



Our Lady of the Sacred Heart
Catholic Primary School • Darra

OLSH *news*

115 Darra Station Rd, PO Box 3076, DARRA QLD 4076 | T: 3375 4519
F: 3375 3867 | pdarra@bne.catholic.edu.au | www.olshdarra.qld.edu.au

3. Be a Peacemaker



TERM 1 WEEK 5, 2015

Dear Parents and Friends of
OLSH School Community,

My wife's parents own a property near Boonah in South-East Queensland. It is approximately one hour from Brisbane. It's a beautiful piece of country, very fertile, good ground and with the exception of the past few droughts has a good annual rainfall. As you drive over the range it really is a pretty valley and many people in Brisbane travel out for a "Sunday drive."

I remember the first time I visited during May-June. The contrast was amazing. Every year they would burn paddocks. The entire hills were black. Ash was in the air everywhere.

However by spring an amazing thing would occur. Where only a few months ago the ground was scarred, black and appeared desolate, new growth was occurring and at a rapid pace. The crop was beginning to shoot and there was feed for the cattle. The fertile land was growing and displaying its richness.

Last week we celebrated Ash Wednesday and we have begun the season of Lent, the season for preparing for Easter. We received the Ashes on our forehead. It is a clear sign of our Christian faith and the fact that we have Jesus as our role model. However the Ashes are a greater symbol.

The ashes are a symbol of our failing, the times when we do not follow Jesus. It is these failures that we want to change or reject and "burn" from our lives.

The ashes are placed on our forehead in the shape of a cross. Just like the ashes are also a sign of the rejuvenation that will occur to the ground, the ashes are a sign of our rejuvenation when we receive Jesus. The gift we receive at Easter.

God Bless

John



SCHOOL NEWSLETTER

The school newsletter will from now be distributed by email. It will also be available on the parent portal and on Facebook. A small number will be run off and are available in the school office.

PARENT – TEACHER INTERVIEWS

The Parent-Teacher interviews for term 1 will be held on Monday 23 March and Tuesday 24 March. The format will be similar to previous years. Please keep these dates free.

However this year people will receive this information by email. Full details will be sent home shortly. Please make sure that the office has your correct email address.

FAMILY INFORMATION FORMS

Thank you to those people who have returned the family information sheets. We are assuming that for any other unreturned forms that there has been no change to your family's information.

SCHOOL FEES

Thank you to those people who have paid school fees for February. They are due this Friday. The account for March will be sent home next week.

P & F MEETING

The March meeting of the P & F association will be held on Wednesday 11 March at 7:00 p.m. Looking forward to seeing you there.

SCHOOL VOLUNTEER IN-SERVICE

Thank you to those people who attend the school volunteer in-service recently. Our school is very fortunate to have so many wonderful people who volunteer to assist at our school.

If you wish to volunteer at our school and have not yet received the information that was distributed please contact the school office. Recent change to government regulations and Brisbane Catholic Education procedures require all volunteers to receive this information and sign a completed volunteer's form.

STUDENT PROTECTION

Last newsletter I wrote about the links to the student protection website and procedures in place that are mandated by government legalisation and Brisbane Catholic Education. I would like to explain the process in place for OLSH as a school under the governance of Brisbane Catholic Education.

At OLSH, we acknowledge and understand that student protection is the responsibility of every person and is an integral aspect of student wellbeing. We aim to work collaboratively with parents, students and other community members to ensure a safe school environment, guided by Brisbane Catholic Education's Student Protection policy and processes.

Please encourage your child to come and talk with the Principal, class teacher or the designated Student Protection contacts if they are feeling unsafe at school. It is important that we develop in our children skills of awareness and empowerment so that they feel safe and secure.

Children might not always communicate how they are feeling therefore as a parent it is important to notice if they are not sleeping well, becoming extra nervous or withdrawn or become agitated easily. Your child's safety is very important to us and



we want to work in partnership to ensure that parents are aware of our policies and processes for student protection.

Outlined below is the process in place for Our Lady of the Sacred Heart School as a school under the governance of Brisbane Catholic Education.

The first strategy to ensure students are safe in Catholic schools and Brisbane Catholic Education has mandated training all school staff must attend and revisit every year. This is conducted at the beginning of the year and all staff are informed of any changes in the law and relevant Act under which Student Protection falls. Staff members are made aware of their mandatory obligation and responsibility with regards to "reporting any reasonable suspicion that a student under 18 years attending the school is likely to be sexually abused by another person. This is regardless of who that person might be. Mandatory means "required by law".

