

National Simultaneous Storytime



To kick start this years 'Premiers Reading Challenge' and celebrate Education Week, Highland Reserve took part in the National Simultaneous Storytime on the 22nd May 2013. We would like to thank those parents and caregivers that attended and hope you enjoyed the experience as much as our students.



Each class participated in this event by joining with schools across Australia as we read 'The Wrong Book' by Nick Bland. Classes also took part in various activities based on this book.

For more information visit the National Simultaneous Storytime website at <http://www.alia.org.au/nss/> or see your child's teacher.

Silly Sock Day



This term Student Council are holding a 'Silly Sock Day' on Friday the 7th of June.

On this day, the Highland Reserve community are encouraged to wear Silly Socks and in turn, bring in a gold coin donation to raise money to support the Ronald McDonald House Charity.

Throughout the day, classes will be joining their footprints together to see how much money is raised by throwing on a pair of Silly Socks.

Can we make a line from the Hall all the way to the Prep Precinct?

Cybersafety @ Highland Reserve State School - Monday 22nd July 2013

Oscar in Year 6 films a friend stacking his skateboard...and uploads it to his social networking page for all to see.

Humiliating others repeatedly online is cyberbullying.

Josie, in Year 2, uses the computer at home and at school...and sometimes finds things she doesn't like.

Of Australian children, 84 percent of boys and 60 percent of girls are accidentally exposed to inappropriate online images.

Mitch logs onto the internet at 4.00 a.m. ...to play online games with teenagers in Europe.

Excessive internet use or gaming can lead to social and physical problems.

Sara sent eight 'friend' requests last week online...but had no one accept her.

Social networking can have a negative impact on some users.

Help your child be safe online

The internet and online technologies, like mobile phones, are incredible tools. They provide an opportunity to communicate, learn, play and be entertained by content from around the world.

Like communicating in the real world, there are risks involved in interacting online. Cyberbullying, identity theft, scams, sexting and inappropriate content are some of the issues that can pose challenges for all young people—from pre-schoolers just starting to use a computer, to more experienced teens.

Knowing how to use online technologies safely, and how to deal with issues, is essential to young people having positive experiences online.

As a parent, you have an important role to play in helping to educate and guide your child online. To assist you, the ACMA's Cybersmart Outreach program provides free cybersafety presentations and information tailored specifically for parents. Resources can be found at www.cybersmart.gov.au

Cybersafety Outreach Internet Safety Awareness Presentation for parents

This internet safety awareness presentation offers an overview of cybersafety issues focussing on the interests and needs of parents. The presentation runs for around 60 minutes, and is held in your child's school. It is easy to understand, thorough, non-technical and informative. The presentation gives parents a sound understanding of cybersafety topics and provides advice on how to help children and young people stay safe online.

Cybersafety Presentation at Highland Reserve State School

Highland Reserve State School is hosting an internet safety awareness presentation for parents on Monday 22nd July 2013 at 5.30pm in the school staffroom.

Please email - office@highlandreservess.eq.edu.au or phone the school office - (07) 5588 3333 to book your seat for this essential parent information session.

For more information contact:

Australian Communications and Media Authority

Cybersmart program

Cybersafety Contact Centre

Telephone: 1800 880 176

Email: cybersafety@acma.gov.au

www.cybersmart.gov.au

Semester One Report Cards

Semester One Reports will be emailed to parents and carers at the end of this term.

Please ensure to update you email address by contacting Administration via email at

office@highlandreservess.eq.edu.au

Emergency Contact Details

It is important that in the event of an emergency, the school has the most current contact details for all parent and carers.

Please ensure to update all contact details regularly by contacting Administration via email at

office@highlandreservess.eq.edu.au or by phoning (07) 5588 3333.

Winter Uniforms

With winter fast approaching, now is the time to purchase a HRSS winter jacket!

Cost is \$48 and can be purchased from the uniform shop on Monday, Wednesday and Friday mornings 8:30am - 10:00am.

Alternatively, you can purchase through Flexischools online.

If you are unsure of sizing, feel free to come in and try one on!

Students are permitted to wear plain navy tracksuit pants (eg from Target or K-mart) during the cooler months.
Girls can wear FULL length navy opaque tights (not to the ankle) under their skorts/culottes.

Woolworths Earn and Learn is back!

We are excited to be taking part in the Woolworths Earn & Learn program again in 2013.
In 2012, with thanks to our families, our school earned over 52000 Earn and Learn points.
These points were used to redeem hundreds of dollars worth of educational resources, such as this Lego Robotics equipment.



