### OLA ATHLETICS CARNIVAL

What a fantastic day Friday was! The sun was shining, birds were singing and records were being broken!

Thank you to everyone who volunteered their time at the carnival - it was greatly appreciated.

The winner of the 2014 OLA Athletics Carnival on 933 points is...... Kenny (Gold), followed by Shand (Green) on 824, Yougerra (Red) on 791 points and Benedict (Blue) on 711.

A HUGE congratulations to the 2014 Age Champions:

<table>
<thead>
<tr>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
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<tbody>
<tr>
<td>8 years</td>
<td>Ciara Hill</td>
</tr>
<tr>
<td>9 years</td>
<td>Dana Gronbach</td>
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<tr>
<td>10 years</td>
<td>Tabatha Fachin</td>
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<tr>
<td>11 years</td>
<td>Isabelle Stewart</td>
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<tr>
<td>12 years</td>
<td>Jemma Willson</td>
</tr>
<tr>
<td>13 years</td>
<td>Phoebe Bergh</td>
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</tbody>
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#### New OLA records:

<table>
<thead>
<tr>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8 YEARS</strong></td>
<td></td>
</tr>
<tr>
<td>Sofia Bardini: 800m - 3.41.03</td>
<td>Kane McCarthy: 80m - 8.93</td>
</tr>
<tr>
<td>Zoe Campbell: 80m - 10.45</td>
<td>200m - 33.33</td>
</tr>
<tr>
<td>Ciara Hill: 800m - 3.41.03</td>
<td>Long Jump - 3.12m</td>
</tr>
<tr>
<td></td>
<td>Shot Put - 6.18m</td>
</tr>
<tr>
<td></td>
<td>Lochlan Ross: 800m - 3.06.99</td>
</tr>
<tr>
<td><strong>9 YEARS</strong></td>
<td></td>
</tr>
<tr>
<td>Dana Gronbach: 200m - 35.03</td>
<td>Cohen Ossington: 200m - 33.98</td>
</tr>
<tr>
<td>800m - 3:15.76</td>
<td></td>
</tr>
<tr>
<td>High Jump - 1.12m</td>
<td></td>
</tr>
<tr>
<td><strong>10 YEARS</strong></td>
<td>Taj Sutton: 800m - 2.54.60</td>
</tr>
<tr>
<td>Tayla Bamforth: 800m - 3:08.23</td>
<td></td>
</tr>
<tr>
<td><strong>11 YEARS</strong></td>
<td></td>
</tr>
<tr>
<td>Isabelle Stewart: 800m - 3:08.27</td>
<td></td>
</tr>
<tr>
<td><strong>12 YEARS</strong></td>
<td></td>
</tr>
<tr>
<td>Teagan Kennedy: High Jump - 1.24m</td>
<td>Joshua Gronbach: 800m - 2:49.54</td>
</tr>
<tr>
<td>Jemma Willson: 800m - 2:57.57</td>
<td>Maysra Kodi: High Jump - 1.30m</td>
</tr>
<tr>
<td><strong>13 YEARS</strong></td>
<td>Sam Grygorcewicz: Long Jump - 3.84m</td>
</tr>
<tr>
<td>Phoebe Bergh: 200m - 32.87</td>
<td></td>
</tr>
<tr>
<td>800m - 3:23.18</td>
<td></td>
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<tr>
<td>High Jump - 1.28m</td>
<td></td>
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<tr>
<td>Long Jump - 3.41m</td>
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<tr>
<td>Lily Brooksby: Shot Put - 6.13m</td>
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</tbody>
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Zone 4 Athletics

OLA Athletics Team!

Congratulations to the following students who have been selected to represent OLA at the upcoming Zone 4 Athletics Carnival being held at Leslie Patrick Park on Tuesday 9th (8, 9 and 10 years) and Wednesday 10th (11, 12 and 13 years) September. Please return your permission slips ASAP!

8 Year Girls: Sofia Bardini    Zoe Campbell    Ciara Hill    Chloe Tree
9 Year Girls: Charli Burke    Olivia Ciotariello    Ava Daniels    Dana Gronbach    Dakota Phillips    Erin Roberts    Nicola Rzepka    Linda Toto
10 Year Girls: Bella Addison-Pamment    Tayla Bamforth    Cate Biddulph    Emily Downes    Tabatha Fachin    Jacinda Khan    Bailey Tyson
11 Year Girls: Katie Guthrie    Hannah Holdsworth    Lillian Howes    Bella McMaster    Isabelle Stewart
12 Year Girls: Madeleine Bach    Liana Crismani    Teagan Kennedy    Ange Ramsay    Taylah Roset    Jemma Willson
13 Year Girls: Pheobe Bergh    Lily Brooksby    Claire Galloway    Annabelle McArthur    Mara Ortlieb
8 Year Boys: Ben Caughley    Reuben Downes    Kane McCarthy    Cole Miklashek    Lochlan Ross
9 Year Boys: Ethan Myers    Darcy Olssen    Cohen Ossington    Max Regal    Gerard Sheehan    Will Simpson    Esori Vakaoti
10 Year Boys: Luke Hodges    Taj Sutton    Rhys Syrett    Anthony Tabel    Lachlan Tims
11 Year Boys: Lochlin Begbie    Vikrant Kumar    Ryan Long    Benjamin Prins    Liam Reeves    Lane Struckel
12 Year Boys: Will Bryant    Jack Denman    Joshua Gronbach    Harry Kristan    Maysra Kodi    John Ruiz
13 Year Boys: Matias Berkovich-Robles    Sam Grygorczewicz

Fathers’ Day Stall
Tomorrow Thursday 4th September is the Fathers’ Day Stall. Please don’t forget to send some money with your child.

