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From The Leadership Team

Term 4 Week 4 30/10/2014

Principal's Message



Hit the Target,

Be at school by 8.45am

Dear Parents and Helensvale Community,

On Friday 31st October we will be participating in the '**Day for Daniel**' which is a National Day of Action to raise awareness of child safety, protection and harm prevention.

The objectives of Day for Daniel are:

- To raise awareness about child safety and protection and to promote a safer community for children.
- To educate children regarding their personal safety and empower them to 'Recognise, React and Report'.

- To provide FREE safety and educational material.
- To honour the memory of Daniel Morcombe.
- To have over 1 million people Australia Wide to participate in Day for Daniel.

All students are invited to wear a **red t-shirt** and their HSS School shorts on the day. This is an awareness raising day and there is therefore no need for a money donation on this day.

For more information visit: <http://www.danielmorcombe.com.au/>

World Teacher's Day

On Friday 31st October we will also be celebrating World Teachers' Day which offers a chance to acknowledge our teachers and say thanks. Every day, Queensland teachers are making a difference educating and inspiring young Queenslanders.

World Teachers' Day is celebrated in more than 100 countries world-wide and was established by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to celebrate the role of teachers in society.

World Teachers' Day is held internationally on 5 October. As the day usually falls during school holidays, Queensland celebrates on the last Friday of October each year.

The day is a wonderful opportunity to draw public attention to the important role of teachers in our local communities.

To celebrate the fantastic team of teachers at our school who make a significant difference to the lives of the students they teach we will be hosting a morning tea on Friday 31st October, sponsored by the Queensland Teachers' Union. I would like to thank the QTU for their support and look forward to celebrating this special day with our teaching team. To see this year's World Teachers' Day video visit:

<http://www.youtube.com/watch?v=scarKlyTwbY&feature=youtu.be>

Student Excursions

This week our Year 7 students and their teachers have been at Maroon Dam on camp. Students have participated in a range of activities designed to develop their confidence and team work skills. Our Band students have participated in an excursion to the Queensland Orchestra and our Year 6 students have participated in a Japanese Teppanyuki experience. I look forward to students sharing details of these learning opportunities next week.

As we have experienced warmer weather this week please ensure your child has a water bottle with them each day and remind them to drink frequently. Our teachers have been reminding students to do this whilst they are at school.

I would like to take this opportunity to thank parents who have provided feedback for teachers to consider in the creation of classes for 2015. Teachers have begun this process and will continue working on these in the coming weeks.

Regards,

Samantha Donovan

A/Principal

News from the Deputies

From Mrs Donovan's Desk

INSIGHTS

by Michael Grose - Australia's No 1 parenting educator

Getting kids to school ON TIME!

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

"Come on Jack! Get a move on. School starts in ten minutes and you're not even dressed yet!"

If this scenario sounds familiar then you are not alone. Anecdotal evidence suggests that getting children to school or pre school on time can be one of the most difficult tasks for parents.

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Current research shows

that mornings for most children are the most productive time of the day with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do precious minutes are lost. A child who is fifteen minutes late to school each day misses one week of school every year.

How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

✓ **Establish a morning routine.**

Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven't fully prepared for the day.



✓ **Identify and remove distractions such as television.**

If the children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

✓ **Teach some of the basics of time management.**

The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

✓ **Arrive at school ten minutes early.**

Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

✓ **Model a good routine.**

It's pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well!

Published by Michael Grose
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From Prep, Years 1, 2 and 3

News from 2B

2B have just completed their Technology Assessment. The children were asked to design and then create a flag that represented a significant event, place or a group of people. They were asked to use original ideas as well as being creative with the presentation of their flags. The children included information regarding the colours and images they chose and what they represented. Here are Molly, James, Bradley and Skye with their flags.



The Beach

ANZAC Day

Australia

Gymnastics

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



From Years 4, 5, 6 and 7

6B News

Yesterday in the PAC, we had two representatives from North Burleigh Surf Lifesaving Club visit year 6. They came to talk to us about the flags, the signs used at the beach and how to give CPR. There were red flags, yellow flags, red and yellow flags, red and white flags and much much more. Some of the signs included Marine

Stingers, Sharks, and Large Waves etc. They also taught us about CPR. They had a little motto called **cows**. Each letter stands for something.

Can you hear me?

Open your eyes.

What's your name?

Squeeze my hands.

This helps show signs of life and whether your

body is functioning properly. There is also a thing called a **DEFIBULATOR**. It gives the body an electric shock. It can also tell you whether the heart is beating properly or not. It was very interesting.

By Patrick D



Yesterday 2 surf lifesavers from North Burleigh Surf Life Saving Club came to visit us for an hour and teach important life skills when at the beach . We were taught a variety of things such as what to do when caught in a rip, saving someones life, staying safe, understanding the flags and being aware of sea life . The two representatives Lauren and Aleina also taught us C.O.W.S which stands for Can you hear me, Open your eyes, What's your name and Squeeze my hands . So if you ever think someones not breathing or not sure if they're okay, ask them

C.O.W.S for a response. These skills will be useful now when at the beach and we will know what to do. We thank these volunteers for giving up their time and teaching us these important skills .

