Term 3 Week 3  31/7/2014

Principal’s Message

Hit the Target,

Be at school by 8.45am

Dear Parents and Students,

As we complete the first third of this term it is timely to remind our community about the following issues which impact on a student’s learning from time to time. At all times we aim to ensure all issues are resolved in a timely manner and that your child’s learning continues appropriately.

Resolving Student Concerns

Parents, should you have any concerns in relation to your child, we would appreciate you following the appropriate procedures.

- Contact the class teacher directly by making an appointment to discuss your concerns
If you are unable to resolve the problem with your child’s teacher please make an appointment to see Deputy Principal for the specific sector.

I highly recommend that you write down your concerns so that you are clear on the actual issue(s) and can address specifics as they are explored in the discussion with your child’s teacher.

**Please note, under no circumstances is it appropriate to approach other people’s children.**

**Reporting follow-up**

Report cards were released at the end of last term electronically and emailed to parents. I trust all parents were able to sit down with their child/children and review the report card results and teacher comments. As I discussed on our final assembly before the holidays, the messages in the report card from the teacher provide a focus for improvement and it is recommended that parents revisit these learning goals with their child to make a commitment to personal improvement. Parent/Teacher conferences will be held later this term and information will be shared in the coming fortnight.

**Student Attendance**

The vast majority of students in our school attend regularly. With the National Curriculum, it is imperative that children attend every day to maintain learning continuity. Should your child be away for an extended periods of time please provide a medical certificate if they are sick or a letter of explanation regarding the absence. Thank you for your assistance. Our current attendance rate is currently 93%. For more information visit the Everyday Counts website - [http://education.qld.gov.au/everydaycounts/](http://education.qld.gov.au/everydaycounts/)

**Visiting Japanese Students**

Our Japanese visitors have quickly settled in to our school routine and have indicated via their buddies that they are thoroughly enjoying their Australian homestay family routines. Having just returned from Japan, the comparison between a typical Japanese home / unit is significant and I am sure our visitors would be enjoying the experience. I thank our teachers and student buddies for their commitment to making our visitors feel at home.

**Thought of the Week**

Lifelong learning should NOT be about, “waiting to fail “but, “seeking every opportunity to learn”.

Mike Shambrook

Principal

**News from the Deputies**

**From Ms Welch’s Desk**

NAIDOC Week
The school will be celebrating NAIDOC Week August 11th to 15th. There will be an assembly on Wednesday 13th August starting at 2pm.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. It's origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

**Congratulations to Michael Cacciola**

One of Michael's roles as a HPE teacher is to promote all sports and give students a chance to try various sporting codes. Last weekend he was nominated by one of our community members and past parent Mrs Jo Heslop and AFL QLD for his work with AFL. He was the Gold Coast regional nominee for “School AFL Ambassador of the Year”. Michael is enthusiastic in developing student skills across many sports, including AFL, and to be nominated for such awards is a bonus.

**From Mrs Donovan’s Desk**
Raising Space Cadets

Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

Know someone with a hair trigger? The smallest thing sets them off. That ‘thing’ maybe a cutting comment from someone, a nasty look or a thoughtless remark. Whatever it is, not a moment is taken to think, consider or weigh up options. They simply explode.

Anger exudes from every pore.

I know some adults like this. They are awful to live with. Their family walks on eggshells, not wanting to upset them. The troubles, they’ve been like that since childhood.

I also know some kids like this. I wonder if their hair trigger will remain into adulthood. Such kids, who are usually highly strung, need to learn to put a space between an event that leads to a reaction and their response. They need to become space cadets, learning how to stop think and act – all in a split second.

When a space cadet hears someone say something sarcastic he’ll pause for a split second while he thinks of different responses (ranging from doing nothing through to engaging in a bit of humorous banter) and only then choose the best of those responses. Some space cadets I know, who have been taught this skill, will call on their BEST SELF and choose the best response based on one that represents their values for that occasion.

Space cadets generally have healthier relationships as they are predictable, more considerate and better able to match their responses to their own BEST self.

Anyone who has ever regretted a remark they made to a child, loved one or workmate under duress will know what I mean. You felt that the remark ‘set yourself down’. Space cadets experience less of this guilt as they are more likely to make the right remark in the first place.

Space cadets have high emotional awareness which not only leads to better responses, but it also leads to better regulation of emotions and behaviour. That’s why the development of self-awareness is so important to long-term wellbeing, success and happiness than the development of self-esteem. If not, it’s on a par because it’s such a valuable skill to possess.

