This week the Prep students have progressed to eating and playing in the adventure playground area at the front of the school with Year 1 and 2. So that Prep students are given best opportunity to form and maintain positive relationships within their year level, Early Years (Prep - Year 2) staff are requesting that parents encourage older siblings, and older relatives and friends in Year 1 and 2, to acknowledge Prep students who seek them out and then guide the Preps back to playing with children in their cohort. Next week the Prep students will follow the whole school morning routine and play on the oval before school begins at 8.35am.

In other Early Years related news, please note that two students across these year levels have a severe food allergy to peanuts and eggs. Hence, these foods are not encouraged at St Joseph’s, especially in the Early Years, in order to prevent a life-threatening allergic reaction. Parent help is sought in providing these students with a safe school environment. If your child has eaten such food prior to school, please be sure that their hands and face have been thoroughly washed before arriving. Your anticipated support regarding this important request is greatly appreciated.

Whilst on the topic of making parent requests, parent assistance is requested for the desired movement of all students to the oval, prior to 8.35am each day, once bags have been placed near classrooms. Other requests also, for parents to please note that school play equipment is out of bounds throughout afternoon supervision time from 2.55pm to 3.20pm, and to continue to adhere to the school’s uniform policy, which is included in a latter section of this newsletter for your convenient information and reference.

Again, I remind you of Ms Louise Martin’s visit to St Joseph’s Tobruk Memorial School, tomorrow. Ms Martin is the President of the Commonwealth Games Federation, and she will be connecting with our school community from 9.00am at Sr Jenny’s Cuppa. All welcome.

Please note that the school’s new Positive Behaviour for Learning Support Plan is scheduled for release tomorrow and will be electronically available via the school website and Skoolbag app, and in hard copy via the office.

Also tomorrow, it’s Schools’ Clean Up Australia Day, and our students will engage in brief ‘clean up’ activities within the school grounds under the supervision of staff. Let’s keep Australia beautiful!

St Joseph’s is clearly a learning community, but not just for students! This is exemplified through Mrs Hall’s recent busyness in preparing for her Letters and Words Parent Workshops that are scheduled for tomorrow afternoon and Tuesday morning (see adjacent column and latter section). Also next week, Miss Willmot and Miss Robertson will commence studies in the Brisbane Catholic Education (BCE) Religious Education Accreditation Program; Ms Phillips, Mrs Griebel, Mrs McBride, Miss Condon and Mr Lovegrove will commence spiritual formation journeys in BCE’s Catching Fire Program; and all staff will engage in a 3 hour Twilight Professional Development Session on First Aid. As well, staff on the Visible Learning Team are currently busily preparing for an upcoming Visible Learning Parent Workshop (details in next week’s newsletter).

All of the above provides ample evidence that we are truly a learning community - and a proud one at that!

As is most often the case for our Year 6 students, they have much to look forward to next week with their Leadership Day at the local PCYC on Monday and their first Interschool Gala Sports Day for the year on Friday. Year 5 students will enjoy their first Gala Sports experience on this same day.

A reminder that the next JETS General Meeting occurs on Tuesday from 6.30pm in the staffroom. Main topics for discussion will be the school’s 2016 Action Plan and the upcoming Twilight Market (March 18). Twilight Market assistance is still being sought and interest can still be expressed at: stjosephstwilightmarket@gmail.com.

Parents will soon be contacted (if not already) by teachers to organise preferred times for upcoming Semester 1 Parent-Teacher Interviews. All parents are expected to engage in interviews with relevant teachers prior to the Easter holidays.

I am most pleased to be able to inform that, after overcoming a serious condition, parent, Syeda Bukhari, is now at home recuperating.

God, our Father, lead us not into temptation, but deliver us from evil, especially during our Lenten observances, as we strive to be more like your beloved son, Jesus.

