### Events

<table>
<thead>
<tr>
<th>Monday August 15</th>
<th>Tuesday August 16</th>
<th>Wednesday August 17</th>
<th>Thursday August 18</th>
<th>Friday August 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.15am Senior Band Rehearsal</td>
<td>7.15am Junior Band Rehearsal</td>
<td>7.15am Senior Strings Rehearsal</td>
<td>7.15am Senior Strings Rehearsal</td>
<td>Footloose Friday</td>
</tr>
<tr>
<td>7.45am String Sectionals</td>
<td>Year 3 Planetarium Excursion</td>
<td>8am Year 1 Morning Reading</td>
<td>7.30am Percussion Ensemble</td>
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<tr>
<td>6.30pm Parents Information Evening - Michelle Mitchell Sexual Health &amp; Cybersafety</td>
<td>3pm Senior Band Sectionals</td>
<td>11am Senior Choir</td>
<td>11am Junior Choir</td>
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<tr>
<td>8.50am Middle Years Assembly</td>
<td>7pm P &amp; C Meeting</td>
<td>3pm String Sectionals</td>
<td>2pm Early Years Assembly</td>
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<tr>
<td>3pm Senior Band Sectionals</td>
<td></td>
<td>6.30pm Triple P Parenting Session</td>
<td>3pm Stage Band</td>
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#### SCIENCE WEEK

- **Monday August 22**
  - Japanese Students Arrive - Sunday August 21
  - 7.15am Senior Band Rehearsal
  - 7.45am String Sectionals
  - 8.50am Middle Years Assembly
  - 3pm Senior Band Sectionals

- **Tuesday August 23**
  - Regional Track and Field
  - 3 - 5pm SPAG BOL Rehearsal

- **Wednesday August 24**
  - Regional Track and Field
  - 7.15am Junior Band Rehearsal
  - 8.15am Defence Parents Morning tea
  - 3pm Senior Band Sectionals

- **Thursday August 25**
  - BOOK WEEK DRESS UP DAY
  - 7.15am Junior Band Rehearsal
  - 8.15am Defence Parents Morning tea
  - 3pm String Sectionals

- **Friday August 26**
  - Footloose Friday
  - 7.30am Percussion Ensemble
  - 11am Junior Choir
  - 2pm Early Years Assembly

**BOOK WEEK**

**BOOK WEEK DRESS UP DAY**

**NO Disco**

6.30pm Triple P Parenting Session

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**Dynamic Donna delivers inspiration**

Brisbane based author and composer Donna Dyson visited Ferny Grove State School this week to share her diverse talents. Donna was invited to mentor students from our Bright Sparks Entrepreneurial Program, Aaliyah K. and Lexi H. as they work on a creative writing piece linked to Defence personnel and their service to our community.

Donna also took the opportunity to work with 4T on sparking inspiration in storytelling by using “sizzling sentence starters”. Donna has a distinguished list of accomplishments in the music and literary worlds and the students enjoyed her visit immensely. Donna has worked with and composed music for artists such as Damien Leith and Katie Noonan.

She has collaborated with the Queensland Museum on a number of children’s books including “Where’s your Teddy, Muttaburrasaurus?”

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**Finvoy Street**

Ferny Grove QLD 4055
(07) 3550 5333
fernygroves.eq.edu.au

**Student Absence**

Our Term 3 Bulk Bill is available [here](#).

**Payments Due**

- **All Year Levels**
  - FGSS Olympics: 31 August $4.50
  - Due 25 August

- **Year 5**
  - Camp Goodenough: 5 - 7 October $250
  - Due 25 August

School payments can be made at the school office between 8.30 and 11.30am on Tuesday, Wednesday and Thursday ONLY. All payments must be made by due date or student will not be able to participate.
New SMS Absence system

As part of an Education Queensland program to enhance child safety, we will be rolling out an SMS absence service, hopefully by the end of Term 3. This means that if your child is marked absent in the morning and we don’t already have notice from you (via the absence line or the website), that you will be sent an SMS advising that your child is away from school. The SMS will initially default to whomever is entered into the OneSchool system first, but you will have the opportunity to change if you would rather the other parent/guardian received notification.