From Prep, Years 1, 2 and 3

2C NEWS – Semester 2- The Arts – Dance and Drama
2C students have revisited the art of syllabification to create a set of moves that match the beat of their first and second names. They have then taught each other these moves and put them together to form a dance. 2C students enjoyed this process and their dances were filmed so they could watch and critique their efforts. In addition to this, students are working in groups of three or more to create moves that suit the One Direction song “One Thing”. So far they have performed one line of the chorus and the choreography is great, in time and sync.

Below are a couple of photos of 2C students practising their dance routines.

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

From Years 4, 5, 6 and 7

6C Artwork

During the year 6C has produced various artworks using a range of media to express ideas and to establish appreciation of a variety of individualistic styles. Students have created both 2D and 3D pieces of art including the use of clay. These pictures show students working on 3D sculptures.

The teachers and students of 6C would like to thank Mrs Ann Mayfield who willingly gives her time each week to pass on her artistic knowledge and skills to our class.
6A - Parliament House Excursion

At the end of last term students from Grade 6 were given the opportunity to attend an excursion to Parliament House, Brisbane. On arrival to Parliament House, students were given some delicious biscuits and juice before the tour started. As we walked around Parliament House we were mesmerised by the amount of gold on the walls and on the ceiling. While we were there, we discussed the important people in our State Parliament. Students were then walked up the stairs and into the Green Room. The Green Chamber, also known as Legislative Assembly is where all members of Parliament sit to debate issues concerning the Queensland People.
This is the Speakers Green, looking back towards the Parliamentary Annexe.

Inside the Parliamentary Library – Wow it was amazing! There were books dating back to the 1800’s on the shelves.

Students were given the opportunity to participate in a role play debate.
EXCELLENCE @ HELENSVALE

- **Dance and Drama Excellence Auditions**
  - Monday 4th August from 3:45 – 4:45pm
- **e4e**
  - Applications due to HSHS Administration by Monday 4 August
- **Music Excellence**
  - USB/DVD to be submitted by Monday 4th August at HSHS Administration
- **EXCITE exam**
  - Tuesday 5th August @ 3:30 – 4:30pm
- **Art Excellence Workshop**
  - Wednesday 6th August from 3:30pm – 5pm
- **Japanese Excellence Exam**
  - Wednesday 6th August from 3:30pm – 4:30pm
- **Sports Excellence Trials**
  - Wednesday 6th August from 3:45pm – 5:15pm – Track and Field, Volleyball, Soccer, Rugby Union – both year levels
  - Thursday 7th August from 3:45pm – 5:15pm – Touch Football, AFL, Netball – both year levels
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>Wed 6th August</th>
<th>GC North District Athletics Trials Field Events(selected students)</th>
<th>Griffith University Track</th>
<th>$5.00</th>
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<tr>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Date</td>
<td>Event</td>
<td>Location</td>
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<td>--------------------</td>
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<tr>
<td>Thur 7th August</td>
<td>GC North District Athletics Trials Track Events (selected students)</td>
<td>Griffith University Track</td>
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<tr>
<td>Mon 25th August</td>
<td>Burleigh Heads National Park - Year 2 Morning-2B &amp; 2C</td>
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<td>$16.00 Payment closes 21/8/14</td>
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<td>Burleigh Heads National Park - Year 2 Afternoon-2D &amp; 2E</td>
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<td>Tues 26th August</td>
<td>Burleigh Heads National Park - Year 2 Morning-2F &amp; 2G</td>
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<tr>
<td></td>
<td>Burleigh Heads National Park - Year 2 Afternoon-2A</td>
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For Your Information
Whooping Cough (Pertussis)

Description:
Whooping cough (or pertussis) is a highly contagious respiratory infection caused by the bacterium Bordetella pertussis. It can affect babies, children, adolescents and adults. For adolescents and adults the infection may only cause an irritating, persistent cough. However, whooping cough can be life threatening for babies and young children, particularly those not fully protected by vaccination. During coughing attacks, a baby or child's breathing can be obstructed and they may become blue or stop breathing.

Symptoms:
Whooping cough may start like a cold, with a runny nose, sneezing and tiredness, and then the characteristic cough develops. These coughing bouts can be very severe and frightening, and may end with a crowing noise (the whoop). This occurs as air is drawn back into the chest, and can be followed by vomiting or gagging. Bouts of coughing may continue for many weeks even after treatment.

Infants under six months of age, vaccinated children, adolescents and adults often don’t have the typical whoop.

Transmission:
Whooping cough bacteria are highly infectious and are spread to other people by an infected person coughing and sneezing. The infection can also be passed on through direct contact with infected secretions from the mouth or nose. The time between exposure to the bacteria and getting sick is usually seven to ten days, but can be up to three weeks.

A person is most infectious in the early stages of their illness. Unless treated with antibiotics, a person is regarded as infectious for three weeks after the cough began.

