From the Head of Campus - Mrs Naomi Wilkins

At Oran Park Anglican College we integrate a number of information and communication technology (ICT) tools into our programs. ICT in education plays an important role in improving the educational skills and knowledge of students. ICT promotes independent learning, gives easier access to information and exciting ways to educate students. However, there are also disadvantages to our dependence on ICT including forgetting the basic way of studying and good communication. Today’s young people are much more exposed and familiar with online technologies than the generation before them. Parents often worry that, compared to their tech-savvy children, they have little hope of keeping up with their use of technology. The truth is you don’t have to be a computer or technical expert to prevent your children from accessing content that you deem inappropriate. I would encourage parents to be regularly having conversations and reviewing their child’s use of technology, particularly social media. There is a great government resource which has up to date information and resources on a large range of eSafety issues that I would encourage all parents to visit: https://www.esafety.gov.au/.

Preparations are well underway for our annual Creative Arts Night in Week 9. This is an evening of performances from students in K-8 in music, drama and dance. Creative Arts enhances students’ creativity, critical thinking, and problem-solving abilities. Through involvement in creative arts students build self-esteem and self-discipline, learn to work co-operatively within groups, and to effectively express themselves. We are starting to plan for how we can broaden our Creative Arts program at the College next year and recently advertised for a Music teacher to join the staff team to help achieve this aim.

Next Thursday, 2 September at the Parents and Friends Association meeting I will be sharing the Restorative Practices Framework for Student Wellbeing which we have in place in the College. Please come along and hear how you can support your children in developing their interpersonal skills and social responsibility. The evening starts with a cup of tea or coffee at 6.45pm in the Administration Building.

I hope you enjoy reading through this week’s newsletter as we highlight the activities that are part of “The Life” here at the College.

“God blesses the people who patiently endure testing. Afterward they will receive the crown of life that God has promised to those who love him.” James 1:12
Kindergarten Exursion

Last week Kindergarten enjoyed an excursion to Golden Ridge Farm at Dural. We were all very excited to go on the bus, some of us for the first time. It was a long bus ride and we played some games on the way.

At the farm we learnt how to milk a cow and gently hold baby animals, like ducklings, chickens and baby rabbits. We also helped to feed a lamb with a bottle. The farmer taught us about the importance of farms because this is where our food comes from. We had fun feeding some of the animals like goats, sheep and donkeys. It was a great day and we were all very tired at the end of it. Thank you to the parent helpers who came along. We appreciated your assistance.
In the News with 5B

Year Five have been studying different aspects of the newspaper. We have brought in some of our favourite stories to share, checked out online articles and had a go at creating our own OPAC Newspaper.

We have had the opportunity to experience the different roles and responsibilities involved in designing and planning a newspaper, as well as researching and photographing events that we saw as news worthy for our College.

The students are looking forward to releasing their first edition in the next week.

Here is a sneak peak!!
**Senior School: Spanish Class**

Year Eight are now halfway through their studies of the Spanish language and making good progress. They have just completed a “House Tour” assignment which demonstrated their ability to speak confidently in long, detailed sentences about their homes or an imaginary house they created on MineCraft (finally an excuse to use MineCraft for schoolwork). Tricky sentences like “Mi casa es muy cómoda pero un poco pequeña” or “El gato moreno está encima de la mesa y a la izquierda del ordenador” shouldn’t be a problem for Year Eight now. Next time you see one of our Year Eight students don’t be afraid to ask “¿Dónde vives?”

**NASSA Junior School Athletics**

Congratulations to our College representatives who competed at Campbelltown Sports Stadium last week. Alexander Giakoumelos will represent NASSA at the NSW CIS Carnival next month.
College Counsellor - Mrs Clare Calderwood

It’s a busy time of year. Assessments are due, children are tired and the holidays can feel a long way off. When we’re tired and under pressure, stress levels can rise quickly. Here are a few tips on how to help your children manage stress in a healthy way.

- Help your children to problem-solve. When faced with stressful situations, emotions can get in the way of problem-solving. Encourage your children to stop and think about what they would like the outcome to be, what the alternatives are, and which alternative is most likely to work. Help your child to see that making mistakes is part of the process towards solving a problem.

- Make sleep a priority. Sleep can help to boost mood, improve concentration and minimise stress. Creating an environment that facilitates sleep can be helpful – keep screens and phones out of the bedroom, and encourage half an hour of a calming activity (e.g., reading) before bed.

- Exercise! There’s lots of research showing that the benefits of exercise include stress relief.

- Teach your children to listen to what their body is saying. Stomach-aches, headaches, and tense muscles can all be indicators of stress. A useful analogy is that of a car engine – listen to a car engine revving, then explain that our body is like that. It revs and revs and can wear out if we don’t rest.

- Manage your own stress. Showing your children that you can deal with stress yourself is a powerful lesson. Plus, stress can be contagious – children pick up on any tension in the environment.

