



# Our Lady of the Assumption Catholic Primary School ENOGERA

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## newsletter

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Issue No. 34, 4th November 2015

Dear Parents,

Industrial action will occur at our school tomorrow morning. This industrial action is linked to enterprise bargaining negotiations currently being undertaken within Queensland Catholic schools.

Some teachers and staff who are members of the Independent Education Union of Australia – Queensland and Northern Territory Branch, recently voted to take industrial action in the form of two consecutive on hour stoppages between 8:30am and 10:30am on Thursday, 5 November 2015.

Please be assured that school will operate as usual with some modifications to the timetable to ensure that all children are adequately supervised.

**All swimming classes for Prep to year 2 will proceed as normal.**

**There will be a school assembly for year 1 to year 4 in the Good Sam Activity Centre, commencing at 8.35.**

**Lunch will be from 10.00 until 11.00. Normal lessons will then resume at 11.00**

It should also be noted for your information that industrial action within Catholic Education is being taken on a school by school basis.

Along with other Catholic school employers, I respect the right of employees to take appropriate industrial action.

Please contact me if you have any concerns or require further information.

All Saints and All Souls Day

Pope Francis' canonisation of the parents of St Thérèse of Lisieux during the Synod on the Family emphasises the family as we commemorate of All Saints and All Souls days this year. We are particularly mindful of our own family members who have gone before us. Did you know that during each of the Pope's apostolic journeys this year he has celebrated canonisation masses of national saints. A particular message which Francis preached on all these occasions was that all these holy men and women lived an undivided love for God which was open to the love of neighbour whoever and wherever they were. They had a genuine worship of God which negates discrimination, hatred and violence but inspires respect for the sacredness of life, respect for the dignity and freedom of others, and loving commitment to the welfare of all. So many of the biblical readings during the canonisations focused on the theme of service which always calls us all to follow Jesus on the path of humility and the cross. Their key words remind us that those who serve others and seek no prestige truly exercise a genuine authority in the Church.



**Parent Portal**

Brisbane Catholic Education Brisbane currently have plans in the pipeline to make all student reports accessible via the Parent Portal as well as NAPLAN results. Parents

## COMING SOON

**Mon 9th Nov 9-10.30am**

**& Wed 11th Nov 12-**

**1.30pm**

Prep Orientation for  
2016

**Wed 11th Nov**

**10.40am start**

**Remembrance Day  
Ceremony**

**Thurs 12th Nov at 9am**

**Yr 5 Mass**

**Wed 25th November**

**6pm**

OLA Instrumental Music

Soiree Concert  
Activities Centre

**Monday 30th November**

OLA Carols

[Enoggera Parish](#)

[Newsletter](#)

(Control Click to access)

can also advise changes of personal details and advise of student absences.

The school is undertaking further training to maximize the benefits of the Parent portal and soon all teachers will have the capacity to put class news, homework etc. directly on the Parent Portal instead of through the office.

On Monday the school office emailed out parents who have not accessed the Parent Portal their login and password along with an email reminder to those parents who have not accessed the Parent Portal for a considerable period of time.

### **XMAS HAMPERS**

This year, OLA school is once again supporting St Vincent de Paul to provide needy families with Christmas hampers.

Listed below are the items each year level has been asked to provide:

**Prep - Tin puddings**

**Year 1 - Xmas biscuits/ cake**

**Year 2 - Tinned ham**

**Year 3 - Coffee/ Tea**

**Year 4 - Mince Pies**

**Year 5 - Tin fruit**

**Year 6 - Snacks eg: chips**

Thank you in advance for your generosity. We will be collecting until Friday, 20th November.

### **SPOOKY DISCO**

Well... what can we say??? Other than a HUGE thank you for making the Spooky Disco so much fun! The children had such a good time, and it was a great opportunity for parents to let their kids have a play and a dance while they have a catch up with other parents.

Thank you, from the bottom of our hearts, it's an honour to be part of such a great school community. Give yourselves a pat on the back. OLA parents & teachers officially ROCK!

The evening also enabled us to raise over \$3000 for the school.

If you have any feedback, or ideas on how to improve our next function be sure to let us know.

Thanks again people. Couldn't have done it without you.

