Dear Parents, Caregivers and Community Members,

Bohlevale State School Meet and Greet
The “Meet and Greet” will be held on Monday 20 February 2017. Each year level will be running three information sessions to provide an overview of the year ahead. Each of the year levels will present the sessions in their teaching blocks. A map has been included with this edition of Links indicating the location of parent-teacher meetings.

The session times are as follows: 2:50p.m. -3:10p.m.; 3:15p.m. – 3:35p.m. and 3:40p.m. – 4:00p.m. The same information will be provided in each session.

We look forward to seeing as many parents/caregivers as possible over the course of the afternoon. Children are welcome to attend. Parents are responsible for supervising their own children.

Supporting a local family
Recently we learned some very sad news about one of our families whose house was destroyed by fire. As a school community we are talking with the family about how we can best support them at this difficult time. Additional information will be shared shortly with the school community about how we can offer support.

Lock In Drill
The school had a practice “Lock In” drill today. Students were briefed about the procedures and reasons for the practice drills.

Townsville Bulletin Prep Photos
Today a photographer from the Townsville Bulletin took photos of all Bohlevale State School Prep students for the 2017 Prep Booklet being published in the Townsville Bulletin in late March. This is a special full colour lift out and a great memento for students of their first year at school. Your child was able to be included in this photo opportunity if they had FULL MEDIA CLEARANCE ONLY.

Every Day Counts
Please ensure your child/children are attending school each and every day unless they are sick or have a legitimate reason to be absent. If your child is absent from school you are reminded that we require all parents to notify the school by telephoning on 4729 3555 or by utilising the SKOOLBAG APP function each time your child is absent from school. However, when your child is absent from school and we are unaware of the reason we will generate an SMS message asking you to contact the school regarding your child’s absence.

Kind regards,
Helen Morris - Principal

Bohlevale State School acknowledges that our school is on the lands of the traditional custodians, the Bindal and Wulgurukaba people. We pay our respects to Elders past, present and future.
**Parent Volunteer Training**

Do you have a small amount of time to spare each week or month and would like to make a contribution to your child’s classroom or school? We have a range of volunteer tasks available for interested parent/caregivers to become involved with and would greatly appreciate your support. Please speak to your child’s class teacher or drop into the administration block office to express your interest in assisting or even to simply enquire about some additional information. We will be holding a Parent/Caregiver Volunteer Induction Program and Morning Tea in the Resource Centre on Tuesday, 7 March from 8:45a.m. - 10:15a.m. Invitations for this will be issued via class teachers to all current volunteers. We look forward to seeing you there!

**Wellbeing and Student Engagement Update**

Congratulations to our School leaders who were officially presented with their badges on Monday!

**Student Leadership Training**

Last Thursday 9th February some of our student leaders participated in a full day leadership development conference. The “GRIP” Student Leadership Conference was unique in that it concentrated specifically on training students for their role as SCHOOL LEADERS. Our students proudly represented our school and gained valuable insights about their leadership responsibilities from informative presentations, interactive activities, discussions and leadership games. Some of our year 6 leaders will also attend the Y-LEAD conference at the end of this term.

**DASH**

Notes for DASH (Deadly After School Help) were distributed this week. This afterschool program will begin on Wednesday 1st March and will run every Wednesday (unless notified) from 2:30-3:45pm in the Resource Centre. Students who attend will be provided with afternoon tea from 2:30pm to 2:45pm. Staff volunteers will then support students with their learning needs from 2:45pm-3:45pm. **Students/parents will be responsible for travel arrangements home at 3:45pm.** Parents must come and collect their children from the Resource Centre if they are planning to pick their children up after D.A.S.H. If you wish your child to participate and you have not received a note please collect a note from the office. Notes must be returned to the office by this Friday, 17 February.

**Townsville General Hospital Aboriginal and Torres Strait Islander Health Program- Hearing Test Notes**

Please return completed notes as soon as possible to the office. If you need any help filling in these forms please contact me. All notes must be handed to the office by **Friday 24th February.**

**Attendance “Everyday counts!”**

We are in week 4 and students are heading towards their midpoint assessments. For improvement and success students need to attend school every day. The ‘20 Day Attendance Challenge’ is going well and we look forward to celebrating and rewarding regular attendance.

