As Term 3 draws to a close, students should be proud of their achievements this term. Whilst the students have been extremely busy, they have had the opportunity to participate in a range of fun events to make sure school is a place where children have a balance of enjoyment and hard work.

**Maths Bee**
We have just completed the first ever Musgrave Hill Maths Bee and it has been a wonderful success. It has been a great and fun way to reinvigorate a love of Mathematics. As with the Spelling Bee we held earlier in the year, each class had their own individual competition to find their best Maths person and then the class champions faced off against one another in a year level battle to find the overall Maths Champion for that year level. Every student involved did an amazing job and should be extremely proud of their effort and achievement. More information and results can be found in the Deputy Principal section of the newsletter.

**Dress Code**
A big thank you to everyone who completed the survey. All the information will now be gathered, analysed and presented to the P & C throughout Term 4. I will continue to keep the parents and community updated as we progress through this review.

**Planning for 2017**
As mentioned in previous newsletters, **Planning for 2017 is in full swing.** Over the past few weeks we held a Prep information session and a Classroom Experience for our future Preps. Both events were very well attended and the feedback from parents has been extremely positive. We have also commenced our Prep enrolment interviews. These interviews are all held with the aim of ensuring that our Prep students make a positive start to their schooling here at Musgrave Hill State School.

It is important that we get our enrolment numbers for 2017 as accurate as possible so I ask you to please do the following:

- Ensure that you have enrolled your child for Prep if they are to commence next year.
- Let anyone you know who intends to enrol at Musgrave Hill State School in 2017 not only in Prep but all year levels to come and get an enrolment pack to complete as soon as possible.
- Please inform the office ASAP if your child will be leaving Musgrave Hill and therefore not be attending our school next year.
Our Prep classes and the other year levels are filling fast so the earlier people apply and enrol the more likely they will be able to attend our fabulous school. Last year we trialled sending out letters informing the students of their classes before the end of the year. This is only possible if we know how many students we will have and therefore how many classes. Your support in this matter will be greatly appreciated.

Thank you for a wonderful term and for the support you continue to show to our school. Please note that Term 4 commences on Tuesday 4th October. Please take care and stay safe over the holiday period. I will look forward to all the challenges and rewards Term 4 has to offer.

Julie-Anne McGuinness – Principal

Maths Bee Fun
This term we had the inaugural Musgrave Hill Maths Bee. It was wonderful to see all students from Years 1 - 6 practising their number facts. All students took part in the first round of the Maths Bee within their classrooms. From there each class found two class champions who competed at the year level championship. A big congratulations to all students involved.

| Maths Bee Year Level Champions |
|-----------------------------|-----------------------------|
| Year 1: Hop Nguyen (1 Jade)  | Year 4: Alice Ferguson (4 Ruby) |
| ![Year 1 Champions](image1)  | ![Year 4 Champions](image2) |
| Year 2: Riley Ayling-Fryer (2 Violet) | Year 5: Oscar Lubbock (5 Lilac) |
| ![Year 2 Champions](image3)  | ![Year 5 Champions](image4) |
| Year 3: Beau Mogyorody (3 White) | Year 6: Ganesh Konudula (6 Onyx) |
| ![Year 3 Champions](image5)  | ![Year 6 Champions](image6) |

MESSAGE FROM THE DEPUTY PRINCIPAL
**Maths Bee Class Champions Year 1**

Enoch Chuang (1Green)  
Hop Nguyen (1 Jade)  
Dimitri Kolbasin (1 Blue)  
Taylor (1 Green)  
Kaiki Wabo (1 Jade)  
Mia Schumacher (1 Blue)

**Maths Bee Class Champions Year 2**

William Marshall (2 Mauve)  
Lachlan (2 Indigo)  
Chardonnay Pope (2 Violet)  
Denan Davis - absent (2 Mauve)  
Imogen Whiteman (2 Indigo)  
Riley Ayling-Fryer (2 Violet)  
Jack (2 Mauve)  
Sora (2 Mauve)

**Maths Bee Class Champions Year 3**

Reilly Sherlock-Clark (3 White)  
Rydah Tamehana (3 Teal)  
Zipporah Pea Felo - (3 Navy) absent  
Beau Mogyorody (3 White)  
Phoenix (3 Navy)  
Blake Foreshew (3 Purple)  
Logan Glewis (3 Teal)  
Oskar Mikolajewski (3 Navy)  
Casey Harvey (3 Purple)

