

HEAD'S COMMENT:

Alcohol and other drugs

In November last year, I wrote about one of the most significant challenges for parents in today's society - the exposure of our children to alcohol and other drugs. There are no easy answers to the issues raised for parents, particularly as your children move through their adolescent years. It is a message I again raised with the students at Assembly last week. I spoke with the students about Alcohol and other Drugs and used the following as slides as part of my presentation. This is a subject I will revisit on a regular basis as it is an area where all children are particularly vulnerable:

Why do young people first try alcohol and other drugs?

- enjoyment - to feel good, to get 'high'
- curiosity
- family influence
- social pressure
- image - 'it looks good'
- to feel less shy, less tense
- to relax
- to block out pain

Negative consequences of alcohol use:

- it's illegal if you're under 18
- alcohol-related violence
- alcohol poisoning
- long-term physical damage
- doing things you normally wouldn't e.g. injury, unwanted sex
- affects relationships, school and finances

Negative consequences of other drug use:

- it's illegal
- unlocks mental health problems it can cause paranoia/anxiety
- problems with relationships
- stays in your system for long time
- loss of motivation
- can affect memory and learning
- costly

I encourage parents to continue this discussion with their child and include discussions about parties. I also encourage parents to become involved in where their child is going, particularly if it is to a party. Discuss acceptable behaviour and the possible consequences of unacceptable behaviour.

It is illegal, irresponsible and poor role modelling by adults to supply alcohol to minors. Whilst there are occasions when allowing your own child in your own home to consume a small amount of alcohol is understandable, children learn very quickly to associate alcohol use with enjoyment (from about the age of five) and this message stays with them. To supply alcohol to minors, or condone the use of alcohol by boys and girls at a party in your home, is simply wrong – I wonder what that adult is trying to achieve.

Before allowing your son or daughter to attend a party, I suggest you contact the host parents and ascertain whether they are going to be present, what level of supervision will occur and whether alcohol will be tolerated. If the answers to these questions are satisfactory to you, then allow your son or daughter to attend, if the answers are not satisfactory to you, inform the host parents of this and tell your son or daughter 'no' and why they are not allowed to attend.

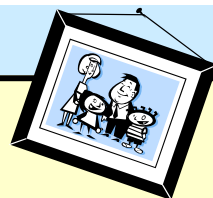
The following website is worthy of a visit from you: www.mynite.com.au.

The site is maintained by the NSW Police and contains useful information for young people and their parents. A very useful guide to hosting parties can be found at and at: http://www.health.nsw.gov.au/public-health/dpb/publications/pdf/Celeb_Brochure_Final.pdf.

In commenting about parties and social gatherings I do not want to give you the impression that these are all bad. Nor do I wish to give you the impression that each and every time your child goes out with friends, the result is poor behaviour and alcohol or substance abuse. Indeed many children will enjoy the time spent with their peers in an appropriate manner for their age.

Virtues

Wisdom and knowledge are about using our brains to acquire and use knowledge. The fourth of the attributes under wisdom and knowledge is **Perspective**. **Perspective** is being able to appreciate a wide range of points of view.



SPONTANEITY AND CURIOSITY

Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have good mental health and you can't give it to them by giving them a book to read..... If you want to teach your children how to have good mental health and how to lead a life that is fulfilling and joyful, you need to show them. They need to see you having fun, being spontaneous and making mistakes and getting over them. If you want to show your children how to succeed you need to show them that success is worth having.

While families need consistency and children need to know that they can rely on their parent or parents to be there for them, it is important for parents not to get so burdened by the domestic drudgery of life, that all the flair, fun and flamboyance of life goes missing!!!

Too many families feature a parent who walks in after a hard day in the jungle out there, passes the refrigerator, grabs a bottle of whatever will cure the ills of the day, slumps in the corner in an exhausted mess and then looks bleary eyed at their teenager and asks in an exasperated voice "Have you done your homework, so you can grow up a success like me?"

