

PINOAK

ISSUE 83: TERM 1, FEBRUARY 22, 2019
OXLEY COLLEGE

SWIMMING
CARNIVALS

HSC STARS

EQUESTRIAN
DAY

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Open to all school age riders in Years K - 12

OXLEY COLLEGE

EQUESTRIAN DAY

Sunday 7 April 2019
'Wyeera', Bong Bong Racecourse, Bowral
All entries via: www.nominate.com.au
Entries close: Monday 25 March 2019

Dressage | Show Jumping | Sporting | Show Horse



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EQUESTRIAN



Recently, two students from the Junior School, Abbey Holcombe and Chilli Sparke, competed in a number of equestrian events at the Kangaroo Valley Show. The girls achieved fantastic results and represented Oxley College admirably.

The first event of the day was the 'Walk Trot Lead'. Chilli achieved second place overall, whilst Abbey took away first place. An outstanding result for both girls!

The next event was show jumping. Chilli took third place and was able to complete one victory lap, whilst Abby was achieved first place in the 60cm, 75cm and 90cm-1m classes and got clear to complete two victory laps.

Congratulations Abbey and Chilli! By Kathryn Lonze

HEAD OF COLLEGE'S REPORT



It is hard to believe but we are already in Week 4 of Term 1. Hopefully all of our students are getting into a routine and any anxieties about starting school have left them and they are beginning to feel comfortable and confident about coming to Oxley.

The fears and anxieties many children feel starting either a New Year or new School are absolutely normal. It is when these anxieties continue beyond the first six weeks that parents need to put into place some strategies to help their child. I encourage you to talk to your child's classroom teacher, Head of House or Tutor to find out what is happening at school - often they will come home and be negative when they seem to be perfectly fine at school. There is nothing more distressing for a parent when you have an unhappy or anxious child. It can be very difficult to know exactly what to do - after all no one gave us a manual on How to Parent!

As humans we have been hard wired to be negative. This is based on our early evolution, where there was so much detail and information in our environment that we focussed on negatives....the threats. It was a case of survival of the most negative. Psychologists call this our negativity bias and while it has helped determine the success of our species it has also led to the epidemic of negative talk, depression and doom fatigue that we experience in the 21st century.

Does it need to be this way? Well no it doesn't. In the fairly new field (2011) of Positive Psychology they have identified two factors that can save us and our children from our negativity bias. Professor Lea Waters is a psychologist and president of the International Positive Psychology Association (IPPA). She says that the key to overcoming negativity are emotional contagion and the elevation effect.

Emotional contagion means that we are able to catch positive emotions from others. We all know if there are positive people around you, you are more likely to be positive. When someone smiles at us it actually takes effort not to smile back, even if they are a complete stranger. Of course the reverse can happen too and that is why we have to spend more time with positive people

and sometimes turn off the news.

The elevation effect is the theory that we are inspired to be better when we see other people behaving in positive ways. We can be inspired to be morally or physically better. Good examples of this are when people take up running during the Olympics or the recent Thai Cave rescue when workers came from around the world to help free the terrified children. The triumph of humans helping humans lifted us up as a species.

Being positive is a life skill that we must teach our children. Positive emotions help broaden our capacity for thinking and they build our connection to other people. They also make us more resilient and give us the social and intellectual resources to help us through the bad times.

As parents we can do a number of things:

- 1.** Create a ritual where you focus on the positive. At dinner each evening talk to each other about 'what went well' today and 'what we were grateful for'. By sharing these thoughts we not only role model positive emotions but also get our children thinking about them. They may struggle at first and be quite superficial but overtime it stimulates some great positive conversations.
- 2.** Teach our children lots of words for positive emotions.
- 3.** Read and share good news stories. There are even websites like the Good News Network.
- 4.** Practise gratitude with your children. Even two minutes reflecting on the good things in life can lift our mood.
- 5.** Amplify your child's strengths and positive behaviours. 'I loved the bravery you showed when you introduced yourself to Mrs Ethell'.

If you are interested in lifting positive emotions with your children and helping them flourish as a young person, I would encourage you to read Professor Lea Waters' Strength based parenting book, The Strength Switch or visit her website www.strengthswitch.com

“What the hell is going on with Global Waming (sic)? Please come back fast, we need you!”



