RU OK? is a national day of action on Thursday 13th September. The day aims to prevent suicide by encouraging Australians to connect with someone they care about helping to prevent little problems becoming BIG ones.

On this day we are encouraged to ask family, friends and colleagues a simple question, ‘Are you ok?’

The Oakley Community has registered for this event. To Oakley these things are happening:

- M&M’s are holding a head stall at the front of their shop to promote RU OK?
- TONNet and the Oakley Community Care Committee are holding an information stall and free BBQ in the IGA Arcade
- Cherry St Medical Centre will have an information stall on the day.
- Chaplain at the Oakley Abattoir, Lesley Hughes, will distribute RU OK? and other information at the Abattoir
- New Hope Coal employees will be informed about the initiative
- Toowoomba Regional Council Oakley Service Centre staff acknowledge the day
- Oakley Hospital staff will acknowledge the day

Businesses and community groups are encouraged to support the initiative, and individuals can simply ask their friends and family, “Are you OK?”

At Oakley Primary School. We are supporting the day by:

- Children and staff wearing yellow—Thurs 13 Sept. (no gold coin – not a fundraiser but no free dress of any colour)
- Our contribution will be an art display around the BBQ / IGA area. This art work will reflect the day of people connecting / talking / caring / sharing

A conversation could save a life.

RU OK? is a national day of action dedicated to encouraging all Australians to ask family, friends and colleagues, ‘Are you OK?’. By simply connecting with people in your life—not just those at obvious risk—you CAN help stop little problems becoming bigger.

Come along for a great night out!

It all starts with a family BBQ from 5:00pm.

- Steak Burger (Coleslaw and onion) $6.00
- Sausage on Bread $2.00
- Soft Drink $2.00
- Water $2.00
- Popper $1.00

The concert begins at 6:30pm. Entry by gold coin donation.

Please note: Ground ticks (very small and brown) have been found on children, check behind ears and hairline.

HEADLINE ALERT. Please check your child’s hair regularly.

CHANGES TO NEWSLETTER DISTRIBUTION

To reduce the cost associated with the production of the school’s weekly newsletter, we have stopped sending home a printed copy to the youngest student at the school.

To keep up to date with what’s happening at the school, the newsletter can be accessed via the following options:

- View online via the school’s webpage
- Parents/students collect a printed copy from the school office or tuckshop.
- Email; receive an electronic copy via a weekly email—To activate your interest to receive the newsletter via email please send an email to admin@oakeys.eq.edu.au.

In most cases the Newsletter should be available each Wednesday.

Newsletter Number 29—12th September 2012

FROM THE PRINCIPAL’S DESK

Part 2—How sleep

Does lack of sleep affect the ability to concentrate, think and learn?

This is the area where we see the most major effects of lack of sleep. Total lack of sleep for a while means the ability to think clearly will be less, especially on any work that requires some complex thought like arithmetic problems.

How long a person can do without sleep before it has major effects depends on their personality and how motivated they are to tackle a task, but in general we see important changes after about 30 hours without sleep. That is, there is a major decline in the ability to think during the second night without sleep. The ability to maintain concentration goes down when trying to manage without sleep.

For most people sleep deprivation is not usually continuous, they are more likely to have a series of nights of less sleep than they need. This has very similar effects to total sleep deprivation but takes a little longer to develop, with the sleep loss adding up over time. Memory is reduced, as is the ability to do tasks that need visual and spatial abilities (such as working with different patterns or maps) or work involving coordinating eyes and hands, such as drawing and writing. Logical tasks do not seem to be as affected by sleep deprivation as creative ones. In children sleep loss has been shown to reduce verbal creativity and the ability to think abstractly. A higher likelihood of physical injury (e.g. sports) has been associated with inadequate sleep in teenagers. With insufficient sleep more time is needed to analyse situations and respond physically to events as they happen.

Teenagers build up a need for sleep, usually from bedtimes that are too late, and this affects their school work. We know that those students who are not getting enough sleep are also the ones who report the most dissatisfaction with school. One study reported that getting students to have earlier bedtimes resulted in improved performance at school. Another showed a direct relationship between sleep times and grades. Where students were sleepy during the day due to a sleep disorder, their performance at school was reduced until the problem was treated.

