder P&C AGM**

Parents are reminded that the AGM of the Helensvale State School P&C Association will be held next Wednesday evening at 7.00pm in the Administration Block. All community members are welcome.

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**Thought of the Week**

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*The bud of a rose is just as beautiful as the full bloom. Appreciate what you have at the moment.*

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Principal
Many thanks to Cooper and Holly from 3B for leading our Sector Assembly last week. It is exciting to see students from our Sector excelling in this leadership opportunity. Thank you also to 2B and 2C for their class performance which was well received by all in attendance.

In the last week of this term we will be holding Parent Teacher Meetings. Please see the information below for booking a meeting with your child’s teacher.
Dear Parents,

Parent/Teacher/Student interviews will be held from 3.15pm – 6.45pm on Tuesday 31st March. Teachers will also be available at various times during the last week of school. You can now book interviews at times that suit YOUR FAMILY BEST. Go to www.schoolinterviews.com.au and follow these simple instructions.

**BOOKINGS CLOSE WEDNESDAY 25TH MARCH 2015.**

Go to www.schoolinterviews.com.au

Enter C6TPM as the school event code. Then follow the 3 simple steps.

1. Enter your details
2. Choose teachers
3. Choose times

When you click finish, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately. You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

For parents that don’t have access to the internet at home, at work, or on their phones, please contact Administration on 5556 1333 to arrange a booking time. Interviews are strictly 15mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Parents can change their interview bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 5556 1333.

We would love to hear what you think about online booking. If you get time, click on the “contact us” button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school’s name and suburb.

School News

Published by The Administration Department

Dear Parents/Carers,
The payment window operating hours are 8am to 9.15am Tuesdays, Wednesdays and Thursdays. Remember you are able to make payments via internet banking at any time – this is our preferred payment option.

Thank you,
Leonie Foster
Business Services Manager

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**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 |

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**News from PC**

Over the past couple of weeks all Prep children have been involved in the Early Start Testing Program. The purpose of Early Start is to gather data about literacy and numeracy achievement, track progress and measure growth for students in Prep to Year 2. This data can inform curriculum planning and resourcing decisions, and support teachers to more effectively differentiate teaching for students in the early years of schooling.
Student Success

Congratulations to Liam P on his selection in the South Coast Regional swimming team. Liam will represent our region in the State titles later this term. We wish Liam all the best!

P&C News

EASTER FAMILY FUN RUN

Yesterday we launched this year’s exciting Fun Run Event……. We really want to make this a fun morning with lots of parents involved. The highest fundraising student will win an iPad Mini…….. and every student who raises $10 or more receives a prize. We have an exciting new format this year including an egg n spoon challenge.…. We would love to hear from any parents that would like to volunteer on the day please from preparing the ice blocks to helping with the races etc, please email pandc@helensvaless.eq.edu.au
HSS P&C Annual General Meeting

A reminder that the Helensvale State School P&C Association will be holding our AGM following our general meeting on Wednesday 18th March from 7pm. We welcomed a few new members at our last meeting and look forward to having them on board.

Special Meeting re Voluntary Financial Contribution Scheme

We will also be holding a Special Meeting after the AGM to vote on the proposed Voluntary Financial Contribution Scheme. In order to have your say and vote you must become a P&C member at the general meeting to be held on Wednesday 18th March at 7pm.

Host Families Required

HOST FAMILIES REQUIRED
FOR JAPANESE STUDENTS

Helensvale Primary School will be welcoming students from the Kokuren Study Tour from 22-30 March. Students are between the ages of 10-13.

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 $75 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 Naomi or Judy on the following number

The Japanese Advisory Service
(07) 5592 0575

Community News

Published by The Administration Department

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.
Help your kids build their own firewall against online Nasties

The online world provides endless access to inappropriate content for our kids. Filters can play a part, but as Catherine Gerhardt describes, it's much better to have a fully rounded approach to tackling the issue.

Fiction vs. reality. One of the biggest concerns I have as a parent is that the relative ease with which children can access online pornography. Recent studies revealed that children as young as eight years old have seen it, and most kids have witnessed it before parents have even considered discussing it. For me, it's about considering what the long-term effects are going to be on our children's future relationships. With wide access to the internet, including mobile devices and gaming systems, it is too easy for even young children to reach inappropriate content.

Most kids who have seen pornography know immediately that it feels wrong. They can feel ‘strange’ and their personal instincts kick in like an alarm system telling them something is not quite right. They may feel sad, embarrassed, confused. Some kids stumble across it (many porn sites know popular key strokes kids use), and others are exposed to it by friends or family.

