Dear Parents and students,
As you may be aware I have recently accepted a position based in central office for a period of 12 months. The decision to take up this position and leave the College for a year was certainly a difficult one but one that provided an exciting opportunity to be involved in something that our College community have recognised the benefits of for many years. My new role as Executive Director, Flying Start Implementation has responsibility for assisting in the planning and transitioning of all year 7 students to high school across Queensland in 2015.

I have met with Mrs Johnstone over the vacation period to ensure a smooth hand over and start to the school year and I am confident that our planned work for the year ahead will continue. I know as a community you will make Mrs Johnstone feel welcomed as I have always felt. I would also like to convey my best wishes to you all for the year ahead and thank you for your support over the past years at Capalaba State College.

I will look forward to seeing everyone again at the start of 2015.
Dion Coghlan

FROM THE PRINCIPAL...

Dear Parents, Staff and Students...
Welcome to the New Year. Welcome back to all our existing families and I especially welcome all those families new to the College and to our new staff who join us for the first time. Even though it is February, the year has really just begun for many and certainly the school year is getting under way with its usual busyness. I hope that 2014 brings many opportunities for all, with much success, good health and happiness.

Staffing....I would like to introduce myself, my name is Bronwyn Johnstone and I will be undertaking the position of College Principal this year. Mr Dion Coghlan has taken on a position in Central Office overseeing the implementation of Flying Start, the movement of year 7 into high school across the state. We wish him every success in his new role. We also welcomed several new staff to our school community this year and some of them have already met with your children. The following list of staff have been appointed in a full-time or continuing capacity:

- Angela Upton - Junior Campus SEP
- Amynta Bryan-Brown
- Sherrin Bell - Senior Campus
- Melissa Burke - PLC
- Hayley Hampton - PLC
- Liesl Tyndall - PLC

Senior Results 2013.... We are particularly proud of Yi who was awarded an OP 1. However, all of the 2013 seniors performed very well 94% achieving a QCE and another 5% achieved a QCIA.

Minor Works Projects....Over the holidays, several projects were under taken and have been completed in time for the return of the students. Works conducted include: resurfacing the floor in the Hall and dance room, replacement of asbestos ceiling tiles in the Science block and carpet cleaning in some rooms along with other minor work. We are also planning some significant projects in the coming year including: external painting of building on both junior and senior campus and replacing some classroom carpets.

1:1....56 of our year 6 students return this year with their Acer tablets. Miss Gallagher and Mrs Smith are looking forward to working with students and providing technology rich pedagogical activities for students.
SENIORS (YEARS 10 – 12) NEWS...

Year 12 and the Queensland Certificate of Education (QCE)

Year 11 and 12 TAFE begins for 2014

All students will begin their Partnership with Schools Program at TAFE for 2014 next week. We have many new TAFE students in Years 11 and 12 starting courses as well as a small number of continuing students in Year 12 completing courses. Students are studying a varied range of courses at Metropolitan South Institute of TAFE and Skills Tech TAFE at local campus locations. This involves students attending TAFE one or two days per week instead of attending on campus learning at the College and then attending normal classes on the other days of the week. Students balance the combination of learning at TAFE and school throughout the course duration. Most students will aim to complete one or two year courses that will provide a Certificate I, II or III level Vocational Education and Training (VET) nationally recognised qualification. Students will also gain credits that can contribute to their QCE.

TAFE Partnership with Schools Program is a fantastic opportunity for students to experience a variety of learning throughout their Senior School time at Capalaba State College. Remember these courses are filled in Term 4 for the following year, so you need to be planning ahead and respond to advertising which is placed in notices at the end of Term 3 or announced on year parades.

If you have any questions regarding the TAFE programs offered through Partnership with Schools Program please contact John Van Nunen – Head of Department Senior Schooling on 38239114.

What is a QCE?

