Looking for ways to make healthy changes in your life? Why not try one of the many activities on offer through Council’s new CHANGE Project!

The CHANGE Project aims to help people be active, eat well and live well by providing a number of great opportunities for everyone to fit healthy changes into everyday routines.

10 free Heart Foundation Walking groups are available now in Toowoomba, Cecil Plains, Crows Nest and Oakey, and 6 low-cost Heartmoves programs will be starting classes in September in Toowoomba, Highlands and Cambooya.

Other CHANGE Project programs available soon include the Healthy & Active Program which will provide a range of activities such as pilates, group fitness sessions, social sports, sensori fitness classes, aqua classes and many others. AustCycle Bike Skills courses will also be on offer to give people the skills and confidence needed to ride more. Cook for Life courses will provide practical lessons that teach you how to cook quick, affordable, tasty and healthy meals for you and your family. A number of healthy lifestyle courses will be available to help people develop lifelong healthy behaviours, and Health Checks will be on offer to provide health assessments for the community.

All activities are low cost to ensure everyone can access them, with even lower costs for people who are not in the paid workforce, people who work part-time or casually, older adults (60 years and over), culturally and linguistically diverse populations, new wave migrants, and Aboriginal and Torres Strait Islanders. Some activities will also be free!

More details about project activities including the walking groups and Heartmoves classes schedules are available by phoning Council on 131 872, emailing changes@toowoomba.qld.gov.au or visiting www.toowoomba.qld.gov.au/changes.

People can also be added to an email list to be notified about activities as they become available, or find out how to be a provider for activities by contacting Council. Posters and flyers will soon be distributed throughout the community, and will also be available from Council’s customer service centre and service centres in regional areas.

From the Principal’s Desk

Dear Students, Parents and Community,

As part of Rail Safety Week (13–19 August 2012), Queensland Rail is reminding school students to stay alert near railway tracks and ensure they act safely on and around rail property. To promote this important message, I have included a small blurb as a timely reminder. As we have a railway crossing in Oakey, I believe we must continue to make our students aware of the dangers.

Did you know?

- Last year there were 2752 reports of railway trespass on Queensland Rail’s City network including track crossings, children on tracks, objects on tracks, and vandalism.
- There were also 472 near misses at Queensland Rail level crossings last year.
- An unloading 6-car train weighs 254 tonnes. A freight train can weigh up to 10,000 tonnes.
- A train moving at 60 or 80 km/h can take kilometres to stop. During wet weather stopping distances increase notably.
- Trains can’t swerve and by the time the driver can see you, it is already too late for the train to stop. If there’s a collision, the vehicle or pedestrian will come off second best.
- Disobeying level crossing signals or trespassing on railway property is not only dangerous, but also illegal and you could receive a fine.
- There are over 8200 CCTV cameras on the network, as well as Railway Squad police officers and mobile security patrolling the network.

Keep yourself safe

- Only cross railway tracks where it is safe and legal—use overhead bridge walkways, subways and marked level crossings.
- At level crossings, obey all signs and signals. Listen for a warning bell or train whistle, watch for flashing lights and always look both ways. Wait for the boom gate to be fully raised before crossing the tracks.
- More than one track means more than one train may be coming. You may not be able to see or hear the second train.
- When you are on the platform, stand behind the yellow line.
- When riding your bike, walk it across the tracks and always look both ways. Wait for the boom gate to be fully raised before crossing the tracks.
- Never take shortcuts across tracks or through railway property. It is not worth risking your life.

To report unsafe behaviour on the network call Crime Stoppers on 1800 333 000

From the Principal’s Desk  Dave Bosworth

CHANGES TO NEWSLETTER DISTRIBUTION

To reduce the cost associated with the production of the school’s weekly newsletter, as of next week we will stop 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 website
- Parents/students collect a printed copy from the school office or tuckshop.
- Email; receive an electronic copy via a weekly email to admin@oakeys.eq.edu.au.

In most cases Newsletters should be available each Wednesday.
or Friday. If you are available to help, If you are rostered on and are unable to make arrangements can be made to make sure that Wade, & Barry, pictured below. These students were awar

WEST ZONE PLACE GETTERS
Congratulations to Jackson (above) and Cody, Liam, Jamie, Wade, & Barry, pictured below. These students were awarded placing at the recent West Zone Sports Carnival held last Friday.

Blue Words: Joseph
Yellow Words: Connor, Taneisha, Shannon
Green Words: Isaac, Sharmekha, Willow

GOTCHA WINNERS: (not pictured) Byron, Connor, Tailia, Isabella, Lily

Oakey Tennis Club, Kent Street Oakey is holding a sign on day for interested tennis play-
ers for Thursday Night Fixtures on Saturday 1st September at 1pm till 5pm. Fixtures to commence Thursday, 6th September. All inter-
ested players welcome. More info: ring Bex 4691145.

NEWSLETTER: Please be aware that our school newsletter is uploaded to our school website each week. If you have any concerns regarding privacy/photo issues, please contact the school office. If you would like your newsletter emailed to you, please contact the school office on 4692 0333.

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We read, anywhere, any time
Last year for National Literacy Week, Oakey staff had their photo taken reading in a range of places and situations. This year the challenge is being sent out to the students. Ask a friend or a parent to take your photo while you are reading on a trampoline, in the park, on a horse etc. We do not want any dangerous situations but a lot of fun photos. They will be displayed in the office area. Please leave paper copies with the office staff or bring to Mrs Garthe in the Resource Centre. Digital photos can be emailed to ngart1@eq.edu.au.

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Time for a Laugh!

Q: How much does a grand piano cost?
A: $1000.
Q: Why do golfers carry two pairs of trousers with them?
A: Just in case they get a hole in one.
Q: What do you get if you cross a cocker spaniel, a puddle and a rooster?
A: Cockerpooldoo!
Q: Why do dogs run in circles?
A: Because it’s hard to run in squares!

EXCURSION REFUNDS / CREDITS
Participation of students in an extra-curricular activity is indicated through payment of the fee and completion of a permission form by the parent/guardian. The school budget cannot meet any shortfalls in funding for an extra-curricular activity due to the non-participation of a student who had previously indicated to attend.

A parent may wish to apply for a refund due to the child’s non-participation by completing a ‘Request for Refund Form’ available from the school office. Please note the request should include the receipt.

It is preferred that refunds be made as a credit against the student’s account and used to offset any future charges.

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 from the school grounds no later than 3:15pm 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.

Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 22 August</td>
<td>Year 2 Amaro Excursion</td>
<td>Prep Health checks</td>
</tr>
<tr>
<td>Thurs 23 August</td>
<td>Year 3 &amp; T2 Amaro Excursion</td>
<td>Prep Health checks</td>
</tr>
<tr>
<td>Mon 27 August</td>
<td>Year 1 &amp; T1 Amaro Excursion</td>
<td>Prep Health checks</td>
</tr>
<tr>
<td>Fri 31 August</td>
<td>Amaro Excursion</td>
<td>Prep Health checks</td>
</tr>
<tr>
<td>Thurs 20 September</td>
<td>School Concert</td>
<td>Prep Health checks</td>
</tr>
</tbody>
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Sickness is spreading
At the moment there have been quite a few cases of illness and flu at the school. It is advised that if your child is showing symptoms ,it is best to keep them home to avoid spreading the virus.

If you are keeping your child/ren at home due to illness or for any other reason, please let the school know.

The best remedy for recovery from illness is plenty of rest and fluids (water).

Good hygiene like washing hands regularly and using clean tissues also helps prevent further spreading of bugs.