FROM THE HEAD OF CAMPUS

We are nearly half way through the term and even as we are preparing for the end of this year we are starting to plan for the beginning of 2016. This week we continued our Kindergarten Flying Start orientation program and are really pleased with how the children are starting to feel comfortable at the College, make new friends and participate in some learning activities. We are almost at capacity for three Kindergarten classes next year!

We also welcomed next year’s Year 7 students to the College and enjoyed giving them a preview of what life in Senior School will be like. Next year we are excited to have our first double stream Year 7. Plans are also underway for our next building project – the Senior Studies building - to accommodate the growing population and complexity of subjects in the Senior School.

We take the safety of students, staff and others in our community very seriously and have practices in place to ensure the College is a safe and secure place. From time to time we will practise evacuation and lockdown procedures and in the coming weeks teachers will be discussing these with students and conducting a number of drills. If you happen to be at the College during one of these drills please follow the directions of College staff to move to the designated evacuation or lockdown location.

At our next Parents and Friends Association meeting I would like to take the opportunity to explain the purpose of assessment. “Testing” can be a nerve racking experience so why do we do it and of what benefit is it to your children. This informal conversation about the value of assessment will prelude the P&F meeting at which planning will begin for the Oran Park Festival in April next year. It would be great to see some new faces in addition to the small group of regulars.

Our mid-term break is on Monday, 9 November. There will be no supervision for students on this day as staff are involved in other professional duties.

I hope you enjoy this edition of our newsletter depicting “the Life” of our College.

“Glorify the Lord with me; let us exalt his name together. I sought the Lord, and he answered me; he delivered me from all my fears.” Psalm 34:3-4

Mrs Naomi Wilkins
Head of Campus
**DATES**

**JUNIOR SCHOOL**

**Week 5**

**Monday, 2 November**
- K 2016 Flying Start Orientation

**Wednesday, 4 November**
- IPSSO Training (8.10 am)
- IPSSO (11.55 am Game 1, 12.45 pm Game 2)
  - Oztag - BAC
  - Basketball - BAC

**Thursday, 5 November**
- After College Sport - Cricket **(NO NETBALL)**
- P&F Meeting (6.45 pm)

**Friday, 6 November**
- P-8 Assembly

**Week 6**

**Monday, 9 November**
- Mid-Term Break (Students only)

**Wednesday, 11 November**
- IPSSO Training (8.10 am)
- IPSSO BYE
- Y3-6 Miniroos Gala Day

**Thursday, 12 November**
- Prep Vision Screening
- After College Sport - Cricket and Netball

**Friday, 13 November**
- Prep Vision Screening

**SENIOR SCHOOL**

**Week 5**

**Monday, 2 November - Friday, 6 November**
- Exam week

**Thursday, 5 November**
- P&F Meeting (6.45 pm)

**Friday, 6 November**
- P-8 Assembly

**Week 6**

**Monday, 9 November**
- Mid-Term Break (Students only)

**Thursday, 12 November**
- Y7/8 Behind the Scene at Toys and Tucker (selected students only)
Since the last edition of The Life, Junior School has been busy indeed! Prep students had a fabulous time at Featherdale Wildlife Park learning more about Australian animals and their habitats. They have also enjoyed meeting other students who will be joining them in Kindergarten next year, in their Flying Start program which comes to a close next Monday afternoon. They look so grown up when they play and work in the Kindergarten rooms – it is hard to believe that not even twelve months ago they came to their orientation morning for Prep.

Prep – Year 2 students participated enthusiastically in their Tabloid Carnival yesterday. The teachers took note of some budding athletes of the future as the children ran, jumped hurdles, batted the ball, dodged each other in Oztag and played team games. We are also celebrating with the Senior Oztag IPSSO team who won their first game of the season this week. Congratulations - you have all worked hard and deserve this win!

In the classroom, Year 5 has been studying how animals adapt to their environments. One student has a particular love of stick insects and reptiles and has exhibited various samples of his collection to the class as real, living examples of adaptation. What a great way to appreciate first-hand the amazing skill of our creator God.

Year 6 have had some very lively debates as to whether other planets could sustain human life. It has been interesting to hear their opinions, most of them backed up by some serious scientific research and thinking. They have thought very carefully about cloning the atmosphere and what adaptations humans would have to make in order to survive somewhere else in the Solar System.

Teachers have been actively observing students as they go about their work and play in the classroom and the playground, looking for those who exemplify the College values. These values are:

- Positivity
- Understanding
- Trust
- Perseverance
- Truth
- Commitment
- Justice
- Encouragement
- Gratitude
- Self - Control
- Patience
- Thoughtfulness
- Kindness
- Co-operation
- Humility
- Respect
- Trust
- Excellence
- Safety
- Love
- Joy
- Perseverance
- Commitment
- Encouragement
- Love
- Patience
- Thoughtfulness
- Self - Control
- Co-operation
- Kindness
- Trust
- Understanding

Congratulations to James Sanders (6R), Alicia Pavone (4R) and Callum Gordan (KB) who were our first recipients of the Citizen of the Week Award for co-operation, kindness and positivity respectively. Well done to these students and we look forward to seeing these values being adhered to by all in our College.

Mrs Cathy Grant
Junior School Coordinator
In the Classroom with Miss McCrohon and 1/2Blue

The students of 1/2Blue have learnt so much already this term. In the past few weeks we have had lots of fun whilst learning how to write procedures. Together we wrote instructions on how to plant a seed and followed the procedure to create our own pot plants. We put them in the sunlight as well as giving them water and we are enjoying watching them grow! The students in 1/2Blue also wrote instructions on how to make funny face biscuits and we had a fun afternoon making our biscuits (and eating them too of course!).