With Courage, Faith and Love

Stephen Johnson
LEADERSHIP DAY

Last week our Year 6 leaders travelled to Jubilee Primary School to participate in the annual Gold Coast Catholic Primary Schools Leadership Day. Our students joined with students from nine other Catholic schools. The day began with a liturgy focussed on putting the Gospel into action and was followed by guest speakers. Mr Paul Allen, a Director of Brisbane Catholic Education, took time to tell the group about what a leader is to him and gave the students a few ideas on what they can do to lead within their schools. After that Lucas and Nick, the Young Australians of the Year and founders of the Orange Sky Laundry charity told the students about their journey and how they are making a big difference to the lives of homeless people by bringing dignity to them. Afterwards the students joined with other schools to discuss some focus questions around who they thought were good leaders and what qualities are required as servant leaders at St Joseph’s. There was a video made for the day. I will post it on the school Facebook group for you to see. Thanks to our Year 6 teachers, Miss Bustamante, Mrs Wood and Mr Armstrong for supporting this great initiative.

MARKET

Our Twilight Market is only a couple of weeks away and a tremendous amount of work is being done behind the scenes to prepare. Many thanks to the team and their supporters. A big thank-you to all families who brought in ingredients to support the bake stall. Baking began yesterday and will continue for the next two Wednesdays to create cakes for sale. We would love for other bakers in the school to send things along on the 18 March to support this. The Prep families are asked to send along a carton of popular brand soft drinks such as Coke, Coke Zero, Fanta, lemonade and lemon squash to sell on the night. The Year 1 families are encouraged to send along multipacks of popular chocolate bars to be used as prizes for their mini games. If you are not associated with Prep or Year 1 and you are able to send along something that would be appreciated also.

Our school was successful in receiving a grant to purchase food equipment to support fundraising and is purchasing a coffee machine, slushie machine, popcorn machine, fairy floss machine and some lighting. These items will certainly help us to make the markets a financial success and to give everyone something tasty to try.

CELEBRATIONS

Our school is great at celebrating special days. We also have regular days that are celebrations. Each Thursday our school has a Mass or Liturgy of the Word in the church. The students in Years 4 - 6 host a Mass with their class a few times a year and the students in Prep - Year 3 classes host and attend a liturgy with their class each fortnight. The senior students have a Mass on the even numbered weeks of the term and the early years on the odd numbered weeks. Everyone is invited and welcome. What a great way to demonstrate to your child that you are interested and involved in their faith journey.

ST JOSEPH’S DAY

On Monday 21 March we celebrate the feast of St Joseph, our patron. His feast day is 19 March but it falls on a weekend. We will have a liturgy in the hall and invite everyone in the community to attend. The students will also participate in some celebratory activities throughout the day.

COMMUNICATION

This newsletter is available from the school website (stjosephsbeenleigh.qld.edu.au) and the school Facebook group (St Joseph’s Tobruk Memorial School Community Page) for viewing on a big screen and on the Skoolbag app for viewing on your smartphone or tablet.

Go to the Google Play Store or App Store and download the St Joseph’s Skoolbag app.
Gold Coast Schools Connect Program
This Friday we will have a very special visit from Ms Louise Martin CBE, President of the Commonwealth Games Federation, and GOLDOC CEO Mr Mark Peters. Ms Martin and Mr Peters will be here to speak to past and present student leaders on life here in Australia and the development of the Gold Coast 2018 Commonwealth Games.

Fitness Club
Running on a Monday and Wednesday morning, St Joseph’s Fitness Club is a fun way to start your day. These mornings are designed to be enjoyable, but to also help students improve their general fitness, strength and running ability. The club will run for the majority of the year. Permission notes need to be completed before students attend the club and can be found at the front office.

AusKick
Qld AFL has begun here at St Joseph’s. You can still register for the program by completing the online registration. Information notes can be collected from the front office.

Gala Day Sport
Students in Year 5 and 6 will participate in the Beenuleigh Zone gala day sports program. Each semester there will be 5 gala days occurring where interschool competition takes place in a number of sports. Students have already chosen their sports and notes will be coming home in the coming days notifying you of your child’s choice. We are currently waiting on confirmation of venues before these notes go out, in an attempt to keep parents as informed as possible.
Semester 1 sports are; Netball, Girls Touch, Rugby League and Soccer.
Dates; 11 and 18 March, 15, 22 and 29 April.
If you have any queries on anything sport, please get in touch with me on matthew.armstrong@bne.catholic.edu.au

FROM THE COUNSELLOR - DAVID HIGGINS

As we approach the end of this short term, parents and teachers will have the opportunity, through parent-teacher meetings, to discuss the progress (or lack of) being made by each individual student. This is such a valuable opportunity to both express and gain valuable information to best assist your child and for both participants to get an insight into the two environments within which the child operates - the home and the school.

