22 August 2013

PRINCIPAL’S REPORT

One Student, One Community, Many Futures Junior Secondary Update

The progress towards beginning construction of our new 20 classroom Junior Secondary building is progressing well. The architects have been working closely with our school to fine tune the design and classroom layout. The building will represent a state of the art facility that will enable and support our staff and students to maximise learning. As part of the program we are also designing a playground area that will encourage physical activity both during lesson time and break time.

We have also been working closely with our partner primary schools to better align how we teach and best cater for the learning needs of the students as they make the transition to high school. It will be an exciting time over the next few years as we welcome Year 7 to high school in 2015.

Our School ACE Awards

This semester we modified the ACE Awards to better align with our whole school learning values of being a Respectful Learner, Resilient Learner and Responsible Learner. Academic performance is still central to the ACE ceremony but we have added some other recognition awards that will not be part of our end of year Academic Award presentation and are designed to reward students for their attendance, behaviour and improvement.

The award categories were:

Academic Achievement Award

The Academic Achievement Award is given to students who have demonstrated outstanding application and diligence to personal academic performance. Recipients of this award have achieved at least 4 A’s in their subjects.

Resilient Learner Award

The Resilient Learner Award is bestowed on students who have demonstrated the personal drive and motivation to continually seek improvement. Recipients of this award have applied these characteristics to improve their academic results by at least 1 whole level of achievement in 3 (.5 GPA improvement) or more subject areas since their last full academic report.

Responsible Learner Award

The Responsible Learner Award is presented to students who have lived the school’s belief that ‘It is Not OK to Be Away, because Learning is Our Business’. Recipients of this award are students who have had 100% attendance at school in Semester 1. This attendance takes into consideration students who have attended school related functions including school based traineeships, camps, excursions and representative sport.

Respectful Learner Award

The Respectful Learner Award is presented to students who have demonstrated the persistence and diligence to uphold our learning vision of being respectful, responsible and ethical citizens within our school. Recipients of this award are students who have displayed excellent behaviour and effort throughout Semester 1, 2013 as reported by teachers on the recent Semester 1 report card.

Thank you to all the parents and carers who attended the ceremony. Your support for our school and student learning is really appreciated.

Mark Blackshaw
Executive Principal

JESSICA KILLIAN – WINNER SALUTE TO EXCELLENCE IN COOKERY - 2013

Congratulations to Jessica Kilian, (Year 12 Hospitality) who won ‘Salute to Excellence in Cookery’ for the QTC Awards. This was a Queensland competition for both state and private high schools and students in Year 12 Hospitality attended a full day competing at the Southbank Institute of Technology during the June/July holidays. Helensvale State High School competed against Maroochydore State High School, All Saints Anglican School, St. Ursula’s College, Trinity Lutheran College and Southern Cross Catholic College.

The students were interviewed by professional chefs, completed an unseen written exam and participated in a practical cookery test. To the student’s surprise, they were given a ‘mystery box’ of ingredients and had to fillet a fish and use scallops, to produce a main meal and entree.

Jessica used her time well and displayed high quality skills and presentation for both dishes. This was judged by executive chefs from ARIA Restaurant and the Brisbane Convention and Entertainment Centre. Jessica also received a perfect score in her written test and was confident in her interview.
Jessica received this outstanding award from the State Minister of Education, John Paul Langbrook. This award also includes a two week work experience at Matt Moran’s Restaurant – ‘ARIA’ in Brisbane. Jessica is looking forward to working with the chefs at this famous restaurant and appreciates the opportunity this ‘Excellence Award’ gives her toward her career in the Hospitality Industry.

A special mention is also extended to Taylor Richardson and Loren Morrow who competed well in this ‘Salute to Excellence’ in Cookery. Helensvale State High School can be very proud of these Year 12 Hospitality students for their dedication, effort and positive approach that they all displayed throughout this event. The Hospitality Industry can certainly admire these rising young chefs of the future.