**Maths Bee Class Champions Year 4**

Rocky Hohn (4 Lime)  
Alice Ferguson (4 Ruby)  
Reece Poole (4/5 Aqua)  
Martand Singh (4 Lime)  
Jayden (4 Ruby)

**Maths Bee Class Champions Year 5**

Ocean Haynes (5/6 Maroon)  
Thomas Somerville (5 Lilac)  
Oscar Lubbock (5 Lilac)  
Sahm Hicks (5/6 Maroon)  
Hong Kai (5 Lilac)

**Maths Bee Class Champions Year 6**

James Allen (6 Gold)  
Ganesh Konudula (6 Onyx)  
Kurt Hartley (5/6 Maroon)  
Aidan Dale (6 Gold)  
Ellie (6 Onyx)

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**Visit by David Morgan - Olympic Bronze Medallist**

Last week we were fortunate to have David Morgan attend the Year 3 - 6 Assembly to share his Olympic bronze medal with the community. David had just returned to Australia after competing in the 2016 Rio Olympics. David won a bronze medal in the 4x100m Medley Relay for Australia. David swam the butterfly leg against Michael Phelps. David attended Southport State High School and swims at TSS Aquatic. As a member of the Southport community he wanted to show the students at Musgrave that if you work hard you can achieve anything. David was very inspirational and it was extremely generous of him to give up his time to talk to our students.
Learning Tip

Learning During the School Holidays

Main points:
- Supporting your child’s learning at home can continue throughout the school holidays.
- There are many fun activities at home and around the Gold Coast that can help your child learn while enjoying this time away from school.

Suggestions
- See if the before and after school care at your child’s school is offering any holiday activities for your child’s age group.
- Check with your local library for children’s activities scheduled during the school holidays.
- Check with your local council for school holiday activities for your child’s age group.
- Consider allowing your child to choose what they want to do for one day during the school holidays and then make that day a special one just for them.
- Spend the day cooking with your child to help with their reading, maths and science skills.
- Organise a craft day with your child. You could make birthday or Christmas cards, paint or create simple friendship bands with a mixture of buttons and big beads.
- Grandparents are wonderful resources. Your child could stay with them for some of the school holidays and they could help extend your child’s vocabulary skills by telling family stories.
- Help your child make a cubby house outside or inside with cushions and spare blankets under a table or a bed.
- Hold a treasure hunt. You could hide toys, books or treats all over the house and garden and let your child search for them to discover the treasures you’ve hidden.

Parenting Tip

Healthy Sleep Patterns

Promote healthy sleep habits
Children are usually tired after school and might look forward to bedtime from about 7.30pm. Your child needs about 10 to 11 hours of sleep each night. Some children fall asleep very quickly; others sleep lightly at first, moving and fidgeting before settling into a deep sleep.

While every child is different and the way they sleep will be different as well, in most children the first half of the night is made up of deep sleep. Closer towards morning their sleep will change to a lighter sleep, making it easier to wake them up. Some children may experience more problems with sleep and settling down to sleep than others, such as children with autism spectrum disorder (ASD).

Bedtime Routine
A bedtime routine is very important for your child as it helps them wind down at the end of the day and settles them prior to going to sleep. Getting ready for bed at the same time each day is important. The predictability of going to bed at the same time each night helps children develop a positive sleep routine and feel secure. Allowing children to stay up late, even on weekends, is not recommended as it disrupts this routine. Assist your child to wind down about an hour before bedtime by turning off the television and computer games, and encouraging quiet activities. Reading to or with your child is a great activity to incorporate into their bedtime routine. Quietly and calming chatting about what happened during their day at school will also help your child to express any events or worries they may have prior to going to sleep. Wake your child up at the same time every morning. Like going to bed at the same time each night, getting up at the same time each morning establishes a good sleep habit and helps them feel secure.

Sleep talk
Some children talk during their sleep, especially if they are excited or worried about something. Talking to your child calmly and quietly about the things that are going on in their lives might help reduce night-time chatter.
Bedwetting
Bedwetting happens when your child has a full bladder but they don't wake up because they’re sleeping soundly or they’re not aware of their need to go to the toilet. About 20% of five year olds and 10% of six year olds wet their beds. Most children can’t control bedwetting, but they do grow out of it. If your child does wet their bed, reassure them that everything is okay and that they have nothing to be ashamed of. Telling them a story about when you wet the bed and how you grew out of this can help reassure your child. Explaining in simple terms what is happening and why can also be very helpful.

