RESPECT. TOLERANCE. PERSONAL BEST. COMMITMENT TO COMMUNITY.

PRINCIPAL’S MESSAGE -
MR TIMOTHY O’BRIEN- 67661677:
We are just reaching the end of term and the halfway mark of the school year.
It is time for the family to reflect on progress at school. Half year reports will be issued to all students in Years 7, 8, and 10 next week. Take the time to have a close look at them.

What should you look for in each subject?
• On the effort table grades of 4 and 5 indicate the student is working well in Class. Anything less than this tells you that the student is not doing their personal best.
• Now compare this with the achievement table. Grades range from A to E. A grade of ‘A’ or ‘B’ reflects a strong result but remember many of us can’t be great at everything. A student with an achievement of ‘D’ and an effort of ‘A’ is having a go and should be congratulated.
• Does the teacher’s comment reflect respect for the work of the teacher and other students in the class. What is being done well and what needs to be worked on?
• Now have a look at the attendance information. It tells you how many whole days and part days (explained and unexplained) your child has had. This report covers approximately 100 School days and so 10 days absence will reflect 90% attendance. This appears fine but take a moment to think what this might mean to an employer.

Ninety percent attendance means a student misses an average of one day per cycle or in the world of work its taking every second Friday off.
• How long will an employer put up with this?
• Young people do get sick and it is difficult to juggle a family’s commitments however any absence need careful thought.

REMINDERS:
PARENT / TEACHER EVENINGS
Wednesday 20 July (Week 1 Term 3) 4.00-7.00pm and Tuesday 26 July (Week 2 Term 3) 4.00-7.00pm Please take advantage of Parent/Teacher night as it is an opportunity to discuss with each teacher the best ways to help your child achieve their personal best.
• 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.

SUBJECT INFORMATION EVENINGS
Wednesday 27 July - Year 10 into Year 11 Subject Selection Night
Wednesday 10 August - Year 8 into Year 9 Subject Selection Night.
Parents and Carers can make a real difference by taking the time to help children reflect and set goals for the future and by getting involved in even one of these events. Enjoy the holidays, keep happy and safe. We all have a busy term ahead of us.

P & C REPORT
Well another term is about to finish and we have our last P & C meeting for this term on Monday 27 June at 6.45pm. You are all welcome. We will be discussing the Antique Fair which is on 29-31 July at the Tamworth Town Hall so please keep that date in your diary.
A flyer will be sent home with this Logbook asking for support from all parents and if you can volunteer to help, please do so. It is only with the help of parents we will be able to continue to support the school and your children.
Volunteers are the backbone of the P & C and you can volunteer without having to attend a meeting if you don’t like meetings.
We need more volunteers for the Canteen. Please, with close to 800 families or more who have children attending Oxley, surely we can have some more parents who can assist with even three hours a month. The Canteen provides breakfast, recess and lunch at very reasonable prices and unfortunately they will have to go up if we can’t get more volunteers. Last week we had groups of students from other high schools in Tamworth and their most common comment about the Canteen was the good food and how cheap it was. If we can’t get volunteers then the “good times of good food at cheap prices” will not last.
PLEASE VOLUNTEER.
Try and visit the Antique Fair, it is a great experience and it does change each year. Hope to see you there between the 29-31 July at the Tamworth Town Hall.
THE NEXT P & C MEETING is on MONDAY 27 JUNE at 6.45PM IN THE MACQUARIE FRONT OFFICE MEETING ROOM.
Mr Michael O’Connor - P & C President
Reminder: CANTEEN MEETING 6.15PM IN THE MACQUARIE FRONT OFFICE MEETING ROOM

PLEASE NOTE: Term 2 finishes on Friday 1 July. Students return on Tuesday 19 July for Term 3 - Week 1, Day 2

AUSTRALIAN DEFENCE FORCE SCHOLARSHIP
Congratulations to ADAM DORAHY of Year 11 who has been awarded the prestigious Defence Force Scholarship valued at $2,000. The scholarship encourages Years 11 and 12 students to pursue a trade-related career in the Defence Force. Adam hopes to become an Engineer or Mechanic in the Army.