**SWPBS**

Our ‘School Wide Positive Behaviour for Learning’ team has been busy working with staff to recognise students who follow our school expectations- Be Responsible, Safe and Successful. Students receive purple gotchas for displaying the explicitly taught positive focus behaviour and white gotchas for following school and classroom expectations. Also look for posters around the school promoting the ‘National Day of Action against Bullying and Violence’ 17th March.

**Quote of the week:** “If you want your children to improve, let them overhear the nice things you say about them to others.” Dr Ginott

Ann-Marie Giesen
HOD Wellbeing and Student Engagement
agies5@eq.edu.au

**Super Attenders**

The ‘Super attending’ classes for Week 3 are: (based on full day absences)

- P-2 = EPP with 98.10%
- 3-4 = EPR with 97.39%
- 5-6 = MPH with 98.00%

**Congratulations to these classes**
Swimming carnival and fun day
Please note that at this stage the Year 1-6 swimming carnival and fun day planned Thursday 16 and Friday 17 February will go ahead. Participants should come to school prepared to attend. However, if stormy weather or predicted heavy rainfall occurs the carnival will be rescheduled and parents will be notified via the Skoolbag App.

Year 1 and 2 Swimming carnival – Thursday 16th February (Leave school at 10.50am)
All students will arrive at school in their school uniform. Students will be given the opportunity to change at school. Students need their towel, thongs, lunch, hat, drink bottle, sunscreen and bag at the pool. Students will apply sunscreen at school before departure and staff will also have sunscreen available at the pool to regularly re-apply.

Year 3 and 4 Swimming carnival – Friday 17th February (Leave school at 8.30am)
Students must arrive at school in their swimmers and may be wearing thongs. Their sports/school clothes and covered in shoes must be in their school bag to change into back at school. Students need their school bag, towel, morning tea, hat, sun screen and drink bottle at the pool.

Year 5 and 6 Swimming carnival – Friday 17th February (Leave school at 10.50am)
Students must arrive at school in their school uniform. If they choose to wear their swimmers to school they should wear them under their school uniform. Students need their school bag, towel, afternoon tea, hat, sun screen and drink bottle at the pool.

Please note due to age groups competing at different times over these two days all finalist times will be compared and winners will be announced on week 5 assemblies. The school team will then be announced in next week’s newsletter. Thank you for your cooperation and understanding.

Please be aware of the following Spectator’s Code of Conduct

- Focus upon the child's efforts and performance rather than the overall results of the event.
- Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Remember that children learn best from example. Applaud good efforts by all students.
- Support all efforts to remove verbal and physical abuse from sporting activities. Demonstrate appropriate social behaviour by not using foul language or harassing staff members, spectators and students.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public.

Year 1 & 2 Carnival Timetable (Thursday 16th February)

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>ROTATION 1 12:15 P.M.</th>
<th>ROTATION 2 12:30 P.M.</th>
<th>ROTATION 3 12:45 P.M.</th>
<th>ROTATION 3 1:00 P.M.</th>
<th>ROTATION 5 1:20 P.M.</th>
<th>ROTATION 6 1:40 P.M.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. PARACHUTE</td>
<td>EPH, EPI</td>
<td>EPW, EPG</td>
<td>LUNCH TIME UNDER HOUSE TENTS</td>
<td>EPP, EPQ</td>
<td>EPL, EPM</td>
<td>EPJ, EPK</td>
</tr>
<tr>
<td>2. WATERSLIDE</td>
<td>EPJ, EPK</td>
<td>EPH, EPI</td>
<td>EPJ, EPK</td>
<td>EPW, EPG</td>
<td>EPP, EPQ</td>
<td>EPP, EPQ</td>
</tr>
<tr>
<td>3. NOODLE GAMES</td>
<td>EPL, EPM</td>
<td>EPJ, EPK</td>
<td>EPJ, EPK, EPM, EPM</td>
<td>EPH, EPI</td>
<td>EPN, EPO</td>
<td>EPL, EPM</td>
</tr>
<tr>
<td>4. NOODLE FLOATING</td>
<td>EPN, EPO</td>
<td>EPL, EPM</td>
<td>EPL, EPM, EPN, EPO</td>
<td>EPJ, EPK</td>
<td>EPW, EPG</td>
<td>EPN, EPO</td>
</tr>
<tr>
<td>5. KICKBOARD RACES</td>
<td>EPP, EPQ</td>
<td>EPN, EPO</td>
<td>EPL, EPM, EPN, EPO</td>
<td>EPH, EPI</td>
<td>EPW, EPG</td>
<td>EPJ, EPK</td>
</tr>
<tr>
<td>6. WADING POOL/</td>
<td>EPW, EPG</td>
<td>EPP, EPQ</td>
<td>EPN, EPO, EPP, EPI</td>
<td>EPN, EPO</td>
<td>EPJ, EPK</td>
<td>EPH, EPI</td>
</tr>
</tbody>
</table>
ALL 8 YEARS STUDENTS NOMINATED FOR THE 25 FREESTYLE SWIM (IN YEAR 1 OR 2 ONLY) WILL COMPETE AT 11:40 A.M.

