

PIN OAK

ISSUE 41: TERM 3, SEPTEMBER 23, 2016



TULIP TIME



DESIGN



SNOWSPORTS

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Theatre Review - The Hanging

Angela Betzien's 'The Hanging', performed by the Sydney Theatre Company is an exploration of the eery, the unclear, the confused and the power of literature. It depicts the scene of Detective Flint investigating a missing persons case that of three girls from an Australian girl's boarding school. Only one of the girls, Iris, reappears. This familiar and common missing children story is turned on its head as the play unfolds, revealing the intricate and obscured relationships between the characters particularly that of the introduced English teacher, Ms Corrossi. The performance features themes of doubt and the concealment of information. The audience takes the perspective of the detective, completely oblivious to the ongoing exchange of knowledge between the teacher and the child, playing a game of shadows with the legal system. This creates an effective and powerful moment when the story eventually unravels and the plot picks up pace. At times the performance did seem to drag, loop and become a little repetitious, intervened only by the clever stage layout and use of projection of the single set piece however the final scenes were intense and thought-provoking. The character's emotions were nicely juxtaposed from the humourous and bratty beginnings to a more dark and divulgent place.

By Tom Hill (Year 11)

OLE WEEK DEPARTURE TIMES

Here is the link to the OLE Departure Times:

<https://www.oxley.nsw.edu.au/co-curricular/other-learning-experiences/>

HEADMASTER'S REPORT

Traditions

Oxley is no longer a 'young' school. We are in the flush of our adulthood, but middle age is nowhere in sight yet. We are securely established, clear about our path, and looking forward to the future. The resonance of our rituals and traditions, grown up over three and a half decades, is part of making us who we are. Some of these have grown up quite quickly. Others have been around since David Wright first stepped onto the College stage (or raised platform as it was then).

We are at a time where we can revel in the traditions that we have, but we are not so hidebound that we cannot continue to add to the collective culture and resonance of Oxley. Some of the new distinctive features of Oxley, like Pin Oak and the sanctity of the Year 12 Study Centre created by the class of 2015, look like they will stick. Others, like the short lived 'Oxley Intelligence Agency' (a spoof spy agency) have their moment in the sun but then flare out. This is all as it should be. I certainly trust that the House Competitions and impromptu music concerts created by the class of 2016 stick. I also look forward to good men and women revelling in and replenishing our culture and traditions over the next decades. Reviewing the last week of Year 12 and OLE is a good way to see how some of our culture works so well.

Year 12

In the last edition of Pin Oak I wrote about my memories of this year's Year 12. Over the last two weeks they have continued to be a force for good around the College. They have continued to care for each other and have each other's back - particularly during some very hard times. They have continued to say farewell to their College with grace and dignity. I have really enjoyed the several farewell lunches thrown to them for the Houses and thought their 1920s style photographic pastiches of our Houses' namesakes stuck up around the library were very witty. I have overheard several conversations from younger students at which they say sadly 'the Tutor group just isn't going to be the same without....' and then mention one of the Year 12s.

They have continued to work too. Twenty-nine of the forty of them attended a two hour voluntary 'exam club' session after school on Monday at which they practised writing a complete 'Paper Two' for English. That is unprecedented. Perhaps the home made minipavlovas made by the Year 12 Academic Co-ordinator helped, but sugar and meringue probably only gets you an essay - not a whole exam paper.

On Friday (today, at time of publication) the Year 12s are being farewelled by the College with a unique combination of activities that make this huge Rites of Passage memorable and positive. At 7.00am they make the staff and each other a breakfast of BBQ bacon and eggs. Then they run an informal assembly for the whole school with skits, videos etc. I know they have been working hard this year on a Bachelor take-off. We have a proper farewell assembly. Then - the piece d' resistance of Oxley - we have the tunnel where every student in the College forms a human tunnel and the Year 12s walk through it one by one, stopping and

talking to teachers and students as they go. It can take some of the Year 12s half an hour to get through, and very few get through with dry eyes. I am not sure which genius started this tradition, but it is such a good encapsulation of the idea of leaving the safety of school and heading through a metaphoric tunnel out into the wide, big world.

Then, in the evening we have a Valedictory Dinner at the Gibraltar Hotel where parents, students and staff make speeches and we all enjoy each others' company. This is as big a moment for the parents of the students, particularly for those watching their last child leave College after at least twelve, and sometimes as much as twenty five years. We never forget the enormity of the moment for the battle weary, tired, exultant and proud parents.

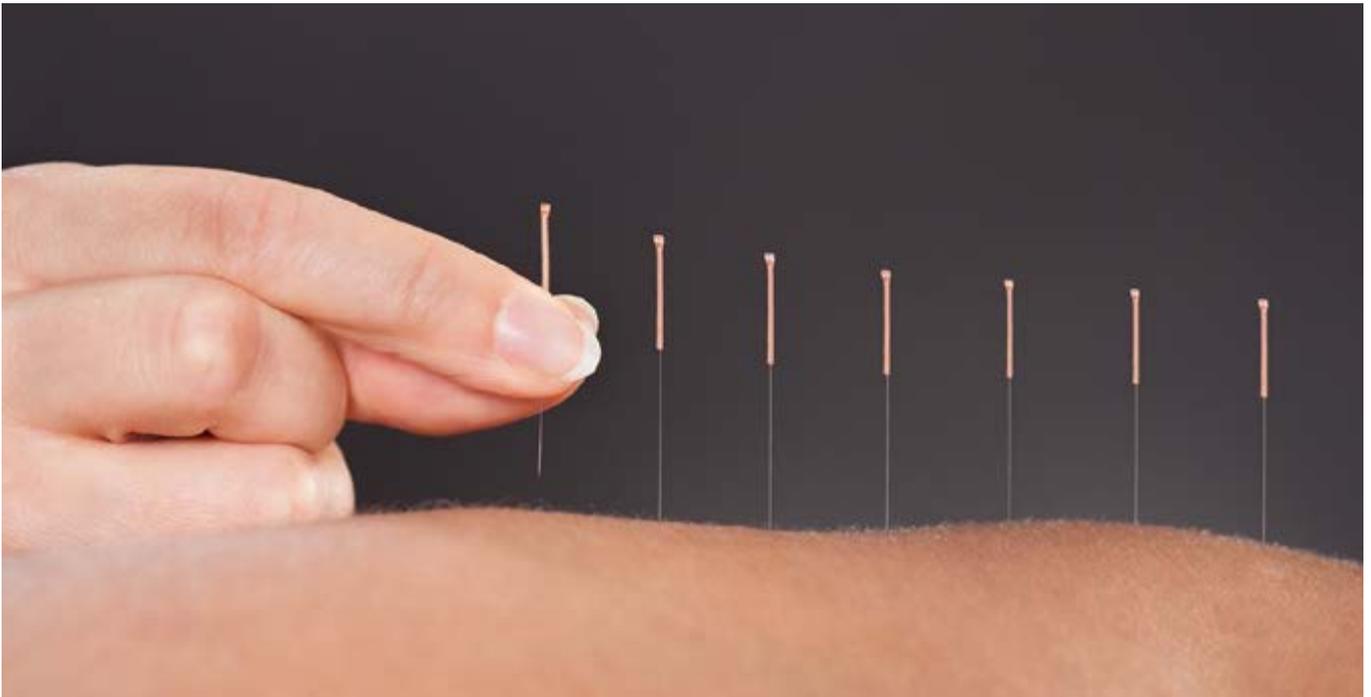
OLE

Term 4 at Oxley begins with another unique tradition - OLE. It starts with a day or two for Years 1 - 4, and culminates in an amazing two and a half week trip for all of Year 11 to Central Australia - 'Outback' (thank you Tristan Bevan and everyone who organises that trip). In between we have a two-day/one night trip to Kiama (Years 3 and 4), a four day trip to Yarramundi (Years 5 and 6), week long canoeing and hiking trips to Kangaroo Valley and Murramarang (Years 7 and 8), surfing safaris, bike riding adventures, food and culture trips to Sydney, trips to Fiji, and an immersion experience in a subsistence village in Nepal. It is fantastic that the kids get to try out so many of these experiences year to year so that by the time they get on the bus to 'Outback', they have a decade or more of life affirming, resilience creating, friendship making, and plain out fun memories. I really appreciate all the staff who give up a week or three of time at home in order to make this happen. Ms Natalie Lane is also crucial in keeping all of these balls in the air at once!

So there are traditions and cultures aplenty at Oxley. A look at just some of the activities in this one fortnight demonstrates that. Some have been here since inception, others only quite new. All of them collectively help weave the unique experience that is a childhood spent within the protection of Oxley College.



BIG ISSUE



ACUPUNCTURE

Acupuncture is an ancient Chinese medicinal art dating back to around 3000 years ago. By inserting thin needles into your skin, acupuncture targets the pathways of energy (meridians) that flow around the body. This is said to normalise the flow of 'chi' (aliveness or life force) in your body. Illness and pain are caused when 'chi' isn't flowing properly due to infection, stress or other issues. There are about 2000 points on your body that connect with the 20 meridians.

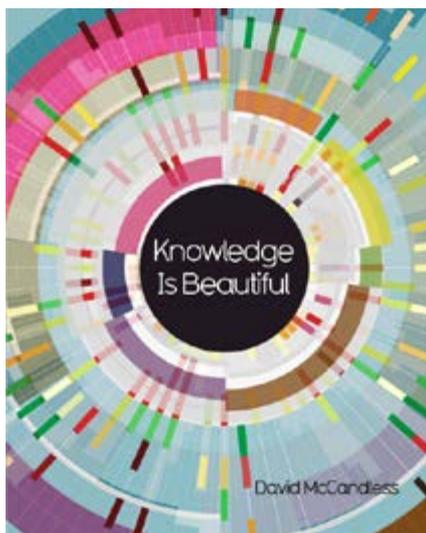
Acupuncture is believed to successfully treat several conditions such as back pain or neck pain and even mental conditions such as anxiety, depression or insomnia. Despite this, western doctors don't usually recommend the practice. Western scientists and doctors are persuaded that if something hasn't been scientifically proven to work, then it doesn't. Due to this, many Chinese medicines such as acupuncture haven't been embraced in the western medical world as much as they could be. Many researchers into acupuncture believe that it only works because of the placebo effect. Just like taking a simple sugar tablet, the treatment has no effect on your body but makes your mind feel as if something is working.