**Stephanie E. Wright,**
**Head of Department – Home Economics**

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**JUNIOR ACF COMPETITION – YEAR 10**

**HOSPITALITY SUCCESS – 2013**

In late July, Helensvale State High School entered two teams in the Hot Cookery Junior ACF competition which was held at the Ashmore TAFE. Congratulations are extended to:

Tyla Phillips and Amy Morris – Silver Medal
Rhiarna Millard and Brandon Stevens – Bronze Medal

Here, students worked in pairs and had to prepare and present two main meals to high quality Industry standards in 1½ hours. These teams developed their skills and were mentored by executive chef, Brian Meade from the Gold Coast Arts Centre. His expertise, time and dedication were greatly appreciated by the students who practised with his guidance under Industry conditions. This was a fantastic opportunity for the Year 10 Hospitality students to work with professional chefs within our community.

Helensvale State High School can be very proud of their success and commitment to this Junior ACF Competition. A special mention is recognised for Rhiarna Millard’s huge effort in replacing Zac Fischer, who broke his arm. Rhiarna had to learn the skills and techniques in only four days before the competition. Her true team spirit and resilience on such short notice was outstanding.

Well done to all Year 10 Hospitality students involved. Your diligence at the practice sessions and desire to do your best is encouraging for young chefs of the future.

**Stephanie E. Wright**
**HOD – Home Economics**

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**HOSPITALITY SUCCESS – THE HEAT IS ON!**

**SENIOR ACF COMPETITION 2013**

Helensvale State High School entered the Australian Culinary Federation (ACF) Secondary Schools Culinary Challenge on 10 August, 2013 and was extremely successful. This competition is an opportunity for Hospitality students from state, private and independent schools in Queensland, to showcase their cookery skills and present high quality food which is judged by professional chefs.

Congratulations are extended to:
EXCELLENCE AWARD
CATERING STUDENT OF THE YEAR Caitlin Fadian

Caitlin Fadian receiving her ‘Catering Student of the Year’ Award

HOT COOKERY

<table>
<thead>
<tr>
<th>Name</th>
<th>Award</th>
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<tbody>
<tr>
<td>Robert Orton &amp; Cameron Phillips</td>
<td>Bronze</td>
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<tr>
<td>Jason Goldsmith and Lachlan Howgego</td>
<td>Bronze</td>
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<tr>
<td>Taylor Richardson and Loren Morrow</td>
<td>Bronze</td>
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<tr>
<td>Miah Winton and Caitlin Fadian</td>
<td>Bronze</td>
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<tr>
<td>Jessica Wagstaff and Jessica Bretag</td>
<td>Bronze</td>
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</tbody>
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CAKE

<table>
<thead>
<tr>
<th>Name</th>
<th>Award</th>
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<tbody>
<tr>
<td>Jessica Killian</td>
<td>Merit</td>
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<tr>
<td>Loren Morrow</td>
<td>Bronze</td>
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<tr>
<td>Jessica Wagstaff</td>
<td>Silver</td>
</tr>
<tr>
<td>Taylor Richardson</td>
<td>Silver</td>
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Helensvale State High School has now won ‘Catering Student of the Year’ for the eleventh year in succession and can be extremely proud of this result. This result has not been met by any other school so far in this competition.

The students are to be congratulated on their dedication and commitment in their practice session for this competition. The judges were impressed by the high standard of skills displayed in the static and hot cookery sections. This triumphant success would not have been possible without the strong support from our community partnerships, dedicated Home Economics/Hospitality teachers, teacher aide and committed students and parents.

A sincere ‘thank you’ is therefore extended to our past students, who are now qualified chefs - Nathan McKean, Jesse-Lee Lace (Chill on Tedder), Molly Davis (Cedar Creek Resort), Dylan Robertson (Jupiter’s Casino), Liam Burrows (Gold Coast Convention and Entertainment Centre), Daniel Ward (Jupiter’s Casino) and Jayde Mifsud for their devotion of time, outstanding guidance and sharing of professional expertise and skills, when mentoring the students for the hot cookery and static section of the ACF Competition. A special ‘thank you’ is also acknowledged to Barbara Bateman for her expert tuition in cake icing for the highly decorated sugar craft cakes.

