



LOGBOOK

Oxley High School, Tamworth

TERM 2 2018— lots of sports results, 7I update, great information on student wellbeing and safe use of technology, Clontarf and Girls Academy, plus much more.

SRC



On Friday 22nd June, the Student Representative Council (SRC) hosted a trivia night raising money to finance wellbeing and infrastructure projects within the school. In its third year, over 160 people attended the night demonstrating its growth and importance for the school community to come together and enjoy some frivolity. Ten rounds of questions, games and socialising entertained everyone and the event was a huge success. A total of \$2,734 was raised and the SRC would like to thank all who attended, bought raffle tickets and donated. We hope to see you all again next year!



A big crowd turned up for the night.



Arden Lafforgue (MC) looking very sharp!

SRC students waiting to mark trivia answers





Jasmine Webb and Shelby Davidson drawing the raffle.



Finalists in a game of 'Heads and Tails'

Raffle Prize Winners

1. 1 nights' accommodation ki-ear apartments (2 bedroom, 2 bathroom, sleeps 4 people) Port Macquarie value \$250 **Cameron Kemp**
2. Harvey Norman Technology Pack \$195 **Tony Bell**
3. Body Shop Hamper \$85 and Kane and Co Earrings \$46 (\$131) **Narelle Chaffey**
4. Tamworth Aero Club Trial Introductory Flight \$130 **Elise Dustin**
5. 5 students and Mr Squires 2 hour labour (\$125 based on minimum wage) **Matthew Wise**
6. Harvey Norman DVDs \$120 **Billy Thompson**
7. Plush Hair Design Hamper \$100 **Robert Douglas**
8. Steggles gift voucher \$100 **Kirsty Aworth**
9. Garage Doors and More Garage Door Service \$100 **Ella Hemmings**
10. Woodleys Motors \$100 voucher **Brad Stewart**
11. Woodleys Motors \$100 voucher **Helen Squires**
12. Sportsmans Warehouse sports pack \$95 **Mathew Wilson**
13. Farrer Security Korr Torch \$95 **Brooklyn Williams**
14. Farrer Security Korr Torch \$95 **Nick L.**
15. Just Irresistible and Prouds Jewellery pack \$95 **Brad Stewart**
16. Ella Bache deep cleansing facial value \$70 **Phoebe Lye**
17. Werris Creek Pharmacy Hamper \$60 **Billy Thompson**
18. Donut King Celebration Cake \$60 **Leonnee**
19. Weightwatchers Scales (Harvey Norman) \$59 **Dennis Clapham**
20. Sportsmans Warehouse voucher \$40 **Aaron Muhl**
21. Kmart voucher \$40 **Trenton Perkins**
22. United Taekwondo pass **Lee Poulton**

Thank You

The SRC would like to thank the following businesses who supported our trivia night on Friday 22nd June.



Wing Cheun
Chinese Restaurant
Werris Creek

Harvey Norman

TECHNOLOGY

WERRIS CREEK
PHARMACY



Quirindi Pharmacy
Lindholm
Falls Road Werris



Paris Ella Baché



GARAGE DOORS
AND MORE



ki-ee apartments

Port Macquarie



SPORTSMAN'S
WAREHOUSE

DONUT KING



Carmen's
A LITTLE TASTE OF ITALY



Bakers
Delight



QUALITY HOTEL
powerhouse





Open Girls Football

Regional Champions



North West

On Tuesday 12th June, the Open Girls Football team travelled the long distance to take on Tenterfield in the Regional Final for the NSW CHS State Knockout Competition. Keen to rectify last year's loss, the girls were confident and focused, but still had time for some laughs before kick-off.

In a tough match, Oxley had control of the ball for most of the match. In attack, passes were very effective and the defence strong like usual. It did not take long for the first goal, with Emma Allen netting the ball in the eighth minute. Excellent defence from Jordan Donnelly, Emma James, Chelsea Emery and Ashleigh Bishop kept Tenterfield at bay with them having no real chances to shoot for goal in the first half.

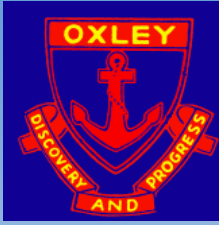
The second half saw Oxley again dominate, with Milla Thompson and Emma James scoring in the 45th and 61st minute. An own goal gifted Tenterfield a flattering scoreline 3-1, but Oxley never looked like losing the game.