Remember, a certain amount of stress is normal. Help your child to put things in perspective and look at the big picture when stress starts getting in the way.
Creative Arts Night

Date       Wednesday, 16 September 2015

Time       5.30 pm for 6.00 pm start
            Doors will close at 6 pm, if you are late, you will need to wait until the doors open in between Acts.

Venue      Camden Civic Centre, Oxley Street, Camden

Tickets    Due to an increase in student numbers this year, each family will be issued 2 tickets for other family members to attend on the night. The eldest child in each family will bring these tickets home shortly.
            (You may have young children sitting on your lap)

            There will be a limited number of excess tickets available to purchase on Tuesday, 1 September 2015 from 9 am using the following link.

            http://www.trybooking.com/IOPK

            $5 per ticket (max 2 extra tickets per family)

Costume Requirements

Costumes will be required by our first dress rehearsal, Thursday, 3 September (Week 7).

Please don’t hesitate to contact your class teacher or Ms Edwards if you have any queries regarding costumes.
Dads you are invited to share in breakfast with your children at Oran Park Anglican College

**Father's Day Breakfast**

**When**  
Friday 4th September

**Where**  
College Junior Quad

**Time**  
Breakfast served from 7.30am to 8.00am

**Speaker**  
Mr Starr - 8am to 8.10am

**Entertainment**  
Senior School Band Performance - 8.10am to 8.20am

**BBQ Breakfast**  
$5 donation per father

**Cappuccinos**  
$3 each

Proceeds go towards Beyond Blue.
Art Competition Results

Prep

First Place – Violet Finn

Highly Commended – Noah Cook

Kindergarten

First Place – Vittoria Gulli

Highly Commended – Chloe Tax

Year 1

First Place – Ellie Holmes

Highly Commended – Lily Finn
Art Competition Results

Year 2
First Place – Cooper Brown
Highly Commended – Charlise Palmer

Year 3
First Place – Rylan Vetrano
Highly Commended – Bronte McKenna

Year 4
First Place – Taneisha Fitzhenry
Highly Commended – Jasmine Carpenter
Art Competition Results

Year 5

First Place – Scarlett Pattinson

Highly Commended – Aleks Banjas

Year 6

First Place – Victoria Shaw

Highly Commended – Leah Veld
Art Competition Results

Year 7

First Place – Madison Poll

Highly Commended – Connor Hogg

Highly Commended – Munisha Pillay
In the Classroom with Mr Warren

The senior students of OPAC have been working very hard in the field of mathematics. Year 8 have performed beyond expectation in their Term 3 test with multiple students receiving distinctions for their hard work. Year 7’s Term 3 test is upon us and we are very eager to match the standard set by Year 8 through hard work and preparation. Mr Warren is starting a lunchtime tutoring service for any students who wishes to excel in the area of mathematics.

In the laboratory, Year 7 have been making scientific observations through the microscopes. This week we dissected squids and examined their anatomy. To complement our current topic of Living Things Year 7 will be travelling to Symbio Wildlife Park with Mrs Wilkins and Mr Warren. Below are some pictures taken through the microscopes by the steady hands of some of our students.

Commonwealth Bank School Banking Update

PRIZE RECALL

Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch. Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/Guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program. Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.
Live Life Well At School

Fruit & Veg Month 2015

24 August to 18 September

This year’s GREEN EATING CHALLENGE is under way! Student are being encouraged to bring and eat fruit and vegetables that are eco-friendly. This means that those which don’t need to be wrapped or are cut and put into reusable containers. Classes will be rewarded points for the green things they eat and bonus points for their eco-friendliness. There will be a prize for the best green class!

Check out the website if you need some ideas for encouraging your children to eat green.

Corny jokes for kids!

Thank you for all your very interesting and very funny jokes. There were some great entries!
CONGRATULATIONS JOSHUA WOODS from 1/2B!

Q: Why did the banana go to the Doctor?

A: He wasn’t peeling well!

IPSSO Sport

With our last game being washed out, the Winter games for IPSSO Sport have now been completed. A big congratulations to all players from our inaugural Netball and Football teams who tried really hard and improved throughout the season. A specific mention to the Junior Boys Football side who won their last game 5-0.

We now move on to preparations for the second half of our Summer IPSSO sport. For those players in Oz Tag and Basketball, training will be held during College Sport time until the end of the term. There will be no before school training until Term 4.

A big thank you to Mr Bootsma who came in early on cold Wednesday mornings to conduct training sessions with our Junior Football team. Also thanks to all the parents who came and supported our students.

Mr Chapman

Milo Cricket

Registrations have now closed for this event. Please see Mr Chapman if you have any questions.
Today students in Years 3-6 participated in One Meal One Day, showing kindness towards some of the world’s poorest children.

A big thank you for all of those who participated, raised money or gave money. Your donation will make a huge difference in their lives. So far there has been over $400 raised!

