DEAR PARENTS,

Are you looking forward to the Bush dance? Our specialist PE teachers have been teaching children how to kick up their heels (and toes) for the Polka, weave their way through the Stockyards and put the relevant body part in for the Hokie Pokie. It should be a great night.

Monday is a school day for teachers and school officers only. The children have the day off! The teachers will be attending a Consistency of Teacher Judgement professional learning day at St Dympna’s School, Aspley. This is really important sharing of professional judgements so that we have consistency when looking at determining how the children are engaging with the school curriculum. The school officers will also engage in professional learning. There will be guest speakers on Autism, dyslexia and phonemic awareness.

The school board will meet on Monday evening at 6.30 PM to continue analysis of the recent school parent survey. This will significantly inform our planning for 2015.

Next Tuesday evening we will be holding a Prep 2015 information evening in the Good Sam Activity Centre at 6.30 PM. We will have approximately 84 children starting Prep at OLA next year.

The movement of year 7 to secondary has had significant impact on the allocation and employment of teachers across the Archdiocese. Because of the number of supernumerary teachers, schools have been restricted in appointments. Logistically, all full time continuing teachers and a small number of newly graduated teachers need to be placed in positions at schools before individual schools can seek to employ teachers to fill their known vacancies. OLA has not been allocated supernumerary or graduate teachers and I will be advertising this week for 5 contract teaching positions in 2015. Teachers currently on contract at OLA are encouraged to apply for these positions. At this stage we will have 3 year one classes, 4 year two classes, 3 year three classes, 3 year four classes, 2 year five classes and 2 year six classes for a total of 21 class groups. We will also be looking for a new PE teacher and a new support teacher for 2015. Petra Ohlrich and Simone Donnelly have been expertly filling these positions in 2014, but will be extending their families in 2015, so are not available.

Next Friday, 24th Oct, is Caritas ‘Socktober’ Day, where we are encouraged to ‘sock it’ to poverty. The children will be given more information at assembly this Friday.

TUCKSHOP

Currently we have a couple of volunteers on the roster to help in the tuckshop or provide home baking for Term 4. If you are able to help even for an hour (especially on a Friday), it would be greatly appreciated. Please email Sue Smith at Susan.E.Smith@bne.catholic.edu.au

TERM 4 FEES ACCOUNTS

Have you received your Term 4 fees? These have been sent out with most families receiving them by email. If you have not received a copy of your invoice please contact me on 3355 2388. As I will be out of the office from 22-31 October I would be grateful if you have any queries to contact me before I leave or after I return. This does not mean that payments will not be accepted through the office while I am away but if you could bring your account with you during that time the office staff would be most grateful.

Clare Hewston, Finance Secretary.

LIBRARY NEWS

BOOK FAIR! Thank you very much for your support with our Book Fair. We sold
nearly $7000! This means that we were able to take $2100 worth of books for our library! Thank you for participating in Book Week, especially our Dress-Up day. A special ‘thank you’ to the staff and parents who helped out in the library whilst I was unwell – I really appreciate your help and it just goes to show how much we all value reading!

BORROWING

Some of the library borrowing days have changed. Tuesdays – 4F and 4A. Wednesdays – Prep, years 1, 2, 6 and 7. Thursdays – years 3, 5 and 4M. The library is open every day at first break for any children who have missed their borrowing day.

LIBRARY HELP

Great News! We have hundreds of new books just waiting to be covered. If you can help out please pop in at any time, any day. We’ll even give you a quick lesson if you’re not too sure how to cover books.

READING TIPS

Looking for a great way to help your child with reading? Then let them see you reading. Let your child see that you value reading and that Mums and Dads enjoy reading. Keep a novel in the car, joke books in the bathroom and magazines & newspapers on the back deck. We need to read a wide variety of literature. It’s important for children to see that reading is relaxing, entertaining and enjoyable.

Happy reading everyone!
Kim Urquhart, Teacher-Librarian,
kurquhart@bne.catholic.edu.au

ARE YOU MISSING A NURSERY RHYME BOOK? We have had a “Miniature Edition” Usborne Little Book of Nursery Rhymes sent to the Library. It is not one of our Library books, and has no name inside. The book has a blue cover with a drawing of the characters from “Hey Diddle, Diddle” on the front of the book. Please collect from the office if it is your book.

NATIONAL BANDANNA DAY

National Bandanna Day is CanTeen’s largest fundraising event and this year it will take place on Friday 31st October.