Up to date information

The new SMS system and all of our other communication, especially email, is dependent on your details being up to date and accurate in our system. Please consider if you have recently changed any contact details and make sure you let the school know (via our office staff).

iPad classes in 2017

2016 has seen the successful rollout of iPad classes across each year level from 1-6. We have recently met with our current iPad teachers to examine the strengths and weaknesses of our program in its current form. This allows us to plan for 2017, tweaking things where necessary. We have had a number of additional teachers express interest in having an iPad class next year. We will once again ask parents for expressions of interest in this program. The number of classes in each year level will be guided by the interest expressed. There is still a decision to be made about Year 1, but it may run in a format where the students don’t use iPads until Semester 2 in readiness for transition into a Year 2 iPad class. We will email information when the Expression of Interest process opens.

From the Principal

Executive summary

Early years news

Volunteers

We are very fortunate here at Ferny Grove State School to have a very supportive parent community who offer their time and expertise. We have a small and dedicated group of parents (Fundraising and Social Team or FAST) who help all through the year with fundraising events such as Mother’s/Father’s Day stalls, running the canteen on sports days and events held such as Trivia Nights. As a group they raise between $10,000 - $15,000 each year. As a direct result of their fundraising efforts we have been able to purchase things such as the curtains and projector in the hall and many other projects around the school. It would be great to see more parents supporting the work involved with fundraising. If you are able to help out in any way whether it be donated baked goods or time volunteered please look for opportunities to sign up to help. This has a direct impact on all of our students.

FGSS Olympic Day

On Wednesday the 31st of August we are holding a ‘FGSS Mini Olympics’ This is a fun day where students represent a country and participate in activities. Please feel very welcome to come along and cheer the students on! The coffee cart and canteen will be open for business, if you are able to donate baked goods or help in the canteen please email Katrina Collins at davidintrinabb@dodo.com.au.

Jacki Schott, Deputy Principal
jscho62@eq.edu.au

Student of the Month assembly

Monday August 1 saw our Student of the Month Assembly with our Senior Band performing once again and waking up our morning audience with a rousing rendition of Uptown Funk.

Congratulations to the following students who were recipients of these year level awards. They embody our school values in their day to day classroom interactions.

Prep - Maisie K
Year 2 - Tahlia S
Year 4 - Cooper M
Year 6 - Elena K
Deputy’s Award - Riley H

Year 1 - Georgia P
Year 3 - Spencer B
Year 5 - Conrad F

Deputy's Award - Riley H
Middle years news

Languages day at FGSHS
This past Tuesday, 15 of our Year 5 students were invited to participate in the cluster Languages and Cultural Experience at Ferny Grove State High School. During this half day, they sampled a little German, Indonesian and Japanese language and culture in rotating workshops with expert and native teachers.

Japanese Students
Our friends from Ritsumeijan Uji Junior High School are visiting from 22 August until 2 September and with Book Week, Talent Quests, FG Olympics and the regular busyness of our school, it will be action packed! As in previous years, to support their integration with the English language, students will participate in classes from Prep to Year 6 across all KLAs and specialist lessons.

Sexual Health program
In conjunction with next term’s sexual health and cyber safety program for our year 5 and 6 students, Michelle Mitchell from Youth Excel will present a parent information session for all parents on Tuesday 16th August at 6:30pm in the library. Youth Excel’s parent night provides parents the opportunity to discuss and ask questions about the Youth Excel curriculum and gain some insights into how to talk to your child about sex.

Come along and hear about:
- The importance of Sexual Health and Cyber Safety education in Primary Schools
- National Sexual Health statistics and research
- An overview of Youth Excel’s Year 5 and 6 Curriculum (including powerpoint slides and DVD used in the program)
- How to Talk to Your Child about Sex
- Links to Cyber Safety material

All parents are welcome to attend. Please indicate your attendance to Katie Stubbings, so we can decide if we need a larger venue.