Is pornography really that big of a deal for our kids? The simple answer is yes. Pornography damages their brains by tricking them into releasing the same pleasure chemicals that drugs do. "A child's brain is more vulnerable as it is rapidly forming neural connections. Viewing pornography can reprogram a child's brain and initiate an addiction that is often harder to overcome than drugs or alcohol," says Kristen Jensen, author of Good Pictures, Bad Pictures.

Pornography harms relationships. Youth are being exposed to pornography even before they have had the opportunity to experience a relationship. Teens tell researchers that they don't like pornography but feel pressured to watch it, and they even acknowledge that it provides a model for them to follow. When we start to think about kids getting sex education from pornography, we can start to understand why we should be worried about their future relationships. Viewing pornography is setting up unrealistic expectations and desensitizing sexual expectations. Pornography can distort a person’s view of what a healthy relationship should be, and devalues the principles of mutual respect, trust and love we expect our children to experience in the future.

What can parents do to build their child’s firewall?

Be proactive, be preventative. Like most things it’s helpful for parents to begin the conversation before their child becomes interested in porn. Younger kids are more likely to see the parent as a dependable source of information. By the time they are teenagers peers become the reliable source and peer pressure and curiosity can lead them down a path of unrealistic expectations and perhaps, even addiction.

Be open. Most kids won’t tell their parents because they know they shouldn’t be looking at that stuff and, worst of all, you might take the technology away from them. Be honest, for many of us that might be our first reaction. But in hindsight it only prevents kids from telling us about their online experiences later on. It’s okay to say, “Thanks for telling me, I’ve had that happen too”, or “Let’s look into that together”.

more on page 2


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parentingideas.com.au

Parenting insights

Building parent-school partnerships

... Help your kids build their own firewall against online Nasties ...

Start by asking your child. Ask whether they have ever seen inappropriate photos online. Let them know that if it happens you expect they will come and tell you, assuring them they will not get into trouble and will not have the device taken away from them. You can suggest your child leaves a note for you if they see something online that makes them feel uncomfortable. This lets you know when they are ready to discuss it and gives you the chance to have a chat with them on the subject when you are ready.

Internet filters and porn blockers. These are important, but they are not a one-stop shop on protecting our kids. They can certainly help by minimising the risk of random porn attacks, but they won't safeguard them either. Even if we feel we have placed adequate measures within our own homes, children must, and do, go out into the wider world where they will have exposure that is beyond our control.

Developing internal filters is about getting kids to understand what pornography is, how it affects their brain, and coming up with strategies they can use when they are exposed to it. Children need to be able to make safer choices when they are in situations where content filters or adults are not monitoring their behaviour. It is normal for kids to be curious and as they head into the teenage years that curiosity peaks. As children grow they spend more time online and get exposed to more of the online world, with parents having less control over their viewing habits.

Parenting responsibility. Websites and governments are taking the minimum responsibility on these issues, so it has become primarily a parenting responsibility. Children can be protected and harm can be minimised by taking some common sense approaches. Parents need to establish their expectations about children's viewing; make sure communication devices are used in public places; install net nanny and firewalls where appropriate and don't be afraid to keep a check on websites your kids visit. Investigate how you can protect your children and minimise their exposure by installing a porn site blocker onto your internet connected devices. A quick Google search will provide some options which best suit your family.

Discussing about pornography need to be part of ongoing conversation within the family. Talking won't put your kids at increased risk; in fact, it increases their awareness and empowers them to make safer decisions when the time does come. Short, frequent discussions will help your child remember information – rather than one big long lecture. As bestselling author Steve Maraboli advised: "Take action! An inch of movement will bring you closer to your goals than a mile of intention."

Catherine Gerhardt


parentingideas.com.au

Mindfulness Course for Parents

If you are a parent of a child with a psychological, behavioral or developmental difficulty this course if for you!

"Mindfulness" refers to the practice of being attentive to the present moment in a focused, non-judgmental and open-minded manner. Mindfulness has been used therapeutically as a coping tool to better manage symptoms associated with all types of emotional distress including anxiety depression and stress.

This 5 weeks course will use practical mindfulness based exercises to help you develop new coping skills for dealing with the stress associated with being a parent.

