Issue No. 5 4 March 2015

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

Event order
OPEN 100 METRES FREESTYLE RACES
25METRE KICK BOARD RACES
25 METRE FREESTYLE RACES
50 METRE FREESTYLE RACES
25 METRE BREASTSTROKE RACES
50 METRE BREASTSTROKE RACES
25 METRES BACK KICK RACES
25 METRE BACK STROKE RACES
50 METRE BACK STROKE RACES
25 METRE FLY RACES
50 METRE FLY RACES
25 METRE BREASTKICK RACES
OPEN 100 METRE INDIVIDUAL MEDLEY RACES
TEAM RELAYS if time permits.

The children will be sitting in the shaded grandstand, but should still bring sun protection. Tomorrow is predicted to be quite hot. The children will get to cool down in the pool and can sit in the shade. I encourage parent spectators (and helpers) to COME PREPARED. Don’t forget the parent races!

TUCKSHOP WILL BE SELLING ICE BLOCKS ($1), SUPERDOOPERS (.50c) AND COLD DRINKS AFTER THE CARNIVAL.

MET NORTH SWIMMING
Last Thursday 26th February a small but talented team of swimmers attended the MET NORTH TRIALS. Our swimmers gave their all and represented OLA with pride and good sportsmanship. They achieved outstanding results with many Personal Bests.

Taylor Bamforth (11 yrs) 2nd 200M Backstroke; 10th 50M Freestyle; 10th 100M Breaststroke; 9th 50M Backstroke; 5th 100M Freestyle; 3rd 100m Backstroke

Patrick Collins (11 yrs) 25th 50M Butterfly
Tabatha Fachin (11 yrs) 8th 50M Freestyle; 12th 50M Backstroke

Dana Gronbach (10 yrs) 1st 100M Breaststroke; 1st 100M Freestyle; 1st 50M Breaststroke;

1st 50 M Freestyle; 3rd 50M Backstroke.

Alyssa Spohn (10 yrs) 12th 50M Freestyle Congratulations to all involved.

Project Compassion—Year 3 Book Stall
Books for sale $1 to $3 per book.
Date: 17th March (Tuesday)
When: 1st break outside the Seminar Room

Year 1 Excursion
"Yesterday, the Geo Gang from Year 1 went on an expedition to the Roosters Rugby League Football Field and the nearby playground. We were on the hunt for natural, managed and constructed features from our local area. Many discoveries were made. We even got to sit down for a special information session with Xavier’s dad, who is working on the construction site beside the football field. When we got back to school, we recorded all of the information in our Geo Gang Journals. We had a fantastic time!"

Defence News
Week 6 is here. Preparations for our ANZAC Day Commemoration are well and truly underway. Last week I sent home a note to all Defence Parents regarding our trip to ANZAC Square on Thursday the 23rd. If your family has not received this note please let me know as I would hate for your child/children to miss out on this opportunity. Our school’s ANZAC Commemoration will be held on Friday the 24th at 8.40 am. All families and grandparents are welcome to join us on this very special day.

COMING SOON
5th March
OLA Swimming Carnival Yrs 3–6

16th March
School Photos

Reminder
To go online and order school photos before photo day

18th March
Zone Swimming Carnival
Friendship, Walking and Games Clubs are busy with many happy children participating.

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.

Bookclub 2015
Issue 2 order forms and payment are due back at the office by Monday, 16 March 2015.
Just a reminder - WE DO NOT ACCEPT CASH PAYMENTS. Payments may be made by cheque or credit card (phone/internet).

**If you are paying by credit card, PLEASE keep your own record of the receipt number you are given, as this is the only record of payment if the original order form is mislaid.**

School Banking 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 three days park entry for up to two adults and two kids, as well as AUD$2000 spending money.

What is bullying?
Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).

Online bullying refers to bullying through information and communication technologies, e.g. the internet or mobile devices. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders. 
Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

In short, bullying is an ongoing misuse of power involving a pattern of harmful verbal, physical or social behaviour.

Is every conflict between students bullying?
Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is important to be clear when these behaviours are not actually bullying.
The definition of bullying has three critical aspects - a repeated pattern, the misuse of power within relationships, and behaviour which causes harm; all three aspects need to be present in order for behaviour to be called bullying.