The special assistance of high quality chicken from Chicken Delight and high quality fruit and vegetables from Pacific Avenue Wholesalers was also gratefully received and extremely appreciated by the Hospitality students. A ‘thank you’ is also to be acknowledged to Warner Bros. Movieworld, for the loan of their extra large Renaissance plates for this ACF Competition. This in turn, has helped contribute to promote opportunities for the young chefs of the future.

It is now with excitement that we look forward to the 2014 ACF Secondary School Culinary Challenge.

Stephanie E. Wright
ACF Co-ordinator
Head of Department – Home Economics
QAMT YEAR 8 MATHEMATICS QUIZ
The annual Queensland Association of Mathematics Teachers Year 8 Mathematics Quiz for the Gold Coast region was held recently at Varsity College. The competition consisted of questions related to estimation, problem solving and general mathematical knowledge. The Helensvale High team of Samantha Ash, Esther Cho and Kyle Dryburgh represented the school with pride and are to be congratulated on their third place. I would also like to thank the parents who attended the competition for all of their support and encouragement. A great night was had by all.

Andrea Hauff
Teacher

Samantha Ash, Esther Cho and Kyle Dryburgh representing Helensvale SHS in the Gold Coast Region Mathematics quiz.

QUEENSLAND CORE SKILLS TEST
Our Year 12 QCS students will be sitting these tests on the 3rd & 4th of September. These two days of testing are critical to students wishing to gain entry into university courses. The students have been participating in a rigorous preparation program during PEP over the past year and I believe that they are truly ready and determined to do their best. Stationery packs are available from the Uniform Shop at a cost of $17 which contains all the required materials for the QCS Test. Being organised will alleviate any extra pressure on the test days.

Term 3 is the busiest term of a Year 12 student’s schooling and it is important they are balancing their school work with their part-time work and extra-curricular activities. Time management is critical in the lead-up to finalising of assignment work and end-of-term exams. Students also need to ensure that they are keeping healthy, eating the right foods and getting plenty of rest. As parents, you are best at monitoring your child’s stress levels and supporting them through this very important time.

I would like to take this time to thanks the Year 12 QCS cohort for their determination, dedication and positivity in ensuring as a team we get the best possible results for Helensvale SHS.

Year 11 OP Estimations
Currently, we are in the process of conducting OP estimation interviews with all OP-eligible students. Whilst some students have worked extremely hard and achieved fantastic results, many students I have interviewed have under-estimated the academic rigour of the OP Pathway and therefore underachieved.

It is recommended that a student completing OP subjects dedicate two hours of study per night to be successful. This study may be revision or summarising class notes, preparing for assignments or exams. They should also seek frequent feedback through drafting from their class teachers to identify areas for improvement.

Year 11 students in the OP Pathway and other Personalised and Industry Pathway students who have decided to sit the Queensland Core Skills Test have also begun a preparation program in PEP. This course is designed to familiarise them with the format of the tests and test strategies to assist them in completing two days of practice testing on the 5th & 6th of September. It is important that every Year 11 student intending to sit these tests next year is present on these days. The results from this initial testing will assist in developing a personalised program aimed at improving particular skills required.

Nicole Brazeau
Head of Department, Academic Performance

YEAR 11 PHYSICS
Since the start of Term 3, the Year 11 Physics students had been learning the physics of structures and materials. The students were getting their hands dirty to make concrete samples to be tested. On 13th of August, the concrete samples were tested in the engineering laboratory of Griffith University where the students collected data for their assessment. On top of that, they were given guided tours of the university campus facilities and a glimpse of university life. The staff at Griffith University had commented on how well the students conducted themselves and showed interest in Science and Engineering. Let us wish the students all the best with their up and coming assessment.

Special thanks to our Scientific Laboratory Technician, Liz Hall, for assisting in the making of concrete samples and being our photographer on the day of the excursion as well as our Year 11 Physics Coordinator, Tony Misevski, for organising the excursion for 2 years in a row!
NATIONAL SCIENCE WEEK – VISITING SCIENTIST (FORENSIC BIOLOGIST)

Forensic Biologist, Kirsty Wright from Griffith University Nathan campus presented a talk about her career to students in Year 10 Science. She outlined the role that DNA plays in solving real crimes and identifying bodies during disasters, including the Bali bombing and the Boxing Day tsunami. Her presentation provided the year 10 students with real case studies and a fantastic insight into her career as a forensic biologist. This was very useful to the Year 10 students who have been studying genetics, including DNA technology, this term in science.

