



THE LIFE

Issue 18 | 4 December 2020

As we conclude what has been a most extraordinary year, I want to share some reflections on how despite the changing circumstances and uncertainties that surrounded us, we have still seen our students flourish and continue to grow as learners.

At our Celebration Assemblies next week, we will focus on our value of *craftsmanship* and see and hear how students have pursued excellence across a range of domains. I was fortunate to hear our Concert Band perform this week and was impressed at the results of their practise, both individually and as a group, that saw them making beautiful music together. Our Senior School Boys Volleyball and Girls Oz Tag teams brought home winning trophies this week as their determination and efforts saw them victorious in the MISA finals. In every classroom, we can see how students have responded to their teachers' instruction and coaching to improve their skills and knowledge and become more confident learners.

Thank you to our amazing staff who have worked tirelessly to ensure the students in their care are nurtured in excellence, wisdom and service. I have been ably assisted in leading this team by Mr Newton and Mrs Squire who have done so with great accomplishment.

Thank you to our parents and carers who partner with us in supporting their children's education. A particular thanks to our parent volunteers and Parents and Friends Association who have continued to meet virtually and plan fundraisers including our recent Bunnings BBQ.

2020 has been a challenging year, but we are thankful to God for His many blessings that allow us to continue to grow and nurture every member of this vibrant learning community.

Thank you for your continued support of the College. As we start a time of rest and recreation, I wish all our families a very blessed Christmas and a happy New Year. We have been praying for a reprieve from this pandemic and we are optimistic that with community transmission now very low and a vaccine on the horizon, more things can return to 'normal' next year.

This is how God showed his love among us: He sent his one and only Son into the world that we might live through Him. This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins.

1 John 4:9



Mrs Naomi Wilkins
Principal

*Whatever you do, work at it with all your heart,
as though you were working for the Lord, not for people.*

COLOSSIANS 3:23



2020 CELEBRATION & AWARDS



8 DECEMBER

YOUTUBE LINK WILL BE EMAILED TO PARENTS
ON 7 DECEMBER 2020

9:00 AM	KINDERGARTEN - YEAR 2
10:30 AM	YEAR 3 - YEAR 6
12 NOON	YEAR 7 - YEAR 8
1:30 PM	YEAR 9 - YEAR 11



College News

Toys'N'Tucker Anglicare Appeal

Thank you to all College families for your wonderful contributions towards our collection of food and new toys for the Toys'n'Tucker appeal - 85 boxes were packed and collected earlier this week!

The many families in need this Christmas will be very grateful!



College Office Holiday Hours

The College Office will be open at the following times over the school holidays:

Thursday 10 December 2020	8am - 11am
Friday 11 December 2020 – Wednesday 16 December 2020	8 am – 3 pm
Monday 11 January 2021 – Friday 22 January 2021	8 am – 3 pm

The College Office will be closed at the following times:

Thursday 17 December 2020 - Friday 8 January 2021
Monday 25 January 2021 - Wednesday 27 January 2021

The College Office will be back to normal operating hours (8am - 4pm) from Thursday 28 January 2021.





Term Dates 2021

Term 1 (10 weeks)

Monday	25 January	<i>Staff Development Day</i>
Tuesday	26 January	Australia Day Public Holiday
Wednesday	27 January	<i>Staff Development Day</i>
Thursday	28 January	Term 1 Commences Transition meetings
Friday	29 January	Year 7, 11-12 commence Kindergarten commence
Monday	1 February	Years 1-10 commence Prep Red (3 day) commence
Tuesday	2 February	Prep Blue (2 day) commence
Wed-Fri	3-5 February	<i>7-11 Camps</i>
Saturday	6 March	<i>College Open Day</i>
Thursday	1 April	End of Term 1
Friday	2 April	Good Friday Public Holiday
Monday	5 April	Easter Monday Public Holiday

Term 2 (9 weeks)

Monday	19 April	<i>Staff Development Day</i>
Tuesday	20 April	Term 2 commences
Monday	26 April	Anzac Day Public Holiday
	11 - 21 May	<i>NAPLAN Online Test Window</i>
Monday	14 June	Queen's Birthday Public Holiday
Friday	18 June	End of Term 2
Monday	21 June	<i>Staff Development Day</i>
Tuesday	22 June	<i>Staff Development Day</i>

Term 3 (10 weeks)

Monday	12 July	Term 3 commences
Wednesday	15 September	Year 12 Graduation Assembly and Valedictory Dinner
Friday	17 September	End of Term 3

Term 4 (10 weeks)

Monday	4 October	Public Holiday
Tuesday	5 October	<i>Staff Development Day</i>
Wednesday	6 October	All students commence
Monday	15 November	Mid Term Break students/ <i>Staff Day</i>
Tuesday	7 December	<i>Celebration Assemblies</i>
Wednesday	8 December	End of Term 4
Thursday	9 December	<i>Staff Development Day</i>

UNIFORM SHOP NEWS

Time is running out to fit uniforms this year

Book a fitting appointment online now OR

Order online using size guides provided

shop.ranier.com.au

The shop will close from 17th Dec 2020 and will reopen on 11th January 2021.
Ranier will notify via email when collection is possible.

Whilst orders may be placed in January, extensive wait times are likely to be experienced. We strongly suggest ordering or making a fitting appointment now.
January opening hours to be confirmed in early Jan. Check the website for updates.

- Uniforms are in various stages of production and quantities are required asap
- The shop contains a fit range for sizing purposes
- Ranier accepts free exchanges due to incorrect sizing if purchased online

**Extended
hours**

CUSTOMER SERVICE



02 8337 7290



Mon-Fri 10am-4pm AEST



ranier.com.au/contact



shop.ranier.com.au



VISA



PayPal

SHOP HOURS – Term 4

APPOINTMENTS STRONGLY ADVISED

Book online at shop.ranier.com.au

Mon: 8:00am – 10:30am
2:00pm – 4:30pm
Tues: 2:00pm – 6:00pm
Wed: 8:00am – 10:30am
Sat: 9:00am – 3:00pm
(2nd and 4th only)
Unit 5/6-8 Porrende
Street, Narellan
(Behind Bunnings)



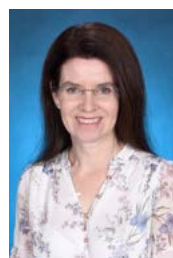
A photograph of three children, two boys and one girl, wearing school uniforms. The boy on the left is wearing a light blue shirt. The girl in the middle is wearing a blue and white checkered dress with a white collar and a red tie. The boy on the right is wearing a light blue shirt. They are all smiling and looking at the camera.

