

PARENT TALK

TERM 3 – 2025



**CELEBRATING
THE BEST
IN P&Cs**

- All objectives achieved at State Conference
- Helping students navigate the digital world
- Leave the comfort zone and discover their potential
- Dealing with aggressive behaviour in children

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Front-page photo caption: P&Cs Qld CEO Scott Wiseman and Board Chair Donagh Freestun congratulate the 2025 Spirit of P&C winner Corina Profke (centre).

Important information: Some stories in your copy of *Parent Talk* may feature hyperlinks to other websites/information. To access these links please visit www.pandcsqld.com.au/news/parent-talk/ and click on the interactive version of *Parent Talk* magazine.



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FROM THE MINISTER



A warm welcome to Term 3. I hope the school holidays offered you and your families a chance to rest, recharge and spend some quality time together.

I was pleased to hear the P&Cs Qld Annual State Conference in June provided many opportunities to connect, learn and celebrate the important work you do.

In late Term 2, the Crisafulli Government announced a record \$21.9 billion Education Budget that delivers a fresh start for Queensland students, teachers and families and offers more support to our valued teachers.

We're investing \$1.09 billion to build 15 new schools where they're needed most. Over the next four years, we're funding new primary schools in Caloundra South and Ripley Valley, and a new high school in Gracemere to ensure all students receive a world-class education.

The Education Budget also includes a historic investment in Queensland special schools.

Six new special schools will support up to 800 more students to learn in purpose-built facilities at Central Logan (Berrinba), Beenleigh, Moreton Bay South, Springfield-Redbank, Ipswich West and Coomera.

\$222.1 million has been allocated to deliver more specialist support for students and teachers as part of the More Teachers, Better Education Plan. This includes more support to prevent and respond to bullying, increased funding for chaplaincy and wellbeing officer services, behaviour support specialists, and a boost to professional development in STEM and inclusive education.

Our Budget recognises the historic commitment Queensland has made towards fully funding all Queensland state schools for the first time, with an additional \$9.4 billion allocated over 10 years to improve student outcomes.

Another Budget highlight includes the new Back to School Boost, which delivers ongoing cost of living relief for Queensland families from 2026. Families will receive a \$100 contribution per student for all Prep to Year 6 students, to help with the cost of school essentials, like books, stationery, devices, camps and excursions.

We've also increased Play On! Sport vouchers to \$200 per child from 4 August 2025 to make playing sport more affordable and accessible for children and families.

I look forward to hearing how these important funding initiatives are making a difference as I travel to schools across the state, and I wish all students and families a successful term ahead..

John-Paul Langbroek
Minister for Education



HELPING STUDENTS NAVIGATE THE DIGITAL WORLD

Black Dog Institute

The Black Dog Institute, in partnership with the Bupa Foundation, has launched Teens & Screens, a free evidence-informed classroom program designed to help Year 7-9 students develop healthy screen habits, manage their digital wellbeing, and enable them to make better decisions about their digital habits.

With young people spending more time online than ever before, researchers said now was a critical moment to support teens in building healthier digital habits.

Backed by research from the [Future Proofing Study](#) - a large longitudinal study on adolescent mental health in Australia — Teens & Screens equips young people with the tools and knowledge to maximise the positive aspects of screen use while minimising potential harms.

Black Dog Institute and lead researcher on the project, Associate Professor Aliza Werner-Seidler, said there needed to be a focus on educating young people about how

to cultivate a positive online experience, what the risks are and how to mitigate those.

"Teens are constantly being told that screen time is bad—but that's not the full picture. Not all online activities are equal and there is nuance that needs to be considered in what activities young people are engaging with, and with whom," Dr Werner-Seidler said.

"Screens are an integral part of their lives — from socialising to learning and entertainment. Instead of fuelling guilt or fear, we're here to share the real facts — the good and the bad — based on research and evidence, so teens can make better informed choices," she said.

The research highlights that while online platforms can present challenges, they can also offer opportunities to support young people's wellbeing — if used with awareness and balance.

"We want to give young people the tools to understand whether what they're doing online affects how they feel so that they can navigate the digital world with confidence. By giving them knowledge, not just rules, we're helping them take control of their digital

habits in a way that works for them," Dr Werner-Seidler said.