I was recently reading an article in the Queensland Teacher’s College Of Teachers Research Digest about parents and teachers working together to foster a child’s learning. The research being discussed had been collected over the past fifty years. One of the key findings is that, no matter how ‘learning success’ is defined, parents can have a significant impact on their children’s educational achievements (Harris & Goodall, 2009). Research also discovered many teachers reported feeling ill-equipped to establish collaborative relationships with parents, particularly those who are not involved in their child’s schooling. In a national survey of professional development needs, 82 per cent of Australian teachers identified skills in working with parents and community as their area of greatest need. (Doecke et al. 2008).

With this in mind I encourage our parent body to:
• Get involved in your child’s education.
• Set age appropriate, yet challenging expectations for your child.
• Value learning and model behaviours of successful learners.
• Give specific, rather than general praise.
• Show interest in the things your child is interested in.
• Always encourage your child to better themselves, (meet them where they are at).
• Establish routines that promote health, well-being and regular study.
• Be patient and tolerant of school staff, they are professionals and have our kids’ best interests at heart, but they too are human!
• Avoid criticising the school and staff; particularly in front of your child...there is no more effective way to create negativity for him/her about learning and education. Instead, if you perceive a problem, approach the appropriate staff member in a calm and constructive manner with the aim of clarifying the situation and seeking a solution.

As we embark on another exciting year of learning, growth and development of our children, let’s not forget that there is no such thing as a perfect parent, nor a perfect child or teacher. We can all make a huge difference if we practise a little tolerance and patience and support one another.

Enjoy your parent/teacher experience. Go prepared and if need be set up another meeting if time doesn’t allow for you to express concerns about your child’s learning and/or well-being in the time frame provided.
Have a great week.

Dave.
CLASS LEADERS FOR WEEK 5 - 22/2/16 - 28/2/16

PC - Adon Aby - 427
1C - Scarlett Gamble - 314
2C - Hero Akipe - 511
3C - Sophie Dougherty - 604
4C - Tommy Pitts - 360
5C - Naomi Mataia - 355
6C - Phoebe Tyrell-Raddatz - 684

PF - Maxwell Taylor - 446
1F - Laylah Higgins - 1840
2F - Frankie Surace - 2003
3F - Max Gaunt - 1283
4F - Macy Buttigieg - 691
5F - Bradley Brown - 637
6F - Sasha Whitby - 224

CLASS with the HIGHEST Points goes to 2F with 11048 points and 3F with 7133 points.

Our TOP SCORERS for Week 5 go to:

SCHOOL LEADERS – P-2
1. Frankie Surace - 2003
2. Jace Higgins - 1871
3. Layla Higgins - 1743

SCHOOL LEADERS – 3-6
1. Max Gaunt - 1283
2. Savannah Paniagua - 733
3. Macy Buttigieg - 691

Congratulations again. Our school has remained in the TOP 10, coming 10th place. Well Done Everyone.

On a more serious note I need to remind everyone that your password needs to remain private. It should never be given to anyone else and you should never, never, never access someone else’s account. We had had a few incidences lately, which is very disappointing. I have also been asked to remind you to please continue practising entering your own username and password as this is taking way too long to do in the classroom and you are missing out on accessing your tasks.

Please contact Melissa Burgess for any questions regarding Literacy Planet - mkburgess@bne.catholic.edu.au

JETs NEWS

A colouring in competition is being run in conjunction with our Twilight Markets.

Teachers will be handing out the colouring in sheets next week.