All classes were well behaved and interested. The students answered the questions posed by Kirsty, as well as asking some really intelligent questions themselves.

We really appreciate Kirsty coming to the school and presenting this to the year 10s with such an interesting and relevant talk.

Rio Tinto Big Science competition

Congratulations to the following students who participated in this Australian wide competition that tested student’s knowledge, understanding and skills in all areas of science: Biology, Chemistry, Physics and Earth and Space.

<table>
<thead>
<tr>
<th>High Distinction</th>
<th>Distinction</th>
<th>Credit</th>
<th>Participation</th>
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<tr>
<td>YEAR 8</td>
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<td>YEAR 9</td>
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<td>Adam Gardiner</td>
<td>Casey-Lee Beck</td>
<td>Tahlia Alexander-Morpeh</td>
<td>Cameron Andrews</td>
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<td>Danielle Vaughan</td>
<td>Sam Bennett</td>
<td>Serena Cannell</td>
<td>Bethany Jane Ash</td>
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<td>Joshua Brennan</td>
<td>Esther Cho</td>
<td>Charlie Baird</td>
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<td>Adam Brentnall</td>
<td>Gabi Cooper</td>
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<td>Mckayla Dow</td>
<td>Daniel Farquhar</td>
<td>Lachlan Jay</td>
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<td>Keyra June Gardiner</td>
<td>Tyla Ford</td>
<td>Christoffel</td>
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<td></td>
<td>Liam Manners</td>
<td>Daniel Getzler</td>
<td>Kiran Fernandez</td>
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<td></td>
<td>William McLean</td>
<td>Natalie Ise</td>
<td>Keeley Hunter</td>
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<td>Kayla Spencer</td>
<td>Jay Kwon</td>
<td>Kameryn Jackson</td>
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<td>Kimberley Wong</td>
<td>Lauren McKenna</td>
<td>Amy Kelly</td>
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<td>Lachie Moore</td>
<td>Chloe Jayde</td>
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<td>Matthew Morris</td>
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<td>Christine Robyn Perry</td>
<td>Alexandra Kyle Lund</td>
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<td>Joshua Pettrman</td>
<td>Jacob Patrick Mowle</td>
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<td>Jackson Ryder</td>
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<td>Shasha Sun</td>
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<td>Ethan Wong</td>
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High Distinction: Kate Pilbeam, Kristil Plevey, Shae Mariah Revali, Shana Sun, Luc Van

Distinction: Benjamin Karston, Wesly Lee, Talia Potandt, Jarrod Pregun, Maley Rae, Isaac Robinson, Michelle Venter, James David Watts, Jake Wright

Credit: rio tinto big science competition

Participation: Rio Tinto Big Science competition

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<td>YEAR 9</td>
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<td>YEAR 9</td>
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<tr>
<td>Alicja Andraszek</td>
<td>Emma-Leigh Ball</td>
<td>Cameron Andrews</td>
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<td>Alicia Dalton</td>
<td>Alison de Nys</td>
<td>Bethany Jane Ash</td>
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<td>Mariana Reher</td>
<td>Tamika Roberts</td>
<td>Charlie Baird</td>
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<td>Ethan Wong</td>
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</table>

High Distinction: Brooke Bartlett, Ashley Birt, Maddison Chambers, Kelvin Choo, Logan Ellingham, Andrew English, Tahnee Fitzgerald, Jack Hargeaves, Grace Head, Ashleigh Hoggood, Faith Howells, Daniel Hwang, Ryan Jackson, Tayla Jarvis, Maddison Kable, Leona Mak, Clarann Mcclarnon, Kieran Murphy, Georgia Nicholson, Shelby Pinnington, Tamara Regan, Gabriella Roworth, Jessica Kate Sabin, Hayden Skiller, Alistair Stronach, Taneka Tezak, Emily Thompson, Devon Toogood, Joshua Waugh, Anastasia Williams, Shannon Williams.