Year 3 & 4 Carnival Timetable (Friday 17th February)

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>ROTATION 1</th>
<th>ROTATION 2</th>
<th>ROTATION 3</th>
<th>ROTATION 4</th>
<th>ROTATION 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:45 A.M.</td>
<td>10:05 A.M.</td>
<td>10:25 A.M.</td>
<td>10:45 A.M.</td>
<td>11:00 A.M.</td>
</tr>
<tr>
<td>1. WATERSLIDE</td>
<td>EPR, EPS</td>
<td>MPD, MPE</td>
<td>MPB, MPC</td>
<td>EPV, MPA</td>
<td>EPT, EPU</td>
</tr>
<tr>
<td>2. WADING POOL/ LUNCH</td>
<td>EPT, EPU</td>
<td>EPR, EPS</td>
<td>MPD, MPE</td>
<td>MPB, MPC</td>
<td>EPV, MPA</td>
</tr>
<tr>
<td>3. TAP TAP</td>
<td>EPV, MPA</td>
<td>EPT, EPU</td>
<td>EPR, EPS</td>
<td>MPD, MPE</td>
<td>MPB, MPC</td>
</tr>
<tr>
<td>4. BALL GAMES</td>
<td>MPB, MPC</td>
<td>EPV, MPA</td>
<td>EPT, EPU</td>
<td>EPR, EPS</td>
<td>MPD, MPE</td>
</tr>
<tr>
<td>5. DEEP POOL RELAYS</td>
<td>MPD, MPE</td>
<td>MPB, MPC</td>
<td>EPV, MPA</td>
<td>EPT, EPU</td>
<td>EPR, EPS</td>
</tr>
</tbody>
</table>

ALL STUDENTS NOMINATED FOR THE 25M FREESTYLE SWIM WILL COMPETE AT 9 A.M.

Year 5 & 6 Carnival Timetable (Friday 17th February)

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>ROTATION 1</th>
<th>ROTATION 2</th>
<th>ROTATION 3</th>
<th>ROTATION 4</th>
<th>ROTATION 5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12:45 p.m.</td>
<td>1:00 p.m.</td>
<td>1:15 p.m.</td>
<td>1:35 p.m.</td>
<td>1:50 p.m.</td>
</tr>
<tr>
<td>1. WATERSLIDE</td>
<td>MPG, MPH</td>
<td>MPP, MPO</td>
<td>MPN, MPM</td>
<td>MPL, MPK</td>
<td>MPI, MPJ</td>
</tr>
<tr>
<td>2. WADING POOL/ MORNING TEA</td>
<td>MPI, MPJ</td>
<td>MPG, MPH</td>
<td>MPP, MPO</td>
<td>MPN, MPM</td>
<td>MPL, MPK</td>
</tr>
<tr>
<td>3. TAP TAP</td>
<td>MPL, MPK</td>
<td>MPI, MPJ</td>
<td>MPG, MPH</td>
<td>MPP, MPO</td>
<td>MN, MPM</td>
</tr>
<tr>
<td>4. BALL GAMES</td>
<td>MPN, MPM</td>
<td>MPL, MPK</td>
<td>MPI, MPJ</td>
<td>MPG, MPH</td>
<td>MPP, MPO</td>
</tr>
<tr>
<td>5. DEEP POOL RELAYS</td>
<td>MPP, MPO</td>
<td>MPN, MPM</td>
<td>MPL, MPK</td>
<td>MPI, MPJ</td>
<td>MPG, MPH</td>
</tr>
</tbody>
</table>

ALL STUDENTS NOMINATED TO COMPETE IN THE 25M FREESTYLE WILL COMPETE AT 11:40 A.M.

