There is nothing better in life than celebrating with others when they achieve. Observing the struggle and the victory, the attitude of putting everything in to a pursuit. This was never more evident than just yesterday when our Years 3-6 participated in the combined Junior School Athletics Carnival with Thomas Hassall. Competitors jumping into the action, encouraging each other and enjoying the Carnival atmosphere. The pursuit of goals, the aiming at personal targets takes practice and persistence. Encouraging our young people to develop patience and endurance, even in defeat, is an important aspect of days such as these.

You would have received your child’s annual photos last week. We trust you enjoy this important momento of your child’s year at our College. It is always impressive observing how smart the students look in their uniforms, a lovely walking advertisement for our College. We commend them for the way in which the uniform is worn and encourage them to continue to do so.

Last week was Healthy Bones Week. We were fortunate enough to be visited by Mr and Mrs Perich from the Leppington Pastoral Company who shared with us the importance that dairy products play in the development and maintenance of our bones. It was a very interesting presentation and gave us a brief insight into the workings of a dairy farm, as well as sharing some local history on the development of their company. However, the big hit with the students was the Coco Pops and Nutri Grain liquid breakfasts, as well as the tasty slices of cheese.

Our Book Week and Grandparents’ Day activities are just around the corner and we are looking forward to sharing this special day in the College life with our Grandparents. Fathers’ Day breakfast is also on the horizon and our Spring Fair, which promises to be Bigger and Better than last year, is also fast approaching on Saturday 7 September. We look forward to catching up with you at these events.

Let us thank you for your support across the College. Please contact us if we can help or if you need to raise an issue.

*I can do all this through him who gives me strength. Philippians 4:13*

Mr Ross Whelan
Principal

Mr Jonathan Beggs
Campus Coordinator
In the Classroom with Mrs Finlay and Prep

This term in Prep we learning about food. We have started discussions and activities about good food and not so good food. The children have had fun finding pictures of breakfast foods to create a healthy breakfast plate. They enjoyed attending the healthy bones presentation where they learnt about eating dairy foods to keep their bones healthy.

This week we have been discussing healthy lunchboxes and talking about healthy choices.

Prep has already participated in a cooking experience where they made bananas and custard. The children independently chopped up their banana and then added some custard. This made for a great snack for after Prep.

This was the first of several cooking experiences this term as we learn more about our food and where it comes from.
Kindergarten’s Trip to the Dairy Farm

I went to the Dairy Farm on Friday. We went on the bus. First we saw the cows being milked.

Then we learned about the machines on the farm. Cooper dressed up as a cow to help us.

We saw all the mummy cows and where they keep all the milk.

The best part was being licked by the calves and playing on the flying fox.

By Kindergarten
Year 1/2B Excursion to Mt Annan Botanic Gardens

On Wednesday, 7 August 1/2B went on an excursion to the Mount Annan Botanical Gardens to learn about recycling. The people running the workshop conducted an audit on our rubbish to see what could be recycled. Surprisingly, only 2 things out of all our rubbish could be recycled! We then sorted different types of rubbish into the red, yellow and green bins and learned that if we put something into the wrong bin that the whole truck has to go into landfill. We also learned about composting and worm farming. We even got to hold some worms! They were very wiggly. To finish our workshop we made a newspaper pot and planted our very own lettuce to take home for our own gardens.

After our workshop we walked around the gardens and found a water dragon sleeping by a waterfall. We had to be very quiet so we didn’t wake him up. Later we found a maze and we all tried to find our way to the centre.

We had a fantastic day and we learned lots of interesting facts about reducing, reusing and recycling materials to look after our environment!
Sport: Prep

Prep continue to develop their gross motor skills and hand/eye coordination. This fortnight we have specifically concentrated on catching. Have a look at us in action:

Prep - Year 2 Tabloid Carnival

Date: Friday, 13 September 2013

More details to come.

Sport: Kindergarten - Year 2

K-2 have been participating in ZUMBA lessons. This has been great fun each week and we have been learning a number of new routines to keep us fit. Why don’t you ask us to show you some of our moves!

Kindergarten - Year 2 Swimming

Kindergarten - Year 2 students will be participating in the Learn-To-Swim program during their sport lesson on Thursday afternoons in Term 4.

