Issue No. 9 February 2015

YEAR 3—6 SWIMMING CARNIVAL
March 5. Nomination forms for events at this carnival are being sent home today. Each child who is participating needs to complete this form and return it to the school office by Friday week. This will give us time to prepare the programme.

The Carnival is early this year because the Zone 4 Carnival is being held on the 18th March and we use our school carnival as a selection trial for the Zone team.

YEAR 6 SNIPPETS
This week in Year 6 we are off to camp on Wednesday and return on Friday the 13th. We have also been assigned individual computers for us to use this year and we have been setting up usernames and passwords for all the fun things such as Skoolbo and LIFE. Next Friday the 20th of February we will be having our Year 6 Assembly, and our class Mass on Thursday 19th. Next week the School Captains and Ministry groups will be announced. We will also be given our leadership badges directly following the school celebration for Ash Wednesday. We are looking forward to all these exciting events.

CHICKEN POX
Parents there has been a reported case of chicken pox in year 2.

OLA INSTRUMENTAL PROGRAMS—BAND AND STRINGS

OLA Strings Students
Remember to bring your instruments, music books and practice sheets to school each Monday for your lesson.

The OLA String Ensemble rehearses at 7:30am each Monday in the instrumental room.

OLA Band Students
Remember to bring your instruments, music books and practice sheets to school each Tuesday for your lesson.

The OLA Band rehearses each Tuesday at 7:30am in the instrumental room.

Positions Available
The band program still has a few instruments for hire (trumpets, trombones and a clarinet) and a few spaces in the program for 2015. We would really like a few more clarinet, trombone and trumpet players for the band. Please contact Eve Brown if your child is interested in learning flute, clarinet, saxophone, trumpet, trombone or percussion.

NORTH DISTRICT SWIMMING
Congratulations to those children representing OLA in the North District Swimming Trials this week. You have all swum brilliantly!

Good Luck to those children competing as part of the Metropolitan North Regional Swim Team in the coming weeks.

P&F Notice
We are holding an extraordinary General Meeting on Monday the 16th at 7:30pm in the school office.

The purpose of this meeting is to open the President’s role to nominations as well as to fill the vacant secretary position on the committee.

We would welcome any nominations for either position and encourage anyone who is interested to attend the meeting.
Keep an eye out for information regarding North District Netball Trials in next week's newsletter.

SCHOOL PHOTOS
Information regarding school photos were sent home on Monday. The information is also available on the school's website along with sibling photo forms which are available from the school office. Ordering is done online, the instructions are as follows:

4 Easy Steps to Online School Photo Ordering
Step 1: Go to www.advancedlife.com.au before photo day and enter your school code - JHF ZVX GJZ
Step 2: Enter your student’s details.
Step 3: Choose the package that best suits your needs (all orders will be returned to the school for collection).
Step 4: Pay for the photos via the shopping cart (upper right corner of the page).

Please note: Individual student photo orders close on the 16th March. Family/Sibling photo orders online close 48 hours before the school photo day. Late photo orders will incur a LATE FEE.

DEFENCE NEWS
Welcome back to all Defence Families. Friendship Club started on Monday in the Library and Walking Club was great yesterday. Today at Friendship Club we were involved in craft activities. On Thursday the 12th of February (tomorrow) all Defence Parents are invited to afternoon tea from 2-3 pm. I have received a number of replies but, even if you haven’t replied you’re welcome to drop in if you get the chance as it’s a great opportunity to meet other defence families. I look forward to spending time with your beautiful children this year. Until next time, Janet Dyer DSTA.

ANZAC CENTENARY COIN
We as a school community are marking the ANZAC Centenary. This year we commemorate the service and sacrifice of the hundreds of thousands of Australian men and women who fought in, died because of, and lived through the First World War. Our school is celebrating this significant anniversary by offering an antique finished penny. This special penny provides a tangible link to the past. It is available from the office for $5.00 each. 10% of your purchase goes to Soldier On, an organisation helping ADF members injured in Iraq, Afghanistan and recent operations. These are on sale now until sold out. Don’t miss out on this significant memento, a great keepsake for your children to look back on and remember.

MEDICAL ALERT BRACELETS
Parents have the opportunity to order silicone medical alert bracelets from the school for their children who have an allergy.