Season 1 Electives (Year 4, 5 & 6 only)
In Term 1 and 2 Bohleve State School will offer Year 4 to 6 students a range of extra-curricular activities every Friday afternoon (1pm-2:30pm) starting on the 10th of March 2017.

All students in Years 4, 5 and 6 have received a note. Please return payment and notes to the cash window by 9am 22nd February.

Elective options are outlined in the following table.
<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>COST</th>
<th>EQUIPMENT</th>
<th>Maximum Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CRICKET</strong></td>
<td></td>
<td>Hat</td>
<td>28</td>
</tr>
<tr>
<td>MILO T20 Blast gives kids their first experience of playing games of cricket in an enjoyable and social setting.</td>
<td>Drink bottle</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>NETBALL</strong></td>
<td></td>
<td>Hat</td>
<td>28</td>
</tr>
<tr>
<td>Program to develop netball skills within a positive, supportive and encouraging learning environment. This includes an increased focus on game play.</td>
<td>Drink bottle</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>NRL</strong></td>
<td></td>
<td>Hat</td>
<td>28</td>
</tr>
<tr>
<td>PlayNRL gives the kids simple skills to play the game and come together as a group and learn the skills and how to play the game. (non-contact sport)</td>
<td>Drink bottle</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AFL</strong></td>
<td></td>
<td>Hat</td>
<td>28</td>
</tr>
<tr>
<td>Students learn the fundamental motor skills vital for future physical activity and sport participation. They also learn how to interact with other students as part of a team in small group activities.</td>
<td>Drink bottle</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SCIENCE</strong></td>
<td></td>
<td>-</td>
<td>28</td>
</tr>
<tr>
<td>The classroom will transform laboratory science into enjoyable, interactive learning experiences that students will be able to take home and show their families.</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ICT</strong></td>
<td></td>
<td>-</td>
<td>28</td>
</tr>
<tr>
<td>Students engage productively and safely with Information Communication devices, including iPads.</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SOCCER</strong></td>
<td></td>
<td>Hat</td>
<td>28</td>
</tr>
<tr>
<td>Boys and girls will participate in character building activities that will develop their soccer skills whilst having fun.</td>
<td>Drink bottle</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MINDCRAFT</strong></td>
<td></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>This group aims to further extend the learning and capabilities of students through games, challenges and a variety of other activities. All students wishing to try out for the school Opti-minds team are required to participate in this elective.</td>
<td>Enclosed shoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>KITCHEN SKILLS</strong></td>
<td></td>
<td>$10.00 Covers ingredients</td>
<td>28</td>
</tr>
<tr>
<td>If you are passionate about food you are third of the way there... you just need to add the skills. This is where Kitchen Skills come in.</td>
<td>Enclosed shoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>KARATE</strong></td>
<td>$10 Covers coach’s fee</td>
<td>Drink bottle</td>
<td>28</td>
</tr>
<tr>
<td>Participants are taught to respect each other and to be respectful and courteous to all. Although students are taught how to punch, kick and defend, they are also taught to use verbal skills and strategies to avoid using physical means to respond to various circumstances.</td>
<td>Enclosed shoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ZUMBA</strong></td>
<td>$10.00 Covers coach’s fee</td>
<td>Drink bottle</td>
<td>25</td>
</tr>
<tr>
<td>Each week students will be taught a high intensity dance routine to modern hip hop and rock music.</td>
<td>Enclosed shoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ART</strong></td>
<td>$10 Covers coach’s fee</td>
<td>Scissors</td>
<td>28</td>
</tr>
<tr>
<td>A professional artist will work with students using stop motion animation and digital technologies to develop a multimedia story.</td>
<td>Enclosed shoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ADP</strong></td>
<td>All athletes have been pre-selected</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Tuckshop News
The Tuckshop has sports shirts, ($30.00) and hats ($15.00) in all sizes and house colours. Either of these can be purchased during tuckshop hours 8.00am to 1.00pm Monday to Friday.

Cash only no EFTPOS at Tuckshop counter or use www.flexischools.com.au for online purchases of these items by 4pm and they will be ready for collection from the tuckshop the next day.

What to do if you want to order tuckshop.