It is only recently that acupuncture has become a popular health choice. Previously it was considered as an alternate medication - quackery. There was also worry about the pain that is associated with having needles stuck into sensitive areas in your body. Modern medicine has been the go to fix for western ailments. Many also argue that alternate medicines prey on vulnerable people and are an expensive waste of time.

Recently though Australians appear to be more open to exploring alternative forms of medicine such as acupuncture. As we realise that western medicine does not have all the answers it seems a good time to open our minds. The philosophy of Chinese medicine is all about harmony. It works to restore the balance between the mind, body and spirit. Increasingly we are getting a greater understanding of the power of the mind on our physical wellbeing. For example a stomach ache or a headache can be a sign of anxiety. We often get physical manifestations of our mental wellbeing or suffer from things that western medicine cannot explain or treat. That being the case there seems to be a good reason to being open to exploring options such as acupuncture. Given that acupuncture has relatively few side effects when done by an experienced practitioner and anecdotally people swear by it I can't see why it's not worth a try.

I believe treatments like acupuncture wouldn't have survived this long if there wasn't something to them. As much as having needles stuck into you doesn't sound that pleasant, I recommend using this unique treatment.

Savannah Sandilands (Year 9)



Books

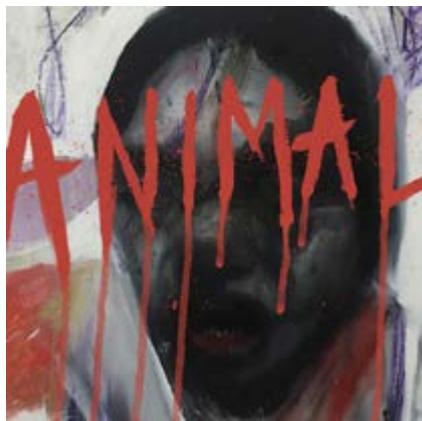
★★★★★

Knowledge is Beautiful

David McCandless

In this sequel to the much-loved *Information is Beautiful*; David McCandless has used stunning infographics and visuals to explain all the facts and figures that we otherwise can't be bothered to read. No more boring dry facts, theories or statistics, instead the fascinating world of information is once again brought to life through vibrant colours, symbols and images. McCandless has kept text to minimum, and has created simple, elegant ways to interact with information otherwise too complicated or abstract to understand. McCandless creates stunning visual displays that fit the facts with their connections, contexts, and relationships, showing the meaning, entertainment, and beauty of knowledge. This book is highly engaging, and I strongly recommend it to anyone who needs some ideas of how to layout the graphs in their assignments!

By Gracie Phelan (Year 8)



Music

★★★★★

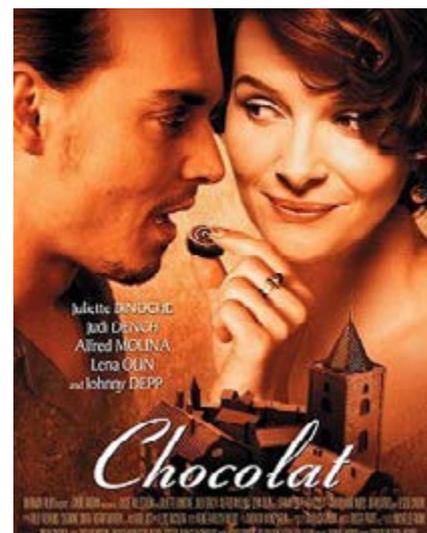
Big Scary - Animal

Big Scary's fourth album encapsulates everything they've been developing over the last eight years. It's a daring and abrasive project that's not sugar-coated in the slightest. With percussion heavier and bolder than ever, the Melbourne duo have moulded their musical presence into something spectacular and thrilling to listen to. The album journeys through the "animal's" hunting, lurking, resting and waking, with the music conceptually matching each of those stages. Sonically pushing their sound and the boundaries is what Big Scary have always been about and *Animal* is no exception.

by Isabella Moore, (Year 9)

Big Scary - a Melbourne two-piece that are yet to release a disappointing song. The massive build up to the release of their third studio album was certainly well worth it. The album is a conceptual one; it is about the four states of an "animal" - Hunting, Lurking, Resting and Walking - and applies this concept to a romantic relationship. It starts off with the beat-heavy, repetitive and suggestive track "Oxygen" and progresses to songs like "The Opposite Of Us", a bittersweet track with beautiful piano and vocals that bring the whole album together. The album all together is melodious, smooth and widely varying from upbeat to mournful. Yet again, Big Scary has impressed.

by Imogen Hatcher, (Year 8)



Films

★★★★★

Chocolat

I was so inspired by the scenes of decadent chocolate creation in the movie *Chocolat* that half way through the film I decided to make a spontaneous chocolate pudding. It's the type of film that causes you to fantasise about both chocolate and Johnny Depp in pirate gear, neither of which is always helpful. The film is set in a small French town heavily influenced by ideas of religion and authority. Vianne and Anouk arrive here during the season of Lent and seduce the villagers with their sweet treats and interesting take on how life should be lived. Throughout the movie we see the villagers transformed into much more creative people, more accepting of those who are different. There's also a gripping love story between the main protagonist and a 'river rat' Roux, played by Johnny Depp. The film is topped off by the beautiful French accents, scenery and chocolate goodness. Our 'spontaneous' pudding was a disaster (too much bicarb) but everything else about this film was sublime.

By Jemima Taylor (Year 9)

Head of K-6: Justine Lind

K-6 News

Every classroom in K-6 aims to be a thriving learning community and at this stage of Term 3 there is a literal buzz as all our students engage in the business of driving their own learning. The Integrated Units of Inquiry throughout the year have progressively introduced our students to the 4C's elements of Challenge, Choice, Creativity and Collaboration to allow student decision making in the topics investigated and the mode of products selected to demonstrate their independent understanding to others. This term, a significant part of the units for Years 1 to 6 have incorporated major collaborative or individual projects with searching questions that lead students to an understanding of some of the big ideas within the domains of human endeavour.

Stage 1 – Connections

"We've been learning about mobile phones. They connect people around the world when they communicate. They work with batteries and you can talk to people a long way away." Emma Barnett, Year 1

Stage 2 - The World is a Jigsaw

"Our investigation is about interdependence - it has helped our learning because we are learning about interdependence but we are also learning about different countries. It is amazing to be working in groups and helping each other which is also interdependence – if we find something for another group we put it in a sticky note and give other groups a boost to their research!" Bryn Wiseman, Year 3

"I've found this term a lot easier because I'm having more fun because I'm able to learn about interdependence. Our country was Singapore which trades with other countries to show interdependence. I investigated the transport to find a big computer system that controls all the trains and tells them where to go. This is interdependence as the people rely on the computer system to get around!" Taylor Anstee, Year 4

Stage 3 - Legends and Legacy

"Choosing has allowed me to fit my unit to my own learning style. I can do more. I have read The Long Walk to Freedom to get all the information I need to understand how inspiring Mandela was." Billy Cameron, Year 5

"Our inquiry unit is very open and you can choose a lot of things – It's challenging because it's not like anything we've done before and we're working at a higher level to put everything together. I prefer it to other units because you can use your creativity to present your tasks how you choose. At first I thought Florence Nightingale was just "the lady with the lamp" but what I've learned is that she actually improved nursing conditions to help nurses and make sure patients had better sanitation and clean bedding, bandages and water to have the most comforting time when they were wounded." Sophie Dunn, Year 5

Weekly Awards:

Students of the Week

K: William Kennedy
Yr 1: Matilda Pope
Yr 2: Thomas Bladen
Yr 3: Ben Shields
Yr 4: Laura Hamilton
Yr 5: Amelia Carpenter
Yr 6: Finley Miller

Respect Self

K: Annabel Wickenden
Yr 1: Alexander Psarakis
Yr 2: Estelle Fragar
Yr 3: Sasha Privalova-Pratt
Yr 4: Madeleine Grill
Yr 5: Dominic Cooper
Yr 6: Yanni Psarakis



Students of the Week

K: Oliver Johnson
Yr 1: Claudia Carpenter
Yr 2: Harry Kean
Yr 3: Jameson Greene
Yr 4: Georgia Pride
Yr 5: Leah Halstead
Yr 6: Sophie Biddlecombe

Respect Oxley

K: Claire Diver
Yr 1: Dakota Winn
Yr 2: Allegra Mineeff
Yr 3: Eva Duffy
Yr 4: Sienna Soster
Yr 5: Saskia Gray
Yr 6: Alice Gilbert



For Stages 1, 2 and 3 we will open the classroom doors to parents and community members in Term 4 by holding Learning Showcases. Stage 1 – Children Around the World Showcase – Thursday 20 to Friday 21 October 2016

Stage 2 – Trade and Tourism Expo – Thursday 20 to Friday 21 October 2016

Stage 3 – Legends and Legacies Hall of Fame – Thursday 27 to Friday 28 October 2016

The exhibitions will be held in the classrooms on Thursday afternoon 2.30pm to 4.00pm and on Friday morning 8.00am to 9.00am. We look forward to celebrating your children's learning with you at these times. Bring your hard questions with you because your hosts will be ready and armed with interesting answers!

K- 6 GALLERY



A LOOK IN THE REAR VIEW MIRROR

Coming around the final bend, I think it's time we reach the end. Once we're at the end of the tunnel – on the brink of our future – let us look back and appreciate all the factors that have enabled us to get to this moment.

I must stress that I am no authority on any of the following individuals. As French Philosopher Henri Bergson once suggested, 'the individual consciousness is limited to those aspects of the universe that affect the individual'. I apologise for not being able to truly encapsulate who each of you wonderful people are, within monochromatic etchings on a page. However, I thought that as the timing be appropriate, it may be nice to have a condensed summary of each person in our year as our memories become foggy in years ahead. Although my opinions are invalid and inherently biased, it is nevertheless necessary to celebrate the contribution each and every one of us has made throughout our duration of time spent at Oxley College.