The girls are now in the final 16 schools of the state; a monumental effort and achievement. They move on to play Gosford High School at home to aim for the top eight. Good luck girls!



Back row: Mr Glenn Squires (coach), Emma James, Danielle Bishop, Ashleigh Bishop, Milla Thompson, Kaitlyn Burgess, Tahli Thompson, Holly Schalk, Emma Allen, Shelby Davidson,

Front row: Jessica James, Ayva Steel, Chelsea Emery, Breanna Emery, Jordan Donnelly, Nakeisha Burgess, Katie Richards



REMINDERS

UNIFORM POLICY AND EXPECTATIONS

Oxley High School prides itself on upholding exceptional standards and a positive image both within our school and as members of the wider community. We therefore appreciate the continued support of our parents and carers regarding the wearing of school uniform.

Our school uniform policy and detailed description of the school uniform can be found on the Oxley High School Website: <http://www.oxley-h.schools.nsw.edu.au/our-school/rules-policies/uniform-policy>
Students who are unable to wear the full school uniform on any occasion must provide a note from home to the uniform officer in Macquarie courtyard BEFORE SCHOOL to obtain a Uniform Exemption Pass. Disciplinary action will be enforced for those students out of uniform, without written explanation. If families are experiencing any financial difficulties and are unable to meet uniform requirements, we have a Clothing Store in the Canteen. It is opened every day for all uniform needs or pre-loved uniforms.

If you have any further queries or require support, please contact your child's Year Adviser or Head Teacher Wellbeing as soon as possible.

LEAVING SCHOOL EARLY

If a student needs to leave school early then they must bring a signed note from a parent to the Deputy Principal before 9am explaining their reason for leaving early.
Please be aware that early leave is not to be used for lunch or for things that can be done outside school. Leave will not be granted without a note or parent contact.

ABSENCE NOTES

If your child has been absent from school, you can write a note with the following information:

- include your child's full name and roll class;
- include the date/s and number of days your child was away;
- explain why your child was away;
- include other information as needed.

All absence notes should be given to the roll call teacher within 7 days of the absence.

The student's absence is unexplained or unjustified if no notice has been provided by parents within 7 days of the occurrence of the absence OR the absence has been explained by the parent but the reason provided, e.g. shopping trip, birthday, is not accepted by the Principal.

UPDATE YOUR DETAILS

Have you moved, got a new email address or changed phone numbers? Please inform the front office of any changes in your living situation so we can contact you if the need arises.

IF YOUR CHILD IS ILL AT SCHOOL

Please do not send students to school if they are feeling ill or have uncovered wounds. It will require us to phone you to come and collect your child.

If a student presents with an illness or injury during the school day we will contact you.

If your child phones you on their mobile to say they are ill advise them to follow school procedures and to go to the Front Office to be assessed, and the school will call you.

Please do not ask them to meet you out the front of the school. It is very important we are aware of their circumstances and that they are collected from the Front Office.

PEANUT ALLERGIES & AEROSOL CANS

Please be reminded not to bring peanut products to school as we have some students with severe peanut allergies. **Aerosol cans are banned at school** as they can cause affected students and staff to have potentially fatal reactions.

HOW TO PAY YOUR SCHOOL FEES.

To pay your fees or any money for excursions, go to **Window 1 of Macquarie Office** and pay by using cash, EFTPOS or cheque.

If there is an issue with your account, please contact the office ASAP.

LEAVE PASS

Your child requires a note from parent/guardian to obtain a Leave Pass. Please do not just turn up and ask to take your child out as this takes a long time to find the student to get them out of class.

Special Note: Phone the school for afterschool change of plans for **EMERGENCY** changes only.

BULLYING

At Oxley we have a zero tolerance on bullying. If your child is having an issue at school, please tell them to talk to a teacher. If they contact you directly and do not tell a staff member, we will be unable to help them if we are not aware of it.

MOBILE PHONES & ELECTRONIC DEVICES

Students are required to ensure that all mobile and electronic devices are to be turned off and placed in their bags prior to each lesson.

COMPULSORY SPORT FEE

In order to minimise the cost of sporting events run at Oxley High School, the **\$10.00** sporting fee is again in operation for 2018. Apologies for the late notice in this regard. Families are currently being invoiced for the \$10 Sport Fee.

We wish to take this opportunity to remind parents/carers that there is a substantial number of students who have elective fees outstanding from previous years.

