

Senior School Newsletter



Senior Section

Term 3, Week 6

This week our Stage 6 students return from their Trials, and resume preparations for the Higher School Certificate examinations. These will take place 18 October – 19 November.

An important part of preparations is to make the most of the recent examination experience. As papers are returned, marks recorded and feedback read, a mindset of growth will be crucial to progress towards the HSC.

Students are advised to consider the following self-assessment procedures, and parents encouraged to promote them at home, whether results have brought disappointment or satisfaction.

Self-assessment is all about looking at results and asking what might be done to improve them next time. It's a crucial part of reflection and improvement, and should be done after all assessments.

That's because it

- encourages responsibility for learning;
- encourages honesty in the assessment of performance, including peers' performance;
- promotes deep understanding of topics and a student's learning style;
- encourages consideration of decisions, reflection on actions and planning future learning.

Self-Assessment Questions for Growth

As you consider each of these self-assessment questions, the best answer will be 'Yes.' However, if it's 'No,' you will want to understand why.

1. Did I work as hard as I might have? No? Why?

Was it a lack of energy?

Taking care of yourself is crucial to a well-functioning brain. It requires a healthy diet, daily exercise and good sleep.

Were you stuck?

Was it information that you didn't have in order to get unstuck?

2. Did I set and maintain high standards for myself? No? Why?

Lack of vision?

You have to know where you want to go and how far you want to reach. Set yourself a realistic but ambitious goal.

Lack of worthy examples?

What similar great works inspire you? What standards did their creators set for themselves? Seek inspiration.

Did you begin the work with, 'Oh, this is going to be impossible!' or 'I'm going to do my best'?

The attitude and self-fulfilling language that you begin with is important. The language that you use to begin helps determine the path you ultimately take.

What motivates you?

Which seems more favourable to you: the pain of effort and discipline, or the pain of regret? The payoff is significant, especially for your confidence, if you are proud of your efforts – as opposed to putting in little effort and feeling like you wasted a lot of time.

3. Did I spend enough time to do quality work? No? Why?

Did you think there wasn't enough time?

You will always be given a time limit to produce something, so it's important to schedule and plan important tasks. The less time you give to a task, the more the quality suffers. You'll have to sacrifice other less important activities if you're not finding enough time to reach great quality.

Lack of efficiency?

Those who can do great work in a short period of time are efficient. Using time efficiently is a skill that is acquired over time. It takes practice and discipline to learn how to use your time wisely. It's about good habits, but it's also your brain getting used to thinking efficiently.

4. Did I regulate my procrastination, distractions and temptations in order to complete my work? No? Why?

There are other things I need to do.

Prioritise. Make a schedule and stick to it. Adjust the schedule over days until you get the right balance.

Everyone needs breaks. Plan them and really take them: get away from the task. It's often the case that letting a task sink into your subconscious and sit there will produce better ideas.

I did my break and lost track of the time.

Deciding on a time limit for yourself for clearing the brain can help keep you focused on your target. Get a timer and be sure to use it. Apps that focus on the Pomodoro technique are good ones to look at.

5. Did I make good use of available resources? No? Why?

I didn't know what was available.

Resources are tools that you use to reach your goal. This means information, apps, people, equipment and so on. Begin your work by assessing what resources are available to you. Sometimes you get stuck and forget a particular resource that can help you keep going. Our greatest resource is people, especially teachers.

I didn't know how to use a resource, or the resource I was trying to use was too complicated.

Sometimes a particular app or tool requires a steep learning curve – at some point you have to decide if you're wasting too much time trying to learn it. You could be getting too caught up in learning it, to the point where it takes away valuable work time.

6. Did I ask questions if I needed help? No? Why?

I thought my question was going to sound silly.

As the old saying goes, the only stupid question is the one you don't ask. If you're embarrassed to ask out loud, ask in private.

The teacher was too busy.

Remember the teacher is not the only resource available, so be relentless until you get the reliable information that you need. Asking the right questions from the beginning can prevent misunderstanding in the long run.

I wanted to do it all myself.

The fear of collaboration can be a stumbling block to greatness. Some of the world's most successful people are that way because they align themselves with the right people.

7. Did I review and re-review my work for possible errors? No? Why?

I procrastinated and just wanted to turn it in.

Your timeline for completion should always allow for a review process. Have a finished product ready well before the deadline in order to let you or others do reviews and edits.

I fear the review process because I get stuck reviewing my work over and over again, to the point where I don't get anything done. I'm a perfectionist.

You might need to take a break before the review process starts – then come back to your work in a fresh state of mind. Or you can consult a classmate, sibling or parent for review and editing. You must never be afraid to ask for help if you genuinely need it.

8. Did I examine best practices for similar work? No? Why?

There was none available.

Your teacher will provide sample responses, scaffolds and guides. Even if you don't find good examples, you can work to make something better.

9. Is my work something for which I am proud—that I would proudly show to a large audience? No? Why?

We must always strive to achieve a 'Yes' answer for each of these self-assessment questions. They're intended to stimulate personal growth. If you're not at the point where you want to be, try again the next day.

Adapted from <https://globaldigitalcitizen.org/self-assessment-questions-growth-mindset>

Have a great week.

Len Elliott

Senior Section Co-ordinator

Senior Section Survey

Please take a few minutes to complete the Senior Section survey. It will provide valuable data in developing the programs that benefit your children.

The survey can be found [here](#).

Secondary CSSA State Athletics Carnival

It was a very successful day for our thirty Secondary students at the CSSA State Athletics Carnival on Friday, 24 August 2018. All students ran, jumped and leapt to the best of their ability, making the OCS community very proud of their achievements.

