



Rating our worth through our achievements

In our society, certain accomplishments are frequently perceived as being desirable and important. Achievements related to material wealth, such as highly paid jobs, a successful business or expensive possessions are status symbols to which many people aspire. Fame, physical beauty and academic status are also commonly sought after goals.

While there is nothing wrong with aiming towards any particular goal, problems arise when our achievements become the basis by which we value our self worth. Consciously or unconsciously, many people practice conditional self acceptance. I am OK as long as I make lots of money, have a successful business, get a degree, lose weight, look good etc.

In their book *Self Esteem*, Patrick Fanning and Matthew McKay describe the 'empty vessel' syndrome. I.e. Some people see themselves as empty vessels that are essentially worthless; they can only acquire worth through achievements – they believe they have no intrinsic value. The problem with measuring ourselves through our achievements is that it makes us very vulnerable. You may feel good about yourself while you are doing well, but what about when things go wrong. An additional problem with viewing our worth through our achievements is that it often leads to a lifestyle that is imbalanced and stressful. The constant striving and sacrifice is often accompanied by thoughts that we could always be doing more, which in turn makes it difficult to enjoy our lives or appreciate what we HAVE achieved.

CAREERS CORNER by Phillipa Condon, Careers Counsellor

Last Thursday, Years 9, 10 and some of Year 11 undertook an exercise in an Introduction to Budgeting. This involved them all being given a nominated occupation (they could not choose) and from this, working out how to stretch the dollar to pay for expenses. On each table there were occupations ranging in income from \$25000 to over \$75000 per year - from student to first job employees, from single people to those with a family. For many of our students it was an eye opener especially those who were given designated "families" as they found they had to go without the flash car and the latest stereo system. It was "amazing" that they had to feed and clothe not only themselves but a spouse and child on a meagre income! I do apologise if they have come home saying they are considering living at home after leaving school but it has been an interesting exercise into the costs associated with independent living. As a follow up to this exercise it may be helpful for you, as parents, to have your child involved in the daily running costs of your home including those hidden extras like servicing a car, a leaking roof, repainting the house and even the weekly shopping. These exercises improve the student's life skills which are essential for independent survival as an adult in today's society.

MATHS INCURSION FROM THE STUDENT'S POINT OF VIEW

On 27 May, Year 9, Year 10 and Year 11 General Mathematics students participated in a Mathematics incursion. The purpose of the event was to teach us about budgeting. We did this by working through hypothetical situations. Each of us had to plan a budget for a month, using a lifestyle and career profile which gave basic information on our marital status, number of children, skills, level of education and area of employment. We were given choices such as the style of housing, renting or buying, public transport or purchasing a car, the amount we put into savings and other lifestyle choices. The whole exercise was a lot of fun and we learnt many important skills that we can use later in life. Rebecca Weal & Tamara Grant, Year 11.

REV (RELIGION, ETHICS, VALUES)

An extract from an essay by Dr Felicity McCutcheon – called "Education as a Spiritual Activity"

My concern for our young people is quite specific. I have suggested that the relentless over exposure to information and imagery is contributing to a generalised anxiety and sense of meaninglessness. This appears to be true for adults but how much more so for children. A child needs to be helped and guided as it steps forth into the world. This is what it means to be shown how to make a map of reality that is true and accurate as Plato expresses beautifully:

"We know that the beginning is the most important part of any work, especially in the case of a young and tender thing; for that is the time at which the character is being formed and the desired impression is more readily taken...Shall we just carelessly allow children to hear any casual tales which may be devised by casual persons, and to receive into their minds ideas for the most part the very opposite of those which we should wish them to have when they are grown up?" (Plato, *The Republic*)

CALENDAR: TERM TWO 2010

Fri	4/6	P & F Yr. 12 Parents Gathering, Centennial Vineyards, 6:30pm
Sat	5/6	ISA Winter Sport, Round 6 Annual Oxley Day, School Tour, 11:00am 1990 Oxleyans' 20 Year Reunion Dinner, Hoskins Hall, 7:00pm
Mon	7/6	Yr. 7—11 Examinations/Assessments
Tues	8/6	Yr. 7 - 11 Examinations/Assessments
Wed	9/6	Yr. 7 - 11 Examinations/Assessments
Thurs	10/6	Yr. 7 - 11 Examinations/Assessments

CONGRATULATIONS TO:

- Mae Stace and Patrick Nappa who won Highly Commended Awards in the recent Southern Schools Public Speaking Competition at Nowra Anglican College.

FAST & FRESH 2010

Oxley looked to continue its fine tradition in Fast & Fresh this year when we entered four plays in the heat phase at Parramatta Riverside Theatre on Wednesday 26 May.

The students worked hard throughout the day as they took turns running through a technical rehearsal, a full dress rehearsal and in the evening their performances. On a day where the standards of plays was very high all Oxley students acquitted themselves extremely well engaging the audience with slick, theatrical and entertaining pieces. As the adjudicators deliberated we were hoping to get one play through to the finals but were delighted to get two plays through.



