

PIN OAK

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K-6



SPORT



ROP

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Oxley Gym Update

Dear Parents, Family and Friends of Oxley College,
My name is Harry Carlon and I have been running the new Oxley College gym from the start of this year. The following is an update on our progress.

When we first met with Mr Michael Parker and Mr Peter Ayling last year to discuss a potential gym, it was clearly evident how serious Oxley considers student health and fitness. As our talks progressed, and with the help of Oxley staff, we put in place measures to encourage a diverse and well utilised facility - not to be used exclusively by any one section of the Oxley community. One of those measures has been the "Girls Only" session run once a week by our experienced trainer (and Oxley parent) Jody. These sessions help introduce girls to the facility in a non-intimidating environment.

When I was a teenager and playing Rugby, the local gym was a place where boys would try to "out do" each other. Not only have I not seen this, the core group of boys have been incredibly supportive of each other. I have been delighted with the mature and respectful approach taken by the students. They train very hard but always listen to our advice regarding technique and are all too happy to follow our safe programming. Another success has been the "Sports Team Bookings" with several coaches now emailing me about pre-season training and programming.

The most rewarding part of our work at Oxley has been seeing individual students develop in their confidence. Exercise has an amazing ability to bring people closer to each other and to make us "happier" with ourselves - irrespective of whether physical change has occurred. A very useful tool for teenagers! Rex Collins is one such student who I have seen evolve (physically and mentally) over the last six months. Rex is in Year 7 and this young man has attended more than anyone and is always waiting at the doors for me when I arrive at 7:15am in the morning. His respect to the senior students and his work ethic has been noticed by everyone and I now see the Year 11 and 12 students chatting with him on first name basis in the gym and around the school. A significant change from the shy boy who flew under the radar during the first few months.

We are very much looking forward to the second half of 2016 with Oxley and are always open to suggestions that may encourage more students to use these wonderful facilities. If you would like to chat with me about programming for your child, gym safety, opening hours or anything else please do not hesitate to call or email me.
By Harry Carlon (The Shed)

harry@theshedfitness.com.au

HEADMASTER'S REPORT



Building developments

I am delighted to be able to say that the Wingecarribee Local Council has approved our plans for the new classroom building. It was passed unanimously. Some good things were said about Oxley by two of the Councillors on the way through, which was very encouraging. We are looking to start the construction within days. It will mean cutting down three cherry trees and replanting three others. We will be replacing these three trees with mature trees in a style more inkeeping with the local area.

The Bray fields are being reseeded and re-levelled after some people in cars ploughed up the field one Saturday night. We now also have a fence!

The tennis courts are coming along slowly. The council has asked for a Fauna report, which we have now provided.

Year 10 Film Festival

The Year 10s have embarked upon a new film festival, which was launched at the Bowral Cinema last week. Groups of four or five will be making their own film over the next few months in English as well as working with high profile established film industry people. The final results will be shown at the Bowral Empire Cinema at a special red carpet event towards the end of the year.

Year 9 Rites of Passage

Year 9 have returned from their three weeks in Sydney on Rites of Passage looking older, wiser, and more experienced. They report unanimously on what a wonderful time they had and how much they learnt over the weeks. The day I spent with them at NIDA, UNSW and the Bangarra Theatre was exceptional - they were open, receptive and certainly did Oxley proud. I even got to spend an hour searching around UNSW with a student for his misplaced wallet. (It was a good opportunity to see many parts of the Uni that I had never been to before, including the back of cafés and the very remote lost property office.) We have produced a video of all of the students' time on Rites of Passage which we are looking forward to showing everyone next week.



International Social Service Trips

If your son or daughter is interested in going on the Botswana trip in April 2017, the Expression of Interest Form is due on Friday 5 August. It can be found [here](#). On Wednesday evening I spoke to many current Year 8 parents about the various opportunities in Year 9 to travel to Nepal, Botswana or Fiji. It will be great to be able to have our students out being a part of schools in the developing world next October.

Washington Conference

Four members of staff went to the American Visible Learning Conference in Washington during the holidays. The entire event was at Cecil B De Mille scale. It was in a Conference Centre that had 11 storeys in a giant glass dome which reminded me of a teen dystopian fiction novel. Indeed, the ground floor had walkways, trees, streets etc that made you forget you were even inside until you looked skywards at the glass!

Kate Cunich and myself were able to give two presentations apiece at the Conference about Oxley's journey with Visible Learning - as far as I could see we were the only school (in the world) that was showcased in this way. It was a new experience for me when introducing Oxley to show a map saying where we were on the landmass of Australia. There were many practitioners from schools at the conference, but many of the people were district or regional directors who were looking after ten or fifty schools at once.

We took a lot away from the conference as well. For example we discovered that the latest research has shown that 'collective teacher efficacy' is now the single most effective feature in improving the performance of any school (it bumped 'student reported grades' off the top spot). In one sense, this was no surprise - 'collective teacher efficacy' is just eduspeak for 'teachers working well with each other'. I like to think that at Oxley we have this one already sorted. I believe we have teachers who collaborate, who share their resources, who get on well with each other and who treat all the students in the school as 'theirs', not just the students in their class. A wise person (not even google will tell me who it really was) once said 'Culture eats strategy for breakfast', and I think that this speaks to the overall culture of the professionals here at Oxley. It is, I think, a very good place to be able to teach and to learn.



