



Weekly Record

Friday 14 May 2010

HEAD'S COMMENT:

Foundation Day

Foundation Day is a significant amount of work for a large number of people and I thank all students and staff for their efforts. I would also like to thank the members of the audience last Friday evening as we celebrated Foundation Day. I particularly thank the staff and students who provided the displays of student work and the musicians and actors who entertained us during the evening. I am also very grateful to our special guests, Mr Alex Kanaar and Mr Helmut Schaefer, and for the wonderful contributions by Winston Bradley, Montana Mays and Jamie Smyth-Redpath. We enjoyed a very special day celebrating both the present and the past and I congratulate Mrs Kate Cunich for her oversight of Foundation Day.

Study Programmes

I wrote last week about study programmes and publish this week the following tips that 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 thriller!
- 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.

Please encourage your son or daughter to commence a study programme as soon as possible - **an effective study plan will make a difference!**

Behaviour at Sport

I took the opportunity at Assembly on Tuesday to remind our students of our expectations with respect to behaviour at sport, both on and off the field, as players and as spectators. The following are the main points I raised:

- Look the part take pride in your appearance as a team member or as a supporter as you are all ambassadors for Oxley College.
- It is time to remind all of us that spirited barracking to encourage our side, or applauding good play from either side is welcomed.
- Barracking designed to put the opposition off is a display of poor sportsmanship. This behaviour you may see happen elsewhere and on TV but it is not part of Oxley College.
- You will not always agree with the decisions made by the umpire, the referee or official. However, we do not make remarks about these decisions as players or supporters.

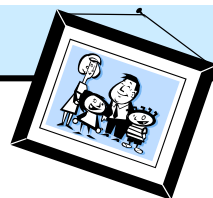
We:

- Play with pride.
- Encourage our players.
- Give credit for good play whenever it occurs irrespective of which team displays it.
- We lose with dignity and respect.
- We win with compassion for the losers, we win with humility.
- Make sure that, win or lose, people say that at Oxley we do not give up and that we display good sportsmanship.

Much of our sport is played in the ISA (Independent Sporting Association) competition as Oxley College is a full member school. You may be interested in viewing the ISA website and this can be located at <http://www.isa.nsw.edu.au/> and the ISA Code of Conduct is located at <http://www.isa.nsw.edu.au/2007ISACodeOfConduct-Final-Public.pdf>. I would appreciate parents reinforcing these messages with their children.

Virtues

Humanity is about caring for others and ourselves. The sixth of the attributes under Humanity is **Gratitude**. **Gratitude** is being aware of, and thankful for, the good things that happen.



More on Self Esteem

Self esteem based on achievements – people who base their self esteem solely on their achievements believe that rising to great heights in their chosen career or excelling at a sport gives them a passport to feel worthwhile – they are mistaken!! – eg. winning a race only means that day you ran faster than your opponent, not that you are a better person.

These types of people put themselves under great pressure and they measure themselves through endless accomplishments. They always remain dissatisfied and miss the chance to stop and feel good about themselves but are always working towards goals. They are living in the future at the exclusion of the present.

Self esteem through striving for perfection. Aiming to do things well is different from *having* to do well. The first brings satisfaction while the latter brings frustration at having to achieve at high standards *again*. These people are often motivated by the belief that this is what others expect of them and their efforts are seen as a way of getting approval.

Next week: *How to function less than perfectly and be happier.*

CAREERS CORNER by Phillipa Condon, Careers Counsellor

All students who are interested in undertaking a career in medicine, dentistry and some health science degrees are required to undertake the UMAT exam which will be held on **Wednesday 28 July 2010. Close of registration is Friday 4 June 2010 at 5pm.**

Registration is available **online only** via the UMAT website <http://umat.acer.edu.au>. To register you will need a computer with internet access and an email address. This email address will be used for all communication from the UMAT Office, including information on how to access your Admission Ticket and results.

You must read the UMAT 2010 Information Booklet carefully BEFORE you register. The Booklet contains important information that you should know. If you require any further information particularly relating to courses that require sitting the UMAT exam, please contact Mrs Condon as soon as possible. She also has information regarding organisations that can assist with study programmes for this exam. It not too soon, for those in Year 11 considering such paths, to commence preparation for next year.

