



# MUSGRAVE MESSENGER

Friday 3<sup>rd</sup> February 2017 - Issue 1

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## FROM THE PRINCIPAL'S DESK

Welcome back to what I am sure will be a very successful and enjoyable school year. The children have settled in well over the past 2 weeks, thanks to the hard work of both parents and staff preparing the students for a smooth transition. To our returning families it is great to see you back ready to go in 2017. To our new families a big Musgrave Hill welcome to you. You have chosen an amazing school and community to be a part of.

You hear us talk a lot about Day 8 and enrolments numbers and I am happy to say that we have maintained our numbers and at this stage there will be no class changes and we will continue to operate as we have since the beginning of the term. Predicting enrolments numbers is never easy but due to the strong communication between families and the school at the end of last year and the beginning of this it one has allowed us to be relatively accurate.

Apart from our regular teaching team, 2017 introduces some new faces to Musgrave Hill State School - Luke Kenelley is our new Deputy Principal/HOSES, Ben Driscoll Year 5, Leith Rickert our new Strings Teacher and Taylor Gibson joins our ECDP team. A big welcome to our newest staff members, I am extremely confident they will enjoy their time here.

### Meet and Greet

Year 1 to 6-: An initiative we trialled towards the end of last year was our morning Meet and Greet. One of the most important roles we will ever play here at Musgrave Hill is ensuring the safety and well-being of your child/ren. As students arrive at school in the morning they are all to go to the covered area outside the hall where they are supervised by staff. When the first bell goes all students whether they are with their parents or not are to go to the covered area for our morning "Meet and Greet". This gives Admin and staff the opportunity to welcome all students for the day, recognise important events, and pass on any messages but more importantly for every student to start the day in a safe and positive manner.

It has been a wonderful way to start each day and it sets a positive tone for everyone. I thank all the parents for embracing this concept and for the many who have expressed their gratitude that the safety of their child is paramount at our school but for also starting the day where every child knows they matter and are important.

Our Prep Students are to go to the Prep Area.

## Date Claimers

**Monday 6<sup>th</sup> February 2017**

Assembly Yr 3 – 6 2pm in the Hall

**Tuesday 7<sup>th</sup> February 2017**

Safer Internet Day

**Monday 13<sup>th</sup> February 2017**

Assembly P – 2 2pm in the Hall

**Wednesday 15<sup>th</sup> February 2017**

Table Tennis Fun Day

Parent Information Session

### STUDENT ABSENCES

If your child is absent from school please inform the Office on the day of the absence.

Absences can be advised by:

- email to [absences@musghillss.eq.edu.au](mailto:absences@musghillss.eq.edu.au)
- text to 0414 366 852 (no calls)
- phone on 5531 3919
- a note to the Office

**Tuckshop/Uniform Shop**  
**(07) 5527 1012**

**P & C meet the second**  
**Wednesday of each month at**  
**5.00pm in the Staffroom**

## Construction at the Special School

There has been an obvious disruption to our school with the new construction site established at the front of our school and carpark. The Special School has a new and can I say necessary building being constructed and access to that site can only happen via our property. Safety of our students and families is our highest priority during this build and we continue to report and communicate with the site manager to ensure all safety measures are adhered to. Please let the office know if you have any concerns and we will be sure to address them with the construction company.

The Special School is extremely grateful for our support.

## Parent Information Sessions

Parents/Guardians of Musgrave Hill students are invited to attend the upcoming parent information afternoon sessions on Wednesday 15<sup>th</sup> February 2017. These afternoons are a great opportunity to meet your child's teacher, hear all about the great things your child will experience this year as well as an opportunity to ask any questions you may have in relation to the teaching and learning planned for your child. Details for the Parent Information Sessions are

Prep and Year 1 - 3pm to 3.30pm

Year 2 and Year 3- 3.30pm to 4pm

Year 4, Year 5 and Year 6- 4pm to 4.30pm.

## Drop off and Pick Zone

Our new families may not be aware of the rules and regulations regarding our "Drop off and Pick up" area and also this comes as a friendly reminder to our existing families:-

Parking in Nakina Street in front of the school is prohibited between 2.30pm and 3.30pm and 8am to 9am in the morning. **This side of the street is a pick up and drop off zone only.** You are not permitted to park your car and get out as you stop the flow of traffic. The effectiveness of our Pick up and Drop off zone depends on parents doing the right thing. So please remember for the safety of our students do not park and get out of your cars in the Pick-up and Drop off zone.

