**Kids’ Club**

**Prep ‘Readiness’ afternoons**
2:30–3:00pm Monday in the library at Oakey State School starting 29 October

**Social skills**
- Listen to stories
- Share with others
- Participate in group activities
- Know their first and last names

**Numeracy skills**
- Count objects
- Locate numerals in the environment
- Recognise shapes and patterns

**Literacy skills**
- Recognise their name
- Write their name
- Recognise letters and words around the environment
- Become familiar with letter sounds

**Motor co-ordination & skills**
- Use scissors
- Hold a pencil correctly
- Open lunchboxes, lids, packets

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**THE GLOBAL EXPERIENCE**
**LIVE IT AT HOME**

In January 2013 students from over 20 countries around the world will be arriving in Australia to study at local high schools for 5 or 10 months. Opportunities exist for families to act as a host family, in a volunteer capacity. Hosting can be on a temporary, short or long term basis. Host families help provide international students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

If your family can offer a friendly, supportive and caring home environment, contact us today.

To hear more about this wonderful opportunity or our student exchange programs out of Australia Call Student Exchange Australia New Zealand on 1300 135 331 or visit www.studentexchange.org.au/host-a-student

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**Did you Know that Oakey State School runs a Playgroup?**

Come along and join in the fun at ‘Yumba’ (Corner of Lorrimer and Campbell Streets).

On Tuesdays the playgroup caters for children from 6 weeks till 5 years, meeting from 9:00am till noon.

Each Wednesday and Friday the ‘Steps into Prep’ Playgroup meets from 9:00am–1:00pm, catering for 3–4 year olds. Bring along a lunch box and drink.

This is a great opportunity for mums to network with other mums and children to make friends and learn lots of new skills.

For more information contact the school office on 4692 0333

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**REMINDER**
MONDAY 22 OCTOBER IS A PUPIL FREE DAY
Please don’t send your child/ren to school on this day.

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**SUN SAFETY**
**is IMPORTANT**

NO Hat—NO Play!

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**FROM THE PRINCIPAL’S DESK**
**Sea change**

After being Principal at Oakey State School for the last 7 years, I have accepted an offer as Principal of a school in the Moreton Bay Region in Brisbane as of Semester 2, 2013. This will mean I will finish up at Oakey in June next year.

For Lynette and I this will mean a shift closer to our children, something that we are really excited with. As we will be grandparents next year this will also allow us to play all those roles grandparents play.

I have enjoyed my time at Oakey State School and with the commitment of all our staff I believe that the school is in a good position now and for future generations of Oakey children. We are a great school and improvement in our results over the last few years has been impressive. I am committed to Oakey until I leave and together we will strive to continue to make Oakey a great place to be.

From the Principal’s Desk

Dave Bosworth

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**Mental Health Week was last week—7-13 October 2012**

**What is Mental Health?**

Mental Health is a positive state of wellbeing used to describe emotional and social wellness. It involves feeling positive about ourselves, the people and events in our lives, and being able to live life to our fullest capacity. Our mental health influences everything we do:

- How we think, feel and behave
- The way we relate to other people
- The way we respond to the challenges of everyday life; and
- How we cope with events such as changing jobs, having a baby, retirement, loss and physical illness

Things to do to improve your mental health:

- Exercise daily – at least for 30 minutes
- Eat healthy foods – avoid drinking too much coffee, eating too much fat, and sugars
- Visit your doctor regularly to ensure good health
- Build a community around yourself – having people to talk to makes life happier and more enjoyable
- Keep busy and involved – in family, school, work, leisure
- Drink plenty of water
- Have adequate sleep
- Seek help if you are feeling down, don’t let the blues take over you
- Be kind to yourself – do things that you enjoy e.g. a relaxing bath, take a move, go to dinner
- Do things for other people – not only will they benefit but it is a boost for you as well
- Practise good thoughts, avoid bad thoughts
- Watch comedy shows, seek out humour, laugh loudly

Mental health is an essential part of our overall health and affects our physical health; as our physical health also affects our mental health. It is also strongly related to our behaviour, particularly our social behaviour and relationships with others. So put the effort in and work to be mentally healthy.

