Issue No. 4 25 February 2015

COMING SOON

P & F MEETING
2nd March 7.30pm
in Staff Room

5th March
OLA Swimming Carnival
Yrs 3–6

16th March
School Photos

18th March
Zone Swimming Carnival

School Fees
Fees have been emailed out. If you have not received an account please email:
chewston@bne.catholic.edu.au

On Monday the 2nd of March construction of our new internal road way will commence. This means no access to OLA from South Pine Rd until construction is completed. (4 to 6 weeks)

We will then have a one way internal road and set down/pick up area to the north of the Good Sam Activity Centre. This road will be fully fenced from the children’s play areas, with appropriate gates to allow pedestrian access to the chapel and tennis courts. Entry will be from South Pine Road and exit into Hurdcotte St.

It has been a long time coming, but will be great once it is all operational.

OLA Swimming Carnival Yrs 3–6 will be held at the Enoggera State School pool commencing at 9.00am or thereabouts.

Don’t miss out
Our school coins are still for sale in the office for $5.00. Don’t miss out on this great keepsake for your children in this centenary year of WW1.

Health Matters
Please regularly check your child’s hair. We have had reported cases of head lice throughout the school. Also we have had one reported case of Scarlett Fever and a couple of cases of school sores. If your child does have school sores, the sores must be covered before coming to school.
Last Friday we inducted our school leaders for 2015. The children have chosen their Ministries and are busy meeting to determine how they can best serve our school.

**Prayer Ministry**
Lowrin Jayalath Lokuge with Anna Bardini, Lachlan Holmes, Emily Smith, Grace Galloway, Emma Smith

**Environment Ministry**
Hannah Holdsworth with Caitlin Andretze, Grace Burgess, Lily Comino, Cate Biddulph, Luke Hodges

**Communication Ministry**
Chloe Viner with Bella Addison-Pamment, Damien McArthur, Emily Hodges, Isabelle Tavella, Bailey Tyson

**Social Justice Ministry**
Lily Armstrong with Laura Galloway, Chelsea Glass, Sophie Pate, Tayla Bamforth, Grace White

**Service Ministry**
Alex Campbell with Kieran Cheng, Toni Wilson-Wardle, Antoinette Wright, Madison Jones, Vijeet Sharma

**Community Ministry**
Grace Vakaoti with Alex Gates, Dhil Nhial, Lochlin Begbie, Emily Downes, Ruby Hibberd

**Year 6 Snippets**
This week Year 6 are looking forward to performing our assembly in front of the school and telling everyone about our awesome camp experience. Also this is our first week of having our official school leaders and so far everyone has been enjoying their new jobs and responsibilities. We are also looking forward to electing our sport captains for the swimming carnival very soon.

**North District Trials**
**Netball Trials**
Date: Under 11 Wednesday 4th March
Under 12 Thursday 5th March
Venue: Albany Creek State High School
Time: 3.30pm to 5pm

**Ruby League Trials**
Date: 26 March 2015
Time: 11year & under at 9am
12years at 3pm
Forms are available from the school office. No form no trial.
Wet Weather Info. 0428 680 476

**School Banking The grand prize: a family trip to Disneyland**
In a School Banking first, we are introducing a new Grand Prize competition in 2015. Students who make 25 or more School Banking deposits during 2015 will automatically enter the draw to win a trip to California’s Disneyland where they can enjoy Space Mountain and everything the park has to offer. The prize includes return airfares, five nights’ accommodation, transfers and 3 days park entry for up to two adults and two kids, as well as AUD$2000 spending money.


**Lost Property**
An OLA school bag belonging to Lara McDonald went missing Monday afternoon at Oscharie. If your child has accidentally taken this bag home please return it to the school office.

**P&F NEWS**
2015 is already shaping up to be a busy year for the P&F, with some exciting events planned.
Save the date now for:
- Next P&F Meeting – Monday 2nd March – all welcome
- OLA School Disco – Friday 20th March – more details to come.
- OLA Community Festival – Sunday 7th June - save the date now so you do not miss OLA’s major community event. The first Festival Newsletter is coming home to you next week.