From Monday 28 to Thursday 31 January, millions of people in the US faced temperatures of -60 degrees Fahrenheit (-50 degrees Celsius). This weather pattern is known as the polar vortex. The polar vortex is a whirlpool of cold air that centres around the arctic. The vortex is known for shrinking during summer and expanding vigorously going south during winter. Since this weather experience, President Trump has used twitter to try and disprove global warming.

For many years, Trump has addressed climate change from a careless and lazy perspective. In the past, Trump has accused climate change scientists of having a “political agenda”. Ever since his presidential election win, Trump has told the press and public that “right now we’re at the cleanest we have ever been”. This is actually the opposite to the environmental state of the world right now.

On Tuesday 29 January, during the outbreak of the polar vortex, Trump tweeted “In the beautiful Midwest, windchill temperatures are reaching minus 60 degrees, the coldest ever recorded. In coming days, it is expected to get even colder. People can’t last outside even for minutes. What the hell is going on with Global Waming (sic)? Please come back fast, we need you!”. These few misspelled sentences caused an outburst of infuriated environmentalists informing others on how Trump is yet again, wrong. Weather and climate are two different things - weather is the day-to-day variations in the atmosphere, whereas climate is the average weather. Yes, it can be weirdly cold in some parts of the US while global temperatures are still warmer than average. While people were retweeting ranting quotes on the cold weather, Adelaide was having a heat wave, one of the hottest ever recorded temperatures for Australia. Trump should try telling Australians global warming should “come back”.

While Trump is constructing misspelled, incorrect tweets, on Monday 28 January (the date the polar vortex struck) the world was overall 0.7c warmer than the average temperature between 1979 to 2000. Studies say global warming could cause these extreme cold weather events. The studies suggest that as the arctic warms, the polar vortex which normally sits on top of the northern hemisphere splits into different pieces bringing cold air southward. It is the greenhouse emissions that are creating heat and overtime, melting snow and ice. The heat weakens the jet streams of air that circulates the polar vortex causing separate parts to travel south. It is not just the arctic that is being wrecked, the temperatures in the mid-west of America are causing flora and fauna destruction, transportation delays and damages to cities and homes.

Today, we are living on this planet as if we have another one we can flee to. This is a time where we, as a community, need to step in and inform each other about global warming. It’s the world’s biggest threat today. Every day we watch politicians like Trump shower us with false facts, misleading their constituents that global warming is for the good. Spread the message and disprove Trump’s ignorant and lazy opinions.

By India O’Brien (Year 9)

(Resource: Nowthisisnews online article: Trump’s Comments On The Polar Vortex Don’t Disprove Climate Change)

TAKE INSPIRATION



MUSIC

★★★★

Oh Canada

Missy Higgins

"Oh Canada" is a powerful folk song which I believe everyone should listen to regardless of what you usually listen to. The song is telling the story of Aylan Kurdi, who was a three-year-old Syrian boy who was seeking asylum in Canada on a boat with his family, but the boat was crammed full of people and he was sadly killed. The lyrics are extremely powerful and it's also a beautiful song. The song starts with the dialogue from a news station broadcasting Aylan Kurdi's death and follows up with what I believe to be one of the most powerful phrases and that is "He was carried from the water by a soldier,". It is so potent with emotion and feeling, and then Missy Higgins continues on with "And the picture paints a thousand different words," and that is so incredibly true. The song is so commemorative and truthful of Aylan Kurdi's death.

After the song was released the family contacted Missy Higgins and told her that the way she told the story of his death was the way that it happened and that is why its blooming with so many different messages saying so many different things in so many different ways. But the song finishes off with "But the body of Aylan being laid upon the sand, tell me how do we live with that?" and my question is with all that's going on in the world how do we live with that?

By Evie Crowley (Year 7)



MUSIC

★★★★

Don't Feed the Pop Monster

Broods

Leaving behind their previously glowering, often dark production of synth-heavy alt-pop, Broods' latest release is vibrant, buoyant and oftentimes corny. The challenge not to "feed the pop monster" reflects the duo's desires to shed expectation and write to their more colourful imaginings, veering away from the dangerously un inventive electro-pop of second album 'Conscious' from 2016. Opening number 'Sucker' reinforces this idea, Georgia's husky vocals emerging- "almost lost myself trying to be like someone else". 'Peach', released as a single last year is a perfect representation of this album. Melodramatic piano and multiple auto-tuned vocal layers becomes an explosion of something joyous with the exclamation that "everything's looking peach now".