The ready-to-use program provides teachers with the [resources](#) they need to deliver an engaging session on digital literacy and wellbeing. Developed in partnership with young people, the program is scientifically-informed, relevant, and engaging. It includes a step-by-step facilitator guide, a customisable interactive presentation, and resources for students and parents.

Researchers at Black Dog Institute are also currently developing a Teens & Screens program tailored for students in Years 10–12. This program will address the unique challenges faced by older adolescents and will be available later in 2025.

Parents looking to continue the conversation with their teens can find a summary sheet of the workshop content [here](#).

This page also offers additional resources for families.



Outdoor adventure: Leaving the comfort zone and discovering potential



In a time when young people are increasingly glued to screens, outdoor adventures and challenges are vital tools for building resilience, confidence, and connection.

"Many young people struggle to engage with anything that's not right in front of them," said Dylan Smith, PCYC Queensland's Outdoor Recreation Centre Regional Manager who oversees operations at the PCYC Bornhoffen and PCYC Capricorn Coast — both popular sites for school and leadership camps.

"They're smart, but when you take them out of their normal environment, it's daunting at first because it's not something they are used to — but that's where growth happens and when they are guided through it, the benefits are huge."

Outdoor camps and programs offer children and teens a rare chance to unplug, challenge themselves, and develop critical life skills. From bushwalks to team-building activities, these experiences are carefully designed to stretch comfort zones and build self-awareness.

Dylan draws inspiration from the philosophy of Kurt Hahn, who warned of the "Seven Declines of Modern Youth," including reduced fitness, initiative, imagination, and self-discipline.

"Those declines still ring true today," Dylan said. "We're trying to counter that by creating spaces where young people can move, think, collaborate, and grow. I would say that at least 90% of our young people — likely more — walk away from our camps knowing more about themselves, and, importantly, each other, able to work together through their school lives."



The benefits go far beyond the physical.

Camps foster social connection and emotional development. Group dynamics are an important part of the process, with students who arrive shy or uncertain forming bonds, facing challenges, and learning from both success and failure.

"We take them through a natural evolution: forming, storming, and eventually performing," said Dylan.

"It's about learning to work together, solve problems, and realising that it's okay to make mistakes."

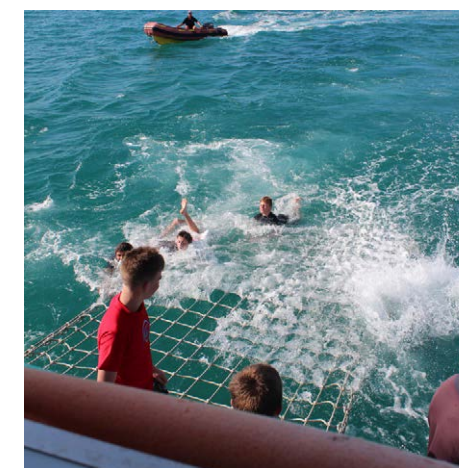
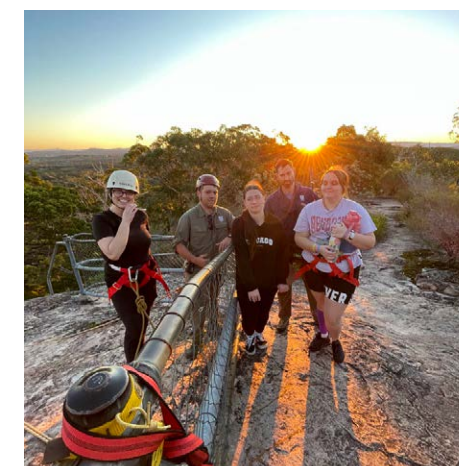
Importantly, these programs are inclusive.

"Out here, it's a level playing field. We've seen students who struggle in the classroom become leaders on camp," said Dylan.

"This is where kids find out what they're made of. They discover that there's more in them than they know—and once they realise that, they won't settle for less."

For schools seeking camp experiences that provide adventure, personal growth and lasting memories, PCYC Queensland's outdoor recreation centres Bornhoffen, in the Gold Coast hinterland, and Capricorn Coast in Yeppoon offer tailored programs for all school aged young people.

The activities offered are closely aligned with PCYC Queensland's mission of building safer, healthier communities through youth development. The team members are dedicated and experienced, the environment is safe and supportive and the experiences are unforgettable.



For more information about PCYC Bornhoffen and PCYC Capricorn Coast, email outdoors@pcyc.org.au.



