Welcome to Week 5. It has been great to have some cooler days throughout the week.

This week, I have attended the biennial State Schools Principal’s Conference in Brisbane. I had the opportunity to listen to keynote speakers who are leaders in education and other fields from around the world. The conference theme was ‘Thinking schools-better world’. Thinking schools are those schools that consider what they want their students to be and knowing what impact we can have on students to prepare them for their future. I aim to use my learnings to challenge how we can be the best ‘Thinking School’ we can be so that all our students are being prepared for their future. One of my focuses for the school year will be working towards increasing student access to digital devices to support their learning.

Thank you to the many parents who attended last week’s P&C Association monthly meeting. It was great to see a large number of parents in attendance. On March 18, the AGM of the P&C Association will be held at 6.00pm in the library. If you are interested in supporting the school by being on the P&C please see one of the current executive members for further details.

Congratulations to two of our students who have made the Broadwater District teams so far this year. Matti Gill will represent the district at the regional swimming trials and Ariki Hunt will represent the district at regional basketball trials. I wish these two students all the best at their up and coming trials. Well done!
This year each month we will be presenting two students from within the school the **Aussie of Month Award**. The Aussie of Month Award will be presented to one student from Prep-Year 2 and one student from Year 3-6. Aussie of the Month is based on encouraging and recognising students for their contribution to school or the wider community. The intention is that it aligns to the Values for Australian Schooling and Curriculum framework and recognises students for their effort outside of academic application or sporting achievement, and instead acknowledges students who demonstrate outstanding contributions within their community.

Key values we seek to amplify are:

Fair go – not just how we apply ourselves but also in providing opportunity for all

Mateship - a generosity of spirit and compassion for those in need

Respect – of self, of others, our community, and the environment

Inclusion – acceptance and respect of difference

Teachers will nominate one student from their class based on the above values and then members of the leadership team will make the final decision on two monthly winners from these nominations. Monthly winners will receive a certificate and badge acknowledging their achievement.

**Exemptions**

If parents are planning to have their child away from school for **more than 10 days**, an exemption to compulsory schooling needs to be filled out. Every parent of a child of compulsory school age, or a young person in the compulsory participation phase, has a legal obligation to ensure their child is enrolled and attending school or participating in an eligible option.

Parents can apply for an exemption from this obligation when their child cannot attend or it would be unreasonable in all the circumstances for their child to attend school, or participate in an eligible option, for a period of more than 10 consecutive school days. Situations where an application for an exemption may be made include illness, family reasons or cultural or religious reasons.

If your child is exempted from compulsory schooling, you are excused from your obligation in relation to compulsory schooling or compulsory participation.

If this applies to you, information and forms are available through the school office.
Parents and carers – Do we have your latest contact details?

There are times when we may need to get in touch with you. Do we have your most up to date details? If not, please contact the school on 5585 7666, or email admin@oxenfordss.eq.edu.au so we can update our records. These details include your name, address, phone numbers, email address and emergency contact details. Please remember to let the school know if any of these details change.

Join us to say Bullying. No Way!
Take action every day on Friday
15 March 2019

Help end bullying and violence. Join all Queensland state schools to stand together on the National Day of Action against Bullying and Violence (NDA), Friday 15 March. The NDA is Australia’s key anti-bullying event for schools. It is a positive day of action that strengthens school’s everyday message that bullying and violence have no place in their community. The NDA gives us an opportunity to put our programs in the spotlight and work together as a community (parents, teachers, staff and students) to talk about bullying and finding solutions together to address it. Parents and carers are encouraged to visit the Bullying. No Way! website for advice and useful information.

Thank for taking the time to read our school news.

Warm regards

Patric A Brady
Principal
Time flies when you’re having fun and learning. Our youngest students are settling in well to prep with all other year levels embracing their new class, friendships and learning.

**Parent Volunteer Induction**

Thank you to all the parents that attended the first volunteer induction. We will be holding another session on Thursday 14th March at 3.10pm in the resource centre. This induction must be completed prior to assisting in the classrooms. Parents/volunteers must also sign into the office prior to working in the classroom. If you are not the parent of the child, a blue card is also required.

**Developing Active Readers and Oral Language**

The development of oral language skills in young children directly relates to their success with school literacy tasks and confidence with daily communication. At home you might like to try to encourage and extend your child’s use of language in some of the following ways.