Nightmares
Most children experience nightmares from time to time. Frightening dreams can start in children as early as two years old, and reach a peak between the ages of three and six years. Nightmares usually occur later in the sleep cycle from 4am to 6am, but the frequency differs from one child to the next.

Your child may have only a few scary dreams a year or could be troubled by nightmares much more often. About one quarter of children have at least one nightmare every week. A common theme is being chased by a frightening person or animal. The cause of nightmares isn't known, but it is thought to be the ordinary stresses and strains of growing up. For example, children who experience a traumatic event tend to have frequent nightmares for the next six months or so.

Suggestions for coping with your child’s nightmares include:

- Go to your child as soon as you can. If your child's bedroom is far from yours and you can't be sure to hear them when they call or cry, consider installing a baby monitor.
- Cuddle and reassure your child. Talk calmly and gently.
- Appreciate that your child's feelings are genuine.
- Be prepared to stay with them until they have calmed down. If your child is particularly frightened, you may need to soothe them with a favourite but relaxing activity, such as reading a book together.
- Your child may want to talk to you about their nightmare. Encourage them to come up with alternate endings that are happy or funny.

Health Tip

Bananas in Pyjamas

Ingredients

- 4 large, firm bananas, peeled and cut in half
- 8 popsicle sticks
- 2 x 400g block dark cooking chocolate
- crushed nuts
- sprinkles
- desiccated coconut

Method

1. Line baking tray with baking paper and set aside.
2. Push a pop stick into the thickest end of the banana halves. Lay out on tray and freeze for 2 hours or overnight if you can.
3. Melt the chocolate in a glass bowl, in the microwave. Give it 1 minute on HIGH and then stir. Microwave at 20 second intervals, stirring in between until all is melted.
4. Set out coatings on plates, such as the sprinkles, nuts and coconut.
5. Remove bananas from the freezer and dip in chocolate mixture. Roll in coating and place back on the tray to store in the freezer until required.

Candiece Ledwidge and Tamara Hall – Head of Curriculum
P & C Disco
Thank you to all the children and parents who came to support our Disco last Friday night. It was an amazing turn out and was so good to see everyone having a really great time.

Fete
Friday 7th October (Week 1 Term 4) 3pm - 7pm

Our Fete is fast approaching, if you buy your ride pass before 6th October you go into the draw for a special raffle, also your all day ride pass is only $25.00 if you buy before the 6th October, but on the day it will go up to $30 or $5 for each ride.

We are still looking for donations for the fete, for example used good quality books, chocolates of any size, old McDonalds toys, small stationery items, etc. Please check with your class for any specific items.

Thank you so much for all your ongoing support, remember all money raised goes back into your child’s learning whether to buy more resources or something as simple as planting a new vegetable garden.

Tina Quirke – P & C President

ASSEMBLY AWARDS

BEST SCHOOL ATTENDANCE

<table>
<thead>
<tr>
<th>Prep to Year 2</th>
<th>%</th>
<th>Years 3 to 6</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Orange</td>
<td>96.97%</td>
<td>5/6 Maroon</td>
<td>95.52%</td>
</tr>
<tr>
<td>1 Green</td>
<td>96.13%</td>
<td>3 Teal</td>
<td>94.68%</td>
</tr>
</tbody>
</table>

STUDENT OF THE WEEK – PREP TO YEAR 2

| Prep Orange | Ruby Vernon | 1 Blue  | Ajnur Celahmetovic | Mia Schumacher | 2 Mauve | Aiden Tillotson |
| Prep Red    |             | 1 Green | Eloise Taylor      | Astha Singh    | 2 Violet | Bailey Smith    | Jordan Harvey-Hynson |
| Prep Silver | Cooper Buchanan | 1 Jade  | Kaylah Everett  | Hop Nguyen     |         |                  |
| Prep Yellow | Mikaela Brandt | 2 Indigo |                 | Tahj           |         |                  |