The 'Oxley Class of 2016' is an interesting one – an extraordinary example of how a plethora of vastly different personalities are able to unite, co-operate and strive together. Whether one has excelled in Drama, Music, Debating, Academics, Visual Arts, Languages, Leadership, Design and Technology or none of the above – you are a part of the fabric which has contributed to the binding of our year group. With infinite amount of love, respect and admiration – I have never been more proud of a group of individuals in my life. With such a rich abundance of talent, I have no doubt that each and every one of you will make the most out of our beautifully ephemeral existence. It has been the greatest honour of my life to date, to lead our year group alongside Cate Patterson, Heidi Bevan and Patrick Newton. With a heavy heart, it is time to say goodbye.

By Brandon Colby

JACK SCANDRETT

Jack has always been a dedicated, hardworking and rational person. Reflected in all aspects of his life, Jack approaches things with integrity. Being a jazz enthusiast, Jack Scandrett's love for the Saxophone is known by many. When performing, we all bask in his aura. With closed eyes, you can almost hear Jack's personality reverberating around the room. It's not often that one comes across someone with such a profound passion for something, and Jack is one of these rare individuals. His efforts have seen Jack obtain full colours for Music. Being an optimistic and enthusiastic House-Captain all year long, is something that few are able to achieve. Doing so with passion and originality, Jack led Mawson through each event; most notably arranging his own three-part lyrical masterpiece without any assistance for the House-Singing Competition. One to always have a go, Jack enthusiastically participates in all sporting carnivals which reflects his 'can-do' attitude. Finding his form in 2015, Jack was a crucial member of the forward pack for the Rugby First VX. Receiving 'man of the match' on several occasions, Jack was by far one of the hardest working players on the field. It's been a pleasure getting to know Jack, and I know he will continue captivating people around him for years to come.



KAARINA ALLEN

Inviting an exploration into the realms of deep thought, Kaarina Allen's genuine desire to uncover 'truths' makes her one of the most empathetic, intuitive and conceptual people I have ever had the privilege of meeting. Even though she is not a member of the prefect body, the young woman is a perfect example of how one can lead without having a superfluous piece of cotton sewn onto the side of one's blazer. Without a doubt in my mind, Kaarina Allen has been significantly involved in almost every activity initiated by the leadership team this year. Her ability to become involved and lend a helping hand needed, has seen Kaarina become a source of reliance and wisdom for many. Receiving the Captaincy in Swimming and Music, alongside her full colours in Hockey reflects the diverse range of achievements Kaarina has acquired whilst being at Oxley. When my mother first met Kaarina she was astounded by her engagement within a conversation; when Kaarina looks at you, she really looks at you. Her ability to genuinely listen to others has seen this young woman become loved by many. Venturing to England next year for a year-long 'Tudor's World Wide' programme, I have no doubt that Kaarina will relish in the freedom she will encounter. Someone I will sorely miss; I hope we can meet up and 'break the shackles' together over in Europe.



HEIDI BEVAN

Heidi Bevan – sometimes I wonder if you're actually human. Your ability to approach everything that comes your way with such respect, love and integrity sets you apart from us mere mortals. Never one not to provide assistance, Heidi has been a vital member of the leadership team throughout 2016 – she has gone above and beyond the expectations set for a Deputy Head Girl. Alongside her appointment as Deputy Head Girl, Heidi also received the captaincy in Cross Country reflecting her outstanding Cross Country capabilities. Her vast range of achievements highlight the abundance of inherent talent. Receiving full colours in Cross Country and half colours in Hockey, Athletics and Academics alongside a significant collection of tabs, Heidi Bevan is one of great merit. Never have I come across someone as pure and genuine as you Heidi. Your ability to include everyone, engage wholeheartedly within a conversation and care for others in need, places your name high up on the 'list' of remarkable people; slotting in somewhere between Maria Teresa, Rosa Perks, Joan of Arc and Florence Nightingale. Heidi, without you none of the leadership initiatives would have left the ground. Your graceful persistence and ability to establish a rapport with anyone that crosses your path makes you a rarity of an individual. I look forward to seeing what your future holds, as I'm sure it will be perpetually bright.



LAURA IRVING

There are a lot of issues in the world, and I am certain that Laura Irving will strive to fix them. Having increasingly earned the privilege in getting to know Laura over the duration of this year, I have learnt that she has an innate impulse for learning; particularly in history. Being exposed to the depth in which her intellect travels, I have witnessed time and time again, her ability to challenge archaic conventions and support her avant-garde ideas with relevant analysis. Being awarded the captaincy within Durack, Laura has led through integrity rather than through a patina of what a House-Captain should do. Reflected by her academic tab, Laura's oeuvre – including her Extension History and Extension 2 English major works – have been intellectually bold whilst simultaneously being inherently emotional. Laura's ability to combine passionate emotions – such as the love for uncovering 'truths' - with intellectual thought have revealed a unique character trait which has certainly impacted upon the way I approach study from this point onwards. With a future infused with possibilities, no matter what Laura will do, she will do it with unique integrity and passion; something we all ought to aspire to.



BRENDAN GRICE

I don't think I've ever seen Brendan Grice in a bad mood. No matter where we encounter one another, he's always smiling and cracking clichéd jokes. His fun-loving personality has never ceased to fill the room with warmth. Brendan's ability to start a conversation with anyone has seen him become a widely admired member of the Oxley community. Often I found myself baffled as to how Brendan knows such a diverse range of people. His innate ability to establish a rapport with others, highlights a unique character trait which many long to have. Offering assistance to those in need, Brendan has helped organise a range of leadership initiatives this year, including the Inter-House Sports Competition. He was one of the only students to continually assist without being asked. A naturally gifted mathematician, a fierce rugby player and a person who is able to fix anything in need of repair, Brendan Grice is a person who performs with an eager and enthusiastic attitude within a variety of occupations. When Brendan is not pre-occupied with playful banter, his sensitive and loving attitude surfaces for all to see; and what a sight it is. A sorely missed member of the community, Oxley will not be the same without Brendan Grice.



MEG HUTCHINGS

The recipient of the College 'Dux' award, and the recipient for good reason. Never have I come across someone so intellectually fleet-footed yet humble. If academics were to be likened to football, then Meg Hutchings would be figuratively running circles around each of her opponents. I have often found myself stunned by Meg's insights – providing small glimpses into the mind of an academic prodigy. Receiving full colours in Academics came as no surprise to all of us. Beyond the realms of school work, Meg is frequently spotted participating in Sports Carnivals. Meg is a strong swimmer and has often placed at the inaugural House-Swimming Competition. Always willing to attempt with enthusiasm, Meg has yearly given it her all at Cross Country, Athletics and Football – a symbol of her perpetual perseverance. An incredibly friendly individual accompanied by a witty sense of humour creates a compelling persona in which others are significantly influenced by. Meg's humble approach to everything she undertakes makes her someone we should all look up to – and no doubt, many of us already do. I think I can speak for others here, when I say we are all looking forward to seeing what wonders Meg Hutchings conjures up in the future.



CHRIS ALEKSOV

The one, the only; Christopher Aleksov. Chris is a person who brightens up everyone's day with witty humour and a charismatic prose. It is commonly shared viewpoint that Christopher Aleksov is the 'most likely to succeed'. Topping the Business Studies Course for two years running, there is no doubt that this foreshadows a successful business career ahead. Although this may sound strange, I have always admired Chris's mature and educated diction. His un-paralleled ability to converse with others in such a traditional and genuine way acts as a symbol of hope amongst a generation who has seemingly forgotten the beauty and value inherent within well-articulated language. Known by many as a friendly face, the House-Captain of Florey led with originality – captivating the imagination of younger students. Chris's originality has additionally been showcased within his studies – most evidently producing an Advanced English Short-Story about koalas. Nevertheless, his unique approach to learning has seen Chris receive Academic Half Colours. An enthusiastic sportsman no doubt, Chris is actually a competitive athlete. A strong swimmer, a tennis player with a mighty forehand and a strong discus and shotput thrower – Chris has often placed at Sports Carnivals and gained entry into ISA teams. In terms of leadership initiatives this year, Chris has always been willing to lend a helping hand. Whether it be waking up early to film a 'Friday-Fitness' Instagram video, scripting and acting within the 'Oxley Bachelor' or assisting with the Inter-House Competition, Chris has been an integral part of the leadership team this year. With great anticipation, I look forward to seeing what Christopher Aleksov will do after he puts that full stop at the end of his final HSC paper.



"I will miss Oxley because of the people that are a part of it, students and staff. I will not miss every single person but I will miss the passion and enthusiasm of the teachers. Students come and go but the staff stay and it is their efforts that hold the school together and make it so memorable for everyone else. Thank you all."

- Darcy Longworth

TIM MARCOLIN

Finding a unique place within all our hearts, I can recall countless of invaluable experiences with Timothy Marcolin. From futuristic up-side down dance moves, to igniting bomb fires with sheer determination, to purple Mohawks, Tim has always been a sight to marvel at. Perhaps not explicitly known; Tim is an incredibly caring and generous individual. I have often sighted Tim paying generously for others. Whether that be at the local pub, Oxley canteen or a remote service station in the heart of the outback, Tim has always leant a helping hand. Tim, I've found myself continuously impressed by the way you genuinely help within the organisation of activities. You're a born leader with a lot to offer. Achievements on the track have also seen him demonstrate his athletic capabilities. Known as the man who 'brings the blocks', Tim's speed has seen him place regularly in the 200m and 100m. A strong psyche has additionally seen Tim become a vital member of the First XI Football Team – never ceasing to put his body on the line to prevent others from scoring. An incredible goal keeper no doubt, Tim's ability to stay level-headed within stressful periods is however his most honourable contribution to the Football team. Never one to pass down quality banter, Tim thrives off having good times with his mates. A head filled with interesting facts, the fun-loving individual often surprises others with his array of knowledge. In conjunction with the aforementioned characteristic, Tim has a 'good business head'; displaying early symptoms of an effective business owner. If Tim wants something; we all know he will stop at nothing to get it. A rare and admirable character trait, Tim will charge into the world leaving others in his wake. With his 2016 Graduation Party last night, Tim's kindness, generosity and organisation has provided the cohort with a venue to truly celebrate leaving High School. A young man with a huge heart, I hope we run into each other within the years to come.



