Dear Parents,

What a great bush dance! The organisers did a superb job of making the Bush Dance 2014 a memorable event. Leona Heslehurst and Tash Coults were the main organisers and once again had a very capable band of supporters and workers. Well done.

**SOCKTOBER—THIS FRIDAY**

This Friday, 24th October, all children are asked to wear their craziest socks and bring a gold coin donation as we join thousands of other children and ‘sock it to poverty’.

The Social Justice Ministry explained this to the children at assembly last week and even had models displaying their crazy socks! Thank you for your support.

**BOOK LIST REMINDER**

A final reminder to order your books before the 30th October so as not to incur a late fee and guarantee the arrival of your books before the start of school in 2015.

**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!

BOOKCLUB
Bookclub Issue 7 is due back at school next Monday 27th October 2014.

PIE COMPETITION
The Pie Competition was a great success with over 30 bakers contributing entries for judging. Mr Campbell took on judging duties and after careful consideration and methodical taste testing, ribbons were awarded to the winning pies. The tasty desserts were served up to a very eager and appreciative crowd. Thank you to all the bakers who made pies for the event. Winners can collect their prizes from the office.

Pie Winners:
Biggest Pie – Ania Larandoski
Highest Pie – Ben Prins (6AR)

Best Kids Pie – Bronnie Ross (7C)
Best Looking Pie – Christine Heslehurst
Most Traditional Pie – Jacinta Koch
Best Tasting Pie – Cooper Dillon (11)

SCHOOL BANKING
To celebrate our next generation of skilful savers, the Commonwealth Bank has launched a Search for Australia’s Smart School Savers. Parents can visit www.commbank.com.au/smartsschoolsavas and have their child tell us in 50 words or less what they are saving for and how they plan to achieve it. The competition is open to children aged between 5 to 12 years of age.

There are some great prizes up for grabs – including a national prize of $1,000 and iPads for six regional winners.
The entry deadline is 5pm on Friday 31 October.

***Also please note: the following school banking rewards - Shark Pencil Case and Penguin key ring are now out of stock.***

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When does fun flip into addiction?

**Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people.**

**Catherine Gerhardt** describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. Today millions of homes around the globe are equipped with games consoles and personal computers.

**When does fun flip into addiction?**

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment.

**Signs that your child may be developing a gaming addiction include:**

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry
- exhibiting defiant behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

**What does this mean for parents?**

You can start to help your child by implementing some simple steps:

- Set time limits
- Limit content
- Keep gaming out of the bedroom
- Gaming is a privilege, not a right
- Video games are not a babysitter
- Search for a therapist

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour undeniably exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

Kidproof Melbourne is dedicated to creating safer communities around the world. Looking for a way to compliment your safety education? – keep Kidproof top of mind.

[www.kidproofsafety.com.au](http://www.kidproofsafety.com.au) 1 300 577 663 catherine@kidproofsafety.com
We would like to thank all our sponsors for the OLA Bush Dance on Saturday night. The event would not have been as much of a success as it was without their support and donations.

Congratulations to the winners of the Best Dressed Country Bumpkins on Saturday night. The winners were Nicholas Griffin from 4F, Georgia Campion from Prep Red, Blake’s Mum Amy Freeman won the best dressed lady and Juliet and Scarlett’s Dad Lincoln Crowley brought home the prize for best dressed man.
**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 8.30 am

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**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

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**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

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**Rewarding regular savings with precious prizes.**

The Dollarmites have uncovered the ancient Clam of Fortune. Inside they found those 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 School Banking will automatically create one entry for you into the competition. The more you save, the more chances you have to win up to a maximum of 6 entries.


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

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**QKLEEN Cleaning Service**

For a quote on carpet cleaning please contact Jayden Cummins on 041 519 405 or email: jayden.cummins1996@gmail.com