JUNIOR SCHOOL

One of my favourite children's books is *The Lion, the Witch and the Wardrobe*, by C.S. Lewis. This also happens to be the novel that Year 5 and 6 have been studying this term. The book tells the story of four children who enter the magical world of Narnia through a wardrobe and are faced with an adventure beyond their wildest imaginings. At the start of the story, Narnia shivers under the spell of the White Witch. It is a cold and unforgiving place, full of fear and suspicion. The author, C.S. Lewis describes it as "always winter but never Christmas". There is a sense of hope that Christmas brings, whether it be the joy of family gatherings, gift giving, or relaxing holidays. Therefore, the thought of enduring the dark and cold of winter without the hope of Christmas is not a happy one.

The Lion, the Witch and the Wardrobe is the second in a series of seven books about the land of Narnia. In the final book *The Last Battle*, Lewis speaks of Christmas again: "Once in our world, a stable had something in it that was bigger than our whole world". Here Lewis is speaking of the very first Christmas, when Jesus was born into our world to save it. This is the message of hope that our world so desperately needs to hear.

Our classrooms have been joyously decorated by students this past week to reflect the fact that we are nearing the time when we celebrate Christmas. There is an abundance of tinsel, baubles and coloured lights. We have been learning about the hope that Jesus' birth brings to our weary world. A world weighed down by the events of the past 12 months. It is my prayer that this hope will make its way into your family celebrations this Christmas, and that you will have a safe and restful holiday break.



*Mrs Jenny Squire
Deputy Principal -
Head of Junior School*



Year 2

Term 4 has been a busy one and has gone quickly for our Year 2 students!

We began Term 4 with our service project - Toys'n'Tucker. This project worked in well with our Christian Studies lessons and drama program for this term. All Year 2 classes did small promotional skits in classrooms across Junior School to promote the Toys'n'Tucker appeal. We collected food and toys, all packed in boxes ready for collection.

Year 2 have continued with the InitialLit Program, which involves Spelling, Grammar, Comprehension, reading of storybooks and answering questions on the texts. Mathematics has also continued each day along with our daily Maths groups.

'Kahoot' has been a favourite quiz game on the iPads, as we were challenged to review lessons taught through the multiple-choice quiz questions. Our students have also achieved great results in our testing this term in English and Mathematics!



Year 2 students have been enjoying their PE lessons - learning skipping skills, underarm and overarm throws and other warmup exercises with music and dance. For Sport, we have learnt some AFL skills and exercising in Zumba classes with Miss Sarah.



Junior School Chapels have been online and we have enjoyed watching teachers dance and compete in some interesting competitions, as well as the Bible stories told to us by Mr Mak.

Art is a much loved subject and we are creating some wonderful pieces of artwork. We have learnt to weave, draw some still life drawings and now Christmas art and craft.



In Science and Geography, we studied the weather and looked at weather charts and played, "being a meteorologist for a day!"

Last Friday 28 November, we enjoyed the Junior School Mufti Day with frozen Zooper Doopers at lunch time!



Our collection of Toys'n'Tucker has come to an end, and so has our year together as 2B, 2R and 2W. So many great memories have been made and new friendships forged with great teacher-student relationships this year.

We wish all the students of Year 2 a great holiday, Christmas and healthy start to their new classes in 2021!

Mrs Davis, Mr Mitas and Mrs Whary
Year 2 Teachers



Year 6

We made it! Although there have been times where we felt great uncertainty and sometimes a little bit exhausted, our God has guided us through. All of Year 6 have responded to the changes so well! Although there have been a few bumps along the way, adjusting to online learning and then adjusting to a school routine again, they have managed to maintain their community and care for each other.



This term, we have been exploring various themes in the novel *"The Lion, The Witch and The Wardrobe"*. This has allowed us to immerse ourselves in a magical, fictional world that reflects the stories of the Bible.

Our study of Fiji has also allowed us to draw upon the knowledge of those around us. We were blessed with the opportunity to hear from some people who have visited Fiji in a service capacity. Mr Barber's brother and wife came to speak about their Year 13 experiences and students who visited Fiji with our College last year spoke about their experiences. It was wonderful for the students to hear about the 'real' Fiji and some of the difficulties the people of this country encounter. It was also great for our students to hear the overarching message from all the people who visited, that the most satisfying part of their experience was the joy and appreciation expressed by the Fijians for the work that was done.

We have also been very thankful to Mr Chapman for continuing to provide opportunities for those who are passionate about sport, to participate in various sporting competitions. We have had some students participate in gala days where a great time was had by all!



The lovely Senior School teachers also planned and ran a great Orientation Day for the forthcoming Year 7 here at our College. Yes, there was some testing but there were also a lot of great opportunities to meet and get to know each other. It was lovely to see how the new students were welcomed into our community and the beginnings of relationships with some of the senior students.

So now we begin looking to the sad part of the year. A time where your babies become 'big people' and step out of Junior School and into Senior School. We have much to be thankful for as we step into this time of celebration as well as much to look forward to.

What a privilege it has been to guide your children towards this moment and we will be praying for them as they take this, sometimes daunting, step. We will truly miss them!

Be strong and courageous for the Lord your God is with you wherever you go.

Joshua 1:9

*Mrs Smith, Mrs Snelson and Mr Barber
Year 6 Teachers*



Learning Enrichment

As the year draws to a close, it is good to reflect on the learning that has taken place in and outside the classrooms. Students across the College have been engaged in activities that have been stimulating and challenging, helping them apply the skills they have learned in class.