Treatment:
Treatment is a full course of antibiotics which reduces the time a person is infectious to others. Antibiotics need to be given within 21 days of the start of general symptoms or within 14 days of the start of coughing. Antibiotics may reduce symptoms if given early.

Some people who have had close contact with an infected person may need to take antibiotics to prevent infection. This includes people at high risk of serious complications (eg, children aged less than one year who are not fully vaccinated and women near the end of their pregnancy) and others who live or work with people at risk.

Control:
A person with whooping cough should stay away from work, school, preschool and child-care until they have had at least 5 days of their course of antibiotics, or until 21 days after the cough began.

If children who have had less than three doses of whooping cough vaccine are close contacts of an infected person, they should stay away from preschool and childcare until they have taken a full course of antibiotics, or for 14 days after their last exposure to the infected person.

Prevention:
Vaccination is the most effective way to prevent whooping cough. The vaccine is recommended and available free for:
- all children at 2, 4 and 6 months of age and 4 years of age. Vaccines due at 2 months of age can be given from 6 weeks, and those due at 4 years can be given from 3 years 6 months
- Year 10 students (booster).

A booster dose is also recommended for any adults who haven't had a previous booster, particularly:
Whooping Cough (Pertussis)

- parents planning a pregnancy, or as soon as the baby is born
- anyone working with or caring for babies and young children, especially healthcare workers, childcare workers and grandparents.

Help and Assistance
For further information please contact your local doctor, community health centre, nearest public health unit or the 13HEALTH information line (13 43 25 84).

Other Resources and Related Content
- Immunise Australia website
- Whooping cough and immunisation - Queensland Health fact sheet

References

Students in grades (7,6,5,2,1,3A,3B) have been provided with an offer of oral health care examination card to take home.

If your child is enrolled in one of the grades listed above or are new to the school and did not receive an examination card and would like to arrange for your child to receive oral health care please contact the Oral Health Call Centre 1300 300 850. Monday to Friday 8.00 am – 4.30 pm Excluding Public Holidays.

If your child requires disability access please identify this requirement with the Call Centre Operator.

PE News

Last week we had members from the Helensvale Hawks Cricket Club conduct some clinics with some of the Prep, Year 1 and Year 2 Students. The students enjoyed trying the different skills cricket has to offer including batting and catching. Information on joining the Cricket Club is located in the Community News section below.

Year 6/7 Interhouse Sport
The Term 3 Friday Interhouse Year 6-7 Sporting competition kicked off last Friday. It was great to see the students participating to the best their ability and enjoying the variety of sports on offer. Each week the students will try a different sport to enhance their skills across a variety of sports, as well as participating in the friendly inter house rivalry that goes with sport.

Each week at each of the eight sports, the teacher in charge will select a “player of the day”. This person is a student who has not only demonstrated good skills in the game, but also promotes good sportsmanship, engages in fair play, encourages not only their team but the opposition, and plays in “the spirit of the game” We would like to thanks McDonalds Helensvale for their support in donating these awards.
## P & C News

### Helensvale State School

#### School Calendar Competition Winners

<table>
<thead>
<tr>
<th>Year</th>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>1st</td>
<td>Riley G</td>
</tr>
<tr>
<td></td>
<td>2nd</td>
<td>Jasper D</td>
</tr>
<tr>
<td></td>
<td>3rd</td>
<td>Jourdan J</td>
</tr>
<tr>
<td>Year 1</td>
<td>1st</td>
<td>Morgan W</td>
</tr>
<tr>
<td>Year 2</td>
<td>1st</td>
<td>Ellie M</td>
</tr>
<tr>
<td></td>
<td>2nd</td>
<td>Sydney K</td>
</tr>
<tr>
<td></td>
<td>3rd</td>
<td>Lachlan N</td>
</tr>
<tr>
<td>Year 3</td>
<td>1st</td>
<td>Amber K</td>
</tr>
<tr>
<td></td>
<td>2nd</td>
<td>Jaylan W</td>
</tr>
</tbody>
</table>
3rd Roslyn C

Year 4 1st Amelia G

Year 5 1st Charlotte B

2nd Jorja Y

3rd Poia V

Year 6 1st Ellie L

2nd Ella W

3rd Chelsea P

Year 7 1st Reanna H

2nd Adrianna D

3rd Kayla H

Bookclub

Your child will have brought home the Bookclub brochures this week.

This is a great way to purchase books at good value prices, while helping the school. Every order we place earns Rewards which we use to purchase books and resources. Just to give you an idea, last year we earnt nearly $3000 in rewards.

If you would like to place an order, please complete the Order Form on the back, place it in an envelope (along with your payment) and place in the Bookclub box in the Library.