The QCE is Queensland’s senior school qualification, which is awarded to eligible students usually at the end of Year 12. Every young Queenslander must be registered with the Queensland Studies Authority (QSA) during the year before the young person’s compulsory participation phase begins. Generally, schools will register young people in Year 10.

The QCE offers flexibility in what is learnt, as well as where and when learning occurs. Students have a wide range of learning options which can include senior school subjects, vocational education and training (VET), workplace and community learning, as well as university subjects undertaken while at school.

To be awarded a QCE, students must have at least 20 credits in the required pattern, and fulfil literacy and numeracy requirements. For further information on the QCE please visit the Queensland Studies Authority website at www.qsa.qld.edu.au

Monitoring and Support:

Currently in Senior Schooling, staff at Capalaba State College are monitoring the progress of all Year 12 students in achieving their QCE. We are tracking achievement results from Year 11 and checking Literacy and Numeracy requirements, completed core and sufficient credits to ensure that all students have the best opportunity, in a supportive environment, to be awarded their QCE. If your son or daughter is considered to be at risk of not achieving their QCE, you can expect a phone call or letter in the next few weeks from either Mrs Johnstone (College Principal), Mr Mayfield (Head of Senior Secondary) or Mr Van Nunen (Head of Department, Senior Schooling) to arrange an interview to discuss strategies to improve outcomes in regards to the QCE.

Students and their QCE:

All students can monitor their individual learning accounts. When a student is registered with the school, the QSA opens a learning account for them. The learning account records details of learning and results of any completed studies. Students are able to access their learning account through the Student Connect website at www.studentconnect.qsa.qld.edu.au. Students will need their Learner Unique Identifier (LUI), found on their student ID card, to access their learning accounts as well as a password drawn from the date and month of their birthday.

We encourage all Senior students to access and monitor their learning accounts. If you would like further information or assistance to access learning accounts or you have questions about any other Senior Schooling matters, please contact John Van Nunen – Head of Department Senior Schooling on 3823 9114.

Visit from D.E.T.E.

On Tuesday morning 18 Year 11 and 12 students, who had earlier submitted expressions of interest, met with Department of Education, Training and Employment representatives, Stephen Faifai and Iris Paterson to undertake the first step towards securing School Based Traineeships in a variety of fields. We wish the students success in winning traineeships and thank Stephen and Iris for offering their time and expertise in hopefully placing some or all of these students.

John Van Nunen
Head of Senior Schooling
FROM THE PRINCIPAL cont...

Uniform..... It is important that students wear all elements of the uniform correctly including black leather lace up shoes. I ask parents to support the College as we strive to be recognised as a school with the highest standards of learning, behaviour and presentation. It is also important that students wear the College hat to protect our students from the sun. Please help us drive home the sun safety message in the skin cancer capital of the world in which we live.

P & C Annual General Meeting.... The AGM will be held next month on Monday, 24th March from 7pm. I hope to see as many parents at that first meeting as possible next month as there are still several positions which will be required to be filled.

Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.
— Carl Bard

I encourage you all to make a brand new start this year and to be your best.
Bronwyn Johnstone
College Principal

If your child is going to be away from school, you can phone any time day or night to advise the College

Junior Campus 38239360
Senior Campus 3823 9166

SEP NEWS ...

Hello to all our returning families and those new to us in 2014. We trust that you have had a settled start to the year, your young people are finding their feet and their way around new teachers, new classrooms, new subjects. It is exciting but overwhelming all at the same time. We too have had some changes this year and have some new teachers commencing with us.

On Junior Campus we welcome back Rachel Evans who is overseeing our Preps – Year 2, Samantha Pistun who is responsible for Year 3 and I would like to introduce Amynta Bryan-Brown as the program manager for the Year 4 – Year 6 and Angela Upton working in ECDP.

On Senior Campus our team comprises Fran Rigby, Rachael Lewis-McCormick and Belinda Vlasenko responsible for the Years 7 – 9. Belinda is not new to the Senior Campus but is new to the team and we trust she enjoys her new role. Looking after the Years 10 – 12 are Mick Quinn and Judy Galos.