Q&A Drama: To “Joke” Or Not To “Joke”

To his credit, 2GB Radio Broadcaster Steve Price's comments on a recent Monday night's episode of Q&A were not clear. When he spoke, he probably didn't intend to completely underplay Eddie McGuire's misogynistic, bigoted comments about Caroline Wilson but nevertheless he did.

You don't have to look too far into the situation to clearly see that Steve Price was not endorsing violence against women (VAW), if anything he was doing quite the opposite (at the end of the show appearing sympathetic for Tarang Chawla's situation and undoubtedly not agreeing with any comments made by Eddie McGuire and others). The problem was, he passed the remarks off as “jokes” which not only trivialised and underplayed VAW but probably made some members of the public think they are jokes also. When you're a public figure on national television you have to take into consideration how much of an influence you have. With people regurgitating everything they read on social media and see on television these days, it's important to make sure you say what you mean and say it with respect, examining the diverse array of people that could be watching.

If you are not for violence against women (as Price clearly states he's not) then it's crucial to do your part in preventing it which in this case would be not passing it off as anything less serious than it is and not adding to the stigma behind it by calling it a “joke”. Steve Price just needs to be more aware that the comments made were not a “joke” nor should they be taken as one. They were not a bunch of blokes having some banter. And they were not something that we should get over simply because McGuire made a half-assed apology. They were perpetuating VAW and adding to the problem that got the questioner's sister unfortunately killed. All of the men involved in the comments surrounding “drowning Caroline Wilson” are public figures. They hold influence and can encourage other people to make comments of the same nature. That's why it's important we call people like Steve up on these slip-ups. We're trying to move forward as a society and when someone says something to make us teeter back a few steps, we call them up on it. I believe it's the only way to make change.

“They were perpetuating VAW and adding to the problem that got the questioner's sister unfortunately killed.”

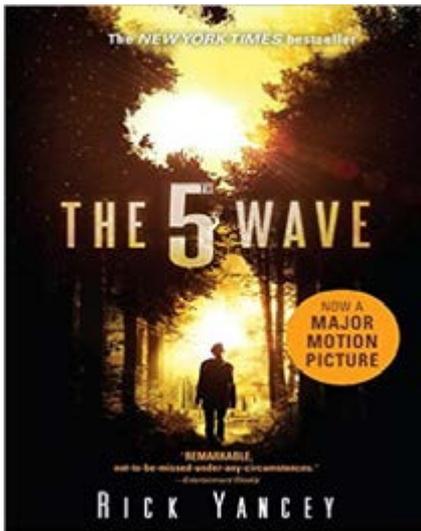
When it was his turn to speak, Steve Price launched straight into talking about and minimising the impact of the comments made by his companions on The Footy Show instead of showing a spec of sympathy for Tarang Chawla's horrible situation. There were no comments made about how we need to have a cultural shift in the way we handle VAW and him stating that the incident was just a bunch of blokes mucking around proved how much of a shift we do in fact need. On top of all this it also demonstrated how these matters need to be taken more seriously even by people that are not advocating for VAW.

I think Van Badham was completely in line with what she said to him and what she said about the matter in general. First and foremost, she started off by showing sympathy for Tarang Chawla. She then simply proceeded to tell Steve Price that by calling the horrible remarks “a bunch of blokes joking around” he was contributing to the problem (a statement I 100% agree with). When Van did this she was told to “not get upset about it” and to not be “hysterical”. This is what really stuck with everyone and what I was the most struck by. As Waleed Aly went onto state during The Project's interview with Steve Price, “hysteria” is a word that's latin origin is “womb”. It's a term that has been used for generations to degrade women and tell them that they're unable to behave rationally simply because they have ovaries. It was an extremely unfortunate word choice that Steve was actually lucky enough to have the chance to correct on The Project but failed to do so. He then went onto be extremely ignorant for the rest of his segment.

I guess at the end of the day I understand Price's intentions and I don't think they were bad. I understand how he tried to call out his friends for what they did by saying they were out of line and “they shouldn't have said what they said”. But I don't understand how he doesn't realise that passing these sort of comments made by Eddie McGuire off as a “joke's” helps the matter or fixes it at all.

As for the “hysterical” and “getting upset” comments. I think they were poor word choice's and whether he meant them or not he still should have apologised for them on The Project, if not for himself then for the millions of women all around the world that are experiencing or have experienced domestic violence.

By Izzy Moore (Year 9)



Books

★★★★★

The Fifth Wave

By Rick Yancey

Darkness. Destruction. Disease. By the fourth wave, they are among what is left of the human race. Inhabiting human hosts, and you can no longer trust that loved ones are still even people. Rick Yancey's *The Fifth Wave* is a young adult science fiction novel, and is the first installment of *The Fifth Wave* trilogy. Set in a post-apocalyptic future, after 99.9% of the human population has been wiped out, this book is filled with twists that keep you turning the page. Although the movie, that came out earlier this year, was a complete flop, the book was one of the most entertaining novels I've read in a while. Commenting on the flaws of human nature and the importance of benevolence, this book is a must-read for all science fiction fans.

By Gracie Phelan (Year 8)



Music

★★★★★

Bat For Lashes- The Bride

This year, Natasha Khan has released a conceptual album based on the story of a young bride who is waiting at her wedding when she is told that her fiancé has been killed in a car accident. The album details her grieving process from anger to despair.

The first few tracks of the album are gentle, ramping up with a definite highlight - 'honeymooning alone'. A picture is quickly painted of a pining widow trapped in her own emotions, losing sight of the world.