DANIEL CAMPBELL-JONES

Having increasingly been able to learn about Daniel's character, I have been exposed to the wonders that lie within his core. He is a perfect fusion between introvert and extravert. Able to genuinely maintain long and deep conversations (solid five-hour dialogue during the hike to St Mary Peak) juxtaposed by his charismatic, energetic and fun-loving tendencies, reveals an individual with a lot to offer. With ease, I am able to talk highly about Daniel. Never have I heard a bad word spoken about you. You are loved widely and deeply; something millions of people do not get the privilege of experiencing. This vast amount of adoration reflects the unique individual that you are. Daniels insights – most notable his recurring voice in English – has inspired many. A strong athlete, Daniel has consistently given it his all on the Rugby Field – highlighting how incredibly hardworking he is. Participating in Swimming, Cross Country, Basketball and Athletics, Daniel is a bit of an all-rounder. A true exemplar in the benefits puberty has to offer, Daniel Campbell-Jones takes out the award for the most significant physical transformation whilst at High School. Daniel, I'm honestly incredibly jealous of your innate ability to be happy all the time. I hope that one day I am able to acquire a portion of the way you approach life. Unable to fault, your fun-loving yet mature persona will continue to infect those within your close proximity.



PATRICK NEWTON

The thing I'll miss most about being at Oxley College is the recurring sound of Patrick Newton's evangelical voice. Patrick is at the heart and soul of Oxley College. Loved by all, he embodies a perfect balance between maturity and adolescent foolery. Patrick, I can honestly say, that I would not have been able to undertake the role of School Captain without you. Your support has been remarkable and I could have never imagined a greater male companion to walk beside me throughout the duration of this year. Receiving the Captaincy in Music and Cricket, alongside the enormous responsibilities attached to being Deputy Head Boy, Patrick dove head first into every situation and assisted whenever needed, showing to all how one leads with virtuosity and integrity. Wise beyond his years and incredibly level headed, Patrick has achieved great feats in Academics, Drama and Music – most notably receiving full colours for his abilities in Music, and half colours in Drama. His recurring face upon the drama stage has seen Patrick lead in a vast array of School Productions, most notably performing the lead-role of 'Pippin' in the School-Production of 2016. I know this may sound strange, but I never really understood the power of music before I met you. Most notably, your performance of 'Raining on the Rock' at Wilpena Pound, 'Wayfaring Stranger' at an Assembly in Year 9 and 'This Old Love' at the HSC Music night, has impacted myself in ways that are simply indescribable. I had no idea that the sound of an individual's voice, accompanied by a simplistic guitar could have such an overwhelming effect on those within close proximity. With a lonesome tear at Wilpena Pound, you showed me what overwhelming and unbearable contentment feels like. For this, I am forever grateful. A young man of rich talent, I hope I stay in contact with you Patrick, as you travel the world winning people's hearts over with your evangelical voice and genuinely true-blue personality.



ALEX BUNYAN

If everyone could conjure up the sounds that Alex Bunyan produces from his cello, the world would then be a much more peaceful place. Being able to play with such emotional passion says wonders for your personality. Deservingly receiving full colours in Music for his innate ability to send audiences into a trance, Alex Bunyan is definitely on track in becoming the world's next greatest cellist. Reminiscent of Johann Sebastian Bach and Mstislav Rostropovich, whenever you start playing Alex, goose-bumps never cease to emerge. Although nicknamed 'Dirty Buno', the young man is far from. Known as a heart-throb by some females, his musical capabilities represent a rare ticket into anyone's heart. With careful articulation and grace, whenever Alex talks it brings you back to reality – focusing on the here and now. Achieving great feats in Academics, Alex's hard work will no doubt pay off in the upcoming HSC examinations. I have never seen Alex boast about his achievements, let alone make them know. With 1,149,776 views on one of his YouTube videos, Alex's stardom has not resulted in any form of ego or arrogance, rather the opposite. A person embodying sheer humility, Alex is a living example of how one can achieve with subtlety, grace and integrity. With an increasingly modernised and materialistic world, we are in dire need of an education into the sublime and real. Please Alex, never stop doing what you were seemingly born to do.



ALEX COCKS

A perfect fusion between modesty and confidence, Alexander Cocks always knows what to say. Alex has time and time again been able to gauge the mindset of others, and tailor his response accordingly. Whether in the need for a listening ear, a friend to laugh out loud with or profound conversation, Alex's innate ability to care for others has seen him become a widely loved member of the Oxley community. With a witty sense of humour, Alex has never ceased in making others around him laugh – his presence has always symbolised a good time ahead. A fond memory of camping under the stars at Yulara, is a prime example of the impact he is able to produce upon others within his close proximity. For what seemed like hours, Alex beguiled us with tales of the cosmological world. With a deep and gentle voice, Alex guided us all into a surreal hypnagogic state. Retracting from the stars and arriving back to Alex's life at Oxley, the strong young man has made his mark within the Rugby First XV. Always giving it 100%, Alex became an example for others within the team to look up to. This is reflected through receiving the 'Players Player' award for 2016. Being the tallest of the school has its perks; the younger kids tend to fear you. Contrastingly, Alex's friendly character naturally draws younger students close; eradicating the archaic stereotype that large, strong men are incapable of displaying affection. With a passion for automobiles, an infinite amount of Star Wars knowledge and a head full of facts, Alex continually surprises me. Although Alex is known to cover himself with a cloak of ambiguity, not revealing the intricacies of his character – an extremely admirable quality no doubt - Alex's humility and morally righteous character will see him continue to drop jaws for years to come.



"I will miss Oxley because I won't be able to see my friends every day. I value the friendships I have made the most."

- Alexia Cheaib

CAMERON CONNELL

With infinite amounts of positivity, Cameron has always been someone to turn to if in need of a laugh. Cameron thrives off having good times with his mates. Often one to bring enthusiasm to the table, Cameron Connell's ability to approach everything with positivity and gusto is a quality which I'm incredibly envious of. With a passion for cars, the 'Hoon' is often spotted around the Southern Highlands in his stripped Holden Commodore. Cameron's strength deriving from his tumultuous past has seen him become a young man of extremely high quality. I have often thought that people who have been fortunately sheltered from the horrors that lurk behind our corners, have not fully met themselves yet. In regards to Cameron – he has been through the very thick of it. He has this unique expressive face that you don't have if you've had a happy-go-lucky life, and he wears it like a badge of honour. With infinite amounts of respect, this quality of Cameron's, is hands-down something that I find beautiful and rare; an ability to humbly carry the burden of the past with you whilst still approaching the future with optimism. I'm so proud of you Cameron – you're a living example of how individuals can overcome adversity and emerge on the other side a more well-rounded, mature and balanced person. With great admiration, you will always be a personal reminder of how one should approach life.



BEN QUIRICO

From initial observations one is automatically intrigued by Benjamin Quirico's physical appearance. With a dark complexion deriving from his Italian roots, Ben already differs himself from the facial normalities in abundance within the Southern Highlands. Extending this thought, Ben is significantly different from most young men I have encountered. Embodying sheer humility and grace, Ben has always been extremely well composed and is someone I have always looked up to when in need of a positive influence. Although Ben is a national athlete in Equestrian, I have barely heard him talk about his outstanding achievements. Nevertheless, his prodigy capabilities whilst riding horses has seen him earn Equestrian full colours and captaincy. A spectacle to behold, Ben's high jump talents have generated large crowds throughout his time spent at Oxley Athletic Carnivals. Outside of sport, Ben is a fierce academic – whose study ethic others should aspire to emulate. Rewarded with an Academic Tab, Ben's dedication towards his studies is of the highest quality. Alongside a number of rare qualities, Ben's level-headed ability to see past the 'bullshit' and acknowledge the trivial nature of most social confusions is something I have always, and will continue to admire. With a prospected entry into Medicine, Ben will gently walk into the next chapter of his life - automatically attracting affection wherever he goes. Acting as a personal reminder of how a male ought to conduct themselves, I will sorely miss your genuine and friendly company.



ALEXIA CHEAIB

The personification of free-will, Alexia Cheaib moulds her own path. With infectious laughter and an up-beat aura, Alexia has never ceased in making me smile. Receiving the Monash House-Captaincy – a daunting task for most – saw Alexia revel within the position. With ease, Alexia led her Monashians to victory in the inaugural House-Singing Competition. Seemingly born to lead, Alexia became a vital member of the leadership team – organising fundraisers, designing posters, setting up and refereeing the Inter-House Competition and putting together short-videos. Alexia, throughout the year you have been an invaluable source of reliance, and I wholeheartedly thank you for all your hard work. Being a team leader within the Females Football First XI yet again came naturally for Alexia. A key player within the team, Alexia was able to lead the team, alongside Captain Meg Thirlwall into the finals, only to fall short at the final hurdle. Alexia's evangelic work ethic – permeated with vibrant highlighters, label-made stickers and colourful dividers – has seen her remarkable organisational capabilities accompanied with instinctive intellect, rewarded with an Academic Tab. An insightful voice within Advanced English discussions, Alexia's ability to whip out deep thoughts with such ease and verbal clarity is a sight to behold. Looked at with great respect by many, Alexia has often provided a listening ear when in need and a 10/10 cuddle – ultimately being able to rescue others from their temporal sadness. Touching the lives of others as she passes, I hope that I bump into Alexia in the future – yet again receiving the honour to bask in her magical aura.



HARRY SUTHERLAND

Since Harry could walk, he's been able to put others sporting abilities to shame. Excelling in Athletics, Swimming, Basketball and Football, Harry has showcased his talents across a broad range of sporting activities. Receiving the captaincy in Basketball and Athletics, Harry has led both teams to victory in his final year at school – winning the ISA Basketball season as undefeated champions and leading the senior boys to victory at the recent ISA athletics carnival amongst a range of fierce competitors. It must be noted that the senior boys haven't received the Division 2 athletics shield for 10 years. Outside of school parameters, Harry has represented a number of renowned football organisations such as: The Wollongong Wolves, Sutherland Shire and Marconi. With unheard of amounts of dedication, hard work and skill, it is highly likely that Harry will play professional football within the coming years. I look forward to turning on the television in several years and seeing you represent your country at a FIFA World Cup. Never one to boast about his achievements, Harry has conducted himself with virtuosity and humility within all areas of his life. Admired and respected by many, Harry inspires people with his care-free attitude and relaxed persona. A long-standing close friend of mine, Harry's extremely positive attitude accompanied with a genuinely infectious personality makes his name worthy of the history books.