More information about Michelle and Youth Excel can be found here.
Katie Stubbings, Deputy Principal
kstub5@eq.edu.au
Chappy news

Last week I had the privilege of being away with over 700 Chaplains from all over Queensland and the ACT for 4 days. We met at SeaWorld Nara Resort and I was able to hear of all the exciting things being done in our State Schools to help and support the emotional wellbeing and stability of children. One of our main speakers for the week was Stephen Biddulph who is one of the world’s best loved parenting educators and authors. He has many books but a couple in particular is ‘Raising Boys’ and ‘The new Manhood’. His stories were very powerful and helps us with taking new leaps of insight and confirming the importance of building courage and acting from the heart. He spoke in particular about the special needs of Men and Boys and Women and girls. When we understand the specific needs that children have at different ages, we can perhaps understand better how to respond to them. One point that stood out to me was the importance of Aunties and Uncles. I remember as a child I had many different male role models - Uncles who impacted my learning and understandings of life. Each of them had different personalities and I found that I could appreciate different things from each of them. My list of Aunties was long and the good thing about Aunties is they usually talk straight. These conversations can help significantly the negative affects that society can have on young girls. I would encourage your to read some of his books and glean some wisdom to help with the task ahead.

In hearing information as I did this week it highlights the importance of having people at school that students can access when everything doesn’t always go perfectly at home. Slow down and learn to understand the dance that your family needs to do. Be your own Choreographer and make it unique for your family.

Alexia Hoffman, School Chappy

General news

Expressive Arts – Visual Arts

Expressive Arts Week is coming up 5-12 September. Students are able to enter pieces in our Visual Arts Showcase. Please note the following information.

- All artwork will need to be submitted to the Library after school (3-3.30pm) any day in week 7, beginning on Monday, 22 August and with a deadline of Friday, 26 August
- No artwork will be received before school or during breaks
- No entries will be accepted after 26 August
- They must be accompanied by the filled-in entry form, and,
- Be submitted to one of the committee members for a check-in process (not left with Mrs Dunn or just ‘dropped off’ and left).

A great opportunity for students to unleash their creativity and participate in this celebration of the Arts.

Positive Parenting Program (Triple P)

Group Triple P classes are being offered this term. Classes will be on Thursdays, 18 August, 25 August and 1 September at 6:30 pm in the library. Tea and coffee will be available. Our Student Welfare and Engagement teacher, Peter Wheeler, and our Chappy Alexia will be presenting.

Classes are free and include a workbook for participants – all Ferny Grove State School parents are welcome. Topics include – helping children develop, managing misbehaviour, planning for success.

Please indicate your intention to join us for the program (3 classes) beginning with the first class on August 18th by emailing Peter at pwhee3@eq.edu.au.

Upper Kedron Road upgrades

Cedar Woods Properties Limited will be providing us with updates for the road works on Upper Kedron Road, including road widening and intersection (including traffic light) upgrades. These improvements will enhance the safety of those roads for both parents as they commute and also our students who walk, bicycle or scooter to school. We will post information on the website as it becomes available. It can be found under the Support and Resources Tab in Documents/General. This week’s updates are here and here.
Library news

Rio Olympics
Library craft will be Olympic themed whilst the games continue in Rio, Tuesday and Wednesday first break on the deck. We are also having an Olympic sports quiz next week.

Book Week
20-26 August will be Book Week with the Theme “Australia the Story Country.” During this week we will have some really exciting activities planned with special activities first break every day for students to participate in. See the timetable below!

Leane Dunn, Library Coordinator

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday (in the hall)</th>
<th>Wednesday (in the hall)</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>It’s Dinosaurs. Let’s learn about these intriguing extinct creatures. You might even be able to find some evidence of their existence.</td>
<td>Australia the Story Country! Our local indigenous friend Timmulbar (also known as Ross Williams) will share with us stories about land and sea animals. Timmulbar will then help our students create a large collaborative work of art incorporating the characters in his stories.</td>
<td>Today we will work on finishing our fabulous work of art which will be hung in the library.</td>
<td>Thursday is our free dress day where everyone will get the opportunity to dress up as their favourite book character. Come and capture your creative costumes in our Library photo booth.</td>
<td>Enter the world of Wonderland &amp; enjoy some fun activities inspired by Alice’s adventures.</td>
</tr>
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Wobbly Worms 5 Week Program

Every Wednesday for 5 weeks from 17/8/2016 at 3.30 - 4.45pm for Prep to Year 6

For more information or to book this exciting 5 week program please contact:
Ferny Grove Helping Hands on 0467 677 763 or email fernygrove@helpinghandsnetwork.com.au
The Robber Baron and the Baker Thief
Acting and singing rehearsals are well underway for SPAG BOL’s next production ‘The Robber Baron and the Baker Thief’. The level of ‘professionalism’ in the art of acting and dedication levels of performers has been on full display at the rehearsals held to date, which bodes well for making this production SPAG BOL’s best one yet!