Another essential track is definitely 'never forgive the angels' which relies solely on a resounding deep guitar note and soon introduces high, whispery notes on the piano. The song builds up with a collective chorus of voices being added in to build a powerful body of sound.

While her voice remains whispery and soft throughout the album, she still manages to pack a punch with moving lyrics and a beautifully updated storyline.

By Imogen Hatcher (Year 8)



Films

★★★★★

Ghostbusters

Think about every classic film you've ever seen, they're made up of predominantly male protagonists and a dumb blonde girl that provides us with laughs amidst the action. Reverse these roles completely, and you have the ghostbuster's remake.

The supernatural comedy film is filled with jump scares, action and laughs, thanks to Australian actor Chris Hemsworth and all time favourite Melissa McCarthy. The original Ghostbusters cast are also featured amongst new faces. As a part of our new film unit for english, Year 10 embarked on a surprise excursion to the Empire Cinema, the location of the first Oxley Film Festival. It created an opportunity for us to immerse ourselves in the elements of a blockbuster film. We were fortunate enough to watch *Ghostbusters* and were amazed by the special effects that we aspire to achieve in our own films later this term. Overall, the film provides great family entertainment, however, it doesn't reach the expectations of the original hit.

By Liv Davies and Liv Donovan (Year 10)

Head of K-6: Justine Lind

When we talk about caring for the whole child we wish to think as broadly as possible. We are concerned by every aspect of their academic progress, motivation, learning preferences, areas of personal interest, passion and talent. Socially we want to know who their friends are, if they know how to make connection, express their needs and resolve conflict. Personally we celebrate opportunities in the business of the school day to engage on an individual level; to hear stories of their lives outside of school, to learn of their successes, fears and failures. We want to know they feel accepted and valued by their friends and their extended family. Most of all we want to be sure that we have empowered each one of them to know themselves and to have the courage and the skills to keep themselves safe and to thrive after they've left the security and support of primary school to enter the sometimes turbulent times of adolescence.

We celebrate that primary school is the time of magic but also of great importance. The years of 0 to 7 is the crucial time where beliefs are formed, informed by the experiences and role models that surround them. Sneaky little beliefs about what we are good at or not, our identity in our families and the wider world, how we should treat others and respond to praise, success or adversity. What we now know through advances in the field of neuro plasticity is that beliefs can change over time but psychology tells us that our beliefs inform our thoughts and our thoughts inform our actions – in short “we are who we think we are”.

During the staff days at the end of last term, we were fortunate enough to have Anthony Bonnici, a Coach and Mentor presenter who spoke to the staff about personal wellbeing, mindsets and self-imposed limitations that block our potential to live our best lives. The session was powerful for the staff but also highly relevant in endorsing our teachers in the importance and complexity of the work they do in supporting each of our students and understanding the challenges facing some of our families.

These sessions complement so beautifully a number of opportunities occurring at Oxley College this term. I have already mentioned this bit can I reiterate the value of setting aside time to attend the upcoming session with Michael Carr-Gregg. Please see the flyer in this edition of the Pin Oak. Places are filling fast and his focus on Keeping Our Children Safe is always relevant. In addition to this we will work with an external provider FLO Girls to run programmes for Stage 1, 2 and 3 this term to enhance our aim to be the friendliest school in the world. This is a course for boys and girls that will develop effective social skills, assertiveness, collaboration and conflict resolution. We are conscientious in our aim to honour the co-educational nature of our school by enhancing inter-gender understanding and appreciation, including respect that will serve our students well beyond the school gate.

As always we are keen to hear from you, our parents. If there is any aspect of your child's social emotional growth that is of concern, please don't hesitate to speak to their class teacher, myself or Mrs Rani Ritchie, our school counsellor. We are here to help because we know how precious each and every one of your children are.

Weekly Awards:

Students of the Week

K: Brayden Anstee
Yr 1: Ivy Halstead
Yr 2: Ben Scott
Yr 3: Lily Smith
Yr 4: William Barnett
Yr 5: Grace Hardy
Yr 6: Lily Schweitzer

Respect Oxley

K: Livie Marks
Yr 1: Emma Barnett
Yr 2: Sienna Wimborne
Yr 3: Georgia Rapp
Yr 4: Oliver Deakin
Yr 5: Monte Francis
Yr 6: Alister Hill



Students of the Week

K: Samsara Pout
Yr 1: Imogen Diver
Yr 2: Jaxon Nonnenmacher
Yr 3: Will Gilbert
Yr 4: Oscar Plummer
Yr 5: Sophie Dunn
Yr 6: Meg Callaghan

Respect Self

K: Olivia Trudeauon
Yr 1: Zali Walters
Yr 2: Noah Byrne
Yr 3: Annabel Arnot
Yr 4: Grace Macquarie
Yr 5: Chloe Cassim
Yr 6: Gen Chapman



The SRC representatives for Term 3
K – Will Kennedy, Sophia Denington
1 – Emma Barnett, Tippi Wernbacher
2 – Thomas Bladen, Imogen Gair
3 – Abi Hunt, Ben Shields
4 – Madeleine Grill, Oscar Plummer
5 – Elena Parker, Billy Cameron
6 – Tom Hutchings, Bridget de Montemas