**P&F Committee and Vote of Thanks**
Last week a Special P&F Meeting was held to finalise the remainder of the committee members for 2015, which are as follows:
- President – Steve Rzepek
- Vice President – Dubhe Warner
- Secretary – Kerri Hruza
- Treasurer - Dennis Fachin
- Committee members: Sean Doolan, Stuart Baildon, Kath York, Danielle Long

On behalf of the P&F Executive I would like to pay special thanks to Sean Doolan who has very capably held the position of President for the last 3 years. We look forward to continuing to work with you as a member of our executive committee.

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**MARIST COLLEGE ASHGROVE**
A Catholic boys’ day and boarding College in the Marist Tradition

**OFFICE OF THE HEADMASTER**

23 February 2015

Dear Parents,

Please be aware that we have changed our interview process at Marist College Ashgrove.

For example, on Sunday 22 February 2015 we interviewed prospective students for Year 5 2017 and Year 7 2019.

When offers go out parents will receive one of three offers:
1. For those who applied for Year 5, an offer of Year 5 with an option of deferring until Year 7.
2. For those who applied for Year 7, an offer will be made for Year 7.
3. No offer will be made.

There is a belief among some that if you don’t take a place in Year 5, you won’t be offered a place in Year 7.

This is simply not true.

Yours sincerely,

Paul McLoughlin
Headmaster
Thinking of Selling?

Talk to Katrina or Simone

Professional & passionate Real Estate Agents who are part of your local OLA Community.

We’re here to help with all your real estate needs.

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Mitchelton


All new boot campers receive 1 FREE week of training to get you started.

Our goals are simple....

Create a supportive environment
Exercise for results
Support all fitness levels
Have fun

Mat - 0414474040
Email: contact@weighttolife.com.au

Web: www.fearlesshealth.com

Facebook: Boot Camp Enoggera

Make Changes
Live the Life You Want

Counselling

Children
Adults
Couples

BOUTIQUE BABY & MAMMA’S MARKETS

Our Lady of the Assumption School Oval, Hardcote St, Enoggera
3.00pm - 7.00pm

Over 70 stalls
Live music, loads for the kiddies to do!

Next Market Day: FEBRUARY 28 SATURDAY

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Master Plumbers’ Association of Queensland
Member
Active School Travel’s colourful Roadstar and his friends Red and Green will be special guests at our assembly on Friday where they will launch Active School Travel in our school for this year. Our dedicated Active Travel Day will be Wednesday every week and we will have a healthy fruit snack and double stamps to welcome all active travellers next Wed 4th March.

We know that everyone is different, so there are lots of ways you can actively travel to school. How will you actively travel to school?

**Walk**
Leave the car at home and walk your kids to school. If you live too far away, drive part of the way and walk the rest. We call that “Park and Stride”.

**Ride**
Ride a bike or scooter with your children to school. It’s legal to ride on the footpath and remember to always have your helmet secured.

**Public Transport**
For bus & train timetables visit www.translink.com.au, or phone 13 12 30

**Carpool**
Find a friend and carpool to school. It’s an easy way to save money and time. Talk to other parents in your child’s class or at music and sport to see who is going your way.

All students will receive an Active School Travel passport. Students who actively travel to schools on Wednesdays will collect stamps and earn lots of great rewards this year. So be an active traveller, reduce congestion around our school and remember that Every Wednesday is WALKING WHEELING WEDNESDAY.

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5 golden rules for parenting success in 2015  
Michael Grose

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 5 golden rules to guide you along your parenting journey in 2015:

1. **Build confidence**
With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children’s confidence. It would also seem that we have somehow forgotten how to absorb children’s fears, insecurities and anxieties, and instil a sense of confidence that these can be overcome. Using a mixture of coaching, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

2. **Build developmental knowledge**
Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don’t read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine-year-old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple’s second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

3. **Swim against the tide**
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you’ll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say “This is the way we do it in our family.”

4. **Be brave**
Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It’s relatively easy to develop children’s independence at home as the stakes aren’t as high. If they can’t cook a meal then you just have to do it for them. However, developing children’s independence outside the home is a different story. Granting kids freedom has an element of risk; that’s why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won’t stop you worrying, but that’s part of the game.

5. **Add emotional intelligence to your parenting mix**
With kids experiencing mental health challenges at a depressingly high rate it’s time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it’s important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don’t overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.