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read more!



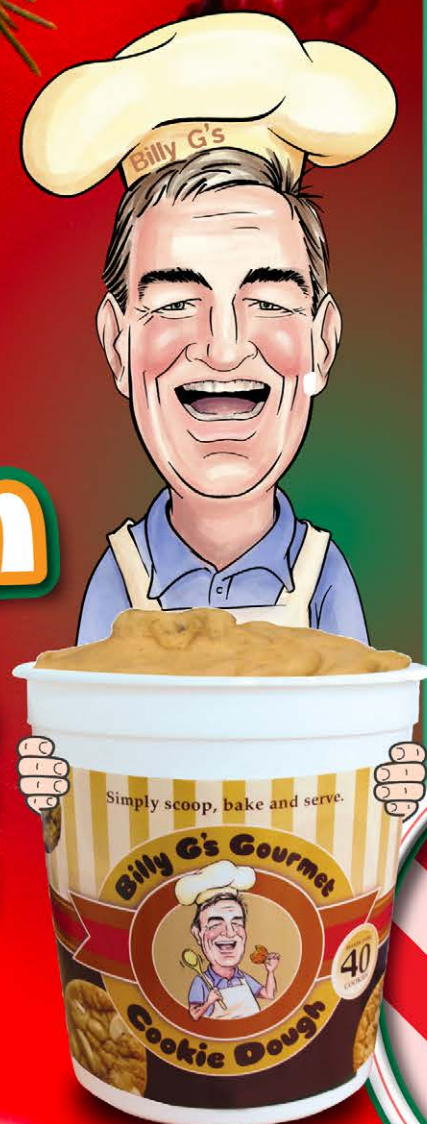
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Australian Fundraising

There is no better way to end the school year than with a fun, festive, and delicious fundraiser and Billy G's Christmas Cookie Dough is the perfect recipe for success!

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Whether you are hosting a Christmas party, prepping for end-of-year presents, or just love the magic of baking with the kids, our Christmas Fruit Cake Dough is sure to be a crowd favourite. And with zero upfront cost and easy online ordering, it's a stress-free way to reach your fundraising goals - just in time for the holidays.

Each 1kg tub comes ready to scoop, bake, or eat straight from the fridge. Your supporters will love giving these to friends, neighbours, or teachers, or keeping them for their own festive feasting.

Easy to Run. Profitable for You!

With zero upfront cost, cyber safe online fundraising platform, and automated prize ordering, our Billy G's Gourmet Cookie Dough makes it easy and profitable for busy volunteers. Your school will earn \$4 profit per tub sold, and we provide everything you need, from printed order forms, to engaging marketing assets and a dedicated Fundraising Coordinator to support you every step of the way.



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Secure your spot early to take advantage of this sweet seasonal opportunity, only 2,000 tubs of our delicious Christmas Fruit Cake Cookie Dough are available! Bake the magic this Christmas, secure your fundraiser now.



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DEALING WITH **AGGRESSIVE BEHAVIOUR IN CHILDREN**



Triple P Parenting

Aggressive behaviour in children can appear when they're learning how to manage strong emotions, communicate their needs, and get along with others. Often, children may act out aggressively to express anger or frustration. Challenging behaviour comes in all shapes and sizes. It can include hitting, kicking or biting, pulling hair, pushing, or name-calling.

While aggressive outbursts are common in children, understanding the possible causes and knowing how to deal with them can be difficult.

As a parent or carer, you may also feel a range of emotions if your child is acting out, from surprised to ashamed. That's okay. Aggression can be difficult to deal with, but you're not alone. This article explores some of the common reasons why children behave aggressively. It also provides a starting point for parents and carers to help children learn to express themselves in non-hurtful ways.

What leads to aggression in children?

Here are some common reasons:

- Frustration or anger when things don't go the way they want.
- They may hit out at others if they don't know other ways of problem solving or managing their emotions.
- They have difficulty saying what they want or need.
- They might hit, kick, or bite to see what happens, or to get a reaction from the person who is hurt and any adults present.
- They may fight out of jealousy or competition, especially with siblings.
- Sometimes, children may be aggressive to get what they want, such as making another child give up a toy or to gain attention from their parents.
- They're overstimulated, stressed, tired or hungry.
- Children may learn to behave aggressively by watching others.