CATE PATTERSON

I honestly don't know where to start. It has sadly taken my five years to truly meet Cate Patterson. Blinded by adolescence, Cate and myself have only truly started to learn about one another within the past year, and what a year it has been. Cate, I honestly love you. You are a personal source of inspiration, and you have taught me a plethora of things throughout our final schooling year. You have made the joint-role of School Captaincy enjoyable, rewarding and memorable. Even within times of great stress, you have always been able to lead me through. Oxley College is lucky, so lucky to have such a wonderful and genuine Head Girl. Cate's leadership skills are of the highest calibre. Rather than lead from the front with everyone behind, she teaches others how to lead and lets them pave their own path. For me, this is the highest possible quality of leadership. Cate is simply unable to flout. Receiving full colours in Hockey and Softball, captain in Softball alongside her extraordinary Cross Country and Athletic capabilities, Cate is an incredibly strong athlete. Within academic contexts, Cate is without a doubt on track towards achieving a 99.9 ATAR. Receiving half colours in Academics, Cate's mastery of all her subjects has seen her become one of the top performing students in our year, and shows symptoms of a successful life ahead. Cate Patterson, thank you for everything you have done for the College this year. Your ability to plan, organise and implement activities in such a graceful and genuine manner sets you aside from most others. Properly meeting and working with you for the past 12 months has been one of the most memorable experiences for myself to date. With sorrow, I will be greatly disheartened to say goodbye to you.



MIA HEALEY

Arriving together in the Southern Highlands after leaving the Eastern Suburbs of Sydney behind, Mia Healey is the person that helped me transition into a crucial chapter in my life. Having someone as optimistic, enthusiastic and oddly-happy as you beside me within those formative years, shaped what would become a long friendship. It has been a privilege to watch you grow from a naïve, bob-haired child into a strong, independent and fierce woman. Your ability to verbally joust with others has seen you become a strong dialoguer, easily able to gain the upper hand in conversations. Mia's outstanding acting capabilities throughout the years has seen her become the recipient of half colours in Drama. Most notably, Mia's performance within the 2016 School Drama Production had audiences in pure awe; marvelling at the talent unfolding in front of their eyes. Her extraordinary singing capabilities have additionally seen her perform on a number of occasions; never failing to captivate the audience with her magical aura. A person who always makes the best out of a situation, Mia Healey's fun-loving and rare personality will take her far in life. When I look back at High School, I am proud to say that I almost spent the entirety of it right beside you. With an accumulation of wonderful memories, I want to thank you for everything you have ever done with me – it was one of the most memorable journeys for myself to date. Loved and envied by many, it has been a privilege to call myself her close friend.



CHARLOTTE THIRLWALL

Akin to infectious Kookabura laughter, Charlotte Thirlwall is often found engulfed within youthful hysterics. A symbol of divergence, Charlotte's ability to go against the mainstream tide makes her an individual of great strength and courage. Her asymmetrical journeys and 'stress-free' attitude make others – imprisoned by the expectations of educational and cultural constructs – envy her life, and at times I've found myself doing the same. An amazing actor, a dedicated painter and an exceptional dancer, Charlotte Thirlwall has many hidden talents. Expecting to gain entry into a competitive Dance Academy, I will not be surprised if I come across her name in years to come. A long-time friend of mine, Charlotte has never ceased to provide 'good vibes' with her infectious persona. I'm positive that no matter what life throws her way she will be able to approach it with positivity and optimism. Extended previously to Meg, your father would be so proud of the woman you have become. Your tendency to pave your own path is one of sheer amazement and something that I highly respect. With infinite amounts of love, I wish you well in the next chapter of your life – I hope the world is ready to experience the wonderful enigma that is Charlotte Thirlwall – because they won't know what hit them.



MEG THIRLWALL

As Kaarina Allen once put it, Meg Thirlwall is an "extremely conceptual person". A remarkably deep-thinker, Meg has often provided me with an education into universal notions. Meg is highly regarded by all of us and has grown into an extremely strong young woman. Receiving the captaincy in Football, Meg alongside with Alexia Cheaib led their First XI Football team throughout the year and into the finals. Deriving from her conceptual nature, Meg produced an insightful and unique HSC Visual Arts Major Work which reflects her artistic and creative personality. Meg Thirlwall is a beautiful human being, her ability to approach everything with a smile and genuine respect, makes her an exemplar in the way human beings should treat others. Her ability to turn negative situations into positive and enjoyable ones is a rare character trait. Often I have found myself within tense situations until I look at Meg; her knowing smile accompanied by her innate wisdom – expressed by her facial composure – highlights her ability to see directly into the superfluous nature of social conflicts. Only one glance is needed to jump aboard her intellectual train of thought. Meg, you're a unique and wonderful being, don't you ever stop challenging conventional constructs. Your father would be so proud of you.



"I will miss Oxley because it has been like my second home since I was three. I will miss being able to walk through the school, knowing everyone. The support and encouragement of our teachers and the invaluable friendships I have made."

- Heidi Bevan

LACHLAN SCHERECK

Unique charisma and an innate tendency to build rapport with others, provides insight into a man of extremely high calibre. Often one to intently listen to others and provide assistance without being asked, Lachlan Schreck's ability to really engage with others sets him aside from most. Being the House-Captain of Monash, Lachlan led his red army to victory in the House-Singing Competition. The unofficial vice-captain of the Football First XI, Lachlan's dramatic 'call to arms' influenced all within the huddled circle – igniting an ambitious inner desire to emerge victorious. With lost games increasing, Lachlan's ability to fire everyone up went to the very last second of the very last game. Lachlan is a person of great persistence and virtuosity, displaying a natural ability to lead others. When Lachlan talks to you you can tell he has been well educated. With an ability to verbally joust with anyone that dares to challenge him, Lachlan is an excellent debater. Extending this thought, you are extremely witty. Personally, I've always seen humour as a rare gift, symbolising a perfect blend between truth and fiction. If an award had to be issued to someone for hitting 'humour' right on the head, I would award it to you. Always one to have a go, Lachlan attempts everything with a positive attitude. His ability to switch between maturity and adolescent foolery is a quality that I deeply admire. Never one to surpass a laugh and a good time, Lachlan will be sorely missed by many within our cohort.



EILIDH MAIN

With nothing but pure kindness infused within her DNA, I am unable to fault the highly respected and widely loved Eilidh Main. Every encounter we've shared has been extremely friendly and well-mannered. Your ability to converse with anyone about a diverse range of topics speaks wonders for your personality. Speaking from the heart, every word that leaves your mouth seems to be well thought-out, genuine and intellectual. As young men squabble over your attention, you seemingly have everything in control. A sorely missed member of the 2015 Modern History Class, your non-existent insights and poetic analysis have degraded the class's current value. With unprecedented academic talents, Eilidh has never failed to educate others with her original opinions. Receiving academic half colours for years of high achievement is something that Eilidh should be incredibly proud of. Even within the sporting arena, Eilidh has time and time again given it her all. On track to receiving a 99 ATAR, the future looks incredibly bright for you. With something to offer in seemingly every aspect of life, I have no doubt in my mind that whatever you do in the future, it will be grand and important. In all honesty, you are simply one of the nicest people I have ever met, and I know that you will continue to inspire others in life beyond the College.



CAMPBELL MACQUARIE

Being an original word-smith is difficult yet Campbell Macquarie pulls it off with ease. A young man who really engages in conversations had, Campbell's genuine personality captivates all within close proximity. Being in Campbell's Modern History class for the past two years has shown me how determined he is in deciphering complex ideas. With a head full of interesting historical facts, Campbell Macquarie has always taught me new things. Campbell's love for cultures is evident within the way he speaks about his voyages overseas, such as India. With unique articulation, Campbell is able to communicate his experiences in such a passionate and engaging way, that listeners are able to visualise exactly what he is talking about. Within the sporting arena Campbell has become an extremely strong swimmer. Weekly visits to the Picton pool has enabled Campbell to nudge out strong swimmers such as Harry Sutherland and Adrien Antich, to become the U18s Runner-Up Swimming Champion of 2016. At last week's Lunchtime Music Performance, Campbell's innate love for music was finally exposed for all to see. With savvy dance moves and seductive eye-contact, Mr. Macquarie sung and danced his way into our hearts. Campbell, you have a lot to offer my friend. I look forward to the day when you return from your overseas odyssey's, and recount your tales in spectacular fashion.



ADRIEN ANTICH

Adrien is always up for a laugh – regardless of the location, one always finds Mr. Antich engulfed in laughter with others. Never one to be talked about in a negative light, Adrien is widely admired. Being nicknamed 'The Troll of the School', Adrien's ability to continuously make others laugh is a rare gift which many long to have. Adrien received the captaincy in Cross Country and has often won Cross Country carnivals. Whether it be Swimming, Cross Country, Athletics or Tennis, the strong athlete competes vigorously, often emerging victorious. His ability to 'have a go' at everything he approaches has recently seen Adrien pursue entrepreneurship; establishing his own cordial business. With hard work and dedication, Adrien started selling his products at School, generating wide-spread interest in his tasteful beverages. Being naturally gifted at seemingly everything, I'm sure Adrien will continue making the world a happier place throughout the rest of his life.