Over the past 20 years it has raised over $30 million to support young people living with cancer. Student Leaders from the Service Committee will sell merchandise every day during first break. Bandannas are $4, pens $3 and lapel pins are $5. Students may wear their bandannas on Friday, 31st October. Of course they can also be worn to the school Bush Dance this Saturday!

DEFENCE NEWS

The Friendship Club is a happening place to be. We will be making Christmas items all term. The Walking Club is enjoying the beautiful weather. Next Wednesday the 22nd October we will be having a Teddy Bears Picnic in the Library. Children are welcome to bring their special animal to school. They will keep their animal with them at all times during the ‘picnic’ and then put them back in their bags. We will have lucky door prizes and a colouring in competition. All children are welcome. I will be visiting each classroom leading up to Remembrance Day to make Poppies and talk about the importance of Remembrance Day. Take care be safe Janet Dyer, DSTA

SACRAMENT OF RECONCILIATION

Towards the end of each year the Sacrament of Reconciliation is offered to children (from around 7-8 years, usually Year 2) who have been baptised.

General Sacrament Information Session for parents
4.00pm Sunday 12th October OR 7.00pm Wednesday 15th October

Sacrament of Reconciliation celebration
Between 4.00-5.00pm Wednesday 19th November OR Between 4.00-5.00pm Thursday 20th November

All above celebrations will be held at St John the Baptist, Enoggera and are open to all children from the KBCC Parishes. The same program will run early next year based at St Columba’s Wilston and will be open to all children from the KBCC Parishes.

Please see the Parish Newsletter for more information or call The Parish Office on 3352 1730

BUSH DANCE TICKETS

Last chance to purchase your tickets for the OLA Bush Dance this Saturday night is today. With over 300 people coming so far, it is looking like it will be a fabulous night.

As we are serving a yummy spit roast feast on the night, all tickets must be pre-purchased so that we have accurate numbers and can cater for everyone. Adult tickets are $15 which includes the spit roast feast including different roast meats, damper rolls, corn on the cob and three different salads as well as dessert at our bush pie bar. Children’s tickets are $5 each which includes sausages or chicken, salad and ice-cream. If you haven’t already bought your tickets, please send your registration form into school or scan and email it through to Leona at rhleslehurst@iprimus.com.au.

If you don’t have a table of 10 organised, but still want to come, just fill out the registration form and we will see you there from 4pm for the Country Carnival Games and the Bush Buffet from 5pm. There will be drinks and popcorn for sale on the night and for those wanting something alcoholic, please feel free to BYO.

The class with the most number of tickets sold will be our contestants in the no hands pie eating competition on the night. The most recent tally shows that 7c and 1l are neck and neck. So if you want a chance to be in the running for this fun competition, organise some fellow classmates and book one of the VIP tables now.

The event is desperately asking for more volunteers to help before and throughout the course of the night. Many hands make light work and means that everyone can relax and enjoy the night. Please indicate when and how you would like to help out when you return your registration form or contact Leona - rhleslehurst@iprimus.com.au or Tash - nathan.tash@yahoo.com.au

And don’t forget the Pie Making Competition. We have some fabulous prizes lined up for the winning entries, as well as the best Country outfit and best Country dances. Thanks and we look forward to seeing you there, The Bush Dance Gang
Children’s Prayer Circle

Come and join Mrs Arcodia and Mrs Robertson for fun and creative prayer!

All students are welcome.

Where: The Chapel
When: Tuesday 8.15am to 8.30am

Boot Camp at OLA 6 Days Per Week

Why not reward yourself this semester and join many other OLA Mums and Dads by benefiting from increased energy, fitness, and a leaner body composition by Xmas. Boot Camp Enoggera has established itself over the last few years and is now conducting 6 fitness sessions per week at OLA.

Our former military trainers goals are simple....

Create a supportive environment where all fitness levels are welcomed by existing Boot Campers

Program each exercise session for maximum return on investment

Have lots of fun training and acknowledge all achievements from Boot Campers

The 25 week initiative “Spring into SUMMER” allows plenty of time to create a healthy, fit, and energetic YOU just in time for summer.

All new boot campers receive 1 FREE week of training (go to the website below to take advantage) to ensure that the environment and training suits your needs. There is no obligation to sign up after your free week.

Contact: Mat Skate Mob: 0414474040
Email: contact@weighttolife.com.au
Facebook: www.facebook.com/fitnessinthepark

Worldwide Marriage Encounter: A weekend away for married couples in peaceful, picturesque surroundings – away from the distractions of everyday living. Take time out of your busy schedule, to invest in your most precious asset...your Marriage! This is a unique opportunity to recharge your relationship batteries, refocus on each other and fall in love all over again!