<table>
<thead>
<tr>
<th>ORAL LANGUAGE PROMPTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Encouraging</strong></td>
</tr>
<tr>
<td>Then what? And what else?</td>
</tr>
<tr>
<td><strong>Clarifying</strong></td>
</tr>
<tr>
<td>Did you mean….?</td>
</tr>
<tr>
<td>When you said….. I think you mean</td>
</tr>
<tr>
<td><strong>Restating</strong></td>
</tr>
<tr>
<td>You said........</td>
</tr>
<tr>
<td>I heard you say..........</td>
</tr>
<tr>
<td><strong>Summarising</strong></td>
</tr>
<tr>
<td>You told me 3 things.......</td>
</tr>
<tr>
<td>So you think...........</td>
</tr>
<tr>
<td><strong>Reflecting</strong></td>
</tr>
</tbody>
</table>

**Little Hoots Playgroup**

If you are looking for an opportunity to have your young child and yourself engage with others in a fun, friendly, play-based environment come
**Before and after school procedures**

Just a gentle reminder to please wait in the tuckshop undercover area before and after school to ensure that learning occurs across the WHOLE day. Young children get very excited when they see their parents/caregivers and this can often be disruptive to your child, their classmates and the teacher.

**Drop-off and Pick-up Areas**

Drop-off and pick-up areas, where you can quickly set down and pick up your children, are common outside schools. They create a safe environment for children and keep traffic moving. Drop-off and pick-up areas are signed with passenger loading zone signs or 2 minute parking signs. These signs mean you have a maximum of 2 minutes to drop off or collect your children.

**How they work –**

There can often be queues at drop-off and pick-up areas outside schools so when using a drop-off and pick-up area you:

- must use the area like a quick moving taxi rank
- need to move forward in the queue of vehicles to the signed area
- are only allowed 2 mins in the signed area (if you take any longer you can be fined)—if your children are not ready to get straight into your vehicle at pick-up time, you will need to drive round the block and queue to enter the area again
- should only let your children out once you have pulled into the signed area (it is dangerous to let them out while waiting in a queue)
- should teach your children to look out for your vehicle and to get in quickly when you pull up

Dani Radley
Deputy Principal
School Photos Day

Tuesday 12th March

Order envelopes are to be brought to school on the day, not prior.

Students must wear their Oxenford State School polo (not sport house polo), along with the rest of their school uniform: navy shorts/skorts and black shoes.

Sibling photos will be held between 8:00 am and 9:30am in the hall.
Welcome to Week 5

I believe every parent wants their child to succeed at school. I also believe every teacher, teacher-aide, school leader and all our school staff want all of our students to succeed. We make a great team as we work together.

There are some simple things you can do as a parent to support your children that are outlined as part of our Parent and community engagement site. Check them out and please feel free to email me if I can assist in any way.

Supporting students who are in P-2 and for students who are 3-6

For the curious and inquisitive amongst us...

Excellent podcast for students: For students ages 3-9 The Show about Science
soundcloud.com/the-show-about-science

Age Range: Best for ages 3-9, but fun for curious minds of any age!
This science interview show is hosted by 6-year-old Nate, and while it has some serious science chops, it’s also just plain adorable. Nate talks to scientists about everything from alligators to radiation to vultures, in his distinctly original interviewing style.

Year 456

Maths Mastery
If your student is in Year 4,5 or 6 and they don’t have their Maths Mastery workbooks, they can now be purchased from the school office on Wednesdays and Fridays.
Year 4 students require - myJEMMdata student workbook 9780980790535
Year 5 students require - myJEMM+data student workbook 9780980790559
Year 6 students require - myEMMdata student workbook 9780980790528

Week 6

We’ll be getting into ‘artistic mode’...