Jessica Simpson (Y12), Liam Stephenson (Y9) and Max Colby (Y9) received High Distinctions in the Australian Geography Competition. Laura Ness (Y12) and Kayne Shearman (Y9) received Distinctions. Congratulations to all these award winners.

Adam Dorahy received his Scholarship at our School Assembly 9 June 2011.
CAREER NEWS
INDIGENOUS STUDENT WORKSHOPS: During this term we have been lucky enough to have Janelle Hammond, an Engagement Officer from Wollotuka Aboriginal Centre, Newcastle University. She has been working with our Indigenous students teaching them about self-esteem and identity as well as different learning styles which will help them throughout their educational years and career pathways. These workshops are running for four weeks every Wednesday for one period. The students have already gained greater skills in such a short period. R Dalley

SCHOOL VISIT DAY - NEWCASTLE UNIVERSITY: The University of Newcastle is hosting a Schools Visit Day for Year 12 students on Thursday 30 June. The day offers an informative program of sessions on courses, scholarships, avenues of entry, accommodation, university life and much more. We have booked a coach to travel to Newcastle for the day. The coach will leave Oxley at 5.00am and return about 7.30pm. Cost of the day is $35. Students must collect a permission note from Mrs Gahan in Careers.

CAREER NEWS: On 6-8 June 2011 Ms Dalley (Careers Adviser) was lucky enough to be invited to the Australian National University (ANU) Canberra. The university hosts many different degrees and has just added multimillion dollar Science buildings with state of the art equipment. This prestigious university ranks number one in Australia and is recognised nationally with the likes of Oxford, Yale and Stanford Universities with great exchange programs to all of these universities and more. In addition it has great facilities in particular for first year students as they prefer their students living on campus, as this gives them closer links to the university and helps them settle in to the university life and experience. ANU guarantees a place in catered or non-catered colleges. It’s a university with both rural and city elements, along with a seaside property for Marine Biology and other degrees. It has some of the best lecturers and academics in the world. There is early entry in some degrees. If anyone would like any further information along with pictures of the university and its new additions please make an appointment with Ms Dalley. (Well worth a look)

COUNSELLOR CORNER
This week is National Men’s Health Week. It is a good opportunity to focus on the importance of wellness and wellbeing for the men in our families and work places. Recognising and preventing men’s health problems is not just a man’s issue as it impacts on wives, mothers, sons and daughters. Men’s health is truly a family issue! Perhaps men will never need to have the kind of regular contact with doctors that women and children do. Often men don’t go to the doctor simply because they don’t need to; while some men do put off going to the doctor when they really should go. They may feel that something really bad has happened. This is not a good idea.
Tim Mathieson, National Patron of Australia’s Men’s Shed Association, suggests men start talking more about their health and wellbeing and enjoy longer lives!
For more information on matters relating to men’s health, visit: www.menshealthaustralia.net
Ruth Jenkins, School Counsellor

OXLEY HIGH SCHOOL ANTIQUE & COLLECTABLES FAIR
Friday 29 July-Sunday 31 July 2011 - Tamworth Town Hall
This year marks the 26th Fair. The Fair is the biggest fundraiser but it takes a lot of man power to make it the success it is. Please aim to support this Fair in some way, no matter how small, your contribution of either time or donation of goods. The Fair is one of the most successful outside of a capital city in Australia. It attracts the best antique dealers of any Fair and this year we have gone international with one dealer flying in from New Zealand. It is urgently needed for the Fair, in the kitchen, unloading, cleaning up and donations of food. Please peruse the leaflet in this Logbook and see if everyone can help in some small way to make it the same great success it has been in the past.
For the last few year’s the Fair has made in excess of $16,000 each year.
Mrs Helen Brennan - 0438663058
Mr Euan Coutts - 67662030

YEAR 10 GEOGRAPHY
LAND AND WATER MANAGEMENT EXCURSION

All Year 10 Geography classes recently gained a better understanding of the issues concerning land and water management in the Peel River catchment, by being involved in a one day excursion. After an early start, the first stop was at Chaffey Dam, to observe and discuss some of the relevant issues.