Of course we have retained the wonderful services of our teacher aides who continue to be our magnificent support team at all times.

If you haven’t already received a letter of introduction there will be one on its way or an email. If you have a preferred method of communication please let us know. We are more than happy to work with you on this to optimise the feedback we can provide you around your young person’s engagement at school.

INDIVIDUAL EDUCATION/SUPPORT PLANS (IEP/ISP)
We report to you on your child’s progress against their IEP/ISP at the same time the school report to you against their progress in each subject. You should be hearing from your child’s program manager in the very near future, to arrange a time to meet and discuss the joint priorities that should be a focus of your young person’s program.
The CSC Study  Year 9 HPE

Beginning in term 1 of this year, our school will take part in an exciting research study being led by a team of researchers at UNSW, QUT and Curtin University. The research study aims to evaluate an online prevention program for mental health and substance use education. Substance use, depression and anxiety disorders affect nearly half the Australian population and it is critical that our young people are equipped with the tools to cope with and prevent the development of these problems. The trial will begin with Year 9 students and will run until 2016.

Parent consent forms will be distributed early in Term 1 2014 and will contain more information about the study. These forms should have gone home by now. If your child has not given this to you, could you please ask to see it. We thank year 9 parents in advance for the prompt return of these consent forms to the school office as soon as possible. To aid in the prompt return of these forms, we are giving you a number of options. These options include:

- Read the information sheet your child brings home, sign the consent form attached and return this form to the school with your son/daughter;
- Log into the following site to be directed to the information sheet and gives an option to tick a box and submit your consent.

The web address is: http://cscstudy.org.au/parents/9UCFoQPWoK/

If you wish to find out a little more about the study, a short video link can be found on the homepage of www.cscstudy.org.au
ACTION AGAINST BULLYING

At Capalaba State College we are committed to taking action to protect students from bullying and to respond appropriately when bullying does occur.

Bullying is when someone (or a group of people) with more power than you repeatedly and intentionally uses negative words and/or actions against you, which causes you distress and risks your wellbeing. (National Centre Against Bullying)

There are four recognised types of bullying. These are:

1. **Physical bullying**
   This is when a person (or group of people) uses physical actions to bully, such as hitting, poking, tripping or pushing. Repeatedly and intentionally damaging someone’s belongings is also physical bullying.

2. **Verbal bullying**
   Verbal bullying is repeated or systematic name calling, insults, teasing, intimidation, homophobic or racist remarks and verbal abuse.

3. **Covert (Social) bullying**
   Covert bullying is often harder to recognise and can be carried out behind the target’s back. It is designed to harm someone’s social reputation and/or cause humiliation. Covert bullying includes:
   - Lying and spreading rumours
   - Negative facial or physical gestures, menacing or contemptuous looks
   - Playing nasty jokes to embarrass or humiliate
   - Mimicking unkindly
   - Encouraging others to socially exclude someone else
   - Damaging someone’s social reputation or social acceptance.

4. **Cyber bullying**
   Cyber bullying is overt or covert bullying behaviours using digital technologies. Examples include harassment via a mobile phone, setting up a defamatory personal website or deliberately excluding someone from social networking spaces. Cyber bullying can happen at any time. It can be in public or private, and sometimes only known to the target and the person bullying.

Please remember – we can’t act on incidents of bullying if we don’t know what’s going on. Bullying MUST be reported to the College; either to your Year Coordinators or Heads of School (Head of Junior Secondary and Head of Senior Secondary). All reports of bullying will be treated confidentially and an agreed plan of action will be put into place.
Welcome to 2014
Welcome everyone to the 2014 school year. Our new school year is already two weeks old and we are well underway with the important business of teaching and learning across all Junior Campus Year levels. Welcome back to all of our continuing families; thankyou for your ongoing support. We also welcome many new families who have joined us for the first time in 2014.