Distinction: Rio Tinto Big Science competition

Credit: rio tinto big science competition

Participation: rio tinto big science competition
Fiona MacRae  
Head of Department, Science

GO CLUB HELENSVALE

The latest in a string of local businesses to hear about the Tony Lynch Memorial USA Academic Study Tour and offer financial assistance is local bowls club, Club Helensvale on Discovery Drive. Club Helensvale has donated one thousand dollars toward the overseas study tour.

Manager Len Brunt said, “It is great to be involved with the school to support this project”.

Organisers of the study tour can’t believe the amount of community support for the tour and as word gets out, more organisations like Club Helensvale are interested in assisting the group.

“It is great that the community sees the huge value this opportunity gives to the students. It is an opportunity that as a state school we are proud to offer and very grateful for the community participation that has helped us so much,” said organisers.

Organisers also urge the school community to utilise the facilities of the Club and support them the way the club has supported the school.

BENDIGO BANK GETS ON BOARD

The Helensvale branch of the Bendigo Bank have very kindly donated 2 x $500 bank accounts which are to be raffled off in aid of the Helensvale State High School, Tony Lynch Memorial USA Science Academic tour.

Management from the Bendigo Bank has applauded the efforts of organisers of the tour and are “very pleased to be able to be involved in community events like this, especially forming this relationship with local schools”.

Bendigo Bank representative Maris Dirks will be drawing the winners of the raffle at a school parade on August 23. Organisers of the tour are grateful for the sponsorship given by Bendigo Bank and hope the community partnership forged will extend to future opportunities for the school.

“Let’s get behind the people who get behind us,” said tour organisers.
Michael Crone, Liam Chapman and Lianna Bond. The entire cast were also praised by the adjudicator for their ability to work as an ensemble cast and their challenging and ‘authentic’ work. I am exceptionally proud of this class and the work ethic they have displayed throughout this process.

Collette Wilson
Year 8 Drama Excellence teacher

DANCE TROUPE

This year at Helensvale State High School an elite dance troupe program has been created. This allows the students to develop skills, knowledge and understanding of dance through technique classes and many performance opportunities. Students from years 10, 11 and 12 were given the opportunity to try out. The students went through vigorous auditions before 16 were chosen.

This group developed due to the outstanding enthusiasm demonstrated in the Dance Department. The passionate group have been rehearsing every Wednesday to learn new routines for Gold Coast Eisteddfod. The students have dedicated many hours of practice and have gelled together as a team. A big thank you to Molly Hunt the Dance Troupe Captain for doing a remarkable job during rehearsals and performances. Your hard work and dedication has been noted.

Throughout the year this dance troupe will participate in many events like dance competitions, school dance events such as DanceEd in the Spotlight and awards nights performances.

The first major event is coming up on Friday 16th August where they’re competing at the Gold Coast Dance Eisteddfod against 60 of the Gold Coast and Brisbane’s top performing dance schools.

Miss Kelly and Miss O’Flaherty would like to wish the Dance Troupe the best of luck at the Gold Coast Eisteddfod we’re very proud of your hard work and dedication to this group.

2013 REGIONAL NAIDOC AWARDS

Congratulations to Liam Miller-Little who has been successful in being recognized for his leadership qualities by receiving a 2013 Regional NAIDOC Award.

Brian Streatfield (Assistant Regional Director South East Region) stated “The calibre of students applying was outstanding and you should be proud of all of your applicants.”

Liam is one of our cultural leaders and he is well positioned to further his leadership skills in the armed forces in the near future.

Congratulations Liam we are certainly proud of Liam here at Helensvale State High School.

NAIDOC ASSEMBLIES

Originally standing for National Aborigines and Islanders Day Observance Committee, NAIDOC was once responsible for organising national events to be held across Australia each July. However, NAIDOC has now become the week itself, celebrating our History, Culture and Achievements of Aboriginal and Torres Strait Islander People, providing us the opportunity to publicly recognise contributions of Indigenous Australians in various fields.

