Disco Time!

Get your happy pants and dancing shoes ready for the Highland Reserve mid-year Disco!

When: Thursday 13th June
- Juniors (Prep to year 2) 4:00pm - 5:00pm
- Seniors (Years 3-7) 5:30pm - 7:00pm

Where: Multipurpose Centre (Hall)
Cost: $3 per child (tickets at the door).
Snacks and glow products available for purchase.

Theme: Happy pants
Colourful pants, pyjama pants, stripy pants, patterned pants, spotty pants or pants that just make you feel happy.

Hope to see you there!
Regards,
Student Council

Please Note:
Please be prompt when collecting your children at the end of the session.
No siblings allowed and only Highland Reserve State School children will be admitted.

Disco Volunteers Needed!
The HRSS P&C are providing the student council with volunteers to help with car parking on the night.
If you would like support the student council by volunteering even 30 minutes of your time please follow this link
http://www.signupgenius.com/go/30E084BA4A92AA20-carparking

District Cross Country Team

After weeks of challenging training, including weekend trainings, our 2013 District Cross Country Team met their competitors from other schools at the Gold Coast North Championships. There were 100 to 130 competitors in each race. HRSS were exceptionally well placed in the competition. Jaidyn G placed 7th qualifying for Regional Championships, Zach C placed 16th and our 11 year old girls all placed in the top 30. All the others were placed very well in the field which is a testament to their commitment to training and competition and personal talent.
Reader’s Cup Challenge

Congratulations goes to our super readers Zach, Harry, Hayley, Abbey and Oliver who all competed at the regions Reader’s Cup Challenge on Tuesday Night. They all did a superb job of reading six wonderful novels within a short time frame. Well done!

Prep Enrolments for 2014 now open!

To be eligible for enrolment in Prep for 2014, a child must be born 1 July 2008 to 30 June 2009 (inclusive). Please note that a Birth Certificate original or a certified copy (e.g. by a Justice of the Peace) will be required. Children must also live within the Highland Reserve State School enrolment catchment area. Check your address using the Office of Economic and Statistical Research website or catchment map (PDF, 1.3 MB). Evidence of residency is needed to prove you live within catchment upon enrolment.

Download the enrolment package (PDF, 2.7 MB).

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

General Information

Finance/Uniform Shop
Please be advised that the Finance window and Uniform Shop will be closed on Friday 21st June 2013.
It will reopen on Monday 8th July 2013.

Café News
The Café will be closed on Friday 21st June and Monday 8th July.
It will reopen on Wednesday 10th July 2013.

Semester One Report Cards
Semester One Reports will be emailed to parents and carers at the end of this term.
Please ensure to update your 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.

Woolworths Earn and Learn is ending soon!

The Woolworths Earn & Learn program ends on Sunday 9 June, so keep on collecting Woolworths Earn & Learn Points to help support our school. Remember to collect Earn & Learn Points stickers when you shop at Woolies.
The more we collect, the more our school will benefit.
Thank you for your support!
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.

Japanese Dancing

As a part of the Year 3 SOSE and Dance units of work, we were lucky enough for Ms Morgan to organise a Japanese Dance troupe “Yosakoi Maito” to come to HRSS to share some traditional dance and music. After viewing the demonstration, students from Prep to Year 7 joined in a workshop where they were able to try some moves and music of their own.

Prep B News

The students in Prep B have been working very hard this term to develop reading skills. We have learned many ‘tricks’ to help us decode tricky /
unfamiliar words. We have also been practicing reading with fluency and expression and are getting very good at this! Last week we started buddy reading with the Year 7 students. It was such a fantastic experience to see the children read to their role models and vice versa. The students were so engaged, take a look:

Prep C News

Prep C enjoyed a fun filled morning of listening and learning in the National Story Time -" The Wrong Book"
Parents joined their children to make the morning even more special.

Prep C has been investigating Positional Language/Prepositions (Under, over, behind, on top, beside, between etc) in class. They had a great time making a power point to demonstrate their understanding of this concept.
1A News

1A’s National Story time morning, thanks to all those who came and participated with our classroom activities the children had a great time. Here are some photos of the children making hats, books and posters.