By Maya Chance (Year 12)



COMEDY

Anh Do

On Valentine's day, I had the opportunity to meet Anh Do at the Opera House. You may have heard of Anh Do from his bestselling book 'The Happiest Refugee' or from his TV show 'Anh's Brush with Fame'. Anh is a Vietnamese born Australian author, actor, artist and comedian. He left Vietnam with his family when he was three due to war torn Vietnam.

My dad met Anh through our business and Anh kindly gave us complimentary tickets to watch his show and for my family to go backstage and meet him. When meeting him you can really see how down to earth he is. What you see on stage is the same you see off stage, the same funny, friendly laid-back person.

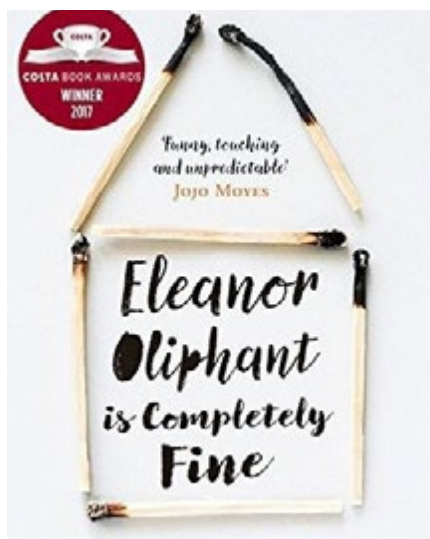
Anh is in the middle of his tour 'The Happiest Refugee' and as part of his tour, one of his shows was at the Opera House in Sydney. Anh exploded onto the stage full of enthusiasm and passion. He warmed the audience up with some rapid-fire jokes and funny stories. Then he began to tell his life story and at times you could hear a pin drop and other times the concert hall echoed with laughter. His story was very moving and interesting especially considering the current debate about refugees. Anh and his family have contributed a huge amount to Australia as they wanted to give back to the country that accepted them. Anh's show was an amazing experience, one that I'll never forget.

By Lily Magill (Year 10)

JUNIOR SCHOOL NEWS

Head of Junior School: Justine Lind

I don't know about you, but I often judge the success of my holidays by the number of fiction books I can read. It is the sense of total relaxation, disconnection from routine and responsibility; a time to wander in a discrete, hypothetical world. These holidays I was absorbed in the recently acclaimed novel, *Eleanor Oliphant is Completely Fine* by Gail Honeyman.



Eleanor is a 30 something woman who is unusual in her work place, reclusive and eccentric, she is a symbol of loneliness yet disarmingly charming or perhaps more quirky than anything else. From the safety of my lounge I was cheering for her and wishing her to overcome each challenge. In truth my empathy was probably more patronising than respectful but I was enjoying the storytelling way too much to really examine the motives behind my entertainment. I'm sure many of you have read and enjoyed this novel which also included some questions for book clubs. One such question awakened my honest reflection; something we ask our students to do often, perhaps rarely expecting it of ourselves. The question simply said;

How do you think you would have treated Eleanor if she had been your work colleague?

It exposed a truth I did not like, that I would have been more likely to enjoy her differences from most of us than to embrace her fundamental human commonalities. I would likely not have reached out to her and despite all my rationalised justifications my actions would have been less than my proclaimed values and hopes for my moral character. We are often comfortable treating our own behaviour as justified exceptions to even our own rules and sometimes for good reasons.

In assembly this week, I presented a children's version of the themes of the novel. Year 5 are currently completing a literature study of the novel *Wonder* by R. J. Palacio which was released as a movie in 2017. It is a gorgeous story of a young boy with a genetic facial deformity whose generous heart and self-effacing sense of humour eventually disarm his new schoolmates so that all can see his warm and delightful true character. We talked about the concept of integrity, of living by your own standards.

Weekly Awards:

Students of the Week

Learning Journey

K: Cameron Bailey
Yr 1: Chase Holmes
Yr 2C: Ava Gomes
Yr 2S: Jemima Anson
Yr 3: Charlotte Bissett
Yr 4: Louisa Hogan Baldo
Yr 5C: Noah Byrne
Yr 5H: Tom Bladen
Yr 6A: Eva Duffy
Yr 6W: Lily Scott



Oxley Values

K: Angus Kean
Yr 1: Sophia Bagnall
Yr 2C: Hadley Morgan
Yr 2S: Will Carioti
Yr 3: Jett Loiterton
Yr 4: Oxford Feller
Yr 5C: Mimi Legge
Yr 5H: Imogen Gair
Yr 6A: Fraser Rasheed
Yr 6W: Bryn Wiseman

