Issue No. 37 29th October 2014

Dear Parents,

Over the next few weeks I will be consulting with the teachers and the Administration team to allocate children to class groups for 2015. I have been/will be seeking the advice of the teaching staff (class teachers and Learning Support teachers) and now invite parents to contribute their wisdom and insight to this process.

We wish to place children in class groupings that will be the most appropriate learning environment for them and that provides a balance of gender, learning styles and learning needs.

Parents are therefore invited to submit any class placement requests to me, in writing, by the 14th of November. This is not an invitation to pick a teacher, but to highlight such things as peer relationships, learning styles and personality clashes that may impact on a successful learning experience.

Next year there will be 21 class groupings. There will be:-

- 4 classes of Prep
- 3 classes of Year 1
- 4 classes of Year 2
- 3 classes of Year 3
- 3 classes of year 4
- 2 classes of Year 5
- 2 classes of Year 6

God bless,
Gerard

Christmas Appeal
OLA has been asked to support the annual St Vincent de Paul Christmas Appeal by collecting the following items. We will be accepting donations until Friday, 21st November.

**Prep:** Tinned pudding  
**Yr 1:** Tins of biscuits

**Yr 2:** Xmas cakes/ Fruit cakes  
**Yr 3:** Coffee/Tea

**Yr 4:** Mince Pies  
**Yr 5:** Canned fruit

**Yr6:** Cordial or juice  
**Yr 7:** Tinned ham

Please have your child deliver these to your classroom teacher.

Thank you for your support, ensuring families in our community who are most in need will enjoy a fabulous lunch on Christmas day.

Neal Collins  
Assistant Principal
INFORMATIVE PRAISE
Praise is rarely proportional to the achievement.
An extract from Play is the Way Volume 1 by Wilson McCaskill

“It seems we’re all aware that if criticism is to be given it must, in some way, be valuable and lead to change and improvement. Therefore, we all make the effort to be constructive in our criticism. Failure to do so would see us accused of everything from trying to belittle to deliberately, damaging the self esteem of the children in our care. Hence, we would never say, “bad boy,” and attack the person. Instead, we would talk about their inappropriate behaviour and discuss ways of changing or avoiding that behaviour.

In turn, if praise is to be really valuable it must be informative and allow children to build on their achievements.

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.

LIBRARY NEWS
OVERDUE BOOKS Please check at home for any overdue library books as currently we have over 300 overdue student loans. Children do not borrow over the Christmas holidays so this a great time to join your local library. Many thanks and am looking forward to seeing all those overdue books.

Happy reading everyone!
Kim Urquhart, Teacher-Librarian

PIANO NEWS!
Exams
Congratulations to Alexandra Campbell and Chelsea Glass as they have both successfully passed their Australian Music Examinations. Alexandra gained a Credit for her First Grade Pianoforte Exam and Chelsea gained a Credit for her Preliminary Pianoforte Exam

Invitation
I would like to cordially invite Parents, Grandparents and Friends to attend our OLA Piano Concert on the 20 November 2014. This will be held in PENDER HALL at 6.30 pm.

Lesley Parish - Piano teacher 0402 110 880

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/smartschoolsavvers 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.***

DEFENCE NEWS
Last week we had the teddy bears picnic. What a wonderful success it was with many loved animals coming to school for the day. Their photos are hanging in the library. Christmas craft is being created at the Friendship Club and a paper plate Christmas tree is in the library on display. Unfortunately the gift wrapped boxes are empty. Sorry! A hat and drink bottle are a must at the Walking Club and if it gets too hot we will just picnic under the shade of the rotunda. I am visiting all classes to make a poppy for Remembrance Day and the children are doing a wonderful job. Poppies will be on sale next week until Remembrance day. Take care and be safe.

Janet Dyer, DSTA
The secret to raising happy, confident kids by Michael Grose

The first habit from Stephen Covey’s wonderful book *The 7 habits of highly effective people* states that we should start every project or undertaking with the end in mind. This principle holds true for any activity whether it’s planting a vegie patch, renovating a house or raising children. When you know what you are trying to achieve then choosing the right strategies becomes easy.

The end game or goal for parents is *redundancy*. Yep, you read it right. Your job is to make yourself redundant as a parent from your child’s earliest possible age. It always has been and always should be.

