DOMESTIC & FAMILY VIOLENCE
GENERAL AWARENESS TRAINING
To be held over 2 consecutive days:
November 19th – Tuesday 9:30am – 4:30pm
November 20th – Wednesday 9:30am – 4:30pm
Venue: Domestic and Family Violence Prevention
Service, 1st Floor 158 Margaret Street, Toowoomba
Cost: $60 (to cover catering costs, lunch is provided)
Training Topics:
• The nature of Domestic and Family Violence
• Values and Beliefs
• Myths and Facts
• Indicators of Domestic Violence and Supporting Women
• Effects of Domestic and Family violence on children
• Domestic & Family Violence Protection Act 1989 and recent amendments
Registration is essential as seats are limited. Please complete the registration form and return to the Toowoomba DFVPS by Tuesday 5th November 2013.
If you require any further information, please contact the DFVPS on 4630 3605

POSITIONS VACANT
Public Swim Supervisors required: weekend & after school hours.
Contract for swim season 2013/14
Qualifed/bronze medalion / first aid or equivalent
Learn to Swim Teacher/Swim Club Coach: weekend & after school
Contract for swim season 2013/14
Austswim qualified/ bronze medalion / first aid or equivalent
Enquiries to Nadine 4692 7727 or Anne 4692 1377
Applications close Wednesday 30 October 2013 to Quinlakw & Districts Swimming Club, M.S. 444, Jordanian, Qld 4403

FROM THE PRINCIPAL’S DESK
Next Monday 20/10/2013 is a pupil free day. On this day staff will be undertaking professional development relating to “Words Their Way”.

“Words Their Way” is a teacher-directed, student-centred approach to vocabulary growth and spelling development whereby students engage in a variety of sound, pattern and meaning activities, sorting pictures and words. It caters for differentiated learning in the classroom, rather than a one-size fits all solution.

We believe the program will be very beneficial for all students at Oakey State School.

On Monday 28/10/2013 and Tuesday 29/10/2013 our school will be participating in a Curriculum, Teaching and Learning Audit and a Behaviour Audit. During the audit our school will be visited by two experienced school leaders who will be observing and providing feedback on the delivery of our programs at Oakey State School.

The feedback from the audit will help us plan for the future at our school.

The morning is a very busy time for our staff. This time is used for meetings, planning for the day ahead and correcting students work. If you would like to meet with a teacher please make prior contact with the school to arrange a mutually suitable time to talk.

There is no supervision offered for students prior to 8:30am. Students are not to be on the school grounds prior to this time. For the safety of our students we ask for your support in relation to this.

Have a great week, Scott Pacey.

Australia Day Nominations
Nominations are now being called for a range of local and regional Australia Day awards in the following categories:
• Citizen of the Year (both local and regional awards)
• Young Citizen of the Year (both local and regional awards)
• Cultural Award (local awards only)
• Sports Award - Senior and Junior (local awards only)
• Community Group / Event of the Year (local awards only)
• Citizen of the Year - Aboriginal & Torres Strait Islander (regional award only)
Nominations forms, judging criteria and supporting information are available from the local council, library or through the local organising committee. Nominations close 30th January, 2013.

 Bailey Tyer is a young people author and has had books published in Australia, New Zealand, Canada, USA, China, Japan, among others. The children's books include the follow The Turkey Tree, The Missing Sock, etc.

2014 Prep Enrolment Information Afternoon
23rd October 2013
3:15 pm, at the Prep Room
Enrolment packages will be available.

Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>17th October</td>
<td>Teddy Bear Hospital Prep A &amp; B + T1</td>
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<tr>
<td>Friday</td>
<td>FREE DRESS DAY Gold Coin to support Guide Dogs</td>
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<tr>
<td>Monday</td>
<td>Student Free Day</td>
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<tr>
<td>Wednesday</td>
<td>2014 Prep Enrolment Information Afternoon 3:15pm</td>
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<tr>
<td>Thursday</td>
<td>Halloween Themed DISCO 6:00—7:30pm</td>
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<tr>
<td>Monday</td>
<td>P&amp;C Meeting @ 6:00pm</td>
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<tr>
<td>Friday</td>
<td>Arts Afternoon—4:30pm</td>
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<td>15th November</td>
<td>Canberra Camp Money due $400</td>
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the student council will be holding a free dress day.

To help raise funds for the Guide Dogs, Aileen, the Business Development Manager from Guide Dogs pictured), certificates awarded to Imahni, Shnaya & Chris (not pictured)

FREE DRESS DAY—Friday 18th October
Aileen, the Business Development Manager from Guide Dogs visited our school for parade last Friday with Ivy the guide dog. To help raise funds for the Guide Dogs, the student council will be holding a free dress day.

Students participating in FREE DRESS are asked to bring a gold coin donation to assist the Guide Dogs.
It costs $30,000 over 2 years to train a guide dog and all contributions will be most welcome.
Donations can be left at the school office.