JOSH WISE

Reminiscent of the protagonist William Hunting within the film 'Good Will Hunting', Joshua Wise's ability to combine profound intellectual thought with arbitrary day-to-day events in a humorous manner, places his name up upon a unique pedestal. House-captain of Odgeroo and the captain of the Rugby First XV, Joshua reminds us of how one is able to lead in a stressless manner, ultimately reminding us to not take life too seriously. When discussing political thought, social conflicts and/or philosophy, Joshua continuously advocates for the ephemeral and non-existing value of all issues. His ability to 'look beyond' and 'see the full picture' makes him a rarity of an individual, and I am honoured to be able to call him a close friend. If it wasn't for his sagacity, my Year 12 Adv. English results would have taken a completely different direction. After years of close friendship and memorable experiences shared together I have had the wonderful privilege of being exposed to what lies at the core of a person who loves to keep others guessing. Peering through the blinds, nothing but youthful playfulness, an innate ability to care for those he loves and intellect can be seen. A person who naturally shines, Joshua Wise; 'You are my best friend, who brightens up my day, the one that cheers me up, the ones that's here to stay'.



ESCHER LE DUC

A man of deep thought; Escher le Duc offers insight into abstracted raw and fundamental ideas. Although he is one who has not thrown himself into a vast range of college activities, he has influenced the lives of many. His unique and charismatic personality makes him a spectacle for all to look at, and has therefore impacted the lives of each and every one of us in our own way. A man of great physical size and strength, I have often told Escher he was born into the wrong era; perhaps Ancient Greece would have suited him more appropriately. Escher has been a crucial member of the Rugby First XV team for two years, and has significantly left his mark on the sport throughout his time spent at Oxley. Not many know this, but Escher is a powerful and respected leader. His influence on the younger years, in particularly within the spheres of rugby, has seen the word 'Escher' become a household name which will be remembered by younger students for years to come. Not often will we come across a person of such integrity, humility and kindness throughout our lives. A hardworking individual with a moral compass pointing in the right direction, Escher le Duc will go far in life, and I hope I know him in years to come.



ERIN LEAVY

Shakespeare once wrote, that in order to achieve something one must 'stoop to conquer'. Erin Leavy is a perfect example of the truth behind this statement. Her passive and introverted personality has allowed her to subtly 'fly below the radar' and emerge on the other end victorious. Her deeply profound intellect has seen her become one of the highest performing academic students in Year 12. Being the recipient of academic half colours is something she should be enormously proud of. I say this because she is only 16 years of age. Erin is an accelerated student; a feat which few have the ability to say about themselves. Facing the challenge of the HSC at such a young age with such grace and maturity provides insight into how Erin is wise beyond her years. Her friendly and purely wonderful personality accompanied by her ability to achieve great things has established a trajectory which will perpetuate Erin throughout her entire life.



EMMA CROKER

Finding faults with Emma is near impossible. Achieving in almost every aspect of College life, Emma Crocker has continually displayed how dedication, hard-work and consistency pays off. Receiving the captaincy in Basketball, being a fierce competitor in Cross Country and Athletics alongside being School Prefect, Emma has been involved in too many things to count throughout the duration of this year. Special mention must be extended to you, for all your hard-work within organising and implementing the Inter-House Sports Competition. Probably the only large-scale event initiated by a leadership team at Oxley in recent years to work, Emma organised the extremely successful inter-house competition which saw Tudor groups compete with one another within a round-robin formatted structure. Encouraging collaboration and teamwork, Emma was able to unite people from all year groups in a way which had not been previously achieved at Oxley. Living on in the minds of younger students, your work has set the benchmark for future leadership teams. With a seemingly never-ending array of tabs, Emma's ability to obtain academic full colours is a feat few are able to claim. The elegant prose in which she writes accompanied by an inherent intellectual flair permeates her work in all subjects. Her insightful literary offerings within the Pin-Oak stand testament to the truth behind this statement. Emma is an incredibly creative individual, producing two amazing HSC major works in Visual Arts and Digital Technology. Her friendly and easily approachable character filters through everything she does, and she will be a sorely missed asset to the Oxley community. With an innate impulse of wanderlust, I'm sure Emma will travel far and wide basking in the aura of everything she encounters.



NICK WILSON

If I had to award an individual for personifying humility; it would indisputably be Nicholas Wilson. Often spotted in the Academic Study Centre, Nick has to be one of the hardest working Year 12 students in New South Wales. Topping almost every subject and receiving academic half colours reflects the amount of effort Nick has put into his HSC year. House-Captain of Durack, Captain of the First XI Football Team and receiving football half colours are just some of the achievements Nick has been able to attain. With all this in mind, I have never seen Nick talk about his own merits. Sharing the journey that Extension History has to offer with Nick has revealed an incredibly profound inner-voice. Often seen looking into the distance, I continuously wonder how the mechanisms within his mind function. If in need of an education into the philosophy underpinning Big History, an answer to a mathematical equation, an explanation of the human body or business study terminology – Nick Wilson is your man. As intellectually fleet-footed Nick may be, his footwork on the football field is a sight to behold. Reminiscent of a young Lionel Messi, Mr. Wilson's 'teccas' puts most others to shame. Someone who is capable of making anyone smile, it is with a heavy-heart that I regret to say that I will miss our high-quality conversations. Nicholas has so much to offer that I'm certain that employers will be falling head over heels to gain the privilege of employing him.



GABRIELLA TAYLOR-HELME

A beacon of light amongst the darkness; Gabriella Taylor-Helm is always willing to assist others. Her genuine personality, infectious persona and beautiful smile makes her stand out from the crowd. A humble individual who steps back when social conflicts arise, Gabby's characteristics act as a form of education for others; showing us how one ought to conduct themselves. A familiar face at the college, Gabby has received the captaincy in Netball and Athletics alongside being the House-captain of Florey. Gabby is a dedicated and gifted athlete who has often gained selection into CIS carnivals in Athletics and Cross Country. Receiving full colours in Netball, and half colours in Basketball, Athletics and Cross Country – Gabby's achievements have been of significant calibre. Throughout my time at Oxley I have always been able to turn to Gabby for help. A person who cares for all, I have always been able to seek advice from her. Throughout 2016, Gabby has been an integral part of the leadership team – most notably, setting up and maintaining the Oxley Instagram page. Her ability to help out whenever needed has made the tasks the leadership team has undertaken drastically easier. With incredible amounts of hard work – evident within her stacks of genius miniature palm cards – Gabby's more than set for the final exams; her insights will serve her well for the HSC and beyond. Gabby, your optimistic, level-headed and happy persona has never ceased to bring a smile to my face. Deeply loved by a vast range of people, I know you will continue forcing the jaws of others to drop as you skip your way into the future.



JAMIE BINDER

A rarity amongst us, Jamie Binder's infectious personality makes her an unforgettable face. Jamie is wise beyond her years and her unique and fascinating insights are often reflected in the way she speaks, acts and writes. After five years of knowing her I'm still trying to pin-point something she doesn't excel at. Her plethora of tabs – seen from kilometres away – reflect her achievement and effort in almost all aspects of life at the College. Receiving the captaincy in Hockey and Snow Sports, alongside being Oodgeroo House-Captain, Jamie has been an integral part of the College throughout her last year at school. A fierce athlete, Jamie has made the ISA team continuously in Swimming, Cross Country, Athletics and Hockey. With years of dedication, Jamie received full colours for her outstanding performance in Hockey. Gaining selection into the National Championships for Snowboarding, Jamie has become a national athlete, competing at the highest possible level. Outside of the sporting arena, Jamie has additionally achieved great feats in Drama and Academics. The list could go on and on, and we would not be able to cover everything Jamie has done in this brief account. Always one to help, Jamie has probably been the most reliable and hard-working member of the leadership team; contributing to the organisation of almost every initiative this year. Jamie's approach to everything is one of originality; her intellectual boldness accompanied by a profound inner strength has seen her become significantly admired within the Oxley community. Personally, Jamie has set the benchmark for how one communicates and interacts with others. Speaking and acting with passion and humility, Jamie has had a profound impact upon the person I am today – and for this, I am forever grateful. I'm going to miss seeing your face every day. The world is about to receive a game changer.



WILL LAMROCK-GEORGE

William has always been a source of personal inspiration when in need of confidence and charisma. His intellectual insights alongside his ability in always staying 'on top' of things makes him a unique individual, showing symptoms of great success in life beyond the College. He is person of inspiring and intellectual diction, prompting instant engagement with everyone he meets. William is a young man of great achievement, acquiring half colours in Drama, Debating and Academics, and full colours in Music. Receiving the captaincy in Dobell, William has led his green followers with consistency and virtuosity; continuously demonstrating his great leadership. Alongside with Music prodigy Patrick Newton, the dynamic-duo came runner-up at the House-Singing Competition with their adaptation of George Michael's auditory masterpiece 'Freedom! 90'. Playing the trumpet recurring times for Oxley, William's innate musical gifts combined with sheer passion and dedication portrays a young man of extremely high musical calibre. With charismatic showmanship, I have often found myself in awe of William's ability to address a crowd. Most notably, his role as Master of Ceremonies at the inaugural 2015 Oxley Talent quest saw him become a widely admired member of the Oxley community. With a blossoming friendship, it has been a pleasure getting to know William over the past year. He has been a crucial member of the leadership team, and has greatly assisted in the organisation and implementation of activities on a number of occasions. With the premiere of Oxley's 'The Bachelor' only days away, I would like to thank you William for your enthusiastic willingness to throw yourself wholeheartedly into everything you have done this year. With infinite amounts of respect, I will miss your company. I hope the world is ready for what they are about to receive.



"I will miss the friendly and welcoming atmosphere that defines Oxley, and how everyone strives to help each other find their passions."

- Laura Irving

WILL DUNCAN

An absolute legend of a person, William Duncan's rationale behind everything he undertakes sees this young man make the most out of every situation. A prodigy on the football field and a master on the cricket pitch, William's sporting abilities put most others to shame. A crucial player within the First XI Football team, Will's habit in dislocating his knees saw him continuously injured throughout the season. Nevertheless, he played with injury, was still able to slot his way past most strikers. Will's work ethic throughout the year has been more consistent and thorough than most others. Often seen with a large stack of summary notes, William not only achieves within academic realms, he shares his wisdom in order to help others. On occasions, I've seen Will sharing his insights with other students allowing them to become better equipped for upcoming examinations. With a wicked sense of humour combined with an inner maturity, everything William pursues is done to the best of his ability. This character trait will act as a basis for everything he does throughout his life, signifying his perfectionist tendencies. Someone who is genuinely friendly, caring and humble is not easy to come by these days, yet Will is one of the few people I encountered who is an exemplar within both areas. With originality, Will's humanist outlook on life and approach to others places his name in a unique category. Always up for a good time and a surprisingly good dancer for someone with two busted knees, William will thrive going into the exciting next chapter of his life. Whether he travels to America to play professional college football or stays domestic, William will turn every difficult situation into ones of enjoyment.