Class Restructuring
This year on Junior Campus our enrolments have exceeded expectation and we have commenced school with some oversized classes. To maximise learning opportunities for all students we need to reduce our oversized classes to acceptable levels. Once our Day 8 enrolment census is completed this week we will then commence the task of redressing this imbalance. This will require the movement of some students between classes. All decisions to move students are made with great care and consideration and in partnership with parents. We will therefore be talking with you in the coming week if this need arises.

Meet the Teacher Evening
Our annual Meet the Teacher event is fast approaching again with this activity planned for Wednesday, 19 February. Once again this year, our College P&C Association will be hosting a barbecue sausage sizzle free of charge to families who attend this event. Class meetings offering you a chance to get to know your children’s class teacher, classroom procedures and your child’s learning schedule for the year ahead will be scheduled as follows:

Meet the Teacher Schedule:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.30-6.00pm</td>
<td>PA, PB, P/1C, 1A, 1B Class Meetings</td>
<td>Classrooms</td>
</tr>
<tr>
<td>6.00-6.30pm</td>
<td>BBQ Sausage Sizzle</td>
<td>Undercover Parade Area</td>
</tr>
<tr>
<td>6.30-7.30pm</td>
<td>Years 2-6 Class Meetings</td>
<td>Classrooms</td>
</tr>
</tbody>
</table>

A further letter with details of this event will be sent out to families in the coming week. We hope to see as many of you as possible at this gathering as this is an important opportunity for parents to become involved in the education of their children.

Looking forward to seeing you there.
Regards
Brad French
Junior Campus Principal
**THE ARTS NEWS ...**

**Drama**
On 17 February all Year 7 & 8 students and Drama students in Years 9-12 will experience a live theatre production by the highly acclaimed Shake & Stir Theatre Co. Specifically created for high school audiences, *Tag* explores issues arising from the impact of social media. It will support curriculum in English, Drama & ICT and the college’s *Action Against Bullying* program. 11 & 12 Drama & Drama Studies students will also participate in a Master Class with Shake & Stir, focusing on the role of the director. Participating students need to return permission forms to the Sr Campus Administration Office by Thursday 13 February.

**Instrumental Music Senior Campus**
Concert Band rehearsals commence on Tuesday 11th February. Instrumental Music lessons will also commence this day. Students should have received a timetable already. Big Band rehearsals will commence on Friday 14th February. Our first AMPS (Arts and Music Parent Supporters) will be held on Monday 17th February at 6.30pm in the music block. All are welcome.

**Instrumental Music Junior Campus**
Beginner students have received a lesson already on Thursday 6th February. Instrumental Music lessons commence as per the timetable on Thursday 13th February. Concert Band rehearsals for the Junior Campus will commence on Thursday 20th February at 7.45am. This does not include beginner students. Please ensure $50 deposits are paid and loan agreement forms are returned. Instruments will only issued once these have been returned.

**What is Extension Dance**
Do you have a child who loves to Dance or is interested in Dancing? At Capalaba State College Senior Campus we offer an extra-curricular Dance Program currently known as Dance Team. This program is offered to all students at the College via group audition. The program is suited to students who wish to extend their learning outside of the classroom to experience a higher standard of dance training with performance and competition opportunities. Students must attend after hours rehearsals and uphold the five expectations in all aspects of their schooling. Experiences include training in Contemporary, Jazz, Hip Hop, Street Dance, Musical Theatre, Cheer Leading, Beginners Acrobatics, Pas De Deux, and partnering as well as participating in dance and cheer clinics, competing in local eisteddfods and an annual dance concert. The program requires a one off annual contribution of $200. It is excellent value for money with students receiving; quality Dance training, up to 3 Eisteddfod Entries, Transport, A Dance Team Uniform and Costume Hire.

**Yr 7 Dance Team**
Auditions for this team will be held in Term 1, Wk 5. Open to both boy and girls! Look out for student notices for further information closer to the date.