By Poppy A



The Lolli-pop workers help us to cross the road safely

School News

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

Thur 30th October	Japanese Excursion- Year 6 11:30 6E 1:00 6B
Fri 31st October	Japanese Excursion- Year 6 11:30 6A 1:00 6C
Fr 31st October	Day for Daniel
Mon 3rd Nov- Fri 21st Nov	School Swimming Years 1-5



Week 3 - Focus Skill



Helensvale State School

Focus Skill

"Getting to class after the bell"

School rule: *Be safe, Be a learner* You can do it key: *Organisation*

At Helensvale our school day starts at **8.45am**. This is when the first bell rings in the morning.

This is the signal to go to class and be ready and organised to enter the room to start learning time.



At **8.50am** the roll is marked and if you are not in class by this time you need to go to the office to collect a late slip. Learning time starts at 8.55am.

After morning tea the first bell rings at **11.30am**. This is the signal to start moving back to class, get a drink and go to the toilet.

ALL GAMES STOP and you should return any sports equipment to the sports bins in your play area.



At **11.35am** the second bell rings and by this time you should be outside your classroom lined up ready to re-enter for learning time.

The playground looks like this.....



....**EMPTY.**

Everyone is back in class.



At lunch time we do the same thing. The bell rings at **1.40pm**. This is the signal to start moving back to class, get a drink and go to the toilet.

ALL GAMES STOP and you should return any sports equipment to the sports bins in your play area.

At **1.45pm** the second bell rings and by this time you should be outside your classroom lined up ready to re-enter for learning.



PE News

Swimming Timetable 2014

Mon/Wed/Fri of Week 5 / 6 / 7

Commencing Monday 3rd November

Swimming Time				
9.00-9.30	1a	5d	2d	3a
9.30-10.00	1b	1c	3b	4e
10.00-10.30	5e	2g	1e	5b
10.30-11.00	1d	4b	4a	2a
11.00-11.30				
11.30-12.00	3f	4c	2f	3c
12.00-12.30	2c	3d	2b	5c
12.30-1.00	5a	2e	3e	4d

Listed above are the swimming times for the Year 1-5 Students. Parents are cordially invited to attend lessons. If you have any further questions about the swimming program please contact Mr Michael Cacciola, HPE Teacher.

What students bring on swimming days

Students are reminded to bring with them **togs/swimwear, towel and rashie/sunshirt** that are **clearly named**. Swimming caps (preferred) and goggles (optional) must also be clearly named. Classes swimming in the morning may be instructed by their class teacher to wear their swimmers under their uniform (a reminder that full uniform must be worn on the outside). Please check with your class teacher.

The importance of the Helensvale Swimming Program

Swimming is not just a “learn to swim program” for the younger students, but teaches water confidence and stroke development to advance already competent swimmers. In every area of the curriculum teachers differentiate to ensure learning is relevant to every student and the learning activities are pitched at a level which challenges the students. Swimming is just another area of the curriculum where we want to give every student the opportunity to improve and extend their learning. Many students can swim and with some advice, coaching and expert knowledge, students can become faster, stronger more confident swimmers.

As we live on the Gold Coast, Queensland, we have access to a range of water sports and swimming situations including beaches and pools.



Swimming is an integral part of the Health and Physical Education curriculum and the opportunity to access an accredited swimming program is important. A swimming program also raises awareness of the benefits and enjoyment that swimming provides and encourages students to continue with swimming as a recreational activity. Swimming offers another form of physical fitness to build healthy bodies and address social concerns about childhood obesity.

The timing of our swimming program being at the end of the year is to minimise the impact of learning at other busy times of the year and to revise those important swimming and water safety skills ready for our summer months.



Congratulations to Jazzy M who competed in the Qld Open Water Champs on the weekend at Kawana Waters. She was the second 12yr old to finish the 5km event and swam under the 13yr girls National qualifying time. The Australian Champs are being held in Perth in February next year.

We wish her all the best in this competition.

YMCA

YMCA Helensvale OSHC

Phone 07 56659216

Mobile: 0438166533

ahv@ymcabrisbane.org

Important Notices from your Coordinator:

Term 4 is well under way, with our children having a wonderful time during Pupil Free day. Activities were Halloween based, with children creating some wonderful monsters, clay skulls, and ghost masks. The excitement is building as the children countdown to Halloween on the 31st October and then onto Xmas.

Team members are busy planning our wonderful Xmas Vacation Care, Holiday Club booking forms will be out shortly.

We are in the process of relicensing and will be providing care for 135 children per session. The relicensing should be finalised shortly.

2015 Enrolment forms are out and I have emailed all existing families. For new families please phone or call into our service to pick up a hard copy.

If you would like a personalised tour or to get to know more, please make a booking with any of our team members.