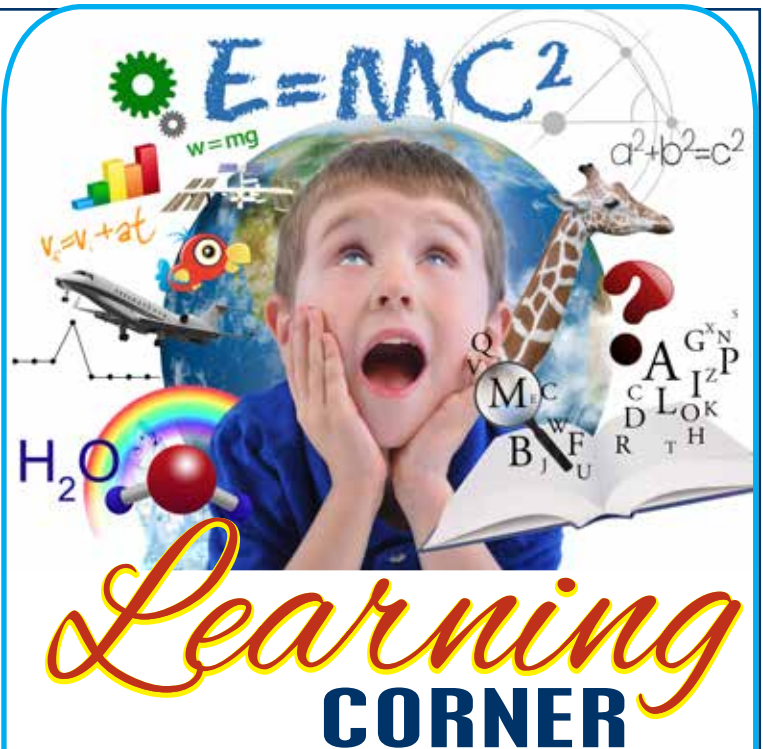
Once a report has been received by the school Principal the documentation is immediately reported in written form to the police and other relevant agencies. After the report is made to the relevant external agencies the involvement of the principal is reduced to a monitoring role and ensuring support for the student and family is available. It is not the job of the school or the principal to undertake an investigation or questioning. Our primary task is to report the matter to the authorities to have the matter attended to swiftly by the professionals.

FOUND

Early in 2014 a diamond ring was found in front of the school/church at Darra and handed into the school office. We are endeavouring to find the owner, as the ring is not just costume jewellery. If you have lost a ring or know of someone who has, would you please contact the school office on 3375 4519.

CLASS CONTACTS 2015

At OLSH we have parent representatives who organise social and community activities to involve parents and students. These representatives specific grade levels in order to invite you to special events. If you do not want your contact details given to these representatives please contact the office.



Learning CORNER

"Kids learn through all their senses," says Ben Mardell, PhD, a researcher with Project Zero at Harvard University, "and they like to touch and manipulate things."

At home and in the classroom it is essential that children are able to physically manipulate materials and resources to motivate their learning. Busy hands – moving materials, explaining discoveries, listening to peers and constructing new ideas results in - busy brains.

Hands-on projects engage kids who are tactile learners, who need movement to learn best but they also engage students who are auditory learners, who talk about what they're doing, and visual learners, who have the opportunity to see what everyone else is creating. For social learners, the time spent in small group conversation will strengthen their knowledge as they become teachers for their peers.

(Accessed: <http://www.scholastic.com/browse/article.jsp?id=3751901>)

BUSY HANDS – BUSY BRAINS LEGO CLUB AT OLSH

At OLSH we also know there are some children who would like to build, create and use their hands at lunch time. With this in mind, we are keen to develop a Lego Club at school. This will be held on Mondays and Tuesdays. The Parents & Friends Association is investigating the possibility of applying for a grant to purchase Lego. If you have any Lego bricks hiding in carpet or rugs or under beds that you would like to donate to our Lego Club please see Kim Davis. Here's to some great constructing happening in the future!

Dear Parents, The pancakes are consumed, the ashes have been distributed and we are now well and truly down to the business of Lent. The three pillars of Lent are **prayer, fasting** (or denial of things that we really enjoy) and **almsgiving**. Almsgiving is important – not just for Lent but for the whole year. As individuals, there is not a lot that we can do to change world economies but we can do something to help a few. What we sacrifice this Lent – really doing without – can help someone - somewhere – to have a better life – to enjoy some of the basics of life that we take for granted – such as running water, better hygiene practices, access to health care, access to education, better knowledge of animal husbandry and agriculture. Everyone on this planet is entitled to life and to be able to live it to the full.

Therefore, I invite every family to come to the office and collect a Project Compassion box for your home. This little box will serve as a visible reminder to your family to do without some little treat, to look in our purse/wallet and spare some of that money to put in the box and to really focus on someone in our world who has nothing and will never have anything without our help.