Along with the enrichment that happens in our classrooms each week, Year 5/6W

Mathematics class participated in the Australasian Primary Schools Maths Olympiad

Competition. Students worked in small groups and individually to choose appropriate strategies to solve complex problems. It was great to see the enthusiasm each week when we undertook these Mathematics Games and the excitement when students could explain how they derived their answers, often in different ways to their peers. Congratulations to Samuel Hillard, Amber King, Lara Tindall, Jack Markwell, Ben Patane, Nicholas Breski, Lachlan Manton, Lachlan Alden and Dekoda Zumner for their outstanding achievements!

The time students spent away from College and the restrictions imposed by COVID-19 since our return have impacted our involvement in external enrichment activities that have been available to us in the past.



However, Co-curricular groups held at lunchtimes afforded students opportunities to try new experiences or hone their skills in things they have a passion for. Of particular interest this year were our dance groups, choirs, chess and STEM clubs. As we know, restrictions were placed on these groups as well, but this term saw a resumption of these activities and students returned to take up their interests again. We very much look forward to resuming all these in the new year.

It is encouraging to see as I visit each classroom, that all students are being challenged to think critically and carefully in all subject areas, to extend their thinking 'outside the box' and then to see how their newly acquired knowledge fits into a new context.

Every child is capable of this type of thinking and although for some it comes more easily than others, every student is encouraged to set goals and strive towards achieving these.

Mrs Cathy Grant
Junior School Coordinator



SPORT

JUNIOR SCHOOL

Junior School Tennis Competition

Years 3-6 completed the Tennis Competition on Friday 27 November. The standard of tennis was at an all time high, and there were some incredible games and rallies. It was a pleasure to be able to witness our students show mastery of this great sport. Congratulations to the following students:

Boys Competition

4th place - Baxter Vincent

3rd place - Samuel Hillard

Runner Up - Frank Tacca

Winner - Dilan Mustafa

Girls Competition

4th place - Mia Tippet

3rd place - Safwah Khot

Runner Up - Ella Stares

Winner - Ellira Ristevski

Other Participants:

Ellie Drysdale

Asha Healey

Dylan McFadden

Harvey Emerton

Amber King

Xintong Wang

Vittoria Gulli

Julian Hughes

Natalya Borg

Tex Thornton

Dylan Spiteri

Mariella Tacca

Maddison Stares

A special mention to Mariella Tacca and Maddison Stares from Year 3, who both played against students from Years 5 and 6. Both girls played at such a high standard and I am looking forward to seeing them develop even more in the years ahead. Well done to all students!



SPORT

JUNIOR SCHOOL

Years 3-6 Sport

Years 3 and 4 have been participating in Zumba and had their Football Fun Afternoon on Wednesday 25 November. Congratulations to all students!



K-2 Sport

It has been a great term of sport for our Infants students!

Kindergarten have been doing cricket with coaches from Cricket Australia. Year 1 have been busy participating in the Mascot Challenge from Cricket Australia with some amazing catching on display. Maybe there could be some future Sydney Thunder players from our College from Kindergarten and Year 1! Year 1 has also been participating in hockey and tennis programs. Year 2 have been doing AFL and Zumba with external providers.

Special thanks to Cricket NSW and Cricket Australia, Hockey NSW, First Serve Tennis and Laurie Geist and Sarah Kennedy from Dance Space.

It has been an amazing year of sport. I am so proud of the efforts of our students and what has been able to be achieved during an extraordinary year.



Mr Chapman
Junior School Sports Coordinator



SENIOR SCHOOL

There is little doubt that 2020 will go down as one of the most challenging and eventful years in history. For the students, staff and community of Oran Park Anglican College, I think we can safely say that despite the challenges and disruptions to our normal lives, we have adapted and persevered to continue to provide our students with quality teaching and learning in a safe and supportive environment. The wonderful thing about a Christian school, is that we are driven by our vision, so regardless of the trials we face, we know what we are here for. To be a vibrant learning community that impacts every member for Jesus, providing life-changing, caring, quality Christian education.

The last few weeks have seen a hive of activity in the Senior School and I am so proud of the way that staff and students have been actively engaged in learning. We had our magnificent Medieval Day, we've seen success for some of our MISA sporting teams, achieving victory in the local competition, and we had over 30 students from Years 9 and 10 taking part in the Duke of Edinburgh, with a challenging hike in which many of them at times wanted to give up - including some of the teachers!



Our Year 10 students have been serving the wider community through their engagement in the 'Kids Giving Back' program and despite the challenge, they have even learned to surf...well, sort of.



All our Senior School students have also been actively involved in the Service Learning Electives, working together to produce a range of products and make a difference in the school and wider community, collaborating to achieve some amazing outcomes.



SENIOR SCHOOL

If this year has taught us anything, it is the importance of perseverance. The Bible says in Hebrews 12, that Jesus persevered to the cross despite the gruesome death that He was about to face. There is an underlying principle here for all of us in this message. When we are faced with challenges, trials and tribulations, we find great joy in persevering through them. Thomas Edison once said "many of life's failures are people who did not realise how close they were to success when they gave up."

Of course the Christian message is not about worldly success *per se*, but it is certainly one of perseverance, of running the race and playing the long game. Like many things in life, when we persist through trials, we find real joy. The Christian life is not one that promises perfection, but we do have a promise of one day having an end to suffering, and we have a model in Jesus Christ of how we are to live our lives now. In sacrificial service to others, in perseverance through trials, and with the knowledge and hope of eternity secured. That is where we find real joy.

So as we approach the holiday season and Christmas day in particular, I want to wish everyone a safe and happy holiday and encourage all our students and families to consider the birth, death and resurrection of our Lord Jesus. Christmas is a time of joy, and I pray you will know the real joy of a relationship with Him.

And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:1-2



Mr Michael Newton

*Deputy Principal -
Head of Senior School*



MEDIEVAL DAY



On Friday 20 November, Senior School students participated in a Medieval Day and rotated through a range of activities that improved their understanding of this historical period.

Combat Display

The day commenced with a combat display from Einherjar that involved a demonstration of a range of battle techniques.