♦ Great prizes to be won!!
♦ Entries close March 17.
♦ Age groups: Prep to Year 2; Year 3 - 4; Year 6 - 7
♦ Multiple entries will be accepted
♦ Winners announced at the Twilight Markets

Our special judge is Mrs McBride from our Art Department
STUDENTS OF THE WEEK

Week 6

PC: Madeline Stevenson  
1C: Zane Mairhofer  
2C: Hayden McDonald  
3C: Ava McErlean  
4C: Tommy Pitts  
5C: Ashlin Mairhofer  
6C: Shivaun Haua-Sonnex

PF: Ayannah Talge  
1F: Megan Doyle  
2F: Kodie Kilby-Love  
3F: Nikki Lucas  
4F: Finley Pierce  
5F: Makayla Lin  
6F: Megan Plucknett

FROM THE ART ROOM - MARY McBRIDE

The Art Room is looking for round plastic tops - any size any colour, from milk bottles to large jars.

If every child could bring in just one top we would have almost 400 - so please think about bringing them in.

Thank you.

SR JENNY - SCHOOL PASTORAL WORKER

SEASONS FOR GROWTH PROGRAM

The Seasons for Growth Program (Good Grief Program) is an Australian based program for children who are experiencing grief and loss in their lives. These losses can include the loss of a parent or significant other (e.g. grandparents, siblings, etc.) through death or separation. It also includes the loss of a parent or significant other through separation or divorce. This programme aims to educate children who are experiencing grief to assist them to understand that the reactions associated with their losses are normal. It also helps children to develop skills for coping, problem solving and decision-making and for building peer support networks thus aiding the restoration of self-confidence and self-esteem. The Seasons for Growth Program is a whole school program catering for children who are experiencing grief in Years 2 to 6.

Sr Jenny will offer this program starting the week beginning 7 March. Which year levels it will be offered to will be determined by parent response to the form at the bottom of this program outline.

I will contact parents/caregivers to let them know which year level will be involved. Please place the signed permission form in an envelope marked for Sr Jenny’s attention and return to the school office.

I can be contacted Tuesday to Friday at St Joseph’s if you wish to know more about this program.

Thank you,

Sr Jenny Scari  
School Pastoral Worker

PLEASE RETURN TO THE OFFICE: Attention SR JENNY

PERMISSION FORM FOR THE SEASONS FOR GROWTH PROGRAM

Child’s Name ___________________________ Year Level ______________

Grief Situation (e.g. Divorce, death) ________________________________

I give permission for my child to attend this program.

Parent/Caregiver Signature ___________________________
Here at St Joseph’s we utilise a behaviour program called Positive Behaviour for Learning, where the focus is on the prevention of problem behaviours, by providing early intervention for those at risk and creating positive learning environments across all settings in the school.

This firstly involves familiarising students through explicit teaching of the School Behaviour Matrix where expected behaviours are listed for the different areas of the school. Inappropriate behaviours are dealt firstly within the classroom but if the behaviour continues (within the same day) or it is considered serious then the student is seen by Administration personnel where a process of reflection is undertaken and parents contacted. All inappropriate behaviours are recorded on a yellow form and then entered onto the BCE Student Behaviour data base.

By analysing this data, we are informed as to the need to place students on an individual Tier 2 program such as Check In, Check Out or Check and Connect.

Further information on Positive Behaviour for Learning and our school behaviour procedures can be found in the school’s Behavioural Policy which will soon be uploaded onto the school website.

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**GOLDEN GNOME AWARDS**

Congratulations to the following classes.

1st: Prep C and Prep F  
2nd: Year 1C and 1F  
3rd: Year 3C

This is an award given to a class or classes who leave their area tidy and ready for cleaning - e.g. chairs up and everything off the floor. Acknowledgements are published every week and the overall points are tallied at the end of Term 4. The class or classes with the most points, earn themselves a pizza lunch day at year’s end.

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**WONDER WORDS WORKSHOP - SUE HALL**

We invite all parents, grandparents and friends of our Prep and Year One classes to join us for an information session where we will be sharing practical and effective ways of supporting your child on their road to reading.

In this session, we will be looking at the very important ability to identify letters of the alphabet and learning our Wonder Words.

Take this opportunity to find out how you can make a real difference to your child’s reading success.

