Every so often a truly ground breaking idea comes along. Mindset, by Carol Dweck of Stanford University, is a simple idea based on decades of research that can make a difference in the way we educate our students. At Oran Park Anglican College we believe in the growth mindset in which a person’s basic abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for great accomplishment. I would encourage all parents to be having conversations with their children about what they enjoy and what they find challenging to learn. Encourage your children to persevere and continue to practise and learn the skills necessary to improve. Parents as well as teachers can foster a love of learning that will promote a child’s willingness to experiment with new activities and not see mistakes as failures but as part of the learning process.

Thank you to the many parents who joined us at our Information Nights last week. It was wonderful to see this very physical representation of the partnership that exists between College and home. I am sure that those present enjoyed meeting their children’s teachers and hearing about the routines and an overview for each class. Good communication is a very important feature of this partnership and keeping the College informed of details which may affect a child’s participation and engagement in activities is extremely helpful. The first point of contact is always the class/subject teacher although sometimes it may require the attention of either the Junior School or Senior School Coordinator. Initial contact can be made via email or a phone call and a meeting time can be set up. We are looking forward to strengthening relationships with our parent body for the benefit of all the children in our care.

This is a bumper edition of “The Life” with a range of announcements and reports on what’s been going on here at the College.

“Happy are those who reject the advice of evil people, who do not follow the example of sinners or join those who have no use for God. Instead, they find joy in obeying the Law of the Lord, and they study it day and night. They are like trees that grow beside a stream, that bear fruit at the right time, and whose leaves do not dry up. They succeed in everything they do.” Psalm 1:1-3

Mrs Naomi Wilkins
Head of Campus
**Junior School**

**Week 5**

- **Monday, 22 February**
  - Y2 Swimming
  - Y3-6 Mini Roos Gala Day
  - Kindergarten Zumba

- **Wednesday, 24 February**
  - 3-6 Girls Netball Clinic
  - 3-6 IPSSO Sport at St Peters

**Week 6**

- **Monday, 29 February**
  - Y2 Swimming
  - Skills Academy (Football and Netball) 3.30 pm - 4.30 pm

- **Tuesday, 01 March**
  - NASSA Junior Swimming

- **Wednesday, 02 March**
  - 3-6 Girls Netball Clinic
  - 3-6 IPSSO Sport at OPAC

- **Thursday, 03 March**
  - K-6 Parent/Teacher Interviews

**Save the Date**

- **Thursday, 24 March**
  - P-6 Easter Hat Parade
  - P-6 Open Classrooms
  - P-6 Picnic Lunch

**Senior School**

**Week 5**

- **Tuesday, 23 February**
  - Y7/8 Girls Swimming
  - Y7/8 Boys AFL

**Week 6**

- **Tuesday, 01 March**
  - Y7/8 Girls Swimming
  - Y7/8 Boys AFL
It was great to see so many parents at our Meet the Teacher Night last week. Thank you for taking the time to come and find out more about the College and your child’s class. It was wonderful to meet so many new parents of our College community. Teachers will have another opportunity to meet with you at Parent/Teacher Evening on Thursday 3 March, when you will be able to have a short interview time to discuss your child’s progress. Please refer to details in your email as to how to register for an interview timeslot.

The work displayed in all the Junior School classrooms reflects the busy days we have had. Students have been reading, writing stories, making Maths fun and discovering amazing facts about the world in which we live. We as teachers understand the important role that reading plays in every aspect of our lives. There are students who will receive assistance each week to help them become more proficient readers and those who will be encouraged to read widely and to think critically about the themes and language used in texts and different media. Reading is such a valuable skill and we believe it is important that books are kept alive in our ever increasing technology driven world. We have established a small Junior School Library and all students are starting to enjoy weekly Library visits where they can sit and listen to texts being read and then borrow books for themselves. If you have any books that are in good condition that you would like to donate to our Library, could you please drop them in to the office. We would particularly appreciate picture books for younger readers, but any donations would be welcome. Thank you!

As we have now come to know our students’ academic needs, we will be starting group work across the classrooms next week. We very much value the role that parents, grandparents and family friends play in the lives of our students and would love you to come and assist in the facilitation of these groups if you are able to spare some time each week. Each class has different needs and opportunities for parents to help in the classroom or in other College activities, so please contact your class teacher for details of how you could assist.