A permission note will be emailed to parents shortly.
**Sport: Years 3 - 6**

**IPSSO Sport**

**Wednesday, 21 August** vs William Carey Christian School

<table>
<thead>
<tr>
<th>Sport</th>
<th>Game Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFL</td>
<td>12.20 pm - 2.10 pm</td>
<td>William Carey CS</td>
</tr>
<tr>
<td>Netball</td>
<td>12.20 pm - 2.10 pm</td>
<td>William Carey CS</td>
</tr>
<tr>
<td>Soccer</td>
<td>12.20 pm - 2.10 pm</td>
<td>William Carey CS</td>
</tr>
<tr>
<td>Softball</td>
<td>12.20 pm - 2.10 pm</td>
<td>William Carey CS</td>
</tr>
<tr>
<td>Newcombe Ball</td>
<td>12.20 pm - 2.10 pm</td>
<td>William Carey CS</td>
</tr>
</tbody>
</table>

**Wednesday, 28 August** vs St Mark’s

<table>
<thead>
<tr>
<th>Sport</th>
<th>Game Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFL</td>
<td>12.30 pm - 2.20 pm</td>
<td>Thomas Hassall AC</td>
</tr>
<tr>
<td>Netball</td>
<td>12.30 pm - 2.20 pm</td>
<td>Thomas Hassall AC</td>
</tr>
<tr>
<td>Soccer</td>
<td>12.30 pm - 2.20 pm</td>
<td>Hoxton Park Reserve</td>
</tr>
<tr>
<td>Softball</td>
<td>12.30 pm - 2.20 pm</td>
<td>Thomas Hassall AC</td>
</tr>
<tr>
<td>Newcombe Ball</td>
<td>12.30 pm - 2.20 pm</td>
<td>Thomas Hassall AC</td>
</tr>
</tbody>
</table>

**Wednesday, 4 September** Semi & grand finals (Macarthur Anglican School)

**Wednesday, 11 September** Training

**Wednesday, 18 September** Back up finals day

**3-6 Athletics Carnival**

On Thursday, 15 August 2013 Years 3-6 participated in our combined Athletics Carnival with Thomas Hassall.

It was fantastic to see the enthusiasm and support between fellow OPAC students.

There were a number of wonderful achievements which will be listed in the next newsletter.

In the meantime, enjoy some of the following photos from the carnival.
3-6 Athletics Carnival
BOOK FAIR – ONE DAY ONLY
FRIDAY, 23 AUGUST 2013

Helpers Required – Friday, 23 August 2013
If you are available to help at the book fair (8.30 am – 1.00 pm) or Grandparents morning tea (10.00 am – 10.45 am), could you please contact the College Office.

Donations
Students may wish to donate a library book to the College. A classroom wish list of books will be available at the Book Fair.

Payment Options
Cash, Cheque (made payable to Oran Park Anglican College), Visa or Mastercard.

Book Week Parade – Friday, 23 August 2013
Theme Story Laboratory

Students are asked to dress up in their best Science themed costume. Students may wear their outfit to and from the College.

Parents are welcome to join Grandparents to watch the parade at 11.45 am

Colouring In Competition
Completed entries are due to the College Office by Tuesday, 20 August 2013.

Categories Prep-Kindy Years 1-2 Years 3-4 Years 5-6

Guessing Competition
A gold coin donation per guess to go towards purchasing library books will be required at the guess how many lollies in the jar competition. The competition will commence on Friday at 8.30 am and finish at approx. 12.00 pm. The winner will be announced at the dismissal assembly on Friday.
Attention all Grandparents and Grandfriends

You are invited to the Second Annual Grandparents Day at Oran Park Anglican College on Friday, 23 August 2013.

10.00 am Morning Tea provided by the College
       (for Students and Grandparents)

10.30 am Classroom activities

11.30 am Leave classrooms to set up for parade

11.45 am Book Week Parade (please bring a chair to sit on)
       Parents welcome to attend the parade.
       Announcement of Colouring Competition and Guessing
       Competition winners.

12.30 pm Sausage sizzle provided by the P&F for students and their
       family (donations welcome)
       Dismissal of Students
       (If your child is unable to be taken home, supervision will be
       provided until 3.20 pm)

Please complete the RSVP form (emailed) and hand to the College Office by Wednesday, 21 August 2013.

Please note: Students without a Grandparent attending will have the opportunity to spend time with our friends from Chesalon Retirement Village.
Live Life Well @ School

Fruit and Vegie Month is on its way!!