Could those parents/carers please make arrangements with the school for payment of these fees, as your child can not be signed out of school until all fees are collected.

If you are having problems meeting your fees for electives or sport please call at the Front Office to discuss any options the school may be able to consider.

Leave Passes for Thursday Sport are for students who require leave from school to attend urgent appointments which cannot be made at other times. Students who wish to get a Leave Pass on Thursdays must have a note from their parent/caregiver clearly explaining where the student will be when they leave. **The notes must be handed in before school to Macquarie Office and MUST contain the following information:**

- Reason for leave
- Phone Number for confirmation of appointment if required
- Place and Time of appointment

Reminder from the office

Please label all items of clothing. Any lost property items that are not labelled and not collected within two days, will be donated to the clothing pool.

Thank you.

WELLBEING UPDATE

In this edition of Logbook we have continued with a focus on conversations. How to have a great conversation with your teen as we know that connecting is the best start to success and a future where young people thrive. We also have focused on the importance of sleep for young people and some hints and tricks around technology, which can cause significant distractions for a healthy sleep. We hope you find these resources useful in working in partnership to support the wellbeing of our students.

If there are any topics that families are having difficulty with or would like further information on, please contact Mrs Irem Mooney or Mrs Natasha Gillan (HT Wellbeing) and we will seek to provide support to families around student wellbeing where we can.

How to have a great conversation – from ReachOut.com

Sometimes communicating with teenagers can be tricky. The following tips might help you to keep the channels of communication open with your child:

- Make time and space to talk, get comfy, remove distractions such as phones, and have eye contact. These all signal that you are present, you want to listen, and you are 'there for them'.
- You don't need to fix their problem or make them feel better; you just need to listen. Try not to judge what they are saying. Just nod and say things like, 'Ok', 'Uh huh' or 'Yeah'. This will let them know that you're listening positively and will encourage them to keep talking.
- Be empathetic.
- Talk often.

Make time and space to talk

Here are some conversation starters:

- 'Is there something that you'd like some help with?'
- 'Ok, I'm here for you, what's up?'

If you have an inkling what they want to talk about, introduce the topic like this, 'I've noticed you seem a bit stressed, is there something worrying you?'

You don't need to fix their problem

Help your child come to a solution by themselves

We all sometimes just need to 'vent', get stuff off our chests, whinge, complain, or let our family know we've had a bad day. We don't need anyone to give us a solution or to 'fix' a problem; we just need someone to remind us that we are loved and supported. Your child needs the same opportunity; they may feel alone, frustrated, overwhelmed or upset, and they just need to feel loved and supported.

- 'That sounds tough, do you want help to find a solution or do you just need to get it off your chest?'
- 'How did that make you feel?'
- 'And then what happened?'

Allowing your child to talk through problems will give them an opportunity to use you as a sounding board. Unless they ask for your advice, encourage them to work through the problem themselves. This will help them take responsibility for their actions.

Be empathetic

You can demonstrate that you have empathy by being able to put yourself in your child's position and understand the situation from their point of view. Your child will keep coming to you to help them work through problems, and to talk about things, if you make it clear that you are on their side, even when they've made a mistake. You can do this by saying things like:

- 'I can see why you're so (frustrated, sad, annoyed).'
- 'How did you feel about that? Yeah I think I would have felt like that too.'
- 'Why do you think (the other person) did/said that?'

Talk often

Take the opportunity to really check in with your child every day about the little things that are going on in their life. By remaining positively engaged in their life, it will be easier to have difficult conversations when the need arises. If your child can trust you to 'be there for them', to listen to, love and support them, then they are much more likely to see you as someone to turn to first when they need help in working through bigger problems. Your relationship will be built on trust and open, honest communication. Enjoy getting to know your child as the interesting and maturing person they are becoming.



Sleep

Article Source:

1. <http://au.reachout.com>

2. <https://www.mindmatters.edu.au>

3. <https://www.youthbeyondblue.com>

Why sleep?

Sleep is necessary to make the mind and body the best they can be. The mind and body do not shut down when we sleep, they are quite active. Sleep is a time for the mind and body to process, restore and strengthen. During the day our brains take in lots of information and sleep helps our brains sort and store these memories – storing them in either short or long-term memory. The body requires long periods of sleep to restore and rejuvenate, to grow muscle, repair tissue, and make hormones. Adults need 7-9 hours of sleep per night, one-year-olds need roughly 11 to 14 hours, school age children between 9 and 11 hours, and teenagers between 8 and 10 hours for our best development and alertness. We need this sleep regularly as our bodies do not build up sleep.