Vicki Diefenbach
Head of Curriculum

vdief1@eq.edu.au
<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep B</td>
<td>Hudson</td>
<td>Milly</td>
</tr>
<tr>
<td>Prep R</td>
<td>Makayla</td>
<td>Noah</td>
</tr>
<tr>
<td>Prep S</td>
<td>Indi</td>
<td>Maxwell</td>
</tr>
<tr>
<td>Prep W</td>
<td>Mason</td>
<td>Aria</td>
</tr>
<tr>
<td>1C</td>
<td>Sophia</td>
<td>Xavier</td>
</tr>
<tr>
<td>1G</td>
<td>Alaska</td>
<td>Lachlan</td>
</tr>
<tr>
<td>1HB</td>
<td>Jaeger</td>
<td>Tamara</td>
</tr>
<tr>
<td>2C</td>
<td>Mitchell</td>
<td>Brooklyn</td>
</tr>
<tr>
<td>2D</td>
<td>Mihir</td>
<td>Hollie</td>
</tr>
<tr>
<td>2M</td>
<td>Paysen</td>
<td>Rhys</td>
</tr>
<tr>
<td>2T</td>
<td>Francis</td>
<td>Eva</td>
</tr>
<tr>
<td>HPE - Jnr</td>
<td>1HB</td>
<td>Jasper</td>
</tr>
<tr>
<td>3L</td>
<td>Lachlan</td>
<td>Kaleah</td>
</tr>
<tr>
<td>3N</td>
<td>~</td>
<td>Scarlett</td>
</tr>
<tr>
<td>3PS</td>
<td>Nicole</td>
<td>Georgia</td>
</tr>
<tr>
<td>4/5A</td>
<td>Dakota</td>
<td>Alex</td>
</tr>
<tr>
<td>4H</td>
<td>Byron</td>
<td>Larissa</td>
</tr>
<tr>
<td>4S</td>
<td>Morgan</td>
<td>Andrew</td>
</tr>
<tr>
<td>5/6K</td>
<td>Indy</td>
<td>Thomas</td>
</tr>
<tr>
<td>5H</td>
<td>Tyler</td>
<td>Maddison</td>
</tr>
<tr>
<td>5M</td>
<td>~</td>
<td>Marlie</td>
</tr>
<tr>
<td>6V</td>
<td>Grace</td>
<td>Grace</td>
</tr>
<tr>
<td>6W</td>
<td>Patrick</td>
<td>Ella</td>
</tr>
<tr>
<td>HPE - Snr</td>
<td>3N</td>
<td>Grace</td>
</tr>
</tbody>
</table>
Do you have a child starting Prep next year, or know someone who does? Prep 2020 is for children born between 01 July 2014 - 30 June 2015

When can my child start Prep?

OXENFORD STATE SCHOOL

PREP 2020

SAVE THE DATES

- 20th MARCH – Parent info session (9.00am - 10.00am)
- 22nd MAY - Under 8’s Day 2018 (9.00am - 11.00am)
- 7th AUGUST – Prep Fun Day & Information Expo (9.00am – 11.00am)
- 17th OCTOBER – Parent info session (3.15pm - 4.15pm)

Transition to Prep programs will be held in November 2019

For more information or to RSVP please contact the school on 55857666 or admin@oxenfordss.eq.edu.au

Capture the Country Feel on the Gold Coast
Enrol now
Helping children cope with fears and worries
Six year old Jessica doesn’t want to go to sleep in her own bed. “You stay with me Mum”, she says. Jessica’s Mum reads another story. Her Mum gives her one more kiss and leaves. A few minutes later, Jessica appears in the doorway. “I’m scared something might happen to the house. The roof might blow away.” Mum: “Nothing’s going to happen to the house.” Jessica: “But I saw it on TV.”

Jessica had not seemed to be bothered about the TV before. Now her parents realize she must have become worried after seeing TV news items about recent events.

Understanding children’s fears
We all get scared for all sorts of reasons, and often our fears are to do with our own uncertainty about what could happen, or events may trigger past experiences that were unpleasant. Sometimes children/adolescents may have fears that seem unreasonable to adults, but even what may seem illogical to adults, these can be very real to children.

Some fears are very common amongst children, with different sorts of fears appearing at different ages. Preschool children are often afraid of imaginary things like monsters hiding under the bed. In early primary school children are usually more fearful of real things that might happen, like being hurt. Later fears are more typically about possible failure at school or in sport, or what others might think of them.