Tactics & Siege Warfare

Students got to try their hand at sword fighting on each other! Using foam and latex swords and shields, students learned weapons skills as individuals and teams. Students learned about the realities of siege warfare, the logistics, the psychology and the mechanics by firing a trebuchet.



Crime, Punishment & Medicine

Students learnt about detailed crime and punishment in the Middle Ages, with attention to both Anglo-Saxon and Norman legal systems, Trial by Ordeal, Medieval Policing, and the types of crimes that were prevalent.

Black Death Escape Room:

*There once was a plague, all over Europe it exploded;
Winding back the clock before even COVID;
Black Death is BACK with boils and bites;
A cure is sought after each day and night.*

Students had to solve a range of riddles and puzzles in order to find three numbers that would eventually unlock a combination lock and provide them with a key to escape the room. Students who did not finish in time caught the black death and broke out in boils.



MEDIEVAL DAY



Medieval Games

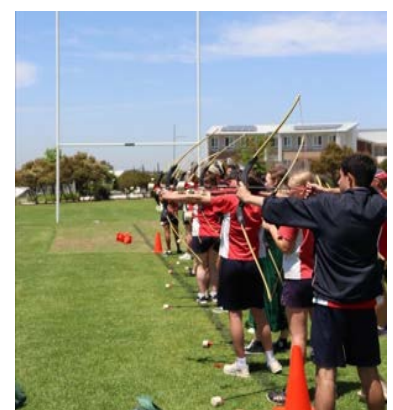
A world where games are not online and you don't have to pay \$2.99 for the app - welcome to Medieval Games!

In this activity, students participated in some 'all-in' games of Ring Around the Rosie and Prisoner's Base, before being allowed to roam the village in small groups and engage in some good old-fashioned throwing games of Quoits, Kubbs or Finska to discover which peasant amongst them possessed the most finesse and skill.



Archery Tag

Welcome to the Hunger Games! Combining the best of paintball, archery and dodgeball. Two teams were equipped with bows, foam-tipped arrows and protective masks, playing a series of 20 minute rounds with a range of different objectives to determine the ultimate winner.



Art through the Ages



During medieval times, stained glass windows were made from a combination of sand and potash. These two ingredients were heated to the point where they would liquify and become glass when cooled.

Students created their very own stained-glass windows!

Trebuchet

Up, up and away! Mr McKenzie created a life size trebuchet and students had to assess and make adjustments to its design in order to make it work. Students put their problem-solving skills to the test in order to secure the perimeter of Oran Park Village.



MEDIEVAL DAY



Medieval Feast

Famine or feast? The peasants decided as they created a tart with fruit treasures inside.

Cock-A- Hooping Through The Middle Ages

Blood, guts and an arranged marriage. A journey through daily life. Students participated in a process drama experience with students performing in small groups, generating a day in the life of a Medieval Village.



The Squires Run

The students were involved in an armoured relay race giving them a taste of the life of a squire. The odd minor obstacle may have also popped up, nothing the peasantry isn't used to, as they battled through life one obstacle at a time. Various formation drills involving spears, shields and throwing tennis balls put the peasants through the ultimate test as they learned the difficulties of navigating through a battle field.

Alchemy



In the days before the atom and Science, there was Alchemy. Shrouded in mystery and secrecy, only a select few knew how to perform such breathtaking enchantments. Students watched as the Alchemists turned water into various substances and then participated in an activity to see which one of them also had the power. The Alchemists then showed their skills and changed the colour of fire.

Religion through the Ages:

In 1190AD, King Richard arrived at the gates of Jerusalem to pillage the city from local Turkish warlords. 1100 years before, Christ entered on a donkey with no forces and gave himself over to the Roman authorities. So does Christianity condone 'Holy War'?

Students listened as the message of the Gospel was delivered.



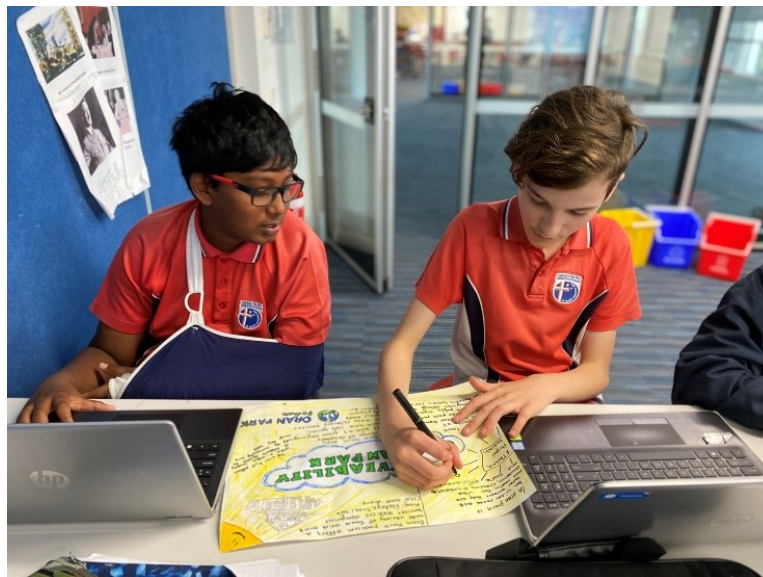
A Handful of HSIE



Year 7 Geography - *Place and Liveability*

Students have been exploring the factors that affect liveability of cities. As part of our studies, students are completing a case study of Oran Park's liveability. Students have developed posters to attract others to the suburb and are now working collaboratively to identify a challenge to liveability in Oran Park and propose a strategy to address this issue.

Students are thinking critically and creatively and will present their proposals to one another and have their say about what they, as citizens of Oran Park, would vote for.



The Phenomena that is PDHPE



PDHPE Year 10 Surfing

One of the end of year activities for Year 10 is surfing. This is one of the PDHPE excursions for the Term 4 unit, 'Community Health and Physical Activity'.

As we live far from the beach, it is a great opportunity for the students to try a new skill and something different. The students loved their lesson and the enjoyment of being out and about at the beach.

What a way to finish of a challenging year!