REV (RELIGION, ETHICS, VALUES)

The basis of struggling with complexity in philosophy, ethics and theology is largely based in our ability to be aware of our own assumptions and to learn to question them in light of the thinking of those who have come before us and have also wrestled with these issues. I find this is not something that comes naturally in our current educational practices in Australia – indeed in Western culture. We want answers!! I liked this sentiment from a thinker I admire named Charles Birch. When asked which was more important - facts or ideas – he said "Both". "Facts are very important but ideas *about* facts are more important." Facts need to be interpreted and in order to do this we must be able to question and be open to ideas. This poem is at the end of a unit in ethics. I hope you enjoy it!

What questions have you learnt to ask?



"Have patience with everything unresolved in your heart and try to love the questions themselves... Don't search for answers now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, some day far in the future, you will gradually, without even noticing it, live your way into the answer." (Rilke, Letters to a Young Poet)

How can we learn to love the questions? (I would suggest a good place to start is humility). Mrs Jan Ryan.

eLIBRARY AUSTRALASIA

Students and parents of the Oxley Learning Community now have access to the eLibrary database that will satisfy the academic and personal needs of students of all years.

eLibrary Australasia is the perfect information resource that delivers full text and multi-media reference materials. This easy to use reference interface allows students to answer their questions from 2,000 full-text magazines, newspapers, books and transcripts plus thousands of maps, educator- approved websites and audio/video files. This database is extended to include more than 150 Australian and New Zealand newspaper titles, giving greater relevance to Australian curriculums.

These articles are only available via the Oxley Library subscription and are not available on the open web, such as a Google Search. The information has been reviewed to ensure its accuracy, readability and relevancy. Students are able to access eLibrary Australasia via the student intranet and the Library OLIVER home page.

The following webpage allows access from home <http://www.proquestk12.com/myproducts>.

Account login includes: Account Name : oxleycollege Password: *****

Students will need to ask the Librarians for the password.

If parents have any questions regarding eLibrary, please do not hesitate to contact the librarians at Oxley College. Mrs Petah Fishburn.

CONGRATULATIONS TO:

- Belinda McNaught who has been selected for the Open CIS Hockey Team.

NSWCIS AND ALL SCHOOLS SWIMMING

Oxley has three outstanding swimmers to recognise. Morgan Sheargold, Tahlia Shaw and Georgia Kickert were selected in the ISA Team to swim at the recent NSWCIS Championships. This is quite an achievement. The girls performed strongly achieving places in their various divisions. Georgia Kickert's performance was exceptional and she progressed through to the next level. She was selected in the NSWCIS Team to compete at the NSW All Schools Carnival. The results reflect highly on all three girls. The training and discipline required to perform at this elite level is phenomenal. Well done. Mr Ingall, MIC Swimming.



Morgan Sheargold, Georgia Kickert and Tahlia Shaw.

SPORT BUSES ON SATURDAY

Buses are organised to transport Oxley College sports teams to the many different venues on Saturday. The bus departure and return times are published in the Weekly Record and are also posted on the sports notice board for the students to view. On Saturdays, all students are requested to arrive early enough to enable their bus to depart on time, preferably 10 minutes before the scheduled bus departure time. Buses depart from school (Oxley Bus Bay behind the Hoskins Hall) and students are also able to board the bus at Mittagong (Mobil Service Station) and at the Pheasants Nest Service Station (Northbound). Students wishing to board at Mittagong or Pheasants Nest must advise their team coach that they will be meeting the bus at either of these pick up points. On the return journey, buses will also stop at Pheasants Nest (Southbound), Mittagong (Information Centre) and at Oxley College. Because the return time may change due to unforeseen circumstances (Traffic/delayed games etc.), students are requested to contact parents with the anticipated bus return time. It is important that parents are able to be contacted and are at the pick up points to collect their children immediately as the bus arrives. It is appreciated by all supervising staff and coaches (who have usually had a very long day with the sporting teams) that all students are picked up promptly. Parents are also requested to meet the supervising teacher/coach so that their child may be dismissed.