We had two students who were named age champions – Jordan White for the 13 years boys and Dylan McHatton for the 16 years boys.

We also had a number of students finish in the top three of their events, making them eligible to compete at the Secondary Combined Independent Schools (CIS) Carnival to be held on Tuesday, 25 September.

STUDENT	EVENT	PLACE
Jordan White	13 years 100m	1 st
	13 years 200m	1 st
	13 years 400m	1 st
Rikky Bangert	14 years 800m	2 nd
	14 years Javelin	3 rd
Evan Smith	15 years Javelin	1 st
	15 years Long Jump	3 rd
Dylan McHatton	16 years High Jump	1 st
	16 years Long Jump	2 nd
Michael Adams	18+ years Discus	1 st
	18+ years Shot Put	3 rd

Other notable results were Harry Grant 4th in 15 years Long Jump, Addison Toms 5th in 17 years Javelin, Sarah Naveau 5th in 18+ years Javelin and Riley White 5th in 18+ years 800m.

All results can be found at <https://www.cssa.net.au/secondary-results/2018.html>.

Congratulations to all our students on their fine efforts and on representing OCS so well.

Thank you to Mr Adrian Lee for driving the bus and taking great photos on the day and to Mr Stephen Toms as our team manager. Also a big thank you to all our parents who supported our students throughout the day.

Mrs Louise Childs





Student Drivers



OCS values a positive partnership with parents and places a high priority on student safety and well-being.

We have recently reviewed our procedures concerning students driving themselves and others to or from school. We want to be sure that parents of both drivers and passengers are comfortable with travel arrangements.

Another aim of these changes is to reinforce the great responsibility associated with transporting others in a motor vehicle, which can be overlooked due to the impact of peer pressure when spontaneous decisions are made and bypass the appropriate communication processes.

Our new forms are set out as follows:

Form A – requires the driver to commit to driving to school and using the school car park as a responsible young driver and confirms that this arrangement has parental support. This form also gives parents the opportunity to identify the driver’s siblings as approved passengers.

Form B – allows parents of both the passenger and driver to communicate with the School their agreement to their child being either the driver or passenger in the proposed travel arrangement. While the process of having both parties sign the same piece of paper may take time, we believe this gives the opportunity for such decisions to be well considered and supports the level of responsibility required when young people travel together.

Should a driver seek to transport more than one passenger who is not a sibling, a separate Form B is required.

Parents are able to limit their consent only to Form A. Student drivers and passengers are expected to carefully read and to fulfil the obligations they have committed to by signing the forms.

These forms should be lodged with the School Front Office, where Form B will be attached to the relevant Form A and a log will be kept of the process.

NB. While it may appear to be late in the year for our current Year 12 students to undergo this change, we have found that the end of the year is often the time when risks are greater due to the changes that are occurring for departing students.

If you have any questions, or feedback about these procedures, please contact me through the School office.

Glen Gray

Deputy Principal, on behalf of the WHS Committee

Operation Christmas Child



Operation Christmas Child (OCC) is a project of Samaritan’s Purse. It partners with local churches in developing nations to reach out to children by providing gift-filled shoeboxes and bringing the Good News of Jesus Christ. After receiving shoebox gifts, many children are also invited back to participate in The Greatest Journey – an evangelism and discipleship program.

The OCS 2018 OCC program is getting under way. Keep an eye out for a note on the app and on its way home.

Biblical Studies Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	Job Intro	Job 1	Job 2	Job 38	Assembly
2	Job 40	Job 42	Psalms Intro	Psalms 8	Assembly
3	Psalms 23	Psalms 51	Psalms 84	Psalms 96	Assembly
4	Psalms 103	Psalms 118	Proverbs Intro	Proverbs 4	Assembly
5	Proverbs 10	Proverbs 31	Ecclesiastes Intro	Ecclesiastes 1	Assembly
6	Ecclesiastes 1	Ecclesiastes 3	Ecclesiastes 4	Ecclesiastes 12	Assembly
7	Song of Solomon Intro	Song of Solomon 2	Isaiah Intro	Isaiah 1	Assembly
8	Isaiah 2	Isaiah 4	Isaiah 6	Isaiah 9	Assembly
9	Isaiah 52	Isaiah 53	Jeremiah Intro	Jeremiah 1	Assembly

Afternoon Sport Activities with Sport Coach Joel

Coaching Sessions run from 3:20pm -4:30pm and are available to all students from Years 3-12

Tuesdays: Weeks 2-5 Athletics Development

Tuesdays: Weeks 6-9 Touch Football Training

Wednesdays: Netball Training

Thursdays: Soccer Training

Fridays: Basketball Training



Coming up...

Week 8:

- OCS on Show Week

Week 9:

- Year 12 Farewell Assembly – Wednesday 26 September

Last Day of term 3 – Friday 28 September

School Holidays – Saturday 29 September to Sunday 14 October

Term 4 – Monday 15 October to Tuesday 11 December 2018

Enrolments

Here at OCS we know how hard the application process can be, so we have provided a [parent guide and enrolment information](#).

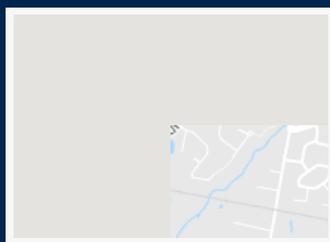
CEN Schools

OCS belongs to the network of [CEN schools](#).

School Policies

In case you run into any questions, check out our [policies page](#).

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Contact Us

Phone: 02 6362 7258

Fax: 02 6362 7441

Email: ocs@ocs.nsw.edu.au

Address: 500 Cecil Rd, Orange NSW 2800



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