



Weekly Record

Friday 12 February 2010

HEAD'S COMMENT:

Study Programmes

Establishing good routines assists students to make sound time management decisions. One beneficial routine is a study programme. Pages 234 through to 246 in the Oxley College Diary contain a significant amount of information for our students to follow. I also recommend these pages to parents' attention as you support your child's academic progress at home. An effective study programme that focuses on reviewing the work undertaken at school helps move the knowledge from the short-term memory into more permanent storage in the brain. To be most effective, the study programme should commence at the start of the year and continue throughout the year. This routine will assist the student as they tackle their academic work during the year and make them feel more confident as they approach assessments and examinations.

In addition to the advice contained in the Diary, the tips below may also assist students:

- Use the schedule on page 246 of your Diary (or similar) to plan your schedule.
- Ensure any study periods at School (Years 11 and 12) are included in your Study Plan.
- Decide when you study most effectively - morning, afternoon or night.
- Decide where you study most effectively - own room desk, elsewhere at home or school.
- Decide how you study most effectively - in private, with others, quietly, with music, in long sessions or short bursts.
- Decide the mood in which you study most effectively - relaxed, active and moving or even under pressure. You may even study best after a meal, shower, nap or exercise.
- Allow more time for the subjects that require extra attention.
- Lengths of study periods should be twenty minutes to one hour, then a five to ten minute break.
- During a break, some light exercise like a short walk will make it easier to return to your work. Don't watch TV or read a thrill
- Don't watch TV before studying – it tires the brain!
- Do some study before starting your homework as you know that your homework must be done and you will be less likely to skip the study.
- Revision study within twenty-four hours of a lesson is the most effective study we can do. After that, you begin to forget important points of the lesson.
- If you have problems working out a study plan, talk to your Tutor.
- **An effective study plan will make a difference!**

Virtues

At the start of each Tuesday Assembly, we highlight one of the Virtues outlined in the Oxley College Strategic Directions 2009 – 2013. We have purposely used the term Virtues in this document and not used the term Values. For a community or organisation of adults referring to values is totally appropriate as values are generally set by our late teens. For a community that is about children we need to be more descriptive about the attributes we want to encourage and develop. We therefore use the term Virtues, grouped under five headings:

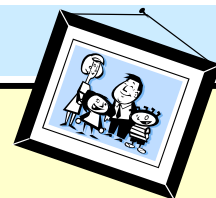
Wisdom and knowledge
Fortitude
Humanity
Justice
Mindfulness

To accompany the Assembly each week, I will advise parents via the Weekly Record of the Virtue highlighted as this may prompt discussion with your child.

Wisdom and knowledge is about using our brains to acquire and use knowledge. There is a difference between wisdom and knowledge. For example, it is knowledge that a tomato is a fruit not a vegetable but it is wisdom that tells us not to put tomatoes in fruit salads. The first of the attributes under wisdom and knowledge is **Creativity**. Creativity is about imaginative thinking and challenging our students to think about new and productive ways to do things.

P&F Welcome to all parents

Friday evening saw the P&F Welcome to all parents function held in the Music School. It was an excellent evening and a wonderful opportunity for parents, new and old, to meet at the start of the school year. I thank the parents and staff who were able to attend this event, Philip Chapman and the P&F for hosting the evening and Emma Calver for the organisation. I also thank the parents and staff who were generous with their time cleaning up at the end of the function. A great way to start the year!



Positive Psychology

Definition: The scientific study of optimum human flourishing.

According to Positive Psychology, **happiness is;**

- *The pleasant life –fun and play –not superficial pursuit of pleasure and avoidance of pain but real time in our lives for reflection, leisure and fun and not structure and regimentation.*
- *The engaged life –friendship and social support.*
- *The meaningful life – building character, having meaning in our lives, spirituality and understanding what is right and what is wrong. Ie. Morality.*

“There are two great days in a person’s life –the day we are born and the day we discover why.” William Barclay

Some basic principles of Positive Psychology:

1. Positive Psychology is *Realistic and Positive and Flexible* thinking.
2. Positive Psychology does not deny or ignore the bad things –it faces the hard cold realities but does not lose hope!!
3. Positive Psychology agrees with this old prayer; “God grant us the grace to **accept** the things I cannot change, the **courage** to change the things I can change and the **wisdom** to know the difference.”
4. Being happy is about *doing good* to and for others.
5. Happiness is not just **feeling** good but **doing** good.. It is not just ALL ABOUT ME!
6. What are my strengths and how am I already using them well?
7. What will I need more of? For example: courage, humility, patience, curiosity, forgiveness and optimism.
8. Do I have inspiring and positive role models?
9. Do I need to forgive? Let go of resentment and the need for revenge.