The Robber Baron and the Baker Thief is scheduled to be performed on Thursday 24 & Friday 25 November.

Term 3 drama Classes
Welcome to the Year 3s for their first taste of weekly drama classes! There have been plenty of movement, direction and problem solving tasks attempted in their first 4 weeks!

The Year 4s are back for their second term and are currently busily writing scripts for their own short plays about overcoming a problem. They will be performing for their own class in Week 8, from which one play from each grade will be selected to perform at a year level performance early in Week 9. From this, one play will be chosen to perform in the Talent Quest Final!

Year 3 Drama
Year 4 Scriptwriting

Engineers at Work

After 2 weeks of building and testing, Engineers for this project have created 2 types of catapult using popsticks, rubber bands and bulldog clips. The 1st colourful creations were able to fling a milk bottle lid high into the air and across the desk. In search of more power and more distance, the catapults were reappropriated into a new design with much more flinging power due to the springiness of metal in a bulldog clip. With some extra problem-solving and re-engineering, a new phase of catapult was ready to fling those milk lids even further.

To test our catapults and compare results, students lined up with everyone’s favourite soft ammunition— the marshmallow. In a test of distance, Elizabeth’s concentration and engineering skill allowed her to fling the delicious ammo for 600cm. Lily achieved 500cm and Mia reached 450cm, with her 3rd attempt making a hole-in-one by landing in the small gap between a group of desks. It was dangerous to just walk across the room with all of the flying fluffy confection. Next week, we will begin building a third catapult design.
Lost late last term a pair of pink and purple girls glasses in a blue zip case.

At the recent Southern Cross hockey tournament, Year 6 student Jorja W played in the Brisbane 4 team. They won Division 3 for under 11s.

Air Conditioning Project

Cadbury Fundraiser

It’s as easy as 1, 2, 3

1. Purchase a box of chocolates from www.flexischools.com.au (print your proof of purchase)
2. Collect from the school office (during business hours)
3. Sell

How does it work?
You pay upfront for the box of chocolates - $50. The box contains 50 chocolates which you sell for $1 each. When you have sold all chocolates you will have your $50 back

For more info contact Peta
peta.kimball@gmail.com

FERNY GROVE OLYMPIC DAY

Wednesday 31st August
Combined Whole School Ceremonies
Infants & Primary Separate Events
Location: School Grounds
16 Countries/Groups

9:00 - 9:30am Opening Ceremony
9:30 – 11.00am (90mins) Infants Events
11:00 – 11:50am 1st Break
11:50 – 1:20pm (90mins) Primary Events
1:20 - 1:50pm 2nd Break
2:00 - 2:30pm Closing Ceremony
Instrumental Music & Performing Arts

Our instrumental and performing arts programs never rest at Ferny Grove. This week many of our Year 5 band students participated in the cluster intermediate camp, SPAG BOL rehearsals are in full swing and our inaugural Stage Band has commenced, and that’s not including what’s going on behind the scenes with Expressive Arts this term. Our Talent Quest heats commenced this week and looking at the line-up, we’re in for an amazing final!

Our recruitment process for 2017 Instrumental Music has commenced in music classes for Year 2 and 3 students. A letter has been emailed home to all parents. If you didn’t receive one you can access it [here](#).

***CONGRATULATIONS!!!!!***

*Congrats to both Natalie Howes & Harris Jenkins who auditioned for, and have been cast in, the ensemble for the Harvest Rain production of ‘Grease’! Very pleased and excited for them both!

**IMPS COMMITTEE**

We are still looking to nominate a Treasurer for 2016-2017. If you know of anyone interested or would like more information, please don’t hesitate to contact our committee Chair Tanya Newsome - newsomehousehold@gmail.com. The next meeting will be Tuesday 16 August @ 5pm in the Library.

**Upcoming Events**

- 8th September - Expressive Arts Showcase
- Musicfest – Venue Ferny Grove State School
  - 13 October – Primary Strings B grade from 11am
  - 13 October – Primary Strings A grade from 2pm
  - 13 October – Senior Concert Band from 6pm
  - 27 October – Junior Concert Band from 5:30pm
- 3 November - 2017 recruitment night

*Visiting author Donna Dyson works with Year 4 students on “sizzling sentence starters”.*
Only 8 weeks to Festival (Saturday October 8) and we need your help!