**OLA P&F**

### **BOOKCLUB Issue 8**

Order forms will be sent home this week. This will be our **final** Bookclub for 2015.

***LOOP orders must be placed by Monday 16 November, 2015.*** Orders after this time will incur a separate delivery fee. Parents are still able to place orders through the school, as per previous arrangements. School orders and payment are also due back at the office by **Monday, 16 November 2015.**

Just a reminder - **WE DO NOT ACCEPT CASH PAYMENTS.** Payments may be made by cheque or credit card (phone/internet).

**Issue 7** orders have arrived back at school. If you asked for an order to be held at the office, it is now available for collection.

### **Tuckshop News**

Please help raise funds for your school with products from Homestyle Bake. Order forms will be sent home by the end of the week.

Homestyle Bake products tick all the right boxes

- Quick & easy meals Smart way to shop
- Convenient for busy households
- Handy in the freezer
- Ready to heat & eat
- Well prices family meals & treats.

ORDERS MUST BE RETURNED BY MONDAY 16TH NOV.  
ORDERS TO BE COLLECTED 2.30PM THURS 26TH NOV

## **What to say when kids become anxious**

By Michael Grose

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

'You're okay. I'm here and I won't be going anywhere.'

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

"You don't have to do anything right now. Just breathe."

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

"Let's go for a walk and see if we can take some big breaths."

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child's body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they've practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

"Take some big, deep breaths. I'll do it with you."

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

"I'd like to understand what your worry feels like for you. Can you teach me?"

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

"What would you say to a friend who was going through what you go through?"

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiousness."

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.



# BARDEN PLUMBING & GAS RESOLUTIONS

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Experienced team relocating to brand new practice in the new Woolworths development at Everton Park. Dr Michael Thorpe BDS (Hons)

**No 'gap' fee**  
for toddlers and all school aged children

Rebate only (exam, clean and xrays) for toddlers and all school aged children who are members of a private health fund.



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**Padua College**

**SCHOLARSHIPS**

**27 February 2016**

At least two Academic scholarships  
are offered for

Years 7, 8 & 9/2017-2019.

and

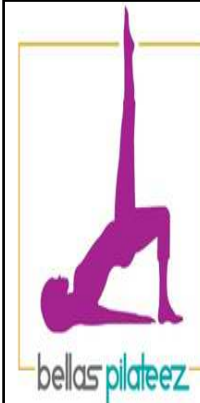
At least two Academic scholarships  
are offered for

Years 10, 11 & 12/2017-2019.

Registration via our website – [www.padua.qld.edu.au/enrolments/scholarships](http://www.padua.qld.edu.au/enrolments/scholarships)

Cost: \$125

**Closing Date: Monday 8 February 2016**



Home-based Pilates studio in Enoggera instructed by Tammy, a passionate registered Physiotherapist.

- Small class sizes running 7 days/week;
- Group, Private, Pre-natal and Post-natal classes offered;
- Private Health fund claiming options;
- Casual class \$20; loyalty discounts & packages available also.

Contact **Tammy Bellas** on 0433 912 087 or email [bellaspilateez@outlook.com](mailto:bellaspilateez@outlook.com)

## WEIGHT TO LIFE BOOT CAMP

10 x sessions per week. 6 at OLA and 4 at Resultz Fitness Studio, 280 Stafford Rd. All new boot campers receive 1 FREE week of training to get you started. 2 x locations..... One great price!

Our goals are simple....

- Create a supportive environment • Exercise for results • Support all fitness levels

Mat - 0414474040 Email: [contact@weighttolife.com.au](mailto:contact@weighttolife.com.au) Web: [www.fearlesshealth.com](http://www.fearlesshealth.com)

Check out the website for detailed information and your free week of training



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**this SUMMER HOLIDAYS**

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REGISTRATIONS CLOSE 22 NOVEMBER.  
More info? Contact LYQ on 3511 4080 or [office@lyq.org.au](mailto:office@lyq.org.au)

**6-12 December & 13-18 December Grades 3-11**



**Queensland Government**

## Recreational & Family Activities over school holidays

Please visit: <https://www.qld.gov.au/families/recreation/pages/camps.html> for information on school camps for children and family activities over the school holidays.