Stage 5 Child Studies

During the second half of this term, Stage 5 Child Studies have been learning about Food and Nutrition for Children. As a part of this unit, they learnt about food for special occasions.

As we near Christmas, it was the ideal time for them to be immersed in some applied learning activities and one of them was assembling and decorating a Pop Tart Gingerbread House. The students were tasked with creating a gingerbread house by following a recipe and specific instructions along the way. This was a very special time for the students to collaborate with one another and see a mini project to completion in a double period. The students collaborated very well and were proud of their creations.



The Phenomena that is PDHPE



Year 7 Health Specialist Panel

During their PDHPE lesson this week, Year 7 had the privilege of listening to three panellists from different health specialisations, on their professional opinion on the benefits of a healthy lifestyle.

We had Heidi Arundel who is our College's First Aid Assistant, speak from a nutrition perspective. The second panellist was Toni Vukisan, a personal trainer who spoke to the students about the benefits of being physically active throughout all aspects of life, not just organised sporting events. Our final panellist was Tristan Woodward, who is a personal trainer and newly qualified remedial massage therapist who focusses on injury rehabilitation. He gave great insight into making sure that whatever physical activity the students were involved in, it was important to make sure they have the correct technique and use the equipment for that activity to avoid injury.

The advice that was offered from the panel was very insightful and the students enjoyed the experience.



Design and Technology



Vehicles and Velocity

Over the last few weeks, our Stage 5 Design and Technology young designers have been participating in the Vehicles and Velocity unit. The task involved designing and constructing a model car around some supplied components.

Students employed a variety of technologies to achieve this, including 3D modelling and printing, laser cutting, and more traditional practices. Once the car was made, students competed in time trials to determine the fastest car. Points were also given to the best-looking vehicle and students calculated average velocity and acceleration to round out the project.

Design and Technology at the College continues to provide great opportunities for creativity, craftsmanship, collaboration, and courage!



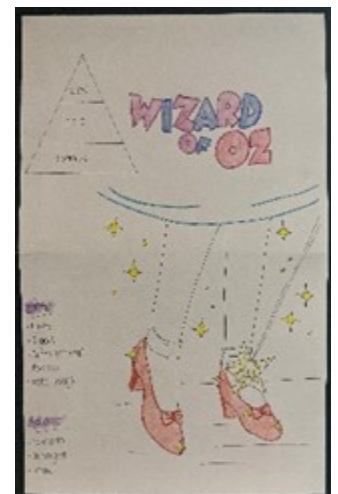
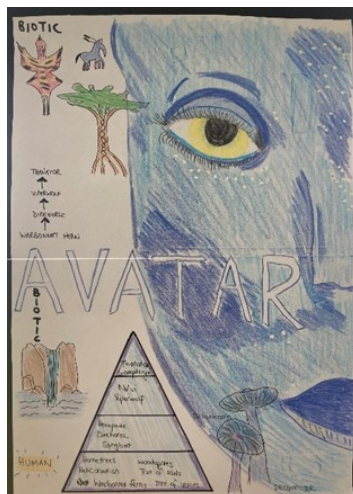
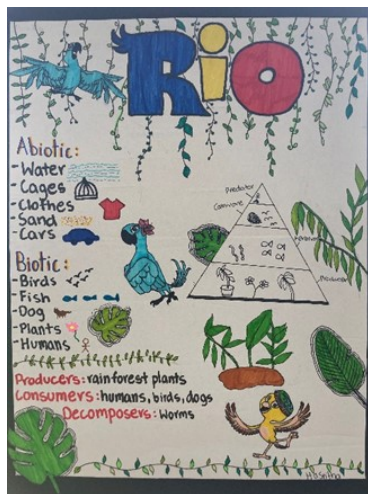
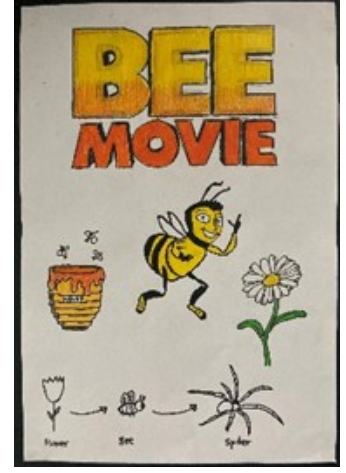
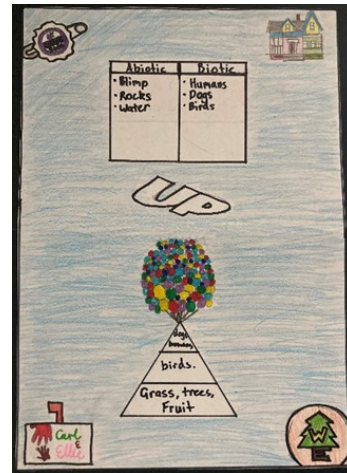
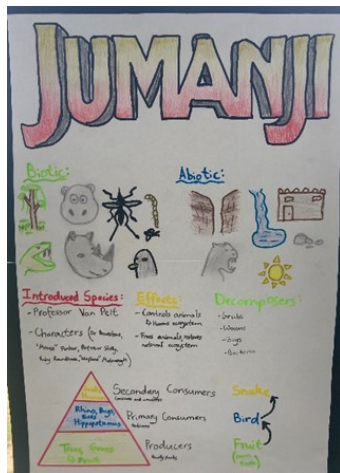
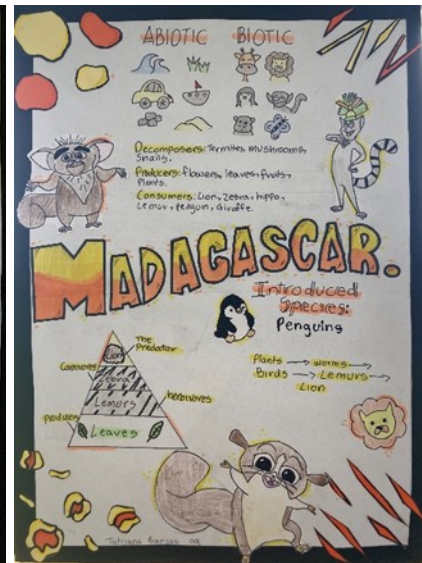
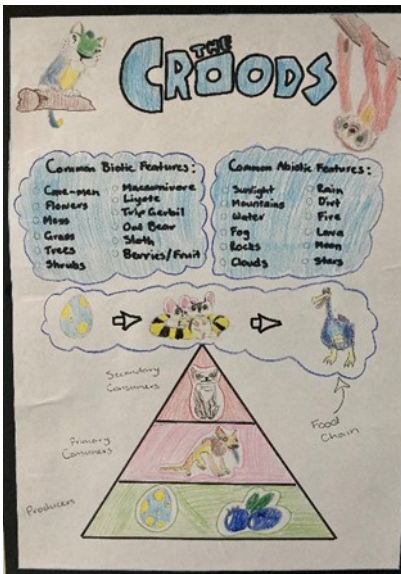
Ecology in the Movies