Please ensure that your child's name and class is written on both the Order Form and envelope.

Payment methods accepted are:

1. Cash - please ensure only correct money is given as NO CHANGE can be given

2. Credit Card - follow the steps listed on the Order Form and don't forget to record your Receipt Number on the form

3. Cheque - made payable to Scholastic

The orders take about 2 weeks and will be delivered to your child's class.

The orders are due in by FRIDAY, 1 AUGUST.
Anna & Carole

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

Community News

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
COME & TRY
Any Skill Level!  Any Age!

Aussie T-Ball  Rookie Ball  Little League  Juniors - Seniors  Brisbane Bandits

COOMERA CUBS BASEBALL CLUB
SATURDAY 2ND & 9TH AUGUST

SIGN ON FOR ALL NEW & EXISTING JUNIOR TO SENIOR COOMERA CUBS PLAYERS!

ALL AUSSIE T-BALL REGISTRANTS GET A FREE PLAYER PACK
WITH A RAWLINGS BALL, GLOVE + MORE!

10AM - 2PM
AT COOMERA CUBS BASEBALL CLUB - 22 RIVERSDALE ROAD, OXENFORD

STILL HAVE QUESTIONS? PLEASE CONTACT:
NICK DAY - info@coomeracubs.com - 0400 000 046
SCOTT SHARPLES - cdo@coomeracubs.com - 0407 070 561
COOMERA.BASEBALL.COM.AU

Why not give Baseball a try this season? Find out more at:
www.qld.baseball.com.au

Get in the Game

Hinterland Tennis Club
55960308
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 boy's 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 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—coomeracomestouch@yahoo.com.au
Ph 0477 418 070

LJ Hooker
### SOUTHPORT CARRARA NETBALL ASSOCIATION INC.

PO Box 4069, Ashmore Plaza Qld 4214  
Tel: 5539 5195  
Fax: 5539 5904  
E-mail: scna@scna.org.au  
www.scna.org.au  
ABN: 12 480 521 881

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**NOMINATION FORM**  
**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 for girls and boys aged 8-12 who know 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 a 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, Queensland, Southport/Lebanon.
Cost is $49 for 8 weeks
Boys & Girls aged 7 - 12

SIGN UP TODAY AT T20BLAST.COM.AU

DONT MISS ANY OF THE ALL-NEW, ALL-EXCITING ACTION OF THE MILO T20 BLAST THIS SUMMER.
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)
2.2km Kids Mini Marathon

Leukaemia Foundation Queensland 2.2km Mini Marathon

Let the kids spirits run free in the final 2.2km of the full marathon course. Get your kids registered and participate in the Leukaemia Foundation Queensland 2.2km Kids Mini Marathon and put a smile on their little faces. The course will cover the final 2.2km distance of the full marathon distance even.

All kids mini marathon finishers receive a commemorative finishers medal upon crossing the finish line. Open to children under the age of 12. Age category prizes and awards will be presented to all Kids Mini Marathon age category place getters.

<table>
<thead>
<tr>
<th>Date</th>
<th>3 August 2014</th>
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<tbody>
<tr>
<td>Start time</td>
<td>10:15am</td>
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<tr>
<td>Course cut-off</td>
<td>11:00am</td>
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<td>U8</td>
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<td>Finisher Medal</td>
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<tr>
<td>Measurement</td>
<td>AIMS Certified 2.2km</td>
</tr>
<tr>
<td>Registration fees</td>
<td>SEB: $25</td>
</tr>
</tbody>
</table>

PARENTS RUNNING: Parents can accompany children free of charge in the 2.2km event.

Post event & pre-event information

Hydration: TBA
Post event recovery: Electrolytes, Water, Muffins, Fruit

Race Pack Collection Details

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Location</th>
<th>What to bring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 1 August 2:00pm - 6:00pm</td>
<td>Intraining Running Centre 33 Park Road Milton QLD (Click for location)</td>
<td>Confirmation registration receipt or Tax invoice or Race number confirmation email (received in race week)</td>
</tr>
<tr>
<td>Saturday 2 August 10:00am - 5:00pm</td>
<td>Intraining Running Centre 33 Park Road Milton QLD (Click for location)</td>
<td>Confirmation registration receipt or Tax invoice or Race number confirmation email (received in race week)</td>
</tr>
<tr>
<td>Sunday 3 August From 4:30am (NOT RECOMMENDED)</td>
<td>Brisbane Riverstage City Botanic Gardens (Click for location)</td>
<td>Race number confirmation email (received in race week)</td>
</tr>
</tbody>
</table>

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 http://www.triplep-steppingstones.net/au-en/get-help/find-a-stepping-stones-session/ or phone to register 3365 6499.

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

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

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