CAREERS CORNER by Phillipa Condon, Careers Counsellor

WORK EXPERIENCE DATABASE AND CAREERS CENTRAL

I would like to remind all parents and inform new parents that Oxley College endeavours to expose students to different careers through Work Experience. We invite all parents to allow their businesses or organisations to become a part of our Work Experience Database, so that students can have hands on experience in an area before committing to a course or degree. If you would like to assist, please email me at phillipa.condon@oxley.nsw.edu.au and I will forward you the form.

Careers Central is a web based organisation that passes on all pertinent information to students who wish to enter the work force or continue to TAFE or university. As parents and members of Oxley Community, you can register and be sent relevant information on a regular basis or use this site to gain information for your child. To register please go to <http://oxleylearning.org/careers/career-central/> and follow the registration procedure.

If you have any inquiries, please do not hesitate to contact me.

OXLEY SHOP PARKING

Please note: If you are coming to the Oxley Shop during term time, please park in one of the car parks on the main Oxley College driveway. The parking in the second driveway is strictly for Oxley College staff. Thank you for your assistance in this matter.

CALENDAR: TERM ONE 2010

Fri	12/2	Yr. 11 & Yr. 12 Excursion, Drama OnStage, Seymour centre, Bus Depart 8:00am, Return 5:30pm
Sat	13/2	ISA Sport Round 9
		SACS Invitational Swimming Carnival, Drummoyne, Bus Depart 3:30pm, Return 11:00pm
Sun	14/2	U16 Cricket, Oxley, 9:00am—1:00pm
		2010 Production Rehearsal, Hoskins Hall 10:00am—4:00pm
Mon	15/2	2010 Production Rehearsal, Hoskins Hall 3:45 pm—5:30pm
Tues	16/2	Excursion ISA Tennis Trials
		Yr. 10 History Excursion, Australian War Memorial, Bus Depart 7:30am, Return 5:00pm
		2010 Production Rehearsal, Hoskins Hall 3:45 pm—5:30pm
Wed	17/2	Inter-House Swimming Carnival, All day
Thurs	18/2	Inter-House Swimming Carnival, backup day

CONGRATULATIONS TO:

- Ceinwen Hall (Old Oxleyan, Year 12 2009) who is photographed with her 2009 HSC Body of Work at the ArtExpress opening at Hazelhurst Gallery last Friday.
- Claire Bailey (Old Oxleyan Year 12 2009) whose Extension Essay was awarded 2nd prize in the HTA History Extension Essay Competition. Claire's essay will be published in the June HTA (History Teachers Association) magazine.
- Elliot Cavanagh (Old Oxleyan Year 12 2009) who was awarded a Certificate of Excellence in the HTA competition. Each school is allowed to submit only two essays for this competition. Both Oxley College's entries won something and this is a huge achievement.



SCULPTURE WORKSHOP WITH BRYN JONES



2010 INTER-HOUSE SWIMMING CARNIVAL

Next Wednesday, Oxley College will hold the annual Inter-House Swimming Carnival at Mittagong Pool. The Carnival is an integral part of the Inter-House competition and is always very popular with students.

Students will have the opportunity to swim in numerous events. At the conclusion of the carnival, the Oxley College Swim Team is selected. This team will compete at the St Andrew's Invitational Carnival, Southern Highlands Twilight Carnival, and the ISA Swimming Championships at the Sydney International Aquatic Centre.

Oodgeroo, are once again favorites to win the coveted House Champion Trophy after being crowned Champions for the past two years. However, all Houses are keen to cause an upset! On the day, students must arrive at school for roll call and then they will be transported to Mittagong Pool by bus. Students are encouraged to wear House colours whilst remembering good sun safe practices. Parents are most welcome to come and cheer and enjoy the wonderful atmosphere which occurs at the Inter-House Swimming Carnival.

ISA SWIMMING CARNIVAL

The ISA Swimming Carnival will start next Saturday 20 February. A letter has been sent home with all the details. Please sign the permission note and return to Student Services as soon as possible.