Before lunch at McDonalds, a tour of the Water Purification Plant was undertaken. Council staff gave an expert insight into the processes involved in treating our water, so that it is safe for all users. After lunch the students were given a brief overview of the upgrade at the Westdale Waste Water Treatment Plant. The students then went to the irrigation farms near the airport, where the effluent from the sewerage works is recycled.

All Year 10 students now have a much better knowledge and understanding of the land and water issues in our catchment.

Special thanks go to the Tamworth Regional Council staff for hosting our students and Macphersons Coaches for transporting all four groups.
Craig Redmayne
I am sure the band was appreciated by everyone who had
Gayford and Toby Harradine.

The students who participated from Oxley High School
Band competition which was held in Hawaii in March.
The band recently came second in the Pacific Rim Concert
Schools on 14 June 2011.

other concerts at Tamworth West and Tamworth Public
played at the opening of the conference as well as two
for the NSW Secondary Schools Principals Conference
The Vocal Ensemble’s first public performance was held at
New England Regional Vocal Ensemble. We were
Potter (Y12) went out to Lake Keepit as part of the first
many new warm-ups and other interesting musical twists. The camp went for three days with 4-5 rehearsals, a
concert each night showcasing the talent of vocally gifted
students around the region and a concert at the end of the
camp for all the parents, showing what we had achieved in
three days. As well as singing for three days straight, we
also participated in recreational activities, as you do at
Lake Keepit. It was too cold for any water sports so
instead we did Archery and went on the giant 20 meter
swing which was quite a daunting experience for a few.
The girls made many new friends and had a fantastic time,
losing our voices at the end was definitely worth it.
The Vocal Ensemble’s first public performance was held at
the NSW Principal’s Conference on Wednesday 15 June.

NSW West of the Divide Concert Band
The NSW West of the Divide Concert Band that regrouped
for the NSW Secondary Schools Principals Conference
played at the opening of the conference as well as two
other concerts at Tamworth West and Tamworth Public
Schools on 14 June 2011.
The band recently came second in the Pacific Rim Concert
Band competition which was held in Hawaii in March.
The students who participated from Oxley High School
included Angus and Cameron Young, Kara Spicer, Emily
Gayford and Toby Harradine.

Outstanding performances on the day were from Havannah
Ellsley who scored 66 points in 9 events and Lia Mills who
scored 75 points in 10 events. Lia smashed three records at
the carnival in the 800m, 1500m and the 3000m events.
Some of these records had been held for over 20 years.
A big thank you to all staff that assisted in the running of the
carnival. A special thank you to Len Moss for his help in
transporting equipment to the grounds. Thank you also to
the Sports Council for their help with with their organising the
staff folders and setting up of equipment for the carnival.

NORTH WEST CROSS COUNTRY CHAMPIONSHIPS
On Friday 17 June the Oxley High School Cross Country Team
embarked on the long trip to the North West Cross Country
Championships which were held in the chilly town of Coolah.
Oxley High School was being represented at the
championships by 14 willing and able athletes across all
ages. There were some excellent results but all students
should be congratulated on their performances on the day.
The following athletes participated to the best of their ability
but unfortunately finished outside the top six and will not be
going on to the State Championships:
Andrew Finch (14 yrs), Melanie Morgan (14 yrs), Courtney
Walsh (14 yrs), Luke Hollinworth (13 yrs), Ethan Bailey (13
yrs), Olivia Harris (13 yrs) and Rhiannon Miskle (12 yrs).
William Finch (16 yrs) finished 8th and is a shadow reserve
for his age group.
The following students finished in the top six:
12 yrs Boys  Brodie Sweeney  6th
13 yrs Girls  Lia Mills  1st
15 yrs Girls  Madison Robinson  5th
18 yrs Girls  Laura Potter  2nd
18 yrs Boys  Ethan Graham  6th

These six students have been selected to go on to State
Championships at Eastern Creek representing the North West.
Congratulations to all of these students on their
outstanding results, thank you to all of the parents who
made the trip to Coolah and good luck for the State
Championships.