Signs of lack of sleep?

There are different kinds of sleep issues, including difficulty getting to sleep, poor sleep quality, too short a time sleeping, frequent waking, and early waking. There can be many causes, including illness, pain, psychological distress, external disruptions including light, noise and temperature, daytime napping, caffeine drinks, poor sleep routine and electronics disruption. This can lead to tiredness during the day, poor concentration, irritability, general muscle and bone soreness, increased illness due to a stressed immune system, and depression.

Getting a good night's sleep

There are many different things we can do to improve our sleep. The trick is find what works for you, practice it and then stick to it. It is always good to have some extra tips for those difficult nights too. Some suggested items for your sleep routine include:

In the morning

Get out of bed as soon as you wake, don't go back to sleep or try to make up for 'lost sleep'

Get up at about the same time each morning.

During the day

Go outside into the fresh air

Engage in **physical activity**,

Limit caffeine or alcohol

Avoid naps in the day

Address worries that are causing you stress

Keep a sleep-wake diary – review regularly and change what is not working

Use your bed only for sleep

Getting ready for bed

Write your worries down before going to bed

Relax for about 30 minutes before going to bed

Don't go to bed too early

Don't use **alcohol** to help you sleep as it reduces the length and quality of your sleep.

Don't **smoke** cigarettes for two hours before bed

Make sure you have eaten enough and used the toilet

When having difficulty sleeping

Get up after 15-20 minutes if you can't sleep

Do something **calming**, for example use the Reachout Recharge or Worry Time apps

Try to make your bedroom quiet, dark and cool

Avoid too many blankets and electric blankets, since this affects your time in deep sleep

Sleep and the impact on School

Beyond lack of energy, poor concentration, and irritability, sleeping-in or going home early reduces your opportunity to learn too. It is easy to say that missing just half an hour of school won't hurt, e.g. "If I get that extra half an hour of sleep I will be able to focus better at school". If you miss just 30 minutes of school a day that adds up to 4 weeks per year and nearly 1½ years from kinder to year 12. Miss 1 day per week and you lose 2 weeks a term and 5 terms from year 7 – 12. This has a great impact on your academic, social and emotional progress. School attendance until age 17 years is required by Law.

This article is general information only, if you are concerned about your or someone else's mental health, talk to your General Practitioner (GP).

Useful Resources / Contacts:

★ Mental Health Line 1800011511

★ Kids Helpline 1800551800










★ <https://www.eheadspace.org.au>

★ <http://au.reachout.com>

Apps for Wellness

According to the Young and Well National Surveys, 98% of young people use the internet and for 71% the most common device of choice is a smartphone. Many apps have been developed to educate and support people with mental health problems, experts believe that these apps will work best when used along with professional support.

All the apps listed below are free and can be found in iTunes

<p>Smiling Mind</p>		<p>Smiling Mind is a web and App-based program developed by a team of psychologists with expertise in youth and adolescent therapy, Mindfulness Meditation and web-based wellness programs. Smiling Mind is available online or as a smartphone App.</p>
<p>ReachOut Orb Game</p>		<p>A 'serious' game designed for use in Year 9 and 10 classrooms – mapped to the Australian HPE and NSW PDHPE Curriculums – to improve students' understanding of key factors and skills that contribute to improved mental fitness and wellbeing.</p>
<p>Recharge - Move Well, Sleep Well, Be Well</p>		<p>A personalised six-week program that helps improve your general health and wellbeing by focusing on four key areas:</p> <ol style="list-style-type: none"> 1. Regular wake and sleep time each day, achieved over six weeks; 2. An alarm clock that triggers fun activities designed to get you up and out of bed; 3. Increasing your exposure to daylight early in the day, to help reset your body clock; and, 4. Encouraging you to increase physical activity, especially within two hours of waking up.
<p>ReachOut WorryTime</p>		<p>Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7.</p>
<p>Reachout Breathe</p>		<p>Helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate.</p>
<p>MoodGYM</p>		<p>Effective in reducing symptoms of depression and anxiety in controlled trials and in real world settings.</p> <ul style="list-style-type: none"> • Effects have been shown to persist at 6 and 12-months post-test. • The program is also effective in increasing knowledge about CBT and in reducing dysfunctional thinking and personal stigma.
<p>MoodKit Mood improvement Tools</p>		<p>Helps you apply effective strategies of professional psychology to your everyday life. With four integrated tools, MoodKit helps you:</p> <ul style="list-style-type: none"> * Take action to improve your life. * Feel better by changing how you think. * Rate & chart your mood to monitor progress. * Develop self-awareness & healthy attitudes.
<p>Youth beyondblue The Check-In</p>		<p>Help take the fear out of having a conversation with a friend who might be struggling. This is often not an easy conversation to have and the Check-in app provide building blocks for how you would approach your friend and give you a confidence boost to know what to do if your friend does need support.</p>
<p>Mindshift</p>		<p>Help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety</p>