Weekend date: 31st Oct – 2nd Nov 2014
Venue: Santa Teresa Spirituality Centre, Ormiston QLD (on Brisbane’s bayside)
For bookings/details contact: Tamara and Scott Menteith, ph (07) 4634 3559, stjmen@aapt.net.au Information website: www.wwme.org.au

NetSetGO

Introduction to Netball for 5s-10s
3:30-4:30pm every Monday
13 October – 1 December • $80
Hilder Road State School

The Gap Netball Club is the biggest in Queensland and will run the popular ANZ NetSetGO program at Hilder Road State School at The Gap for 8 weeks from Monday 13 October until 1 December.

NetSetGO is an introductory program for 5 to 10 year old girls and boys that teaches the basics of netball and develops general motor skills in a fun and safe way.

The $80 fee covers insurance & a participant pack, and there will be a family sausage sizzle after the last session one 3 December.

Registration and further information:
http://thegapnetball.org
netsetgo@thegapnetball.org

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Rewarding regular savings with precious prizes.

The Dollarmites have uncovered the ancient Clam of Fortune. Inside they found these amazing prizes that you could win a share of:

• 40 x GoPro HERO3 White Edition Cameras
• 150 x Slip ‘N Slide Double Wave Riders

Here’s how to win

Every deposit you make with Suncorp Banking will automatically create one entry for you into the competition. The more you have, the more chances you have to win (up to a maximum of 6 entries).


To find out more, visit commbank.com.au/deepseasavers

Just a reminder that the Enoggera State School Amateur Swimming Club Inc. is back for the 2014/15 season. The sign on has been done, but we are still taking names over the phone or on the first and second nights of club. Please contact David on 0428 194 880 or Tui on 0422 635 608 if you have any questions about club nights. Club starts Friday 17/10/14 at 5.30pm.

President E.S.S.A.S.C.inc.
An attitude of gratitude

Cultivating gratefulness in our children enhances family life and will reap long-term emotional rewards for them throughout their lives, writes Karen Fontaine, Journalist.

In the materialistic age in which our children are growing up, it’s common for them to expect plasma TVs, overseas holidays and marshmallowstewed baby-cinos as gifts.

But rising levels of affluence seem to have had an inverse effect on our kids’ levels of gratefulness. For example – when was the last time any child you know wrote a thank-you note for a gift, or said (without prompting) a heart-felt ‘thank you’ for dropping them at the train station when it was raining?

As adults age, our feelings of gratitude – for health, for family, for good food and even something as simple as a sunny day – generally tend to increase. Gratitude allows us to celebrate the present. It magnifies positive emotions.

But for kids, whose sense of entitlement can be epic, the power of gratitude is not only in magnifying the positive but in also blocking the toxic and negative emotions such as envy, resentment and regret.

“We know that grateful kids are happier [and] more satisfied with their lives,” says Jeffrey Froh, an assistant professor of psychology at Hofstra University near New York who focuses on the topic.

“They report better relationships with friends and family, better academic achievements, less materialism, less envy and less depression, along with a desire to connect to their community and to want to give back.”

The good news is, it is possible to teach gratitude. One of Froh’s studies found that early adolescents who simply counted their blessings in a journal every day for a fortnight were more appreciative than those who didn’t, as well as more optimistic and more satisfied with their lives.

Froh and his co-authors also found that schoolchildren exposed to a specific “gratitude curriculum” reported more appreciation and happiness than those who didn’t get the lessons, even up to five months later. They were also much more likely to act on their feelings, writing 80 per cent more thank-you notes for a school event than the control group.

Froh acknowledges that gratitude comes more naturally to some kids than others, although he’s not suggesting there’s a “gratitude gene”.

“But I do think environment can play a major role,” he said. “I always point out to my kids, James, six, and Julianne, two and a half, instances when they could – and should! – be grateful. The other day, James said to me, ‘Daddy, today was such a great day. We went to the beach in the morning, then we went to a park in the afternoon, then we went to the beach again at night, and for dinner you made my favorite chocolate chip waffles. I’m the luckiest boy in the world.’ For a five-year-old to understand how ‘lucky’ – that is, grateful – they are is something very special. Had my wife and I not encouraged gratitude in him, I wonder if he would have drawn the same conclusion. Maybe, maybe not. But I’d like to think we played some role.”