Mother Teresa is a great example of someone who reached out to everyone. She once wrote “If you can’t feed a hundred people, then feed just one.” A Project Compassion box at home will help your family to feed and help ‘just one.’

God bless and have a great week,

Linda Allen. APRE.

A VERY SPECIAL “THANK YOU”

Thank you to everyone who supported the Shrove Tuesday pancake celebration. **Thank you** to all who provided the orders, **Thank you** to all the fabulous cooks who gave such sterling support and **Thank you** to those who helped with the serving and distributing of the pancakes. As always, I am humbled by the support and the willingness to help others that is a vital component of this community. \$583 was raised for Project Compassion through the pancakes. May God bless you for your kindness. **Linda Allen**

USED POSTAGE STAMPS

Last newsletter, I wrote about our can collecting project here at Our Lady of the Sacred Heart School and how money raised from the sale of the cans is used to assist students in our school. This week, I want to tell you how used postage stamps can be used to assist the poor through Catholic Mission. I invite you to save your used postage stamps (whether a few or a lot), bring them to school and they will be processed according to the requirements of the stamp dealer. Perhaps you may be in a position to collect stamps from your workplace, friends, relatives and neighbours. Please just bring in the envelopes – there is no need to cut the stamps yourself. If you have any questions, please come and see me. **Linda Allen APRE**

LOST STROLLER

There is a stroller here at school – the brand is “Mother’s Choice.” It has been here for a few weeks. If it belongs to you, please come and see me. **Linda Allen.**



Virtues Assemblies: Last week during our Virtues Assembly we introduced the character 'Icy Isolation'. 'Icy Isolation' represents various situations that occur mainly on the playground where a child can feel left out or isolated. This is not something which is done intentionally to make a person feel 'bad'. We demonstrated how the virtue of Kindness can help in this situation.

Our next Virtue Assembly is on Thursday, March 5. We will introduce a character called 'Roving Random' and introduce a new Virtue.

THOUGHTS FOR THE JOURNEY

An Evening Prayer

Day is Done

Day is done, night has come,

I enter into peacefulness.

Now to sleep, now to sleep,

Wrapped within the arms of God.

Guardian of the Night, day is drawing to a close. I turn to you with all that my day has held and I entrust it into your care. All my joys and happiness, all my burdens and troubles, all that I am and all that I have, I now place into your hands. I trust that you will hold it for me 'til the morning light. May I enter into a restful sleep and rise with renewed energy in the new day. Thank you for being an abiding presence, a resting place, and a source of peace.

Extract from Out Of the Ordinary. Joyce Rupp.

Go gently this fortnight,

Sr Sue Walpole,

School Pastoral Worker

TUCKSHOP ROSTER

DATE		TUCKSHOP	BAKING	CONDIMENTS
THURS	Feb-26	Madeleine Jessett	Juliet Fa'au'i	Anita McCormack
FRI	Feb-27	Veronica Karbanowicz	Jennifer Teruel	Jacqui Flynn
MON	Mar-02	Linda Le	Carmen Abeyewardene	Seetha Kumar
TUES	Mar-03	Helena Wescombe	Therese Prain	Trang Le
WED	Mar-04	Katherine Zamorski	Sam Aloquin	Kerri Hannen
THURS	Mar-05	Belinda Wilkins	Tammy Peacock	Angela Byrne
FRI	Mar-06	Liz Trone Margaret Sep-Taylor	Nicole Simonelli	Roger Persich
MON	Mar-09		Lynette Smith	Mai Bang
TUES	Mar-10	Claudia Depaz	Jane Anderson	Linh Pierson
WED	Mar-11	Roslyn Fordyce	Terese Trinh	Alison Moxley
THURS	Mar-12	Oanh Cabili	Rosanne Gearing	Pascale Tarabay
FRI	Mar-13	Michelle Marshall	Monique Gardner	Rebecca Seng

University of New South Wales

2015 International Competitions and Assessments for Schools (ICAS)

Dear Parents/Guardians,

The University of New South Wales is offering your child(ren) an opportunity to participate in the **International Competitions and Assessments for Schools (ICAS)**.

ICAS provides an opportunity for all **students in Years 2 to 12** to gain a measure of their own achievement in an external testing situation. It provides teachers, parents and students with comprehensive reporting of results in the areas of **Digital Technologies (Computer Skills), English, Mathematics, Science, Spelling and Writing**. The tests are an excellent preparation for national tests and the student report is useful for highlighting your child's strengths and weaknesses.

Year 2 students have the opportunity to complete testing in **English, Mathematics and Science only**.

Each competition will be held at school during school time (see below for Dates/Fees).

ICAS Dates and Fees for Australia 2015

The following summary shows the ICAS subjects available in Australia. All fees listed are inclusive of GST.