This article is general information only, if you are concerned about your or someone else's mental health, talk to your General Practitioner (GP)

Safe Use of Technology

Article Source:

1. <http://primarytech.global2.vic.edu.au>

2. <http://www.mindmatters.edu.au/>



ZIP IT

Keep your personal stuff private and think about what you say and do online.



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Key messages around internet safety


1. Always **ask an adult** if you are unsure of anything when you are online.
2. Don't sign up for **sites that are 13+** if you are not old enough (Facebook, YouTube, Instagram etc.).
3. Remember **YAPPY** (the personal information you should not share online) – **Y**our full name, **a**ddress, **p**hone number, **p**asswords, **y**our plans.
4. **Don't add people** as online friends unless you know them in real life or have parental permission. Never arrange to meet an online friend without talking to a parent.
5. Remember that **you cannot believe everything** you read on the internet and you cannot trust everything online friends tell you.
6. **Choose sensible names** for usernames, email addresses etc.
7. **Talk to your parents** about what you are doing online and let them know when you are going on the internet.
8. **Know what cyber bullying is** and tell someone if you think it is happening to you. Cyber bullying is when someone picks on you, annoys, embarrasses, or threatens you over and over again using technology, such as the internet or a phone.
9. **Protect your digital footprint:** don't put anything online that you wouldn't want all your friends, family, teachers and future employers to see.
10. **Treat others online the way you would like to be treated.**




Technology can empower young people to think about and address their own mental health and wellbeing needs. Young people have grown up in a world where technology is a part of their lives. For these young people, using technology is a way to express creativity, socialise, develop their identity and seek information.

This article is general information only, if you are concerned about your or someone else's mental health, talk to your General Practitioner (GP).

Useful Resources / Contacts:

 <https://www.education.gov.au/cybersafety-schools>

 **Children's eSafety Commissioner:** <https://esafety.gov.au>

SETTING UP A DEVICE SAFELY FOR KIDS

YOUTUBE

SETTINGS →
TICK SAFE SEARCH FILTERING
→ TICK STRICT

TURN OFF IN APP PURCHASES

SETTINGS → GENERAL → RESTRICTIONS
TURN OFF IN APP PURCHASES (NOT GREEN)

DISABLE SAFARI BROWSER (IF YOU DON'T WANT THEM SEARCHING ANYTHING)

SETTINGS → GENERAL → RESTRICTIONS
ALLOWED CONTENT

MAKE ITUNES SAFE

(TO KEEP DEVICES SEPARATE WHERE YOUR ITUNES
ACCOUNT HAS BEEN CONNECTED TO)

ITUNES ON YOUR COMPUTER → EDIT → PREFERENCES
DECIDE WHICH SHOWS AND RATINGS ARE ← PARENTAL
APPROPRIATE FOR THIS DEVICE
AND OTHER DEVICES.

SAFARI

SETTINGS → GENERAL → RESTRICTIONS
SET IT UP THE WAY YOU WANT IT AND APPROPRIATE
FOR YOUR CHILDREN.

DISALLOW UPLOADING OR DELETING OF APPS

SETTINGS → GENERAL → RESTRICTIONS
INSTALLING APPS OR DELETING APPS

GUIDED ACCESS

(FOR KIDS TO STAY WITHIN AN APP, TO AVOID GOING TO OTHER APPS AND WEBSITES)

SETTINGS → GENERAL → RESTRICTIONS
SCROLL DOWN TO LEARNING ← ACCESSIBILITY
GUIDED ACCESS → TOGGLE ON



10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



Calculator%
This app looks like a calculator but functions like a secret photo vault.