SPORT FIXTURES SATURDAY 15 MAY

Team	Opponent	Venue	Time	Team Coach	Transport
Rugby <i>MIC – Mr Tristan Bevan Mobile 0414 882 707</i>					
1st XV	Scots	Scots, Bathurst	1:15pm	Mr Bevan/Lawson	Bus Departs 7:00am Returns 7:45pm
16s	St Stanislaus	Scots, Bathurst	11:00am	Mr Lesslie	Bus Departs 6:00am Returns 5:45pm
15s	Scots	Scots, Bathurst	12:00pm	Mr Andrew	Bus Departs 7:00am Returns 7:45pm
14s	Scots	Scots, Bathurst	11:00am	Mr Wansey	Bus Departs 6:00am Returns 5:45pm
Football <i>MiC—Mr Richard Connor 0424 745 401</i>					
1st XI	Chevalier	Meadow 1 Chev	1:00pm	Mr Connor	Own Transport
16s	St. Andrews	St John's College	11:15am	Mr Forlonge	Bus Departs 8:30am Returns 2:30pm
14s	Chevalier	Meadow 1 Chev	8:45am	Mr Campbell	Own Transport
13s	BYE	-	-	Mr Pugh	-
Tennis <i>MiC – Mrs Petah Fishburn Mobile 0433 112 003</i>					
Oxley 1	Oakhill	Oakhill	8:15am	Mrs Fishburn	Bus Depart 6:00am Return 2:30pm
Oxley 2	Oakhill	Oakhill	8:15am	Mrs Fishburn	Bus Depart 6:00am Return 2:30pm
Oxley 3	Oakhill	Oakhill	8:15am	Mrs Fishburn	Bus Depart 6:00am Return 2:30pm
Oxley 4	Oakhill	Oakhill	8:15am	Mrs Fishburn	Bus Depart 6:00am Return 2:30pm
Netball <i>MiC – Mrs Jo McVean Mobile 0405 129 652</i>					
1sts	CCGS	Oxley 1	9:00am	Mrs McVean	Own Transport
2nds	Oakhill	Oxley 1	11:30am	Mrs Hall	Own Transport
Inter. A	CCGS	Oxley 1	10:15am	Mrs Worthington	Own Transport
Inter. B	Barker	Oxley 2	11:30am	Ms Rintoul	Own Transport
Junior A	CCGS	Oxley 2	9:00am	Ms Brochard	Own Transport
Junior B	CCGS	Oxley 2	10:15am	Ms Blake/Young	Own Transport
Hockey <i>MiC – Mr Peter Freeman Mobile 0425 376 242</i>					
1st XI	Barker	Oxley	10:15am	Mr Freeman	Own Transport
2nd XI	Barker	Oxley	11:30am	Ms Hamilton	Own Transport
Junior A	BYE	-	-	Mrs MacBean	-
Junior B	St. Pauls	Oxley	9:00am	Mr Sloan	Own Transport
Fencing <i>MiC—Mr Nick Wansey Mobile 0416 213 328</i>					
	NSW Teams	Newington	9:00am	Mr Wansey	Own Transport
	Champions				

FOUNDATION DAY



NEWS FROM THE MUSIC DEPARTMENT

It is the students' responsibility to turn up to their weekly instrumental lesson. However, they do forget on occasion – especially newer students and those who struggle with the rotation of lesson times. Some of our music tutors do choose to find out where missing students are and make the trek to 'find and remind', rather than have their tutee miss a lesson.

The following information from the Oxley Music Tuition Programme **Student Guide 2010** may be useful:

- Release from the classroom is seen as a privilege rather than a 'right', and students must ensure that they act politely and responsibly in their arrangements with their classroom teachers. They must also make a commitment to catch up on any class work missed due to their instrumental or voice lessons.
- Lesson timetables are published at the beginning of each term and posted on the notice board in the courtyard of the Music School. Students are responsible for arriving at their instrumental lesson punctually, with their instrument/equipment/music.
- Individual lessons at Oxley are usually 30 minutes in length and are scheduled on a rotational basis, i.e. each fortnight the lesson takes place at a different time (usually half an hour later) to avoid students always missing the same school period.

Please do not hesitate to contact me should you require further clarification. Mr Robert Hughes, Head of Music.

