From the Principal and Head of Campus

We have passed the half way mark of the term and it is pleasing to see students getting involved in a range of activities inside and outside the classroom. At OPAC we are interested in developing the whole child; academically, physically, emotionally and spiritually. That is why, in addition to classroom teaching, we offer a range of co-curricular activities so that students have opportunities to participate, grow and thrive in specialty areas. We can also see a strong sense of community, fair play and leadership fostered through these various activities.

Each week there are a number of co-curricular groups students can be involved in including dance, choir and band. This week saw the commencement of two Cru clubs which meet each Friday lunch to explore the Christian faith and living as a Christian.

Here is some further information about the Lunchtime groups currently on offer:

- Junior (K-2) Dance group – Monday (Mrs Worthington)
- Senior (3-6) Dance group – Monday (Mrs Edwards)
- Band – Tuesday (Mrs Blake)
- Choir – Thursday (Mrs Grant)
- Junior (3-5) Cru club – Friday (Mr Chapman)
- Senior (6-7) Cru club – Friday (Mrs Clisdell)

We have also seen over 50 students involved in the Active After School netball and soccer programs running on Wednesday and Thursday afternoons this term. We look forward to the Wanderers coming next term to run an in-College sports program and their Skill Intensive Program on a Monday afternoon – more information to follow about this exciting opportunity!

We encourage all students to get involved in a lunch time group and if we are not already offering a program that your child would be interested in or you would like to make a suggestion for a future group then please let your child’s class teacher know so we can consider it in our planning.

Our enrolments are increasing each week and we are now taking applications for all grades P-8 for 2015. We will be running a Twilight Tours Information Night on Tuesday, 25 March. If you know of interested families please let them know about this event. There is no need to book and they can drop in anytime between 4-6pm to tour the College and receive further information.

“And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.” Philippians 1:9-11

Mr Ross Whelan  Mrs Naomi Wilkins
Principal   Head of Campus
**Kindergarten, Year 1 and Year 2 Incursion**

Date       Tuesday, 11 March 2014

Students will be encountering a native wild animal display. Animals may include the Eastern Quoll, a crocodile and a snake.

If you do not wish for your child to participate in this incursion, please email the College Office before Monday, 10 March 2014.

**Parent/Teacher Interviews**

Date       Wednesday, 19 March 2014

Information will be emailed next week to parents/guardians. Parents are required to login to register for interviews using the College website.

**Donations for Visual Arts**

If you have any spare magazines or ice cream containers with lids, could you please bring to the College Office. Thank you, Mrs Low.

**After College Hours**

Due to After College Care and Active After College Sports, we ask that parents/guardians leave the College grounds once you have picked up your child/ren. Please do not let your child/ren play on the playground equipment after they have been dismissed by their teacher.

**After College Sports Program**

Due to the Parent Teacher Interviews on Wednesday, 19 March the Active After School Program will not be running.

There will be two additional “catch up” days in Week 10 and 11 to make up for the wet weather day and parent teacher interviews.

**Sport: Year 3 - Year 6**

**IPSSO**

Wednesday, 12 March                Training
1.00 pm - 2.20 pm

Wednesday, 19 March                vs William Carey Christian School
12.30 pm - 2.20 pm

Parents are welcome to support their child. Please collect venue information from the Office.
Prep – Year 6

Easter Hat Parade
And
Easter Egg Hunt

Monday, 7 April 2014
2.30 pm

Parents and Friends are invited to enjoy the spectacular display of craftsmanship as students parade around the quadrangle.

Parents and Friends are also welcome to wear their own special hat.
Everyone Belongs
Oran Park Anglican College

The message of Harmony Day is Everyone Belongs. It is a day to celebrate Australia’s diversity. It is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world.

There are many ways we can celebrate Harmony Day – through sport, dance, art, film, music, storytelling, cooking and sharing cultural meals. By participating in Harmony Day activities we can learn and understand how all Australians from diverse backgrounds equally belong to this nation and make it a better place.

Oran Park Anglican College will be involved in Harmony Day activities on 21 March. Our Friday Assembly will include Harmony Day performances by various classes.
In the classroom with Mrs Blake and Year 1

The chickens have arrived!

Year 1 has been busy this week looking after our hatching baby chicks. We have been learning about what they need when they are in their eggs and then how their needs change when they hatch. We have measured the chicks using paperclips and cubes and have been amazed by how much they have grown!

We created a maze for two of our chicks to see what would happen. We listened to them chirp to each other and they found each other in the middle of our maze. Chicks talk to each other like we do!

‘Chicks use their egg tooth to hatch out of their egg’ – Ella

‘They need to be fluffy before you can take them out of the incubator otherwise they will get cold!’ – Ruby

‘Chicks need to be kept warm and with their friends when they are little and they need water and food’ – Marko
In the classroom with Mrs Worthington and Year 2

2 Blue have been so busy in Mathematics, learning about chance, symmetry and tessellating patterns. We have also had the opportunity to read lots of narratives and have begun writing our own.

2 Blue have also made some fluffy little friends as part of the Chicks 'R' Us experience.
**NASSA Swimming Carnival**

On Tuesday, 4 March 2014 NASSA Junior held their 12\textsuperscript{th} Annual Swimming Carnival.

Oran Park Anglican College had four swimming representatives compete who represented the College with conviction and were admirable in doing so.

**Representatives:**
- Mae Alden
- Gabrielle Russo
- Lorielle Matuszczak
- Angus Geoghegan

The College should be extremely proud of the students and their efforts.
**Live Life Well @ School**

It’s great to see most children participating in Crunch’n’Sip throughout the week and a number of students joining in the Active After School Sporting Programs. Thank you to all those parents that are supporting us in teaching your children the benefits of leading healthy active lifestyles.