Our assembly is another time in our College week where parents are welcome to come and celebrate in the learning of our students. You are most welcome to join us in the New Life Anglican church at 2:20pm – please check ‘The Life’ for assembly dates. We look forward to seeing you there!

**Library Days**

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<td>Monday</td>
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<td>Tuesday</td>
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Mrs Grant  
Junior School Coordinator
In the classroom with Kindergarten Blue

Kindergarten Blue has had a great start to the year. The students have settled quickly into the routine of school and are responding well to the school environment. We are making new friends and learning to get along together during group activities.

This term in our Science lessons we are learning about living and non-living things. We have been discussing what a living thing is and have learnt that living things can do the following: they can eat, they can grow and they can move by themselves. We have had fun sorting pictures and objects into living and non-living groups and had fun finding things in our school playground that were living. We have also been talking about how we need to look after living things and how special all living things are because they were all created by God.

To support this unit, students have planted some seeds which we will be watching with anticipation to see if and how they grow. Towards the end of the term, students will be able to bring these home to plant in their own garden.

In the classroom with Kindergarten Red

In Term One Kindergarten Red are learning that all people are unique and special. We come from different places, enjoy different food and various activities. We are learning about what life is like for children in other countries as we ‘travel’ to different places each week.

We were very excited to start reading groups this week and take home our first home readers for the year. We have also been busy practising our counting and beginning to add numbers together. Below are some photos of us with our addition ladybirds.
In the classroom with Kindergarten White

Kindergarten White loves to learn!

In our class we have been learning about the wonderful world that God has made. We have been talking about living things and what they need to grow. We have planted our seeds and we can’t wait to watch them grow over the coming weeks!

We have also been visiting different countries with our passports and learning about what children do that is different to us and what they do that is the same as us.

Stage 3 Camp

During Week 2, Year 5 and 6 went to their overnight camp to Wedderburn Christian Campsite. Whilst there, students participated in many activities under professional care and supervision, including BMX riding, flying fox, laser skirmish, night bush walk, initiative games, swimming, wall climbing and abseiling. There was plenty of tasty food to eat and very comfortable accommodation with ensuite bathrooms – sheer luxury!

During the outdoor activities, students had the opportunity to encourage each other to accomplish tasks that they may have been initially afraid to do. All students are to be congratulated as they were commended by the camp staff for their positive behaviour and friendliness towards one another. Everyone had a great time away and took home many lasting memories.
**College Co-Curricular Activities**

**College Dance Group**
K-2  Weekly on Friday lunchtimes  
3-6  Weekly on Monday lunchtimes  

Students will dance for fun and to learn routines that may be performed at College or community events.

**College Choir**
1-4  Weekly on Thursday lunchtimes  
5-9  Weekly on Thursday lunchtimes  

Students will learn how to sing together in unison, in rounds and in 2 part harmonies. We hope to perform for the College and, in time, compete against other schools in competitions.

**Chess and Draughts**
K-6  Weekly on Thursday lunchtimes  

Students will learn the rules and how to play chess and draughts.

**Quiet Play**
K-6  Weekly on Tuesday lunchtimes  

Students can play board games, draw, colour in or read in the quietness of a classroom supervised by a teacher.

**Cru Groups**
3-6  Weekly on Friday lunchtimes  

Students will learn about Jesus and play games in a fun environment.

**Garden Club**
K-6  Weekly on Tuesday lunchtimes  

This week the garden club planted seeds.  

Over thirty students came and planted lettuce, cauliflower, capsicums and pumpkins.  

We will nurture these little seeds and hopefully watch them grow into seedlings.  

We will make sure they have plenty of sun, water and tender loving care so that we will be able to transplant them into the agriculture plot at the back of the College.

**Band Program**

Week 4 was the official start to the compulsory band program for Year 4 and 5 students. The tutors were introduced with their instruments and impressed the students with their high level of skill. Students were then given an opportunity to try each instrument and get the professional opinion of the tutors to review their embouchure. Students came away from the experience buzzing, many expressing their preferred instrument choice with enthusiasm. For many students, this may be the beginning of a lifetime of musical enjoyment!
At Oran Park Anglican College we recognise that student wellbeing and safety is an essential component for healthy academic and social development. All students should be able to learn and develop in a safe, supportive and respectful environment. As a learning community we all desire to provide strategies for children to stay safe online and to teach children how to use technology in positive and productive ways.