Donation Stations coming up:

**Week 6** – commencing 15 August
*Jar Junction*
Bring in empty jars with lids to fill, or jars filled with new items such as cars, dinosaurs, hair accessories, lollies, stationery or anything you can think of that will fit in a jar!

**Week 7** – commencing 22 August
*Treasure Trove & Second Hand Kids Clothing*
Books, Magazines, Quality toys (no stuffed toys), puzzles & games (with all pieces), DVD’s, CD’s etc
Quality pre loved kids clothing (no stains, tears etc)

**Week 8** – commencing 29 August
*Plant Stall*
Potted plants, herbs, potting mix, empty pots

**Weeks 9 & 10** – commencing 5 & 12 September
*Hamper Raffles* – CPRs will provide boxes for collections in each classroom
Please bring in new items in these themes and we will combine them to make mixed hampers. These will be raffled (chocolate-wheel style) on the day. Donations for hampers can be delivered to classrooms. We are only asking everyone to donate one thing as this will be ample for our hampers.

(suggested items are listed but please use your creativity to think of other things for each category):

- Prep - Picasso Pack - markers, paint, cardstock, craft supplies
- Year 1 - Master Chef - tools, gadgets, spices, baking trays, cookie cutters
- Year 2 - Diggin’ in the Dirt - gloves, seeds, small tools, plant markers, pots
- Year 3 - Pamper Me - bubble bath/bath salts, soap, nail polish, hair pretties
- Year 4 - Party Time - chips, balloons, partyware, popcorn, pretzels, salsa, drinks
- Year 5 - Stationery Suite - pretty pens, pencils, notebooks, cards
- Year 6 - Sweet Treats - tinned fruits, packet cakes/dessert mixes, sprinkles, lollies

**Armbands**

Ride Armbands will go on sale at the end of next week - order forms will go home too. If you preorder on Flexischools only $25 for unlimited rides. Individual ride tickets are $5.

**PLEASE HELP IN AS MANY WAYS AS YOU CAN! WE LOVE YOU TO HELP WITH RUNNING THE STALL AND ORGANISING FOR YOUR PARTICULAR YEAR LEVEL, BUT YOU CAN DONATE TO ANY OF THE STALLS THAT WE ARE RUNNING - IT REALLY IS A TEAM EFFORT AND ALL FOR THE GOOD OF OUR KIDS!**
**Defence Families**

Join us for a chat and a complimentary cup of freshly brewed espresso coffee from the Coffee Cart.

**When:** Wednesday 24th August
**Time:** 8:30am to 9:30am
**Where:** Near the FGSS Coffee Cart.

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**DCO KIDSMArt WORKSHOPS**

Defence Community Organisation (DCO) Brisbane is offering children from Defence families the opportunity to participate in a three-week KIDSMArt program in order to help them manage stress and improve self-confidence.

**WORKSHOPS**

- **Families:** 11am - 12pm
- **Children:** 12pm - 1pm

**When:** 23 August 2016 - 6 September 2016
**Time:** 11am - 1pm (Wednesday)
**Where:** Community Centre, Gladstone Barracks
**REGISTRATION ESSENTIAL:** defence.gov.au/DCO
**FOR MORE INFO:** defence.gov.au/DCO

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**RELOCATION SEMINARS AND DCO WORKSHOPS**

The WORKSHOPS provide guidance and advice to help families prepare for the challenges and mental impacts associated with relocation.

**The DCO SMART WORKSHOPS**

- **Regional Relocation Support:**
  - **When:** 25 August 2016
  - **Time:** 10:30am - 12:00pm
  - **Where:** Main Theatre, Gladstone Barracks

**Regional Relocation Support**

- **When:** 25 August 2016
  - **Time:** 1:30pm - 4:30pm
  - **Where:** Gladstone Barracks

**FOR MORE INFO:** defence.gov.au/DCO

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**PARTNER SUPPORT COMMUNITY CONNECTIONS**

**Partner Support Workshops**

- **When:** 23 August 2016
  - **Time:** 10:30am - 12:00pm
  - **Where:** Coffee Cup, North Lakes

**FOR MORE INFO:** defence.gov.au/DCO
P & C news

Important Dates - August
16 August IMPS Meeting - 5pm Library
17 August P & C Meeting - 7pm Library

Stationery & Uniform Store
REGULAR HOURS
MONDAY & FRIDAY mornings 8-10am
2-5pm WEDNESDAY afternoons
Size 8 and 10 polo shirts are back in stock! BUCKET HATS for ALL houses and sizes are now in stock.

