Mini Mees Child Care Centre
Family operated, owned & committed
Not for shareholders profit
Long Term Dedicated Qualified Staff
1000 m² of open play grounds
100% quality national accreditation
Limited vacancies
298 Bayliss Road,
Heritage Park Qld 4118
Ph: 3803 2599
Fax: 3803 2699
Email: minimees@kal.net.au
6.00am-6.00pm Monday to Friday (ex. Public holidays)

Artistic Landscapes
'Your vision; our creation'

Phone Greg
0412643991
ABN: 335 960 277 92

LOGAN DANCE ACADEMY
Classical Ballet
Jazz Tap
Drama
& Hip Hop

Phone: 3297 1245
Mobile: 0413 059 338

Browns Plains Baptist Church
- Sunday worship 9.30am
- Sunday School 10.00am
- Kids Club 7.00pm
- Youth Group Fridays

All welcome
Meeting at:
Browns Plains High School
Performing Arts Building

Enquiries:
Phone 3800 5928
www.browns-plains-baptist-church.com

Need Uniforms?
Yugumbir State School
Uniform Shop - Phone 3380 0354

EFTPOS available – No personal cheques
Open:
Monday 2:30 – 3:30pm
Wednesday 8:30 – 9:30am

CELEBRANT
Trish McMahon
I am a professionally trained authorised Civil Celebrant
“Together we can create your perfect ceremony”
Ph: 0417 856 058
Email: patricia_mcmahon@bigpond.com

Body Changing Fitness
Personal Trainer
Lisa & Barry Collins
bodychangingfitness@gmail.com
www.bodychangingfitness.com
Barry: 0448 919 151
Lisa: 0438 672 229
AWI1384491

SALE
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REGENTS PARK
Ph: 07 3800 3222
Sales neilgiles@brownsplainsrealestate.com.au
Neil Giles: 0405 158 449
Rentals candicele@brownsplainsrealestate.com.au
Candice Le: 0405 269 163
www.brownsplainsrealestate.com.au

Self Defence
Fun
Fitness
Discipline
Respect
HUMILITY
UNLIMITED FREE TRIAL
RHEE TAE KWON
HERITAGE PARK
www.rhee.com.au
TUESDAY & THURSDAY 6:30pm
Browns Plains State School hall
Sabum Kevin 0408 886 908
Assistant Instructor Sarah 0412 485 500

CELEBRANT
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I am a professionally trained authorised Civil Celebrant
“Together we can create your perfect ceremony”
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PRINCIPAL’S MESSAGE

Dear parents, students and community members,

I extend a warm welcome to all new and returning families to the new school year. The first week has progressed exceptionally smoothly and our students are now well settled in readiness for the exciting learning journey that lies ahead. Congratulations to parents for supporting students to be ready for school, by ensuring all have their new uniforms and resource packs. As of Tuesday afternoon, I had quickly visited 39 classrooms. I was very pleased to see students keen and co-operative, well settled for a positive year.

I would like to congratulate all staff for their work in ensuring the school was ready to start. Teachers have worked diligently across the pupil free days, the office staff have supported with many new enrolments and the groundsmen and cleaners have ensured our school is clean and ready for our students. (Sadly, our regular groundsman is ill and we are behind in our schedule to have the grounds fully at the standard we expect.)

A special welcome is extended to our new students, especially those entering prep. Students appeared very settled in their new environment, a reflection on their pre-prep experiences and home support. We anticipate you will be quickly become comfortable and be ready to learn, in “your” new school.

Yugumbir is an excellent school. Its strong reputation has been built by the combined work of a committed staff, positive students and supportive parents, over several years. The school has high standards and clear expectations of all students, staff and parents, ensuring our school community is doing all it can to support student learning and personal development. The positive contribution of all parents is essential if we are to achieve maximum outcomes for our students.

I have been appointed to Yugumbir SS as principal in a permanent capacity. I look forward to meeting you and to working with all in our community into the future.

Enjoy the new year
Mick Quinn
Principal

Learning is our Focus

Yugumbir SS aims to strive to achieve academic excellence and creativity. It provides an environment in which all students have the opportunity to maximise their potential.

