RESPECT  TOLERANCE  PERSONAL BEST  COMMITMENT TO COMMUNITY

ARE YOU READY FOR THESE KEY DATES?
Next Monday there will be four school weeks before the July School Holidays. Term 3 will be here before we know it. Please think carefully about making the most of these opportunities.

PARENT / TEACHER EVENINGS
Wednesday 20 July (Week 1 Term 3) 4pm-7pm and Tuesday 26 July (Week 2 Term 3) 4pm-7pm
- Both nights are for all Years 7 to 12
- Bookings will open on Monday 27 June (the last week of this term) in Macquarie Office.
- First semester reports will be issued during the last week of this term.

ARE YOU A ‘YEAR 10’ PARENT, GUARDIAN OR STUDENT?
If the answer is yes then the night of Wednesday 27 July is very important for you.
This is the night we meet in the hall to begin explaining the process of subject selection and pathways for senior students. This is a very important night for every Y10 family.

ARE YOU A ‘YEAR 8’ PARENT, GUARDIAN OR STUDENT?
Wednesday 10 August is an important night for you.
This is the night when we explain the process for selecting your elective classes in Years 9 and 10.
This is an important night for every Y8 family.
Will you be taking advantage of these opportunities to support your child’s learning?
Please plan ahead now.

LAW WEEK ACTIVITIES
On Thursday 19 May all Years 11 and 12 Legal Studies students attended Tamworth Courthouse to participate in Law Week activities. Firstly, they were entertained by a local didgeridoo player before splitting up into five groups to attend sessions on such things as: crash scene investigation, cyber bullying and careers in the law. Students also got to see the new technology being used in court rooms as well as a tour of the prisoner cells. Guest speakers who spoke about careers in the law included a juvenile justice officer, solicitor, correctional officer, legal secretary and police officer. Many thanks must go to the Central Northern Regional Library and the Justice and Attorney General’s Department for organising the day and giving our students the opportunity to experience a range of aspects relating to the law.

MUNA REPORT
MUNA is a reproduction of the United Nations itself. A number of nations that hold membership in the UN are represented by delegations consisting of two high school students. A month or two before MUNA an agenda of topics, closely related to the issues before the current General Assembly, are prepared for debate and sent to the delegations. Students are required to research the view of the country they will represent on all agenda items and one item in particular. If a delegation is unable to discover the view of the country they represent, the students are expected to use their imagination in determining what that view would be. When delegations are advised of the country they will represent, they will also be advised as to the resolution which they will be called upon to speak, either in the main assembly or in bloc meetings. During the two days of meetings each agenda item is presented to the general assembly for final debate and vote.
MUNA was held at Woolgoolga High School 14-15 May and many students from around the area joined into the debate. Oxley High School was represented by Tamin John and Jessica Erdos (Y12), the Indonesian delegates and Cameron Young and Miriam Hansford (Y10), the South African delegates. Each represented country was asked to dress up for the debate and many came with beards, bombs and burques. It was also customary to bribe other countries for their support meaning that we had lollies being scattered around the room and treats also being issued.
MUNA has unique potential to bring the message of world peace and understanding to youth by encouraging them to communicate their knowledge and idealism through the shared experience of debating significant social, environmental and political issues.

COUNSELLOR CORNER
What does it mean to appreciate the little things in life?
Appreciating the little things in life involves focusing our attention on what is pleasurable, nurturing and sustaining in our lives. It also means turning our focus away from those events that are annoying, frustrating, or hurtful. As well, it
means showing our appreciation for those everyday things that are easy to take for granted or that we may miss altogether! Adopting this positive outlook won’t stop bad things happening to us, but it may help us from focusing too greatly on them when they do happen.

Positive emotions have been shown to be linked to good physical health. According to some researchers, people who experience positive emotions are likely to live longer, enjoy better immune functioning and recover more effectively from major illness. It’s not just our physical resilience that is affected by positive emotions; our psychological wellbeing can be enhanced also. Theory has it that when we experience positive emotions we are able to think and behave more creatively and flexibly than when we experience negative emotions. This “broadening” of the way we think and act builds resources for us that we are able to use in more difficult times.