Here are some ways that may help your child at home to remain safe in cyberspace…

Keep computers out in the open and have a curfew… Your child may think twice about looking at inappropriate websites and won't be able to chat to their friends all night while you think they are doing their homework.

Mind your business… Remind your child to keep information such as their name, address, phone number, school and even your credit card number to themselves. When signing up to a chat room, they should use a screen name that is a nickname and not easy to work out. If your child is going to put photos on the internet, ensure they don't show them wearing their school uniform – this can be enough to identify your child's school.

Stranger danger is online too… Ensure your child never organises to meet up with any strangers they have met online. Remind your children to also be wary opening emails from strangers. They could contain spam, a virus, or be from a stranger looking for trouble.

Encourage your child to talk with you about their online experiences – good and bad… This will make it easier for them if they see something inappropriate or are emailed something unsuitable. If they are embarrassed to tell you, persuade them to at least tell a teacher or another trusted adult.

Good manners also exist online… Talk about this with your child and it may lead to a decline in bullying behaviour, not to mention the many disagreements that children have with each other.

Forever is a long time… A lot of blogs and websites maintain information as part of cyberspace forever.

Danger signs… When your child constantly sits on the computer in chat rooms or instant messaging. Your child begins showing unexplained money or items that come from “a friend you don't know”.

Your child starts being secretive about what they are doing online – this could include anything from minimising screens as you walk past, to not letting you see their blogs/chat/social media sites.

https://esafety.gov.au/education-resources/parent-resources

Mr Steve Moynan
Coordinator Senior School
Year 9 Duke of Edinburgh Preparation Hike

Year 9 embarked on a practice Duke of Ed hike for camp in Week 2. Students were briefed on the hike upon arrival and were given backpacks to fill with food, clothing, tents and other necessary items. They then navigated their way through dense bushland and paddled in canoes up the Shoalhaven River. The students and teachers camped overnight in an isolated location and learnt how to use a trangia to cook their dinner. The second night was spent on the Kaloona site, where cabins and mattresses were well appreciated. The remainder of the camp was spent participating in archery, abseiling, water sliding, jetty jumping and Christian discovery.

Students were varied in their responses to the challenges presented to them during the week and many expressed the difficulties of the hike. Brodie stated that he learnt a lot about his limits during the activities and April said, “Abseiling was hard but felt like an accomplishment.” Munisha said, “The hiking was hard but when it was over it was like the weight was lifted off my shoulders.” Overall, a big congratulations to Year 9 for their effort, enthusiasm and participation in their first Duke of Ed hike!

We wish to thank Youthworks and in particular our leaders Ryan and Loz. They are a great example of Christian leaders. They showed our students that you can have fun as a Christian and the College appreciates their training and dedication to their work and outreach.

Thank you also to Mr Pilottos and Mrs Lane for the enthusiasm and endurance during the camp.

College Co-Curricular Activities

College Band
7-9 Weekly on Wednesday & Thursdays 8 am & lunchtime
Student’s audition and will perform at various events throughout the College year.

Cru Groups
7-9 Weekly on Friday lunchtimes
Students will learn about Jesus and play games in a fun environment.

College Choir
5-9 Weekly on Thursday lunchtimes
Students will learn how to sing together in unison, in rounds and in 2 part harmonies. We hope to perform for the College and, in time, compete against other schools in competitions.

College Dance Group
7-9 Weekly on Monday lunchtimes
Student’s audition and learn routines that may be performed at College or community events.

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Mrs Lane
Uniform

The uniform reflects the distinctiveness of the College within the community and is expected to be worn with pride. Parents are reminded to refer to the Parent and Student Handbook found on our website to ensure their children are coming to the College dressed correctly.

A few reminders about the uniform:
- Girls dresses and skirts should cover the knee.
- Boys shirts are to be worn tucked in.
- Senior School boys’ uniform includes a black trouser belt.
- Broad brimmed hats are to be worn to and from the College every day.
- Sports cap is to be worn during sport activities only.
- Predominantly white, sturdy sports shoes only may be worn with the sports uniform.
- Socks are to be above the ankle.
- Hair styles should be tidy, natural colour, of a safe length not covering the eyes. Boys hair should be above the collar and ears and girls long hair tied back away from the face.
- Girls only may wear one stud or sleeper in the lower ear.
- Rings, necklaces and bracelets are not permitted.
- Make up, nail polish and artificial nails may not be worn.
Being a dad of primary-aged children is easy really. Most boys and girls want to have a close relationship with their dads so a willingness to spend time with them, a sense of fun and a positive, caring attitude will go a long way with kids during this stage.