We also ask that parents have **a clearly written surname on a sheet of paper that can be attached to the sun visor** in the car. Please let the office know if you require a sign and we will ensure one is made up for you. This makes the process so much easier for the staff on duty and for the smooth operation of the pick-up zone.

## *HOW TO USE THE PICK UP ZONE*

The passenger pickup zone/2 minute zone allows for quick pick up of children during congested peak school 'let out' times.

### *THE CONCEPT*

Vehicles move slowly along the loading zone towards the front of the queue

Children see the vehicle and are ready to get in

Motorists 'give each other a fair go'

If your child is not there then you move to the front of the line and can stay there in your vehicle for a maximum of two minutes before you are required to move off and park or go around the block and re-enter the line.

### *RESPECT THE TIMING*

Do not stop for more than two minutes

Do not park in the zone and walk away from the car.

### *PICK UP AND LOADING BAGS*

You can get out of the vehicle only to assist the children to load bags

Never double park to pick up children – it is illegal and dangerous.

## THE TEACHER CARPARK

Please do not use the staff car park for a pick up and drop off for your child. This is an unsupervised area and we have already had a couple of near misses this year. It is a narrow area. All foot traffic through the car park should be on the footpaths provided – not between the cars.

## Uniform Black Shoes

Just a quick reminder that in 2017 it is a requirement for all students to be wearing black shoes. I thank the many parents who have ensured their child/ren have started the year in full school uniform and ask those parents who have yet to purchase black shoes that you please do so as soon as you can.

Julie-Anne McGuinness – Principal

# WHAT'S HAPPENING .....

## Class Captains Semester 1 2017

Class	Name of Recipient
3 White	Sakura M
3 Purple	Sunny B
3 Navy	Nissa P
4 Ruby	Logan G
4 Lime	Abbigael G
4 Teal	Jaya L
4/5 Maroon	Eva C
5 Lilac	Bridie L
5 Aqua	Alice F
6 Gold	Hong Kai Z
6 Onyx	Darna A

## National Disability Insurance Scheme

### NDIS information sessions coming up

#### Topics covered

- Overview of the NDIS and how it will affect you
- Goal setting and plan readiness
- How to be a confident and savvy consumer
- Navigating the NDIS and ways to start preparing

#### TO REGISTER OR FIND OUT MORE INFORMATION

1. Visit the YFS Get Ready webpage ([getready.yfs.org.au](http://getready.yfs.org.au))
2. Call the Get Ready team on (07) 3826 1500 or 1800 772 383
3. Email [getready@yfs.org.au](mailto:getready@yfs.org.au)

### Location, time and date

#### Broadbeach

Monday 20 February 2017 - Broadbeach Library Meeting Room 61 Sunshine Boulevard Mermaid Waters  
10.00am – 12.30pm

#### Nerang

Monday 6 March 2017 - Nerang Library Meeting Room 2/8 White Street (Corner Price Street) Nerang  
10.00am - 12.30pm

#### Helensvale

Saturday 11 March 2017 - Helensvale Cultural Centre Multi-purpose Room 1 62 Sir John Overall Drive  
10.00am - 12.30pm

## Sibling Course

This course is aimed at students 8-10 years old who don't have a disability but have a brother or sister with a disability. Enrolments are being taken for a 4 week Sibling Course. The course will be held at Coomera Family Central, 3 Jowett St Coomera.