Congratulations to the Year 12 boys: Scott Lee, Gabriel Gurieff, Oliver Penn, Marcus Trill and Peter Booth with their piece, "The Magical Mysterious Box of Mayhem" and the Year 11 boys: Cameron Patterson, Robert Lawless, William Lawson, Nicholas Brennan, Nicholas Wasiliev and Harry Reid, with their piece "Beyond Sesame Street".

Congratulations must be extended to all participants who represented Oxley with distinction in the competition. The opportunity to work in a professional theatre with professional crew is special. As usual, all the Oxley students, worked as hard as they could and maintained a positive attitude throughout the day.

The two winning plays will compete in the state finals to be held on Friday 25 June at the Parramatta Riverside Theatre. Phil Cunich

OXLEY SHOP

Tuesday 12:30pm - 4:00pm

Wednesday 8:30am - 11:30am and 12:30pm - 4:00pm

Thursday 8:30am - 9:30am and 12:30pm - 2:30pm

Saturdays First and Third Saturday of each month 10:00am - 12:00pm

Saturday trading

5 June 2010

SPORT FIXTURES SATURDAY 5 JUNE

Team	Opponent	Venue	Time	Team Coach	Transport
Rugby <i>MiC - Mr Tristan Bevan Mobile 0414 882 707</i>					
1st XV	All Saints	Oxley	1:15pm	Mr Bevan/Lawson	Own Transport
16s	All Saints	Oxley	12:00pm	Mr Lesslie	Own Transport
15s	All Saints	Oxley	11:00am	Mr Andrew	Own Transport
14s	All Saints	Oxley	11:00am	Mr Wansey	Own Transport
Football <i>MiC - Mr Richard Connor 0424 745 401</i>					
1st XI	St Patricks	Mason Park	11:00am	Mr Connor	Bus Departs 7:45am Returns 2:15pm
16s	St Patricks	Mason Park	10:00am	Mr Forlonge	Bus Departs 7:45am Returns 2:15pm
14s	St Patricks	Mason Park	12:30pm	Mr Campbell	Bus Departs 8:45am Returns 3:30pm
13s	St Patricks	Mason Park	11:00am	Mr Pugh	Bus Departs 8:45am Returns 3:30pm
Tennis <i>MiC - Mrs Petah Fishburn Mobile 0433 112 003</i>					
Oxley 1	Redlands	Macquarie Uni	8:15am	Mrs Fishburn	Bus Depart 6:00am Returns 1:30pm
Oxley 2	Redlands	Macquarie Uni	8:15am	Mrs Fishburn	Bus Depart 6:00am Returns 1:30pm
Oxley 3	Barker	Barker College	8:15am	Mrs Fishburn	Bus Depart 6:00am Returns 1:30pm
Oxley 4	Redlands	Macquarie Uni	8:15am	Mrs Fishburn	Bus Depart 6:00am Returns 1:30pm
Netball <i>MiC - Mrs Jo McVean Mobile 0405 129 652</i>					
1sts	St Spyridon	Oxley Indoor 1	11:30am	Mrs Worthington	Own Transport
2nds	Barker 7	Oxley Indoor 2	9:00am	Celia/Gabby/Alex	Own Transport
Inter. A	Barker	Oxley Indoor 1	9:00am	Montana & Amy	Own Transport
Inter. B	St Spyridon	Oxley Indoor 1	10:15am	Ellen & Alex	Own Transport
Junior A	St Spyridon	Oxley Indoor 2	11:30am	Bonnie & Sophie	Own Transport
Junior B	St Spyridon	Oxley Indoor 2	10:15am	Kate W & Ashleigh	Own Transport
Hockey <i>MiC - Mr Peter Freeman Mobile 0425 376 242</i>					
1st XI	Redlands	Oxley	10:15am	Mr Freeman	Own Transport
2nd XI	Redlands	Oxley	9:00am	Mrs Hamilton	Own Transport
Junior A	Redlands	Oxley	11:30am	Ms Hannan	Own Transport
Junior B	Redlands	Oxley	12:45pm	Mr Sloan	Own Transport

ACADEMIC AND DRAMA AWARDS

At assembly this week students were briefed about the awards process. A copy of the Awards Policy can be found on our website with an abbreviated copy also in the Student Diary. The following students received awards for Academic and Drama:

Nicholas	Allen	Academic	Tab
Robert	Chapman	Academic	Tab
Sian	Evans	Academic	Tab
Paige	Farrow	Academic	Tab
Hugh	Inglis	Academic	Tab
Jessica	McKay	Academic	Tab
Belinda	McNaught	Academic	Tab
Ashleigh	Mueller	Academic	Tab
Nina	Pentecost	Academic	Tab
Imogen	Rolon	Academic	Tab
Kate	Rutherford	Academic	Tab
Jamie	Smyth-Redpath	Academic	Tab
Andrew	Vild	Academic	Tab
Gabrielle	Young	Academic	Tab
Stephanie	Allman	Academic	Half Colours
Tomas	Beuzen	Academic	Half Colours
Charlotte	Blake	Academic	Half Colours
Johannes	De Hoop	Academic	Half Colours
Nathaniel	Jensen	Academic	Half Colours
Amy	Joubert	Academic	Half Colours
Morgan	Sheargold	Academic	Half Colours
Edward	McDonald	Academic	Colours
Lara	Miller	Academic	Colours
Alexios	Antonopoulos	Drama	Tab
Scott	Basquill	Drama	Tab
Nicholas	Brennan	Drama	Tab
Holly	Deverall	Drama	Tab
Paige	Farrow	Drama	Tab
Bonnie	Hart	Drama	Tab
Daniel	Hughes	Drama	Tab
Kassandra	Isvik	Drama	Tab
Robert	Lawless	Drama	Tab
William	Lawson	Drama	Tab
Samuel	Maher	Drama	Tab
Kathryn	Mahr	Drama	Tab
Georgina	Meredith	Drama	Tab
Cameron	Patterson	Drama	Tab
Nina	Pentecost	Drama	Tab
Harry	Reid	Drama	Tab
Patrick	Stanton	Drama	Tab
Nicholas	Wasiliev	Drama	Tab
Ellen	Woffenden	Drama	Tab
Stephanie	Allman	Drama	Half Colours
Liam	Armstrong	Drama	Half Colours
Hugh	Inglis	Drama	Half Colours
Dane	McAndrew	Drama	Half Colours
Jessica	McKay	Drama	Half Colours
Peter	Booth	Drama	Colours
Gabriel	Gurieff	Drama	Colours
Scott	Lee	Drama	Colours
Oliver	Penn	Drama	Colours
Marcus	Traill	Drama	Colours

P & F NEWS

P & F MEETING

The next P&F meeting will be on Tuesday 15 June at 7:30 pm in the David Wright library. All welcome.

THE ANNUAL OXLEY DAY – Saturday 5 June 2010

Please join us for a day of sport and community spirit on Saturday 5 June at The Annual Oxley Day. We need help at the canteen and barbeque. This is a great opportunity to get involved while watching your son or daughter play sport. If you would like to help on the day, please contact Lisette Slotboom on 0415 059710 or email lispaul@hinet.net.au.

If anyone is able to bake a cake or muffins for the canteen this Saturday, donations would be gratefully appreciated.

Year 12 Get Together

On Friday 4 June, the Year 12 parents will be having their last informal social function at Centennial Vineyards from 6.30 – 8.30pm. Please direct all enquires to Caroline Traill 4861 5185 or Jenni Vild 4862 1671.

Oxley College Memorabilia

Please note: At the Annual Oxley Day there will be Oxley College memorabilia for sale. It is a great opportunity to buy an Oxley umbrella or picnic rug!

MEDICAL ALERT

Please note that there has been a confirmed case of impetigo at the College.

Impetigo is a highly contagious bacterial infection of the skin which is often referred to as 'school sores'. Impetigo is very easily spread, but with care this can be reduced.

Signs and symptoms

- The sores can be anywhere on the body, but are often on the face near the mouth and nose, or on the arms and legs.
- Impetigo may start with a blister or a group of blisters.
- The blister bursts leaving a patch of red, wet skin which weeps.
- The spot usually becomes coated with a tan or yellowish crust, making it look like it has been covered with honey.
- There can be small spots around the first spots, spreading outwards.
- Impetigo is usually itchy.
- The sore takes about one to three days to develop after contact with fluid or crusts from a sore.
- There is often superficial peeling on the edge.

Treatment

- An individual with impetigo needs to be checked by a doctor to be sure that it is impetigo, because sometimes an antibiotic medicine is prescribed.
- Remove the crusts. The best way to do this is to bathe the individual for 20-30 minutes, while wiping the crust away with a wet towel.
- Do not scratch the sores. Cover sores with a watertight dressing and cut the individual's fingernails.
- Continue medical treatment until all sores are healed.
- Students can return to school after 24 hours of treatment and when the sores are completely covered with dressings.
- The sores should clear up in a few days with treatment but may need to be treated again.

CRICKET TOUR 2010



Angus Steer (live or butchered)



Kindly donated by
Kate & Eugene Kennedy

PLEASE SUPPORT OUR

July 2010 Cricket Tour to Argentina & Barbados
by purchasing some raffle tickets!
Tickets \$2 each or three for \$5
Great Prizes to be won!

Drawn 15 June

Tickets can be purchased from the Oxley College Reception.



Firewood



Kindly donated by
Alex & Kim McNaught

CANTEEN ROSTER - TERM 2

Thank you to those who volunteered in Term 1 2010.

Monday 7 June Lyn Bailey	Tuesday 8 June Catherine Fraser	Wednesday 9 June Meggie O'Toole	Thursday 10 June Jenni Vild	Friday 11 June Pru Walker
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