This statement firmly places our responsibility on teaching and learning, with the main indicator of our success being the standards achieved by our students. It is our responsibility to develop our students such that their capability as developing learners is nurtured along with their growth to become responsible, young people. We can achieve these outcomes if we work well together as a community. Some simple strategies which will maximise the teaching and learning which occurs in classrooms are:

- Ensuring students are well rested each night in readiness for the busy next day
- Arriving at school on time, ready to learn
- Attending every day possible. Studies have shown that full attendance impacts strongly on student achievement.
- A healthy breakfast and lunch every day.
- Undertake some home reading each night.
- Parents meet and have a positive working relationship with, their child’s teacher.
Working Together
While much information is available for parents through the weekly newsletter, there are occasions when parents will have a query. Processes for supporting parents on these occasions are as follows:
- General queries should be made through the school office.
- If the query involves your child’s welfare or learning, the classroom teacher is the best person to contact in the first instance.
- Other, more complex queries may then be directed to one of our deputy principals as follows:
  Prep – Mrs Schulz
  Years 1&2 – Mrs Wakefield
  Year 3 & 6 – Mr Wills
  Year 4 & 5 – Mrs Cornwall
  Each of these people have a range of responsibilities, so an appointment is recommended, made through the school office.

Parent – Teacher Meetings
Parent – Teacher Meetings are being offered to parents in Week 3/4. These meetings are held in students’ classrooms. They will be of a maximum 1 hour’s duration. These meetings will be held as follows:

**Week 3**
- Mon 8th Feb - Year 1 - 5:30-6:30pm
- Tues 9th Feb - Year 3 - 5:30-6:30pm Year 6 – 6:30-7:30pm
- Wed 10th Feb - Year 4 - 5:30-6:30pm
- Thurs 11th Feb - Year 5 - 5:30-6:30pm

**Week 4**
- Mon 15th Feb Year 2 - Monday 5:30-6:30

At these meetings parents will meet their child’s teacher, learn about the class program, reporting and assessment, positive classroom behaviour management processes and expectations, homework expectations, extra-curricular activities planned, some school policies and how parents can help out. All parents are strongly encouraged to attend these meetings. They are integral in forming a supportive partnership between teachers and parents, to benefit our students.

Attendance / Late Arrival at School
There is extensive research which makes a strong link between maximum attendance at school and student achievement. All parents are requested to ensure all students are at school every day, unless there is a genuine reason to be absent eg illness, urgent family matter etc. It is imperative that the school is advised of every student absence by phoning 3380 0360.

Legislation requires the school to account for every absence – please ensure you provide the reason for the absence. (see notice below)

More information on the importance of regular school attendance is available at http://education.qld.gov.au/everydaycounts/index.html

There is a television advertisement centred on “Every Day Counts”, featuring Johnathon Thurston. He makes the point that not attending school can have lifelong consequences. He says, “**Missing training can put you on the bench for the next game.**
**Missing school can put you on the bench for the rest of your life.**”

Watch here - https://www.youtube.com/watch?v=b9IlBeJ5CU&lis

Starting the day on time - Please note that the first bell is rung at 8:50am. At this time, students should line up ready to enter their classroom. The first session of the day is critical as it is the most productive session of the day. The day’s program begins and special announcements are made here, therefore it is essential that all students are at school early.
Updating Student Details
It is very important that we have current student records as they are critical in emergencies. Therefore we are asking parents to please update their student’s and their own personal details that may have changed. Please pay particular attention to any changes of:
- current address
- contact telephone numbers
- emergency contacts, and
- medical conditions.
If changes are required please contact the school office at your earliest convenience – email: the.principal@yugumbirss.eq.edu.au Alternatively you may phone 3380 0333

Communication/School Newsletter
The school publishes an electronic newsletter each Tuesday. This is provided to all families via the school website. Any family who requires a paper copy is asked to collect one from the school office. As this publication is the main mode of communication within our community, all parents are asked to ensure it is downloaded and read within their household. There will be other information published on the school website from time to time. These will relate to current events and upcoming activities. There is also a calendar of events available on the school website.

School Expectations
Our school expectations are being reinforced with our students in these first few weeks. The 3 general expectations which we expect all students to know and understand are:

- Be Respectful – We demonstrate respect when we speak and behave in a considerate and well-mannered way.
- Be Responsible – We demonstrate responsibility when we are accountable for ourselves, our belongings and our environment.
- Be Ready – We demonstrate readiness when we are willing and prepared to participate in our schooling.

Students will be supported to be able to apply these rules within their classroom and the wider school context.