YEAR 5 + 6

During the final week of Term 2, students from Year 5 and Year 6 undertook an educational tour of the national capital. They were given the opportunity to participate in a variety of programmes with a focus on Australia's history, culture, heritage and democracy. The students visited the National Museum of Australia, Australian War Memorial, Australian Institute of Sport, National Portrait Gallery, Parliament House, National Capital Exhibition Centre, Museum of Australian Democracy at Old Parliament House and Questacon – all in three days. The excursion acted as a culmination of our unit on 'Progress', where the students explored systems of government, political leaders and the influence people have on societies through political beliefs. It also neatly introduced the students to the unit of 'Eternity' which we will study next term, which allows each person to select an extraordinary person who has left a legacy on their lives. The National Portrait Gallery encouraged students to look beyond the art to see the person behind the canvas and following stories of war heroes through actual artefacts at the Australian War Memorial awoke their interest and imaginations to look past the 'popular' and see the truly legendary.

The educational programmes provided by these venues were excellent, encouraging student questioning and experiences beyond our expectations. The students were beautifully behaved and participated in every activity with enthusiasm. At every venue, positive comments were made about their dress, attitude and knowledge.

My thanks go not only to the students, Neil the coach driver and the staff at Leumeah Lodge, but especially to Mrs Lind, Mrs Apostolatos, Mrs Facer and Mr Moran who counted students, walked the path outside the rooms, rode the coach, counted students, listened to speeches, tried to get the dvd to work, counted students, supervised groups, lined them up for food and counted students for three days with me, without ever losing their senses of humour ... or any student! It was a terrific excursion and we all learned a lot.

Finally, we acknowledge the support of the Australian Government through the PACER contribution who provided financial assistance for our trip.

By Jo Ismay

the Letter

The house at 5 Alfred Close with the white fence and red rimmed windows isn't there any-more. Apparently, it burnt down a few years ago. A young boy had left a candle burning on top of a copy of the London Gazette. The newspaper caught fire and in an instant the entire living room went up in flames. Thank heavens the family was able to escape through the attic window and down the side lattice!

I remember when I was much younger and my mother would host dinner parties. Archer and I would race up the stairs to the attic, climb up onto each other's shoulders and peer out the window to see who arrived first. My older sister Annie would welcome the guests serenading them with the newest piece she was learning by Clara Schumann. My father would greet them with a beer and whatever religious view he was currently spruiking, lifted straight out of his latest pamphlet. We'd play hide and seek with all of the other children in the garden, dodging my mother's perfectly planted beds of roses until we were called inside for dinner. We'd shovel down whatever she'd cooked so that we could return to our game. Before long she'd come outside bearing plates of bread and butter pudding. It was always the same. My mother loved hosting dinner parties but her cooking repertoire was nothing noteworthy, and anybody who'd been to our home more than once knew what they'd be eating for dessert. By 11 o'clock, the adults would be sitting around the fireplace, sipping tea, the men discussing the 'work' trips that they were planning and the women listening in, desperately hoping that their husband might look over and say to them "Now, Ruth you'll be joining me, won't you?"

*

It was 1838 when Annie caught influenza. She was only 12 years old. The doctors recommended that my mother take her away for a little while, to ensure

her flu wasn't passed on to the rest of our family. I remember so clearly the night that my mother told me; hearing her footsteps up the stair case, her gentle hand knocking on my bedroom door. She slicked her unwashed hair back into a tight ponytail as she took a seat beside me on the hand stitched quilt made up of pieces from my Grandmother's worn out fabric curtains that lay across my bed. Her dirty fingernails folded the corner of the page I was up to in my book, taking it from my hands she sat it down on the timber bookshelf by my bed next to "The History of Little Henry and his Bearer". I could see the exhaustion in her bloodshot eyes as she spoke; telling me the severity of Annie's 'flu and that if she weren't to take Annie away she may not survive. I remember asking where they'd go and my mother answered "Some place by the ocean". She explained that the doctors thought Annie would be most likely to recover from sea breeze and salty air, if at all. Then she wrapped her skinny arms around my small frame and whispered in my ear, "You'll hear from me soon...promise". I watched as their train left the station, waving furiously as if the more I did, the sooner they'd return. But I knew that wasn't likely.

I checked the letter hole every day for five months. My father thought I was being a good boy, trying to help him around the house. But truthfully, I was waiting on anything that'd bring my mother closer to home. It wasn't until June 1st that my mother finally fulfilled her promise.

I still have the letter, the small words written in led pencil in my mother's handwriting al-most illegible as my fingers have traced the words over and over all these years. The folding and refolding of the thin paper, wearing it out and one whole quarter lost to the passage of fifty years. I still remember it by heart.



Dear Jack,

I'm writing to you from my favourite spot just near our cabin. It's early in the morning and Annie is still asleep. The sun rises at 5 o'clock here, so I tend to wake and go for a walk along the picturesque sea shore. I like to sit on the soft white sand, watching the waves gallop at me like horses, as they race towards oblivion and vanish on the seashore of endless worlds. The ocean is sublime. Like nothing I've ever known. Some days I wake up and the still blue water is glistening, studded with tiny diamonds everywhere I look. And sometimes, the water is the colour of a green candy cane, luminous and lustrous, complimented by the creamy white of the sand. You'd really love it here, my darling. The kids play all day, making sand castles and cartwheeling into the clear blue water. I promise you that when Annie and I come home, I'll bring you here. Just you, me and the ocean.

I hope all is well for you, Archer and Father.