Sometimes, parents might have beliefs that accidentally support aggressive behaviour, such as "Kids need to let out their energy and aggression. It's harmless"; "It's just kids being kids or Children need to learn to fight so they don't get bullied."

When kids learn to use aggressive behaviour to get what they want, it can be tough for them to learn better ways of solving problems. If this behaviour keeps going on unchecked, it can become a pattern that's tricky to break.

How to deal with children's aggressive behaviour: a starting point

Help them identify their feelings - Have clear, consistent rules - Encourage positive behaviour - Set a good emotional regulation example.

How to help an angry child calm down

Dealing with a child's aggressive behaviour can be a real challenge. It's okay to feel frustrated or angry. But getting angry or yelling can escalate the situation further. Try to make it your main focus to stay calm.

Making a conscious effort to stay calm can help deescalate the situation and set a positive example for your child. Take a deep breath and give yourself a moment to "reset" before you respond. This can help them feel safe and secure, knowing you can handle your emotions and theirs, even in difficult situations.

Aggression: when to worry

It is common for children to behave aggressively as they grow up and go through developmental milestones. Older children and teens can become aggressive when they're struggling with emotions, challenges or changes at school, or to get what they want. You know your child best, and if you feel like aggressive behaviour is happening too often, is too severe, or is causing harm to your child or others, it's a good idea to seek help.

Remember, you're not alone, there are people who can support you. Talk to your doctor or a mental health professional for advice.



ALL OBJECTIVES ACHIEVED AT ANNUAL STATE CONFERENCE

State Conference 2025 was more than just an event – it was an inspiring two days of connecting, learning, networking, and celebrating our amazing members and volunteers.

Hundreds of passionate P&C members, parents, and education leaders descended on the Gold Coast to equip themselves with the practical tools, resources, and strategies they needed to strengthen their partnerships with their P&C, their school and their wider communities.

Centred around the theme “Connect 4,” the conference featured a vibrant program of keynote addresses, tailored sessions, and peer-to-peer sharing, with access to a bustling Trade Hall with more than 60 sponsors and exhibitors showcasing innovative products and services for school communities.

The event opened with a heartfelt Acknowledgement of Country by Kaleema Donovan, a student at Palm Beach Currumbin State High School, followed by an address by the new Queensland Minister for Volunteers, Ann Leahy, who officially opened the conference. In her address Minister Leahy commended P&C volunteers for the vital roles they play in supporting state schools and helping give every child every chance in education and life.

Highlights over the two days included powerful presentations from guest speakers including Tim and Judy Sharp,

Tammy McCartney, a seasoned expert who specialises in Emotional Intelligence (EI) and leadership development, Jordan Walsh from Oakleigh State School P&C, Hayley Stevenson, Assistant Director General - Strategic Engagement at the Queensland Department of Education and Behaviour Expert, Anthony Laye, who also took on the role as MC for the Gala Dinner.

Meanwhile, the ever-popular social events provided the perfect opportunity to network with other P&C members, chat with suppliers and, most importantly, have some down time and fun.

The conference culminated in a spectacular Gala Dinner, where the P&C Awards celebrated and recognised outstanding contributions from P&C members across Queensland.

P&Cs Qld CEO Scott Wiseman said this year's conference was a true celebration of the dedication and impact of P&C volunteers.

“Our aim with conference is to fuel the resilience and creativity of our P&Cs,” he said.

“We want to give those who come to our conference the winning strategies to help their P&C to not only develop pathways to

success, but also ways for them to connect effectively with their parents, school, and the wider community.”

Scott said the State Conference also served as a forum for dialogue, exchanging ideas and sharing stories. “It always provides delegates with a platform to network, forge alliances, challenge conventions, inspire progress, ignite change and build a future that benefits all P&Cs.

“This conference offered something unique for every delegate, whether they were a new executive on their P&C or have been involved for multiple years (or decades even as some of them might be).

“Thanks also go to the generous sponsors, exhibitors, facilitators, speakers, performers, who helped delivered a valuable, informative, and inspiring experience for everyone involved,” he said.

Delegates said they left the conference feeling empowered and equipped with fresh ideas, practical resources, and renewed confidence to lead their P&Cs to a strong, successful and sustainable future.

“Our aim with conference is to fuel the resilience and creativity of our P&Cs”



CELEBRATING THE BEST IN P&Cs

Corina Profke from Coomera Rivers State School P&C was honoured with the Spirit of P&C Award during the gala dinner at this year's P&Cs Qld State Conference. The award recognises individuals who truly embody the spirit of P&C volunteering.