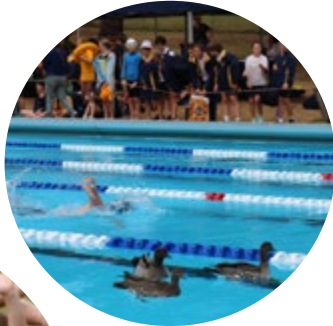


This is much, much harder than it sounds in theory and is at the heart of bullying or exclusion that can occur in any community. In subsequent assemblies I will tackle the notion of vulnerability or as Brené Brown describes it, "daring greatly". She talks about the risk of hurt feelings when reaching out with an open heart rather than staying safe and closed off. Social connection is a "high risk and high return" proposition for all of us and defensiveness is not the antidote to pain, it basically guarantees it or perhaps is the consequence of it occurring in someone's past.

In short we are all good at being kind to others when there is not risk to our own sense of connection or acceptance, when association with others will bring kudos rather than potential derision or even exclusion. We can all be welcoming to those who are easy to be kind to when we should aim to show the greatest kindness to those who need it most. This is the true sense of being a people and a place of welcome and I am very proud of the lessons of this we learn from our students and community at Oxley.

This spirit of inclusion and celebrating others was lived large at yesterday's House Swimming Carnival. It was a spirit of fun, of cooperation over competition, that provided the flavour of the day and yet there were also many fine achievements showcased. The novelty events completed by Kindergarten and their Year 6 buddies were the anticipated highlight of the day for many. I hope I can follow the example of our amazing students when I meet the next Auggie Pullman or Eleanor Oliphant whenever that may be.

JUNIOR SCHOOL



Fyrir

Creative writing By Breanna Billet, Year 8

The fire crackles through the Old Hroldan Inn. It's florescent flames whip against the large lamb leg, skewed on a stick above the fire. The inn is quiet, the only sound beams from the crackling hot flames.

There are two doors located on the far side of the inn on opposite walls. Each door being the opening threshold to two moderately sized bedrooms. In between the rooms, is a bar, with countless bottles of mead arrayed on display. A young boy is seated on a wooden stool on one side of the fire. With his black crop hair and clingy crimson waistcoat, he hums lightly to himself, his face buried within a book that's front cover reads 'A Game at Dinner'.

I watch him read from behind the Inn's bar. My wife, Eydis, is standing beside me, intricately fiddling with her Apple Dumpling pastries that are just about to enter the fire place. Eydis is a typical woman that comes from a proper, high reputation family. She has vigorous sapphire eyes, with charcoal markings surrounding them. She has a short, compact dirty blonde braid swept neatly to her side and is wearing a brief, conservative turquoise dress, obscured by a flour stained apron.

'My love, what have we here?' I say, moving closer to her. But before she has time to reply, I pick up one of her raw, homemade dumplings and put into her mouth. She raises a stern eyebrow at me.

Surprisingly, despite it being uncooked, it has immense flavour; a mixture of sweet nectar apples and juniper berries. Eydis' apple dumplings are always a hit at the inn. Every traveller passing by our inn, will always put a pause on their travels, just to get a taste of the best mead and Apple Dumplings anyone has ever tasted, before resuming their adventures. I'd very confidently say that it is Eydis' Apple Dumplings that have kept us all in business.

Suddenly another thought enters my mind, making it difficult to think of anything else.

'Nole, my boy, come here.' Nole places down his book and prances over to Eydis and myself. His head raised proudly.

Eydis pauses and grasps hold of my hand. Then, reaching out, I seize Nole's callused hand.

Both Eydis and I guide him outside. Leaving the scent of salted beef behind, I soon take in the scent of nature. We are totally engulfed in a large purple, green and blue landscape. The aurora has such control over the night sky, that it leaves the twinkling stars left looking like pods of grass in a field of daisies.

The Old Hroldan Inn deck from where we stand, overlooks the large, crisp, unspoilt domain, squashed to every corner, with green nature and many tall pine trees, up behind, overlooking the inn itself.

'Look, mama, papa, look!' says Nole as he points in the direction of a large stag nestled upon a rock in the distant. It surveys the land so majestically anyone could have mistaken its horns to be a crown.

'Now, my son, the reason your mother and I have taken you out here, is not sincerely because we want you to admire the land that we are lucky to live upon, but it is for something a lot more complicated.'