I miss you dearly

With love, Mother x

P.S. I'll write again soon

I later found out that my mother too, was very sick at the time she wrote to me, as she herself had succumbed to the 'flu. I remembered the way my father told me, his words creeping out of his mouth as if he was keeping a secret he shouldn't reveal. My mother passed away one night just days after posting my letter to me. My sister Annie didn't wake up the next morning either, he told me.

I did not cry once. My mother would not have wanted that. But whenever I felt lonely, I'd read her letter. As my eyes drifted along following her cursive handwriting, I'd close my eyes and imagine the cold blue water slowly creeping up to my feet before receding back to the ocean. I'd imagine the soft white sand caught between the gaps in my toes, leaving an imprint with my every step. I'd imagine my mother sitting on the shore reading and looking up to find the most mesmerizing never-ending pool of blue and being overwhelmed by possibility.

*

Nothing seemed more real to me than living each day simply wondering which shade of blue the ocean would be today. Five years later, I joined the Navy. Just me and the ocean.

By Ella Moran (Year 11)

Extract from The Memoirs of Captain Jack Bower, Hero of the Battle of Vuelta de Ob-ligado 1845 and Receiver of the Original Victoria Cross, 1856 (Chapter 6: Life at Alfred Close, pp 69-73)

LEARNING AND PASTORAL REPORTS

Learning



Over the break I had the opportunity to meet, hear and discuss with many teachers and leaders from around the world. That experience was wonderful and very important as we continue to guide our students through their school journey. What was the very best though, was to return to Oxley and realise that indeed we do have a school that is undeniably extraordinary in setting, community, spirit and mindset.

At Assembly I spoke with students about many things that we may take as commonplace at Oxley, but were strange to others from around the world. The idea that we have a dedicated Tutor system where students had someone to meet with not only every day, but to talk about their learning goals and to meet with about Academic Reflection was met with surprise. Indeed as I write, every student in Year 7 – 11 is spending time, one to one, with their Tutor to analyse the data and feedback from their recent report, to compare their achievement and effort with goals set, and most importantly to reflect on the where to next.

Similarly, it was uplifting to hear that our use of feedback, our staff Professional Learning model, our academic writing programme SWYM and our prioritisation of classroom discussion as a way of deepening understanding was not only best practice, but leading the way in evidence-based learning and teaching. In fact, Mr Parker's presentation on Cornerstone was met with great excitement and interest, with participants eager to hear more about not only the big ideas, but the "how" of promoting more classroom discussion.

This week our Year 12 students began their Trial HSC Examinations. For each it will sometimes feel like a "trial" in that it is laborious and seemingly never ending. What we do know though is that the feedback at this vital part of the course will be invaluable in filling any gaps that may exist. We will continue to seek external feedback, particularly on the English papers, so that our students have a realistic view of where they stand in comparison to the final HSC marking rubric.

We are also looking to the future in that Year 11 students are currently in their final term of their Preliminary course. I will meet with students and parents on Wednesday 3 August about the road ahead to the HSC year (which begins in Term 4!) Mr Bevan will also speak about Outback at this meeting so all are encouraged to attend.

By Kate Cunich (Deputy Head, Learning)

Pastoral

After raising money on the last day of term at Mission Day I went on a journey to the vast plains of Kenya, Africa with some close friends and my father to do some service work.

We built houses for widows and their children that had been kicked out of their homes after the death of their husbands as they were not considered "useful" any longer to their village. The money we raised went towards paying teachers salaries, building a water filtration system, improving medical services and the construction of two new classrooms for the school.

During my time in Mbita I experienced how these women and children lived and it was extremely eye opening. A stark comparison to how amazing we have it in Australia with our schools and homes and how we should be so grateful for the living standards we enjoy.

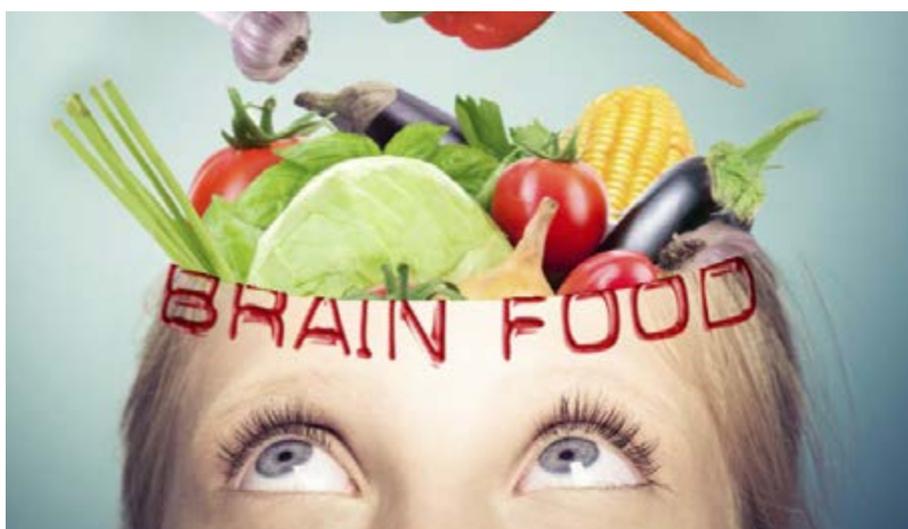
Thanks to the Oxley college students and (especially Durack and Mawson), we were able to raise an astounding \$1080 on Mission Day which is a large sum of money to contribute to a third world country. Building an entire home for a widow and her children can be achieved for \$350 so the Oxley money went a long way.