STUDENT OF THE WEEK - YEARS 3 TO 6

<table>
<thead>
<tr>
<th>3 Navy</th>
<th>Sophie</th>
<th>4 Lime</th>
<th>Culiah Thompson</th>
<th>5/6 Maroon</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Purple</td>
<td>Kiki</td>
<td>4 Ruby</td>
<td>Alice Ferguson</td>
<td>Luke Waldie</td>
</tr>
<tr>
<td>3 Teal</td>
<td>Rydah Tamehana</td>
<td>4/5 Aqua</td>
<td>6 Gold</td>
<td>Emmalee Harris-Reavley</td>
</tr>
<tr>
<td>3 White</td>
<td>Kynan Everett</td>
<td>5 Lilac</td>
<td>Ajla Celahmetovic</td>
<td>Kai Dale</td>
</tr>
</tbody>
</table>

P & C NEWS
**NETTS NEWS**

**Netts: Number Explicitly Taught Through Skills**

With National Literacy and Numeracy Week wrapping up last week and the first ever MHSS Maths Bee this week it is a great time to talk all things Mathematics with your children. There is a site dedicated to celebrating National Literacy and Numeracy Week that offers great tips and activities to support your child’s learning. For more information go to the [Australian Government Literacy and Numeracy Website](#). There’s even a free app with ways to be involved in your child’s learning.

The activities below are all around the theme of sharing. While it can be a difficult concept to master when we turn multiplication into division, real, hands-on and practical examples help students understand the concept…not only from a numeracy point of view but also from a social skill one! Activity ideas to promote number understanding are taken from the book Maths Share by The Department of School Education, Victoria.

### Activities to Promote Number Understanding

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>A spoon of macaroni</td>
<td>Breakfast shopping</td>
<td>Explore recipes</td>
</tr>
<tr>
<td>Measure 2 tablespoons of macaroni.</td>
<td>Work out how many days in the holidays you could have toast or cereal and a cup of milk for breakfast, based on the size of a loaf of bread, milk bottle and cereal packet.</td>
<td>Choose a recipe for dinner for 4 people and work out what quantity of ingredients you would need if you:</td>
</tr>
<tr>
<td>Share it between family members by estimating first (some for me, some for you...), Count to see if each person got the same amount.</td>
<td>Can it be shared evenly or are some left over? Count how many altogether.</td>
<td>• Made it for 8 people</td>
</tr>
<tr>
<td>Can it be shared evenly or are some left over? Count how many altogether.</td>
<td>How many boxes of cereal or bottles of milk or loaves of bread would you need for a week or a month?</td>
<td>• Made it for 2 people</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Make it!</td>
</tr>
</tbody>
</table>
I would love to hear how you find the activities and if you would like more information, please do not hesitate to email or come in and see me in the NETTS Room in the library.

Yours in numbers

Annette Vlaanderen - avlaa2@eq.edu.au

These last few weeks in Prep Silver we have had many memorable events. The children have been very excited to perform at the Gold Coast Arts Centre Speech Choir. We came third!

We have also had lots of fun dressing up for Book Week and had a yummy Father’s Day breakfast with our dads. We are certainly ready for a well-deserved holiday!

Mrs Jane Brownrigg – Classroom Teacher
ORAL HEALTH SERVICES

This service will be provided at Labrador State School starting 6th September 2016 by Mobile Dental Van 128.

To arrange an appointment for your child telephone:

The Oral Health Client Service Centre
☎ 1300 300 850
Monday – Friday 8.00 am – 4.30 pm
Excluding Public Holidays

Child Dental Benefit Schedule Vouchers are accepted. When your child’s $1000 cap is reached, there will be no out-of-pocket expenses provided your child meets *eligibility criteria.

* Eligibility – All Queensland resident children aged four years or older who have not completed year 10 of secondary school.

Further information on public funded oral health services can be accessed via URL: http://www.health.qld.gov.au/goldcoasthealth/html/services/oralhealth.asp

YMCA - BEFORE/AFTER SCHOOL CARE

Important Notice from your Coordinator

Our numbers are increasing so please come in for a new enrolment form if you are looking for Before or Afterschool Care and secure a position. We are looking into relicensing so we are able to take on 105 children to ensure we have available positions for bookings.

We have currently employed 2 new staff members, Gloria and Wade, who are about to do their Orientation with YMCA and complete their Safeguarding children Certificate and training prior to commencement. Hopefully they will be on board next week ready to bring in their strengths into our service.