The teachers will bring the grades down one by one. Each child can buy one gift but if children have two dads, just let us know and they can buy two gifts. If there are gifts left over, children can come back to buy more if they wish at first break. The gifts will sell for $3, $4, $5 and $7 and gift bags for $2. There will also be a raffle and tickets will sell for $1. A big thank you to everybody who has donated gifts. We have lots of lovely things for the children to choose from.

See you tomorrow.
Mara Fachin

Being a great dad - Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers.

There’s no doubt that fathering has changed in recent years. Gone is the distant dad of the 1960’s and 70’s who saw his main job as keeping a roof over his family’s head and bread on the table. An occasional game in the backyard and dishing out the heavy discipline that mums couldn’t deal with was the extent of his involvement with his kids. Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers. Sadly, many men still don’t enjoy a close relationship with their fathers, but they are determined to change things with their own kids. Here are seven ideas to help you form close relationships with your kids, and maximise your effectiveness as a parent and a father.

1 Find something in common with your kids
Dads need something in common with their children. They relate better when they have a shared interest or shared passion with their kids. Many men relate to their kids while being active, and teach many important lessons through games and play. But if sport is not your bag, find something else that you and your kids have in common. A common interest is a great help for fathers who live apart from their kids who are looking to maximise the time they have with them.

2 Spend time with your sons
A dad can do little wrong in the eyes of a young boy. From around the age of five years a boy thinks his dad is like superman. Ironically, he may give his mum a hard time at this stage. Dads need to spend as much time with their sons in these impressionable years as possible. They just need to be careful not to push their sons too hard or turn every game into a lesson. That’s when boys turn off their dads.

3 Don’t whimper out on discipline
Dads are traditionally the kings of play, but they can go missing when it comes to discipline. They get their kids excited in a game before going to bed, then expect their partner to settle them down. It helps if both parents can take their share of managing children’s behaviour.

4 Treat your daughters well
There are strong links between close fathering and the healthy development of girls. Dads teach their daughters strong lessons about how they should be treated by males. So dads need to treat their daughters respectfully so they learn to expect this treatment in their future relationships with men.

5 Say good bye Superman, hello Clarke Kent
Adolescent boys are programmed to challenge their fathers. It’s part of the growing up process. Australian author John Marsden refers to this phenomenon as the ‘old ram, young ram syndrome’. He’s right. It’s a type of rite of passage that plays out in many Australian homes. Verbal jousting matches are a popular father-son game where boys take great delight in proving their fathers are fallible. A dad at this stage needs a sense of humour as well as a willingness to stand back and allow other mentors in to his son’s life.

6 Support your partner
Fathers may play an integral part in the lives of their children but they also have a profound effect on the quality of mothering that children receive. There is little doubt that a woman who can share the emotional and financial burdens of childrearing with a supportive partner is more likely to be a loving, affirming mother. Supportive fathering is one of the keys to better mothering.

7 Change as your child changes
Kids grow up at the speed of light and change before you know it. They’re kids one day and teenagers the next. They can catch many fathers unawares. The most effective dads are those who change their parenting to suit the needs of their kids at each stage of development, rather than stubbornly hold to outdated ideas of how they think their kids should be. Those fathers who are a little apprehensive or lack sufficient confidence should become involved in as many aspects of parenting as they can. The best way to learn about parenting is by doing it. Children are a terrific resource for fathers - men can learn about children from children themselves. By being alert, watchful and learning to listen to their children, fathers can learn all they need to know about parenting.

NEEDED

Temporary Groundsman part-time to mow, weed, water, repair, sweep paths etc to keep the grounds in a safe and attractive condition. Temporary janitor part-time to clean the toilets daily and to empty bins across the school and to manage the waste disposal.

ARE YOU INTERESTED?
Please apply for either or both of these positions at the school office.

For the first 6 weeks of term 4 - 7 October to 14th November, Dave Morgans, the school groundsman/janitor, will be on long service leave. Dave will be doing a grand tour of Europe and we all hope that he has a great time.

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See you tomorrow.
Mara Fachin
SATURDAY, 18 OCTOBER 2014
THE OLA FAMILY TRADITIONAL BUSH DANCE
GOOD SAMARITAN CENTRE
LIVE MUSIC
LIVELIER DANCING
PLUS PREP - YEAR 7 CLASS PERFORMANCES
AN EVENT FOR THE WHOLE FAMILY

4PM - KIDS COUNTRY GAMES
5PM - SPIT-ROAST BANQUET DINNER
6PM - BUSH DANCE & CLASS DISPLAYS
DRESS IN YOUR COUNTRY FINEST

$15 ADULTS $5 KIDS
4 YEARS AND ABOVE (LITTLES ARE FREE)
Inc. GAMES, GRUB & MUSIC
GATHER A GROUP OF 10+ AND RESERVE VIP DINING TABLE.
LIMITED AVAILABILITY.

BYO DRINKS FOR THE 18+
PRIZES, RAFFLES, DANCE CALLER

PIE CONTEST

FOR TICKETS & INFORMATION
EMAIL LEONA.R.HESLEHURST@IPRIMUS.COM.AU
REGISTRATION FORMS WILL BE EMAILED AND SENT HOME WITH STUDENTS.
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 8-18 years.
**Wednesday 24 September 2-4pm**

**Pirate treasure hunt**
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.

Facebook: Brisbane Libraries
Twitter: @BNElibraries

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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 benefitting 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.fearleshealth.com

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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.**