Year 9 Science

Year 9 Science students and teachers alike have enjoyed watching their favourite movies and applying their scientific knowledge to analyse them.

What biotic and abiotic factors are in your favourite movie? Are there any food chains?



The English Chronicle

Chief Editor: W. Shakespeare

Date: Very Ye Olde



Breaking News!

Year 10 Subpoenaed for Justice Trial!

Sub-Editor: Squire J. Little

Sketch artist: Lady M. Manthos

Over the course of Semester 2, Year 10 have demonstrated their willingness to take the stand and provide truthful testimony on the concept of justice. Through thorough cross-examination of two reliable witnesses - Harper Lee's *To Kill a Mockingbird* and Suzanne Collin's dystopia *The Hunger Games*, they have uncovered vital evidence about the role of fairness, truth and discrimination in society. By challenging their convictions, students have prosecuted insightful arguments and crafted detailed judgements, which have highlighted the impact of injustice on our decisions, relationships and identity.

To conclude Stage 5, Year 10 have examined the importance of English in the workplace. They have participated in a range of workshops practising job interview skills and building a lexicon to effectively present themselves to future employers.

Congratulations Year 10 for completing the junior stages of English! We look forward to welcoming you back in 2021 to start the Preliminary HSC course. Best wishes to students moving on to further study or employment. We hope you continue to be lifelong readers and writers.

Mr Little & Mrs McLaren

Apothecary to fix your scabs and sores.: C. McLaren (very discrete)

Paper girl: J. Soane (toss her a coin ... no buttons please)



English Chat with Year 10

Mr Little and Eehan Hashmi



What have you enjoyed about English in 2020?

I've loved reading *To Kill a Mockingbird* and learning about racial injustice and seeing the connections to today's society.

What is your favourite novel that you've studied in Stage 4 & 5 English?

Animal Farm. It taught me that everyone needs freedom and that denying this can lead to rebellion.

What advice do you have for Stage 4 students?

Make sure you really comprehend the concepts of texts, otherwise you will not understand what you're learning about.

What are you looking forward to in 2021?

I'm looking forward to starting my electives and studying more subjects I enjoy. I want to become better at learning and understanding the key concepts for all my subjects.

Senior School Service Learning



This week, we continue to showcase our Senior School students participation in service electives as they cultivate a heart of service towards those in their community, and become more aware of the world around them.

Toy Cars!

As part of the annual Senior School Service Learning Activities, some students across Years 7-12 have been busy working on a production line, manufacturing toy car parts for the last 8 weeks. Marking out, drilling, scroll saw cutting, routing, disk sanding, drum sanding, hand sanding, hole sawing, band saw cutting, tenon saw cutting, oiling, waxing, and polishing... Courage, Curiosity, Craftsmanship, Collaboration and Compassion in action!

The result was 18 cars which were donated to Toys 'n' Tucker, Anglicare's initiative to share the joy of Christmas with those who would otherwise go without. Great work students, and thanks so much for your participation, dedication and enthusiasm.



Senior School Service Learning



Quilting Group

Students have worked hard over this term to make quilts to give to Nursing Homes, Hospitals and families in need. Here are some of our finished products!



Senior School Peer Support



Year 9 Peer Support Training

The whole Year 9 cohort have been busy learning about how to lead Year 7 students in the Peer Support Program that we run at our College. The training was conducted over two days and involved upskilling the students on how to assist the new Year 7 2021 students.

They covered content like making connections, overcoming challenges, getting to know your school and knowing where to go for assistance. The students were engaged and gained a lot of useful skills that will help them in many areas of their schooling life.

From these training days, 22 peer support leaders were chosen to lead the new Year 7 students at the Orientation Day. These peer support leaders met the students and ran activities for them during Orientation, giving them a taster of what it would be like as a Year 7 student at our College. Both the training and the Orientation Day were a huge success and the Year 9 students conducted themselves with utmost integrity and professionalism.



Year 10 Peer Support Training

During their Service Week, the Year 10 Peer Support Leaders took part in further training in Resilience. This training involved gaining skills and strategies to overcome a fixed mindset, altering current behaviours and learning to change our perspective to see failure or challenges as opportunities for growth, as opposed to the end of the story.

The leaders were very enthusiastic and learned a lot about themselves and their capacity for greatness.

Drama Club



The Drama Club students created a COVID-19 parody to 'gift' to Year 7 and Junior School students this term to spread some cheer and laughs around the College. The students have visited various classes and received fantastic feedback on their performance.

Thank you to the talented Year 7 students who put together this engaging performance:

- Ruby Starr
- Lily Finn
- Lauren Yeatman
- Natasa Banjas
- Tyler Marsh
- Evie Mair
- Avneet Kaur

We are looking forward to more performances in 2021!



Last week, 35 eager and ambitious Year 9 and 10 students travelled to Bouddi National Park on the Lower Central Coast to enjoy the beauty on offer, for a 2 days and 1 night hike. Students took in the sights of the water as they hiked up and down the headlands and enjoyed a spectacular sunset by the beach after a gruelling first day.

They collaborated effectively in small groups to lead themselves, made difficult decisions about where to go at forks in the track (and sometimes got it wrong!), problem solved a variety of issues, and showed compassion toward one another as they encouraged each other to keep going when they saw someone struggling or shared resources if a peer was in need.