What does the ‘misuse of power’ mean?
In a situation where there is a power imbalance, one person or group has a significant advantage over another, and if this power is misused, this enables them to coerce or mistreat another for their own ends. In a bullying situation this power imbalance may arise from the context (e.g. having others to back you up), from assets (e.g. access to a weapon) or from personal characteristics (e.g. being stronger, more articulate or more able to socially manipulate others).

Why is the definition of bullying important?
A clear, comprehensive and shared definition is essential to enable schools to identify bullying, and distinguish it from other types of conflicts or violence, so that appropriate strategies and interventions can be used.

How is bullying different from violence, harassment and discrimination?
The critical feature that distinguishes violence, harassment and discrimination from bullying is that bullying happens within social relationships, featuring repeated and harmful behaviours that stem from a misuse of power. Violence, harassment and discrimination can occur as part of bullying, but also can occur in one-off conflicts or between strangers. It is important to know the difference as the effect on the individual or group may be different and the responses to each may need to be different.

Intervening in less serious bullying early can often prevent harassment, discrimination and more serious negative behaviours from becoming part of the bullying pattern.

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**MET NORTH TRIALS**

<table>
<thead>
<tr>
<th>Girls Hockey Trials &amp; Boys</th>
<th>Soccer for boys turning 11 or 12 in 2015</th>
<th>Ruby League Trials</th>
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<tbody>
<tr>
<td>Date: 10th March</td>
<td>Date: 19th March</td>
<td>Date: 26 March 2015</td>
</tr>
<tr>
<td>Eligibility: Girls turning 11 or 12 in 2015 &amp; 12yr Boys</td>
<td>Venue: South Pine Sporting Complex Brendale</td>
<td>Time: 11year &amp; under at 9am</td>
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<tr>
<td>Venue: McDowell State School</td>
<td>Time: 8.45am to 11.30am</td>
<td>12years at 3pm</td>
</tr>
<tr>
<td>Time: 3.30pm to 5pm</td>
<td>Venue: Albany Creek Crushers</td>
<td>Venue: Albany Creek Crushers</td>
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Forms are available from the school office. No form no trial. Wet Weather Info. 0428 680 476.

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**National Day of Action against Bullying and Violence**

Friday 20 March 2015

Learn Ukulele or Guitar at School

Learn Music still has places available right now for Ukulele and Guitar at OLA during school hours each Wednesday. Lessons are in small group format that are convenient, fun, fast paced, stimulating, create new friendships and encourage participation and cooperation. Best of all - they’re affordable!

For more information or to enrol - just go to www.learnmusic.biz and go to school pro-grams then select your school and follow the prompts. Or you can call us any time on 0411 728 155

Position Available:
Executive Officer
Catholic School Parents Australia
20 hours per week—Generous Salary Package

Qualities and Skills
Strong Interpersonal and Communication Skills
Comfortable interacting within Catholic Education and Catholic Church and with Government
Interest in and some knowledge of political processes
Recognition of the power of advocacy in influencing policy
Able to prepare meeting papers and provide some other administration services to CSPA Council

Role holder will be collocated with Federation of P & F Secretariat, 143 Edward Street, Brisbane.

Some flexibility in hours will be discussed.

Further information
Carmel Nash 33369349 or 0421633915
www.parents.catholic.edu.au
Applications close 5pm March 16 2015

OLA Community Festival

Sunday 7th June – mark it in your diaries now for another great community event. Look out for the first edition of Festiv-Us 2015 coming home in the blue note folder at the end of this week.