The fathering game changes in adolescence. As children they may have put you on a pedestal and held you in the highest regard, now as adolescents they go to great lengths to reveal your feet of clay. As kids they used to nag you to play with them. Now as teenagers they barely give you the time of day. And what’s worse, they don’t laugh at your jokes any more. You’re just not that funny!! Ouch! That hurts.

Shift parenting gears
Most parents have to shift parenting gears when their kids move into adolescence. Mothers often make the shift first as they are quicker to see the signs (such as being argumentative, displaying silly behaviour, spending more time alone) that their loving child has been replaced by a teenager. Some dads are constantly angry with their kids during early adolescence as for the first time they experience challenge (“How dare you say that to me!”). But many are sad at the loss of their loving and lovely child. Once the shift is recognised and reconciled a dad can establish a new, deeper relationship with his teenager where he teaches, advises and inspires, at the same time giving them the space to make their own decisions.

Help them form relationships with others
As our attention is drawn towards young people’s schooling, particularly with their academic performance (or lack of it), it’s easy to forget that the developmental task for young people is to form relationships outside their family, with peers being the stepping stones to their own family. The job for a dad is to guide and assist teenage children to form meaningful relationships with others outside the family. This is best done by modelling healthy relationships with others; being a sounding board for young peoples’ concerns, and challenging some of their choices without threatening their self-esteem or sense of autonomy.

Be available
The real trick to successfully fathering young people is to be emotionally available. It’s not just being in their vicinity because you can be in the same room as a young person but never connect. It means having a shared interest such as a love of the same football team so you have a connecting point, and also a genuine willingness to take an interest in their life as it is right now. Perhaps the most common complaint I hear from teenagers is that their fathers focus too much on what their young people should be in the future, rather than on what’s important in their life right now. Taking an interest in their interests may well be the most potent strategy in a father’s armoury.

There’s no doubt that adolescents are on steep learning curves, absorbing both lessons and values that will stay with them for life. While teachers and peers play a part in shaping their views, parents play a major role. Dads can easily feel locked out of their children’s lives during this critical stage. But it’s vital to claim your space and let your voice be heard albeit with sensitivity, compassion and a sense of humour.
**Junior School**

An email has gone home this week outlining the various sporting programs held at the College. If there are any questions about Sport at Oran Park, please contact the College office.

**IPSSO**

Training every Wednesday 8 am

Game 1 vs St Peters Anglican Primary School  
24 February 2016

Oztag & Cricket  Bradbury Park  
Girls Football  Hurley Park  
Basketball  St Peters

Juniors 12.00 pm  
Seniors 1.05 pm

Game 2 vs Macarthur Anglican School  
2 March 2016

Oztag  OPAC  
Cricket  Harrington Park Reserve  
Girls Football  OPAC  
Basketball  OPAC

Juniors 11:35pm  
Seniors 1:15pm

Parents are welcome to attend, but need to sit in the areas outlined in the code of conduct. Students need to have returned their permission notes and Code of Conduct sections to participate in IPSSO games.

**Football (Soccer)**

Football NSW will be running a Mini Roos clinic for students in Years 3-6 on Monday, 29 February 2016. Students can bring shin pads with long socks but are asked not to wear boots.

**Skills Academy**

Registrations for Skills Academy are now open. Please go to www.opacsports.com.au to register. Spaces are limited to the first 20 students for Football and the first 21 students for Netball.

**Sporting Schools (After School Sport)**

K-2 Girls Netball program will be commencing on Thursday, 10 March 2016. A note regarding this will be sent home in the coming weeks. Spaces are limited to the first 30 students.

**NASSA Swimming Carnival**

Congratulations to Cooper Brown, Lily Finn, Charlise Palmer, Maddison Palmer and Eleanor Webster who have been selected to swim in the NASSA Swimming Carnival on Tuesday, 1 March 2016 at Homebush Aquatic Centre.

Mr Chapman  
P-6 Sports Organiser
Senior School

Secondary Sport has started well this term. Year 7/8 girls are doing Swimming at Atlantis Aquatic Centre, Year 7/8 Boys are doing an AFL clinic that is being run by the GWS Development Officers and Year 9 are doing Touch Football and Volleyball, among other activities. Sport is an excellent opportunity to excel outside of the classroom. Sporting events that are coming up in the next few weeks are:

NASSA Swimming Carnival
Wednesday, 2 March 2016

Well done to Angus Geoghegan (Year 8) and Mae Alden (Year 8) who have been selected to represent Oran Park Anglican College at this next representative level. We wish you well in your events!