Join us for this relaxed, fun and insightful session in our Library on

**Friday March 4 at 1.45 to 3 pm**
**or**
**Tuesday March 8 at 8.45 to 10 am**

So that we have enough resources for all those who attend, please complete the form below and return it to school or email Sue Hall, Support Teacher- Inclusive Education on sehall@bne.catholic.edu.au

---

I will be attending this workshop on:

☐ Friday March 4 at 1.45 to 3pm  
☐ Tuesday March 8 at 8.45 to 9am

Child’s Name: .................................................................  
Child’s Class: ..................................................

Your name: .................................................................  
Your email: .................................................................
LIBRARY NEWS - LYN GIEBELS

Just a reminder that we still have several children with books outstanding from last year. It is our wish that every child at St Joseph’s become life-long learners. To achieve that aim, it is essential that all students read every day. Please ensure that your children’s books are returned (or paid for) so that their borrowing can continue uninterrupted. If you have any concerns about missing books, please do not hesitate to contact the library.

At the start of the year, we loaned several of our library bags to students who did not have one. Please remember to return these to the library.

A reminder to parents that children are NOT allowed to login into games in the Library at lunch time that require a User Name and Password.
HEALTH INFORMATION

Please note that a parent and two children in our school community have been diagnosed with Whooping Cough.

This is a highly contagious condition. Diagnosed people are infectious for 21 days from the time they first exhibit symptoms, or until they have had five days of a 10-day course of antibiotics.

The symptoms include:

- Runny nose
- Sneezing
- Cough, which often occurs in bouts
- Characteristic “whooping” sound on inhalation
- Fever
- Vomiting at the end of a bout of coughing

Please be aware of these symptoms and seek medical advice for any family member who may exhibit them.

BOOK CLUB

Don’t forget your Book Club, order forms and payment options are on page 27 of the flyer. Please have order forms and payments into the office by 8.30am on Monday 7 March.

Your support of Book Club earns our library credits in which they can purchase more books.

Thanks in advance.

Raelene & Susan - Book Club Volunteers

MATHLETICS

MATHLETICS Certificates: 22/2/2016 to 28/02/2016

Students earn Points through completing Tasks and in Live Games. They get 10 points for every answer they get correct completing tasks and 1 point for every Live Games question they get correct. Students need to earn 1000 points to gain a Certificate and can only receive one Certificate per week.

GOLD

1F: Jack Umstad
2F: Jace Higgins

SILVER

1F: Dominic Goodwin; Jonah Madsen
2F: Frankie Surace
3F: Lucy Barnes; Aidan Donovan; Amy Hall
4C: Jophin Boby

BRONZE

PC: Joey Surace
PF: Justin French; Ethan McDonald; Noah Morris; Abbigail Murray; Rosie Shore; Peyton Starvis; Ayannah Talge; Maxwell Taylor; Jay Weeding
1C: Connor Dougherty; Laylah Higgins; Cooper Ridgeway
1F: Chloe Bound; Laylah Higgins; Keona Peddie
2C: Hero Akipe; Ellia Carpenter; Lucas Emmett; Shea Mason; Hayden McDonald
2F: Jayleigh Barnes-Wilson; Noah Chambers; Henry Madsen; Max Seeto; Harrison Taylor
3C: Mahlee Atutolu; Sean Bailey; Aaliyah Brandsen; Daniela Caruana; Olivia Cross; Sophia Jean Dougherty; Charlotte James; Cooper Leadbetter; Ava McErlan; Jake Moody; Isaiah Talge; Ethan Unsworth
3F: Annabelle Brown; Danni Drescher; Max Gaunt; Udula Manchanayake; Billy McBryde; Savannah Paniagua; Sean Ranievis; Paige Stevens; Tristan Torralba; Rhyle Whyte
4F: Joey Alfie; Macey Buttigieg; Tiarna Curby; Archie Dougherty; Liam Fitzpatrick; Chelsea Golinski
5C: India Seeto
5F: Ky Aphetamine; Bradley Brown; Harmony Te Hau; Sara Zajac
6C: Aaliyah Fawcett; Ryan Fenech; Goldie Martin