Confirmation and Eucharist Preparation Enoggera 2015

Confirmation

Parent information session 4.00pm-5.00pm Sunday 26th April 2015
OR 7.00pm-8.00pm Wednesday 29th April 2015

Commitment Masses 2nd and 3rd May 2015

Family workshop 9.00am-10.30am Saturday 16th May 2015
OR 3.45pm-5.15pm Sunday 17th May 2015

Children’s Confirmation Retreat 4.00pm-6.00pm Friday 22nd May 2015

Sacrament of Confirmation Thursday 18th June 2015

Eucharist

Parent information session 4.00pm-5.00pm Sunday 31st May 2015
OR 7.00pm-8.00pm Wednesday 3rd June 2015

Family workshop 9.00am-10.30am Saturday 13th June 2015
OR 3.45pm-5.15pm Sunday 14th June 2015

Children’s Eucharist Retreat 4.00pm-6.00pm Friday 17th July 2015

Sacrament of Eucharist 9.00am Mass Sunday 19th July 2015
OR 5.30pm Sunday 19th July 2015

To enrol your child/ren for Reconciliation, please register via this link:

http://enoggeraparish.wordpress.com/
OLA Mums in Real Estate
Thinking of Selling?

Talk to Katrina or Simone

Professional & passionate Real Estate Agents who are part of your local O/uniSSkxA Community.

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

Katrina Gibbons 0403 557 343
Simone Ossington 0423 888 850
Harcourts Solutions
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.fearlessshealth.com
Facebook: Boot Camp Enoggera

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Live the Life You Want

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Daniel Barden 0421 239 986 www.bardenplumbing.com.au
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Mt Maria College Mitchelton
in association with the Mt Maria College P & F
MT MARIA COLLEGE COMMUNITY MARKET

over 70 stalls

Saturday 14 March
8.00am to 12.00pm

B A R D E N
PLUMBING & GAS RESOLUTIONS

Master Plumbers’ Association of Queensland
Member
Active School Travel for 2015

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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<th>CASH FOR CLASSROOMS</th>
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Terms and conditions apply. Promotion commences 9.00am Monday 2 March 2015 and closes 6.00pm Sunday 29 March 2015.

For full terms and conditions visit www.greatwesternsupercentre.com.au.

Make a purchase at any participating store until 29 March 2015 and put your school in the running to win up to $1,500 cash.

For every dollar spent at any store at Great Western Super Centre the school you nominate will collect one point, plus if you sign up to our email database your school will collect an extra 5 points. The school with the most points wins!

Simply fill out an entry form, seal in your receipts and place it in your school’s entry box.

Don’t forget to fill in your email address for those extra 5 points!
Boyfriend, girlfriend or just friends?

With the early sexualisation of kids comes the possibility of attraction and an ensuing relationship. But, what constitutes a ‘relationship’ and when is the most appropriate time to embark on one? Lakshmi Singh explores the concept of younger kids having a boyfriend or girlfriend.

Is it a case of taking on too much too soon or are kids of today ready to handle a relationship at a younger age?

The right age

It depends on what the young person feels constitutes a romantic relationship and what having a boy/girl friend actually means for them, says Jocelyn Brewer, Registered Psychologist at www.jocelynbrewer.com.

“In upper primary school and early high school this can simply mean a recognition of mutual ‘liking’.”

In older years, the relationships tend to take on a more ‘serious’ nature and begin to embrace some of the concepts central to adult relationships, including intimacy, sexual exploration, trust and sharing, she says.

Regardless of the form or time to start a relationship, Wendy Protheroe, General Manager at Kids Helpline says that there really isn’t a right time to start dating.

“The main thing is not to feel pressured to start going out before they are ready.”

Factors determining their ‘readiness’

Maturity, parental attitudes, culture and self-determination are some major factors in determining when a child starts a relationship, says Brewer.

How do parents speak to kids about these relationships?

Knowing what young kids may be curious about with regards to relationships can help start conversations.

Protheroe says that kids call Kids Helpline to talk about issues like:

- seeking information about relationships,
- concern for a friend’s relationship,
- when to start dating,
- wanting to start a relationship,
- how to tell someone that they like them
- questions about relationship maintenance and closure.

Brewer’s tips on what key messages kids should receive from parents:

- Relationships are/should be safe places to share feelings and experience trust.
- Good/solid relationships require communication and agreement, and sometimes a level of compromise.
- Sometimes despite best efforts/intentions relationships don't always work out, and sometimes that's nothing to do with you.
- Communicating your needs in a relationship is very important.
- Sometimes relationships are an emotional storm for young people and you might need guidance.
- When conflict occurs in adult relationships it’s important not to hide it away from kids.