When redundancy is your aim most of your time, effort and energy will go into promoting independence. You’ll stop doing things *for* kids and start giving them opportunities to *do things themselves*. You’ll spend most of your active parenting time teaching, explaining and prodding your child toward independence.

**Independence leads to the 4 Cs**

When independence becomes your priority, suddenly will reveal a pathway to the development of other positive qualities and traits in your children. These include the key four: confidence, competence, creativity and character. Here’s how:

**Confidence** comes from facing your fears and doing things for yourself.

**Competence** comes from the opportunity to develop self-mastery that independence offers.

**Creativity** is developed when kids solve problems themselves as opposed to someone solving them on their behalf or, worse, sheltering them from any risk of harm. It’s amazing how resourceful kids can be when they are given the chance to resolve their own problems.

**Character**, which is essential for success, is forged under hardship and is needed if kids are to live a sturdy life. Kids need to be exposed to disappointment, failure and conflict if character strengths such as grit and perseverance are to be forged.

**Independence takes many forms**

Independence has many guises and can be developed in many ways, though in the end it is adults who are the gatekeepers for their children’s independence. On a basic level developing independence is about developing children’s *autonomy*. Without realising it, many parents make choices on their children’s behalf. Kids build self-confidence when they do things for themselves, and make their own decisions.

Independence is built when children spend time in *unpredictable circumstances* and environments such as the bush, and also have the opportunity to navigate their neighbourhoods on their own. There may be some risk involved but that is where the learning lies. Eliminate the risk and you eliminate the learning.

Allowing kids to *follow their own impulses* even if they are different to your own is the key to gaining independence. This may mean that your children choose healthy interests and pursuits that you are unfamiliar with, or even swim against the tide of your wishes.

Allowing kids to take *responsibility* and own their own problems builds confidence and competence. Start by expecting kids to help at home. Look for ways to develop self-help skills and don’t take their problems on as your problems.

**Manage visually**

When your end game is redundancy and your priority is independence building then managing your kids in a visual way becomes your most obvious strategy. Management by mouth, in contrast, is a dependency strategy. So talk less, use signs, lists and rosters backed up by *consequences* to develop independence and responsibility in your children.

**Create junior versions of independence**

It can be scary and also difficult developing independence in one big step. So smart parents intuitively develop *junior versions* of independence by breaking up big activities into digestible bits. Want your three-year-old to make the bed? Then start by arranging the teddies and the pillows (a junior version of making the bed) and *let them work their way up from there*. Similarly, if you want your five-year-old to walk to school on his own but it’s currently beyond him, then accompany him most of the way and let him walk the last 200 metres on his own. That’s a junior version of walking to school.

In all the noise and commotion about raising kids today it’s easy to forget that the job description for parents hasn’t changed since the dawn of time. Love them, bond with them, teach them and spend time with them. But also work like mad to develop their real independence so they become capable of handling what life will throw their way.

Then you’ll know your job as a parent is done! It doesn’t mean you won’t stop worrying about them ... that’s a story for another time. But it does mean you’ve finished the main task of parenting, that is, to make yourself redundant at the earliest possible age.
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 welcome 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

Encircle is an approved provider of the ‘Stronger Relationships’ trial.

What does this mean?

Couples who have registered for the trial can receive $200 in subsidised relationship or marriage education, counselling and support to help them have happy, healthy and mutually satisfying relationships.

This program consists of 2 evening workshops

WHERE:  Encircle—Lawnton, 865 Gympie Road. Tuesday evenings: 5.30pm—8pm.

HOW:  To enquire call: Encircle-Lawnton: 3889 0063 Register your interest in the program by quoting the Stronger Relationships Subsidised Couples Group.

You will be contacted to complete an enrolment form.

Prior to enrolling, couples need to register for the trial via www.dss.gov.au/strongerrelationships.

Once they have registered, couples receive subsidy reference number which they will need to provide to Encircle.

*Please inform reception if you need help with registration*

COST:  For couples who have registered for the trial, a subsidised cost applies for this group:

$50—concession / $80—non-concession (after $200 stronger relationships subsidy has been applied)

Encircle (formerly Pine Rivers Neighbourhood Centre)
P 07 3889 0063 | F 07 3285 1531
W www.prnc.org.au