It was an honour to be involved with this group. As part of the Village Cooperative we work on sustainable, income-generating projects with our partners in the developing world. We believe in creating opportunity and lifelong partnerships with each of the communities we support.

A large portion of the money that you have put towards Mission Day has already put a roof over a family's head and improved the lives of an entire village. Thank you very much for helping me raise the money that was needed, Oxley has done a tremendous thing and it has had a very real impact.

By Romy Healy (Year 10)





BRAIN FOOD

George Elliot once wrote “no man can be wise on an empty stomach” and while no single food has the power to make you intelligent, watching what you eat and choosing foods that help your brain rather than hinder it, makes good sense, especially when you’re studying.

The brain is a hungry organ and requires a steady flow of nutrients. But not just any nutrients, very specific nutrients at specific times throughout the day to help relay messages to the rest of your body and help you retain the information you learn.

You’ve probably noticed that sometimes after eating you become sleepy. This is due to the way your body processes the foods you eat. But some foods can cause even more drowsiness than others.

When we feel overly tired after eating, it can be related to eating processed foods that contain high levels of sugar and refined carbohydrates like pasta and white bread. Eating these types of foods causes a rise in blood sugar levels, followed by a drop, which results in low energy levels. That doesn’t mean you shouldn’t eat them, but eating them just before coming to school or after school before you do homework or study, isn’t the best choice if you want to maintain focus.

Here’s a few quick tips to help boost your brain power and help you retain all that valuable information you learn at school...

Stay Hydrated – Drink water (not canned or bottled drinks which contain sugar) steadily throughout the day, not in large quantities during breaks. Even slight dehydration can affect brain clarity and alertness. Carry a bottle of water with you all day and keep topping it up.

Eat More Raw – Unprocessed and uncooked fruits, vegetables, nuts (but not at school) and seeds will provide you with better nutrients than those that have been processed and cooked. A certain amount of nutrients is lost during cooking. In some products they are added back but they are never the same as those naturally occurring in the raw ingredients. Snack on raw when you can, make up a trail mix of dried fruits and seeds to nibble on when you’re feeling tired or hungry so you can maintain focus, even if it’s while you’re walking to your next class.

Eat Wholegrain Carbohydrates – Choose wholegrain foods rather than refined. Sandwiches and rolls made from wholegrains filled with fresh vegetables and cooked fresh proteins such as chicken, beef or lamb are better than those filled with processed meats, cheeses and bottled sauces.

Eating the right food at the right time will ensure your brain has the energy it needs to focus on the information you need to retain for all your subjects, and it’s not hard to get into the habit of eating healthily.

By Victoria Hansen



OLE WEEK 2016

OLE! Week is a compulsory and unique multi-day/overnight College event held during Week 1 Term 4, and OLE! stands for Other Learning Experiences. OLE! Week is a wonderful opportunity for Oxley students to explore new experiences with their peers in a supervised and supportive environment, and to immerse themselves in activities we hope will extend and enrich their lives beyond the classroom, particularly with an outdoor, service or cultural focus.

During OLE! Week students from Year 3 to Year 11 will be involved in a variety of activities off campus designed to build confidence and resilience, encourage team work and collaboration, and nurture independence and self-discovery in both familiar and unfamiliar environments. We believe this type of enrichment programme is highly beneficial for our students, and OLE! Week is an opportunity for students, with their teachers, to have these experiences within a supervised and nurturing framework.

This week you will have received an email containing information relevant to your child/children’s OLE! Week activity. If you have any concerns or queries regarding any aspects of OLE! please contact Miss Lane. As you can appreciate, OLE! Week is a huge undertaking logistically and we look forward to your support and assistance in running another successful year of positive experiences and challenges for our students.

By Natalie Lane

Sasha Mielczarek CLASS OF 2002

Now that you're off in the big wide world, what have you made of yourself since finishing school at Oxley?

That's a pretty open ended question but I like to think I have accomplished a lot. A bit of a timeline of my life to date: When first leaving Oxley I went on a GAP year to the Rugby School in England and travelled the UK as well as Europe. When I returned to Australia I laboured at Bowral Bricks stacking 10,000 plus bricks a day until university started. From here in 2004 I started university at the Australian National University (ANU) in Canberra and completed a double degree in a Bachelor of Engineering (with honors) and a Bachelor of Commerce. During university I got a job as a Graduate Engineer for local builder Construction Control and it was here I developed a love for construction. Also in my university days I played a lot of Rugby and had the honour of being selected for the Brumbies Academy one year as well as the NSW University sides. I played first grade Rugby in Canberra for a number of years until I went over to America to join the Los Angeles Rugby Club in 2009 to play one season. Upon my return I joined the tier 1 builder Lendlease and worked as a Site Engineer completing a number of projects in Canberra. From here I got a job with a local builder as a Project Manager managing my own jobs and even building the first Green Star rated hotel in Australia (Abode Hotel). After a two year stint I returned back to Lendlease where I now currently work as a Senior Site Engineer. Whilst working for these larger builders I have also built a number of my own homes having obtained my A-Class Builders Licence in 2012. Being a battler on the dating scene I decided to go on the Bachelorette TV show in 2015 which my mum nominated me for...thanks mum! Having being tortured in front of the whole of Australia I was fortunate enough to win the heart of Sam Frost who is now my partner and can deadset talk underwater with a mouth full of marbles hence why she is on Sydney Radio.