You can help our school again by collecting Woolworths Earn & Learn Points when you shop at Woolworths between Monday 8 April and Sunday 9 June 2013.

For every \$10 spent at Woolworths you will receive a Woolworths Earn & Learn point from the checkout operator.

Place the points on to a Woolworths Earn & Learn points sheet. Once the sheet is completed, return it to school and drop it into the collection box situated in the Office.

The more points we collect, the more we can redeem. There are thousands of products available through the Woolworths Earn & Learn program including numeracy and literacy resources, science equipment, arts & crafts materials and more.

We are grateful for your support and look forward to another successful program!

Kids who read succeed!

The HUB is open every morning from 8.30am for students to share a book and read to an adult. Students are able to read their home readers or share a library book.



Prep B News

On Friday 10th May Prep B invited their beautiful Mothers into their classroom for an afternoon of pampering! The children made their Mums feel like Queens for the afternoon at the 'Ma Spa'. Take a look at some of our photos:

Massage Station



Hair Salon



Nail Salon



Reflection & Journal Stations



Thanks to all the wonderful Mums, Aunties and Grandmas who came along to be part of our special day.

- Miss Edmondson.

P&C News

The Highland Reserve State School P&C Facebook page is back!

"Like" our page at <https://www.facebook.com/HRSSPC?v=info> to stay updated on all of the latest P&C news and events.

Highland Fling

The Highland Fling is on...
and it's Senior Prom - 1980's Style!



So put Saturday night the 7th of September in your diary.

It's a great night of Trivia, games and Prizes so for more details stay tuned to our facebook page or our rockin' events website - <http://www.hrsspandc.com.au>

If you want to volunteer and be part of this wonderful event or if you would like to sponsor or donate prizes then please email events@hrsspandc.com.au

Our next monthly P&C Meeting is on Tuesday the 4th June at 6.30pm in the School Staffroom. Come along to a meeting to be updated and involved with what is happening at the school.

Young Discoverers Vacation Care Program

It's Time to get organised for our Holidays!

What do I need to do?

- Fill in [Young Discoverers June/July Vacation Booking Form 2013 \(PDF, 284 KB\)](#) and return ASAP
- Sign Permission Form and return with booking form

What do I need to send?

- Broad Brimmed hat
- Bring your helmet on bike and scooter days Drinks to last the day
- Morning tea/afternoon tea
- Lunch (Unless provided with the activity)

Reminders

- Priority for existing families until 27th May 2013
- Activities start at 10:00am unless otherwise stated
- All belongings must be named- Lost items are your child's responsibility Fees to be paid in advance
- Cancellations less than 2 weeks before booked day incur full fees

Kids Matter @ Highland Reserve State School



Kids Matter Primary is a mental health and well-being framework for primary schools and has been proven to make a positive difference to the lives of Australian children. KidsMatter Primary is a federal government initiative and provides the proven methods, tools and support to help schools work with parents and carers, health services and the wider community, to nature happy, balanced kids.

Highland Reserve State School is a Kids Matter school. Check out what's happening within our school, at the Kids Matter website and in the local community to help us all raise happy, balanced children.

From Kids Matter

Parents and carers matter too

It's easy to spend all of your time looking after the kids, but your psychological health is important, too! When parents and carers feel good, they're more likely to provide their kids with the best care possible. Enjoy a healthy diet, exercise regularly and sleep well for a healthy mind. Read full article - <https://www.kidsmatter.edu.au/families/enewsletter/parents-and-carers-matter-too>

Building better family relationships

Families come in all shapes and sizes but each one has an important role to play in children's development and mental health. Through positive communication and clear boundaries, you can help your children build strong connections with all members of your family. Read full article - <https://www.kidsmatter.edu.au/families/enewsletter/building-better-family-relationships>

In the Community

Griffith University Psychology Clinic offers a range of reduced cost services for children and adolescents, including Therapy for:

- behavioural, social and emotional problems (including ADHD, anxiety, behavioural management problems, family interaction difficulties, grief and loss, school readiness and feeding and sleeping problems)
- adjustment and coping with chronic health issues
- assisting with developmental disorders including Autism and Asperger's Syndrome, and

Assessment of:

- cognitive functioning (learning difficulties, ADHD, developmental delays)

The cost of the first visit to the clinic is \$30 and \$20 for subsequent visits. Please contact Griffith University on (07) 5552 8556 for further information.