**Middle School Dance Team: (Yr 8 + Yr 9)**
Congratulations to the students who successfully auditioned for our College Extension Dance Team for Middle School. The team now has 22 young dancers who are sure to make the College proud at the upcoming Brisbane Eisteddfods. Well done to: Yr 8 - Tilli M., Melissa P., Courtney W., Dylan R., Brendan G., Shayla A., Jade S., Jessica W., Lilly F., Taya M., Tayla D., Mia C., Daniella B. Yr 9 - Kelsey R., Bronwyn T., Breanna F., Reanna S., Kate P., Kiara P-B., Rhiannon A., Ricci H., and Hayley L.,

**Senior Dance Team**
Auditions for this team will be held in Term 1, Wk 5. Please listen to student notices for further information closer to the date.

**Platinum Dance Team**
Introducing an elite Dance Team for highly skilled dancers from Yr7 to Yr 12. Limited positions of 5 students per grade available. No commitment to another dance team required. Auditions will be held in Term 1, Wk 7. Additional costs required. Please email Miss Briggs at jbrig110@eq.edu.au or call 07 3823 9105 for more information.
Tips to Get Back Into The School Routine

Not living by the clock was a refreshing change of pace, but school has started and you know the children and you need to get back into the groove.

First, let me assure you, it's healthier to have a flexible schedule than a rigid one. So have no guilt about your Christmas holiday schedule. Just realize that the school schedule is a big change and you may need to assist the children in making the transition.

Like so many things in life, back-to-school time is an exercise in regaining balance. So here are some tips for making the transition a little smoother:

Ideally, before school starts, start moving back to the school-year bedtime by half-hour increments.

At the same time, have the children wake up earlier each day, until they have gotten up at their regular school time for about a week.

Make a conscious effort to re-establish regular mealtimes and talk about their day.

Teach your children how to plan and pack a healthy lunch so they (and you) can be more independent. Brainstorm lists of the healthy foods they like. Children can choose one item from each category to create a variety of healthy balanced lunches. If they really want something unhealthy, limit it to one item each week, so it's a special treat, not an everyday food.

Take them grocery shopping so they can pick out healthy foods for their lunch. The more children are involved and making choices, the fewer power struggles you'll get into. They will also establish healthier habits and lifestyles, which will follow them into their adult years.

Have them plan a way to remember their homework, lunch and backpacks each day. Also, when they will do their homework, play, eat, and do other activities. The goal is to complete responsibilities while maintaining balance, using good time management skills. Sound familiar? That's what you have to do at work! Well school is children's "work" and they need to take responsibility for it so they will be prepared for the real world. Planning for them deprives them of these learning opportunities. Teaching skills and letting them figure out a plan meets the goal.

Encourage them to organize their bags in preparation for that first big day. Again, this is their responsibility. Provide the necessary supplies so they can be organized. You can tell them what you would do, but need to let them figure out what works for them.

Have school items ready for the first day. This will give them something to look forward to.

Have children choose no more than two after-school activities per season, so they don't overdo themselves. Maintaining balance requires setting priorities and making choices.

Are you seeing some patterns in these tips? Effective transitions happen gradually and help prepare children for the impending change. By involving them in the planning and giving them choices about how the change occurs, they will manage the transition and change better. They'll also learn important life skills and be more independent, responsible and confident.

Every parent wants that --- and future employers will value it, too!

Wishing you an exciting school year!
Kaye Molloy
Guidance Officer - Junior Campus

Adapted from Parenttoolshop.com
GENERAL NEWS ... 