Fruit and vegetables – the green food
Fresh fruit and vegetables are not only good for your health, but they are also good for the planet. Fruits and vegetables come in their own environmentally friendly packaging. Fruit or vegetable scraps can also be composted or used in a worm farm. You can also help the environment by choosing produce without foam trays or plastic containers.

Why eat fruit and vegetables everyday?
Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:
- coronary heart disease
- some forms of cancer
- overweight and obesity
- constipation
- high blood pressure and blood cholesterol levels
- help improve control of diabetes.

Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits.

Crunch and Sip
OPAC has now officially launched a CRUNCH and SIP program. This program encourages students to consume part of their daily-required fruit and vegetables as well as water at school. Please pack a REAL fruit or vegetable option in your child’s lunch box each day as well as a drink bottle with WATER in it.

Healthy Lunch boxes…Need some ideas?
We would love to offer parents the opportunity to swap healthy recipes through The Life. This is a great chance to help one another develop healthy eating habits in our children. If you have a recipe that you would like to share please email Miss Edwards at kedwards@opac.nsw.edu.au or hand a hard copy into the Office before Wednesday each week. Check out some of the great ideas already sent in.

Porridge with Juicy Apricots

Ingredients
1 cup (150g) dried apricots
1 cup apple juice
1 1/2 cups quick cooking oats
2 cups Australian reduced-fat milk
1 teaspoon vanilla essence
2 tablespoons apple juice, extra
Extra milk, for serving
Cinnamon, for sprinkling

Method
Step 1 Bring apricots and apple juice to the boil in a non-stick saucepan.
Step 2 Bring oats, milk and vanilla essence to the boil over low heat, stirring continuously. Simmer 1-3 minutes until thickened. Stir in extra apple juice.
Step 3 Serve porridge immediately, topped with poached apricots and syrup, pour over a little extra milk and sprinkle with cinnamon.
Game ON!

At Home Challenge

1. 1x Taronga Zoo Family 'Roar & Snore' overnight stay

2. Single entry family pass 4 to be won

3. Aussie Farmers Direct $100 voucher 5 to be won

4. Family movie voucher 5 to be won

All prizes include 4 water bottles & coolers

Half Price Fruit & Veg*

Fruit & Veg month

* Go to FRUITANDVEGMONTH.COM.AU
ENTRIES CLOSE FRIDAY 18TH OCT 2013

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NSW GOVERNMENT
## 2013 Dates For Your Diary

### Term 3

- **Mid-Term Break (Staff and Students)**: Monday, 19 August
- **Book Fair**: Friday, 23 August
- **Book Week Parade**: Friday, 23 August
- **Grandparents Day**: Friday, 23 August
- **South West Festival (THAC)**: Saturday, 24 August
- **P-6 Father’s Day Stall**: Wednesday, 28 August
- **Prep Vision Testing**: Wednesday, 28 August
- **Father’s Day Breakfast**: Friday, 30 August
- **NASSA Athletics**: Thursday, 5 September
- **OPAC Spring Fair and Open Day**: Saturday, 7 September
- **CIS Athletics**: Wednesday, 11 September
- **P-2 Tabloid Carnival**: Friday, 13 September
- **P&F - Bunnings BBQ**: Saturday, 14 September
- **Mufti Day**: Friday, 20 September
- **Last Day Term 3**: Friday, 20 September

Please refer to our College website: www.opac.nsw.edu.au and the College Newsletter ‘The Life’ for main events, information and dates published during the year.

### MID-TERM BREAK - ALL STAFF AND STUDENTS

Monday, 19 August 2013 the College will be closed.

### College Carpark

It has been brought to the College’s attention that doors are being opened and hitting other cars. Could parents please be mindful when allowing your child to open their own door that they do not hit other cars.
**From the Parents’ & Friends’ Association**

**Attention all Parents, Grandparents and Friends**

The P&F will be assisting and supporting a number of upcoming events that require volunteers.

With a large parent community and an extended family and friends, we need extra resources to successfully run these fundraising events.

Your efforts directly support the College. Our students are the beneficiaries of your contribution.

As they say, many hands make light work.

Below is a list of events and the assistance you can provide with these events. If you can spare just 2 hrs, that can make all the difference.