SPIRIT OF P&C WINNER:

Corina Profke – Coomera Rivers State School P&C

Corina was recognised for embodying the values that underpin both the P&C and school - respect, inclusion, collaboration, and integrity.

As a member of her P&C, Corina leads with transparency and always acts in the best interest of students and families. She ensures everyone's voice is heard, welcomes diverse perspectives and adapts her approach to reflect the needs of the entire school community.

Corina said she was grateful to be named the Spirit of P&C winner for 2025. "This is really an honour for me, especially when you consider the amazing calibre of the other nominees," she said.

She said she was so grateful to P&Cs Qld for providing the opportunity to showcase so many people's wonderful skills through the P&C Awards.

P&Cs Qld CEO Scott Wiseman congratulated Corina and all the category winners, commending their commitment to supporting their schools to give every child every chance to succeed both in education and in life. "Their efforts show what's possible when communities come together," he said. "They've all worked tirelessly to strengthen their school communities through a wide range of initiatives and it's only right that we should recognise them for their wonderful efforts."

Mr Wiseman noted the growing number and quality of nominations, making this year's judging particularly challenging. "The judges were impressed by the innovation and resilience shown by all finalists," he added. "Congratulations to everyone who entered, especially the winners, and to all those who took the time to enter our P&C Awards," he said.

He also thanked the conference sponsors for their generosity in helping make the 2025 P&C Awards a great success.



CATEGORY WINNERS:

FUNDRAISING IMPACT:

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WINNER: Tamborine Mountain State School P&C

RUNNER UP: Caningeraba State School P&C

POSITIVE COMMUNITY PARTNERSHIPS:

SPONSORED BY PCYC Queensland

WINNER: Currimundi State School P&C

RUNNER UP: Albany Creek State School P&C

ECO SUSTAINABILITY:

SPONSORED BY Containers for Change QLD

WINNER: Tamborine Mountain State School P&C

RUNNER UP: McDowall State School P&C

THE BUSINESS OF OSHC:

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WINNER: Coomera Rivers State School P&C

RUNNER UP: Trinity Beach State School P&C

THE BUSINESS OF TUCKSHOP:

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WINNER: Caningeraba State School P&C

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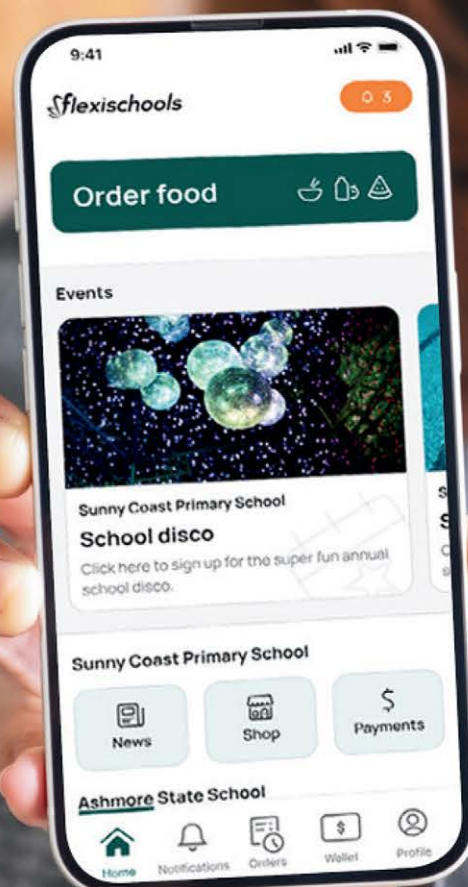


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REAL-LIFE CASE STUDY: HOW ONE P&C SAVED THOUSANDS ON UNIFORM STOCK



Wise Schools

When a Queensland primary school of 728 students partnered with Wise Schools in 2021, they were navigating a frustrating cycle familiar to many P&C committees: overpriced uniforms, poor garment quality, rigid supplier requirements, and excessive inventory tying up funds and storage space.

Four years on, the school's uniform supply model is unrecognisable—in the best way. By teaming up with Wise Schools, the P&C cut its stock spend in half while improving quality, streamlining supply, and increasing uniform shop sales.