Eydis leans down and kisses Nole's forehead and we both bend down onto our knees, lowering ourselves to Nole's level.

'You have no idea how lucky we are to be here, Nole. Look around! We have a view that reaches every inch of our world and we have the most pristine nature wrapped around our own fingers ' says Eydis, very calmly.

"We are totally engulfed in a large purple, green and blue landscape. The aurora has such control over the night sky ..."



The look of confusion and anxiety is growing on Nole's face. He can tell something has happened. But just as Eydis is about to speak, I interrupt.

'I have to go away, Nole.' Nole freezes. His small face conveying shock. Gasping, his eyes shimmering with tears.

'As your mother was saying, we are so lucky to be where we are, but all of this, could be taken away from us in an instant. We are at war, my son. The East Empire is fighting against the raiders from the North and we are already a part of the Imperial legion which is only gonna cause us all grief if the Raiders were to make an attack here. An assault on Karthwasten has already been discovered by the Empire. The Raiders are on the move and it could be us they strike next. That I cannot risk. The Empire is rallying together already at Karthwasten and I must make my departure soon.'

Nole dives into a hug and starts crying. I hug his small, little body as tightly as I can. Eydis joins in.

I wave my final goodbye to Eydis and Nole. My waving hand motion seems to be vibrating forever.

Last night was a lot harder than I had thought. I enter the caravan with several guards lined up outside. The picture of Old Hroldan Inn fades into the distance, and soon Eydis and Nole are a complete blur.

The trip is arduous and for some reason I can't seem to get my mind off Eydis and Nole back at home.

'Take care, my loves, take care', I think to myself.

I fall asleep, letting my exhaustion get the better of me.

I can hear two of the guards talking by the time I wake up.

'There's some weird, old folk around here. Some say monsters, other's say bandits. Can't quite wrap my head around there being either!' What could they be talking about? Karthwasten is still miles away. A sudden jolt breaks my line of thought and I feel the caravan sway immensely. I hear shouts and voices outside, then suddenly... an ear-piercing scream. I stumble out of the caravan, sword drawn. But before I can make out what has happened a large, thwack knocks me out.

My teeth are chattering, my legs are bound, my head throbs. I am locked inside a dark pen inside, what appears to be in a cave. Large, sinister posts fence off the pen. A hard bed roll is laid across the ground. Large water drops are falling from the roof of the cave and are splattering against the rock floor. My head aches, but soon I spot a body scrambled across the floor. The dead man has blood oozing from his open mouth and is wearing torn rags. My eyes scan across his body until I notice something... his legs are gone! A victim of torture he has become... I begin to panic and pull a spare piece of blood stained paper from my pocket. I quickly scribble down letters, trying to comprehend everything that is happening in a few simple words:

They fell upon us at dusk. Dozens of them.

The caravan guards were dead in minutes.

They took everyone else back to the pens.

Blinded those who tried to resist.

One by one, they've taken the others – feeding us to those monstrosities, or worse, I don't have much time left.

Eydis, my love, if you ever get this – forgive me.

Fyrir

DEPUTY HEAD REPORTS

Deputy Head Learning:
Kate Cunich

Parent Information Sessions

We have spent time last week with parents at our annual information sessions, touching on some of our key themes for the year. As always at Oxley, our intention is to constantly evolve as a learning organisation, consciously building the partnership with students, teachers and parents as we all work toward our vision of preparing your children for their futures.

Fundamental to the Oxley mindset is the use of our shared language of learning. We consistently focus on:

- the narrative of growth and progression for each learner
- the development of a growth mind set
- the importance of explicitly developing understanding through the model of surface to deep learning

Our Distinctive Curriculum

We talk often at Oxley about our desire to be distinctive – not just as a school that offers the usual suite of curriculum courses, but a school that makes explicit choices about strategies that will make the most difference. Part of that is our celebration of Cornerstone, the embedding of Year 9 and 10 IGSCE Global Perspectives and our evolving Writing in Context programme.

Cornerstone

It has been a joy for me to return to the Year 10 Cornerstone team this year after spending 2018 with Year 7. I have told the students how much I can see and hear that they have grown conceptually in their journey at Oxley.

We are currently tackling the big idea of “What is a good life?”, discussing and digressing along the way from Aristotle to Hedonism, from whether a cow can be happy and whether plants are conscious.