Subject/Paper	School Years	Official Sitting Date	Entry Fee, incl. GST	Fee Enclosed
Digital Technologies	3–10	19 May 2015	\$8.80	
Science	2–12	3 June 2015	\$8.80	
Writing	3–12	15–19 June 2015	\$18.70	
Spelling	3–7	16 June 2015	\$12.10	
English	2–12	28 July 2015	\$8.80	
Mathematics	2–12	11 August 2015	\$8.80	
			TOTAL	

To enrol your child in any of the above subjects, please collect an entry form from the school office. Entries close Monday, 30th March 2015.

Kind regards,

Miss Natalie Morze (Year 5 Teacher and ICAS Co-ordinator)



OLSH DARRA fete 2015

Thank you to everyone who has offered to assist with the fete so far.

DONATIONS

I continue to seek donations for Mega Raffle and Cent Auction prizes from families of our school community who run their own business or have contacts with businesses in our local community.

STALL CONVENORS AND HELPERS

I also seek nominations for Stall Conveners, in particular Trash N Treasure and Side Show Alley, as well as helpers for various stalls.

Please contact me via email on atmfchase@bigpond.com or mobile on 0414456020 should you be able to assist with either donations or would like to nominate for one of the roles above.

FETE LOGO COMPETITION

Once again we will be running our very popular Logo Competition. This year there will be two (2) categories:

Prep to Year 2

Years 3 to 6

The **WINNERS** will receive a **RIDES PASS** for all the rides at this year's fete. Their pictures will also be included on fete flyers and posters used as advertising for the fete.

We need drawings that show what a great time everyone will have at our fete. So get your thinking caps on and start drawing.

Entries need to be handed into the office by close of business, Wednesday, 18 March 2015. Please ensure your name and class are written on the back of your entry.

Thank you, Ann Chase. 2015 OLSH Fete Coordinator.

NEWS FOR CYCLISTS

As of 1 January 2015 a cyclist is able to ride across a zebra or children's crossing, provided they:

- First come to a complete stop
- Proceed slowly and safely
- Give way to any pedestrian on the crossing
- Keep to the left of any oncoming cyclist or person using a personal mobility device

It's still ok to ride on a footpath too.

These are the rules, so what does that mean for supervised crossings? Part of a crossing supervisors role is to respectfully communicate safe crossing procedures. This information can be passed on to the cyclist if their action is impacting on pedestrian safety in the environment. Just like scooters, roller blades, and skateboards, crossing supervisors can ask the person to dismount /remove/wheel/carry. Please encourage safe behaviours around your school environment.

More information can be found on the website, visit www.qld.gov.au and search 'Bicycle road rules'.



SPORTS NEWS

DISTRICT SWIMMING:

Congratulations to the following children who competed in the District Swimming Carnival recently. Anae Mu, Brooke Marshall, Sarah Boyce, Jessica Roe, Cody Bergmans, Mary Nguyen, Mia Nguyen, Caelen Butcher.

They swam brilliantly with OLSH coming second out of the nine participating schools.

Well done for the following outstanding achievements:

Cody Bergmans: 11Yr Boys Age Champion

Sarah Boyce: 10 Year Girls Age Champion

Anae Mu: 10 Yr Girls Runner up

Congratulations to Cody and Sarah who competed in the Regional swimming Carnival on Wednesday.

CROSS COUNTRY:

Cross Country training has commenced for over thirty students who are preparing for the District Cross Country carnival to be held on the 24th April. From this training squad a school team will be selected towards the end of this term.



Ryan V 1W
Keira O 1R
Monica PPW
Elizabeth B PB
Sam S 3W
Angus V 4W
Brédon D 4W
Kate H 4B
Aiden G 4R
Monique H 5B



student achievement awards



Class	Week 3	Week 5
Prep R	Christian Busato Laila Habchi	Ashla Jordan-Marks & James Russell
Prep W	Bailey Pearce Addison Gunn	Madison Cox Adam Habchi
Prep B	Shakira Tabet Kha Pham	Zoe Trad Jordan Khan
1R	Joshua Andraos Katherine Luu	Myles Sapolu Nita Misi
1W	Ryan Low Isabella Vincent	Hannah Do Zayvier Vennix
1B	Sarah Hagstrom Michael Fa'au	Maya Pierson Sebastian Butcher
2R	Leona Wallis Milyon Tesframariam	Samuel Mott Tomiko Le
2W	Stella Goldsmith Isaac Neueli	Vy Le Jiya Mathew
2B	Jennifer Vo Soorya Kumar	Ava Aloquin Felicity McMahon
3R	Eli Gearing Mony Francis	Terrance Ma Hayley Buenvenida
3W	Toki L Draven Vennix	Richmond Johnson Madeleine Tankard
3B	Lorenzo Tau Beau Laughren	Jacob Bensley Alex Habchi
4R	Henry Doyle Ava Iffland	Louis Muirhead Kaitlin Dunn
4W	Jennifer Vu Nathan Fitzgerald	Ben Chau Charlotte Focken
4B	Kiera Yousif	Hayley McInnes Ryan Le
5R	Coen Bond Zoe Ryalls	Lewis Lanchester Jackson Boyle
5W	Emelia Misi Liam Emtage	Hao Le Adrian Szabo
5B	Shmiah Vennix Erithier Zibanda	Matthew Diep Monique Hanlon
6R	Maggie Dang Patrick Chalk	Jasmine Lee Kobe Diaz
6W	Josh Penny Melanie Samaila	Avii Tat Hong Le
6B	Abel Hasan Shuku William Burns	Portia Jones Caleb Misi