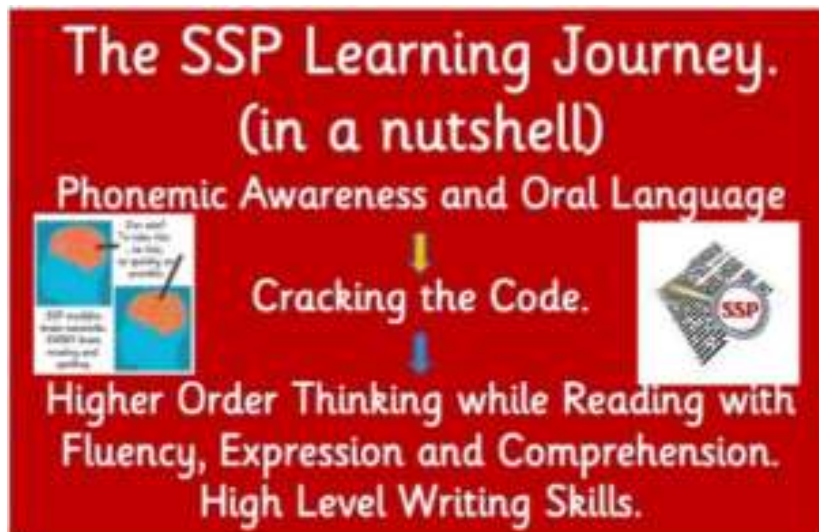
Running weekly in Term 1: 7/2, 14/2, 21/2, 28/2 from 4.00-5.30pm.

Course fee: \$30

Bookings /Expressions of Interest: [familyresourcing@fsg.org.au](mailto:familyresourcing@fsg.org.au) or 55194129 or 55029797

## SSP (Speech, Sound, Pics) Program in the Early Years

Alongside our Jolly Phonics Program, SSP will be implemented in our Early Years Literacy Program. SSP is an approach to teaching and learning that offers explicit, systematic and scaffolded teaching that ensures differentiation using playful, child centred, inquiry learning based teaching strategies. It aligns with research findings regarding best outcomes, as outlined within John Hattie's work ie 'Visible Learning.'



For more information on SSP and the research behind the program, you can go to:

<http://www.slideshare.net/ReadingWhisperer/prep-teachers-ssp-handbook-2015>

## Excursions

School excursions and incursions enhance students' learning by providing the opportunities for students to participate in curriculum-related activities outside the normal school routine. School excursions/incursions are well-planned curriculum-related activities that aim to maximise students' learning experiences.

Throughout the year at MHSS, excursions will be arranged to support the long term goals of the school and classroom learning programs. To give families sufficient notice for required payment a term overview of upcoming excursions and an overall cost of these excursions is sent out early in the term. It is imperative you make these payments by the required date to ensure your child will participate in these valuable learning opportunities.

## Parent Term 1 Class Newsletter

Over the next week your child will bring home a Term 1 Parent Newsletter. This newsletter is to inform you of what is happening in your child's class for Term 1. It will have dates to remember, class routines, lunchtime activities and Term 1 curriculum focus. Please take the time to read this information and keep it somewhere handy (i.e. on the fridge), for quick referral.

**Bridget Bartolo (Deputy Principal)**

**Luke Kenelley (Deputy Principal/H.O.S.E.S)**

**Tamara Hall (Head of Curriculum)**

# NEWS FROM OUR H.O.P (HEAD OF PEDAGOGY)

## QUICK WRITES

This year we are having a BIG focus on WRITING.

Each class has commenced a writing process called 'Quick Writes'.  
(Prep students will commence in term 3)

Every child is being encouraged to let their thoughts flow freely without focusing on correctness and revision. 'Quick Writes' present opportunities for your child to write in a non-threatening and informal way that encourages them to express their thoughts and ideas and most importantly, have fun when writing! .

What is a QUICK WRITE?

A 'Quick Write' is a written response to a stimulus. Stimulus include images, videos, single words, sentence starters ... Once the stimulus is presented, students have 10 minutes to write, uninterrupted.

Here are some examples of this week's stimuli:

What happens next?

Ben couldn't believe  
what he was looking at.



My dream school

## QUICK WRITE RULES

- No talking
- No rubbers
- You must keep your pencil moving – ideas flowing
- No teacher input
- No editing or marking by the teacher
- You can share your writing with others if you like

There is such a BUZZ about writing already. Each student has been given their own Quick Write book and teachers have reported that the students are absolutely loving writing creatively!

Why not ask your child what they wrote about today???

We are so excited and look forward to seeing the progression of each child's writing throughout the year.

Enjoy!