Congratulations to all students who attempted Mathletics for this week. Particularly 1F, 3C and 3F. Keep up the good work!
School Uniform

Formal School Uniform - to be worn 3 days per week (Year 1 – 6)

Girls
- St Joseph’s blouse worn with dark green culottes or
  St Joseph’s dress

Boys
- St Joseph’s shirt with dark green collar worn with dark green shorts
  which are available in 2 different lengths

Boys and girls
- Black lace up leather shoes, or lace up velcro joggers
- St Joseph’s white socks
- St Joseph’s green school hat (reversible)
- St Joseph’s green school jacket

Sports Uniform - to be worn 2 days per week (designated PE day and every Friday - five days per week for Prep)

Boys and girls
- Navy and teal sports shirt
- Navy St Joseph’s shorts
  (Skorts are available for girls)
- Black lace up or velcro joggers
- St Joseph’s white socks
- St Joseph’s blue school hat (reversible)
- St Joseph’s navy tracksuit

Swimming

Various items are required by students for swimming days. A sun shirt is mandatory. Please take note of all required items, as listed in the relevant parent information and consent form that will be forwarded to parents in Semester 2.

Uniform Policy

Students are expected to be dressed neatly in their full and correct school uniform. This applies also, whilst wearing the uniform out of the school grounds in public. Parents agree to our School Uniform Policy upon enrolment. A note from a parent/carer is required on any occasion when a student is not in complete school uniform.

Jewellery/Nail Polish

No jewellery is to be worn to school with the exception of a watch and one pair of plain stud or sleeper earrings. A religious medal or cross on a chain may be worn under the school uniform. It is a requirement that studs, sleepers and chains be removed prior to any physical education or sporting activities. Principal discretion will be exercised regarding sentimental items of jewellery. Students are not permitted to wear nail polish to school.

Hair

Long hair (longer than collar length) is to be tied back neatly using the correct colour band, ribbons or scrunchies (green/blue/black). To assist with achieving student ‘uniformity’, exaggerated or ‘trendy’ hair styles are not encouraged. Hair colour is to be natural.
Sacramental Program for Confirmation

The Sacramental Program for Confirmation began on Wednesday evening with a general information session for parents about sacramental preparation.

Parents who intend to enrol their children for the sacraments must be aware that only baptised children 8 years and older are able to commence the Sacramental Program this year.

For further information please contact the St Patrick’s Parish Office on 3287 2282

Sacraments Dates 2016

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 6 April</td>
<td>9am-3pm</td>
<td>Children’s Activity Day</td>
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<tr>
<td>Tuesday 12 April</td>
<td>6.30pm</td>
<td>Parent Information Confirmation Session</td>
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<tr>
<td>Sat/Sun 16/17 April</td>
<td>6pm/9am Masses</td>
<td>Rite of Enrolment Weekend Confirmation</td>
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<td>Monday 18 April</td>
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<td>Home Activity Week</td>
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<td>Monday 25 April</td>
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<td>Home Activity Week</td>
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<tr>
<td>Sat/Sun 30 Apr/1 May</td>
<td>6pm/9am Masses</td>
<td>Presentation of Creed</td>
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<tr>
<td>Tuesday 17 May</td>
<td>6.30pm</td>
<td>Parish Confirmation Session</td>
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<tr>
<td>Sunday 22 May</td>
<td>10am-11.30am</td>
<td>Confirmation Family Session (Carole)</td>
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<td>Saturday 28 May</td>
<td>10am</td>
<td>Confirmation Practise</td>
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<td>Thursday 2 June</td>
<td>7.00pm</td>
<td>Confirmation Ceremony</td>
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<td>Sunday 5 June</td>
<td>9am Mass</td>
<td>Parish Celebration Cake</td>
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<tr>
<td>Wednesday 6 July</td>
<td>9am-3pm</td>
<td>Alive in the Spirit Children’s Activity Day</td>
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ST PATRICK’S PARISH - YOUTH NEWS

Good Friday
We have begun practices for the Stations of the Cross on Good Friday, so if you would like to be involved, please give me a call asap.