At our dinner table, everyone takes turn in answering the question “What made you happy today?”. The responses, from ‘having a wrestle with Dad’ to ‘the picnic lunch we had in the backyard’, are great ways that our three children – aged 12, five and three – inadvertently verbalise their appreciation of something simple.

And so, with our eldest on the cusp of turning into a teenager – an age when gratefulness generally comes as naturally as a rambling conversation style – I ask Froh: is it expecting too much for teens to show gratitude at a time when they are expressing a fundamental desire to individuate from their family? Is pushing parents away, and exhibiting total ignorance of all you’ve done for them, all behaviours that conjure independence?

“I know people say this, but I disagree,” he says. “Yes, teens want independence. But who said they can’t appreciate, let’s say, how much their efforts played into getting them into their dream school while simultaneously acknowledging the efforts of the many others who helped get them there? Sure, it’s a balancing act. But it can be done.”

Jeffrey Froh shares his top five tips on how parents can help cultivate in children an attitude of gratitude

1. “Learn to limit kid’s commercial consumption and commercial activity and to maintain experiential activities that engage them in topics that they are curious about or interested in.”

2. “Encourage children and teens to write simple yet effective thank you notes or letters that acknowledge the efforts of teachers and coaches in their lives. Or adults could also remind teens to text ‘thank you’s to friends who have been there for them, stood up for them, or helped them in important ways. This strategy shows how we can promote gratitude as a life skill in teens, too.”

3. “Some general but necessary habits that adults can practice and which are especially helpful early on (say with children as young as three) is to model gratitude and thankfulness regularly as well as encouraging and reinforcing such behaviours in children.”

4. “Help kids to process benefits with ‘grateful lenses’. That is, help them understand the importance of intent, cost, and benefit when someone does something kind for them. For example, our eight-year-old cousin, Olivia, helped James with his homework. To help increase his gratitude for this, I said, ‘How nice was it that Olivia went out of her way to help you with your homework (intent)? She even gave up playing on the trampoline to do so, and we know how much she loves that (cost)! And because she did, you were able to finish your homework before it got dark so you had more time to play outside (benefit).’”

Confirmation and Eucharist Preparation Enoggera 2015

<table>
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<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Parent information session</td>
<td>4.00pm-5.00pm Sunday 26th April 2015 or 7.00pm-8.00pm Wednesday 29th April 2015</td>
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<tr>
<td>Commitment Masses</td>
<td>2nd and 3rd May 2015</td>
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<tr>
<td>Family workshop</td>
<td>9.00am-10.30am Saturday 16th May 2015 or 3.45pm-5.15pm Sunday 17th May 2015</td>
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<tr>
<td>Children’s Confirmation Retreat</td>
<td>4.00pm-6.00pm Friday 22nd May 2015</td>
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<td>Confirmation</td>
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<td>Eucharist</td>
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<tr>
<td>Parent information session</td>
<td>4.00pm-5.00pm Sunday 31st May 2015 or 7.00pm-8.00pm Wednesday 3rd June 2015</td>
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<tr>
<td>Family workshop</td>
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<tr>
<td>Children’s Eucharist Retreat</td>
<td>4.00pm-6.00pm Friday 17th July 2015</td>
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<tr>
<td>Confirmation</td>
<td>9.00am Mass Sunday 19th July 2015 or 5.30pm Sunday 19th July 2015</td>
</tr>
<tr>
<td>Reconciliation at Enoggera</td>
<td>5.00pm every Sunday (1st Rite)</td>
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SATURDAY, 18 OCTOBER 2014

THE OLA FAMILY TRADITIONAL BUSH DANCE

Ticket Prices

Adults: $15 per head (14 years +)
Child: $5 per head (4 years - 13 years)
Littlies are free

Name/s

Ticket Type - circle which applies

1
2
3
4
5
6
7
8
9
10

Total Adults

Total Children (4+)

If you have 10+ people in your group, would you like to reserve a VIP dining table?

If yes, whose name will we book this under?

Payment Details

I am paying via

(a) EFT to the P&F bank account 'Enoggera OLA P&F BSB 064786 A/C 006325100'
Use reference 'Bush Dance' and your surname. The amount should match the total on this form.

(b) Credit Card in the OLA Office - please complete below form

CARD #

EXP DATE

NAME OF CARDHOLDER

SIGNATURE OF CARDHOLDER

SECURITY CODE (back of card)

Scan/email this form to rheslehurst@iprimus.com.au or return it to the OLA Office.