Then they wonder why the teenager does not want to do their homework.....If you want your children to succeed you need to show them success is worth having.

CAREERS CORNER by Phillipa Condon, Careers Counsellor

Careers Corner webpage is updated every week. This is found at <http://oxleylearning.org/careers/> and I would like you to add it to your favourites. I communicate most information to senior students on a Friday but details are found on the site. There is also pertinent information for Year 10 students who may be interested in work shops that help them decide subject choices for Year 11. One such work shop is an Engineering Challenge during the Easter holidays.

The Careers Corner information is divided into two sections. The first outlines open days and workshops and the second outlines various institutions and career information. Other informative links are located at the right hand side of the page. Please take some time to discover what is being offered for students about to leave school, applying for courses and those who are still endeavouring to make a decision.

If you wish to discuss any of this information, or require clarification, please do not hesitate to contact me either via email at phillipa.condon@oxley.nsw.edu.au or on a Thursday or Friday via phone. On the website (on the right hand side) there is also a booking link if you wish to make an appointment.

REV (RELIGION, ETHICS, VALUES)

You are probably aware from last week's Weekly Record of Julian Baggini's book "Complaint - from minor moans to principled protests". The book explores the kind of complaints people make, who makes these complaints and how the complaints can be made. The concluding pages contain the following statements:

"At its noblest, complaint – as directed expression of a refusal or inability to accept that things are not as they ought to be – lies at the very heart of all campaigns to create a better, more just world. At its worst, wrong complaint is manifest in grievance culture which undermines ethics and replaces it with a legalistic set of attitudes which undermines responsibility, freedom and a proper sense of life's contingencies."

Baggini's challenge is for us to think about the what, why and how we make a complaint. Grant Williamson.

LIBRARY NEWS—NSW PREMIER'S READING CHALLENGE 2010 (PRC)

Oxley College's Year 7 and 8 students will again be participating in the NSW Premier's Reading Challenge. As part of the English syllabus, students are encouraged to read a wide selection of literature. We believe that participation in the PRC will encourage students to achieve this goal.

Through the guidance of the English teachers and the Teacher Librarian, students will be introduced to a wide variety of books that are aimed at their interests and reading level.

Students will complete the reading challenge by:

- reading at least 20 titles (15 from the PRC list and five of own choice).
- registering the books they have read, at school or home, on the online reading log.
- returning a parent verification form supporting that these books have been read.
- completing by 1 September, 2010.

Year 9 students may also participate and should see me for further information.

For more information please access this website or contact Mrs Fishburn - <https://products.schools.nsw.edu.au/prc/home.html>.

EARTH HOUR 2010



Earth Hour tickets are now on sale from the Oxley 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 8:30pm so you will need to bring your own personal light source. The evening will begin at 7:00pm on Saturday 27 March and be held in Hoskins Hall.

SNOWSPORTS 2010

Winter is fast approaching and students are invited to join the Oxley College Snowsports team to compete at the NSW Northern Region Interschools Snowsports Championships at Thredbo in the July holidays. The school usually does very well in this competition, having had many State and National representatives in past years. The Regional Championships is a selection for the State and National Championships held in August and September.

Competitors do not necessarily need to be a of high skiing or snowboarding level but previous experience is necessary. Further information can be found on the school website at <http://www.oxleylearning.org/portal/node/66> or the Director of Sport (Mr Wansey) may be able to answer any questions regarding snowsports. Expressions of interest need to be forwarded to the Director of Sport by the end of term 1.



Oxley Snowsports 2009

LEARNING ENRICHMENT

We are currently assisting Year 10 and Year 12 students and their families to prepare applications to receive Special Examination Provisions for the School Certificate and Higher School Certificate. The Board of Studies introduced Special Provisions to provide the best possible opportunity for students with lower literacy levels, medical conditions or conditions that affect concentration to demonstrate their learning.