SPORT FIXTURES

Team	Opponent	Venue	Time	Team Coach	Transport
Boys Basketball <i>MiC – Mr P Cunich Mobile 0432 388 137</i>					
1st V	St. Augustines	N.Beaches Indoor S/C	1:00pm	Mr P Cunich	Bus Depart 9:15 am Return 5:00pm
17s	St. Augustines	N.Beaches Indoor S/C	2:00pm	Mr M Pugh	Bus Depart 9:15 am Return 5:00pm
15s	St. Augustines	N.Beaches Indoor S/C	1:00pm	Mr S Armstrong	Bus Depart 9:15 am Return 5:00pm
14s	St. Augustines	N.Beaches Indoor S/C	12:00pm	Mr S Funnell	Bus Depart 9:15 am Return 5:00pm
13s	St. Augustines	N.Beaches Indoor S/C	12:00pm	Mr S Bollom	Bus Depart 9:15 am Return 5:00pm
Girls Basketball <i>MiC – Ms R Kanaar Mobile 0401 341 525</i>					
1st V	CCGS	Oxley	9:00am	Ms R Kanaar	Own Transport
2nd V	Barker College	Barker College	11:00am	Ms S Lampert	Bus Depart 8:30am Return 2:00pm
Intermediates	St Spyridon	St Spyridon	9:00am	Mr B Clewett	Bus Depart 6:45am Return 1:00pm
Junior A	CCGS	Oxley	9:00am	Ms O Vincent	Own Transport
Junior B	St Spyridon	St Spyridon	10:00am	Mr H Kanaar	Bus Depart 6:45am Return 1:00pm
Cricket <i>MiC – Mr P Craig Mobile 0422 843 089 (Senior) MiC – Mr T Dibdin 0422 060 896 (Junior)</i>					
1st XI	SPCII	Oxley	10:00am	Mr P Craig	Own Transport
2nd XI	SPCIII	Strathfield	10:00am	Mr A Lawson	Bus Depart 7:30am Return TBA
16 Gold	Chevalier	Chevalier	8:30am	Mr T Dibdin	Own Transport
14 Blue	Wingello	Wingello	8:30am	Mr S Marnoch	Own Transport
14 White	Chevalier	Oxley	8:30am	Mr C Lawson	Own Transport
Softball <i>MiC – Mr S Woffenden Mobile 0402 322 450</i>					
1sts	SACS	Wentworth Park	9:00am	Mr S Woffenden	Bus Depart 6:30am Return 1:00pm
Junior As	SACS	Wentworth Park	9:00am	Ms J Culey	Bus Depart 6:30am Return 1:00pm
Kayaking		Minnamurra Inlet		Mr I Royds	Bus Depart 8:00am Return 2:00pm

ANCIENT HISTORY ITALY TRIP

Ciao tutti! In 2011, Year 11 and 12 Ancient History students will be in for a treat! A study tour to Italy has been arranged to take place in the April school holidays next year. We will spend four days in Rome, visiting the Republican and Imperial Fora, Pantheon, Colosseum, Capitoline Museum, Tivoli, the catacombs, St Peter's Basilica, Vatican Museum and Sistine Chapel as well as other Roman sites. We will then spend six nights staying in the town of Vico Equense on the Bay of Naples, an excellent base for exploring Vesuvius, Herculaneum, Oplontis, Pompeii, the National Archaeological Museum, Capri and Paestum. The current Year 11 Ancient History class is already very excited at the prospect and those Year 10 students who have expressed an interest in doing Ancient History for their HSC are also enthusiastic. Information has been emailed home to families of these students but please contact Jo McVean (jo.mcvean@oxley.nsw.edu.au) if you have not received this information and have a budding Ancient Historian in your midst.



RELIGIOUS EDUCATION (REV)

Religious Education at Oxley College will now be known as REV (Religion, Ethics and Values). The aim of Religion, Ethics and Values (REV) at Oxley College is to equip students to be able to think critically for themselves about ethical, religious and moral issues. This course will help students acquire the tools to be able to discern what is morally and ethically right and to explore the spiritual dimension of what it is to be human without the encumbrance of dogma and doctrine. By exposing students to the great religious traditions, this will help students to think deeply about some of the complex issues that abound in the world today. It is our desire to give students tools to recognise the dangers of fundamentalism in themselves and others while keeping their own minds open to discover truth.



Values Education is not just about teaching students what they should and should not do. It needs to be located in a broader educational setting. Rather than being an 'add on', Religion, Ethics and Values Education needs to be seen as an integral and integrated part of understanding human potential viewed through the lens of past forces that have been at work in our culture.