National School’s Cup Volleyball
In December (8th to 13th) last year, 8 year 11 boys represented the school and our community at the National School’s Cup Volleyball Tournament in Melbourne. This was their first National tournament and with the great experience they had, might not be their last. They played 9 games in total, over the 5 days, and were fantastic ambassadors for the College and our community. Their sportsmanship, honesty and wonderful personalities won support from opposing teams, and any other teams they came into contact with. Their behaviour was exemplary, their level of excitement infectious and their passion for volleyball well displayed. The boys had to play in the Open Boys, which is essentially for year 12 teams, and their achievement for their first year was rewarded with 4th placing, which is outstanding. Congratulation and Good Luck for this year’s Volleyball Endeavours.
Senior Boys Volleyball Coach

JUNIOR CAMPUS NEWS ...

Schooling in the early years of Prep-to year 3 is widely acknowledged as a critical time in every child’s education — a time when they develop foundational literacy and numeracy skills crucial for success throughout their education and in life. Years 4 to 6 are important years when children build on their learning to develop more independence and critical thinking.

With this in mind, our teachers are working very hard to quickly form relationships, establish routines and commence rigorous learning activities to maximize learning for all students. We thank everyone for supporting our teachers as they strive to help your child achieve the highest of standards both academic and socially.

It is with great pleasure that we can already walk through our Junior school classrooms and enjoy the hum as students engage in learning.

Here are some snaps of the sights we see. We hope that they bring a smile to your face too!
Karen Harris
Head of Curriculum (Prep -3B)
Dear Parents/Carers of Capalaba State College

The P&C would like to welcome all families to a new year and we look forward to sharing plenty of great times and events with you. Our first P&C meeting will be held on the Monday 24th of February commencing at 7pm in the Junior Campus Parent Room. The P&C meet the 4th Monday of every month.

For those unaware of what the P&C have been up to in recent years, here’s a quick rundown.

The P&C fundraising contributed towards
- getting air conditioning for the libraries and computer lab,
- purchasing of reading books and
- shade cover for the Preps play area and that’s just to mention a few.

If you would like to participate in some fundraising activities here’s a few ideas

**Craft Committee** meet on Tuesdays and Fridays to make gifts to sell at various stalls eg Mothers Day, Fathers Day and Christmas Stalls. This is a great way to meet other like minded parents, share your ideas and skills, enjoy a laugh and a cuppa. All parents are welcome and children as well. We are always looking for donations of craft materials etc. Please phone Niki Henare if you require further information on 0433071241.

**Secondhand Uniform Shop** P&C volunteers run a secondhand uniform shop on Tuesdays and Fridays 9am - 2.30pm at the Junior Campus P&C building (Old Prep building closest to the Pool). You may sell uniforms on consignment (simply complete a form available from the Junior Campus Office and place it together with the uniform to be sold in the plastic box in the Junior campus office foyer). Donations of uniforms can also be placed in that box. There is always a high demand for second hand uniforms.

**Events** The P&C will be running Disco’s along with some Trivia and Bingo nights through the year. This is once again a great way to raise funds for the College and meet other like minded families.

**Swimming Club** We’re also very fortunate to have a fantastic Swimming Club held every Tuesday night and Richard, Swim Club Chairperson, would love to hear from anyone wishing to join. He can be contacted on 0421 693 383.

**Parents Auxiliary** Our Junior Campus Tuckshop is run by the Parents Auxiliary and ably convened by Narelle. We are always looking for volunteers if you can spare a day. The Parents Auxiliary also help with the Sports day carnival and District Sporting Events.

Our P&C supports our College by running/supporting events during the year. Annual events include:
- Meet and Greet parent teacher nights
- Parents Morning Tea Mornings
- Swap Meet
- Parent information morning

So if you’re interested in the food your tuckshop serves or love your crafts or simply just want to be involved come and join us.

**HOW DO I JOIN THE P&C?**

To become a member of the P&C simply complete the annual P&C membership form. Forms are available at our meetings or by getting in touch with the P&C President. pandcpresident@capalabasc.eq.edu.au

JOINING OUR SCHOOL’S P&C ASSOCIATION IS A GREAT WAY TO SUPPORT YOUR CHILDREN AND OUR COLLEGE.

Kind regards
Charlie Green
P&C President.