WILL LEWIS

Being sincere in everything you do, William Lewis, if I had a 'favourites' list you'd be near the top. Although this may sound strange, and forgive me if it does, but you've been a long-standing source of personal inspiration. Akin to several others in our year but in particularly you, your extraordinary ability to embody deep humility and maturity within all areas of your life accompanied by sincerity and thoughtfulness makes you a rarity of an individual. One to usually step back from the spotlight, I think it's time that we re-direct the light and celebrate you. With very little he is unable to do, William achieves in all aspects of college life. Whether it be academics, football, cricket, cross country, athletics or social interactions, William excels with flying colours in everything he does. With incredible fitness, Will was a crucial member of the Football First XI and the First Cricket Team. Often receiving medals in cross country, William's physical pace – akin to his intellectual pace – enables him to pass others with ease. An incredibly hard working and thorough student, Will's ability to rise to the challenge of distance-education senior science and achieve Band 6 results demonstrates this. Helping out on a variety of occasions, William never seems to let others down. With infinite amounts of admiration – seemingly obvious by the way others interact with you – you are a widely respected member of the Year 12 cohort. With witty humour and an ability to provide the highest quality of banter, William will be without a doubt a deeply missed person. I hope that the freedom of 2017 treats you well my friend – you out of all people have thoroughly deserved it.



"I will miss Oxley because of the atmosphere that is created. The tightness and support that is created by everyone at Oxley is why it will always have a special place in my heart."

- Patrick Newton

KELSEY SCHOLES

If I look up the definition of 'respectful behaviour' within the dictionary, I'm sure Kelsey Scholes's name would appear. Having only been at Oxley for three years, Kelsey has influenced the lives of many within our year group. Her respectful attitude accompanied by an extremely genuine and thoughtful personality makes Kelsey a vital asset to our year group. To all those she encounters, Kelsey displays a maturity beyond her years. This is evident within her role as House-Captain of Dobell this year. She is widely respected and is someone people can turn to if in need of a listening ear. Having been in Kelsey's Religion and Extension History class, I am confident to say that her self-less nature and humility is something we should all take note of. Whenever in need, Kelsey is there – offering an empathetic ear accompanied by insightful sagacity. Visually standing out from the masses with her fashionable accessories, Kelsey Scholes wardrobe selection has never ceased to impress. Kelsey, you are hands down one of the nicest people I have ever meet. With a prospect career in speech pathology, there is no doubt in my mind that your loving personality will help others for years to come. If my stammer takes a turn for the worst, expect an inquiring phone call somewhere down the track. With noticeable sentiments of carpe diem, I'm confident that Kelsey will be able to manoeuvre herself around life's obstacles in spectacular fashion.



DARCY LONGWORTH

Never have I come across a young man who carries himself with such poise and maturity. A very smart and intellectually superior person, Darcy Longworth has often bewildered me with his unique insights. His intellect reflected in his ability to attain academic half colours. A physically well-built person, Darcy is very athletic and is often seen participating in Cross Country, Swimming and Athletic carnivals, alongside being a crucial member of the Tennis team. A young man who I have never heard a bad word about, Darcy is highly respected by each and every member of our year group. Showing symptoms of great leadership, I have often envied Darcy's ability to lead others in such a mature, level-headed and consistent manner. Always willing to help, the calm persona Darcy brings to all situations has a significant impact on the task at hand and those involved. Since arriving at Oxley, I have often heard about Darcy's extraordinary mathematical capabilities – an area in which I am hopelessly inept. Darcy's knowledge behind the keyboard is next to none. With a vast array of technological knowledge, I have often heard about Darcy's 'journeys' online. Limited by my minimal interaction with Darcy, I am saddened to leave High School without earning the privilege in getting to know you better. Nevertheless, everything that I have seen and heard about you places you in a category separate from the rest. An exemplar in the way one should carry themselves, Darcy embodies sheer humility – a rare quality which I wholeheartedly respect and admire.



JAIME PRYOR

Oozing sentiments of intellectual boldness, Jamie Pryor's mind puts most others to shame. Over the past few years I've had the privilege of getting to know Jaime very well, and she has never ceased to baffle me. When communicating to others, her passion for compelling dialogue sets the scene for a thrilling conversation. Firstly, she is without a doubt the most insightful 'young adult' I have ever met. Many a time have I found myself entrenched within a conversation with Jaime about universal notions, being unable to keep-up with the quick-pace of her intellectual stride. A mutual appreciation for philosophy saw our friendship blossom at the hands of Romantic literary master Percy Shelley. Reminiscent of Hannah Arendt, Jaime is a fierce intellectual who will stop at nothing to acquire the truth. The fundamental reason why I regard Jaime so highly is because of her ability to combine profound intellectual thought with youthful social experimentation. This fusion of disparate elements signifies her innate understanding of philosophical theory which has therefore promoted her to experience these notions in practice. The 'proxime accessit' of 2015, the Mawson House-Captain, the recipient of Academic full colours, the list goes on. Within the sporting arena Jaime has always been prepared to have a go. Losing her voice at the Swimming Carnival did not stop Jaime in leading the blue mawsonites through demonstration. A wonderful leader, Jamie and co-captain Jack led Mawson with optimism and enthusiasm right until the final House-Meeting. Jaime, I would like to formally thank you from the bottom of my heart for everything you have brought into my life. Your presence within Tudor group for five years accompanied by offered gifts of wisdom has shown me a whole new way of looking at things. A product of 'what is' when one overcomes adversity, you will always be a personal source of inspiration.



GRACE KENNEDY

Never afraid to ask the big questions, Grace Kennedy is one of the only people I know who is able to successfully challenge conventional thought. Having shared most of the Extension History Journey with Grace, alongside being in her English Advanced and Studies of Religion class, I have often admired the way she speaks with strength, clarity and natural intelligence. Having only known Grace for such a limited amount of time, I am unfortunately unable to provide thorough insight into her personality – saddening myself as my account of Grace does not accurately portray her sheer rarity. Nevertheless, from observations, minimal encounters and auditory retellings, Grace comes across as an inherently calm and measured individual. With a maturity surpassing her years accompanied by an innate intellect, I'm certain that no matter what Grace undertakes she will do so with integrity and passion.



BRANDON COLBY

Brandon is a guy who can succeed at anything he puts his mind to. I know this sounds generic, but in this case it is completely correct. In his earlier years of high school, Brandon excelled, though not always in academia. But that was not his goal. Brandon is a cultured, worldly person who has lived unconstricted by the 'school' bubble. His ability to live for himself is a quality that influences everyone he meets. Brandon is a caring, friendly person who goes out of his way to help his friends and family. He encourages people to be the best version of themselves. Co-captaining swimming with Brandon was an amazing experience. His energy for life and sense of humour was infectious and his caring nature shone through his every action. During the Outback adventure, Brandon wowed everyone with his photography. He was always in search of the perfect shot, though I don't think any of them turned out! Brandon made an effort to engage every member of the year in conversation, and in doing so deepened friendships and in some cases began entirely new ones. Brandon has had a hand in nearly every initiative the prefect team has instigated this year. He initiated the intercourse sport and helped found the O.C. Brandon regularly speaks at assembly and has amazed even Mr Parker with his eloquence and wisdom. His speeches engage every student in a way no teacher could. Brandon not only excels on the field and in the assembly, but is also an amazing artist. His versatility of skill can be seen in his amazing art major work, in which included intricate drawings and expressive paintings of his closest mates. The technical skill seen in the artworks is exquisite. Although Brandon was disheartened by his inability to play rugby in his final year, he went on to dominate in the 1sts Soccer. Brandon's drive throughout the HSC has pushed all the other students to work hard in their own studies. Brandon is not overly interested in marks, he just wants to do well for himself.



"I will miss wearing my blue and gold hockey skirt and the feeling of pride and team spirit as I take the field."

- Cate Patterson



LEARNING AND PASTORAL REPORTS

Pastoral

Recently Year 9 and 10 were invited to watch a young man named Dan from the Brainstorm Productions (Cheap Thrills). Dan came to Oxley and did a performance about drugs, alcohol and making positive choices. It started off with a typical story about adolescents.

Dan re-enacted a scenario about a young man named Andrew who had a disconnected family; a mother who was over protective and looked to pills to solve her stress, a father who was an alcoholic and neglected his son, and a sister who lied to her parents and was addicted to social status and her appearance.

It was a story about Andrew looking to drugs and alcohol for a fun night with his best mate Jamie. After lying about their ages to become under the influence of alcohol, Andrew and Jamie find themselves making a bad decision with consequences that will impact the rest of their lives. Turning Jamie's life into a spin which eventually resulted in his death.

It was an amazing performance which had the audience hooked to his very last words about the story of Andrew and Jamie. On a more serious note, Dan talked about the more solemn aspects of making bad decisions with the involvement of alcohol and drugs - not demanding us to do exactly what he says - but to listen and to gather another different opinion and perspective about drugs, alcohol and making bad decisions.

After experiencing this unique performance we have walked away with more insight and a new way of looking at these issues. We have gone away with this "Intel" and a new state of mind. Considering that this was not your average incursion (that is normally boring and not captivating) this was a new insight to another opinion that relates well to the audience.

By Harrison Baillieu & Jordan Colby (Year 10)



Learning: Kate Cunich

Oxley continues to grow in reputation as a place of outstanding learning and teaching. Evidence of this was a visit last week by Mr Nic Ridge, the Senior Project Officer of AITSL (The Australian Institute of Teaching and School Leadership). Oxley had been personally recommended by Professor Hattie as a school to be in a national case study on how feedback can be used effectively in the classroom. Nic spent the day talking with Visual Learning Leaders, teachers and students, focusing on how students know they are progressing and how they move to the next step on their learning continuum. Students in Year 8 Maths Pathways, Year 1 and Year 9 SWYM were able to clearly and confidently articulate their learning and progress. Nic was very impressed with everything that he saw and heard and has flown back to Melbourne to spread our story. Most importantly for us, it was a delight to be able to showcase our school on an ordinary day – nothing special planned, the thriving learning witnessed is what we do in every classroom, every day.