This year’s theme is we value the vision: YIRRKALA BARK PETITIONS 1963. This theme proudly celebrates the 50th anniversary of the presentation of the Yirrkala Bark Petitions to the Federal Parliament. The two bark petitions, sent from the Yolngu people of Yirrkala in northeast Arnhem Land protested the Commonwealth’s granting of mining rights on land excised
from Arnhem Land reserve. The Yolngu people sought recognition of their traditional rights and ownership of their lands by the Australian Parliament.

“We value the foresight, strength and determination of the Yolngu people whose bark petitions set into motion a long process of legislative and constitutional reforms for Aboriginal and Torres Strait Islander people.”

This year we held two assemblies, one for juniors and one for the senior school. We had the honour of having elder Uncle Graham Dillon conduct the Welcome to Country and we played the national anthem in both Yugambeh language and English. Our aim for next year’s celebrations is to have our students learn the Yugambeh version and perform themselves. World renowned Aboriginal dance troupe, Bundjalung Kunjiel performed traditional dances and the students learnt a lot about the Aboriginal culture during this performance.

This assembly complimented the indigenous studies students are engaged in classes in English, History and Art.

We thank the parents and special guests who took the time to attend and join the students in this very special celebration in our school.

Attention:: NEW ZEALAND CITIZENS

Carley O’Connell will be presenting a brief information session for New Zealand Citizens on August 27th at 7pm (subject selection evening). Please take note of this time and come along to gain insight into how becoming a permanent resident may provide a benefit to your tertiary study costs. Suitable for years 8, 9, 10 + NZ students only.

INDUSTRY AT WORK AT HELENSVALE

Congratulations to the following year 11 & 12 students who have been successful in gaining a School Based Traineeship / Apprenticeship in the last month. If you are in Year 11 and interested in starting a School based Traineeship/Apprenticeship, see Mrs Ford in SM02 NOW!!!

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Qualification and Industry Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandon Parker</td>
<td>Commercial Cookery Apprenticeship – Beenleigh Bowls Club</td>
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<tr>
<td>Tia Windelburn</td>
<td>Retail Traineeship</td>
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<tr>
<td>Kain Duncan</td>
<td>Automotive Apprenticeship – Prestige Cars</td>
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<tr>
<td>Benji Lyvidikos</td>
<td>Sporting Traineeship</td>
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<tr>
<td>Brittany McCudden</td>
<td>Hospitality Traineeship Boomerangs Play Centre</td>
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<tr>
<td>Dayle Mathison</td>
<td>Commercial Cookery Apprenticeship – Tipplers Licensed Cafe</td>
</tr>
</tbody>
</table>

EXTERNAL COURSES – only available for Year 11s & 12s

Applications closing soon – please see Mrs Ford in SM02 for registration form

When thinking about participating in an External Course/School Based Apprenticeship or Traineeship, you need to consider:

- Is the certificate course suitable for the student?
- Will it help with the student’s career pathway?
- Student must not be OP Eligible to participate

At Helensvale SHS we offer a variety of External Programs for our senior students to gain qualifications that we do not offer. School based apprenticeships and traineeships are just one way to gain a nationally recognised qualification.

Gold Coast Institute of TAFE offers a great number of courses for our Year 11 & 12 students. If you have any questions regarding whether your child is eligible, please contact Paulina Ford (details below).

Gold Coast Institute of TAFE have the following courses available for students in Year 11 & 12 2013

Year 11 (2013) Students can only apply for 6 months to 1 Year Courses
Year 10 (2013) Students can apply for either 6 months, 1 Year or 2 Year Courses

- Cert I Boating – 6 months
- Cert II Electrotechnology (need to have a high level of maths ability to apply) – 18 months
- Cert III Fitness – 2 years
- Cert III Tourism / Events – 2 years
- Cert II Hairdressing – 1 year
- Cert II Retail Cosmetics – application and product knowledge – 1 year
- Cert II Automotive – 1 year
- Cert I Engineering – metal fabrication, welding – 1 year
- Cert III Live Production, Theatre & Events – Coomera Tafe – 1 year

Paulina Ford
Industry Liaison Officer
Phone: 55738545 email: pford2@eq.edu.au

SCHOOL TOURS – NEW ENROLMENTS

Are you considering enrolling a new student to our school? Tour our school with the Principal – Fridays at 10:30am. Please contact the office for bookings (5573 8555 or admin@helensvaleshs.eq.edu.au)

ORAL HEALTH SERVICE

Students in grades (10A, 10B, 10C, 10D) have been provided with an offer of oral health care pack to take home.