This term, we will be looking into learning about the importance of Community involvement and respect for our differences. We are hoping that our children are able to adjust to changes and resilience to any situation they may come across in their daily lives.

We look forward to seeing you all soon and provide any feedback you may wish to provide.

YMCA Musgrave Hill Team

Contact Details –
Triscina James
P. 07 55283490
M. 0439752168
E. amh@ymca.com.org.au
12 Ways to Ensure Your Kid is More Important than Your Phone

Parents don’t need more guilt. That’s not what this article is about.

We know we shouldn’t spend too much time on our smartphones in front of our kids but you probably already feel a tinge of guilt when you think of this topic. I know I do.

We parents are beginning to admit that we’re as concerned about our screen time as we’re concerned about our kids’ screen time.

Unlike our kids, however, we actually have reasons for looking at screens all day.

We have email, schedules, research, updates, shopping, messaging, mapping, planning – sometimes even calling. Let’s admit it – again, without guilt or judgment – we also look at our screens for entertainment and distraction. Those are parental needs too. Our phone dependence is a symptom of busy lives, busy work, restless minds. But the devices themselves are rigged against us. Intentionally or not, their design can trigger addiction-like behaviors in many people.

The attention we devote to our phones has a measurable impact on our health, wellbeing, and social and family relationships.

Staring at our phones gives us tech neck (chin forward, looking down), it can spike stress, it can disrupt sleep patterns, it can lead to distractedness and irritability, and it may even trigger depressive symptoms in some people. In a family situation, the greatest problem might be “technoference” with our relationships with our spouse and kids. Kids can feel that we’re more interested in our phones than we are interested in them.

The good news is that this is a fixable problem. For most people, it’s simply a matter of admitting to the issue, and making a simple plan with the rest of the family.

Help Your Kids Develop Healthy Habits by Improving Your Tech Habits: Role Modeling

Here are some ideas to help you create healthy phone boundaries. Boundaries that your kid might inherit and follow outside of your home, and may even pass down to their own kids someday.

1) Take stock of your actual phone needs
It’s useful to write a list of your important everyday phone activities. This list will be slightly different for every parent. What activities are critical for your job vs those that are fun and refreshing?

Use this list to make time to check your phone without interrupting family moments. Account for work and play on your phone – you need both. Reassert control over your phone by figuring out how you actually use it. Don’t let it use you.

2) Involve the kids in a family discussion about appropriate smartphone use
Even young kids can contribute to a discussion about phone use around the house. This will help them understand why you occasionally need to get on the phone. It will also help them understand why you set rules on their technology usage.

Ask them what they think appropriate electronic media use looks like and what sorts of consequences might be warranted for breaking the agreed-upon rules. You may have to help guide them in these discussions, but often you’ll find that they have expectations that are not that different from your own.
3) Write and post smartphone rules where everyone can see them
This can be a rambling manifesto, but it’s better if it’s a simple, short list posted on the fridge. Again, they’ll be different for every family, but examples might include:

- No phones out for the first hour after coming home
- No phones out until the kids are in bed
- No phones out during meals
- No phones out during a family movie (the hardest one for me – kids’ movies are terrible).

4) Give kids ten minutes of undivided positive attention
It’s simple: give your kids 10 minutes of pure, undivided attention twice a day. This means you go into their world talking with them or playing with them with no interruptions. This supports positive attention and emotional connection, and it’s very achievable. 10 minutes. Try it for a couple of weeks.

To make an effort to spend a mere 10 minutes of undivided time with your kid seems ridiculous. But for many (maybe most) parents, intentional time spent together can be surprisingly rare.

5) Understand, admit, & overcome FOMO
FOMO (fear of missing out) can cause real anxiety. It can make people use their phone to check up with their connections much more than is healthy, or necessary.

6) Consider your habit triggers
We automatically reach for our phones in certain situations. Try to pay attention to these cues or triggers. When do you automatically reach for your phone? What can you do differently during those times, besides look at your phone? Or how can you change the way you’re using your phone in those moments to include your kids?

It might not be a bad thing if you read the news on your phone at breakfast in front of your kids – if you occasionally share something of interest with them. Kind of like the old days with the newspaper.