All Schools Triathlon
Wednesday, 2 March 2016 (Individual)
Thursday, 3 March 2016 (Team Relay)

Cody Turner (Year 9) has been selected to represent Oran Park Anglican College at the Individual Triathlon Event.

Our Oran Park Team will consist of Cody Turner (Bike), Angus Geoghegan (Swim) and Lachlan Roberts (Run). Good luck and represent the College well!

OPAC Secondary Cross Country

Tuesday, 1 March 2016

This is a compulsory College event that will be run in Periods 1-4. More information will be handed out closer to the date.

Girls League Tag Gala Day

Friday, 11 March 2016

A Girls Year 7/8 Team, coached by Mrs Clisdell will be heading to Bowral for the first ever Girls League Tag day. Good luck girls!

Continue to watch this space for more sporting information and achievements!

OPAC Equestrian Team

The OPAC Equestrian Team Equi-Skills days are starting up on Sunday, 20 March at Endeavour Park Equestrian Centre from 1.00 pm - 4.00 pm.

To attend these days, you do not need to own a horse!

If you are new to the College or would like to try horse riding please email Mrs Clisdell (rclisdell@opac.nsw.edu.au) or visit her at College.
Representative Sport - Junior School

Students at the College will have an opportunity to represent the College in various sports.

Students can represent at the following:

IPSSO (Independent Primary Schools Sports Organisation)

Students in Years 3 - 6 have the opportunity to try out in the following sports which will be played during sport on Wednesday afternoon.

Terms 1 and 4
- Boys Cricket
- Mixed Oz Tag
- Mixed Basketball

Terms 2 and 3
- Girls Netball
- Boys Soccer
- Mixed Newcombe Ball/Volleyball

Selected students also have the opportunity to represent the College at various Gala Days.

CIS (NSW Combined Independent Schools Sports Council)

Students in Years 3 - 6 who compete at the NASSA Carnival and are selected to represent NASSA to compete at the CIS Carnival.

NASSA (New Anglican Schools Sports Association)

Students in Years 3 - 6 will participate in a College Swimming, Cross Country and Athletics Carnival. If selected, students will compete at the NASSA Carnival.
The Oran Park Festival is our largest fundraising and community building event of the year.

Thank you to those people who have already volunteered to help in a range of roles preparing for this event and throughout the day.

If you are yet to volunteer please follow the links on the College website to indicate your preference.

http://www.opac.nsw.edu.au/college-fair

This year our rides will be provided by Joyland Amusements and information will be sent out shortly regarding the purchase of unlimited ride bands.

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.

Kind Regards

Michelle Wyatt
President

Clothing Pool

If you have good quality second hand items that your children have outgrown or no longer need and you would like to donate to the P&F Clothing Pool or if you want to make an enquiry about purchasing, please contact the P&F via the email address – pandf@opac.nsw.edu.au.
A word from our team:

Hello everyone! We'd like to begin by thanking you all for the warm welcome you've given us to your College community. As many of you know, we are the new before and after school care provider. We've had a great first few weeks of the year and have been lucky enough to meet many children and get to know their smiling faces.

Our team here at Oran Park Anglican includes Paige, our Coordinator and assistants Samantha and Katelyn. Paige is currently working towards a Dual Diploma in Early Childhood and School Age Education and Care, and has completed study in Education at a university level. Katelyn completed a Diploma of Early Childhood Education and Care in 2014 and has worked in child care and as a US Summer Camp counsellor. Sam is also diploma qualified and has worked in both child care and children’s library services during the last 20 years.

A few of you may be curious about our program, so we'd like to welcome you to an Open Day at 7 am on Monday 7 March (Week 7) during Before School Care. You can have some breakfast with us, talk to Paige and see the variety of activities we have for the children who are in our service. During the next couple of weeks we'll be handing out some flyers containing all the information you need to know.

We’re here to make before and after school care visits the best experience possible – for you and your child. We look forward to seeing you at our Open Day!

Program Details

To find out more about our program, view fees and to register visit www.campaustralia.com.au

The Camp Australia Team