**Mrs Ledwidge - Head of Pedagogy**



# TUCKSHOP NEWS

Check out our new menu on [flexischools.com.au](http://flexischools.com.au)

***All little lunch and big lunch orders MUST be placed via flexischools, if you have any questions please come and see Ange and Sally in the tuckshop.***

If you require any special dietary requirements please come and see us.

## Guide to Flexi-Schools

- 1 Go to [www.Flexi-Schools.com.au](http://www.Flexi-Schools.com.au)
- 2 You will need to register first, if you have already registered you can simply skip down to step 5
- 3 This will take you to another screen where you can enter your email address
- 4 Flexi-Schools will then send a confirmation/activation email to your account, simply open this email and follow the instructions
- 5 Now you are ready to logon to Flexi-Schools
- 6 Once you have logged on, you will need to add a student
- 7 Choose your school MUSGRAVE HILL STATE SCHOOL (For Southport Special School, you will also need to choose Musgrave Hill State School)
- 8 Then enter your child's name and select your child's class
- 9 Now you are ready to place your orders, remember all orders must be placed before 9am on the day you require the order. Weekly meal deals need to be placed by 3pm the Sunday prior to that week's order
- 10 Little lunches and big lunches must be placed separately, so remember to finalise your order for each lunch before continuing
- 11 Now you have finalised your order for the selected lunch period it is time for payment. There are a few options for payment with direct debit or credit card. If you don't wish to put your credit card details on this site then you can also use an Australia Post Load and Go card. You can purchase this card at any post office for \$6.95 where you can load your cash money on to use
- 12 Now you have placed your order and paid it is time to move on to your next order
- 13 Please remember you can order in advance at any time, if you have any trouble with this process please feel free to come and see Ange or Sally in the tuckshop and we can help you out. You can also contact Flexi-schools direct on 1300 361 769
- 14 We also have an iPad and Laptop located at the tuckshop that you can use in the mornings to place your orders

***HAPPY ORDERING AND REMEMBER THIS IS A MUCH SAFER WAY TO ORDER FOR YOUR KIDS. THROUGHOUT THE YEAR WE WILL HAVE FLEXI-SCHOOLS ONLY SPECIALS SO DON'T MISS OUT REGISTER ON LINE TODAY.***

## Uniforms

We have all uniform stock available, you can purchase with cash, card or through flexischools, laybys are also available. We also have a range of pre-loved uniforms.

**Angela Anderson/Sally McWilliams/Lucy Syme – Tuckshop Convenors**

## P & C NEWS

First of all I'd like to welcome all our new and existing families back after our summer break I truly hope you all had a very good time. For those of you who don't know me, my name is Tina Quirke and I'm the President of our school's Parents and Citizens Association and have been for the past 5 years. Our P&C at school is in charge of running the Tuckshop and Uniform Shop as well as orchestrating our fundraising ideas. The sole fundraising purpose is to help support our children on their learning journey with us here at Musgrave. We are a Non-Profit Organisation which means all proceeds from the Tuckshop, Uniform shop and Fundraising go back into the School Community. In the past we have been responsible for such as things as Air-Conditioning all classrooms and providing Interactive Whiteboards. We hope to build on this in the future.

This year is a very exciting year as we have a lot of great fundraising ideas and activities instore for all the children. So keep your eye on the newsletter for dates.

The regular Fundraisers we do are Easter Raffle, Mother's Day Stall, Fun-Run (which coincides with our Cross Country), Father's Day Stall, Fete, Disco's and Christmas Raffle. This year we are trying a few new things out as well. Your support is the main reason behind the success we've had and are truly grateful for this.

You may or may not know this but our P&C consists of a small group of people. We meet every second Wednesday of the Month in the Staffroom at 5pm. We have looked to change this around to help our parents who work but unfortunately we have not found a better time. We are always looking for new recruits so we would love to see you at the next meeting. If you ever have anything you would like brought up at the meeting and can't make it or if you would like to be on our mailing list please come to the Tuckshop and fill in our P&C Register.

I look forward to another very successful year.

**Tina Quirke - P&C President**

## MATHLETICS

Welcome back! On the back of a great school year, let's make this one even better. Here are a few tips to kick start the new school year!

- Mathletics is engaging, highly supportive with activities targeted to the Australian mathematics curriculum.
- Over 4.6 million students in over 20 000 schools across the world love using Mathletics.
- Download the app on your iPad to have access whenever you like.
- Try different activities for more points.