The transformation began with a simple but powerful shift: Wise Schools took the time to understand the school's unique stock levels, sales trends, and uniform needs. Using this insight, a custom stock forecast system was implemented to predict future orders. Gone were the days of guesswork and over-ordering. Instead, the school received exactly what it needed, precisely when it was needed.

Wise's local warehousing solution meant the school no longer paid upfront for large deliveries or struggled to meet minimum order requirements. Stock was stored in Australia, available on-demand—saving the school money and space. Any surplus stock rolled over into the following year, dramatically reducing waste.

Quality also saw a major upgrade, thanks to Wise Schools' expertise in fabric manufacturing. Parents noticed the difference immediately. Uniforms were more durable, more comfortable, and better suited to the Queensland climate—making them a hit with students and families alike.

Most importantly, the school never ran out of sizes. Every student was able to access what they needed, when they needed it. Retail sales climbed steadily, and the uniform shop became a reliable contributor to school fundraising efforts.

“They make everything easy and eliminate stress. Delivery is fast and reliable—we love working with them.”
— P&C Member

For P&Cs looking to reclaim control of their uniform supply and save thousands in the process, Wise Schools offers free, no-obligation consultations.

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BEFORE ✗

AFTER ✓

FROM EWW TO WOW!

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Make a Statement.

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”

IS YOUR SCHOOL STILL STUCK IN THE “EWW ZONE”?

Civiq

Let's be real. No one wants to drink from that crusty old bubbler. You know the one. Stained. Lukewarm. Rusted. If it even works, it's not inviting anyone to take a sip. Most people ignore it. But for students, it might be the reason they don't drink water at all.

The good news is, it doesn't have to stay that way.

Bring Water Back into the Learning Routine

Hydration powers focus, energy, and student wellbeing. If we want students to choose water over sugary drinks, it needs to be the clear winner.

Clean, cold, convenient, and always close by.

Modern hydration stations deliver on every front. They're filtered, chilled, and tough enough for daily school life. No rust. No guesswork. Just fast, reliable access to water that actually tastes great. When students enjoy using them, they keep coming back. Hydration becomes a habit, built into the rhythm of the day like recess, reading, and movement.

From Habit to Impact

Make water easy to access, and the results follow. More refills. Less waste. Smarter choices across the board.

Schools that upgrade are seeing the difference. Healthier students. Cleaner grounds. Fewer sugary drinks in

lunchboxes. Parents notice the change. Teachers see the boost in focus and behaviour. These are schools taking clear, visible steps toward student wellbeing.

Why Now Is the Time

Mid-year is the smart moment to act. Upgrades can be installed quickly without disrupting the school day. Start now and your school will be ready before Term 4 kicks off. When the weather heats up, your hydration solution will be ready to go.

Our process is fast, simple, and tailored to fit your schedule.

Make the Switch, Make a Statement

This isn't just about new equipment. It shows your school puts student health and learning first. Parents want to see real investment in student wellbeing. Teachers want tools that make their job easier. Students want something clean, modern, and built for them.

When your school leads on hydration, it sends a powerful message. You care about your community, and you back it with action.

Let's move your school out of the “eww zone” and into a space that reflects the pride you have in your people and place. Because when water is clean, cold, and easy to access, students drink more of it. And everyone benefits.



Talk to the Civiq team about a hydration solution that fits your space, your budget, and your school's goals.





HELPING YOUR CHILD COPE WITH EXAM STRESS

As students across Queensland gear up for exams, it's reassuring to know that, with the right support and mindset, both students and parents can confidently navigate the stress and turn this challenge into a stepping stone toward success. Here are some tips to help support them through this tough time.

Show your support

Exams and assignments can be challenging, especially when teens are juggling school, friendships, and other responsibilities. As a parent or caregiver, you play a vital role in helping your child feel supported during this time. Simple things like creating a quiet study space, encouraging good sleep habits, and providing nutritious meals can make a big difference.

Keep things in perspective

A little stress is normal and can even help with focus and motivation. Let them know it's okay to feel pressure, but it's also important to take breaks and relax. Remind them to see the bigger picture: one exam won't define their future.

Partner with the school

If your child is struggling, don't hesitate to reach out to their teachers or school staff. Schools are there to help every student succeed and often offer support like flexible timetables, subject selection advice, and access to wellbeing staff. You might be surprised by the resources available.