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**FREE fun program to help kids become fitter, healthier and happier!**

Do you have children 7-13 years old?  
Are you worried about their weight?

The Go4Fun Program is a free healthy lifestyle program to improve health, fitness, self-esteem and confidence in children above their ideal weight.

**What happens in the Go4Fun program?**

The program runs over one school term. There are 20 sessions (2 sessions/week, 2hrs/session). Sessions include: games, activities and swimming for kids; easy, effective ways to improve your child's self-esteem and confidence; demonstrations, games and tips on healthy foods, label reading and portion sizes; and a fun supermarket tour!

South Western Sydney Local Health District has 15 places on the program in your local area, completely free of charge. Places are offered on a first come, first served basis. Children need to be 7-13 years old and above their ideal weight to attend. A parent or carer must accompany each child to every session.

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Look forward to an update on our Vegetable Garden in the next issue of The Life!
**Zebra Patterned Wedges**  
Cheese and Apple Tortillas with Sweet Chilli Yogurt Dipping Sauce

Serves 4

**Ingredients**

- 1/3 cup Australian reduced-fat natural yogurt
- 1 tablespoon finely chopped red capsicum
- 1 tablespoon finely chopped green capsicum
- 1 teaspoon sweet chilli sauce
- 4 flour tortillas
- 1 medium granny smith apple, grated
- 1/2 cup grated Australian reduced-fat cheddar cheese

**Method**

Step 1  Combine yogurt, capsicum and sweet chilli sauce to make dipping sauce.

Step 2  Sandwich 2 tortillas together with apple and cheese. Cook 2 minutes each side on a char-grill plate or in a sandwich press, pressing firmly until cheese is melted.

Step 3  Remove tortillas from heat, cut into wedges and serve with dipping sauce.
Prep - Year 6
Assembly
Parents are invited to attend the College weekly assembly held on Fridays at 2.30 pm.
Parents are asked to sign in and out at the classroom.

Class leading
Week 7 Y6
Week 8 KR

Student Banking
Banking day is Monday.

Students are to bring their completed bank book to their class teacher.

Public Holiday
Monday, please bring to College on Tuesday.

Scholastic Bookclub
Orders have been handed out.

If you have any queries, please contact the Office.

2014 Dates For Your Diary

Term 1

Y7 Vaccinations Monday, 10 March
K-2 Incursion Tuesday, 11 March
Parent/Teacher Interviews Wednesday, 19 March
Y6 Excursion Friday, 21 March
Harmony Day Friday, 21 March
Twilight Tours (4 pm - 6 pm) Tuesday, 25 March
CIS Swimming (3-6) Wednesday, 26 March
P&F Bunnings BBQ Saturday, 29 March
Cross Country (3-6) Thursday, 3 April
P&F Meeting Thursday, 3 April
Camden Show Fri, 4 - Sat 5 April
Easter Hat Parade Monday, 7 April
Mufti Day Friday, 11 April
Last Day of Term 1 Friday, 11 April
ANZAC Day March (Camden) Friday, 25 April

Term 2

First Day Term 2 Tuesday, 29 April

Full 2014 Term dates are available on the College website.

3-6 Cross Country

Date Thursday, 3 April 2014

Students are encouraged to start training now.
From the Parents’ & Friends’ Association

We are heading into the first of our fundraising events at the end of this month, with our first Bunnings BBQ for 2014. This will be followed by a very busy period including the Camden Show, Mother’s Day Stall, Mother’s Day Breakfast and then the OPAC Fair in late May.

The P&F is in the process of recruiting volunteers to help at our events. If you can assist, please fill out a P&F recruitment form and forward it to Mrs Lynch at the Office or via email to pandf@opac.nsw.edu.au.

Bunnings BBQ

This event will be held Saturday, 29 March.

The P&F require 15 volunteers throughout the day to help set up, prepare rolls, cook sausages, serve customers and clean up. We are still in need volunteers, particularly for the 11.30am to 2.30pm and 2.30pm to 5pm shifts. If you’re able to assist it would be greatly appreciated. Volunteers can contact us through the P&F email.

Camden Show

The P&F would like volunteers to help at the College stall on Friday, 4 and Saturday, 5 April at the Camden Show. Volunteers will be handing out balloons/information and talking to potential parents.

If you have a few spare hours to volunteer, please email the P&F

OPAC Autumn Fair and Open Day

The OPAC Fair will be held Saturday, 24 May.

We are looking for volunteers to assist on the day to help set up, sell cakes, drinks, gifts, assist with the silent auction as well as assist with the BBQ and pack up. If you can help in any way for just 2 hours, your assistance is most welcome.

Both events are proudly supported by the P&F Committee. Any help we get will help make these events run smoothly and successfully.

We are always seeking new fundraising ideas. Do you have an idea that you would like to share? Email your ideas to pandf@opac.nsw.edu.au

Our next P&F meeting is on Thursday, 3 April at 7pm at the College. All are welcome to attend.

Kind Regards,
Matthew Saliba
OPAC P&F President
Bass Hill Electrical Pty Ltd
PO Box 131, Silverdale NSW 2752
Ph: 4653 2501
Email: info@bhelectrical.com.au
Web: www.bhelectrical.com.au
ABN: 12 064 608 233
Gold License No: 75248C
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-- 24HRS EMERGENCY --

The publication of advertisements in this newsletter does not imply endorsement by Oran Park Anglican College.
ORAN PARK
Physical Culture

- A great way to have FUN, make lasting FRIENDSHIPS and KEEP FIT
- Classes from 4 Years to Ladies of all ages
- First Lesson for all "New Members" is FREE. Come and give it a go!

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WWW.ORANPARK.WIX.COM/EPPHYSI