Common provisions afforded to those who apply are five minutes of rest time, five minutes of extra writing time and/or five minutes of extra reading time for every half hour of examination time. Some students may also be eligible to have a reader or writer to assist with completion of the examination paper and the Board of Studies will consider other requests unique to specific students. All students receiving Special Provisions are supervised in a space separate to the rest of the year group during examinations.

Students eligible for Special Provisions include those who at some time have received support from a psychologist or psychiatrist, have been diagnosed with an ongoing medical condition or whose reading and writing skills are substantially below their peers. Parents are encouraged to contact Mrs Bronwyn Tregenza, Director of Learning Enrichment to discuss the appropriateness of Special Provisions for their daughter or son if they think s/he may be eligible. Further information is available from <http://www.boardofstudies.nsw.edu.au/special-provisions/>. Bronwyn Tregenza.

SCHOOL PHOTO DAY - FRIDAY 26 MARCH 2010

The following school photos will be taken on Friday 26 March:

- Year Groups and individuals
- Family Photos

Please ensure your child wears full school uniform, including blazer. Long hair should be tied back and clean regulation school shoes worn.

An order envelope from Advancedlife Photography will be given to each student during Tutor Group next Monday 15 March. Please ask your child for the envelope. A flyer will be enclosed with details of purchasing options and price details. No change will be available. Each student MUST have their own completed envelope even if another sibling is paying for the family.

The College is not responsible for collecting money on the day or taking orders. Please direct all enquiries to Advancedlife Photography 1300 728 972 between 9:00am and 3:00pm week days or enquiries@advancedlife.com.au. There is an additional envelope called 'sibling photos' – please ask your child to collect one from Student Services for family photos.

YEAR 7 MORNING TEA—THURSDAY 25 MARCH

Year 7 parents are invited to join us for morning tea on Thursday 25 March after drop off at 8:45am. Come and join Mr Williamson and Year 7 parents for a catch up and cup of tea! There is no need to rsvp just come to the canteen area on the day.

YEAR 12 PARENT TEACHER MEETING - WEDNESDAY 17 MARCH

The Year 12 parent/teacher meeting will be held on Wednesday 17 March in the PE Centre. If parents could please bring a plate of food along, this will be greatly appreciated.

ANTARCTIC EXPERIENCE—YEAR 8 GEOGRAPHY INCURSION

On Monday, 1 March, Year 8 students attended an 'Antarctic Experience' in the PE Centre at school. Donning balaclavas and beanies, the students heard about life and work on two of Australia's Antarctic bases; Mawson and Casey, from former expeditioner, Mr Len Trace. Len retold stories of the harsh realities of spending eighteen months at a time on the icy continent. His presentation included some amusing anecdotes, video footage and sobering thoughts on health and environmental issues. Students had the opportunity to ask questions and had fun modelling the summer and winter clothing lines! Len's first hand experience certainly brought to life the ideas learned in the classroom. Tim Dibdin.



INTERNATIONAL WOMEN'S DAY

On Monday 8 March, Morgan Sheargold, Charlotte Blake and Gabrielle Young attended the International Women's Day Breakfast accompanied by Mrs Bronwyn Tregenza. The MC for the morning was Ms Jan Edwards, CEO of the BDCU who introduced the issue of examining and addressing poverty as it pertains to the wellbeing of women locally and internationally. Ms Prue Goward MP facilitated a panel discussion which canvassed the views of women from the legal profession, youth, education, community support groups, a permaculturist and local councillor on what actions and strategies are being, and could be, implemented to improve the conditions of women currently confronted by poverty. The Oxley College Year 11 students found the morning informative and enlightening.