Active After- School Care this Term is:

- Monday Cheerleading
- Tuesday Junior Baseball
- Thursday Senior Baseball

Pupil Free Day – Early Halloween





P & C News

TUCKSHOP VOLUNTEERS

This has become extremely URGENT..... we desperately need volunteers to enable us to keep all windows of the tuckshop open at Morning Break and Lunch. Volunteers required all days but especially TUESDAYS.... We would even love to see some **grandparents** come and help. You get to meet some lovely people, have a chat and most importantly help us to keep the tuckshop open. If you have a day to offer then please contact Tracy Wall at the Tuckshop.

CALENDARS

These celebration calendars are available for \$10 and all proceeds are going the **UPGRADE THE TUCKSHOP**. Please show your support to this very needy venture and we would also like to thank the **Bendigo Bank** who has provided us with these calendars. Available at the Tuckshop, Uniform Shop and Office.

PORTRAITS – 15th & 16th November

Remember to book your appointment for a beautiful family portrait, online at <http://www.borderstudios.com.au/> or phone Kate on 0410 101 669. A beautiful 10x13 canvas for only \$25 and packages from \$179....

FRIDGE/FREEZER REQUIRED

Mrs McCrae and staff in the Community Room desperately would love a small fridge freezer for their room. This will enable them to store and make food for some of our students, Also any non-perishable food items would be very much appreciated. If you have a fridge/freezer that you would like to donate then please phone Lisa Rae 0406 920 317.

WORLD TEACHER DAY FRIDAY 31st October

The HSS P&C Association on behalf of all our students would like to wish all of our teachers a big

HAPPY WORLD TEACHERS DAY....

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



Community News



APPLICATIONS FOR 2015 BUS PASSES ARE DUE NOW

ALL NEW PASSENGERS FOR 2015

To ensure timely distribution of bus passes in the New Year, please submit your application before the end of November 2014.

IMPORTANT INFORMATION FOR EXISTING BUS PASS HOLDERS

At the end of each school year, please ensure that the current pass is retained to be used in the new school year until the new pass is issued.

Students with an existing bus pass need only re-apply for a 2015 bus pass if your child

- is moving from Primary to Secondary School
- is repeating a grade
- is changing their home address or school

ELIGIBILITY AND APPLICATION FORMS

Information on the School Transport Assistance Scheme (STAS), eligibility and application forms is available from TransLink <http://translink.com.au/tickets-and-fares/other-tickets/school-tickets-and-fares>

PLEASE RETURN COMPLETED APPLICATIONS TO

Surfside Buslines

PO Box 3036

ROBINA

Q 4230

Email schools@tagroup.net.au or Fax 5571 6556

Applications will be processed over the Christmas school holidays. Once applications are approved, bus passes are sent to school for collection. Please allow 10-15 working days from the start of Term One 2015.

Prior to Government approval of bus travel assistance, all students can travel by bus to school using a TransLink gocard.

REMINDER

A valid bus pass must be produced TO THE DRIVER or the relevant fare paid via cash or go card. Information on fares, go cards, zones and bus timetables is available from TransLink <http://translink.com.au/> or phone 13 12 30.



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 **Thursday Morning** **5pm to 7:30pm** or **9:30am to noon** **Starting On** **5 NOVEMBER 2014** or **Starting On** **27 NOVEMBER 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 ParentsShop[®] 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 ParentsShop[®] licensed practitioner. www.parentsshop.com.au

Cartoon Art Club

Due to popular demand, cartoon art club on Thursday afternoons will be on right up to the 4th December (Thursday week 9).

New and returning students welcome.

For details call Wolf on 0414 746420.

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Just turn up or call David on 0447514505 for more info

Regards

David Hinds Shihan

Dai Sensei

Hyung Chi Do Martial Art Academy

A.B.N.: 47 134 724 404

e: david.hinds@hyungchido.com

w: <http://www.hcd.net.au/>

m: 0447 514



NETBALL SCHOOL

HOLIDAY CLINIC

SATURDAY 17TH JANUARY 2015

Helensvale Netball Club will be holding their annual holiday coaching clinic to be run by NGCNA qualified coaches for all players aged 5-10years.

Holiday clinics teach the essential skills necessary for future netball success. These skills are the foundation for technical ability.

Clinics focus on technique, ball control, shooting, defence, passing, footwork and most importantly FUN!

So come along with your sporty netball buddies and get ready to learn a whole lot more about netball.

Any players registered at any NGCNA club welcome to attend. New players welcome.

DATE: SATURDAY 17TH JANUARY 2015

TIME: 8:30AM – 12:00PM

**WHERE: NETBALL COURTS, VINEY PARK,
YAUN ST, COOMERA**

WHO: 5-10YEAR OLDS

COST: \$25

RSVP: ERIN HODGKIN 0432 604 277

OR EMAIL president@helensvalenethall.org

SO COME AND LEARN TO PLAY NETBALL

505

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