Encourage healthy habits

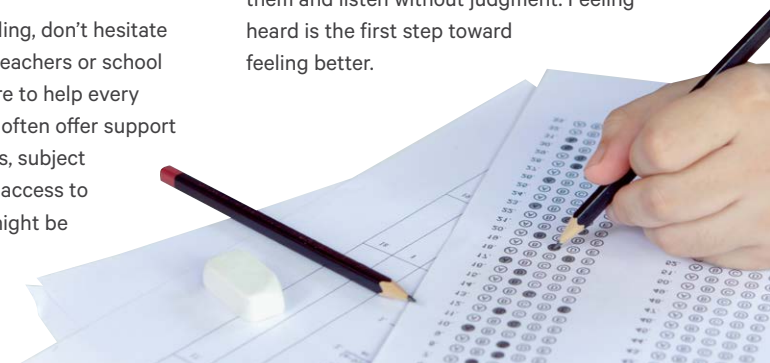
Good sleep, balanced meals, and regular physical activity are essential during exam time. Encourage your child to keep doing the things they enjoy. A healthy balance between study and hobbies helps reduce stress and boosts overall wellbeing.

Show you value their effort

Respect your child's commitment to their studies by helping them maintain a quiet, distraction-free environment. Consider easing up on home chores or other non-essential tasks to give them more time to focus.

Be a listening ear

Sometimes, your child just needs to vent. Let them talk openly about what's bothering them and listen without judgment. Feeling heard is the first step toward feeling better.



KICKSTART YOUR 2025 FUNDRAISING

Get the school year off to a great start with the Containers for Change schools program.

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We have already used them so much and everyone has been very impressed!"
- Mango Hill State School

"The tablecloth arrived and it's even better than I imagined!!! Thank you so much."
- Poseidon Primary P&C

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Establishing conflict resolution and resilience foundations for students and staff, as well as continuous ongoing training and support from Bullyproof Australia throughout a student's entire learning experience (P-12).



Building a culture of acceptance, consideration, and cooperation by embracing an 'all-in' collaborative approach between children, staff, and parents to support each schooling community.



Improving the quality of social and educational experiences to positively affect academic performance, and mental and emotional health, by learning to appreciate cultural and social diversity.

BUILDING A VOLUNTEER RECRUITMENT STRATEGY THAT WORKS



Your time is precious. Whether you're juggling school drop-offs, P&C "stuff", sports practices, or bedtime routines, adding "volunteer recruitment strategy" to your to-do list might sound overwhelming. But having a clear plan can make all the difference.

Let's break it down in a way that makes sense for your P&C.

Strategy vs Tactics — What's the Difference?

Think of tactics as your daily checklist: sending an email, posting on Facebook, asking a friend at pickup. These are important, but they don't always solve the bigger issue - like why it's so hard to get people to say "yes" to volunteering for the P&C in the first place.

Strategy, on the other hand, is the big-picture thinking. It's like planning your family's weekly meals instead of just figuring out dinner at 5 p.m. every night. It helps you understand what's working, what's not, and how to make volunteering more appealing and accessible for others.

Take a Look at What You're Doing Now

Before you dive into new ideas, pause and ask: Is what we're currently doing actually working? Here are five common reasons volunteer efforts fall flat — and how to fix them.

1. You're Only Asking People You Already Know

It's easy to stick with your circle — other parents you see at school or sports. But to grow your volunteer base, you need to reach beyond that.

Take a moment to look at who's already volunteering and who's not. Are you missing out on dads? Grandparents? Parents who work full-time but want to help in small ways? Identifying those gaps helps you invite more people in — and make everyone feel welcome.

2. Your Message Doesn't Hit Home

People are more likely to help when they feel like it matters — and when they know their help will be appreciated. That's where the idea of reciprocity comes in. When someone feels like they're giving back to a group that's helped them or their child, they're more likely to say yes.

So instead of just saying "We need help," try something like: "Your support helps us keep the P&C running for all our kids - we can't do it without you."

3. Your Call to Action Is Too Vague

Don't just say "Let us know if you're interested." Be specific and make it easy. For example:

- "Click here to fill out a quick 3-minute form."
- "Text Sarah at XXXX if you can help with disco this Friday."

The clearer and simpler the ask, the more likely someone will follow through, especially when they're reading your message while making dinner or waiting in the car line.

4. Your Sign-Up Process Is a Headache

If your volunteer form feels like applying for a mortgage, it's time to simplify. Ask only what you really need to know up front. Make it mobile-friendly. And show that you value their time and privacy.