Student Absences:
Phone - 3380 0360
email – absent@yugumbirss.eq.edu.au
Please state your child's name, class and reason for absence.

Please cut this notice out and place it on your fridge. Enter the school details into your phone.

SOBS
SOBS is a program we use at our school to help with your child’s attendance. If your child does not attend school and a reason has not been advised, a text will be sent to a parent advising of an unexplained absence. You may text back a reason or contact the school if you need more information. Your support with this matter is greatly appreciated and will assist us with our legislative requirements.
Calling for volunteers - we need your help!

The Commonwealth Bank School Banking program includes an exciting Rewards Program designed to encourage children to get into the habit of making regular savings.

Every time students make a deposit at school they receive a Dollarmites token in recognition of their regular savings. Once they have saved 10 tokens they can be redeemed for a range of exciting reward items. Students will have lots of fun saving their tokens and collecting the 2016 Rewards.

Our current School Banking Coordinator is looking for assistance to ensure we can continue to offer School Banking every week. Helping out with School Banking takes a small amount of your time one day/week and is a great way to meet other parents. Banking is processed on **Wednesday at 9am in the staffroom**.

Your help with the program will greatly benefit students as they learn to save regularly - an important habit that will benefit them into the future. School Banking is an important part of our School fundraising and allows us to purchase additional resources for the children. Teach your child to save and help our school.

Please indicate your interest in volunteering for this great program by filling in the tear off section below and returning it to the office or coming to the staffroom on Wednesday morning. A little help from several parents is all it will take to ensure School Banking is a success at our School.

___________________________________________________________________________

**Yes, I would like to help with School Banking!**

_Name:_ ____________________________

_Phone:_ ____________________________

_Email:_ ____________________________

_Availability:_ ____________________________

School Banking Day Reminder.

Don’t forget that Wednesday is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at Yugumbir
Parent Information Evening

Week 3
Grade 1 - Monday 8/02/16  5:30-6:30
Grade 3 - Tuesday 9/02/16  5:30-6:30
Grade 4 - Wednesday 10/02/16  5:30-6:30
Grade 5 - Thursday 11/02/16  5:30-6:30
Grade 6 - Tuesday 9/02/16  6:30-7:30

Week 4
Grade 2 - Monday 15/02/16  5:30-6:30

INSTRUMENTAL MUSIC
Welcome to an exciting year of Instrumental Music.

Please find the following information for your convenience.

- Week 2 - Tuesday - Beginner Program commences for all year 4 instrumental students.
- 2 lessons per day on Tuesday, Thursday and Friday
- Week 3 - Beginner Program continues as above (same days and times)
- Week 4 - Weekly instrumental lessons commence for all year 4, 4 and 6 students.
- All payments of levies are to be finalised.
- Week 5 - Tuesday - Year 6 Senior Band rehearsals commence (7.30am)
- Thursday - Year 5 Intermediate Band rehearsals commence (7.30am)

CAR PARKING
Parking in the school grounds is very limited, when we have unauthorised vehicles entering the grounds it endangers the safety of all our students. We again ask that if you do not have a current School Parking Permit PLEASE DO NOT ENTER THE GROUNDS.

If you require a Parking Permit please make an appointment to speak to Mr Wills regarding your reasons for needing a permit to enter the grounds.

Eftpos is NOW available at the Tuckshop!!!

SORRY NO CASH OUT
Accepts: Mastercard, Visa, Debit Cards
30cent Flat Fee will apply to all transactions

STUDENT RESOURCE SCHEME 2016 (SRS)
2016 Student Resource Scheme will be $50 per student.

The completed and signed Participation Agreement Form should be returned to the school by Wednesday 24th February 2016 to indicate participation or non-participation in the Student Resource Scheme.

If full payment is made before 24th February 2016 parents will receive a $5 discount per student.

eg. A family of 3 students will show as follows:
Amount Invoiced – 3 students at $50 each $150
Less discount 3 students at $5 each $15
Total Payable $135

Uniform Shop Times:
Monday 2:30pm – 3:30pm
Wednesday 8:30am – 9:30am
**TUCKSHOP**

Hours of Operation – 8.30 am to 1.30pm
Tuckshop does not open before.