Please leave your name, contact details, times of your availability and the event/s you can assist with at the College Office or alternatively email the P&F.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Assistance Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Father’s Day Breakfast</td>
<td>Friday, 30 August 2013</td>
<td>From 7.30 am - 9.30 am Assist with cooking and serving at the breakfast.</td>
</tr>
<tr>
<td>College Open Day and Spring Fair</td>
<td>Saturday, 7 September 2013</td>
<td>7 am - 9 am (set up) 9 am - 3 pm (2 hr rosters to sell cakes, gifts, drinks and BBQ) 3 pm - 4 pm (pack up) Donations for the cake stall.</td>
</tr>
<tr>
<td>Bunnings @ Narellan Sausage Sizzle Event</td>
<td>Saturday, 14 September 2013</td>
<td>From 8.30 am - 4 pm 2 cooks and 3 servers for each shift: 8.30 am - 11 am 11 am - 1.30 pm 1.30 pm - 4 pm</td>
</tr>
</tbody>
</table>

**THANK YOU FOR YOUR SUPPORT**

**Father’s Day Stall - Wednesday, 28 August 2013 from 9 am**

There will be over 400 gifts that students can purchase for their special dad, carer, grandpa, pop and/or uncle. Price list following.
## Father's Day 2013 Price List

**On sale 28 August 2013**

<table>
<thead>
<tr>
<th>ITEM</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Screwdriver Light Set</td>
<td>$ 4.00</td>
</tr>
<tr>
<td>Dad Metallic Pens</td>
<td>$ 3.00</td>
</tr>
<tr>
<td>Gift Cards</td>
<td>$ 2.00</td>
</tr>
<tr>
<td>Magnetic Bookmark</td>
<td>$ 3.00</td>
</tr>
<tr>
<td>Dad Embroided Handkerchief</td>
<td>$ 3.00</td>
</tr>
<tr>
<td>Sport Socks</td>
<td>$ 7.00</td>
</tr>
<tr>
<td>Shower Gel</td>
<td>$ 5.00</td>
</tr>
<tr>
<td>The Man Pack</td>
<td>$ 7.00</td>
</tr>
<tr>
<td>Wet Pack</td>
<td>$ 5.00</td>
</tr>
<tr>
<td>Back Scratcher with Shoe Horn</td>
<td>$ 4.00</td>
</tr>
<tr>
<td>Best Dad Photo Frame</td>
<td>$ 8.00</td>
</tr>
<tr>
<td>Wooden Tie Hanger</td>
<td>$ 6.00</td>
</tr>
<tr>
<td>Wooden Belt Hanger</td>
<td>$ 6.00</td>
</tr>
<tr>
<td>Car Money Bank</td>
<td>$ 5.00</td>
</tr>
<tr>
<td>Car Pen Caddy</td>
<td>$ 6.00</td>
</tr>
<tr>
<td>Car Care Kit</td>
<td>$ 10.00</td>
</tr>
<tr>
<td>Flexi Keyring</td>
<td>$ 3.00</td>
</tr>
<tr>
<td>Torch Bottle Opener Keyring</td>
<td>$ 3.00</td>
</tr>
<tr>
<td>My Dad is Fantastic Book</td>
<td>$ 10.00</td>
</tr>
<tr>
<td>Tong &amp; BBQ Pack</td>
<td>$ 10.00</td>
</tr>
</tbody>
</table>

Please bring a carry bag along.
<table>
<thead>
<tr>
<th>ITEM</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dad's Cap</td>
<td>$10.00</td>
</tr>
<tr>
<td>Clock Pen Caddy</td>
<td>$7.00</td>
</tr>
<tr>
<td>Sporty Scarf</td>
<td>$7.00</td>
</tr>
<tr>
<td>Wash &amp; Wax Kit</td>
<td>$10.00</td>
</tr>
<tr>
<td>Thermal Travel Mug</td>
<td>$9.00</td>
</tr>
<tr>
<td>Dad's Water Bottle</td>
<td>$9.00</td>
</tr>
<tr>
<td>Dad's Mug &amp; Coaster Set</td>
<td>$9.00</td>
</tr>
<tr>
<td>Grandfather's Mug &amp; Coaster Set</td>
<td>$9.00</td>
</tr>
<tr>
<td>BBQ Pack (maybe as a set with Apron Set)</td>
<td>$10.00</td>
</tr>
<tr>
<td>Apron &amp; Oven Mitt Set</td>
<td>$10.00</td>
</tr>
</tbody>
</table>
FATHER’S DAY