Cost $100

Contact Details
For further information, or to secure a place in the course, please contact
Griffith University Gold Coast Campus
Psychology Clinic on
1800 188 295
Or E-mail
psychclinic-gc@griffith.edu.au
griffith.edu.au/health/clinics/psychologyclinic

Starting Dates 2015

First Course:
5 consecutive Tuesday mornings
9.30am – 11.30am
17th February – 17th March

Second Course:
5 consecutive Monday afternoons
10.30am – 12.30pm
2nd March – 30th March

Third Course:
5 consecutive Monday afternoons
5.00pm – 7.00pm
2nd March – 30th March

Fourth Course:
5 consecutive Monday mornings
9.30am – 11.30am
20th April – 18th May
Sensory Screening
For Families With Special Needs

Big Hero 6
Penguins Of Madagascar
Home
(Ticket9 Mar)
Tinkerbell;
Legend Of
The Neverbeast
(In Cinemas 2 Apr)
Minions
(In Cinemas 18 Jun)

SUN 15 FEB  SUN 15 MAR  SUN 26 APR  SUN 24 MAY  SUN 28 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
Neighbourhood Watch
is hosting a
Family Fun Day!

Heaps of FREE Activities
Face Painting
Meet our Emergency Services
Giant Inflatable Slide
African Drumming
Fun Interactive Displays

Random Fun with GMG Sports Training
Food Vendors Available!

Come along and meet your neighbours and connect with your local Community!

Heart of Helensvale

Heart of Helensvale

Connect with us online
Follow us on Twitter
Like us on Facebook

Stay informed
subscribe to the Coomera Blog
@ coomera.nhwq.org

Proudly supported by
CITY OF
GOLDCOAST.

Helensvale Neighbourhood Watch would like to acknowledge the generous support of Division 2 Councillor William Owen-Jones.

Saturday
14 March 2015
10AM – 2PM
Helensvale Lions Park
2 Discovery Drive, Helensvale

Welcome the world to your home

The Pyjama Foundation

THE LONG ROAD

REGISTER • FUNDRAISE • WALK

They’ve been down the long road already, take the long road for them.

Sunday 29 March

Hollindale Park, Seaworld Drive, Main Beach, Gold Coast

Sign in from 6.30am for a 7.00am start

For more information call Stephanie - 0422 663 200
or email stephanie@thepyjamafoundation.com

Register now to help children in foster care have a better future

www.thepyjamafoundation.com/upcoming-events

Welcome the world to your home

Why not host an overseas exchange student with AFS Intercultural Programs? We have participants due to arrive in July and they require volunteer host families for their stay in QLD.

Participants come for 8 weeks to 5 months and attend high schools or volunteer for organisations in the community. They come from countries including Switzerland, France, Italy, Germany and many more.

Make a friendship that can last a lifetime. For more information please call your local AFS volunteer Kelly Mudford on 0448 065 990 or contact the AFS Hosting team on 1300 131 736 or visit www.afs.org.au/host to make an inquiry!
Parli italiano...?
Host an Italian student!

Open your home to a true blue Italian student arriving in July!

Italy is much more than just pizza, pasta and the leaning tower of Pisa, and by hosting an Italian student in your home, you will get to learn all about Italy first hand!

Students are arriving in July and staying in Australia from 8 weeks to 6 months, they'll attend school, and live as part of your family - another son, daughter, brother or sister! Interested? Be quick to give us a call on 1300 131 736 to find out which students are still searching for families.

The Hosting Team at the AFS National Office on 1300 131 736 or at aus.hosting@afs.org

Connecting Lives, Sharing Cultures

Enquiries: 1300 131 736  Email: ausafs@afs.org
Website: www.afs.org.au/host
BECOME AN

ARTIE

ACADEMY TUTOR!

For more info visit: www.artie.net.au

Assist to ‘Close the Gap’ in educational outcomes for Indigenous students by volunteering for the ARTIE Academy Tutoring Program

OTHER BENEFITS INCLUDE:

★ Expense subsidies available on application
★ ARTIE Academy Tutor Uniform
★ Professional Development and Cultural Awareness training

This program is an initiative of and proudly supported by

# 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.

**3x Wednesday Afternoons 3pm to 5:30pm Starting On 18 March 2015**

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<th>Learn:</th>
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<tr>
<td>✓ How to discipline without arguing, yelling or smacking</td>
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<td>✓ How to sort behaviour</td>
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<td>✓ How to handle challenging and testing behaviours</td>
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<td>✓ Choosing your strategy, the three choices</td>
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<td>✓ Using emotion coaching to encourage good behaviour</td>
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<td>✓ 7 tactics for encouraging good behaviour</td>
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**Registration Fee?**
The course costs $15.00.

Register for this course contacting Nikki Condon at Studio Village Community Centre on 07 5529 8253.

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<th>What people are saying?</th>
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<td><strong>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!</strong></td>
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<tr>
<td>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.</td>
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<th>Who’s running it?</th>
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<td>The trainer for this course is Nikki Condon who completed the Parentshop® 1-2-3 Magic &amp; 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.</td>
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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