ALL LUNCH ORDERS ARE TO BE HANDED IN BY 9AM
NO LATE ORDERS CAN BE ACCEPTED AFTER 9AM
Lunch Times 1st – 11am – All Year Levels
2nd – 1.30pm – All Year Levels

**Eftpos is NOW available at Tuckshop – NO CASH OUT**
Accepts: Mastercard, Visa, Debit Cards
30cent Flat Fee will apply to all transactions.

**Ice Block Vouchers**
Due to change in lunch times we are asking all Students in all year levels to purchase ice block vouchers before school prior to 1st Bell.

**Items Available at Tuckshop**
Recorders $9.00
Mouth Guards $4.00 (Available Mon – Thurs)

**Tuckshop Lunch Orders**
Parents please remind your child that if they are having tuckshop, to hand in their lunch orders to the Tuckshop prior to the first bell.

There is NO CREDIT available at the Tuckshop. If payment does not accompany the order then the order will not be delivered.
Tuckshop CANNOT change large notes as we do not keep a large amount of change on hand.
If your child’s order does not have the correct money in it to cover items ordered then your child’s order will be changed without any notice given to them.

If your child’s order comes in late they may not receive what they have ordered.
If your child has tuckshop and goes home sick and we are not notified, then No Refund or Substitute will be given.

No orders will be taken over the phone. NO EXCEPTIONS.
If students forget their lunch or it is left at home etc. they have a choice of either a vegemite or jam sandwich NO OTHER CHOICE, plus a piece of fruit and water. Lunch must be paid for by the following day NO EXCEPTIONS.

**Parent please note:** If your child brings more than $10 to school they are required to have a written note from you advising they have permission.

**Allergies:** If your child has a certain allergy to food products you are quite welcome to come and check out the ingredients of products offered by the Tuckshop.

**VOLUNTEERS:** IF YOU CAN SPARE A COUPLE OF HOURS A MONTH OR ONE DAY A MONTH TO HELP AT THE TUCKSHOP, PLWASE CONTACT THE TUCKSHOP. WE ARE URGENTLY IN NEED OF VOLUNTEER HELP.

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**FINANCE NEWS**

**School Bank Account Details:**
Yugumbir State School General Account
BSB: 064 159
Account No. 00090333

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**Dates for Your Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 February</td>
<td>Parent Information Night – Yr 1 5:30 – 6:30</td>
</tr>
<tr>
<td>9 February</td>
<td>Parent Information Night – Yr 3 5:30 – 6:30</td>
</tr>
<tr>
<td>9 February</td>
<td>Parent Information Night – Grade 6</td>
</tr>
<tr>
<td>10 February</td>
<td>Parent Information Night – Grade 4</td>
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<tr>
<td>11 February</td>
<td>Parent Information Night – Grade 5</td>
</tr>
<tr>
<td>11 February</td>
<td>Yr 4 Swimming</td>
</tr>
<tr>
<td>15 February</td>
<td>Parent Information Night – Grade 2</td>
</tr>
<tr>
<td>25 March – 10 April</td>
<td>Easter Break</td>
</tr>
<tr>
<td>11 April</td>
<td>1st day Term 2</td>
</tr>
<tr>
<td>25 June – 10 July</td>
<td>Winter Break</td>
</tr>
<tr>
<td>11 July</td>
<td>1st day Term 3</td>
</tr>
<tr>
<td>17 Sept – 3 Oct</td>
<td>Spring Break</td>
</tr>
<tr>
<td>4 Oct</td>
<td>1st day Term 4</td>
</tr>
<tr>
<td>10 Dec - 23 Jan 17</td>
<td>Summer Break</td>
</tr>
</tbody>
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**Homework Help**

Want a quiet place to study? How about some advice on primary or high school assignments? Come along for some free help (during school term only).

Training is also provided on how to use Your Tutor Online Homework Help, an online, free tutoring service for students from grades 3 to 12 who are Logan City Council library members.

Where: Logan West Library at 69 Grand Plaza Drive, Browns Plains

When: Monday (during school term), 3.30pm to 4.30pm.

Find out about Homework Help sessions in other Logan City Council Libraries at [http://loganlibraries.org/whats-on](http://loganlibraries.org/whats-on).
Park Ridge Tennis

Who’s the next Hot Shot, anyone can come and try as the first lesson is free and all new pupils receive a Free Racquet & Hot Shots T-Shirt on sign up.

Lessons run every afternoon, for all ages & levels.