Noticing when children are afraid
It’s not always easy to tell when a child is frightened or worried. Obvious things that the child responds to immediately, like thunder, are easy enough to recognize, but some things are not as obvious. Children may not tell you they are scared although often they show it through their behaviour. When children are scared or worried they may:
- become clingy or demand that a parent or carer stay close to them
- have sleeping difficulties (or when they want to sleep in the parent or carers’ bed)
- lack confidence to do things they did happily before
- take refuge in the safety of their room in preference to socializing
- avoid situations that make them feel scared or anxious
- ask a parent or carer to do things for them or with them
- complain of aches or pains
- exhibit mood changes for no obvious reason

Helping children to cope with fears
Children need adult support in order to learn to cope with fears. They need reassurance to reduce their anxious feelings, and skills for coping so that they can gradually learn to manage fears themselves.
How parents and carers can help

- Acknowledge how your child is feeling. Naming it, (e.g. ‘feeling scared, threatened), helps the child begin to see fear as a normal emotion that can be overcome.

- Stay cool yourself so you can model positive coping.

- Tell them how you learned to get over fears when you were their age eg. When talking in front of a class how did you cope, and work with your child to come up with some ways of lessening the stress/ anxiety

- Positive self-talk can help children put fears into perspective. For example, “the storms on TV are far away from here our house will be OK

- Asking what a respected peer (or for younger children what a favourite hero) might do in this situation

- Learning relaxation skills is often very helpful for dealing with fears – breathing exercises, sitting quietly and focusing your mind on enjoyable tasks

- Help the child put realistic limits around the scary situation eg parents could explain that the TV pictures were about something that happens rarely and only when the weather is extreme; or giving a talk to an audience is only 5 minutes of an entire day and being prepared will make that time go faster

- Since television is a frequent trigger for children’s fears it is important to monitor television viewing to minimize exposure to things that may be frightening.

Learning to cope with fears and worries develops resilience and confidence – important tools for life

Adapted from: http://www.kidsmatter.edu.au

Nicky Stone
Guidance Officer
Hi my name is Jason Kish and I am currently the new PE teacher at Oxenford State School. I just wanted to let you know that I am very excited to work with such wonderful students and staff. Thank you so much for welcoming me into such a beautiful school, there should be many positive experiences to come.

**District Sport Trials**

I would like to congratulate Matty G. for doing very well at the Swimming District trials and Ariki H. for making the Basketball Broadwater team. Both students will be representing Broadwater at the Regional trials throughout the coming weeks. I would like to wish both students the very best for their upcoming trials.

**Cross Country Date**

Oxenford State School will be staging its annual Inter-House Cross Country Carnival on **Thursday March 28** (Term 1, Week 9).

Year 4-6 Students will be competing between 9-11am and Prep to Year 3 Students will compete from 11.30am-1pm so please keep this date and times available in your calendar so you can support this wonderful community event.

We will be combining our Cross Country Event with a Fundraising component again this year, so please keep an eye out for further details, which will be available in future newsletter publications and information letters.

Once again thank you so much for everything and I am very excited to meet you all.

**Kind regards**

Jason Kish
## Important Term One 2019

### Transition Dates for Helensvale State High School

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 25 February, 2019</td>
<td>Year 7 2020 General Enrolment and Academy Information Evening</td>
<td>Helensvale SHS Student Activity Centre</td>
</tr>
<tr>
<td>5:30PM TO 7PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 26 February</td>
<td>EXCITE Academy Applications OPEN</td>
<td>Application forms for EXCITE only will be available on the Information Evening, our website, or our Administration</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 27 February</td>
<td>*Parent Information morning for Year 5 Parent/Carers for Year 7 2021</td>
<td>SWELL</td>
</tr>
<tr>
<td>9:15am-10:15am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday 7 March</td>
<td>EXCITE Applications CLOSE</td>
<td>Last day for applications to be submitted to our Administration office with supporting documentation and payment of processing fee by 1:45pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HSHS Administration</td>
</tr>
<tr>
<td>Saturday 9 March</td>
<td>EXCITE Academy Entrance Exam</td>
<td>All students applying for the EXCITE Academy must sit the Excite Entrance Exam</td>
</tr>
<tr>
<td>8:30am-12pm</td>
<td></td>
<td>Helensvale SHS Discovery Place off Rugby Lane</td>
</tr>
<tr>
<td>Wednesday 3 April</td>
<td>EXCITE Offers</td>
<td>Sent by email</td>
</tr>
</tbody>
</table>

*Please note all other Academy programs will be advertised later in the year.
### Mobile dental service schedule

**Mobile Dental Clinic 130 – August 2018 to August 2019**

To find out when the Oral Health team will be visiting your child’s school, please refer to the schedule below.