What is your biggest achievement since high school?

My biggest achievement since leaving high school would be obtaining my double degree from the ANU. No-one in the family had completed a degree so it was nice to be the first.

Were these things that during high school you expected you would end up doing?

Not at all. When I was at school I wanted to be a professional rugby player or a Formula One driver. The latter being quite a stretch considering I hadn't done any motor racing at all.

I actually stumbled across a job in construction from one of my mates in the Rugby team and from there fell in love with the industry. I also never thought I



would be so desperate as to end up on TV with 13 other punters trying to win the heart of one girl. You honestly never know where the road will take you in life but rest assured you will eventually find your chosen path one way or the other.

How did Oxley prepare you for your future?

Oxley prepared me very well for the outside world. Oxley helped me to develop the social skills and the ability to talk effectively with people from all walks of life which is important in my line of work. Oxley also taught me a lot about respect and to value everyone equally. Oxley gave me the skills I needed to succeed later in life and I am very thankful for everyone who guided me in the right direction.

Is there anybody from the Oxley community who inspired you throughout high school?

There were a lot of people that inspired me throughout my schooling however none more so than Peter Craig. Peter Craig taught me a lot, not only about life but also about myself. He helped me to reach my full potential in everything I did whether it be in the classroom or out on the footy field or cricket oval.

What would you say you miss most about being at school?

School assemblies, haha no I don't miss them!

I miss everything about school. School is honestly the best time of your life. You have all your friends around, lunch made for you and no real responsibilities besides turning up and pretending to listen. Oxley had beautiful grounds making it a pleasure to turn up every day and it also provided a great environment to learn.

What would you say to your fifteen year old self?

School is the best time of your life especially at Oxley. Don't wish the days away and treasure each moment you have because one day you'll blink and the next thing you know you'll be a 31 year old has been D Grade television star who is working next to an Irishman you can't understand, writing to an Old Oxleyan Magazine wishing you were still there.

INVITATION

Oxley College

is pleased to extend you an invitation to an evening with

Dr Michael Carr-Gregg

Keeping Our Adolescents Safe

Coping with Alcohol, Tobacco and other Drugs

What parents need to know about contemporary adolescent drug use and their role in reducing the harms from alcohol, tobacco and other drugs.

The latest research and statistics on teenage drug use will be shared.

Thursday 18 August 2016 7:00pm
Hoskins Hall, Oxley College

RSVP 10 August 2016 (for seating requirements)
email Kellie.Henderson@oxley.nsw.edu.au
phone 4861 1366



Dr Michael Carr-Gregg is one of Australia's highest profile psychologists. He is currently the Managing Director of the Young and Well Cooperative Research Centre, which is committed to exploring and understanding the role of new and emerging technologies in the lives of young people.

He believes that the risks of the online environment can be managed and that technologies can be deployed to improve the mental health and well-being of young people. He wrote his PhD at the University of NSW on Adolescents with Cancer and named and founded CanTeen over 30 years ago with a group of young cancer patients.

He has worked as an academic, researcher, and political lobbyist. He is also the author of ten books including the best selling Princess Bitchface Syndrome and is working on his eleventh. Michael has been using technology in the form of web-based programmes, apps and wearable devices for the last five years. He has been a member of the National Centre Against Bullying and sits on the Federal Government's Online Safety Working Group.

He also sits on the Board of Smiling Mind, as well as being a Community Ambassador for Big Brothers Big Sisters and Playgroup Victoria. He sits on the National Board of the Australian Psychological Society, Smiling Mind and Project Rocket. He is a columnist for a number of publications including the Huffington Post, Gifford Magazine and the Australian Boarding Schools Association publication, LightsOut.

He is the resident parenting expert on Channel 7's Sunrise as well as psychologist for the Morning Show with Neil Mitchell on Radio 3AW. He is married with two children and is a Special Patron of the Hawthorn Football Club.




Coming soon to Oxley College - Brainstorm Productions performing Cheap Thrills for Year 9 and 10 on Wednesday 14 September.

P&F NEWS

Bag and Drop Days for Pin Oak Fair

We're love your donations of good quality second hand clothes, homewares and books to sell at the Pin Oak Fair. All items must be clean and undamaged.

Our wonderful volunteers will be ready to receive your goods in front of the canteen on the following days:

Monday 1 August 3.30pm – 4.30pm
Thursday 18 August 8.30am – 9.30am
Monday 12 September 3.30pm – 4.30pm

Items we'd love include: Good quality clothes, shoes, accessories, including children's clothing, books, homewares including kitchenware, china and decorative items. (We can take small items of furniture on the Friday 11 November).

Please NO plastic or stuffed toys!



