Influenza season has started in Qld. One third of all flu cases and hospital admissions this year have been reported in the last two weeks.

If your child is unwell please keep them at home to minimise the risk of infection to other children and staff. Hygiene is critical in preventing the transmission of the flu virus. Frequent hand washing and ensuring coughs and sneezes are covered and tissue disposed off.

Children who present to the sick room unwell will be sent home.

If you have any questions contact your local public health unit.

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.

This week in Year 7
This week in Year 7 we have been very busy!! We are meeting Oliver Phommavanh, the author of the book CON-NERD (the book we’ve been using for Literature Study), today. On Thursday we are going to Hinze Dam for our Science and Geography studies, because we have been learning about where water comes from and how the world uses it. We are also pumped about the sports carnival on Friday!
Written by Sam Grygorcewicz and Mackenzie Tyson

Fathers’ Day Stall - 4 September
It’s only 1 week to the Fathers’ Day Stall so please remember to send your child to school with some money next Thursday 4th September. I am still taking donations or small cash donations and they can be dropped off at the office until next week. On the day, gifts will sell for $3, $4, $5 and $7 and gift bags for $2. There will also be a raffle - tickets will be $1 and the prizes are:
- Drill set and box of chocolates
- Bottle of wine, drink stones and a box of chocolates
- Cooler bag, cap, can coolers, cards, and a bag of beer nuts

To make things run smoothly I need about 6 to 8 helpers on the day from 8.30 to 10.40. If you would like to help, please email me at maraaf@iprimus.com.au.

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.

Reflection
(From the Message of His Holiness Pope Francis for the World Day of Migrants and Refugees 2014)

Never lose the hope that you too are facing a more secure future, that on your journey you will encounter an outstretched hand, and that you can experience fraternal solidarity and the warmth of friendship! Pope Francis

Athletics Carnival Canteen

Friday 29th 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
Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance? One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad. You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

**Tips for Quiet Time**

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.
5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
School holiday fun
Mitchelton Library

Great paper plane race
Be part of the great paper plane race. Ideal for children aged six years and older.
Tuesday 23 September 10.30-11.30am*

Lego activity centre
Construct a work of art using Lego and your imagination. Ideal for those aged 9-10 years.
Wednesday 24 September 2-4pm*

Pirate treasure hunt
What exciting things can be found in Mitchelton Library? Join us for a swash buckling adventure of library discovery.
Thursday 25 September 2-3pm*

Decorate a library bag
Come along to the Mitchelton Library and design a unique bag.
Tuesday 30 September 10.30-11.30am*

Spring flower craft
Learn to make simple paper flowers. Take home your own bouquet in your handmade vase. Ideal for children aged 5-10 years.
Thursday 2 October 1.30-2.30pm*

Holiday maker spaces
Friday 26 September and 3 October 2-4pm
*Bookings essential.
Call Mitchelton Library on (07) 3403 7410 for more information.

Brisbane Libraries
@BNElibraries

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.

Stafford Stingers Swimming Club
You are invited to come along to our sign-on day.

Date: Sunday 7th September
Time: 10.00am to 12.00 Noon
Venue: The Stafford State School Pool – entry via Balergang Street Stafford

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

DreamTrips

What is YOUR dreamtrip?
Who would you take?
Yourself? Your family? Your friends?

Ready for Fun, Freedom and Fulfillment?

Stafford Stingers Swimming Club

[Image of swimming club details]