1C News

Have a look at some of our amazing work from National Simultaneous Story-time Day! Everyone had a fantastic time reading and enjoying ‘The Wrong Book’ (and wearing one ‘wrong thing’ to school that day!).
Our class had a wonderful time at the National Simultaneous Story-time telling day. The children participated in three different activities. They first created a ‘wrong me’. They then created dialogue the character would say when they interrupted the book. Lastly, the children painted a ‘wrong thing’ and described their imaginative painting using adjectives. Check out some wonderful photos that one of our parents took for us.
6A News

Energy Education Trailer Visit

On Wednesday 5th June the Numinbah Valley Energy Education Trailer helped 6A with their Science Unit on energy and electricity. We saw how energy is produced from coal, wind turbines and solar panels. Our presenter demonstrated how energy from the sun can be used to power objects, heat water and burn sticks! We also learned the best ways to save electricity around the home. We thoroughly enjoyed the visit and would highly recommend it to others.

By Mike R and Owen C 6A

Athletics Days for Term 3

Thursday 25th July - Prep – 2 Athletics Day (Sprints and Novelty Activities 9am – 1pm)
Friday 26 July - Years 3 – 7 Athletics Day (All Day, Sprints, Field Events, Ballgames, Relays. 8 years olds in Year 3 born 2005 will participate in modified field events)
More information to come soon!

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.

Photo Fundraiser

The P&C is offering families the chance to get a family portrait taken for only $20 on 10th August 2013 at the School Hall! The whole $20 goes directly to Highland Reserve State School P&C to be used for the direct benefit of the students. You have the option of purchasing more photos from the photographer after your shoot – these range in value up to the complete package for $199 where you get three different poses, several copies of different sizes photos, greeting cards, an A3 pencil sketch and lots more. To book your time contact Cheryl at hrss.pcs@gmail.com and be sure to check out the Facebook event for more info https://www.facebook.com/events/335485316579239

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

### 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

### The Lollipops Poem

By Alan Messer

Up along Reserve Road,
Where it meets Amelia Street
There is a school and through the gate
Go lots of little feet

Some arrive by bus and some by car
And some walk to school
They walk across the crossing
The kids all know the rules

Reserve Road is a busy road
The kid’s safety did not rate
So the school employed the ‘lollipop’
To get them safely to the gate

The kids line up each morning
They all pick up their sacks
Jenny takes them over carefully
And later Selwyn brings them back
So to all you drivers out there
Take care around all schools
The speed is 40k’s per hour
So do not be a fool

Our children are our future
To protect them, we won’t stop
But also we must give a thought
To all our ‘Lollipops’.

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

Helping children cope with a family break-up

Almost half of all divorced couples have children aged under 18 years. It’s an unsettling time and, unsurprisingly, children react to a family break-up in a variety of ways. Some kids will talk about their feelings but most, particularly younger children, will show how they feel through their behaviour. It’s common for children to feel a sense of loss and powerlessness as the decision to separate is out of their control, and they are mourning the loss of the family unit they have probably known since birth. Children who have previously been confident and calm may seem anxious and want to stay close to their parents or carers. Some kids may get angry or get into fights more often than usual. Others try really hard to be good because they worry that if they misbehave their care-giver will leave them too.

In order to look after your kids, it’s important to look after yourself. Parents and carers who are coping with a separation are much more likely to have kids who cope. This can include seeking support from friends, family or professionals.

You can help your kids to cope by explaining the situation as it relates to them in age-appropriate ways – where they will live, where they will go to school, what will happen during the holidays. You can find out what is important to them by creating time to listen and hear their questions and concerns. Keep their routine as normal as possible to help them feel safe, and explain any changes that will affect them. Encourage them to talk about their feelings and be ready to listen. This can be difficult when you have strong feelings yourself so encourage your children to also talk to other, trusted adults who are more separate from the situation.

Most importantly, respect your children’s need to maintain their relationship with the other parent or carer, and avoid bad-mouthing them to your children. To manage the transition, you can:
  - Reassure your children that both parents/carers will love and care for them.
  - Provide extra support before and after children visit their other parent/carer.
  - Give yourself and your kids time to adjust to the change – feelings of loss and grief take time to subside.