Most encouraging though are the comments heard as students enter and leave the classroom. What a joy to hear: “This is one of the best classes we have because you get to talk about the things you think about all the time but don’t usually get a chance to talk about”. Thank you Year 10.

Deputy Head Pastoral:
Mark Case

Year 12 – ‘Brain Blinkers’: Anthony Bonnici

Anthony Bonnici returned to Oxley earlier this term to work with Year 12 students on identifying and removing the mental barriers that can prevent us from reaching our potential. Anthony is a highly successful motivational speaker who has worked with senior executives of national and multinational firms, as well as senior school students. His presentations assist in the development of positive cultures in school and organisations, as well as decreasing anxiety and stress, improving relationships and increasing productivity. As ever, his presentation was engaging, provocative and humorous, with some practical advice to assist students to thrive in their final year of school. Free online resources are available at <https://www.anthonynonnici.com.au/>

Year 10 – Morrisby Careers Testing

Earlier this week Year 10 students completed the Morrisby questionnaire, which is the first formal step on the journey of making informed choices about potential academic and employment pathways beyond this year. Based on their responses, students will receive a unique profile that includes potential career options and the academic qualifications they may need to achieve their goals. For many students, connecting their day-to-day academic work with future qualifications and ultimately a possible career path plays a crucial role in motivation at school. It can also play an important part in both raising their aspirations and broadening their views about future career options. The students will receive their profiles at a briefing session for students and parents at 5.00pm on Monday 1 April.

Traffic Control: Pick and Drop Off

We appreciate parents’ support as we continue to trial the drop off and pick up area for Senior Students in the second driveway. Please be aware of the need for buses to pull out of the bus bay when queuing to enter the second driveway. Students should not be picked up or dropped off on Railway Road.

ON THE BRANCH

THE CRUCIBLE

By Arthur Miller



Thursday 7th, Friday 8th, Saturday 9th March 2019

7.30pm Hoskins Hall, Oxley College

Tickets available at the door by Cash or EFT

Georgia Kickert CLASS OF 2010



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

I've done a lot of studying so far. I completed my first degree, a Bachelor of Arts, at the University of Wollongong, moved on to a Masters of Teaching at the University of Sydney and last year I completed a Graduate Diploma of Information and Library Studies through Curtin University in Perth. I've spent a lot of time learning new skills and enjoying university life. I've started a career as a teacher and a librarian in this time, two jobs I'm really passionate about. I've also had the good fortune to travel internationally and around Australia, just living my best life!

What is your biggest achievement since high school?

My biggest achievement since high school would have to be completing my Masters Degree and graduating in the Great Hall at the University of Sydney. This degree was a huge two year undertaking, with a massive 10 000 word thesis at the end. I was so proud of myself that I made it to the end and graduated with my Masters qualification.

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

When I left Oxley I had actually intended to become a journalist! Something which went completely out of the window when I started university. I never sat in class at school thinking that one day I would be the teacher up the front, it was a career path that found me. Becoming a librarian was less of a surprise, I spent a lot of time in the Oxley library reading and borrowing books. I never thought I'd be the person looking after those books though.

How did Oxley prepare you for your future?

I learnt so many life lessons at Oxley; to be brave,

to try new things, to be kind, to never give up, to work hard and treat others with respect, just to name a few. These lessons have been incredibly useful for me so far. I think that I have been able to adapt to everything life throws at me and to be a better person because of them. I also have to mention the Outback trip, I learnt things about myself I'm not sure I would have without it. How resilient I could be, how resourceful, how empathetic, what my absolute limits are. It was brilliant to learn these things in the beautiful setting of the outback surrounded and supported by my best friends. I'm sure it's a similar experience for all Oxley students.

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

All of my teachers at the college have inspired me, I don't think I'd be a teacher if they hadn't. I think the greatest source of inspiration was that all of these very talented people were working together to help me be the best I could be. How could you not be inspired to succeed with all of that support?

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

How easy life was! You never know how easy you've got it until you try something harder, and being an adult, paying bills and being organised is much harder!

What would you say to your fifteen year old self?

I would tell myself to stop worrying about what everyone else thought of me, literally everyone is worrying more about themselves than they are paying attention to you and judging you. Also be nice to your teachers and earn some good karma because you are going to need that when you are in their shoes one day!

Georgia has returned to the Southern Highlands and is teaching at Oxley.

WHAT'S HAPPENING?

IN THE WORLD...



THEATRE

"There's hatred in the air, it's hard to breathe."