'Greater Brisbane Junior Tennis (GBJT) conducts weekly Tennis Fixtures at the Queensland Tennis Centre, Tennyson and The University of Queensland for children up to 18 years of age. Grading day for new players is to be held on Sunday 9 February at the Queensland Tennis Centre, Tennyson from 3pm to 5pm. Further information is available at www.gbjt.org.au or by phoning Mrs Peta Davis on 3374 0516.'
The BRAVE Program: Beating Back to School Anxiety!

For children and teenagers with Social Anxiety, returning back to school can be difficult. Concerns about new classmates or teachers, and other school related activities like presenting oral reports, participating in class activities, or making new friendship groups can cause much anxiety. But there is help available… and it’s online!

A team of researchers (BRAVE Team) at Griffith University, University of Southern Queensland, and the University of Queensland are seeking teenagers (13-17 years) and children (8-12 years) suffering from social anxiety; a fear of being negatively judged by others, or extreme shyness.

The BRAVE program aims to help children and their parents learn strategies for managing social anxiety and teach techniques to cope with anxiety-provoking social situations. The treatment program involves between 7-12 online sessions for participants, with each session taking approximately an hour to complete. Families are charged a one-off fee of $120 to assist in covering treatment costs and will also be asked to complete questionnaires and telephone interviews. However, families will receive a rebate of $25 in vouchers each time they complete a post-treatment assessment.

For more information, or to register your interest in the program, please visit the BRAVE ONLINE website: [www.exp.psy.uq.edu.au/socialanxiety](http://www.exp.psy.uq.edu.au/socialanxiety). Alternatively, you can call the BRAVE team on (07) 3735 3312 or Email: brave@psy.uq.edu.au.

For further information, pay a visit to our Facebook page: [www.facebook.com/braveforanxiety](http://www.facebook.com/braveforanxiety)
Promoting Healthy Weight in Children

Want to get your kids active and eating well?

The FREE PEACH™ program can help.

What is the PEACH™ program?

• PEACH™ stands for 'Parenting Eating And Activity for Child Health'.
• It is a FREE nutrition and activity program available to Queensland families.
• It is a family-focused program that helps parents and carers make healthy lifestyle choices.
• It has been developed by dietitians and is delivered by trained facilitators.

Is PEACH™ for me and my family?

If you:
• have a child aged 5 to 11 years,
• are concerned that they are above the healthy weight range,
• are willing to attend 10 fortnightly group sessions over a six-month period,
then the PEACH™ program might be the answer you have been looking for.

Registrations are now open

Please contact us or one of the following ways to discuss your interest further.

Free call 1800 263 519
or visit www.peachqld.com.au

Peach Magic Netball Club Sign On

1st February 2014, 9am – 1pm.

Peach Magic Netball Club is member of Redlands Netball Association, which is dedicated to growing and developing our members into skilled, respectable, successful young people with lifelong skills, on and off the court.

Creating memories for our players to carry with them throughout their life.

Boys and Girls aged 6-18 Years for Saturday Winter Competition

Adults 18 Years and Over Monday Night Comp

9am - 1pm at the Redlands Netball Association @ 260 Cleveland Redland Bay Rd Cleveland

Coach & Umpire Accreditation Available

For More Information: Tammy Hecken - 0412 483 198
johpmagicnetball@hotmail.com

SIGN ON DAY

SAT 8TH & SUN 9TH FEBRUARY 2014

10AM - 4PM

BOYS AND GIRLS TEAMS ARE RECRUITING NOW!

KEITH SURRIDGE PARK
8-10 WINDERMERE ROAD
ALEXANDRA HILLS 4161

REGISTRATION RATES:

Juniors - $5.00 to $11.00
Youths - $12.00 to $16.00

FOR MORE INFORMATION:
stevehj@duns.mailspace.com.au - Licenses: 2014 728 135
http://facebook.com/MLAFC - registrar.ajclg@gmail.com