Welcome back to Chappy's Chatters. This first week back has been Mental Health Week and there are many ways to ensure that we stay healthy mentally. I did up a flyer for the high school students to keep in times of stress or anxiety. Below is a snap shot of it and maybe some hints for us all:

1. **S** = Sleep – Sleep is like food for your brain. That’s why people advise you to get a good night’s sleep before a test. Poor sleep leads to impaired concentration, zits, impulsivity, irritability, weight gain, and vulnerability to illness. If you’re like many teens, sleep is the first thing you de-prioritize in your schedule. You may cut into sleep hours without a second thought. Like, staying up late to study, work, or (electronically) socialize. Some set early alarms to finish up a paper or get in a workout. If you take nothing else away from this article, take this: **PROTECT YOUR SLEEP.** Defend it. Honor it. You need it.

2. **T** = Talk. It can be a relief to share your thoughts with someone else, and it can be good to work through problems with the help of another person. It has been proven that talking about the issue reduces stress and having another person’s perspective of the situation can help to reduce the size of the issue.

3. **R** = Write. Keeping a notebook handy for you to scribble your thoughts in whenever you feel like it can be a great way of expressing yourself. You may find it helpful to write about what is worrying you, or express yourself in a more creative way. Write down: What caused your stress (make a guess if you’re unsure), How you felt, both physically and emotionally. How you acted in response. What positive thing you did to make yourself feel better (go for a walk, listen to music, punch the boxing bag, bake a cake, call a friend, etc ……………)

4. **E** = Eat & Exercise. A) **Balance your eating**. Don’t eat too much. Don’t eat too little. Both can make you feel ridiculously tired. Over- and under-eating can cause clinically significant levels of inattention. They lead to moodiness, including especially irritability. B) **Exercise.** Just do it. Aim for a minimum of 3 workouts a week. Workouts should last at least 30 minutes, and they should get your heart really pumping. Working out with a friend is a fun way to stick to a regimen. With exercise, remember: the cart usually comes before the horse. Not many people “feel like” working out until they are well into their workout. If you wait around until you feel like exercising, it may never happen. But you’ll notice that, once you get started, the motivation to workout follows. If you’re having a lot of trouble with exercise, research shows that just taking a few minutes to visualize your workout can increase your motivation and readiness.

5. **S** = Set time aside for you. Even if it’s just ten minutes of you’ time, taking some space for yourself where you turn off your phone, spend time alone, exercise, meditate, do your hobby, read a book, or listen to music can really prepare you for tackling stress or challenges.

**S** = Set your attitude. 1. **Build your optimism.** Optimism involves learning to think positively about the future - even when things go wrong. That’s not to say you pretend that everything is fine when it isn’t. Instead, it’s about looking objectively at a situation, making a conscious decision to focus on the good. It can be hard to do, but if you practice, you’re likely to get better. 2. **Build your gratitude.** Take some of your focus away from the negative things, and take 5 minutes each day to identify 3 things which you are thankful about. 3. **Build your Big picture.** When you’re going through a stressful situation, ask yourself these two questions: ‘How important is this?’ and ‘will it matter in the long run?’ If you realize it doesn’t, it’s probably not worth getting too stressed out by.

So, I hope this helps in some way as we race towards the end of the year. If you are feeling stressed, ensure you are doing the 6 steps above to help minimise the stress levels.

Cheers, Chappy—Justin Trigg

**Athlete Award**

Congratulations to Cody Lucht as he represents Darling Downs and Oakey State School this week in Brisbane for athletics.

Cody placed first in many events at the Darling Downs Athletics Meet last month, as well as a third place for Shot Put. In addition to those great achievements, Cody also received a trophy for “Male Athlete of the Meet” which is a very prestigious award. We wish Cody all the best this week, and look forward to hearing the outcome.

**Tuckshop is open**

Operating only on **Thursday & Fridays.**

**PLEASE REMEMBER TO PRE-ORDER FOOD BEFORE 9:00AM**

Students are required to pre-order all hot food.

**Late orders will not be accepted.**

**NO credit available—NO Money NO Food**

**A NEW TUCKSHOP MENU HAS BEEN SENT HOME WITH THE YOUNGEST STUDENT.**

**DONATIONS WANTED for TUCKSHOP**

To assist with the operation of the tuckshop, contributions of BBQ & tomato sauce would be greatly appreciated.

**Date Claimer**

Oakey State School Arts Afternoon! Wednesday the 6th of November 2013
Beginning at 4:30pm in the Oakey SS hall.
Come along to enjoy a showcase of our talented arts students including:
- A Drumming Group
- Junior Choir
- Senior Choir
- String Ensemble
- Woodwind and Brass Ensemble
- Drama Club performances
- Display of artworks across the year levels

**HEADLICE ALERT.** Please check your child’s hair regularly.