Remember the Mathletic's trophy is up for grabs each fortnight. Make sure you're getting enough points for your class!

**David Bird**

## eLEARNING

Welcome to 2017.

Digital Technology is off and running in our school already this year. The school has been busy planning some really exciting activities, with the first digital focus around reading webpages during Guided Reading Activities.

Next Tuesday is Internet Safety Day. Please take the time to discuss internet safety with your children. If you are looking for some useful information on internet safety, you may find this site useful:

<https://www.esafety.gov.au/education-resources/parent-resources>

The School's Acceptable Use of ICT Policy and Personally Owned Device Policy have both been uploaded to the [School website](#). Please take the time to read these policies and discuss them with your child/ren. The Agreement part of the policies will be sent of home for parent and student signatures but in effort to reduce paper use, the actual policies are available online. If you would like a paper copy of the policies please contact the office.

All agreements must be signed before students are able to bring iPads to school and access the school network. Both sides of the note must also be signed, regardless of whether they have their own iPads/ devices or not.

Please do not hesitate to contact class teachers or myself if you have any questions.

Regards,

**Annette Vlaanderen** - [avlaa2@eq.edu.au](mailto:avlaa2@eq.edu.au)  
eLearning Coordinator & NETTS Teacher

## SPORTS NEWS



### **Gold Coast SUNS Family Day**

Come down and join the Gold Coast SUNS players to celebrate everything AFL



**Where:** Metricon Stadium, Nerang Broadbeach Rd Carrara  
**When:** Saturday 11<sup>th</sup> February from 8:00am to 12:30pm  
**Cost:** FREE

Your local Junior AFL club is **Southport Sharks J AFC** – sign up on the day or at Fankhauser Reserve, Musgrave Avenue, Southport on Sunday 12<sup>th</sup> February from 9:30am – 1:00pm

**For more information on Southport J AFC AFL Auskick or Junior AFL please contact:**

Chris Harris on 0419 721 824 or at [chrisharrisoz@hotmail.com](mailto:chrisharrisoz@hotmail.com)  
To register for Auskick please go to [www.aflauskick.com.au](http://www.aflauskick.com.au)



# THE ARTS

This year we are forming a fixed-member performance group. This group will be named the “Musgrave Ensemble”, or ‘ME’ for short. Students will be supported in their roles by myself, Miss Wagg, Mrs. Pearce, and Miss Kelsey Davies. In our inaugural year, we will be performing a small dramatic piece for Anzac Day and staging a musical to be performed in Term 4. If your child is interested in joining our ensemble we encourage them to come and show their talents at our upcoming auditions. Auditions will be held on Thursday 2<sup>nd</sup> break at 1:00pm in weeks 2 through 4. Students are allowed to eat in the Arts room.

**Musgrave Ensemble** is a performance ensemble, comprised of a fixed group of students from year 3 to year 6. These students will go through an audition process. They should show potential in at least two of the following three areas:-

1. Singing.
2. Dancing,
3. Acting

**OR**

## **Production**

In Week 1, students were invited to apply for ten ‘Production positions’ around the areas of stage-management, sound, lighting, costumes, props, set design, set construction, and publicity. We had quite a number of students turn up! If your child was not successful in becoming a production member, I would love them to audition for a cast role! There are plenty of roles.

Auditions for *Musgrave Ensemble* will take place in weeks 2, 3, and 4 at 1:00pm on Thursdays.

**Week 2** – Singing and Dance students will be asked to sing “Mary had a little lamb” and learn a short piece of choreography with Miss Wagg.

**Week 3** – Acting and singing – Students will deliver a short monologue (this can be collected on Wednesday from the Art room in Week 2 so the student has time to learn it), and sing “Mary had a little lamb”.

**Week 4** – Acting, Singing and call-backs

Successful students will be notified on Friday of Week 4.

Rehearsals will begin on Thursday in Week 5 – in the Arts room from 1:00 – 1:45pm (students may eat lunch in the Arts room), and we will also be rehearsing from 3 – 4pm on the same day - (students to bring afternoon tea). **M.E.** members are expected to attend **ALL** rehearsals, as we have limited time to prepare for the musical. Students who are being picked up will need to be collected from the Arts room at 4pm sharp.