OLSH NEWS of the fortnight

PREP This fortnight in Prep we have been reading the story of the Gingerbread Man. We have been sequencing the story and we even made our very own Gingerbread Men! The past week we have celebrated Shrove Tuesday and Ash Wednesday, which marks the beginning of Lent. We have been learning about what Lent means and what colours we might see in the church. We remember that Lent is a time to say sorry and during Lent we try to follow in Jesus' footsteps through our Lenten promises that we have made. In Maths we have been ordering and sorting objects by sizes and colours.

YEAR 1 We are all settling into our life as Year Ones. This means that we are working hard at learning sounds and spelling, and also doing reading and writing. We understand teen numbers a lot more and have been learning about ordinal numbers. In Religion, we have been comparing Jesus' life as a child to our life. It would have been very different living in those days. In Science we have been learning that sound is made by vibrations travelling as sound waves. In Health, we are learning about making Healthy Choices when we eat, and what these choices mean for our own health. We are also learning about the Caritas "Food for Life" program, and how we can ensure everyone has access to good food.

YEAR 2 We have all been very busy settling in to our new routines in Year 2. In Religion, we have been learning about the Creation Story and how we are co-creators with God. In English, we have been looking at procedures and have started our Spelling Rotations on a Wednesday. We have delved into three digit numbers in Maths, along with learning time on the hour and half hour. Science has us exploring in more depth how we can be co-creators ... look out for some of God's creations becoming a feature in our classroom this term. We have loved finding where we live in Geography on maps, the Globe and Google Earth. In History, we are having fun looking back on old photos of the school, the church and Father Carroll! Our Year 2 classes were very excited to be getting homework and their readerstheir enthusiasm continues to grow!!

YEAR 3 Year 3 has started the year off in top gear. We are working well and settling into our new classes. In Maths, we have been revising counting in 2s, 5s and 10s and we have been learning how to write numbers up to 999 using numeral expanders and place value charts. We are learning the structure of persuasive texts (expositions) and are enjoying coming up with arguments with our teachers. Our swimming lessons are great fun and we are enjoying spending time with our friends at school. This week we started literacy rotations with the whole year 3 cohort. What fun we are having working with other students in Year 3!!

YEAR 4 The Year Four cohort enjoyed presenting the first 2015 class assembly with their Valentine's Day themed performance. All of the Four White students again took to the stage the following week for the Friendship Virtues assembly. The students have also conducted themselves with due reverence at each church mass. Swimming every

Tuesday has been wonderful with the swimming coaches reporting excellent progress by all squads. Having all three Year Four classes situated together in C Block has enabled smooth streaming and teaching of Words Their Way, History, Science and Health courses. Similarly, the closeness of classrooms is enhancing the sharing of teaching resources, ritual celebrations and the students have greater social engagement while lunching together. All in all, the Year Fours have settled into the wonderful school life at OLSH. Thank you to the parents for attending the Information Evening and to the families who swelled the attendance at the Year Four assembly.

YEAR 5 Year 5 students and staff have had a brilliant start to Term 1! Students are demonstrating energy, enthusiasm and motivation in all learning areas and have also enjoyed their swimming lessons so far. In Religion we have started our unit "Communities of Believers" and have reviewed the history of our parish as well as significant symbols and objects of the Catholic faith. In English, we are reading and discussing the fantasy text "Forests of Silence" by Emily Rodda and students are exploring key characters. Mathematics has introduced place value and rounding of six-digit numbers as well as multiplication of 3 and 4-digit numbers. In Geography students are focusing on developing mapping skills and locating countries within Europe and North America. History has reviewed the arrival of the First Fleet but students have moved on to explore the social, political and economic reasons for the establishment of secondary colonies. For Science, we are currently investigating structural, functional and behavioural adaptations of various amazing animals. Finally, students have been working through their "Making Jesus Real" unit in Health and teachers have certainly noticed students taking active steps to make positive contributions to the school community.