The supervising teachers were very impressed with the leadership that all students demonstrated, as well as the enthusiasm of our groups – even those who travelled a few extra kilometres after veering off track!



Here are the reflections of some students who joined us:

I have loved my Duke of Ed experience and have learned lots of new things along the way, such as orienteering on the hike. Early in the hike, my group was separated from the main group, which we discovered when we could see everyone else walking below us on the correct trail! We backtracked and met them at the campground about 2 hours late. Once we arrived at camp, everyone had a great laugh about us getting lost and helped all of us who came late set up our tents. The weather was great and gave us spectacular views of the bushland and the beaches along the coastline.

Duke of Ed is an incredible experience for anyone adventurous to take, if they want to try something new!

Madison Senior





I found the Duke of Ed hike really fun, full of scenery and an all-round wonderful experience. The most challenging thing was hiking uphill with a pack, especially the stairs. The most enjoyable part was the experience of hiking with people you might not know well and getting to know them.

Flynn Harris



The Duke of Ed hike will definitely be something I will remember for many years. From the amazing views to bonding with others, and the strenuous and repetitive uphill, downhill which was rewarded by the beach and dipping our feet in the cooling water at the end. The pain was undeniably worth it as I was able to connect with others in my group who I knew were experiencing the same pain as I was, as well as the breathtaking views at the top of each hill.

The hardships I was faced with brought out perseverance and resilience and taught me that I am capable of things I thought was never possible. Whenever the end seemed too far away, I reminded myself of the memories that I gained along the way and that the reward of accomplishment at the end will make it all worth it.

Lauren Kaye

All Year 8 students have now also received information about joining the Bronze Award Program. Remember to ensure the Award Plan document is completed and returned to Mrs Chow by the end of the year to express your interest in completing the Bronze Award.



MISA Sport Term 4

What a great term of sport!

This week were the Grand Finals for MISA WEST. Our College had three teams competing in the finals. Congratulations to the following teams who were victorious!

- **9-10 Boys Volleyball defeated SFCC (3-0)**
- **7-8 Girls Oz Tag defeated SFCC, with an extra time win! (4-3) Well done!**
- **9-10 Girls Volleyball defeated SBCC (3-0)**
- **9-10 Mixed Frisbee defeated SBCC (29-4)**
- MISA 7-8 Boys Oz Tag defeated by SFCC in the final.
- MISA 7-8 Girls Softball were defeated by JT
- MISA 7-8 Girls AFL defeated by SBCC
- MISA 9-10 Indoor Cricket - No Game
- MISA 7-8 Boys AFL - No Game

Well done on a brilliant, albeit disjointed year in the sporting arena! Bring on 2021!





Congratulations to **Daniel Squire (Year 11)** for winning second place in Macarthur Nature Photography Competition – ‘Landscapes of Macarthur’ division!



About The Competition

In a world seemingly overloaded by a daily avalanche of images, through Instagram, Facebook and television, a striking image can still cut through the clutter of it all, revealing to us something in our worlds that we have been missing.

The Macarthur Nature Photography Competition encourages the local community to step into the real world to capture an enticing image of the local native flora, wildlife and natural scenery within the Macarthur area!



SPORT

SENIOR SCHOOL

‘Conquer the World’ House Challenge



Congratulations to Liddell who won the ‘Conquer the World’ House Challenge!

This was a hotly contested shield but Liddell were able to cross the line first! Well done!
Let’s see which house will get the shield in 2021!

House vs House Challenge

Well done to Wilberforce in their defeat of the other houses in the House vs House Perpetual Shield! Even though COVID-19 interrupted our MISA and CSSA representative sport, it did not dampen our spirits in still competing and being out playing sport!

Next year is shaping up to be bigger and better... what will it bring?
Make sure you bring your A-game in 2021!



*Mrs Clisdell
Head of PDHPE Senior School*

House Captain Advice for the Holidays!

Importance of being healthy over the holidays – By Evan Gardner

Many people tend to ignore their fitness routines during the holidays since they believe that they do not have enough time to exercise. If your goal is to stay fit and healthy throughout Christmas, then small changes go a long way. Here are some tips to stay healthy throughout Christmas:

- Try avoid going back for seconds, no matter how tasty the buffet is. Eat slowly and enjoy every mouthful. It's easier not to overeat when you're mindful.
- Drinking a lot of water is a great way to avoid eating too much. Never be afraid to ask for a water when going out with your friends.
- Setting aside at least 15 minutes of exercise. Even a few minutes will get your metabolism pumping. Doing this will make sure that you are in great shape when coming back to school!



Tips to stay healthy during the holidays – By Marne Seymour

- Eat mindfully – sit back and enjoy your favourite holiday flavours. Pay attention to the taste, aroma and texture of foods as it allows you to fully intake what you are eating. When the attention shifts from your body, redirect it back to your internal fullness and satisfaction cues.
- Stay hydrated – this restores the balance in your body and allows you to function efficiently while you enjoy all your holiday activities. Water is necessary for several bodily functions such as delivering nutrients and maintaining our cell's fluids, so staying hydrated keeps you healthy.
- Choose healthy substitutes – adapt your favourite holiday treats with healthier alternatives to keep you feeling better and to keep your body in good condition. Trade a couple of foods that are high in sugar with alternatives that maintain your health and taste good.
- Reinvent your holiday workout - stay motivated and schedule workout times for yourself so that you can stay in shape while enjoying your holiday favourites. Do shorter exercises to help keep yourself motivated and doing some kind of physical activity. Split your physical activities into smaller and more manageable chunks by doing online tutorials and using fitness apps.



House Captain Advice for the Holidays!