YEAR 7 ARCHAEOLOGICAL DIG



CALENDAR: TERM ONE 2010

Fri	12/3	2010 Production Evie & The Birdman, Hoskins Hall, 7:30pm—10:00pm
Sat	13/3	Yr. 12 Geography Excursion, Snowy Mountains, Day 1 of 3, Bus Depart 9:00am 2010 Production Evie & The Birdman, Hoskins Hall, 7:30pm—10:00pm
Sun	14/3	Yr. 12 Geography Excursion, Snowy Mountains, Day 2 of 3
Mon	15/3	Yr. 12 Geography Excursion, Snowy Mountains, Day 3 of 3, Bus Arrives 9:00pm
Wed	17/3	Winter Sport Commences Yr. 12 Parent/Student/Teacher Meeting, PE Centre, 4:00pm
Thurs	18/3	Yr. 12 Mu2, Meet the Music

P & F NEWS

P & F MEETING

The next P&F meeting will be at 7:30 pm on Tuesday 16 March in the David Wright Library. This meeting will have an Earth Hour focus and if anyone wishes to lend a hand for this event we would love to see you at the meeting.

EARTH HOUR

This week we have received some fantastic Silent Auction donations by the families of Oxley College.

You may be the lucky winner on Earth Hour night of a beach holiday at Gerringong or enjoy the white sands at Callala Bay for the weekend. Or perhaps time out at a country retreat in Wildes Meadow, Bundanoon or just snuggled down in Kangaroo Valley. Maybe you prefer bidding in the Art section with a fabulous signed and numbered Jean Vollet print of the south of France. Or a framed photo of Byron Bay Lighthouse to bring back memories or perhaps a canvas or two of our very own Elvo here at the College. You can also bid on a fabulous photographic portrait package to the value of \$300. Gather 11 of your friends together to enjoy a Sydney F.C. home game sitting in your own private box. For the adventurous type who loves a bit of excitement there is a mystery silent auction which will sure to give by a thrill. Plus if you fancy a day's sailing on Pittwater or a day out fly-fishing on a lake or the ride of your life on a harley then come along Saturday 27 March and don't miss out.

We still need donations for our recycled furniture section. Example: occasional chairs, side tables, garden furniture etc. Another excellent way for Oxley families to get involved in this major P&F event is to donate Gift vouchers from local business -: cinema tickets vouchers, restaurant and cafes vouchers and nursery/ garden centre vouchers.

Thank you to the generous Oxley Community.



YEAR 12 PARENTS GET TOGETHER

To all parents of students in Year 12, you are warmly invited to what will be our last informal social function for the year. Come and relax in the warmth of the open fire in the elegant courtyard at Centennial Vineyards and enjoy a glass of Centennial Vineyards sparkling, white or red wine, beer or soft drink and a selection of their delicious canapés. We look forward to seeing you there. Invitations will be sent shortly.

When : Friday 4 June Time : 6:30pm - 8:30pm Where: Centennial Vineyards, Centennial Road, Bowral

Cost: \$35 per person (includes a glass of Centennial Vineyards champagne, white or red wine, beer or soft drink and a selection of hot and cold canapés).

RSVP: Tuesday 1 June (with payment) to Natasha Bennett at Oxley College reception.

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	Saturday trading
Saturdays	First and Third Saturday of each month 10:00am – 12:00pm	20 March 2010

CANTEEN ROSTER - TERM 1

Thank you to those who have volunteered in 2009.

Monday 15 March Tom Isaksson	Tuesday 16 March Barbara Miller	Wednesday 17 March Ana Smedley	Thursday 18 March Deborah Gross	Friday 19 March Karen Lynch
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COMMUNITY NEWS — EXCHANGE STUDENTS IN NEED OF VOLUNTEER HOST

Expand your knowledge of other countries, cultures, languages and cuisines and consider opening your door to an international exchange student.

World Education Programme is looking for Volunteer Host Families for International Students arriving in July 2010. Please contact WEP for a free information pack. This will include a photo, a letter from the student and a letter from their parents. It's easier than you think & a fantastic experience for all!

Nikki Medwell, Inbound Exchange Administrator, World Education Programme, (03) 9598 4733, Toll Free:1300 884 733, Email: nikkimedwell@wep.org.au.