Dear parents,

ASH WEDNESDAY 13TH FEBRUARY
The school community will be celebrating Ash Wednesday and the beginning of the Lenten season by having an Ashes liturgy with Fr Jan in the Good Sam Activity Centre at 11.00AM . All parents and care givers are invited to join with the children at this ceremony.

The school will provide a lunch for the children on this day at 11.30AM. If you can assist with the preparation of the food platters, Mrs Cathy Topp will appreciate your assistance in the tuckshop from 9.00 AM. The children should bring their own munch and crunch and afternoon tea. The tuck shop will be open for afternoon tea as per usual.

Leadership Camp
The year 6 and 7 classes went to camp this morning in high spirits and are anticipating an exciting and memorable experience. The year 7 classes will take time at camp to discern the student leaders for this semester. These leaders will be inducted at the school assembly on Friday the 15th Feb.

Parent Teacher Information evening
Information sessions have been scheduled for next week at which parents can garner valuable insights into the planned activities and expectations for each class in 2013.

Active School Travel
The Active School Travel program aims to reduce traffic congestion and to promote healthy and sustainable travel modes such as walking, cycling, carpooling or using public transport for at least some of their journey to and from school.

Our Lady of the Assumption School applied for and was selected to participate in the program in 2013 and will be working with Brisbane City Council to achieve these goals.

Please complete the parent survey that accompanies this newsletter and return it to the school office by February 15.

Administration Matters
In the coming weeks forms will be sent home for families to verify personal details and to update media release information. It would be greatly appreciated if families could return forms promptly.

School Photos 11th MARCH
School photos will be taken on the 11th of March. More information will be given closer to this date. Apologies for the mistake in last week’s newsletter

Choir News
Junior Choir will commence tomorrow (Thursday) in the music room at 8.00am. If you have not yet received a note, please just turn up at rehearsal and I will ensure one is sent home. If you have a note and have not returned it yet, bring it with you to rehearsal.

Senior Choir will commence next week on Wednesdays at 7.50am in the music room.

Swimming Lessons
Swimming commence for yr 3-5 this Thursday 7th February 2013 and yrs 6&7 will commence next Thursday. It is a requirement that all children must wear a swimming cap. No cap, no swimming. Please remember to wear sunscreen, bring a towel and your entire school uniform if you are first up in the morning.

Bookclub
Issue 1 order forms will be sent home this

North District Basket Ball Trials for girls and boys born in 2003—2001
Date: 18 March at 3.30pm at Boondall Sports Centre
Collect nomination forms from the school office
7 ways to make this year your child’s best year ever at school

by Michael Grose “Parenting Ideas”

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start:

1. Commit to your child going to school every day on time.
   One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well.
   A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits.
   The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep.
   Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night’s sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Encourage kids to exercise.
   Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly.
   Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills.
   Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school. At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.
Welcome back to school for the new year to everyone from the P&F, especially all the new families to the school. This is going to be a big year for OLA, taking over the new hall and a classroom block from Mount Maria, so there are a number of opportunities to raise funds to benefit our children.

Across the last few years, the P&F has been able to raise funds to get our children more active in the outdoors. This has included the funds for the fantastic playground we have, resurfacing the area where the children play handball, returfing the oval and providing basketball hoops and backboards for both the younger and older classes. This in addition to air-conditioning a number of the class rooms.

Our major fund raising activity, the **Community Fair/Festival** is to be held in June. This will require a lot of support from across the OLA family to make it successful. Such an event cannot happen without the significant efforts and commitment of the school parents. We are looking for support from the parent body in terms of ideas as well as taking on roles to make it happen. Kerri Lanfranchi is leading the team that are coordinating the event and will be providing regular information around progress and what you can do to help.

Our next meeting will be held on the 4th of March at 7:30pm in the school staff room. The meeting will be a chance to hear, share and agree on ideas about what fund raising goals the P&F should have as well as discussing other opportunities for the P&F to get involved in supporting the school. Everyone is welcome and the more people we get there, the more ideas that will come.

There are also a couple of activities we are looking to get happening in Term 1:

- The OLA Disco which has been a big hit with the students
- Coordinating the sale of Entertainment Books

If you are interested in coordinating or helping with the organisation of these events, please let one of the committee know.

Finally we are still looking to fill the role of secretary on the P&F committee. We believe this role is best split into two – one to coordinate the meetings and minutes and other to provide more for communication and correspondence. If you are able to assist, please let myself or one of the committee know.

Our children’s development and education is important to us as parents and working together with the school to support this is an important. The OLA P&F provides an opportunity for parents to play an active part in their children’s education and the school community. We encourage you to be involved either through meetings or helping out with activities we hold.

We look forward to seeing you soon.

Sean Doolan

OLA President

[OLAPandF@yahoo.com.au](mailto:OLAPandF@yahoo.com.au)

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**OLA DISCO**

**FRI 15 MARCH**

**PREP – THREE 5PM – 6 30PM**

**YEAR FOUR – SEVEN 7PM – 8 30PM**

OPEN TO ALL STUDENTS OF OLA

Sausage sizzle at 6pm
TERRY’S ART CLASSES FOR TERM 1 2013

Hello! I am Terry Kinninmont, with a BA Hons in Art and English Literature from the University of London. I will be holding art classes at Our Lady of The Assumption College. Classes will be on Tuesdays from 3.00 – 4.30pm in Pender Hall.