We have pee wee groups for 4-7 yr olds, Hot Shot programs for 7-12 yr olds & advanced groups for 12-17 yr olds. For adults we have lessons or night comps & starting early February is new fast 4 comp for players starting or getting back into tennis. The Fast 4 format goes for just over an hour. A new coaching term for the juniors begins soon, places are limited to book in or to arrange a free trial phone Paul or Steph on 3200 0354.
Yugumbir State School offers flexibility to families through a range of payment methods for your convenience.

**Internet Banking**

The school’s bank account details are provided in the weekly newsletter and school website. For your convenience the bank account details are:

<table>
<thead>
<tr>
<th>BSB</th>
<th>064159</th>
</tr>
</thead>
<tbody>
<tr>
<td>Account Number</td>
<td>00090333</td>
</tr>
<tr>
<td>Account Name</td>
<td>Yugumbir State School</td>
</tr>
</tbody>
</table>

When paying via Internet Banking please ensure your child’s Education Queensland (EQ) Number and the appropriate Activity Code is included. Activity Codes are located on the top right hand corner of Excursion Notes. EQ numbers remain the same as the previous year, if you have misplaced the number or are new to the school please contact the office.

**Bpoint**

Bpoint is an addition payment channel available to you through QParent, using your credit card (Visa and Mastercard only). The information required to use this method of payment is your child’s Customer Reference Number (CRN) and Invoice Number, available from QParent Payments Section. If you wish to register as a QParent please contact the office.

**Centrepay Deductions**

Use Centrepay to make regular deductions from your Centrelink payment. Centrepay is an easy payment option available to Centrelink customers.

Go to [http://www.humanservices.gov.au/customer/services/centrelink/centrepay](http://www.humanservices.gov.au/customer/services/centrelink/centrepay) for more information and to set-up your Centrepay deduction. You may also contact the office for Centrepay forms and assistance with completion.

**By Phone**

This option is available for Visa and Mastercard only (NO AMEX). Please contact the office on 3380 0333 to make a payment via this method. **Please note** - payments will be processed the next Finance window Day.

**Paying in Person - Eftpos/Cash/Cheque**

Payments can be made via these methods at the Finance Window located outside the Administration Building. Operating Hours are from **8:00am - 10:00am Monday, Wednesday and Fridays only.**

**Payment Plan**

Payment Plans are available for Resource Scheme, Music Levies and Camps. A deposit of at least 25% is required. Please enquire at the Finance window on Monday, Wednesday or Friday for assistance. If you would like more information, please contact the Business Services Manager or Office Staff.
You may be eligible to receive $500 to assist with your child’s sports fees, lessons, uniforms and equipment!

Is your child at school or starting next year? Would you like $500 to help pay for uniforms, books, excursions or a laptop?

- Would you like $500 to spend on your child’s sports costs?
- Do you have a Health Care or a Pensioner Concession Card?
- Do you have some regular work?

To be eligible you need to:
- have a Health Care or a Pensioner Concession Card
- have a child at school now or starting next year
- have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500. Saver Plus is looking for new participants so enquire about signing up today!

If you answered yes to these three questions then you could be eligible for the Saver Plus program, which matches your savings dollar for dollar, up to $500. Saver Plus is looking for new participants so enquire about signing up today!

To find out more, phone or SMS your name and postcode to 1300 610 355, or email saverplus@bsl.org.au

To find out more, phone or SMS your name and postcode to 1300 610 355, or email saverplus@bsl.org.au
Saver Plus Fact Sheet

What is Saver Plus?
Saver Plus is Australia's largest and longest running matched savings and financial education program.

The program is offered locally by community organisations in over 40 locations across Australia.

Who can join?
To be eligible, participants must:
• have a Centrelink Health Care or Pensioner Concession Card;
• be at least 18 years old;
• have some regular income from work (themselves or their partner) including casual, part-time, full-time or seasonal employment;
• be a parent or guardian of a child at school OR be attending or returning to vocational education themselves.

How does the program work?
Saver Plus participants are assigned a Saver Plus Visitor at their local community organisation and open an ANZ Progress Saver account at their local ANZ branch, into which they make regular deposits.

They attend MoneyWise workshops to build their financial management skills and when they reach their savings goal after 6 months ANZ matches the amounts, up to $500, for the purchase of the nominated educational item.

Since 2003, Saver Plus has supported more than 23,000 Australians to save.

ANZ has provided more than $10 million dollars in matched funds to participants across Australia since 2003.