JULY + AUGUST CALENDAR

	Mon Yr12 HSC Trials 01	Mon House Drama Night, Hoskins Hall, 7:00pm 08	Mon 15
	Tue ICAS English Yr3-6 02	Tue EXC: Yr3&Yr4 Darling Harbour & Museum 7-12 Athletics Carnival 09	Tue ICAS Yr 3 - 11 Maths Yr 12 HSC Drama Night 16
After 28 years of service to Oxley College, Yvonne Thomas has retired from the Accounts Department. Yvonne will be greatly missed for her dry sense of humour and calling a spade a spade!	Wed Yr11 HSC & Outback Information Sessions, Orchestra Room 03	Wed EXC: Yr 11 U Turn the Wheel M'Gong 7-12 Athletics Carnival 3000M EXC: Yr12 French Speaking Practice at Chev 10	Wed EXC: Gateway8 Yr 9 &10 SHIPS Athletics Carnival Yr 3 - 6 17
	Thu 04	Thu 7-12 Athletics Carnival half day 11	Thu Yr 12 HSC Visual Arts Major Works Exhibition EXC: Gateway 8 Yr 5 & 6 Open Morning Prospective Families, 10:30am Michael Carr-Gregg, 7:00pm 18
Fri 29	Fri 05	Fri 12	Fri EXC: MUNA National Finals, Canberra EXC: Gateway 8 Yr 7 & 8 19
Sat ISA Round 9 30	Sat ISA Round 10 06	Sat ISA Round Semi Finals 13	Sat ISA Finals EXC: MUNA National Finals, Canberra 20
Sun 31	Sun 07	Sun HICES Music Camp 14	Sun EXC: MUNA National Finals, Canberra 21

Upcoming events

- +Wednesday 24 August: K - 6 Book Parade
HSC Music Recital
- +Monday 29 August: Year 10 Student/Parent/Teacher interviews
- +Wednesday 31 August: Year 9 Student/Parent/Teacher interviews
- +Thursday 1 September: Year 7 & 8 Music Night
- + Monday 5 September: Year 8 Student/Parent/Teacher interviews
K - 6 Parent/Teacher interviews on Monday, Tuesday, Wednesday
- + Wednesday 7 September: Year 7 Student/Parent/Teacher interviews
- +Thursday 8 September: HSC Design and Technology Exhibition

Sport



ISA COLOURS

Cate Patterson has gained ISA Colours for her achievements in Softball and this was presented to her by the Headmaster at the recent school assembly. Cate has been a member of the Oxley College 1st Team for four years and this year she was selected in the ISA Softball Team which competed at the NSWCIS Championships. The ISA team won the NSWCIS Championships which is the first time in 23 years the team were outright winners of the Championships. Congratulations Cate.

SNOW SPORTS



The July school holidays saw 17 Oxley College students compete in the Northern Region Snowsports Championships at Thredbo. The team had a successful competition with eight students qualifying for the State Championships to be held at Perisher Blue at the end of August. The Division 3 Boys were the stand out performers, placing 3rd in the Division 3 SkierX and Alpine GS, 4th in Moguls and 5th in Snowboard. In Division 1, Jamie Binder, Brandon Colby and Lachlan Burns all competed well and Jaime Binder placed 7th in Snowboard, gaining selection at the State Championships.

2016 Oxley College Snowsports Team (Northern Region Championships)

Jamie Binder, Jordan Colby, Havi Francis, Chilli Sparke, Lachlan Burns, Brandon Colby, Nicholas Cain, Oliver Cain, Jack Gipson, Tom Gipson, Hugo Manka, Alex Murray, Toby O'Sullivan, Connor Philpott-Tyson, Monte Francis, Taylor Anstee, Brayden Anstee

NSW Interschools Qualifications

Division 3 Male Alpine Team – Hugo Manka (6), Oliver Cain (14), Nicholas Cain (25), Alexander Murray (53)

Division 3 Male Moguls Team – Hugo Manka (4), Oliver Cain (12), Nicholas Cain (16)

Division 3 Male SkierX Team – Hugo Manka (11), Oliver Cain (19), Nicholas Cain (26)

Division 3 Male Snowboard Team – Jack Gipson (10), Toby O'Sullivan (22), Tom Gipson.

Division 1 Female Snowboard – Jamie Binder (7)



GIRLS HOCKEY TOUR

During the last week of the school holidays 15 Oxley hockey girls from both the 1sts and 2nds teams journeyed to Brisbane for six games of highly competitive hockey, with Mr Bevan and Ms Stanton. Throughout the tour we travelled with Tuakau College from New Zealand, and had many successful but challenging games. We took a day off to explore Dreamworld, and later went surfing as well. A massive thankyou to Mr Bevan for organising the whole tour, as well as training and coaching us all. Also, thank you to Ms Stanton for being our 'tour mum', we couldn't have done it without you!

By Tara Bevan and Grace Patterson (Year 10)

EQUESTRIAN

The NSW Interschools Equestrian Championship was held at the Sydney International Equestrian Centre in June. Oxley College was well represented at this year's Championships with 14 riders competing in the various disciplines. The members of our team were Ben Quirico, Will Quirico, Rosie Bowyer, Tom Lalak, Archie Pulbrook, Millie Rea, Poppy Jensen, and Luci McManus. Many of the students stayed at the complex over the days of competition and their horses were stabled together which contributed to a strong sense of sportsmanship and teamwork. Riders have to qualify to compete in these championships based on their results at other Equestrian events over the year including the annual Oxley Equestrian Day held at Araluen. Led by our Equestrian Captain, Ben Quirico, the students achieved some excellent results. The NSW Equestrian team to compete at the National Interschools Competition will be announced on Wednesday 10 August. There are five Oxley riders who may be eligible for selection once all their qualifying results are taken into consideration.

PLAYER OF THE WEEK



Oxley College is very proud of Oscar Moran who was picked as head prop in the NSW Country U16 Rugby Team following the NSW Regional Championships in the holidays. With NSW Country, Oscar will tour New Zealand and play games against City, ACT, Sydney and NSW Schoolboys.