Below are two options:

Option 1: Nut allergy
$6.00

Option 2: Can write allergy inside bracelet and treatment
$10

If you wish to order a bracelet for your child please complete the slip below. Please note we will need sufficient numbers to place an order. Alternatively parents can go online to http://www.mediband.com/au/ and purchase these for their children. Please note these bracelets are not compulsory however, it assists staff to identify children who have severe food allergies.

Student Name: ____________________________ Option: ______________ Class: __________

Parents to pay when bracelet arrives.
ART CLASSES TERM 1

Come and explore some breathtaking images and learn more about our amazing planet this term in our after school art classes.

The classes start on Tuesday 10th February for 8 weeks and are held in Pender Hall from 3.00pm until 4.30 pm. Children learn at their own pace and are guided to explore all skill areas of the young creative mind. All levels of ability are welcome and I provide a highly encouraging and positive atmosphere for children to learn in.

Classes provide all materials as well as afternoon tea and a treat to take home!

As this term is only 8 lessons the cost will be reduced to $80 for this term only.

Please call Terry asap on 0430 414 333 to reserve a place as numbers are limited

BOYS' BRIGADE
6th Brisbane
Contact Noel
0431 256 756
brigade.euc@gmail.com

LOCATION
Emmanuel Uniting Church
92 Laurel St
Enoggera
www.emmanuelauc.org.au

GIRLS' BRIGADE
70th Brisbane
Contact Sonya
3356 5621
gbrigade.euc@gmail.com

KIDS LOVE DRAMA
PARENTS LOVE THE RESULTS!

Our unique drama system develops confidence and communication skills in children and teenagers.

Dynamic and structured, our programme covers speech, movement, creative drama and language development with all students participating in an end-of-year production.

Our acclaimed drama programme is implemented by dynamic teachers who work enthusiastically to bring out the very best in your child.

Affordable Fees! No Hidden Costs!
Lower Primary (5-8), Upper Primary (9–12) and Youth Theatre (12–18).
Helen O’Grady Drama Academy
Please phone the Principal Margaret Treuel B.A., Dip. Ed.

Children’s Prayer Circle for 2015

Come and join us for fun and creative prayer!

All students are welcome
Starts in The Chapel
Next
Tuesday 17th February
8.15am to 8.30 am

Do your kids like:
þ camping, sailing, hiking, abseiling or rock climbing?
þ orienteering, construction or knot tying?
þ learning first aid skills or astronomy?
þ open fire cooking, canoeing or learning about conservation?
þ learning survival and bush skills?
þ learning about aircraft or tackling obstacle courses?
þ making new friends and experiencing new challenges.

SIGN ON: Tuesday 24th February 2015 at Olearia Street, Everton Hills 4.30pm—6.30pm.
Contact: aranaascot@gmail.com or 0419 689 639 Margie Brown or lizocconnor@carkeets.com

Boys & Girls Brigade
Prep - Grade 2

Boys: Wednesdays 6.30-8pm
Girls: Thursdays 5.30-7.30pm

Boys’ and Girls’ Brigade encourages kids to make friends, help develop physical and social skills, achieve awards and learn about God. This vibrant community is based in local churches and supports all the fun and adventures Brigade offers.

PS. Your older siblings can join in too!

SIGN ON NOW
Boys & girls welcome
Joeys (6 to 8 yrs) Thursdays 6 to 7 pm
Cubs (8 to 11 yrs) Tuesdays 6.30 to 8.00 pm
Scouts (11 to 15 yrs) Tuesdays 6.30 to 8.30pm
10 researched-backed tips for raising happy kids

Michael Grose

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the RULER Program, the world’s best emotional intelligence program for children and families. The thing that I love about the RULER Program is that it’s totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that’s all I can tell you about the program now – you’ll just have to wait. In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 researched-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

2. Positive peers matter
Your child’s friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors where at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter
Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy. Help them mend relationships that have broken down. Start this with siblings first. with only-children, make sure you build these skills through plenty of interactions with peers.

5. Developmental matching matters
A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point. If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7. Family dinners matter
Yes, you’ve got to eat. But you need to eat together. Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don’t let their grumpiness put you off when you expect them to help.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn’t set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.