Sadly, it is time to say goodbye to our wonderful Year 12 students. This is a year group who are known for their tenacity, for their quiet determination, for their dedication to everything in front of them. It has been extraordinary to see how they have used the Year 12 Study Centre in such an effective way – day after day students are working silently on their academic preparation and revision. On Monday afternoon after school, half the year group chose to sit the English Paper 2 as additional practice – writing until 5.30pm out of choice. Their sense of team is remarkable and we do wish every one of them the very best in the days, weeks and months ahead as they sit their final HSC examinations. We know that they will be rewarded for every ounce of effort they have put in. Most of all though, we are convinced that they are prepared for their lives ahead in the 21st century. As our mission and vision states, they are ready for their futures. We wish them well.





BLISS BALLS

Here's the perfect snack to give you energy and take almost anywhere. They're moist, chewy and packed with healthy ingredients like nuts, dates and coconut – what's not to love about the bliss ball?

Bliss balls have bounced right to the top of our favourite snack list, and boy are they tasty. The healthy homemade treats are great for kicking bad sugar to the kerb and make snacking on the good stuff fun.

These cute little balls are made in the food processor with ingredients such as dates, nuts, seeds, dried fruit and coconut oil and, best of all, there's absolutely no cooking involved! And with most schools (including Oxley) being a no-no for nuts, you can substitute any of the nuts for seeds and get an equally delicious result.

Bliss balls will keep in the fridge for weeks and in a cold storage container for several days, making them a great option for camping and hiking. With OLE week just around the corner, those of you going outdoors might just want to stock up. Click [HERE](#) for some recipes or scan the QR code in the image above.

<https://oxley.instructure.com/courses/570/pages/healthy-bliss-balls>

By Victoria Hansen



COPPER JEWELRY

People all around the world have worn copper jewelry for hundreds of years and not just because they like the look. From Ancient Egyptian times people have been using copper for its health benefits but the jury is still out as to whether wearing copper bracelets actually helps different conditions.

Copper jewelry is said to help:

1. Stiff Joints: Copper jewelry can target stiff joints all around your body. It is believed to help stiffness associated with arthritis or osteoarthritis.
2. Joint Pain: Copper is believed to have anti-inflammatory and antioxidant properties, which aid pain in joints.
3. Mineral Supplementation: Iron and zinc found in the copper react with sweat from the skin. Your skin turns a green colour during this reaction. The body then absorbs these minerals.

Many believe that copper improves blood circulation, stabilises metabolism and increases energy. While the scientific community still largely believes that copper jewelry works because of the placebo effect, I say if you like the look then give it a go!

Savannah Sandilands (Year 9)



BIO EXPERIMENTS

FUN FACT: Bacteria outnumber humans by one trillion to one. Year 12 Biology students have been busy in the lab over the past few weeks, boiling broth, plating microbes and waiting...yes a lot of waiting for our bacterial colonies to grow. Who said the HSC wasn't fun?





SHORT BLACK FILMS 

2016
Filmmaking Fun !!! Movie Madness !!!
HOLIDAYS SHORT FILMMAKING
Workshops for Young People
WRITE, ACT IN, SHOOT and EDIT your own SHORT FILM



Workshops 1: Tues 27, Wed 28, Thur 29 September
Workshops 2: Wed 5, Thur 6, Fri 7 October

- > Ideas into a Script
- > Storyboarding
- > Film Acting Techniques
- > Camera Skills
- > Editing on Final Cut/Premiere Pro
- > Film uploaded to Youtube

Cost: **\$320**

with local actor & filmmaker Vincent McManus
 @ 9 Carlisle St, BOWRAL
 9:30am to 4:00pm
 *bring packed lunch & water

To book, Contact Vincent
 m : 0427333245
 e : shortblackfilms@gmail.com
<http://youtu.be/wpyCIYkplk>
 *limited places - confirm now

PIN OAK FAIR



We're counting down with only 51 days until the Fair. We've been planting beautiful herb and vegie baskets with the junior school, the art students have been screen printing fabulous cushion covers and lots of wonderful donations have been arriving for the clothing, second hand and book stall, thank you!

Speaking of donations... did you know that over half of the money raised on the day will be given to charity. With much consultation of parents, peers and the Oxley Executive the funds raised from the Pin Oak Fair will not only go towards the school, but also benefit Oxley's overseas schools in Nepal, Bali and Botswana. A third of the funds will also be donated to a charity begun by Oxley's Year 9 student, Dylan Whitelaw. Dylan's charity "Get Around It" focuses on raising money to fund a web chat room for youths in the Southern Highlands suffering from mental health issues. There is a vital need in the Southern Highlands for this kind of help for our kids and we are very proud to support him.

So please get behind these amazing causes we are supporting through the work of the Pin Oak Fair. Something that is required over the next few weeks is patchwork fabrics. If you have any you aren't using please either drop off at the Oxley Office or if you're in town please drop into Dirty Janes.

If you haven't yet volunteered to help in the leadup to the fair, or on the day, it's not too late. Just email janecrowley@crowleyandgrouch.com



Screen printing cushions



Planting out herb baskets



GALLERY



SEPTEMBER + OCTOBER CALENDAR

<p>The Oxley Shop will be closed during the first week of the holidays. Holiday opening dates/ hours are: Wednesday 5, Thursday 6 and Friday 7 October from 8.30am-4.00pm.</p>  <p>We welcome Louis David Hayman to the Hayman Family. Congratulations to Alex and Annalise Hayman.</p>	<p>Mon</p> <p>26</p>	<p>Mon</p> <p>Monday Bank Holiday</p> <p>03</p>	<p>Mon</p> <p>OLE Week</p> <p>10</p>
	<p>Tue</p> <p>27</p>	<p>Tue</p> <p>04</p>	<p>Tue</p> <p>11</p>
	<p>Wed</p> <p>28</p>	<p>Wed</p> <p>05</p>	<p>Wed</p> <p>12</p>
	<p>Thu</p> <p>TOUR:NEPAL Social Service tour departs</p> <p>29</p>	<p>Thu</p> <p>06</p>	<p>Thu</p> <p>EXAM: HSC English Standard & advanced Paper 1 EXAM: HSC Music 1 EXAM: HSC Music 2 Camp:K-2 BBQ & Year 2 Camp out</p> <p>13</p>
<p>Fri</p> <p>Last Day of Term 3 K- 6 Cake Stall</p> <p>23</p>	<p>Fri</p> <p>30</p>	<p>Fri</p> <p>TOUR: Fiji Social Service tour departs</p> <p>07</p>	<p>Fri</p> <p>EXAM: HSC English Standard & Advanced Paper 2</p> <p>14</p>
<p>Sat</p> <p>24</p>	<p>Sat</p> <p>01</p>	<p>Sat</p> <p>08</p>	<p>Sat</p> <p>EXC: BB/Ball ISA Invitational Oakhill</p> <p>15</p>
<p>Sun</p> <p>25</p>	<p>Sun</p> <p>02</p>	<p>Sun</p> <p>09</p>	<p>Sun</p> <p>16</p>

Sport



DEAR STRESS,

I'm sorry but I'm seeing someone else....

Stress is an inevitable part of life and with homework and assessment tasks piling up it's a feeling we all know too well. But in the hustle and bustle of our busy lives how can we reduce our passings with this unfriendly foe.

You know exercise can do a world of good for your body but were always hesitant to spend time out of our days to do it because we are too stressed. But wait a minute - what if I told you that there is good news when it comes to stress. Endorphins are 'feel good' neurotransmitters that are naturally released into the blood stream during exercise. These transmitters increase your level of 'happiness' and decrease the tension and anger that comes from the anxieties and stresses we all inevitably face. As well as being 'feel good transmitters' endorphins act as nature's painkillers, which can improve your health and in turn make you less stressed. As well as the release of these feel good chemicals exercise can also improve your ability to get that pile of work done. Studies have shown that when we become 'stressed' our body feels the impact as well. So, it stands to reason and as proven by these studies when your body feels better so does your mind. Along with the dispersion of these 'feel good' transmitters there are many benefits of exercise; fighting disease and improving physical condition. Moreover exercise has been proven to be vital in improving our mental condition. It has been proven to be very effective in reducing fatigue (I was quite surprised to be energetic after my session with Harry at the Oxley gym the other day), improving alertness and enhancing concentration and all the while enhancing our overall cognitive functions. These physical benefits of physical activity have a tremendous effect on your abilities to apply yourself to tackle the tasks that have been piling up through the term.

So next time you are so stressed you don't know where to start, go for a run, a walk, do a blogalities video or even do some stretches, and you will be surprised how much better you will feel for doing it.

Its you not me.

From the new me

By Catriona Uliana (Year 11)

CIS QUALIFICATIONS

The following students qualified to compete in the secondary NSW CIS Athletics Carnival on 21 September at SOPAC:

Clancy Aboud
Harrison Baillieu
Rosemary Bowyer
Eleni Connell
Charles Dummer
Cedric Hely
Harry Jensen
Sophie Kearney
Isabella Knowles

Sienna Knowles
Alexander Kolovos
Isabella Price
Harry Sutherland
Gabriella Taylor-Helme
Georgia Wade
Alexander Webb
Jasmin Wikramanayake
Lachlan Billington-Phillips

GYM LIFE

I'm a relatively lazy person, and the sound of exercise does not make me excited. For this reason, so many people ask 'Why do you even go to the Gym?', or 'How do you get up so early?' They are valid questions considering my reluctance to leave my warm comfy bed in the morning, but to me, exercise is a priority – no matter how much dread it may cause! The opening of Oxley Gym has left an indelible impact not only on my wake up time (and thus my bed time), but it has made each day a better one. Exercising in the morning sets up the rest of your day, giving you more energy and a feel good attitude. The instructors are incredible - they know your aims, and they know how to achieve them. It is also so much more fun working out with friends, and as a great instructor once said, 'Friends who train together, gain together.' So grab a buddy and visit the Oxley Gym.

By Tully Mahr (Year 9)