The pack includes:

- Child & adolescent Oral Health Service brochure
- Examination card
If your child is enrolled in one of the grades listed above and did not receive an offer of care pack and you 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.

DISCOVER SAILING DAY

If you are interested in sailing, why not go to the Southport Sailing Club on Saturday 24 August for a free introduction to sailing.

For further information, click on the following icon.

TOUCHED BY CANCER CARNIVAL

The event is primarily held to help create community awareness about prostate cancer and raise much needed funds for the Gold Coast Prostate Cancer Support and Network Group. In Australia 2,700 men die from prostate cancer each year – more than the number of women who die from breast cancer. Effectively this means if you are in a men’s touch football team you can expect 1 to 2 of your team mates to one day be diagnosed with prostate cancer.

The 2011 TBC carnival raised $7115, tallying to a total of over $70,000 raised and donated over the last 9 years.

The carnival which has various age divisions from juniors through to seniors is also designed to introduce beginners to the game of touch by playing in the social divisions. Many of the beginners have such a fun day they return with teams in the regular weekly competition.

In addition, there is a competitive Opens division with $1000 in prize money. The carnival has attracted some famous names in sport and touch because of the good cause that is supported and the high standard of competition, e.g. Benji Marshall, Preston Campbell, and Australian Touch Players such as Ryan Pollock, Nathan Jones, Drumayne (Drummie) Dayberge – Muir, Christy Taylor, Candice Alley.

There is also a special needs division where players with disabilities compete against one another with modified rules. Benji Marshall delighted the players in this division by taking to the field in one of their games. There were grins from ear to ear as the players were able to regale their stories of chasing down, or stepping Benji.

Now coming into its 11th year the TBC Carnival is fast becoming a major sporting fixture within the gold coast community and it raises the profile of any associated sponsors. Therefore the carnival runs a mega raffle with prizes from many sponsors. The raffle is designed to ensure that many people have the opportunity to win a prize.

With nearly 1000 participants young and old converging on the event last year, all divisions are played in a mixed format. This year’s carnival is on 20th October 2013; go to www.coomeracometstouch.net for more information.

WORKING WITH ANIMALS CAREERS EXPO - CURRUMBIN WILDLIFE SANCTUARY

Currumbin Wildlife Sanctuary is pleased to offer the Working With Animals Careers Expo being held on Thursday 19th September. We are very proud to be sponsored again by the RSPCA Gold Coast and Hinterland Branch.

We have invited representatives from different animal fields, including the RSPCA, Department of Primary Industries Sniffer Dog Team, Gold Coast City Council, Universities and TAFES with Animal Related Courses and of course our Currumbin Wildlife Sanctuary Staff.

Aims of the day, to provide:-

- realistic information about careers associated with working with animals
- course information and subject guidance
- opportunities to meet individuals already in the field
- workshops based on different organisations and careers

CURRUMBIN COMMUNITY FARM SCHOOL

![Image of Currumbin Valley Spring Festival](image-url)
RUNWAY BAY YOUTH AFTER SCHOOL ACTIVITIES

CALLING ALL STUDENT FILMMAKERS, ANIMATORS AND VIDEO GAME MAKERS

Entries are now open for Screen It 2013, Australia’s largest moving image competition for primary and secondary students.

The Australian Centre for the Moving Image (ACMI) Screen It 2013 Competition is proudly supported by Bullying. No Way! (http://www.bullyingnoway.gov.au/index.html) and this year’s theme looks at how people connect.

Registration is free and entries close 5 pm, Friday 13 September. More information is available on http://www.acmi.net.au/screentin.aspx.