For those who are collecting donations in the old fashioned way, please return monies to the office as soon as possible, and no later than the 11th of September. Donations can still be made online, with funds going directly to Compassion. The web address is: https://give.everydayhero.com/au/opac-one-meal-one-day

We were also able to hear from David Harrison from Compassion who appeared today via Skype to our students. He shared with the students some of the various projects and initiatives that Compassion is running as well how Compassion is helping to address the issues of poverty that exist around the world.

Again thank you to everyone involved in this great event.

Mr Chapman

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**Prep - Year 6 Disco**

**Friday, 18 September 2015**

**Lunchtime**

**Gold coin donation towards Compassion**

**Wear something green (all day)**
2015 Dates For Your Diary

Term 3
AICES Athletics
CAN Tickets Available Online
Father’s Day Stall
P&F Meeting
Father’s Day Breakfast
Full College Photo
Milo T20 Blast School Cup
CIS Junior School Athletics
Grandparents Day
Creative Arts Night Rehearsal
Creative Arts Night
Last Day Term 3
P-6 Disco (Lunchtime)

Monday, 31 August
Tuesday, 1 September
Wednesday, 2 September
Thursday, 3 September
Friday, 4 September
Monday, 7 September
Wednesday, 9 September
Thursday, 10 September
Friday, 11 September
Wednesday, 16 September
Friday, 18 September

Friday Assembly

Parents are welcome to attend the following afternoons at NewLife Anglican Church commencing at 2.20 pm.

Prep - Year 6        Item by Year 4        Friday, 4 September

Year 6 students will lead the P-6 assemblies.

Other afternoons, K-6 students will be involved in House meetings.

Principal’s Awards will be handed out at the P-8 Assembly. Invitations will be given to parents to let you know that your child will be receiving a Principal’s Award.

Full College Photo

Please ensure your children are in their Full College Winter uniform on Friday, 4 September 2015 so they can be part of this special photograph.

Student Banking
Banking day is Wednesday.

Students are to give their completed bank book to their class teacher on Monday or Tuesday.

Rewards are generated by the bank, once your child’s name is sent to the College for a reward, a rewards slip will be place in their bank book. Please select a reward and return it the following week.

Scholastic Book Club

Due to Book Fair next week, there will be no Book Club in September.

We hope you enjoy the wide selection on display on Friday, 20 August 2015.
From the Parents’ & Friends’ Association

Upcoming Events

**Fathers’ Day Stall**  
**Wednesday, 2 September**  
Gift packs for $2, $5 or $10 are available to purchase.  
Limited number of gift packs in each price bracket.  
Cash only.

**Stall Helpers**  
Thank you to those who have volunteered to operate the stall on the day.  
Time  
8.30 am - approximately 12.00 pm

**Fathers’ Day BBQ Breakfast**  
**Friday, 4 September**  
All fathers and grandfathers are welcome to come and enjoy a BBQ breakfast with their children.  
Time  
7.30 am – 8.15 am  
Donation  
Minimum $5 per family

**Bunnings Fundraising BBQ**  
**Saturday, 10 October**  
**Volunteers Required (5 per shift)**

Shift Times  
8.30 am – 11.30 am  
11.30 am – 2.30 pm  
2.30 pm – 5.00 pm

Preparation, cooking, selling, setting up and packing up.

If you are available to assist for a couple of hours during the day, please contact the P&F via email – pandf@opac.nsw.edu.au. The day is a rewarding way to meet and work with other parents and to support the P&F in raising funds to assist with the development and growth of our College.

**Roberts Estate Agents**
Do you, your family or friends have any real estate and property needs? Why not give Roberts Estate Agents a call and ask them how contracting their services can support OPAC. They can be contacted on 1300 476 534. Remember to mention Oran Park Anglican College.

**Next P&F Meeting**
The next P&F meeting will be held **Thursday, 3 September 2015 at the Administration Staffroom from 6.45 pm**. Mrs Wilkins has been holding a discussion at each meeting this year and this month’s discussion topic will be ‘Student Wellbeing - Restorative Practices Framework’. The P&F welcomes all to attend.

The P&F are appreciative of your support and the ways it can assist in the growth and development of our College. Our children are the beneficiaries of the generous support given by family, friends and the community.

Regards  
Matthew Saliba  
OPAC P&F President
5 DAY SCHOOL HOLIDAY FOOTBALL CAMP

Play like a champion for a week!

21-25 SEPTEMBER 2015
8.30AM-2.30PM

• Boys and girls (6-15 years)
• Fun activities
• Improve your skills
• Wear your own football strip
• Learn about the UEFA Champions League
• Make new friends
• All gear provided
• Pizza party on Friday

Venue: Thomas Hassall Anglican College

Just $50 per day so get in quick as places are limited

Booking Form available from Student Reception
Enquiries Mrs Sharon Evans E: evans.s@thac.nsw.edu.au

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