Omegle
A free online chat website that promotes chatting anonymously to strangers.



Yellow
This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.



Whisper
An anonymous app where the creators promote sharing secrets and meeting new people.



Ask.fm
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



Hot or Not
Strangers rate your profile. Goal is to lead to a hook up.



Burn Book
Post anonymous rumors about people through audio messages, texts, and photos.



Wishbone
An app that allows users to compare kids against each other and rate them on a scale.



Kik
Messaging app. Kik has built in apps and web content that would be filtered on home computer.



Instagram
Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

Year 9 Commerce

This term the Year 9 Commerce class was tasked with creating a product, designing a prototype, then producing a marketing campaign as part of the Promoting and Selling topic. After weeks of workshoping ideas, researching designs and gathering materials, the class marketed their fantastic prototypes, with presentations so impressive they could rival those seen on Shark Tank! Some notable products include Luke Dimmocks 'MSOCS' - magnetic socks which won't get lost in the washing machine. Lori Rivenell created 'Eyegraphic' - a holographic computer contact lens which allows you to have the internet wherever you go through a holographic computer, whilst also providing the option to change your eye colour. Aaliyah Condon repurposed a mini shopping trolley to build a humane cat trap and Brianna Russell's 'Pro Pointe Shoes' will help ballerina's perfect their technique. An honourable mention goes to Jemimah Mitchell who designed 'The Cube' and made a fully functioning prototype which includes a USB port, integrated wireless speakers, power outlet, and light. Well done to all students involved.



'Inhibit-Nits' to prevent head lice by Anastasia Smyth and 'The Fallow' clothing products by Meg Kelly



'The Cube' by Jemimah Mitchell



'Eyegraphic' by Lori Rivenell

Year 9 Accelerated Business Studies

Year 9 Accelerated Business Studies have recently applied their knowledge of planning, organising and controlling in management to a practical scenario. Students were challenged to construct the tallest tower using only spaghetti and marshmallows! The activity was thoroughly enjoyed with the winners of the tallest tower being Ashley, Jemima and Yash.

Earlier in the term, students were fortunate to hear from Claudia Byrnes, an Oxley High School ex-student and now part owner of Tamworth's newest bakery, Sonny's. Claudia spoke to the students about her love of business and the importance of mentoring. She also shared the challenges faced in establishing a new business, whilst also managing 50 staff in her role as area manager of Harvest Hospitality.



Open Girls Knock Out Hockey

In Week 6 the Open Girls Hockey team played Tamworth High School in the second round of the competition. After a tough first half, captain Tanisha Donnelly scored an equaliser to send the game into extra time. A team of nine players then took the field, and due to no result after 6 minutes, they dropped down to seven players for a further 6 minutes. At the end of extra time the game was still drawn at 1 - 1, so 5 players stepped up to take penalty strokes. After awesome goals by Maddie Lewin and Tanisha, and spectacular saves by goalie Abi Carr, the game was once again drawn at 3 - 3. To break the deadlock, three players went through another round of strokes. Goals to Brydie Chegwyn, Tanisha and Maddie, saw the girls win 6 - 5 in a nail biting finish! A special thanks to Mr Whitton and Mr Squires for driving the bus, and Alex Taggart for umpiring.



Oxley Girls Academy News

Peel River Day

Students from the Girls Academy and Clontarf Academy participated in a World Environment Day run by Mr Neal Foster who is an Engagement Officer from the Northern Basin Local. The Academy students helped to mentor and supervise 40 students from Oxley Vale Primary School in a range of Peel River activities.

Activities during the day consisted of an assessment of riparian vegetation with transects and quadrats, bug sampling and assessing the aquatic macroinvertebrate community.

Students also enjoyed learning about the Peel River through art and story telling activities with Uncle Neville Sampson (Kamilaroi Elder) and Jason Wilson (Kamilaroi LEO) who shared Aboriginal values of the Peel River.

Students enjoyed the day and shared a lovely BBQ lunch together.



On Tuesday May 29, Warrant Officer Shane Cox presented to our Academy Girls on the processes of joining the Defence Force and career pathways within the Army that our girls may like to pursue.

Interested students were invited to attend a YOU session in Tamworth on June 22nd.



North West Cross Country

Oxley High School had five student representatives at the North West Cross Country Carnival held at the Coolah Golf Course on the 15th June. Three of these students were successful in selection and will now head to Sydney for the State CHS Cross Country Carnival.