BIG BREAKFAST

FRIDAY, 30 AUGUST 2013
7.30 am Outside Canteen
BIG BBQ MIXED GRILL

RSVP to the College Office by
Wednesday, 28 August 2013
ORAN PARK Anglican College

Spring Fair 2013

FAMILY FUN DAY

SATURDAY
7 SEPTEMBER 2013
9AM TO 3PM

FREE ENTRY FREE PARKING

Family fun & entertainment, pony rides, laser skirmish, silent auction, market stalls, food, music, jumping castles, College Tours and more...

www.opac.nsw.edu.au
Corner of Peter Brock Drive & Central Ave Oran Park NSW 2570
College Dance Groups, Choir and Band

Students will be performing at 11.00 am.

Dance Groups  Costume as per teacher instructions
Choir          Full College Winter Uniform
Band           Full College Winter Uniform

Students may bring the clothing for their item and change into from 10.30 am.

Wristbands - Unlimited Attractions

Please complete the order form which was emailed home to parents and hand in to the College Office with correct payment.

$10 per person (before the day)
$15 per person (on the day)

Children who require adult supervision will not need a wristband or ticket, the adult supervising the child will require a wristband or ticket.

$5 single attraction ticket (available on the day)

Please go to the canteen area on the day to collect wristbands and to purchase extra tickets and wristbands.

Art Competition

Prep - Year 6 students will be completing artwork on canvas as part of their creative arts program in class. The artwork will be displayed at the Spring Fair and sold for $5.00 per canvas. Winners will also be announced at the fair.

If your family is unable to attend the fair but you would like to purchase your child’s artwork, please send $5.00 in an envelope labelled with your child’s name to the College Office by Friday, 6 September 2013.

All monies raised will go to the P&F fundraising project.
OPAC Spring Fair & Open Day

This year’s OPAC Spring Fair & Open Day will be held on Saturday, 7 September 2013. The OPAC Open Day Committee needs your support...

HELPERS REQUIRED

The P&F require parent help at the College Spring Fair and Open Day.

Help is required with the BBQ, College stalls, parking and other jobs required to make the day run smoothly.

If you are available to help, please complete your information below before the end of Term 2 so that we can confirm which College stalls we will be holding.

Yours sincerely

Janine Manton
Spring Fair Coordinator
Email: opacspringfair@gmail.com

Please return to the College Office before the end of Term 2

HELPERS

Parent’s Name

Contact Number

Contact Email

-helper – Yes, I can help at the Spring Fair and Open Day

☐ 7.00 am – 9.00 am (SET UP)
☐ 9.00 am – 11.00 am
☐ 11.00 am – 1.00 pm
☐ 1.00 pm – 3.00 pm
☐ 3.00 pm – 4.00 pm (PACK UP)

We will endeavour to confirm your job prior to the day, however a roster will be available at the canteen, please report to the canteen area on the day.
OPAC Spring Fair & Open Day

This year's OPAC Spring Fair & Open Day will be held on Saturday 7 September 2013. The OPAC Open Day Committee needs your support...

CAKE STALL

We require nut free products for the P&F cake stall.

If possible, please place on a paper plate sealed with cling wrap. If using a container or plate that you would like to be returned to you, please label with your name.

Please label your plate with ingredients used.

Simply deliver to the College Office on Friday 8 am – 3.30 pm or Saturday before 9 am.

Yours sincerely

Janine Manton
Spring Fair Coordinator
Email: opacspringfair@gmail.com

Please return to the College Office before the end of Term 2

CAKE STALL

Parent's Name

Contact Number

Contact Email

HELPER – Yes, I can provide the following for the Spring Fair and Open Day

- Cupcakes
- Muffins
- Slice
- Biscuits
- Other
ORAN PARK ANGLICAN COLLEGE
Now Enrolling 2014, 2015

Prep to Year 7
Enrolment Information Night
12th September 2013 7pm

For more info: www.opac.nsw.edu.au
Community and Business Advertising

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With a shoe expertly fitted by one of The Athlete’s Foot Fit Technicians, your child will have the right support for all of the school activities and sports they take part in every day. The Athlete’s Foot stock a range of Ascent and Clarks school shoes to ensure there are options for everyone.

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Email: info@bhelectrical.com.au

Web: www.bhelectrical.com.au

ABN: 12 064 608 233

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e: macarthur@smith-sons.com.au

www.smith-sons.com.au

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