United Youth
Our next meeting is Friday 11 March; 5.30pm at the St Joseph’s School Hall. No meeting on Good Friday (25 March)

Youth Masses
6pm Sunday 6 March, with practice at 4pm; 9am Sunday 20 March, with practice at 8am. We would love to have more young people available to read at our Youth Masses. If you would like to be a part of ministry at our Youth Masses, please let me know.

Band practice
On the 2nd, 4th and 5th Tuesdays of the month, in the Church from 7 – 8.30pm.

Cathy 0400 494 943 youth.beenleigh@bne.catholic.net.au

EASTER PASSION PLAY

Easter Passion Play - Brisbane
The Iona Passion Play
2 performances only
Saturday March 19 and Good Friday March 25 at 7:30pm
at Iona College Wynnum West (outdoors)

Tickets: Early Bird: $12-$17
At the Door: $15-$20
Children (under 15) $5
Children (5 & under) FREE
Group discounts available

COMMUNITY NEWS

3 – 5 June 2016 :: Worldwide Marriage Encounter weekend for married couples at Santa Teresa Spirituality Centre, Ormiston QLD (on Brisbane’s bayside)
For bookings/details contact: Maria and David Murphy, ph (07) 3342 1456, dandmmurphy@optusnet.com.au Information website: www.wwme.org.au
Watch our new video - YouTube: https://youtu.be/5Hdl2ZDxZxc

EXCITING CROSS COUNTRY PROGRAM
MARCH - JULY 2016
Queensland Running’s 2016 Cross Country season commences on Saturday 5 March at Teralba Park, Mitchelton. The season runs from March through to the end of July and is of great assistance to all students in preparing for the school, district and regional cross country competitions.
Our competition includes distances ranging from 500/800metres (alternating each week), 1000, 1500, 2000, 3000, 4000, 5000, 6000 and 8000 metres. The 3000 and 5000 metre distances are run together as are the 4000, 6000 and 8000 metre events. In these races; runners can complete the lesser or greater of the of distances, depending on their comfort zone.
The runs are conducted at various parks in and around Brisbane, including Chermside, Toowong, Pine Rivers, Sandgate and Yeronga, to name a few.
For those unable to run, but still wishing to participate, a 500 metre non-competitive walk is programmed each week. Take your pram or dog for a wander through one of these beautiful parks. It is a popular event for families and best of all, it is free!
We have very reasonable rates to run and they include as many events as you would like to run over the afternoon, 10 years and under run for $3.00 for the afternoon, $4.00 for 11 to 17 years and adults pay $5.00. If you register for the season for the cost of $12.00, your runs cost $1 less each afternoon and you run your first day for free.
We also have family registrations or individual runners can pay up front for the season.
It is a great family afternoon where mums and dads can run with their children.
If you have any enquiries, please check out our website: www.queenslandrunning.com.au or call 0418 113 377.
FUN FOR ALL AGES AND FITNESS LEVELS

Become a Surf Life Saver Today
Coolangatta SLSC is recruiting now! If you have always wanted to join a surf club and do your Bronze then now is the time. We will be starting our next Bronze/Surf Rescue Certificate (SRC) courses on Sunday 6 March at 8am training every Sunday morning (except Easter) for approximately 8 weeks with an expected assessment on Sunday 24 April 2016.
To complete the Bronze Medallion you need to be 15 years of age at the date of the assessment and complete a 400m pool swim in 9 minutes or less. All members completing a Bronze Medallion will also complete a nationally recognised First Aid Certificate. To complete the Surf Rescue Certificate (SRC) you need to be 13 years of age at the date of assessment and complete a 200m pool swim in 5 minutes of less.
Not a swimmer? That's OK there's plenty of other ways to get involved. Contact us for more information.
Annual Membership U18 - $40, 18+ - $50. Join now and your membership is valid until 30 June 2017. Members have access to fantastic, recently renovated facilities including bunk rooms, a gym and coaching as well as great discounts on food and drinks at our supporters club. If you are interested in becoming a member and completing these awards please contact the Coolangatta Surf Life Saving Club Office for more information on (07) 5536 8474 or office@coolangattaslscl.com.au