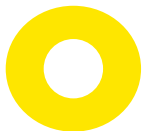
"Dance of Death", Strindberg's classic play of 1856 starring Colin Firth, Pamela Rabe, Toby Schmitz opened at the Belvoir on Tuesday 10 December 2018. Directed by Judy Dench, it's a hyper-realised, approaching absurd take on marital life that continuously spirals into bickering and snapping.

The intimacy of Belvoir Theatre only amplifies this tension, drawing the audience into the action and holding them down under the red lit moat that reeks of isolation. This is where the production really shines – Brian Thomson's set is outstanding, with the characters trapped by swaying "meat hooks"-sinister symbols of entrapment and remnants of a life stifled by lack of light. Thomson manipulates the set to symbolically bring to life the minds of the actors on stage.

Despite these achievements, overall the audience feels a sense of disconnect. Perhaps it's the literal "body of water" defining a clear line between actor and audience, or maybe it's the complexity of the characters themselves. Perhaps it is the realness of these characters that makes them so hard to connect with- as humans, so caught up in our own mess, we often seek order and resolution, things this performance refuses to produce. By Jem Taylor (Year 12)



WORLD



And out of our World...

After 15 years of exploring the surface of Mars, NASA's Mars Rover Opportunity has finally run out of steam. Expecting it to survive for only 90 days on the dusty Red Planet, the 15-year-old rover has become one of the most astounding achievements of interplanetary exploration. The car size motor vehicle has been roaming the planet Mars and sending vital information and breathtaking photographs back to earth since 2004. Just seven weeks after touchdown it discovered an ancient streambed suggesting that like earth, some parts of Mars had liquid water and could have been habitable. In June 2018, after a severe dust storm, the rover lost power and despite 1,000 attempts by NASA to restore it, it has now been "pronounced dead". NASA Administrator Jim Bridenstine says, "There will come a day when our brave astronauts will walk on the surface of Mars. And when that day arrives, some portion of that first footprint will be owned by the men and women of Opportunity and a little rover that defied the odds and did so much in the name of exploration."

Lucie Drysdale (Year 12)



HAPPY NEWS



Laughter is the best medicine?

Whether you've got a case of the giggles or hooting with laughter at a funny movie or television show; Laughter is a quintessential part of our life.

Physically there are many benefits of laughing; some even comparing it to a mild work out. When you laugh you stretch muscles throughout your face and body, your pulse, blood pressure and rate of breath increase sending more oxygen to our tissues. Research conducted by William Fry (a professor of psychology at Stanford University) indicates that the same heart rate can be achieved from ten minutes on a rowing machine after just a single minute of hearty laughter.

Not to mention the psychological benefits of laughter. Laughter triggers the release of endorphins the bodies "feel-good chemicals". Endorphins reduce your perception of pain, reduce stress, ease tension, strengthen resilience and improves sleep.

Dr Madan Kataria from Mumbai India decided to put the benefits of laughter to the test; Starting a "Laughing Club". The club consisting of five people first met in a small public park in 1995. They laughed at each other's jokes and that was that. Until Dr Madan Kataria developed a set of exercises to trigger laughter. These exercises formed the basis of "Laughter Yoga" which is currently being practised in over 6000 Laughter Yoga clubs in over 60 countries.



So next time your feeling down - laugh, it really is the best medicine.

By Pearl Bendle (Year 10)

GALLERY



FEBRUARY & MARCH CALENDAR

	Mon 25 Y12 Student Parent Teacher Night	Mon 04	Mon 11 EXC: Y6 National Young Leaders Day, ICC Darling Harbour SS End of Summer Season Presentation BBQs
	Tue 26	Tue 05 K-12 School Photos	Tue 12 EXC: Y11 and 12 VA Art Express
	Wed 27 EXC: Y12 Shape Exhibition, Powerhouse	Wed 06 JS HICES Swimming Carnival Senior Production Matinee	Wed 13 ISA Swimming Carnival
	Thu 28 SHIPS Swimming Carnival, Bowral Pool	Thu 07 Senior Production - The Crucible, 7.30pm, Hoskins Hall	Thu 14 EXC: Y11 DT Shape Exhibition, Powerhouse Museum EXC: Y11 Nicholson Museum, Sydney University
Fri 22 EXC: Y5 Design Exursion, Wollongong SS Swimming Carnival Berrima District Sports Awards Dinner	Fri 01 INC: Y8 Medieval Feast Southern Highlands Sec Schools Swimming Carnival	Fri 08 EXC: Y12 Modern History Study Day, Sydney Senior Production - The Crucible, 7.30pm, Hoskins Hall	Fri 15 T1 Open Morning for Prospective families Staff V Y12 Cricket social, Governors Field
Sat 23 ISA Sport - Summer Round 10 EXC: Canberra Area Theatre Awards	Sat 02 ISA Sport Summer Semi Finals	Sat 09 ISA Sport Summer Finals Senior Production - The Crucible, 7.30pm, Hoskins Hall	Sat 16
Sun 24	Sun 03 Yr 11 Family Gathering Burrawang Pub	Sun 10	Sun 17