New ASD website

A new online package is now available to support families and teachers of young children with autism spectrum disorder to move into school and have a successful journey through their education. The website provides a one-stop-shop for information and tips for starting school, managing day-to-day education needs and accessing ongoing support. The package was developed by the Queensland Government in conjunction with the AEIOU Foundation and Autism Queensland.

www.education.qld.gov.au/asd-online-resource-kit/

Dave Bosworth

Principal

HOMEWORK CLUB

Students please note that this week will be the last week for homework club for this term.

School Arrival and Departure

In the interest of supervision and safety, children are not to arrive at school before 8:30 am and should be collected have left the school grounds no later than 3:15 pm each day. No supervision of students is offered before or after school. Our staff is extremely busy in the mornings and afternoons with curriculum preparation, meetings and administration tasks, and therefore are not available to supervise early arrivals or late departures. Thank you for your support and understanding; it is greatly appreciated.

POSITIONS VACANT

Can you spare a bit of your time?

Please assist the school by way of volunteering some of your time. We are looking to fill the following vacancies:

Tuckshop Helpers (Wed, Thur, Fri)
BBQ Helpers (20 Sept)

If available, please contact the school office or Jo Watson on 0435 837 661
Awards Album

Students of the Week

Congratulations to the following students for the great job they have done at school this past week. Bravo!

Pre—Year 3 Group:
Carol, Sharmekha, Shanice, Bailey, Jayce, David, Paige, Rosemary

Year 4—Year 7 Group:
Ethan, Sienna, Wade, Deatch, Jenika, Chloe, Ryan, Christian, Dinesh

Student Word List

certificates awarded to:
Blue Words: Connor, Ashlee
Yellow Words: Tahilla, Samuel
Green Words: Joseph

Calendar of Events

Thursday 20 September  School Concert
Friday 21 September  End of Term 3
Monday 8 October  Start of Term 4
Monday 22 October  Pupil Free Day

Student Word List

certificates awarded to:
Blue Words: Connor, Ashlee
Yellow Words: Tahilla, Samuel
Green Words: Joseph

Calendar of Events

Thursday 20 September  School Concert
Friday 21 September  End of Term 3
Monday 8 October  Start of Term 4
Monday 22 October  Pupil Free Day

Tuckshop News

General donations of the following items to assist the Tuckshop would be greatly appreciated: 2 minute noodles (beef / chicken), sauces, milo, tuna tins, general spreads: vegemite, nutella, peanut paste, plain Doritos chips, glad wrap, eggs, jelly, tinned fruit.

Tuckshop Lunch Orders

Students are required to have their lunch orders into the school tuckshop before the 1st bell.

School Concert Night

To help make this year’s Concert Night successful, the following items for the BBQ would be greatly appreciated: soft drink cans, serviettes, cling wrap, BBQ / tomato sauce, plastic / styro cups, plastic cutlery.

Tuckshop News

General donations of the following items to assist the Tuckshop would be greatly appreciated: 2 minute noodles (beef / chicken), sauces, milo, tuna tins, general spreads: vegemite, nutella, peanut paste, plain Doritos chips, glad wrap, eggs, jelly, tinned fruit.

Tuckshop Lunch Orders

Students are required to have their lunch orders into the school tuckshop before the 1st bell.

School Concert Night

To help make this year’s Concert Night successful, the following items for the BBQ would be greatly appreciated: soft drink cans, serviettes, cling wrap, afcoil, BBQ / tomato sauce, plastic / styro cups, plastic cutlery.

Tuckshop News

General donations of the following items to assist the Tuckshop would be greatly appreciated: 2 minute noodles (beef / chicken), sauces, milo, tuna tins, general spreads: vegemite, nutella, peanut paste, plain Doritos chips, glad wrap, eggs, jelly, tinned fruit.

Tuckshop Lunch Orders

Students are required to have their lunch orders into the school tuckshop before the 1st bell.

School Concert Night

To help make this year’s Concert Night successful, the following items for the BBQ would be greatly appreciated: soft drink cans, serviettes, cling wrap, afcoil, BBQ / tomato sauce, plastic / styro cups, plastic cutlery.