Successful students, and their parent/caregiver will sign a contract of obligation and pay a **\$10 non-refundable levy**, which will cover administration costs. Students will be supplied a *Musgrave Ensemble* shirt; these shirts are to be worn at all performances and appearances. Shirts are to be returned when a student permanently leaves the ensemble.

We are all enthused and ready to go! We hope to see your child at the auditions if they are interested.

**Kerrie Doolan – Arts teacher.**

# FROM OUR CHAPLAIN'S DESK



Would you like to learn Patchwork Quilting?

## Salvation Army Patchwork Easyas

is held every Thursday 9.30am – 3.00pm  
From 1<sup>st</sup> week February to last week in November  
at Salvation Army Gold Coast  
157 Wardoo St. Southport

### Beginners most welcome

Bring your lunch. Learn at your own pace.  
\$35 annual subscription. \$5 attendance fee.

COME AND CHECK US OUT or contact  
Sandra: [sandra@patchworkeasyas.com](mailto:sandra@patchworkeasyas.com)  
or Simone: [simoneburnett75@hotmail.com](mailto:simoneburnett75@hotmail.com)



## Learn the age-old craft of Patchwork Quilting

Friendship has always been a welcome by-product of the age-old craft of patchwork quilting as women share life experiences as well as learning how to quilt.

The Salvation Army Patchwork Easyas and applique group have certainly proved this to be true and they hope to welcome new members when their group begin the 2017 in February. The classes run every Thursday from the first Thursday in February to the last Thursday of November. If you miss a class then catch up the next time you attend. You work at your own pace.

The group make quilts for themselves, families and friends and for “graduates” of the Salvation Army Fairhaven Rehabilitation Centre. At Christmas they create beautiful fun cushions for the women in the Stillwaters Emergency Refuge and during the year pillowcases for any children at Stillwaters staying with their mothers.

“Beginners or new ladies who are already quilters are very welcome to an **Open Day on Thursday 9<sup>th</sup> February** commencing at 9.30am. Come along a little earlier and have a cup of tea or coffee and check us out” said Mrs.Hiles.

For more information or if you would like to donate a single bed quilt, or 100% cotton fabric, please feel free to email Sandra at [sandra@patchworkeasyas.com](mailto:sandra@patchworkeasyas.com)

**Please note that these classes are being offered frr to our school community.**

## Homework Club

## Learning Clubs

Musgrave Hill State School Wednesdays: 7.30am – 8.40am



Does your child need extra homework support?

Learning Clubs provide a safe and supportive out of school hours learning environment where students can participate in activities that develop their academic and social skills. Local volunteer tutors are recruited and trained to have appropriate skills and knowledge to support Club activities.

For further information, please contact Liz Kragh on 0487 234 698 or email [elizabeth.kragh@thesmithfamily.com.au](mailto:elizabeth.kragh@thesmithfamily.com.au)



Helping young Australians in need build better futures through education. [thesmithfamily.com.au](http://thesmithfamily.com.au)

# PLAYGROUP AT MUSGRAVE HILL STATE SCHOOL



## PLAYGROUP

Musgrave Hill State School

(07) 5531 3919

Come and join us for a fun filled morning where you can meet new friends

- Where: After school care room
- When: Mondays 9am to 10.45am
- What to Bring: A piece of fruit, something to drink and a hat


LOOK FORWARD TO SEEING YOU THERE



# COMMUNITY NEWS


***“This is a service provided when space permits. The school acts solely as a messenger and is not actually recommending any activities advertised”***

## Chess Lessons at Musgrave Hill State School



### CHESS PEOPLE

**THE GROWING BRAIN IS OUR DOMAIN**




#### SCHOOL CHESS PROGRAM

**Coaching days & time:** Thursday mornings (7:40-8:40am).  
**Experience:** The Chess Club caters to all levels of play from ages 5 to 13 years old.  
**Venue:** Science Room – Musgrave Hill SS | **Cost:** \$88 per student (8 weeks - GST inclusive).  
**Dates:** Term 1 – February 9 to March 30 (students can start at ANY time during the term).  
**Note:** We offer a first time trial lesson for students that wish to try out the program.  
**Disclaimer:** Payment is required by week 3 of the program. The fee is based on a class full of students, so there are no refunds for absences.