MATCH OF THE WEEK



While you may find many teenagers relaxing in bed on a Saturday morning, enjoying their leisure time before a busy week begins yet again, you won't find any of Oxley College's dedicated touch football players beneath their blankets. Instead, they are likely to be travelling at the crack of dawn to Bathurst, stretching hamstrings in the frigid morning frost or even cheering loudly after an exciting try has been scored. Oxley's inaugural touch football season has ended for both senior teams with strong friendships reinforced and a comprehensive understanding of this dynamic, enthralling game. The Junior A and B teams will progress to the semi- (and hopefully grand-) final weekend on Saturday 2 March, following convincing successes against other ISA teams. For those unfamiliar with the game, touch is like very fast-paced American football without tackling, instead relying on communication, skill, tactic and deftness to score a try. There are 6 players on the field at once for two 20-minute halves. It is great fun and an excellent way to improve fitness! There have been countless highlights to the season – such as water fights and 7-0 victories – and enduring memories involving teamwork, sweat, mud and sore muscles have been created. It has been an excellent first season for all four teams and a huge thank-you must be extended to our committed coaches for their support over Terms 4 and 1.

By Ava Lambie (Year 10)

NEWSFLASH

SHAPE 2018

Shape 2018 showcases a selection of outstanding major projects from the HSC Design and Technology, Industrial Technology, and Textiles and Design courses. As varied as they are creative, these projects provide a glimpse into the minds of tomorrow's designers. One such designer is 2018 Year 12 student Jessica Deakin, who created a dress out of upcycled plastic bags.

"I have always been aware of the growing waste issue around the world, in particular seeing waste scattered throughout the environment. It was after watching Craig Reucassel documentary 'War on Waste' that the world's dilemma of ever growing amounts of waste was really highlighted to me. I was utterly appalled by the sheer volume of waste that Australians produce daily, and this would be a small reflection of the amount that would be produced by countries all across the globe. Confronted with this issue, I instantly began to question how I could make a difference, and how I could use fashion to influence people into making a difference of their own."

Jessica's design is featured in SHAPE 2018, on at the Powerhouse Museum, Sydney from 23 February – 5 May 2019.



ONSTAGE 2018

Last week Oxley's 2018 HSC Drama students were the stars of OnStage Programme 1 at the Seymour Centre, Sydney. Onstage is the annual showcase of excellence for Drama students who have been nominated by HSC Markers and then selected for their theatrical excellence through a rigorous process.

Oxley's "?" group performance was presented in the prestigious Programme 1. Only five groups in all of NSW made this programme, with six students of the 24 being from Oxley. Capacity audiences of 700 NSW drama students and teachers watched the programme throughout the week. Oxley Year 11 and 12 students watched their peers at the Thursday matinee.

Special mention must be made of the challenges of realising this performance almost six months post HSC marking. Freya Kenay, a key and integral original member of the group had to be replaced at the last moment as she was not able to be released by NIDA for the matinee performances. This meant that Oxley had to use a substitute performer for all six shows! Well done to Sienna Knowles, 2019 HSC who stepped in and learnt the challenging piece in a week. We are so proud of all our students and the courage, creativity and excellence displayed to thousands of people.



ENCORE 2018

Congratulations to D'Arcy Deitz (Year 12 2018) for his listing in Encore's Honours List. Encore is the HSC Music Showcase featuring top achieving Music students from throughout NSW.

Honours List

Music 1 – Musicology

Cameron Allinson	All Saints College (St Mary's Campus)
Oliver Clark	Sydney Grammar School
Claudia Colvin	Cape Byron Rudolf Steiner School
Ewan Cooper-Frater	St Aloysius' College
D'Arcy Deitz	Oxley College

ENCORE