In the Classroom with Mr Chapman and Year 3

The students in Year 3 have been learning about road safety. We have been discussing about safe places to cross the road as well as riding bicycles and skateboards in a safe manner.

Students had to draw a safe place to ride a skateboard with some great results!
I am constantly speaking with parents and the one common thing that all parents wish is for their child to be happy... We also want our children to grow up to be successful, well-adjusted adults who treat others with respect and show responsibility with a good moral compass.

Parenting isn’t easy, I know, I am one. It is not just ensuring our children grow up into happy adults but that our children are happy now, that we don’t want them to face any difficulties, disappointments or problems. Often as parents we tend to swoop in to smooth the path but is this best for our children? I have read a lot of interesting articles and books which offer some good advice about how to prepare your child for the real world. In one article it talks about the need for children to learn about adversity as this helps them build life-coping skills that they need to face the normal ups and downs of life and thus builds character and resilience. It goes on to talk about university students really struggling with minor disappointments as they have never faced anything unpleasant.

Psychiatrist Paul Bohn states: ‘Many parents will do anything to avoid having their kids experience even mild discomfort, anxiety, or disappointment – anything less than pleasant, with the result that when, as adults, they experience the normal frustrations of life they think something must be terribly wrong.’ We must allow our children to learn to make decisions, face conflict, learn how to negotiate with others, develop empathy and understand that everyone is special. As parents we cannot make our children believe they are the centre of the universe and all their needs must be met instantaneously. Learning to wait, work for something and have a positive relationship with others is vitally important.

This quote sums it up perfectly: ‘It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.’ (Ann Landers)

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience. Resilient kids share four basic skill sets: independence, problem-solving, optimism and social connection.

As parents we need to give them a chance to solve it first and get advice from staff at the College and then, if required, step in when you feel it is beyond your child’s skills. Remember, every life experience teaches your child.

The Bible also talks about parenting and how important a parent’s influence is on their child. ‘Start your children off on the way they should go, and even when they are old they will not turn from it.’ Proverbs 22: 6

Mr Steve Moynan
Coordinator Senior School & Marketing
Year 8 Imaginary Animal Sculptures

Jordan Fleming

Munisha Pillay

Rhys Cook

Connor Hogg
Everybody feels down about themselves from time to time, whether they’re 6, 16 or 60. However, when these feelings start to hang around, it might indicate low self-esteem. Signs of low self-esteem include being really critical of yourself, focusing only on the negatives and comparing yourself to others.

There are several things you can encourage your children to do if you are concerned about their self-esteem.

1. Help them not to compare themselves to others. Remind them that everyone is different and try to help your child figure out what are his or her strengths.

2. Prioritise exercise – active kids feel better about themselves.

3. Help them set realistic goals – striving for perfection will only set them up for disappointment.

4. Remind them that mistakes are ok – learn from it and move on.

5. Help them to focus on things they can change and make a plan of action, rather than worrying about things outside their control.

6. Help them do things that they enjoy. If your child is having fun, they’re more likely to think positively. Help them schedule time for fun and relaxation every day.

7. Encourage them to be helpful and considerate. Whilst great for improving the mood of others and fostering a sense of kindness in a family, being kind also helps you feel good about yourself.

Over time, these strategies can help to build self-esteem and therefore resilience in your child. As always, speak to your GP or the School Counsellor if it seems like the strategies aren’t helping and you are concerned.

Mrs Clare Calderwood
College Counsellor
Junior School

IPSSO

Congratulations to the Senior Oz Tag team winning their game this week against Macarthur Anglican School. It was a great win and team effort with a terrific comeback. Well done to all!

This week is the final week of IPSSO for 2015. Our final game is against Broughton Anglican College this coming Wednesday at Broughton.

Mini Roos Gala Day

Date Wednesday, 11 November 2015
Time 9 am - 12 pm
Venue Wayne Gardner Reserve
Years 3 - 6 and Year 2 boys

Football NSW will be running the gala day. This is a non competitive sporting opportunity for our students to participate in.

Due to the nature of the day, students are asked to wear their normal sports shoes and not football boots.

Shin pads are also recommended but are not compulsory. If students are wearing shin pads and navy blue football socks they can change into for the sporting program.
Clothing Pool

If you require uniform items or have some good quality second hand uniform items you no longer require and would like to donate, you can contact the Clothing Pool Coordinator via email – pandf@opac.nsw.edu.au. The P&F regret to inform that there is limited stock and some items are currently unavailable.

Next P&F Meeting

The next P&F meeting will be held Thursday, 5 November 2015 at the Administration Staffroom from 6.45 pm. The P&F invites all to attend. Mrs Wilkins will be leading a discussion on ‘Assessment - its purpose and benefits’.

The P&F welcomes your offers of assistance, suggestions and feedback for future events and fundraisers and can be contacted at any time via email – pandf@opac.nsw.edu.au.

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

Matthew Saliba
President
LOWES

SPECIAL PROMOTION FOR

ORAN PARK ANGLICAN COLLEGE

SPECIAL SALES

DAYS X 2

AT LOWES STORE – NARELLAN STORE

Saturday 21st – Sunday 22nd November
2015

RECEIVE 15% DISCOUNT

Off the regular price on all uniform items for
Oran Park Anglican College

PLUS

BONUS EZY-WAY 5% DISCOUNT

additional for Lowes Ezy-Way customers

OR 5% REWARDS

Lowes Rewards Card holders receive in-store Gift Vouchers
to the value of 5% of their purchase

PLUS

Lowes will pay your school annual 5% rebate on every
uniform purchased in-store.