YEAR 6 This fortnight has been a very special one for the Year 6 students. We started the year as the new leaders of OLSH for 2015. On Friday 13th February, we had our official induction as leaders, receiving our badges in front of our parents and the whole OLSH community. We have all been assigned a job in a Year 6 Committee and have taken to our new responsibilities with great enthusiasm and maturity. Meeting our Prep buddies for the first time was very exciting. We hope we can be great role models for the littlest members of our school community. Of course we have also been working hard in class! To help us get ready for the transition to high school, we have been rotating between the three Year 6 teachers for a number of subjects. We have had to ensure that we are very prepared and organised for each day.

2015 has definitely got off to a great start and we can't wait to see what other highlights and challenges await.



Would you like to be a part of the OLSH P&F Fundraising Committee?



This year, the P&F have decided to instate an OLSH Fundraising Committee to lighten the load of the school fundraising events from just one or two people to a group of people.

The Committee will consist of a Fundraising Committee Coordinator and a team of committee members who will work as a team to prepare and run the fundraising events held throughout the year at OLSH.

These fundraising events are vital to providing the school with much-needed funds and equipment.

The events include The Easter Raffle, Mother's day Stall, Father's day stall and the Christmas Carols stall, just to name a few.

The committee will meet on a regular basis to discuss any upcoming events and the Fundraising Committee Coordinator will provide feedback to the P&F at the P&F meetings.

The idea behind the Committee is to involve as many willing community members as possible, including parents who may not normally be able to attend fundraising events due to work or other commitments. There will be a variety of opportunities for everyone to help out the OLSH community.

If you are interested in joining the committee then please contact the OLSH P&F Fundraising Committee Coordinator

Jayne Vidler at jayne.vidler@gmail.com or 0466 532 352.



We look forward to hearing from you!!!



**Help us
help our school**



OUR LADY OF THE SACRED HEART SCHOOL INSTRUMENTAL PROGRAM TERM 1, 2015

Term 2 Violin, Ukulele, Group Piano and Guitar lessons have started and limited vacancies are still available with Caryn Eastman B.Ed., Dip.T., DipMus.T., ATCL, LTCL, A.Mus.A., A.MusTCL.



- 1. Colourstrings** This is for students from Prep to Grade 3. It is a fun program for learning the violin using colours taught in small groups of 2 to 4 children. It is based on the Kodaly method so it will link in with what the children are learning in their weekly class music session.
- 2. Violin: Individual and group lessons for Grades 2 to 6** The students in grade 4 to 7 can also participate in the string program by either attending a group lesson or an individual lesson. Students attending an individual lesson can be prepared for exams and get certified for the grade levels as they achieve them.
- 3. Guitar and Ukulele:** Individual and group lessons Preps to Grade 6 Guitar lessons are available in both group lessons and individual lessons for children from Prep to Grade 7. Both modern and classical styles of guitar are taught, including reading music and understanding the playing of guitar in a full educational experience. Exams are available for students doing individual lessons.
- 4. Group Piano lessons for Prep to Grade 6** Group piano/ keyboard lessons are available for groups of up to 4 children.

Instruments are available for hire if you don't own a violin/guitar but your child would like to try a term of lessons. Please phone me on 0422 909 266 or email caryn@eastmanmusic.net.au to discuss lessons for your child.

One School violin left for hire

The school has one half size violin left for hire at only \$25 per term this is a very cheap way for your child to try violin lessons before investing in the purchase of an instrument. It would be suitable for children from grade 4 to 6 because of its size.



Vole
Health & Beauty Therapy

REMEDIAL MASSAGE:

- Deep tissue / sports Massage
- Musculo - skeletal condition
- Back, Neck, leg and foot Pain

BEAUTY TREATMENT:

- Facial • Waxing
- Nails, Shellac Gel
- Eyelash extensions, Tinting

9 Queensland Rd. Darra QLD 4076
Tel: (07) 3375 9377 - Email: volebeauty9@tpg.com.au
Vo: 0422 334 819 - Le: 0403 166 580

NO GAP all Private Health Insurance Fund for Remedial Massage

medibank **Bupa** **nib** **HICAPS**
Fast claims... on the spot

In Pink Ink
Handmade Papercraft &
Craft Workshops

<https://inpinkink.wordpress.com>

the carpet man

Carpets, Vinyls, Ceramic Tiles,
Timber Flooring, Blinds, Rugs,
Carpet Cleaning

210 Evans Road
Salisbury Qld 4107
Telephone: 07 3712 1111
Facsimile: 07 3712 1144
Mobile: 0411 879 089
Web: www.carpetman.com.au
Email: jason@carpetman.com.au

Jason Lowe
sales consultant

VP NAILS & BEAUTY CLINIC

FOR MEN AND WOMEN

TRADING HOURS
MONDAY TO SATURDAY: 8:30 AM - 7:00 PM
SUNDAY BY APPOINTMENTS

PLEASE CALL ON 0450371789
TO BOOK APPOINTMENT

Add: UNIT 3/136 DARRA STN RD DARRA, QLD 4076
www.facebook.com/vpnailsbeauty
email: thidinh136@gmail.com

Oxley's Medical Chemmart's
back to school specials!