Brave Team Program

A team of researchers (the BRAVE Team) at Griffith University and the University of Queensland is investigating internet-based programs for children suffering from social anxiety. Social Anxiety is extreme shyness, or fear of speaking or performing in front of others. The BRAVE Team is seeking children aged between 8 and 12 years to take part in an internet-based treatment study.

The treatment program involves 12 online sessions for children and 8 online sessions for parents, which each session taking approximately an hour to complete. Families are charged a one-off fee of \$120 to assist in covering treatment costs.

Families will also be asked to complete questionnaires and telephone interviews, but will receive a rebate of \$25 in vouchers each time they complete a post-treatment assessment.

For more information contact the BRAVE Team: Phone: (07) 3735 3312 or (07) 3735 1807

Email: brave@psy.uq.edu.au Website: www.exp.psy.uq.edu.au/socialanxiety

1-2-3 Magic & Emotion Coaching Parenting Course

A three-session program for parents and carers

to help manage difficult behaviour in children 2-12 years old is being held at:

Highland Reserve State School (570 Reserve Rd, Upper Coomera) Monday (evenings) : 20th May to 3rd June, 2013 6:00pm- 8:00pm

The [1-2-3 Magic & Emotion Coaching Parenting Course Flyer \(PDF, 185 KB\)](#) contains more information.

Hello from the Guidance Officer!

Most of us have times when having someone to talk to would make a real difference to the way we're feeling; this might be to do with things in our own lives or in the lives of our children. Sometimes too, we'd rather speak to someone we don't know or we're worried about something that requires input from a professional. Thankfully, there are many community organisations and support avenues available across the Gold Coast.

The Northern Gold Coast Communities for Children is a government funded, local organisation that offers free counselling for children up to the age of 12 years, and for their families.

If you or your children are in need of someone to talk to, the NGCCC can be found in the Oxenford and Coomera Community Youth Centre at 25 Tamborine Oxenford Road, Oxenford (Ph 5580 4995 or 5529 8087).

Cheers,
Kate Alcorn

Northern Gold Coast Communities for Children

The [Northern Gold Coast Communities for Children Newsletter \(PDF, 2 MB\)](#) contains information relevant to our local community and activities going on in the area.

Be sure to check out the [Confidence at Play Workshop Flyer \(PDF, 408 KB\)](#) for the June/July holidays.

Visit their website for further details <http://youthcentre.org.au>

Helensvale State High School Open Night

Important Date for Students and Parents
Year 8 Enrolment Process for 2014

Information Evening
Tuesday 4th June, 6.00pm – 7.00pm
In the Student Activity Centre

Come and meet our Principal, Mr Mark Blackshaw and our Junior Secondary School Deputy Principal, Mrs Heidi Booth. Find out about our fantastic curriculum programs for 2014. Come along, tell us about your child and how we can work together to create a great high school experience in 2014. Enrolment packages can be collected on the night. Help offered to complete the enrolment package if required.

For further information please call the Administration Office on (07) 5573 8555.

Upper Coomera State College Parent Information & Open Evening

You are invited to attend the Upper Coomera State College 2013 Parent Information & Open Evening for students going from Year 7 into Year 8.

The evening will be held in the UCSC Performing Arts Centre on Wednesday 12th June from 5:00pm. For more information, view the [Upper Coomera State College 2013 Parent Information & Open Evening Flyer \(PDF, 799 KB\)](#)

School Banking News



Win the Dollarmites' treasure.

Simply make three or more deposits at school during Term 2 and you'll be automatically entered into the competition.



1st Prize.
\$5,000 family adventure to anywhere in Australia with \$500 spending money.



25 x Runners-up prizes.

Awesome kid's packs that will always have you ready for adventure! Worth over \$700, they're jam-packed with:

- A Wii U
- Walkie talkies
- Night vision goggles
- A waterproof camera
- A Razor eSpark electric scooter

Things to know before you Can: NSW Permit No. LTPS/13/1306 - VIC Permit No. 13/476. ACT Permit No. TP13/645. SA Permit No. T13/307. Competition closes 05/07/13. First entry drawn on 23/07/13 from all entries received will win, and details will be published in the Public Notices section of *The Australian* on 02/08/13. The Promoter is Commonwealth Bank of Australia ABN 48 123 123 124, Level 13, Darling Park, Tower 1, 201 Sussex Street, Sydney, NSW 2000. Full terms and conditions at commbank.com.au/adventureisland



[Site map](#) | [Copyright](#) | [Disclaimer](#) | [Privacy](#)
| [Accessibility](#) | [Other languages](#)

© The State of Queensland (Department of Education, Training and Employment) 2013



Queensland Government