7) Designate a box or drawer where you’ll stash your phone during phone-free time

8) Put the phone on silent during set times

9) Turn off notifications

10) Use “Do Not Disturb” on your phone during family time
It’s easy to silence calls, alerts, and notifications on many iOS and Android phones while the device is locked. You can also schedule a time or choose who you’ll allow calls from.

11) Make your device faster and more efficient to use
You can spend less time on your phone simply by better organizing your apps.

- Use a service like Unroll.me to unsubscribe to some of the email subscriptions you have to wade through just to check your important mail.
- Rearrange your apps for greater efficiency.
- Delete apps that waste your time. Easier said than done, but I’m glad I decided recently to do this every time I use my phone.

12) Use an App to monitor usage
CHECKY is a simple app that tells you how many times a day you check your phone. You’ll be surprised.

Moment is an iOS app that automatically tracks how much you use your iPhone and iPad each day. If you’re using your phone too much, you can set daily limits on yourself and be notified when you go over. You can even force yourself off your device when you’re over your limit.

Adapted from: http://www.parent.co/12-tips-to-help-you-put-your-phone-away-in-front-of-your-kid/

Emma White – Guidance Officer (Tues, Wed, Thurs)
FROM OUR CHAPLAIN’S DESK

Empowering Girls!

A Program for Girls

Including

Drumming & Self Defence Classes

This program covers

- Self Esteem
- Healthy Relationships
- Communication Skills
- Body Image
- Life Skills

AGE: 10-12 Years
WHERE: Centacare - 50 Fairway Dr
        Clear Island Waters QLD 4226
WHEN: 27th, 28th & 29th September 2016
TIME: 9:30am - 4:00pm
COST: $30.00

For more information and to register please call: (07) 5527 7211 before 15th September 2016
It's not too late to register for this camp over the holidays. Any queries call Chappy Lorin on 0433 768 846.

Have a fun and safe holiday break. I'll be back at Musgrave Hill on Wednesday, October 19th.

Rusanne (Rusty) Jourdan – Chaplain
“This is a service provided when space permits. The school acts solely as a messenger and is not actually recommending any activities advertised”

Auskick

Musgrave Hill SS NAB AFL Auskick Centre
Sign on & 1st Session: - Tuesday 18th October
Time: 3:10pm – 4:10pm
Venue: Musgrave Hill SS Oval
Address: Musgrave Avenue, Labrador
Cost: $75
For more information contact: Tyson on 5594 5722
Or visit www.aflauskick.com.au

Auskick is for Boys and Girls!
Participants receive benefits which include: Football, lunch bag, hat and more!

TO REGISTER:

1. Register online & pay online at www.aflauskick.com.au
2. Please print your receipt and bring to the first session

Animal Welfare League

Animal antics
School Holiday Activities Program
BOOK NOW 20th September
9:30am-2:30pm

PLACES STRICTLY LIMITED!!
TO BOOK PLEASE CONTACT 5309 9034
or email education@awlqld.com.au
For more info go to our website awlqld.com.au

Fun, educational activities for ages 6-10 years...
- Learn all about our shelter animals!
- Guided, behind-the-scenes tour of our Rehoming Centre!
- Animal-themed arts and craft!
- Learn about dog training and responsible animal care!
- Cuddle with our ‘pocket-pets’, cats and kittens
  and heaps more...

Cost Only $75.00!!
Kids in Conservation

A hands on learning activity presented by
Friends of Gold Coast Regional Botanic Gardens Inc.

What Bird is That?
Tuesday 27 September
9.00 - 10.30am
Learn to identify Birds at the Botanic Gardens and be part of a survey.
Take home your own Bird ID brochure and booklet.

Botanica Nature Play Missions:
Friday 30 September 9:30-11:00am
Use the Nature Play Passport to accomplish your missions!
Have fun as you explore the Botanic Gardens.
Swap Screen Time for Green Time!

Meet at the Friends Centre
Gold Coast Regional Botanic Gardens
230 Ashmore Road, Benowa
Wear covered shoes, hat and bring a water bottle for these outside activities.

Bookings are essential Phone: 0449 651 674
Cost: $5.00 per child
Let your family and friends know about these nature-based activities.

Friends of Gold Coast Regional Botanic Gardens Inc.
www.friendsofgcrbg.org.au
www.facebook.com/FriendsGCRBG

Proudly supported by:
CITY OF GOLD COAST.