<table>
<thead>
<tr>
<th>School</th>
<th>School address</th>
<th>Arrival</th>
<th>Departure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Highland Reserve State School</td>
<td>570 Reserve Road Upper Coomera QLD 4209</td>
<td>Week Commencing: 20 August 2018</td>
<td>Week Commencing: 21 January 2019</td>
</tr>
<tr>
<td>Oxenford State School</td>
<td>90 Michigan Drive Oxenford QLD 4210</td>
<td>Week Commencing: 21 January 2019</td>
<td>Week Commencing: 22 April 2019</td>
</tr>
<tr>
<td>Tamborine Mountain State School</td>
<td>Curtis Road Tamborine Mountain QLD 4272</td>
<td>Week Commencing: 22 April 2019</td>
<td>Week Commencing: 20 May 2019</td>
</tr>
<tr>
<td>St Bernard State School</td>
<td>1/19 School Road Tamborine Mountain QLD 4272</td>
<td>Week Commencing: 20 May 2019</td>
<td>Week Commencing: 15 July 2019</td>
</tr>
<tr>
<td>Canungra State School</td>
<td>Christie Street Canungra QLD 4275</td>
<td>Week Commencing: 15 July 2019</td>
<td>Week Commencing: 19 August 2019</td>
</tr>
<tr>
<td>Tamborine Mountain High School</td>
<td>Holt Road Tamborine Mountain QLD 4272</td>
<td>Our on-site service is not available at these schools. Services may be accessed at any location listed on schedule.</td>
<td></td>
</tr>
<tr>
<td>Tamborine Mountain College</td>
<td>80 Beacon Road North Tamborine QLD 4272</td>
<td>Book an appointment at a time convenient for you.</td>
<td></td>
</tr>
</tbody>
</table>

Book your child’s FREE* dental check. School holiday appointments are available. Phone Gold Coast Oral Health on 1300 300 850.


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Here at Oxenford State School Now

Phone: 1300 300 850
LOST PROPERTY - Located outside the library.

EMAIL UPDATES - Please ensure your email address is current, we email many of our notes home.

Money Window - Wednesday & Friday mornings from 8:00am –10:00am.

Please note we can only take money on these days. You can pay online any time using the details below and your child’s first initial and surname plus the payment reference (in brackets below), or with BPOINT - invoices received via email have a link to BPOINT which will prefll many of the details for you.

<table>
<thead>
<tr>
<th>School Bank Details:</th>
<th>Reference:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxenford SS General Account</td>
<td>Child’s first initial and surname + payment description</td>
</tr>
<tr>
<td>BSB: 064 401</td>
<td>EG. D Radley SRS</td>
</tr>
<tr>
<td>Account: 00904551</td>
<td></td>
</tr>
</tbody>
</table>

Notification of Absences:
If your child is going to be absent from school, please let us know as early as possible by calling:

**Student Absence Line:**
5585 7660
or
**Office:** 5585 7666

Does your child require medication during school hours?
If your child requires medication while at school, please ensure you request an Administration of medication record sheet from the school’s office. You will also need to provide the school with the prescription-labelled medication in the original packaging with clear directions for its use.

Office Hours
Office hours are **8:00am—3:30pm**
Children need to be collected prior to 3:30pm.
If you are going to be running late please inform the office on ph:5585 7666.

The QSchools app is a convenient way to receive up-to-the-minute information from and about schools. The app is designed to integrate with school websites, and allows users to see when news, events and newsletters are posted to their selected school website. The school community can also receive emergency announcements such as natural disasters and school closures through the app.

Find out more about QSchools and download the app today.
Helping Hands Oxenford
Term 1, Week 5 Newsletter

Appreciation Message
The team at Helping Hands, proudly supports our local, family run Bakers Delight in Oxenford. We would like to acknowledge and thank them for their ongoing support towards our OSHC service.

A BIG Congratulations are in Order!
The team at Helping Hands Oxenford are very excited and happy to share with our families that we have won the Junior Adventures Group/Helping Hands 2018 Regional Excellence Service Award. Oxenford received this award for not only putting a lot into the service and working hard but for continuously working in relation to the three company values, which are Compassionate, Courageous and Considerate.