Online
Save time and order online at www.flexischools.com.au We have a great online system to make the ordering of lunches easier and more convenient. Order at a time convenient to you, in the morning, the night before or weeks in advance. Order from your phone, computer or tablet. Go online using the above link and register now. Flexischools orders close 8.30am day of order.

URGENT REMINDER: Could all parents who have previously registered with Flexischools for online canteen ordering, please update your children’s classes in your personal details for 2017. Thank you.

Bags
Where possible, please have orders dropped off to the tuckshop by 9am with the correct money enclosed, it is too easy to lose change and saves any dispute. Alternatively, orders can be processed for you straight away and change given back to you. Phone orders are not accepted. Using a suitably sized bag, paper (NOT plastic), clearly write your order with child’s name, break, class and food. Doing the order at home is ideal; however, the tuckshop does have a supply of bags, at a cost of 5c each. Bags need to be clearly marked for both breaks (each break is to have its own bag).

When paying for small orders at the counter, could we please ask that something smaller than a $50 note be used for purchases, we only have a small amount of change and on occasion run out very quickly, your help with this would be greatly appreciated. Ice blocks are only available at second break and can be ordered with the bag system as well. Only Grades 4-6 are allowed to purchase over the counter snacks at 1st and 2nd break all other classes need to use the pre order system.

If there are special dietary needs, please stop in for a chat, we are only too happy to help where we can. Thank you for your support.

Julie Vickery - Tuckshop Convenor

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>February 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 February</td>
</tr>
</tbody>
</table>
| 17 February   | Swimming Carnival and Water Fun Day  
|               | Year 3 and 4 - 9:00 a.m. – 11:30 a.m.  
|               | Year 5 and 6 - 11:30 a.m. – 2:10 p.m.  |
| 20 February   | Parent Meet and Greet afternoon |
| 17 March      | National Day of Action against Bullying and Violence |
| 24 March      | Harmony day |
Parent Meet and Greet Map 2017
Much in the same way that a smile can communicate pleasure or happiness, and a frown can communicate sadness or displeasure, behaviour is a powerful means of communication. Often when children don’t understand what they are feeling or don’t know how to express themselves in words, their ACTIONS become their language. Behaviour is a way of expressing what’s happening on the inside. According to family therapist and Therapy Coordinator at Protect All Children Today Peter Marrington, there are some effective ways of responding to and changing inappropriate behaviour. In order to respond appropriately to inappropriate behaviour we need to realise that:

- We are all different. We have different personalities, and we all respond differently. Behaviour depends on the meaning we give an event.
- Behaviours are illustrations of distress.
- All behaviour is purposeful
- The underlying causes of the behaviour need to be assessed.

Children may “act-out” (be difficult or aggressive) or “act-in” (in the form of depression, self harm, or withdrawal), but both forms of behaviour have one thing in common: they are responses to what is causing pain and distress, but the child may be as unaware as the adult of the meaning of the behaviour. When asking a ‘why’ question often does not necessarily lead to an appropriate reason. The child’s explanation may have no connection with the behaviour, so the answer “I don’t know” is often true!

For effective parenting, as well as giving unconditional love, keeping your child safe, and being there for your child, try these principles:

1. Be consistent
2. Be united and have one set of rules
3. Be in charge – you are the parent
4. Be appropriately involved in your child’s growth (the right balance between hanging on and letting go)
5. Balance different roles (social, work, family activities)
6. Be realistic (age appropriate) expectations
7. Give encouragement but also permission to fail/make mistakes
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old
A four-session program for parents and carers

Learn:
✓ How to discipline without arguing, yelling or smacking
✓ How to sort behaviour
✓ How to handle challenging and testing behaviours
✓ Choosing your strategy, the three choices
✓ Using emotion coaching to encourage good behaviour
✓ 7 tactics for encouraging good behaviour

Parents will receive:
• A 1-2-3 Magic & Emotion Coaching Parent Workbook
Registration Fee: Nil
Dates – 8th/15th/22nd/29th March
Time - 8.45-10.45pm
Location – Resource Centre at Bohle Vale State School
Register for this course contacting Bohle Vale School on 47293555

Denise Svane
Senior Family Support Worker - Me Too
www.naphl.com.au
dsvane@naphl.com.au

NORTHERN AUSTRALIA PRIMARY HEALTH LIMITED
A healthier future for all Australians

What people are saying...
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control.