Art is an area that encourages “out of the box” thinking in children of all ages, encourages using sometimes unknown skills and improves fine motor skills in younger children. My classes are a chance to learn about the world in a relaxed and highly encouraging arena where all pupils are valued and nurtured. All pupils show improvement in skill and knowledge by the end of term as they enjoy the classes and atmosphere. Lessons allow each child to participate and flourish regardless of age and ability.

THIS TERM – ICONIC TOYS!
Rocking Horse
Spinning Tops
Kite
Snakes And Ladders
Dolls House
Train Sets
Teddy Bear
Mr Potato Head
Jigsaw Puzzles
Favourite Toys

The price is $90.00 for the 8 week term, including afternoon tea and the legendary chocolate frog and all materials! Please call Terry on 3325 1271 or 0430 414 333

KIDS LOVE DRAMA
PARENTS LOVE THE RESULTS!

Our unique drama system develops confidence and communication skills in children and teenagers.

Dynamic and structured, our programme covers speech, movement, creative drama and language development with all students participating in an end-of-year production.

Our acclaimed drama programme is implemented by dynamic teachers who work enthusiastically to bring out the very best in your child.

Affordable Fees! No Hidden Costs!

Lower Primary (5-8), Upper Primary (9–12) and Youth Theatre (12–18).

Helen O’Grady Drama Academy

Please phone the Principal Margaret Treuel B.A., Dip. Ed. 3353 0555

CAN YOU HELP??

An OLA family is looking to pay $ for a school Mum/Dad/Carer to collect their 2 children from OLA after school and deliver them to Arana Hills on Mondays and/or Newmarket on Tuesdays, Wednesdays and Fridays.

If you think you might be able to help out at all please call Tanja

Boot Camp Enoggera
We have started for 2013

Welcome back OLA Parent Boot Campers (PBC’s) for 2013 and I look forward to witnessing more fantastic health and fitness transformations this year.

It’s great to see some new faces this year and you can expect some challenging & FUN sessions as well as a fitter and healthier YOU!

Any future OLA PCB’s wanting to make 2013 a fit and healthy year, I encourage you to come down and try a session for FREE (you won’t regret it).

My Boot Camps are not for everyone, they are for people who are committed to creating fit and healthy habits long-term and must be prepared to have a bit of fun on the way!

Contact Mat “Fun Facilitator” Skate
Mob: 0414474040
Email: mat.skate@weighttolife.com.au
Boot Camp Enoggera FB Page: www.facebook.com/fitnessinthepark

shake & stir after school DRAMA classes are happening at YOUR school! WHEN? Monday afternoons starting 11th Feb WHO? Grade 1 - 7

PRICE? Level 1 $85, Level 2&3 $120 INTERESTED? Visit the website or call the office for full details. www.shakeandstir.com.au 0733586025 SEE YOU THERE!
ACTIVE SCHOOL TRAVEL
Parent Survey

Dear Parent

Congratulations! Your school has been selected to be part of Brisbane City Council’s Active School Travel program! The program will help to reduce traffic congestion outside your school gates, improve road safety and increase the numbers of students who walk, cycle, car pool and use public transport on the journey to and from school; either some or all of the way; every day or just one day a week.

Please show your support for your school and take a couple of minutes to complete the following questions about your family's journey to and from school and return to the school office by 15 February 2013.

The class with the most returned surveys will WIN a $50 tuckshop voucher for some healthy summer treats!

About your family

1) What school do your children attend? ______________________________________

2) What grades are your children in? (Please tick all that apply)
   Prep □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □

3) Class name(s) __________________________________________________________

4) Distance from home to school? Up to 500m □ 500m -1km □ 1-2km □ Over 2km □

Your family’s travel habits

5) How do your children usually travel to and from school? (Please tick one option only)
   □ Walk □ Cycle □ Scooter / Skateboard □ Car (your family only)
   □ Carpool (with another family) □ Park and stride □ Public transport

Dedicated to a better Brisbane
6) If your children don’t actively travel to and from school at the moment, what stops them from doing so? (Please tick as many as applicable and add more detail if needed)

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<thead>
<tr>
<th>Reason</th>
<th>Details</th>
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<tbody>
<tr>
<td>Distance – we live too far away</td>
<td></td>
</tr>
<tr>
<td>Child’s lack of road safety awareness</td>
<td></td>
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<tr>
<td>Unsuitable crossing points</td>
<td></td>
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<tr>
<td>Footpath availability</td>
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<td>Footpath conditions</td>
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<td>Risk to personal safety</td>
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<td>Parental commitments, e.g. travelling on to other destinations</td>
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<tr>
<td>Too much to carry</td>
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<tr>
<td>Availability of public transport</td>
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<td>Cost of public transport</td>
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<tr>
<td>Other (please specify)</td>
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**Active School Travel Program**

7) Would you like to be involved in the Active School Travel Committee at your school?  
   Yes ☐ No ☐

8) Would you be interested in leading a walking group?  
   Yes ☐ No ☐

9) Would you be interested in participating in carpooling?  
   Yes ☐ No ☐

If ‘yes’ to any of the above, please supply your name and contact details: ____________________________________________

Thank you for taking the time to complete the survey. For more information about the Active School Travel program contact your school office.

Don’t forget to return this form to your school office by 15 February 2013 and help your child’s class WIN a $50 tuckshop voucher!