Bookings
Just a friendly reminder to please ring, email, text or leave a message to let us know if your child/ren are going to be absent, as it keeps the service informed and avoids having to follow up with families and Police Link. If the service does need to follow up with families a ‘No Show Fee’ of $5 will be charged to your account as a deterrent.

Opening Hours
BSC: 6:30am - 9:00am
ASC: 14:30pm - 6:00pm
VAC: 6:30am - 6:00pm

Term 1 Incursion
Due to unforeseen circumstances our ASC MultiSports Program has been cancelled. However Commencing Tuesday 5th March, for 5 weeks during After School Care, The Science Factory will be joining us! This program is included in the session fee with no extra costs. Activities will include robotics, virtual reality, laser tag and much more.

Meet The Oxenford Team
Coordinator: Chloe Jones
Assistant Coordinator: Kelsey Mulherin
Educator: Darby Pearce
Educator: Kelly Brown
Educator: Kayla McGee
The Science Factory
New Term 1 Incursion

During Term 1, Helping Hands Oxenford is offering an exciting new Science Incursion Program at no additional cost for all enrolled families! This will be running every Tuesday for 5 weeks during After School Care in term 1, Commencing 5th March 2019.

NO EXTRA CHARGE
The Science Factory Program is included in the After School Care Session Fee.

Explore a world of fun-filled learning!

Session activities will include Robotics, Virtual Reality, Laser Tag, Flight Simulation and lots more!

Enrolling is FREE!
If your child/ren are not enrolled with Helping Hands, this process is easy and free. Enrolments can be done online via https://www.helpinghandsnetwork.com.au/ and search Oxenford in the Drop Down Menu.

Helping Hands Oxenford
Email: oxenford@helpinghandsnetwork.com.au
Phone: 0458 008 319
On site at Oxenford State School

Mummafit . HQ
OXENFORD

YOUR LOCAL OXENFORD, LADIES ONLY BOOTCAMP!

MAKE FRIENDS AND GET FIT WITH OTHER AMAZING MUMS OF OUR AWESOME LOCAL COMMUNITY, IN A FUN, CHILD FRIENDLY ENVIRONMENT!

BECOME EMPOWERED AS YOU CLAIM BACK YOUR BODY, MIND & SPIRIT!

(9.15AM- MONDAY TO FRIDAY )

CLASSES SUITABLE FOR ALL FITNESS LEVELS

BOXFIT - H.I.I.T - CIRCUITS - STRENGTH - CARDIO

* PLAYGROUND AND OPEN FIELD FOR CHILDREN TO PLAY
* SHAD ED UNDERCOVER WORKOUT AREA
* VIP SUPPORT PAGE
* RECIPES- WORKOUTS-TIPS N TRICKS

Contact Brooke 0401 218 555

Proudly supported by The Grind Pit

$19.95
GROUP
FITNESS*

* Terms and conditions apply

Only 10 spots available!

CLASSES RUN FROM THE OXENFORD STATE SCHOOL
Contact Brooke - THE GRIND PIT PERSONAL TRAINING TODAY 0401 218 555
HCD Martial Art Academy
Traditional Martial Art Classes designed to Help;
• Develop confidence
• Improve self-control, and
• Increase Fitness

We have classes for all fitness/ability levels in the Oxenford School Hall on Tues and Wed nights and Sat morning.

Let 2019 be the year you and your child learn skills that will help you for your entire life.

We are registered with the QLD government and accept the “Get Started” vouchers

For more information
m: 0447514505
e: info@hcdmartialarts.com.au

Yang Tsin Su Academy
The True Art of Self Cultivation

Classes at Oxenford State School:

Junior Tsun Tsin Chuan/Kung Fu & Self Protection

Adult Woo Tsin Chuan/Soft Style & Tai Chi Chuan

Single Sword & Long Staff Style

Enquiries: Iris Lee
Ph: 043 295 1228

www.ytsacademy.com
Clean Up Day
Sunday 3 March 2019
Change starts with you
REGISTER

24th March 2019
YOU & YOUR MATE!
CAN GO GET HOOKED!
On Damian Leeding Memorial Park Lake
Catch, Photo and Release (CPR)
$100 per tinny
$50 per Kayaker / Land base
6.30am to 1pm
JOIN THE COMPETITION AND WIN PRIZES!
Come help us survey the fish in the lake, while competing in a motorised/ Kayaking/ Land Base fishing competition on the lake; all thanks to 4Brother Fishing.