STUDY SKILLS AND STRATEGIES COURSE FOR STUDENTS IN YEAR 8

Thursday & Friday 21 & 22 May during P. 1 & 2.

This course is conducted by ICS Learning Group to teach students the elements of a successful study programme.

Year 8 families will have received information regarding this very worthwhile course, however it is not compulsory and students who do not attend will go to normal classes.

The topics include –

- How to become well organised
- Note-taking skills
- Essay planning and writing

For further information or bookings, please contact ICS Learning Group direct on 9960 6231 www.skillscentre.com.au.

SMOKING AND DRINKING

Please be aware that the Oxley College campus is a smoke free environment seven days a week, as are all schools. As such we request that spectators do not smoke on the sidelines of sports matches whether at Oxley College or other venues where our teams compete.

Alcohol should not be present, or consumed, on the College grounds unless at a designated College function that is not attended by students. We do not supply or allow the consumption of alcohol at College functions where students or other children are present. We take these occasions as an opportunity to model to our students that you can enjoy yourself without using alcohol. Unfortunately, from a very young age, children associate alcohol with enjoyment. They make this connection by watching the behaviour of adults and we choose to provide them with a different message.

P & F NEWS

P & F MEETING

The next P&F meeting will be on Tuesday 18 May at 7:30 pm in the David Wright library. All welcome.

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 at Centennial Vineyards, Centennial Road, Bowral on Friday 4 June 2010. Invitations to follow.

YEAR 10 PARENTS

Please make a note in your diaries that this year's Year 10 get together is going to be held at The Briars on Friday 21 May. Invitations have been sent out and the price is now \$15 per person.

YEAR 8 GET TOGETHER

The Year 8 picnic will be held on Sunday 23 May at Tourist Road, Kangaloon. Please mark this in your diary and keep the day free! The picnic will be hosted by the Year 8 Representatives and starts at 12 noon and there are no tickets to purchase. Just come along and bring all your own food, chairs etc. There will be BBQ facilities if you require them.

COMMUNITY NEWS

The Sydney Morning Herald Half Marathon for Breast Cancer Network Australia

Breast Cancer Network Australia (BCNA) is the national voice for Australians affected by breast cancer. BCNA works to ensure every Australian diagnosed with breast cancer has the very best treatment, care and support possible no matter who they are or where they live. On 16 May, Oxley parent Barbara Miller, will be running in the Sydney Morning Herald Half Marathon. If you would like to sponsor Barbara, please follow this link http://www.everydayhero.com.au/event/smh_halfmarathon10/sponsor_a_friend.



THE SCIENCE EXPERIENCE

Science Opportunity For Year 9 and 10 Students



A three day hands on practical science programme will be conducted again in 36 Australian universities and tertiary institutions throughout 2010-2011. The programmes are non-selective and open to all students in Years 9 and 10. Each programme includes a wide variety of practical activities, excursions, career information together with interesting presentations by leading Australian scientists and engineers. The total cost of the three-day programme is \$110. For further information visit the website www.scienceexperience.com.au or ring (03) 8288 1001.

OXLEY SHOP

Tuesday	12:30pm - 4:00pm	
Wednesday	8:30am - 11:30am and 12:30pm - 4:00pm	Saturday trading
Thursday	8:30am - 9:30am and 12:30pm - 2:30pm	15 May 2010
Saturdays	First and Third Saturday of each month 10:00am - 12:00pm	

CANTEEN ROSTER - TERM 2

Thank you to those who volunteered in Term 1 2010.

Monday 17 May Assistance Required	Tuesday 18 May Barbara Miller	Wednesday 19 May Pru Walker	Thursday 20 May Jacqui Parkinson	Friday 21 May Catherine Guy
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CALENDAR: TERM TWO 2010

Fri	14/5	Year 12 Geography Excursion, Minnamurra
Sat	15/5	ISA Winter Sport
Mon	17/5	Year 9 and 10 Music Incursion, Bach to the Future Year 10 Study Skills, 3:35pm
Tues	18/5	P&F Meeting, Library, 7:30pm
Thurs	20/5	Year 8 Study Skills, 8:50am Year 11 Geography Excursion, Bombo Beach