Come into Oxley for some great
back to school specials!!

Purchase any two products*
Lice Blaster head lice lotion
or Chemmart Sunscreen SPF 50+
1L pump and you'll receive
\$5 off your purchase!

On sale from 01/02/15 to 28/02/15 or while stocks last.

*Always read the Label. Use only as directed. Savings calculated based on recommended retail price which may not be the previous in store price. *Limit of one per customer, while stocks last.
*Also includes combinations, eg. Lice Blaster and Lice Chemmart Sunscreen.

Oxley Medical Chemmart Pharmacy
146 Blunder Road, Oxley QLD 4075
P: 07 3372 6454

OPEN 7 DAYS
Mon - Fri: 7am - 10pm
Sat: 8am - 6pm, Sun: 8am - 10pm

\$15.99
Lice Blaster head lice lotion 200ml
Buy 2 for \$5 off

\$21.95
Chemmart Sunscreen SPF 50+ 1L Pump*
Buy 2 for \$5 off

FREE GIFT
pencil case

Look after yourself better for less

facebook.com/oxleychemmart

**A bank that
chooses to
support OLSH.
Nice.**

When you successfully take out a home loan of \$250,000 or more with Alex Crowley at Commonwealth Bank Mortgage Innovation, you're not only getting a great deal on your home loan, you will also be donating \$300 towards OLSH.

Our Lady of the Sacred Heart is an official Home Loan Referral Source so \$300 will come back to the school to help buy resources.

In addition, as part of our Employee Plus offer, families and friends of OLSH are entitled to special benefits on their home and investment loans.

Just mention this flyer when you call Alex for a chat.

Alex Crowley
Manager Mortgage Innovation
ph: 0414 341 040
www.cbamortgageinnovation.com.au/alex

Determined to be different

Important Information: Applications for finance are subject to the Bank's normal credit approval. Full terms and conditions will be included in the Bank's loan offer. Fees and charges apply. Commission is paid on fully funded loans of \$50,000 or more. Commonwealth Bank of Australia ABN 68 123 123 124.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Jenny Brockis

Raising calm kids

With childhood and adolescent anxiety on the rise there's a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous 'ants in his pants'. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It's thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it's making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here's a technique that works well.

TIPS FOR QUIET TIME

- 1 Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.
- 2 Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.
- 3 Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.
- 4 They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn't the purpose of the exercise. Get them to gently close their eyes

or look down towards the ground. Now it's time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

- 5 After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.
- 6 The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.
- 7 Continue with the breathing exercise until you reach the end of your allotted time. When it's time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



parentingideas.com.au





Children's Safety Australia Inc. presents
International Women's Day
Children's Safety Luncheon

In recognition of the strong connection between women's and children's rights, Children's Safety Australia Inc. is hosting an International Women's Day Luncheon with a focus on practical strategies to promote children's safety. Speakers include internationally renowned children's rights campaigner Professor Freda Briggs, accomplished author Tess Rowley and internet safety expert Brett Lee.

Key topics include:

- ☐ the emerging trend of children who abuse other children;
- ☐ internet safety tips including how to protect children and young people from various dangers in a rapidly changing online environment; and
- ☐ practical strategies to keep children safe, including how to build their self esteem and resilience.

VENUE: Pullman Brisbane King George Square

DATE: Monday, 9 March 2015

TIME: 9.30am (for a 10.00am start) – 2.00pm

COST: \$60 (includes light morning tea on arrival and hot buffet lunch)

BOOKINGS: <http://www.trybooking.com/GRXD>

FURTHER INFORMATION: Kim Jackson via e: admin@chidsafety.org.au or m: 0423 532 868

As highlighted in United Nations report, *Women's and Children's Rights: Making the Connection*, the lives of women and children are tightly knit, as are their rights. Advocating for women's rights has been essential to advancing the situation of women worldwide. The same holds true for the promotion of children's rights and improvements in their ability to survive and thrive. However, if the rights of women and children are considered together, they can reinforce each other and make mutually supportive demands on society.

The event presents a valuable professional development opportunity for police, social workers, educators, youth workers, chaplains, guidance officers, parents, carers, grandparents and anyone with an interest in keeping children safe.