Paige Levingston came first in the 15 yrs girls 4km and won by over two and a half minutes,

Mikaela Bridge came fourth in the 14yrs girls 4km and

Jasper Hall came fifth in the 13yrs boys 3km.

Congratulations to these students and we wish them all the best at the State Cross Country Carnival.

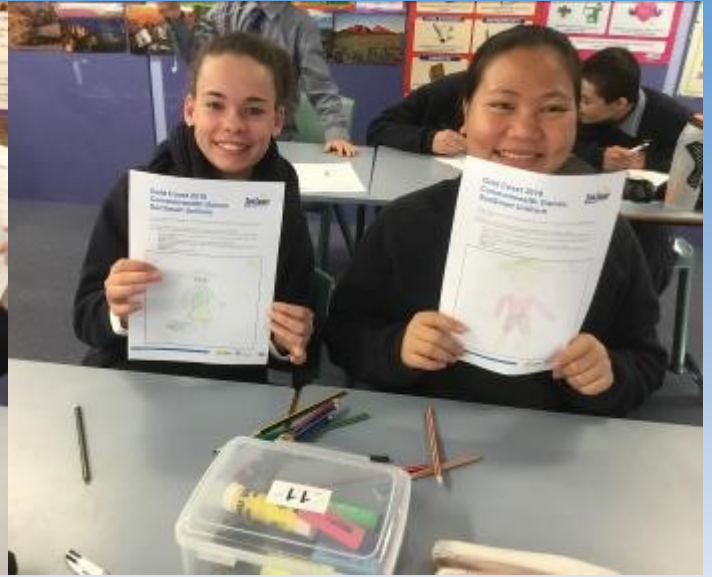


In the next edition of Logbook, we will have results from Zone Athletics.

What have 7I been up to?

As part of their English study of the film 'Footy Legends', 7I were treated to a visit from former Australian rugby league player and Oxley High School Clontarf leader Mr Tom Lahrs. Students were fortunate to be able to interview Mr Lahrs who happily shared his football experiences and brought in some of his football memorabilia to show them. The students appreciated Mr Lahrs' honesty and the time he took to spend with the class.

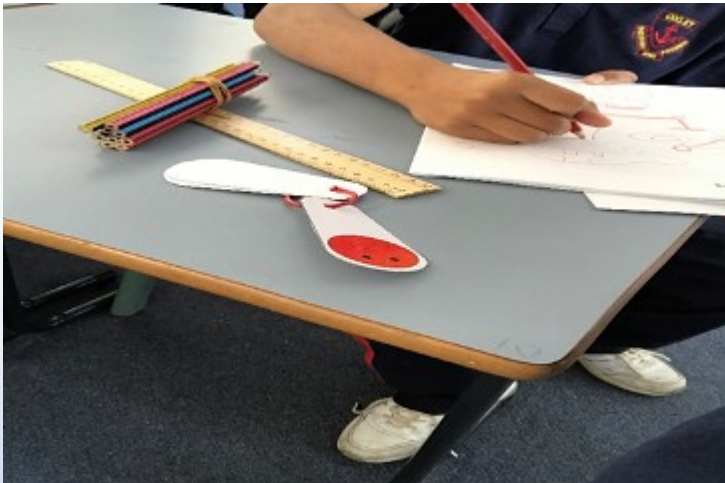




Year 7 PDHPE

This term Year 7 are learning about different ways we can keep ourselves safe; including sun safety, road safety and personal safety. Students in 7I work independently and use self-assessment tools to show their understanding of learning.

Here students of 7I are designing "Road Safety" posters and the self-assessment tool is used to show the teacher if they understand it and can explain the task to another student, if they need some clarification or if they need further instruction and guidance.





clontarf
foundation

Oxley boys getting work ready

Words and photos by Tristram Morris

Year 9 and 10 boys from the Oxley Academy in Tamworth recently had the opportunity to do a worksite visit with Kmart.

The visit, which was put together by regional Clontarf Employment Officer Ross Fraser, gave the boys insight into what employment prospects were available to them with the Kmart team.

The visit was hosted by store manager Sharon Tricky who gave the boys a tour of the store and advised that there were currently positions available. Sharon was able to discuss how the store operated and answered questions that the boys had asked.

The boys had their resumes on hand and filled out application forms at the end of the visit to hand in. Fingers crossed our boys will pick up some of the positions available.