#### ENROLMENT PROCESS:

Go to our website [www.chesspeople.com.au](http://www.chesspeople.com.au) and click the 'ENROL NOW!' button.  
Then, select 'School Chess Program' and fill out the sign up form.

<b>How to pay and register by DIRECT DEPOSIT:</b> BSB: 064 229 Account number: 1007 4076 Account name: Chess People *School + child's name as reference *No cash or cheque payments	<b>Enquiries:</b> Phone: Brodie – 0405 135 130 Alex – 0425 313 282 Email: <a href="mailto:info@chesspeople.com.au">info@chesspeople.com.au</a> PO Box 184, Coorparoo, Qld 4151 Web: <a href="http://www.chesspeople.com.au">www.chesspeople.com.au</a>
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*Slow and steady wins the race.*  
[www.chesspeople.com.au](http://www.chesspeople.com.au) for online store and Youtube chess videos!

## BRING HOME A BIG BROTHER OR SISTER AND BRING FRENCH CULTURE TO LIFE !

Why not volunteer to host an international student from France mid year? We have a small group of delightful French students coming to Australia for 10 weeks to immerse in local Australian culture, experience our High schools, sports, environment and lifestyle. Arriving in June, all the French students are around 15 years old, speak excellent English, have their own spending money, cover all school expenses ,and we arrange all aspects of their program. They are looking forward to joining an Australian family for a short term. It's fun and interesting to help these young people achieve their Australian dream. If you'd like know more, please email your interest to Rob at Inter Cultural Management on [rob.lindsay@icm-education.com.au](mailto:rob.lindsay@icm-education.com.au) or call 0438 689828.



Small changes,  
big differences.



## FREE Triple P Stepping Stones, Positive Parenting Programs (for parents of children with special needs aged 2-12 years)

Department of Communities, Child Safety and Disability Services, Robina Disability Service Centre are offering free parenting support. Triple P Stepping Stones introduces parents to positive parenting, and gives you the skills and strategies to promote child development, teach new skills and behaviours, manage misbehaviour, and plan ahead for risky situations.

### Group Workshop

You'll meet with a group of parents and caregivers over a number of sessions and develop a parenting plan for your child, you will also receive a follow-up telephone call.

### Stepping Stones Seminar Series (2 hours per seminar)

Seminars tackle the most common issues for parent of children with a disability. The topics covered are: 1. Positive Parenting for Children with a Disability; 2. Helping your Child Reach their Potential; 3. Changing Problem Behaviour into Positive Behaviour.

#### Group Workshop Dates (Term 1 and 2, 2017)

- Intensive Group Workshop over 2 days: Sat 6 May and 20 May 2017, 10am to 4:30 pm, Robina Disability Services Centre.

#### Seminar Dates (Term 1 and 2, 2017)

1. Positive Parenting for Children with a Disability: 30 Jan, 10am to 12pm
2. Helping your Child Reach their Potential: Tues 28 March, 10am-12pm
3. Changing Problem Behaviour into Positive Behaviour: **Date to be advised**

#### BOOKINGS AND INFORMATION

Telephone: **5656 5800**, please ask to speak with Kim, Alina or Rowena

Email: [rowena.woolley@communities.qld.gov.au](mailto:rowena.woolley@communities.qld.gov.au)

Or Book online@ <http://www.triplep-parenting.net.au/qld-uken/find-help/check-our-calendar/>

[www.triplep-parenting.net](http://www.triplep-parenting.net)

## Expression of Interest

Gen Fun Fitness Club wants to establish a 'fit community' program within the Musgrave Hill School Community.

Whether you are super fit, needing to get back into shape or never exercised in your life we want you to join us twice a week for a workout.

Our sessions will include Hiit (High Intensity Interval Training), Boxercise and Circuit Training. We promise every session will be different!

Free initial consult  
\$10 a session (45-60 mins)  
2 sessions a week  
No joining fee or lock in contract!

If you are interested, text your name and 'fit community' to 0401 306 415

[www.genfunfitnessclub.com.au](http://www.genfunfitnessclub.com.au)