Peter Maxwell – Sports Organiser
BEYOND BLUE
HOW CAN YOU HELP SOMEONE WITH DEPRESSION?

PRACTICAL WAYS TO HELP: People with depression often don’t see the point of doing anything and may feel that no one can really help them. The type and amount of help you’re able to provide may depend upon your relationship with the person experiencing depression. Helping someone who isn’t ready to recognise they need assistance may be very difficult. Below are some do’s and don’ts for helping a person with depression.

DO - You can help someone by:
• Spending time talking about their experiences.
• Indicating that you’ve noticed a change in their behavior.
• Letting them know you’re there to listen without being judgmental.
• Suggesting they see a doctor or health professional.
• Assisting them to make an appointment with a doctor or health professional.
• Going with the person to the doctor or health professional.
• Asking how their appointment went.
• Assisting them to find information about depression.
• Talking openly about depression.
• Encouraging them to become involved in social activities.
• Encouraging them to exercise and eat well.
• Providing a change of scenery occasionally.
• Maintaining contact.
• Encouraging other close friends and family to adopt a similar, inclusive approach.

DON’T - It’s unhelpful to:
• Pressure them to ‘snap out of it’, ‘get their act together’ or ‘cheer up’.
• Stay away or avoid them.
• Tell them they just need to stay busy or get out more.
• Pressure them to party more or wipe out how they’re feeling with drugs or alcohol.
• Assume the problem will just go away.

Other fact sheets in this series visit: www.beyondblue.org.au or Lifeline’s Just Ask on 1300 13 11 14

XIE XIE - CHINESE THANK YOU
They came to Tamworth, they experienced our country way of life and now it is time for them to head back home to the big city of Beijing.

Oxley High School Principal, Tim O’Brien officially farewelled three exchange students and their teacher of English after a four week exchange.

The students and teacher are from the Beijing National Culture and Vocational High School for Ethnic Minorities. Principal O’Brien in his farewell remarked how fortunate Oxley was in having its own special relationship with such an important school in the Chaoyang District in Beijing.

Oxley is only one of a few schools who have an exchange program with a Chinese school. This program has been happening since 2000 and is a very important part of the multicultural program offered by the school.

Li Bo (English name Tracy) responded on behalf of the students. He thanked all those who had made friends with him and thanked his host family who had showed him a lot of the country since coming to Oxley. He then extended an invitation for all to come to Beijing.

Miss Chen said that she has really enjoyed her stay. People are so friendly and she has been shown so much beautiful natural countryside since they have been here at the school. She also thanked the host families who had been such wonderful people in taking time to look after them during their stay.

Miss Chen said that the English taught at the schools in Beijing was a lot different from the words we use in Australia and it did take her time to understand what we were are saying. She enjoyed her time with teachers and was interested in the different way of teaching used here. It is more relaxed and students seem to be more involved in the classroom.

She further said that it is hoped that the relationship between Oxley and her school would continue and that Mr O’Brien would accept the invitation to visit her school next year.

RAILCORP CONCESSION CARDS
If any student is turning 16 and they need to travel by train, there are RailCorp Concession Cards for 2011 available at the Front Office. Please take advantage of these Concession Cards and send your child to collect.

YEAR 10 CENTRAL AUSTRALIA EXCURSION 2012
Students have been invoiced $1300 (this is only an approximate figure) for the Year 10 Central Australia Excursion 2012.

Deposits of $100 are being requested by the end of Term 3 2011 to secure a seat on the bus. Please pay at the Front Office. Please let the front office know if your child is not going.