TO REGISTER GO TO:
OR VIA FACEBOOK — 4BROTHER FISHING
TICKET CLOSE: 22 FEBRUARY 2019

BECOME A HOST FAMILY IN JULY 2019!
REQUEST A FREE INFO PACK / SMS “HOST” to 0428 246 633

HOSTING AT A GLANCE:
• Hosting is voluntary
• You choose your student
• Students attend high school full time
• 24/7 support provided
• Host families come from all over the state
• Students come from all over the world and stay for a short term (6-10 weeks), a semester or a year.

HEAR FROM A HOST MUM
“Hosting has been one of the most rewarding and exciting experiences for our family. Samara, our student, was definitely one of the most kind and intelligent people we have met, and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children.”
Your mum, Caroline.

CAMILLA (16) ITALY
Claire!
The list of activities I like to do in my free time is long, so I am never bored! Singing is my biggest passion and I hope to become a singer one day. I love reading, I also really enjoy photography. When it comes to sport, swimming and basketball are on top of my list. Thank you if you are going to choose me, I promise I’ll be a perfect “daughter”!

MORE PROFILES: WEP.ORG.AU/HOST

WEP.ORG.AU/HOST / 1300 884 733 / INFO@WEP.ORG.AU
# FREE PROGRAMS FOR PARENTS Term 1, 2019

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<tr>
<th>Program</th>
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| **1,2,3 MAGIC & EMOTION COACHING** (3 weeks) | A three session program designed to help parents/carers and educators of children aged 2 – 12 years to manage challenging behaviours. The program works equally well as a preventative tool and early intervention. A great framework that preserves the dignity of the child and the adult. | Monday 11th February – 25th February: 9:30 am – 11:30 am  
Friday 15th March – 29th March: 9:30 am – 11:30 am |
| **TUNING IN TO KIDS** (6 weeks)              | This six session program teaches parents/carers of 3 – 12 year old children how to become their child’s emotion coach. Help your child build resilience through understanding and managing their emotions. Suitable for parents of children with anxiety, emotional & behavioural issues. | Thursday 14th February – 21st March: 9:30 am – 12:00 noon |
| **CIRCLE OF SECURITY PARENTING** (5 weeks)   | This five session program provides parents with strategies to promote a sense of security and a life of resilience and well-being in their children. Suitable for parents/carers of 0 – 10 year old children. Also suitable for parents whose children have emotional & behavioural issues. | Wednesday 20th February – 20th March: 9:30 am – 12:00 noon |
| **ANGER MANAGEMENT & CONFLICT RESOLUTION** (4 weeks) | A four session program filled with information about anger – what it is, how it impacts on our lives and relationships, and strategies about how to manage anger, feel happier, and improve the quality of our lives and relationships. | Wednesday 27th February – 20th March: 6:00 pm – 8:30 pm |
| **PARENTING MADE EASIER** (4 weeks)          | This is a four week program for parents/carers of children aged 0 – 12. It will help you understand children’s misbehaviours, and provide you with strategies to develop and foster emotional resilience, respect, cooperation, and responsibility in your children. | Monday 4th March – 25th March: 9:30 am – 12:00 noon |
| **SELF-ESTEEM** (4 weeks)                    | This is a four week nurturing program that helps build self-esteem; increasing confidence and helping individuals to feel better about themselves. | Friday 15th February – 8th March: 9:30 am – 12 noon |

Child minding is available for day programs conducted at OCCYC for $4 per child. **Bookings are essential.**

Communities for Children is funded by the Australian Government Department of Social Services.

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**What people are saying about our programs...**

“This program taught me that anger is not simply a cascade of cause and effect, but a conscious choice on how to react to provocation. The ability to exercise free will is choosing how to respond to a triggering event. It is what makes us human. I now have a far deeper understanding and appreciation for the ability to control my anger in a positive and productive manner. This will no doubt contribute to the betterment of myself as a man in modern society.” - Anger Management