Charyl Cowles, Stationery Convenor
3550 5359 (0431 265 068)
stationery@ferngrovess.eq.edu.au

Madonna Morton, Uniform Convenor
3550 5342 (0409 272 062)
uniform@ferngrovess.eq.edu.au

Coffee Cart
We still have spaces to fill in our roster so if you would like to learn a new skill, we would love to have you as part of our team. Contact Yvette on 0409 317 553.

Tuckshop
Our Tuckshop hosted a Convener Network Meeting 3rd August. Chris from QAST (Queensland Association School Tuckshop) came, along with Conveners from Samford State School and Loreto College. They were impressed with our Menu and amazed at all our home made meals. We exchanged ideas, recipes and had a great chat.

We also had our Menu Assessed and I am proud to say that our rating is 5 out of 5 which means its is Smart Choices compliant. An outstanding menu eligible for Tuckshop of the year nomination.

Huge thanks for all who have embraced the use of Flexischools. Many have found how easy and convenient it is to use. Late/missed lunch orders have decreased due to being able to order in advance via flexischools. Most of all we have more time to prepare yummy food.

Our sushi is one of many popular items on Friday. We do have standard number of orders from our supplier. I highly recommend to pre order on Thursday via Flexischools.

As always we thank all our volunteers and we are hoping to gain more, so please sign up https://www.volunteersignup.org/8ELLJ, for a great rewarding experience.

Liz Mu, Senior Managing Tuckshop Convenor
3550 5361

Can you help out at our Father’s Day stall - always lots of fun helping kids choose just the right thing! If you can spare some time please sign up here https://www.volunteersignup.org/9R8MF.
Community news

**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.

**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 parentingteneas@unq.edu.au.

**FREE COME & TRY HOTSHOTS WEEK**

**For children aged 3 – 8yrs**

During the week of Monday 15th August – Saturday 20th August we are hosting free Hotshots trial lessons for children aged 3 – 8yrs. Classes are held at Pure Tennis Ferny Hills & your school. For more details or to book your free trial call 3851 0444 or email groshop@fernyhillstennis.com.au.

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**Foster and Kinship care**

**every child**

**every chance**

1300 610 610

anglicaresq.org.au

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☑️ Great kids & families ☑️ Great staff ☑️ Great learning opportunities
Community news

Play Water Polo with POLO BEARS

"COME & TRY" WATER POLO CLINIC
AUSTRALIA'S RAPIDLY GROWING OLYMPIC SPORT WANTS YOU!!!
WHERE: SUNDAYS FROM 2.30PM TO 4.00PM
FROM: 14TH AUGUST 2016 FOR 5 WEEKS
WHERE: ALBANY CREEK LEISURE CENTRE EXPLORER DRIVE ALBANY CREEK
WHO: Boys & Girls born 2002 & younger who are strong swimmers
New and returning Players Welcome

$70 per player - must be paid before commencement of competition
(Sorry - no refunds for unattended weeks)
** Price includes Pool Entry for players and spectators
Albany Creek Leisure Centre Pool is heated during winter
To register check out our website

For more information visit www.poloabea.com.au
For further enquiries email u12@poloabea.com.au

Counselling Now Available

Counselling is for anyone who:
- feels down, stressed out or alone
- is having trouble in a relationship or in parenting
- needs help but is not sure what they can do to make things better
- feels they don't have anyone who cares or understands them
- feels they just aren't coping
- wants to make a change in their life.

It can really help to talk with a professional who is:
- trained to listen and support
- focused on helping you build relationships which make you feel good about yourself
- skilled at helping you create the life that you want for yourself.

If you feel you may benefit from counselling, call 3354 2555
dor chat to the staff at Picabeen who can make an appointment.

Picabeen Community House
22 Hobson Street, Mitchelton Q 4053
P: 07 3354 2555

ARANA TOUCH
Administrator / Registrations
0414 823 015
Website:
aranatouch.sportingbase.net
Facebook:
https://www.facebook.com/AranaTouch

✓ Great kids & families ✓ Great staff ✓ Great learning opportunities