Participants have saved more than $13.5 million dollars during the program.

How did the program start?
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies.

The program is funded by ANZ and the Australian Government Department of Social Services.

What are the benefits of the program?
Independent research published by RMIT in 2017 found that of participants who completed the program:
• 87% continue to save the same amount or more up to 12 months post completion.
• 63% reported that achieving their goals increased their self-esteem.
• 81% are better equipped to deal with unexpected expenses.
• 84% encouraged family members, including children, to save.
• 88% are more aware and proactive to get help with financial decision making.

How to find out more
To find out more, contact Saver Plus saverplus@bsl.org.au 1300 610 255

Successes
Contributed to the receipt, by the Financial Literacy and Inclusion Partnership, of a Prime Minister’s Award for Excellence in Community Business Partnerships 2006 and 2007
Third Place winner of Best Socially Responsible Product in Money Magazine’s Best of the Best Awards 2005
Gold winner of Best Socially Responsible Product in Money Magazine’s Best of the Best Awards 2008
Recognised as world’s best practice in 2008, and performing similar programs in the UK, USA, South America and Asia
Outstanding Achievement Award in the Community category MoneySmart Week 2012

Since 1991, the School Banking program has been introducing interactive and exciting new ways to teach students financial money skills. This year’s program invites your child to join the Doolummies on a wild outback adventure through the Canyon of Savings.

Your school has received parent packs that include all the gear you need to get started. If you haven’t received a parent pack yet, please ask your School Banking Coordinator.

Equipping smart savers with eight new reward items in 2016
The School Banking program continues to encourage good savings behaviour by rewarding students with exciting reward items. For every $10 deposits made through the program, students can redeem a reward from our Outback Savers range. The first two reward items released in Term 1 include Flying Steaks Tails and Wildlife Writer Sets.

You could meet Bindi and Robert Irwin at Australia Zoo
This year, we’re giving students the chance to win a family trip for up to two adults and three kids to explore Australia Zoo and meet Bindi and Robert Irwin, plus:
• A full day Pumicestone Passage Adventure Tour, where you’ll get to see wombats, lizards, koalas and feed fish from a boat while your personal photographer captures every incredible moment.
• Domestic return economy airfares to Sunshine Coast, Queensland, 4 nights’ accommodation, 5 days’ car hire and $1,000 spending money.

Students who make 15 or more School Banking deposits by the end of Term 3, 2016 will automatically receive an entry into the competition.

For more information, visit commmbank.com.au/schoolbanking
Teen Trials and Tribulations

How close are you to your teen? How much do you know about them? How do you lay down the law?

Help us understand how parenting and family relationships affect teen behaviour and emotions.

Participate to go into a draw to WIN TWO MOVIE TICKETS

If you have a teenager between the ages of 11 and 18 years old visit:

EXP.PSY.UQ.EDU.AU/PARENTINGTEENS/PROJECT/TRIBULATIONS

Complete a brief and anonymous 30 minute survey about your parenting, your relationship with your teen and their wellbeing. Your teenager can take part in a similar anonymous survey about their behaviour and emotional wellbeing. For more information contact the research team at parentingteens@uq.edu.au.

This research is voluntary and confidential.

For further information and to take part in the survey, please visit:

https://exp.psy.uq.edu.au/parentingteens/project/tribulations
Or contact parentingteens@uq.edu.au.
ST BERNARDINE’S PARISH
25 Vergilde Road, REGENTS PARK, Q. 4118
Phone: 3884 7600   Fax: 3800 2646
Email: stbernardines@bne.catholic.net.au

ST BERNARDINE’S PARISH SACRAMENTAL PROGRAM

Sacramental Program

An Information and enrolment session for the Sacrament of Confirmation will be held in St Bernardine’s Church on Thursday 5th May 2016 at 7.00pm.
It is essential that parents who intend to enrol their child/ren in the Sacramental Program will need to attend this session.
The Archdiocese of Brisbane has recently updated the Sacramental Policy (Christian Initiation for Children - Baptism, Confirmation, Penance and Holy Communion). Parishes will now offer a Program and celebrate the Sacrament of Confirmation when the child turns eight (Year 3). The following year the child will prepare for the Sacrament of Reconciliation (Penance) which will be included as part of the preparation and Celebration of his/her First Holy Communion.
You can pick up a copy of the Archdiocesan Sacramental Policy from the Parish Office or Access on the Parish website: www.stbernardinesparish.com.au
If you have any queries, please contact Jean in the Parish Office or email: pastoral.stbern@bne.catholic.net.au

Fun BLD
@ The
Find us on
Browns Plains
Blue Light Disco
Fri 5th Feb

Logan West Community Centre
Wineglass Drive - Hillcrest
6.30pm - 8.30pm
Ages 6 - 14
$5.00 entry - no pass out’s
Full Police supervision - Cloak room - Canteen
WWW.BLUELIGHTDISCO.COM
What’s For Dinner Mum?