Who is running it?
The presenter for this course is Denise Svane who completed Parentshop's 1-2-3 Magic® & Emotion Coaching practitioner training in 2013. Denise has a joint degree in both Education and Psychology and a Masters in Guidance & Counselling. She is a teacher who has taught in all levels of Education from early childhood to adult.

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner • www.parentshop.com.au
SCHOOL KIDS BONUS IS FINISHED!!!

Do you have children at School now or starting Prep in 2018?

Are they involved in Sport or The Arts?

Did you struggle with Back to School costs this year?

Do you have an expensive school trip to pay for?

PREPARE NOW TO RELIEVE 2018 BACK TO SCHOOL STRESS!!!

Would you like $500 to help pay for school uniforms, books, sporting fees and equipment, music lessons, camps and excursions, or even a laptop? Saver Plus can match your savings for education costs dollar for dollar, up to $500. Wouldn’t it be great to take control of your financial situation and learn new skills on how to budget and save? Allow me to introduce you to the

Saver Plus Program!!

To be eligible you need to:

• have a Health Care Card or Pension Concession Card
• have a child at school now or starting next year, or be attending vocational study yourself
• have some form of household income from work, for example your partner or yourself may have part time, casual, full time or seasonal employment, can also be child minding, ironing or mowing a lawn
• have not received matched funds from completing Saver Plus already

For further information please contact:

Nikki Storey, Saver Plus Coordinator
Call OR SMS your name to - 0418 201 533

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is funded by the Australian Government
Eating Disorders Information Day
For Families, Friends and Carers

Saturday 11th March 2017
9.30am- 3.00pm
**Location:** MIFNQ - 59a Cambridge St St Vincent
**Cost:** $20pp

Lunch is provided, with thanks to MIFNQ. Please notify dietary needs.

*Direct Debit Payments to: Eating Disorders Association  BSB: 484 799  A/C: 1638 10445  Please leave your surname as a reference*

Having someone you care about suffer from an eating disorder can be a worrying, frustrating, and confusing experience.

The Information Day is for family and friends of people with eating disorders. The event aims to provide participants with information, practical strategies and support. The day is facilitated by staff from the Eating Disorders Association and the Butterfly Foundation, featuring a range of guest speakers including a GP, Dietitian and Therapists working in the field of eating disorders as well as individuals and family members talking about their own personal experiences of recovery. Health Practitioners welcome to attend to increase knowledge and understanding.

*Numbers are limited so please register ASAP*

To register or obtain further information please contact:
Glenda Blackwell from Butterfly Foundation on 07 4725 3664; OR EDA on 07 3394 3661 or admin@eda.org.au
As you may be aware, the Museum of Tropical Queensland has been hosting a block buster exhibition ‘Dinosaur Discovery: Lost Creatures of the Cretaceous’ which features 20 life-size animated (and roaring) dinosaurs.

Special **Sound Down sessions** are being scheduled over the next few months which will involve the sound of the dinosaurs being turning off for an hour. The Museum of Tropical Queensland are hoping that this will allow young children or people with a sensitivity to sounds to enjoy the dinosaurs. The following is a schedule of some of the sound down sessions.

Saturday, 25 February 2-3pm
Saturday, 25 March 2-3pm
Saturday, 29 April 2-3pm
Saturday, 27 May 2-3pm

If you have any further questions, please contact the Museum of Tropical Queensland on the numbers listed below.

**MUSEUM OF TROPICAL QUEENSLAND**

70 – 102 Flinders Street | Townsville | Queensland 4810 | Australia
t. 07 4726 0626 | m. 0423 869 059 | [mtq.qm.qld.gov.au](http://mtq.qm.qld.gov.au)
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SQUASH 2017

- GET FIT & HEALTHY
- TRY A NEW SPORT
- HAVE FUN
- MEET NEW PEOPLE
- COMPETE WITH THE BEST IN THE CITY

Townsville Tenpin & Fun Centre
101 Bamford Lane,
Kirwan QLD 4817

Gradings - Monday 6th February @ 7pm
- Tuesday 7th February @ 7pm
- Thursday 9th February @ 7pm

Competition - 2nd week of February.

Junior Squash - Friday February 10th @ 4pm

Practice - Tuesdays @ 7pm & Saturdays.

WESTS Squash Club

For Enquiries Phone: 0402 068 079