Your Heart... Their Home Become a Foster Carer

Do you enjoy interacting with children and can give a child or young person a nurturing home?



Care to join us?

www.mercycs.org.au

Logan & Southern Brisbane:

(07) 3340 5600

North Brisbane: (07) 3267 9070

Goodna: (07) 3280 8000

Mercy
COMMUNITY SERVICES
Family Services

I am a swimming teacher/instructor who is mobile (can go to your house if you have a pool) or the person can come to my house and use my pool.

Tanya - 0417 621 056
Augustine Heights.

f Splash n Dash

Splash 'n' Dash

- Private lessons - one-on-one way of teaching but can do classes of up to 3 kids. Mothers do not have to enter water with baby/toddler.
- Parents risk of paying a high amount to have your child taught with approximately 4-5 kids in the lesson. Kids only receive approx. 7 minutes of attention. You can pay the same amount to have a personal lesson and therefore reduce the amount of lessons required.
- If you have the skills to supervise kids can be doing jobs around the house or working and I can teach your child they don't have to worry about driving to the pool. I can fit in with your child's timetable and of course their.

• Lifestyle
• Portrait
• Photography

Happy little LIFE

10% off for all OLSH families

www.happylittlelife.com.au | megan@happylittlelife.com.au

Darra-Jindalee Outside School Hours Care

April Vacation Care Program

Monday 6/04/15	Tuesday 7/04/15	Wednesday 8/04/15	Thursday 9/04/15	Friday 10/04/15
<u>CLOSED</u> EASTER MONDAY	<u>The BLUE Calm</u> Celebrate Autism Awareness month by wearing as much blue as possible and bring a gold coin donation for Autism Qld. Also on today is a "Zen" Yoga workshop! You will even get to take home your own yoga mat .	<u>Defying Gravity</u> Let's try defying gravity with a range of fun activities including slinky races, paper plane competitions, soaring air rockets , flying frisbees and mentos fountains ...	<u>Bollywood fun</u> Roushini is back with another super-fun Bollywood workshop . Get energized with dance moves and games with an Indian flare . Make your own Indian flat bread and create your own yummy wrap to eat for lunch.	<u>Tech Deck Tricksters</u> Who says you can't use a skateboard inside ? Let your fingers do the skating. Create awesome ramps and learn new tricks . Tech decks will be provided for use on the day.
CLOSED	Incursion \$52.00	Standard \$42.00	Incursion \$52.00	Standard \$42.00
Monday 13/04/15	Tuesday 14/04/15	Wednesday 15/04/15	Thursday 16/04/15	Friday 17/04/15
<u>Gamers Haven</u> Play the latest video games together with your friends in style when Ultimate Games comes to OSHC - for one day only. Inside the OSHC room we will play our brand new board games . See if you can beat Miss Allyson!	<u>AMF Bowling</u> Travel to AMF Richlands and enjoy a game of bowling with your friends. There will be face painting and craft and we can all enjoy a hot lunch and cool drink . Lunch provided.	<u>Crazy Chefs</u> Let's get cooking with these crazy recipes. Macaroni & cheese muffins, Potato gem casserole, Marshmallow truffles and Honeycomb with Chocolate sauce. Don't forget to take the recipes home!	<u>Art Frenzy</u> There will be a frenzy of creativity today with a workshop to paint your own Bird Feeder as well as tie-dyeing t-shirts , sand art, canvas paintings and sun catchers. Bring your own white T-shirt to dye .	<u>Angry Birds</u> Dish out some revenge on the greedy pigs. Make Angry Birds craft , watch Angry Birds toons , play new Angry Birds board games and have fun with the Angry Birds apps on the ipad . Then play a game of Rob the Nest!
Incursion \$52.00	Excursion \$62.00	Standard \$42.00	Incursion \$52.00	Standard \$42.00

April 2015 Vacation Care Fees

Standard Day	\$42
Incursion/Visitor	\$52
Excursion	\$62

(All fees stated above are before the CCB rebate is deducted)
Remember that all families are entitled to the 50% Child Care Rebate if registered.
Opening hours are 7am-6pm Monday-Friday.

ADDITIONAL INFORMATION ABOUT OUR VACATION CARE PROGRAM AND BOOKING PACKAGES ARE AVAILABLE AT THE OSHC SERVICE. PLEASE NOTE THAT ONLY COMPLETED BOOKINGS FORMS AND FULL PAYMENT BY THE DUE DATE WILL SECURE A PLACE FOR VACATION CARE.

Contact Allyson for more information 3375 5057 or darrajindaleeoshc@bne.centacare.net.au

Bookings for April Vacation Care will close on the 20th of March, 2015. Any bookings received after this date will be charged at Casual rates (an additional \$5 per day).