MEAL PLANNING FOR BUSY FAMILIES

Discover how ANYONE can eat healthy - even if you hate planning ahead and you shop at the last minute!

At this fun and practical 2 hour workshop presented by Home Economist, ProfessionalOrganiser and East Coast’s Additive Alert Community Talks Presenter Louise D’Allura you’ll discover:

• the steps to master when you want to eat well but don’t have the time
• your Meal Planning Personality®
• how to get your pantry and kitchen organised in six easy steps
• easy lunch and dinner ideas, and
• how to cook less but still eat well!

When: Friday 11 March 2016
10 am - 12 noon

Where: Jimboomba Community Centre
(located WITHIN the Jimboomba Library/Customer Service Centre) 18-22 Honora St Jimboomba

Cost: FREE! - Book online at
www.MealPlanningYourWay.com/events

Bring: Notebook, pen and water

Contact: Louise D’Allura on 0408 723 559
Register online for this free event:
www.MealPlanningYourWay.com/events

Going Crazy?

FOOD FOR A HAPPY AND CALM HOUSEHOLD

Are the chemicals in your child’s food causing temper tantrums, sleep disturbance and disruptive behaviour?

If you look at food labels and are confused by all the numbers, make life easier for yourself. Come along to this presentation with Home Economist and Additive Alert Community Talks Presenter Louise D’Allura to find out:

• Startling facts about the way our foods have changed;
• Which food additives are linked to health problems, especially in children;
• Where harmful additives are hiding in our every day foods;
• How to meal plan and shop smarter to avoid harmful additives and improve your health!

When: Saturday 27 February 2016
1pm - 3pm

Where: Logan West Library
69 Grand Plaza Drive Browns Plains

Cost: FREE! - Spots are limited so book online at
www.MealPlanningYourWay.com/events

Bring: Notebook, pen and water

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Your family could be eligible for FREE dental care

Who is eligible?
- Adults & children who hold a current:
  - Centre link card
  - Health care card
  - Pension concession card
  - Seniors card
- All children age 4 through to grade 10
- 2-17 year olds who are eligible for the Child Dental Benefits Schedule

1. Time for a dental checkup?
2. Telephone 1300 300 850
3. Attend the appointment with your child

Simply telephone 1300 300 850

If your children are eligible to access our free dental service just call 1300 300 850 to make an appointment at one of the clinics below.

School holiday appointments are also available.

* Some of our clinics offer both adult and children’s dental services and are currently located at:
  - Beaudesert State Primary School, Tina Street, Beaudesert
  - Beaudesert Hospital, Tina Street, Beaudesert
  - Beenleigh State Primary School, 22 James Street, Beenleigh
  - Beenleigh Community Dental Clinic, Cnr Warren Blvd, Beenleigh
  - Browns Plains Community Dental Clinic, Cnr Wineglass & Middle Rds, Hillcrest
  - Eagleby South State Primary School, Cnr Fryar & River Hills Rd, Eagleby - Mobile Clinic 15B
  - Harris Fields State Primary School, Smith Rd, Woodridge
  - Jimboomba State Primary School, Mt Lindsay Highway, Jimboomba - Mobile Clinic - MCDC01
  - Kingston Oral Health Centre, Juers Street, Kingston
  - Marsden State High School, Auchow Street, Waterford West - Mobile Clinic 84
  - Regents Park State Primary School, Emerald Drive, Regents Park - Mobile Clinic 96
  - Slacks Creek State Primary School, Azalea Avenue, Slacks Creek
  - Springwood Rd State Primary School, 94-120 Springwood Road, Springwood
  - Woodridge North State Primary School, Arthur Street, Woodridge

Not all clinics are open every day. We will try to accommodate your booking at a clinic suitable to you.

Please note the list above shows only clinics within the Logan Beaudesert area.