"Unless people understand where they have come from and the influences that have shaped their civilization and culture they may not be able to understand who they are"

Peter Vardy, Head of Philosophy of Religion, London University

Over the coming weeks those of us who teach REV will be inviting you to respond to our weekly comment or statement about some of these issues. For example Year 9 will be looking at the issue of authentic happiness. What is it and where can it be found? Does our materialistic and hedonistic culture offer any alternatives? We will look at happiness through the lenses of Buddhism, Christianity and Secular Society. Jan Ryan.

OXLEY COLLEGE SCHOLARSHIP PROGRAMME

Oxley College is delighted to announce our new Scholarship Programme.

Eight scholarships of 50% remission of tuition fees are available:

Three junior scholarships for students entering Year 7 in 2011

(One scholarship will be means tested)

Three intermediate scholarships for students entering Year 9 in 2011

(One scholarship will be means tested and current Oxley students are only eligible for one of the three scholarships)

Two senior scholarships for non-Oxley students entering Year 11 in 2011

Two **Grahame Smees Scholarships** of 100% remission of tuition fees are available for students entering Year 11 in 2011 (one for a boy and one for a girl).

You are most welcome to come and join our Scholarship Information Morning at Oxley College on Saturday 27 March 2010 at 10:00am.

Please call Emma Calver to book the Scholarship Information Morning on 4861 1366 or go to link <http://www.oxleylearning.org/portal/node/16> for further scholarship information and criteria.

Deadline for Scholarship Applications: Friday 7 May 2010

Scholarship Interview Day: Saturday 29 May 2010

Please note: Students do not need to sit the ACER Scholarship Test.

P & F NEWS

P&F AGM

The Next P&F Annual General Meeting is scheduled for Tuesday 23 February, 2010 at 7:30pm in the David Wright Library. All welcome. It is proposed at the AGM to make some amendments to the P&F constitution. If anyone would like a copy of the draft to review please email Philip Chapman at Philip@bkay.com.au.

EARTH HOUR

Earth Hour tickets are now on sale at Oxley College reception or by contacting Penny Lawless on 0418 450 774 or lawlesspenny@gmail.com. Tickets are \$40 each which includes canapés and free bar. There will be music and a fabulous silent auction as well as prizes to be won. The lights will be turned off at 8:30 pm so you will need to bring your own personal light source. The evening will begin at 7:00 pm on Saturday 27 March and will be held in Hoskins Hall.

We are looking for products, services or experiences to be donated for the Silent Auction and prizes for the night. Professionally or because of a hobby or pastime you may be able to offer an interesting prize. We are seeking a diverse mixture of prizes at differing price points. If you can donate something or want discuss an idea, please contact Penny Lawless on 0418 450 774 or lawlesspenny@gmail.com

The Earth Hour organisers are also seeking parents to help on the door with tickets, with the setting up and dismantling of the event and the operation of the bar. If you can spare a few hours on Saturday 27 or on Sunday 28, please contact Lisette Slotboom at lispaul@hinet.net.au.

Earth Hour invitations are being sent out next week. Don't miss this wonderful Oxley College event.



Reminder: If anyone is in need of extra crockery or having a big party, the Oxley College P & F have some crockery available to rent. Contact Antonia Loneragan on 0408465107.

2010 WELCOME DRINKS

The 2010 Welcome Drinks was held last Friday evening. With over 150 people attending, parents enjoyed meeting new families and catching up with old friends.



OXLEY COLLEGE TEXT BOOK EXCHANGE

The P & F Text Book Exchange will be opening on Friday 19 February from 10:00 – 1:00pm. This will be an opportunity for parents to pick up unsold books (letters and receipts will be mailed this week) and queries can be answered/addressed. The Text Book Exchange will be operating from the P & F office near the canteen. Please email emma.calver@oxley.nsw.edu.au, if you have any queries or require further information.

OXLEY SHOP

Tuesday 12:00pm - 4:00pm
Wednesday 8:30am -11:30am and 12:00pm – 4:00pm
Thursday 8:30am -10:00am and 12:00pm – 3:30pm
Saturdays First and Third Saturday of each month 10:00am – 12:00pm

Saturday trading

20 February

CANTEEN ROSTER - TERM 1

Thank you to those who have volunteered in 2009.

Monday 15 February Tom Isaksson	Tuesday 16 February Barbara Miller	Wednesday 17 February No assistance Needed Swimming Carnival	Thursday 18 February Antonia Loneragan	Friday 19 February Tina Allen
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