Encouraging dads to connect

Often, mothers are the primary caregiver, so children will rely on them for many of their day-to-day needs. But dads are important too – in fact, fathers who are involved with their children bring positive benefits that are unique and special.

Research shows kids who have a solid relationship with Dad get along better with siblings, have better social skills and experience less emotional distress. Father involvement from birth and through childhood is positively linked with children’s overall life satisfaction and wellbeing. What’s more, getting involved is great for dads. Fathers who are connected with their kids are more likely to feel satisfied with their lives, enjoy greater marital stability and have a strong sense of how important they are to their kids.

But the father-child relationship is more than kicking the footy in the backyard, and many dads find it tricky to balance fatherhood with work commitments. Some fathers are especially challenged because they are shift workers or don’t live with their children. Plus, fathers can feel disconnected from their children’s lives because they may be confused about their role.

Getting involved, even in small ways, helps dads develop healthy relationships with their kids. For dads who work long hours, do regular shift work or don’t live with their kids, it’s important to make the most of the time you spend with them. Try these strategies to connect with your kids:
  - If you’re gone when your child wakes up, leave them a note or give them a call. If you’ll be gone when they go to sleep, give them a call in the afternoon or before they go to bed.
- For small children, give them something that belongs to you that they can hold, sleep with or smell.
- If you’re going on a work trip, tell your children how long you will be gone for and what you will be doing. Look at a calendar with your children so they can countdown to when you are home, and while you are away send postcards or stay in touch with Skype.

You can subscribe yourself to the KIDS MATTER parent and carer newsletter, and get tips such as these emailed directly to you, but going online to: https://www.kidsmatter.edu.au/main-menu/enewsletter

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

Secondary Schooling Parent Information Sessions

Sessions at Gaven State School
- For Pacific Pines SHS – July 30th at 3.30pm
- For Helensvale SHS – July 10th at 3.45pm (TBC)

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)

Oral Health Care Matters

Did you know that Gold Coast Hospital and Health Services – Oral Health Services in both the community and school dental clinics accept Teen Dental Vouchers?

Good oral health care is important for young people. The government has provided Teen Dental Vouchers to help enable and maintain good oral health and preventative care. These vouchers can be presented to private dentists or Gold Coast Hospital and Health Services – Oral Health Services, including a community or school dental clinic.

Children attending schools up to the end of Year 10 who present a Teen Dental Voucher with Gold Coast Oral Health Services will receive a comprehensive examination, x-rays, scale, clean and a full course of care. Children in Years 11 and 12 in receipt of a voucher can only be seen by Gold Coast Oral Health Services if the eligibility criteria is met. They will then be placed on a waiting list to receive a comprehensive examination, x-rays, scale, clean and a full course of care.

If the Teen Dental Voucher has been used at a private dental practice, completion of the private dentist’s treatment plan will need to be undertaken privately at own cost. Gold Coast Hospital and Health Services will only be able to provide Emergency Care for these children, not a full course of care as prescribed by the private dentist.

Gold Coast Hospital and Health Services – Oral Health Services have qualified and experienced dentists, oral health therapists, dental therapists and dental assistants who work together to provide a range of oral healthcare services to meet your child’s specific oral health needs in a caring environment.

As the Teen Dental Voucher expires by 31st December 2013, it is important that you arrange your appointment as soon as possible by telephoning the Gold Coast Oral Health Services Call Centre on 1300 300 850. Oral health services are also provided during all school holiday periods.

For more information on the nearest community or school dental clinic, the Oral Health Call Centre will be able to assist you with your enquiry.
It's pantomime time again! Snow White and the Seven Dwarfs. Come and see this fun filled family show playing at Spotlight's Basement Theatre in Benowa. The show runs from Wednesday 26th June until Saturday 6th July two shows a day, except Sundays. You can book tickets at www.spotlighttheatre.com.au or call (07) 5539 4255.

Spotlight is a community theatre and a not for profit organisation.

School Banking News