Better yet, try going through the process yourself — would you want to fill it out?

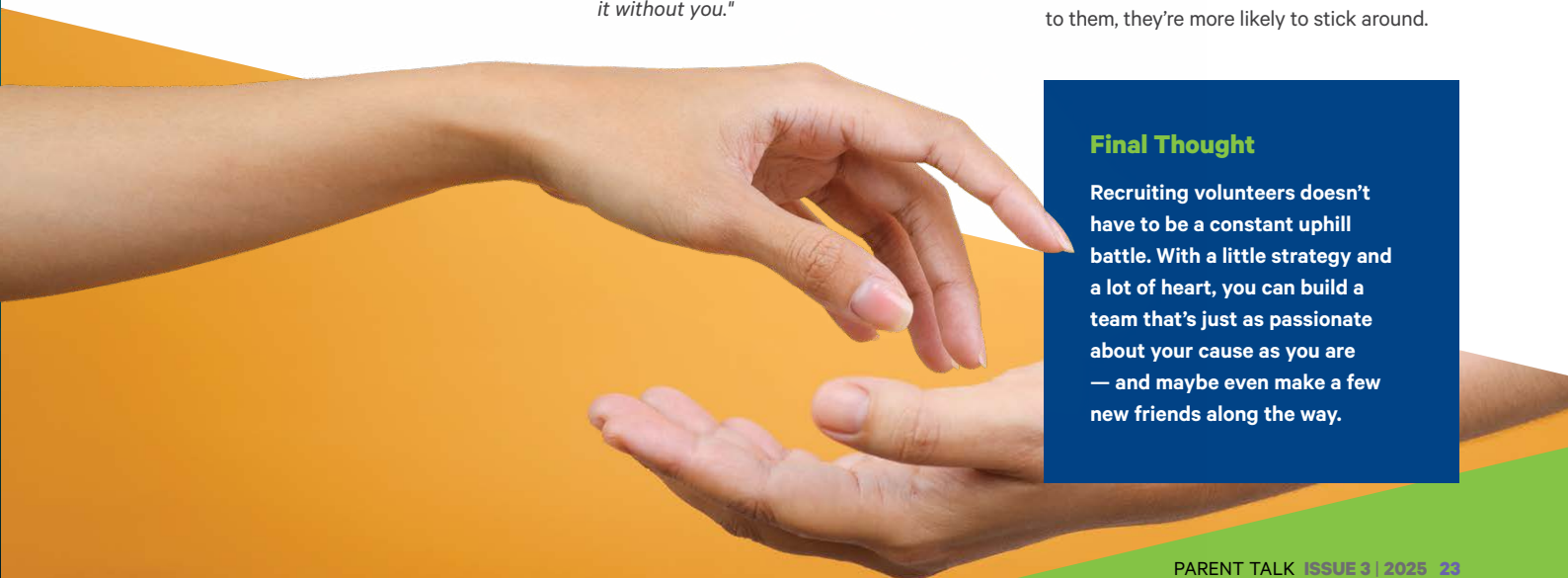
5. You're Not Matching Opportunities to What People Want

Some parents volunteer because they love helping kids. Others do it to meet people, build skills, or just feel useful. Both are valid!

Try offering a mix of roles — from one-time tasks to ongoing commitments — and ask what motivates them. When people feel like their time is being used in a way that matters to them, they're more likely to stick around.

Final Thought

Recruiting volunteers doesn't have to be a constant uphill battle. With a little strategy and a lot of heart, you can build a team that's just as passionate about your cause as you are — and maybe even make a few new friends along the way.





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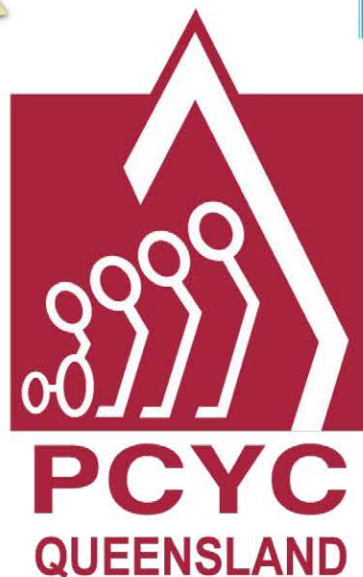
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