Issue No. 29  19 August 2014

COMING SOON

OLA Athletics Carnival
Friday 22nd August

OLA Disco for
Yr 5, 6 & 7
Friday 22nd August

Arts Alive 2014
Tuesday 16th September
(see back page for more info)

OLA Bush Dance
18th October

Congratulations to the following students for creating new records in high jump yesterday.
Phoebe Berge  13yr girls 128cm  Ethan Myers 9yr boys 106cm  Maysra Kodi 12yr boys 130cm
Teagan Kennedy  12yr girls 122cm  Dana Gronbach 9yr girls 112cm

The 800 m are being run this afternoon and the rest of the carnival will be held at the Mt Maria fields on Friday.

Athletics Carnival Canteen

Friday 22nd August

Sausage on bread  $2.50  Poppers  $1.30
Vege Chips  $1.20  Bottled Water $1.50
Popcorn  $0.80  Tea/Coffee  $2.00

Homebaking from $0.50

If you would like to help on the canteen (even for ½ hour) please contact Sue Smith on
suesmith@live.com.au

Choir and band and strings report

Congratulations to all children in both the Senior and Junior Choirs who performed at the Catholic Schools and Colleges Music Festival last Friday. Both Choirs were at their very best producing outstanding performances. The Junior Choir achieved a Gold Award! This was our very first Junior Choir Gold. The Senior Choir achieved a Silver Award against some fabulous competition.

Congratulations to all members of the OLA String Ensemble and Band who competed at the Music Festival for the first time last Friday.

Both the Band and String Ensemble were awarded bronze awards for their performances which was a fantastic result for their first competition.
Thank you to Mrs Angela Batch (Strings) and Mr Matthew Hobbs (Band) for their work in preparing the children, and to the parents who helped with transport to and from the event.

There will be no Junior Choir rehearsal tomorrow as we all deserve a sleep-in. Both Senior and Junior Choir rehearsals will resume next week as we prepare for the OLA Arts Alive Festival.

Thank you for all your wonderful support!!

Sharon Farne Sang (Music Specialist)

**Library News**

**BOOK FAIR**

Our Book Fair is booked and all ready for this term. Each year we hold a Book Fair with books provided by Ashton Scholastic. The more that we sell the more books we can take in commission for our library. Each year the OLA parents do a wonderful job of supporting our Book Fair and I am sure that we can do it all again this year. The Book Fair will be open for business on Friday 12 September and the following Monday, Tuesday and Wednesday. The Book Fair will be open before school, at first break and after school until 3.30pm. On the Tuesday we will be open all afternoon as it is the OLA Arts evening. On Friday 19th September (the last day of term) we will be having our annual Book Week dress-up day. More details later.

**READING TIPS!**

Looking for a great way to help your child with reading? Then show your child that you read too! Talk about what you’re reading and what was your favourite childhood book.

Happy reading everyone!

Kim Urquhart, Teacher-Librarian
kurquhart@bne.catholic.edu.au

**Father’s Day Stall – 4 September**

Thank you to everybody who has donated to the stall so far - there are some great gifts. I am still about 100 items short. As the stall is only a few weeks away if you could pick up something or give a small cash donation it would be greatly appreciated.

Mara Fachin

**Parent Survey**

Don’t forget to complete the parent survey online. The aim of this parent survey is to promote and inform discussions at the local and organisational levels about the quality of education provided at Our Lady of the Assumption School. It has been developed with input from the school board, the teaching staff of OLA and the OLA leadership team.

Your input is important to us.

**Alice’s Raffle**

In memory of Alice and her upcoming birthday, the Sheehan family have donated a Samsung Galaxy Note 10.1 4G to be raffled to raise funds for the Leukaemia Foundation. Tickets are $1 each. The Service Ministry is selling these tickets each lunchtime near the tuckshop. Parents can also purchase tickets from the office. It will be drawn on Tuesday 16th September at the Arts Alive Evening.

**Auskick**

Auskick (AFL) will again be on the OLA oval before school each Wednesday in Term 4 from 15th October to 3rd December (8wks). We will notify you when the forms to register have arrived at the school

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**THE OLA FAMILY TRADITIONAL BUSH DANCE**

Dust off your boots, bandana, the akubra, and anything chequered and reserve Saturday 18 October in your calendar. OLA is having its first Australian bush dance. It’s an all-family event, kicking off at 4pm. We are busy planning the details but expect country games for the children and a banquet dinner followed by live entertainment with our five-piece bush band and dance caller. Very soon, the students will begin learning their class bush dance and each class will perform their dance on the night. Practice your heel-and-toe-polka parents because you won’t escape the action either. More information to come soon.
Ten common discipline mistakes.

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.

It’s with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

Do any of these bloopers ring a bell?

1 Repeating yourself
   If you do this, you are training your kids to become ‘parent deaf’. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2 Shouting to be heard
   You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3 Setting limits too late
   If you set a limit a few weeks after a new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It’s better to set limits first then loosen them up later.

4 Setting no limits
   Boundaries, rules, expectations and standards teach kids what’s expected. Boys love them. They also like to push against them, so you need a firm backbone.

5 Failing to follow through.
   Talk! Threaten! Nag! No way! See No. 1 above.

6 Making consequences too harsh
   “You’re grounded for a month, Mr 6-year-old” is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can’t go too far wrong.

7 Applying consequences when you, or they, are angry
   When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8 Mixing discipline with counselling
   Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time. Keep the two actions separate so they can both be effective.

9 Deferring discipline
   Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don’t have real authority. Have the confidence to be the authority and take a lead.

10 One parent is always the bad guy
   This gets wearing. Also it’s hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring grand parents into the act.

We’ve all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parentingideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au
Come along and enjoy the evening as we showcase the arts at OLA!

3pm - Art Gallery and Book Fair
5pm - Official Start, Nibbles
6pm - Strings, Band, Choirs
7pm - ‘The Lion King’ Story Dance

TUESDAY 16th SEPTEMBER
GOOD SAMARITAN ACTIVITY CENTRE
- SEE YOU THERE!

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 X-Mas. 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 lost 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
Website: http://www.fearlesshealth.com

Internet Safety Presentation by Queensland Police Service at The Community Place - 33 Teevan Street, Stafford. This talk has been prepared for parents about how to keep their children (11-14 year olds) safe on the internet. It is on Tuesday 9th September from 6:30pm – 8:00pm. This is a FREE seminar and will include a light supper. Please RSVP by Phone: 3857 1152 or Email: enquiries@thecommunityplace.com.au.

Beginning Experience Brisbane is holding its next weekend from Friday evening 24th to Sunday afternoon 26th October 2014 at QCCC Brookfield. The weekend offers widowed, separated and divorced people who have moved through the initial shock phase of grief the opportunity to work through their pain and move into the future with renewed hope. It is a live-in weekend with meals and accommodation provided.

ENQUIRIES: Kathy 0438 300659, Clare 0410601031, Terry 0411 142 557.