GET ORGANISED

Most kids generate a little chaos and disorganisation. Yours might flit from one thing to the next — forgetting books at school, leaving towels on the floor, and failing to finish projects once started.

You’d like them to be more organised and to stay focused on tasks, such as homework - is it possible?

Yes! A few kids seem naturally organised, but for the rest, organisation is a skill learned over time. With help and some practice, kids can develop an effective approach to getting stuff done.

And you’re the perfect person to teach your child, even if you don’t feel all that organised yourself!

Easy as 1-2-3

For kids, all tasks can be broken down into a 1-2-3 process.

Getting organised means a kid gets where he or she needs to be and gathers the supplies needed to complete the task.

Staying focused means sticking with the task and learning to say "no" to distractions.

Getting it done means finishing up, checking your work, and putting on the finishing touches, like remembering to put a homework paper in the right folder and putting the folder inside the backpack so it’s ready for the next day. Once kids know these steps — and how to apply them — they can start tackling tasks more independently. That means homework, chores, and other tasks will get done with increasing consistency and efficiency. Of course, kids will still need parental help and guidance, but you probably won’t have to nag as much. Not only is it practical to teach these skills, but knowing how to get stuff done will help your child feel more competent and effective. Kids feel self-confident and proud when they’re able to accomplish their tasks and responsibilities. They’re also sure to be pleased when they find they have some extra free time to do what they’d like to do.

From Teeth Brushing to Book Reports

To get started, introduce the 1-2-3 method and help your child practice it in daily life. Even something as simple as brushing teeth requires this approach, so you might use this example when introducing the concept:

Getting organised: Go to the bathroom and get out your toothbrush and toothpaste. Turn on the water. Staying focused: Dentists say to brush for 3 minutes, so that means keep brushing, even if you hear a really good song on the radio or you remember that you wanted to call your friend. Concentrate and remember what the dentist told you about brushing away from your gums.

Getting it done: If you do steps 1 and 2, step 3 almost takes care of itself. Hurray! Your 3 minutes are up and your teeth are clean! Getting it done means finishing up and putting on the finishing touches. With teeth brushing, that would be stuff like turning off the water, putting away the toothbrush and paste, and making sure there’s no toothpaste foam on your face!

With a more complex task, like completing a book report, the steps would become more involved, but the basic elements remain the same. Here’s how you might walk your child through the steps:

1. Getting Organised

Explain that this step is all about getting ready. It’s about figuring out what kids need to do and gathering any necessary items. For instance: “So you have a book report to write. What do you need to do to get started?” Help your child make a list of things like: Choose a book. Make sure the book is OK with the teacher. Write down the book and the author’s name. Check the book out of the library. Mark the due date on a calendar. Then help your child think of the supplies needed: The book, some note cards, a pen for taking notes, the teacher’s list of questions to answer, and a report cover. Have your child gather the supplies where the work will take place. As the project progresses, show your child how to use the list to check off what’s already done and get ready for what’s next. Demonstrate how to add to the list, too. Coach your child to...
think, “OK, I did these things.” Now, what’s next? Oh yeah, start reading the book and to add things to the list like finish the book, read over my teacher’s directions, start writing the report.

2. Staying Focused

Explain that this part is about doing it and sticking with the job. Tell kids this means doing what you’re supposed to do, following what’s on the list, and sticking with it. It also means focusing when there’s something else your child would rather be doing — the hardest part of all! Help kids learn how to handle and resist these inevitable temptations. While working on the report, a competing idea might pop into your child’s head: "I feel like shooting some hoops now." Teach kids to challenge that impulse by asking themselves "Is that what I’m supposed to be doing?" Explain that a tiny break to stretch a little and then get right back to the task at hand is OK. Then kids can make a plan to shoot hoops after the work is done. Let them know that staying focused is tough sometimes, but it gets easier with practice.

3. Getting it Done

Explain that this is the part when kids will be finishing up the job. Talk about things like copying work neatly and asking a parent to read it over to help find any mistakes. Coach your child to take those important final steps: putting his or her name on the report, placing it in a report cover, putting the report in the correct school folder, and putting the folder in the backpack so it’s ready to be turned in.