Adapted from: Austn Network for Promotion, Prevention and Early Intervention for Mental Health
**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:**
- Mitchell, Haleigh, Tyson, Alistar, Sarai, Zane, Carson, Erin, Aaron, Mackayla

**Year 4—Year 7 Group:**
- Annabella, Cody, Shayla, Ryan, Malaqhi, Kyle

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**Student Word List**

<table>
<thead>
<tr>
<th>Blue Words:</th>
<th>Court, Luther, Kamarli</th>
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<tbody>
<tr>
<td>Yellow Words:</td>
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**Homework Club**

Homework Club started this week and is held on Mondays and Wednesdays and continues until Week 9. Any new enrolments to Homework Club will need to complete a form available from the office.

If your child is at school but will not be attending a particular session, please ring the school on 46920333. This will ensure that both you and our staff know where your child should be.

Parents or guardians are very welcome to attend to assist their child or to see what activities and resources are available. Sessions run from 3:15 to 4:15 in the Library.

Richard Ashley, (Head of Curriculum)

Naomi Garthe (Literacy Coordinator)

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**Calendar of Events**

<table>
<thead>
<tr>
<th>Wednesday 17 October</th>
<th>Homework Club</th>
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<tr>
<td>Wednesday 17 October</td>
<td>After School Sport Years 4, 5, 6, 7</td>
</tr>
<tr>
<td>Thursday 18 October</td>
<td>After School Sport Years 2 &amp; 3</td>
</tr>
<tr>
<td>Monday 22 October</td>
<td>Pupil Free Day</td>
</tr>
<tr>
<td>Friday 26 October</td>
<td>World Teachers’ Day</td>
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**To assist new families enrolling into our school we are looking for donations of uniforms for our spare clothing pool.**

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**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 3:15pm each day. No supervision for students is offered before or after school. Our staff are 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.

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**Position Vacant**

A vacancy exists for a **School Crossing Supervisor**. The position will work at both schools (Oakey Primary & St Monica’s School) on a rotational basis.

To express your interest in this position, please see the Oakey State School office staff.

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**Tuckshop News**

**Reliable Volunteers Urgently Required.** Tuckshop is still looking for volunteers to assist on Wednesday, Thursday or Friday. If you are available to help, please phone Jo - 0435 837 661.

If you are rostered on and are unable to make it, please advise Jo ASAP, so that other arrangements can be made to make sure the Tuckshop runs smoothly.

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**Position Vacant**

**Learn to Swim**

A 7 week Learn to Swim Program will commence at the Oakey Swimming Pool later this month. For more details and to express your interest, please contact the Oakey Pool on 4691 1038.

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**Oakey–Toowoomba Bus Service**

A bus service operates between Oakey and Toowoomba and runs every Tuesday and Friday. At this point the service is free. Enquiries can be made at Aussie Helpers on 0488220567. A full timetable is available on the Oakey Community Website: oakey.qld.au

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**The Oakey Community Arts Council presents**

The hilarious “**Kransky Sisters**” with their new show “Piece of Cake”.

They will be performing at the Oakey Cultural Centre on Wednesday 7th November, 7:30 pm.


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**Getalong**

This fortnight in our classrooms, teachers and students have been working on the value, **Getalong**.

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**Examples of getting along behaviour are:**

- Being helpful when working in a group,
- Listening and not interrupting when someone else is speaking
- Talking rather than fighting when someone acts unfairly,
- Not breaking classroom rules,
- Helping other in need,
- Volunteering for a worthy cause and
- Cleaning up the environment

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**Position Vacant**

Learn to Swim Teacher/Swim Club Coach required for weekend and after school hours contract for 2012/2013 swim season.

Austswim qualified/bronze medallion/first aid or equivalent. Enquiries to 4692 7727 or 4692 1377

Applications close Wednesday 24th October 2012 to Quinalow & Districts Swimming Club, MS 4444, jondaryan QLD 4403

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**WANTED**

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**Staff**

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