'How to maintain healthy eating habits over the holidays' – By Alyssa Oudshoorn

- Keep normal eating patterns: keep your schedule consistent which keeps your hunger at bay and allows you time to enjoy your holiday favourites without overeating.
- Concentrate on portions: Keep portions small, eat slowly and pay attention to your body. For many, the holidays are synonymous to overindulgence. Remember to honour your fullness cues and stop eating when full to avoid overeating
- Have plenty of vegetables: Choosing high-fibre foods and more vegetable-based dishes can help reduce the number of calories you consume during the holidays.
- Healthier versions of your favourite holidays treats and meals



Healthy Strawberry

Santas

yield: 12 prep time: 7 MINUTES

total time: 7 MINUTES

Healthy Strawberry Santas A fun Christmas treat for kids. Easy to make and so cute.



4.5 Stars (14 Reviews)

Trying to figure out what to do in your spare time instead of being on your devices? Here are a few ideas on what you can do to fill in that time and to keep fit as well – By Jai Cooper

1. Go for a walk around your local area with family walk your pet.
2. Go mountain biking or just a slow ride on a close bike path.
3. Kick the Ball around your yard or throw the frisbee.
4. Go for a run.
5. Go to your local park, courts or Play space with friends and family.

So don't forget these holidays to get outside and get active, stay hydrated and safe and most importantly spend time with your friends and family.

SPORT

SENIOR SCHOOL



FITNESS CHALLENGE

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8 Arm Circles 5 Bicycles	2 CARDIO DAY (1 MIN)	3 3 Pushups 5 Crunches	4 8 Arm Circles 5 Bicycles	5 3 Pushups 5 Crunches
6 10 Arm Circles 12 Bicycles	7 5 Pushups 8 Crunches	8 10 Arm Circles 12 Bicycles	9 CARDIO DAY (2 MIN)	10 5 Pushups 8 Crunches	11 10 Arm Circles 12 Bicycles	12 5 Pushups 8 Crunches
13 15 Arm Circles 15 Bicycles	14 7 Pushups 10 Crunches	15 15 Arm Circles 15 Bicycles	16 CARDIO DAY (3 MIN)	17 7 Pushups 10 Crunches	18 15 Arm Circles 15 Bicycles	19 7 Pushups 10 Crunches
20 20 Arm Circles 18 Bicycles	21 9 Pushups 12 Crunches	22 20 Arm Circles 18 Bicycles	23 CARDIO DAY (4 MIN)	24 9 Pushups 12 Crunches	25 20 Arm Circles 18 Bicycles	26 9 Pushups 12 Crunches
27 25 Arm Circles 20 Bicycles	28 10 Pushups 15 Crunches	29 25 Arm Circles 20 Bicycles	30 CARDIO DAY (5 MIN)	31 10 Pushups 15 Crunches		

December Fitness Challenge Calendar – Use these fitness exercise ideas for your program, and encourage kids to continue to stay active with friends and family during winter break!

- Arm Circles – repeat movement in opposite direction
- Cardio Day – Jump Rope, Hula Hoop, Jog in Place (choose 1, a combination, or all activities)

Special thanks to:



KINDNESS CALENDAR: DECEMBER 2020



MONDAY



7 Leave a positive message for someone else to find.

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

TUESDAY

1 Share the Kindness Calendar with others and spread kindness

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

WEDNESDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

THURSDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Practice gratitude. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2021

FRIDAY

4 Give kind comments to as many people as possible today

11 Be generous. Feed someone with food, love or kindness today

18 Give away something that you have been holding on to

25 Treat everyone with kindness today, including yourself!

Let's look beyond our differences and help each other. Every act of kindness matters

SATURDAY

5 Make a gift for someone who is homeless or feeling lonely

12 Buy an extra item and donate it to a local food bank

19 Buy locally and support independent shops near you

26 Get outside. Pick up litter or do something kind for nature

SUNDAY

6 Support a charity, cause or campaign you really care about

13 See how many different people you can smile at today

20 Contact someone who may be alone or feeling isolated

27 Call a relative who is far away to say hello and have a chat

ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind

"GLORIES STREAM FROM HEAVEN AFAR.."



This Christmas our services will stream from a little closer. Join us live online.



Merry Christmas!

Join us onsite or online.

WE ALL NEED SOME GOOD NEWS. GOD HAS PROVIDED IT BY SENDING HIS SON - JESUS.

"GLORIES STREAM FROM HEAVEN AFAR.."

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.'"

As recorded by Luke in his account of Jesus's life.

CHRISTMAS EVE

5 PM



This service is particularly for kids and young families. It won't be streamed.

7 PM



This service is for everyone and will include carols and the Lord's Supper.

CHRISTMAS DAY

9 AM



This service is for everyone and will run for approximately an hour as we celebrate Jesus's birth together.



we're gathering

Book in for our services onsite..



we're streaming

Join our services online..





CHAMPIONS ARE MADE, NOT BORN.

Term 4 2020 - Update



MORE THAN FOOTBALL

Thank you to the community for the support and for getting your kids active and having fun particularly during this challenging time.

Our program provides kids the opportunity to have valuable experiences and learn life skills that will help shape their future. We do this by staying true and committed to our purpose and values.

We are offering a 55% discount code for all students of Oran park Promo Code: 55NSW5
If you have any questions and would like further information, please contact us direct on 0488 372 666.

Weekly Sessions

Location: Oran Park
Anglican College

Saturday's

9:00am Ages 5 to 7

10:00am Ages 8 to 9

11:00am Girls Only Program

Location: Julia Reserve
Oran Park

Tuesday's

3:30am Ages 5 to 12

Holiday Fun Camp

Location: Oran Park
Anglican College

12th, 19th, 26th Jan 2021

Half Day 9am to 12pm

Full Day 9am to 3pm

Ages 4-7, 8-12 & 13-15



SCHOOL HOLIDAY CAMPS

TO SUIT ALL AGES & ABILITIES

JOIN US AT OUR NEXT PROGRAM:

Oran Park Anglican College

60 Central Ave, Oran Park NSW 2570

- ASK US ABOUT OUR EARLY BIRD SPECIAL -

CREATING A MOVEMENT OF CHANGE
FOR TOMORROW'S GRASSROOTS LEADERS



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phone: Coach Ben 0421432410

<https://motiv8sports.com.au/locations/macarthur/>
Duration: 2-days Age: Kindy - Yr 6 Time: 8.30am - 3.30pm daily

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