As the saying goes: Be positive! Not just a blood group, but a whole way of life! For more information about the benefits of positive thinking, visit these websites:

- Authentic Happiness: [www.authentichappiness.org](http://www.authentichappiness.org)
- The Happiness Institute: [www.thehappinessinstitute.com](http://www.thehappinessinstitute.com)

**CROSS COUNTRY 2011**

On Thursday 19 May Oxley High School held its annual Cross Country. The warm conditions were good for the largest number of competitive runners we have seen in years and perfect for all other students to walk and run the course with their friends. Thank you to all of the students who tried their hardest on the day and to the staff who supervised the course. The following students came 1st and 2nd respectively in each age group in the competitive run:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 Years Male</td>
<td>Nicholas Press and Wade Hazell</td>
<td></td>
</tr>
<tr>
<td>17 Years Female</td>
<td>Laura Potter</td>
<td></td>
</tr>
<tr>
<td>16 Years Male</td>
<td>Aaron Nielsen and Nathan O’Sullivan</td>
<td></td>
</tr>
<tr>
<td>16 Years Female</td>
<td>Jessica Rose tied with Caitlin Somerville</td>
<td></td>
</tr>
<tr>
<td>15 Years Male</td>
<td>Joshua Fowler and Blake Turner</td>
<td></td>
</tr>
<tr>
<td>15 Years Female</td>
<td>Madeline Robinson and Madison Piper</td>
<td></td>
</tr>
<tr>
<td>14 Years Male</td>
<td>Andrew Finch tied with Harrison Smart and Nicholas Caley</td>
<td></td>
</tr>
<tr>
<td>14 Years Female</td>
<td>Melanie Morgan and Jasmine Logue tied with Courtney Walsh</td>
<td></td>
</tr>
<tr>
<td>13 Years Male</td>
<td>David Ifield and Luke Hollinworth</td>
<td></td>
</tr>
<tr>
<td>13 Years Female</td>
<td>Lia Mills and Tori Saunders</td>
<td></td>
</tr>
<tr>
<td>12 Years Male</td>
<td>Brodie Sweeney and Brayden Constable</td>
<td></td>
</tr>
<tr>
<td>12 Years Female</td>
<td>Ashleigh Bradford and Rhiannon Miskle</td>
<td></td>
</tr>
</tbody>
</table>

The top four students in each age group are eligible to represent Arinya Zone at the Regional Cross Country at Coolah on Friday 17 June. All the best to those students who will be competing at Coolah.

House Participation points for the Cross Country were as follows (points are awarded to students who finish the course in under 22 minutes):

<table>
<thead>
<tr>
<th>House</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macquarie</td>
<td>288 points</td>
</tr>
<tr>
<td>Castlereagh</td>
<td>156 points</td>
</tr>
<tr>
<td>Namoi</td>
<td>152 points</td>
</tr>
<tr>
<td>Hastings</td>
<td>148 points</td>
</tr>
</tbody>
</table>

Congratulations to Macquarie House.

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**OXLEY HIGH SCHOOL WINTER SPORTS UNIFORM**

A Winter sports uniform is being implemented. This will be a red, gold and navy jacket with Oxley emblem and matching track pants. This is currently being added to our uniform for boys and girls in all year groups. All Year 7 students in 2012 will be required to wear this, it will be compulsory.

For our current students including Year 7 2011 this tracksuit can be pre ordered for sizing. These can be gradually phased out from 2012.

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**GIRLS RUGBY UNION 25 MARCH 2011**

Friday 25 March 2011 the Oxley High School Girls’ Rugby Union side competed at the North West Schoolgirls Rugby Union Sevens tournament at Viaduct Park. Our side won the Opens’ division beating Wee Waa and St Marys Gunnedah in a Round Robin Competition.

The team consisted of:


Game 1:

- OHS 40 - Wee Waa 10 (Thorpe 3 tries, Nielsen 2 tries, Cox 2 tries, Ness 1 try)

Game 2:

- OHS 15 - St Marys 35 (Nielsen 1 try, Cox 1 try, McMahon 1 try)

Game 3:

- OHS 15 - Wee Waa 5 (Simpson 1 try, Nielsen 1 try, Cook 1 try) **short game**

Final:

- OHS 25 - St Marys 20 (Simpson 2 tries, Cook 2 tries, Ness 1 try)

Congratulations girls! Irem Mooney (Coach)