Dear Parents,

**Prep 2015**

Next Monday 10th November (9 am) and Wednesday 12th November (12 midday) our Prep children for 2015 will be at the school for an hour and a half to meet their classmates and teacher for next year. This is a valuable part of the transition process to ease any anxiety during the long Christmas break leading into the new school year. Please make them feel welcome.

**2015 Classes**

As mentioned in last weeks newsletter, parents are invited to submit, in writing, any information they believe will be of assistance to us in allocating class groups for 2015. We will need this information asap.

**‘Once Upon a Time’ Musical**

The Yr 6/7 production of ‘Once Upon a Time’ is on next Tuesday, 11th November and Thursday, 13th November at 7pm. Tickets are on sale through the office.

**Christmas Appeal**

A reminder we are accepting donations to support the annual St Vincent de Paul Christmas Appeal. Thank you to the many families who have already been so generous with their contributions.

**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
Yr 6: Cordial or juice
Yr 7: Tinned ham

Please have your child deliver these to your classroom teacher.

Thank you for your support.

**AMART ALL SPORT**

We are part of the Community Kickbacks Program. When you swipe your loyalty card, please nominate the school to accumulate points. Once the school accumulates sufficient points we will receive an instore credit to purchase sporting equipment for the children.

**Enoggera & District Eisteddfod**

Congratulations to Juliet Crowley in 2C for a fantastic performance in the vocal solo in the 11 years and under section and in the 7 years and under piano section of the Eisteddford.

**Defence News**

This coming Tuesday is Remembrance Day and we will be holding our Commemoration Day at 10.50 in the Good Samaritan Centre. Poppies will be on sale in the office or from me for 50cents. The children have been busy making poppies and spending time discussing this significant day. All families are welcome. Friendship Club and Walking Club are still busy places to come to and always fun. Till next week.

Janet Dyer, DSTA

**Health Matters**

A reminder to parents to regularly check your child’s head for head lice and treat if necessary to prevent the spread to other children.

Hand sanitisers are in every class room for children to sanitise their hands after play or toileting. Teaching your child a good hand washing technique, as well as encouraging regular hand washing, will help prevent the spread of viruses and parasites.
Oh so serious

When Malcolm Dix found himself taking life too quickly and too seriously, he decided to take a dose of his own medicine.

Currently I’m doing seven things to calm my life down and that of my family while trying to create more space for my children to simply enjoy their childhood. (Some of the following I’m sure you already do but it’s taken me a while to figure them out).

My strategies to slow down and not be so busy are as follows:

Eat together as a family at the table at least four nights a week
There has been more and more written about the importance of families eating together and the positive effect it has on children and adults alike.

Avoid watching the nightly news
I’ve stopped watching the news and to my surprise the sky never collapsed as I had feared.

Turn off the TV and sit around an open fire
I’ve constructed a simple fire pit in our inner-city backyard and every second weekend my partner, the kids and I toast marshmallows, listen to funny songs, talk and look up at the stars.

Dance together
I’ve made the conscious decision to start dancing in the kitchen with my kids at least three times a week.

Exercise together
I exercise with my kids at least four times a week, usually at the local park kicking the footy, throwing a frisbee, running with our dog and so on.

Explore nature together
I’ve started spending more time in nature with my kids by taking them to the river, the hills, lakes and nature parks. I keep it local, with the occasional longer drive on weekends.

Limit your own social networking
I have severely reduced my time spent on social media such as Facebook, Twitter etc. It’s all about positive role modelling for my kids.

As you already be aware, a further nine classrooms were air conditioned. This was funded by the P&F and is a result of the hard work and generosity of the school community in their involvement and support of the fund raising events we have run such as the festival. This means we have been able to do the majority of them and just in time, given the hot weather we have had in the last couple of weeks.

We held our first OLA Bush Dance a couple of weekends back. The team put a lot of work in setting up the afternoon as a country fair with some great food and the kids had a great time on the dance floor. It was a fantastic event that we will look to hold again and the organising team deserve a big pat on the back for their amazing efforts.

After the success of this year’s Community Festival, we have started planning again for the next one. We are looking to make it bigger and better if we can but will need your help. We have a lot of useful information to draw from this year’s team as they have documented everything we need to know to be successful. We are looking to put together an organising committee for next year’s festival. We have a number of people already but are looking for more. If you want to find out more about how you may be able to help, please talk to one of the P&F committee.

Finally, the P&F Annual General Meeting will be held at 7:30pm on the 24th of November. This year’s committee has worked well and helped to drive a number of successful events. With the committee term up, we are looking for new members or those interested in an executive role. If you are interested or just want to share your thoughts around the program for next year, please come along to the meeting.
**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

Website:  http://www.fearlesshealth.com

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**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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**Sushi**

**Available Wednesday and Friday**

Freshly made from Wok Me – Enoggera

**$3.00 each or 2 for $5.50**

(Soy Sauce 10c)

**Flavours Available are**

- Crispy Chicken and Avocado
- Teriyaki Chicken
- Teriyaki Beef
- Tuna Salad
- Fresh Salmon and Avocado
Bookings are now open for the OLA Year 6/7 Musical Performances on Tuesday 11th November 2014 and Thursday 13th November 2014.

In the Good Sam Activity Centre

Ticket only $5.00 per seat

7.00 pm start

Ticket bookings:

I require tickets for:

☐ Tuesday 11th November  ☐ Thursday 13th November

Total Number: __________________________

Name: __________________________