



Newsletter

OCTOBER 24TH, 2023 | VOL.32

Principal's Press

KEN GREENWOOD



In homerooms this week, many of our secondary students have been learning about how memory works in our brains. New concepts are initially stored in an area of the brain called the hippocampus. Memory is stabilised by repeated exposure to those concepts, and can then be stored in the neocortex as long term memory.

Best practice study habits involve repetitive self-testing, such as with memory cards, over an extended time, with sleep periods in between. It is believed that it is during sleep that the memory transfer is strengthened.

In encouraging our students to improve their academic growth, we teach them techniques of study, provide a culture where students become confident to try new things to extend themselves, and we encourage a healthy lifestyle with regular sleep patterns, exercise and healthy diet. Good relationships also contribute to academic growth.

Cramming all night before an exam is not the best practice!



**Anyone can be a reader/writer for an exam.
You just need a desire to help a young person
succeed in their education!**

**Contact Cindy for more information on
chales@ocs.nsw.edu.au or call 6362 7258. Full
training provided. WWCC required.**

Prayer and Praise

Let us thank God for:

- The volunteers who assist students as readers and writers, so that their exams reflect their academic knowledge.
- The students who do their very best and attempt new things with courage.
- The new uniform for our Agriculture students and for the enthusiasm of Mr Milligan in delivering this new subject in 2023 to Stage 5.

Please pray for:

- Our students in Secondary school who have exams approaching. Both those at HSC level and also the younger students.
- The planning and preparation of the end of year events and also the 2024 year.
- Our prac-teachers who are completing their professional learning at OCS, this term.

For your Calendar...

Coming Up at OCS

- Kindergarten Orientation – 30th Oct + 1st Nov
- Year 7-10 Exams – 3rd + 6-7th Nov
- Year 10 Celebration – 8th Nov
- Rite of Passage Camp – 9th + 10th Oct
- Year 7 Orientation – 15th Nov
- Year 12 Graduation – 16th Nov
- Jump Rope for Heart – 17th Nov
- K-4 Water Fun Day – 8th Dec
- Year 6 Celebration – 8th Dec

Regulars

- STAR – M-Th 3:15-5pm
- After School Care – M-F 3:15 – 5:30pm
- SQUAD – M + T 3:15 – 4:30pm
- Primary Assemblies – Friday fortnightly 9:30am
- Secondary Assemblies – Friday fortnightly 10:50am

More information on





HSC Schedule

WEEK 3

DRAMA
MONDAY 9:20AM

ENGLISH EXTENSION 1
TUESDAY 1:50PM

VET AUTOMOTIVE
TUESDAY 1:55PM

VET CONSTRUCTION
WEDNESDAY 1:55PM

BE READY
VET HOSPITALITY
THURSDAY 1:55PM

CHEMISTRY
FRIDAY 9:25AM



Please Pray...

These students are all going to be sitting one or more HSC exams in the coming weeks. We believe in the power of prayer, so we are asking our community to put some prayer into these students over the HSC period.



Primary School

CATH BUCHANAN



Congratulations to our Stage 3 Debating team for your efforts last week competing against the Kinross team. It was a fantastic experience for our students, with both schools scoring one win each! The students will meet up once more this term. Many thanks to Kinross for hosting the first round, and we look forward to welcoming them to OCS in two weeks.

A big thank you also to Mr Lee for your expert coaching of our students beforehand, and to Mrs Pulling and Mr Green for overseeing this event. We are hoping to expand this valuable co-curricular program next year and include some further sessions and additional schools.

Secondary School

MEL COLLINS



As the HSC exams continue, please pray for the students who are sitting the Drama, VET Automotive, VET Construction, VET Hospitality and Chemistry papers this week. Many of the students sitting the VET exams are Year 10 and 11 students, so it is their first taste of the HSC.

We have some exciting events coming up in Secondary over the next month. Year 10 Celebration, Rite of Passage Camp for Year 10 + 11, Year 7 Orientation Day, Year 12 Graduation, and who can forget Year 7 - 10 exams. Keep studying everyone and stay tuned for more details.

Teaching and Learning

BELINDA ELLIOTT



Throughout this term, many of our students will be completing assessments. This Year 12, Year 11 and Year 10 (VET) students are undertaking the Higher School Certificate examination(s). Years 7 to 10 students will also sit their Yearly Examinations in Weeks 4 and 5. Please note Stage 5 students have received their examination timetable already.

Across the school, our students will complete the ACER Progressive Achievement Tests in Grammar and Punctuation, Mathematics, Reading,

Spelling, and Vocabulary. These assessments allow the school to measure students' individual progress, identify strengths and gaps in a cohort's understanding as well as compare the results with other Australian students' data. Primary teachers will also be using DIBELS, which allows the school to measure and monitor literacy skills. Unlike the examinations, students do not need to study for these particular assessments. The data collected helps teachers track academic growth and informs our teaching practice.



From the Board Chair

DAVID COLEMAN



Keep Growing

"Whatever your hand finds to do, do it with all your might". Ecclesiastes 9:10

It is easy for us to suffer from destination disease. Once we have reached a certain level, we tend to coast along relying on what we have already learned. We often see learning as a period of life, instead of a way of life. But God never created us to reach one level and stop, and whether you are 8 or 80, we should constantly be learning, improving our skills and getting better at what we do. Growth in any area of our lives is not automatic.

We have to actively take steps to learn and improve. I once heard a story about Pablo Casas, one of the greatest cello players that ever lived. He started playing at the age of 12, and he accomplished things that no other musician did. He was known around the world as the best in his field. At 85 he still got up every morning and practiced 5 hours a day. A reporter asked him why he still put so much effort into it. He smiled and said, I think I'm getting better.

From the Sporting Field

CAT BUCKERFIELD



As we wind down a year of sport at OCS, we are so thankful for all the opportunities that have abound for our students and the support you have given us and them in attending all these events. From tennis to hockey, athletics and swimming and everything in between, the OCS cup runneth over with talented students who have run with perseverance the race marked out for each of them. As we look to 2024 some important dates have already been booked in:

OCS Swimming Carnival: February

14th, **Cross Country:** February 23rd,

Athletics Carnival: March 15th .

Stage 6 Sport and Stage 5 PASS are heading to Central West Gymnastics for Weeks 1-3 to enjoy a few sessions in

the gym and Stage 4 & 5 sport are back on site for Term 4 sport.

Shoutout and Congratulations to Paxton Buckerfield in Year 7 who was recently announced Female Athlete of the Championships for last terms Combined Independent Schools Yrs 7 – 12 Athletics Championships and her selection on the CIS Athletics Merit Team.

TAP started back this week with students working on speed work with Jeremy Wallace of JLW Performance. 2024 Applications for our Talented Athlete Program will be released soon – stay tuned!

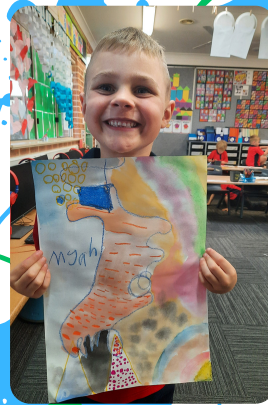


"When running in a short distance race (100m, 200m or 400m) make sure to look ahead of yourself not at other competitors, keep upright making sure not to lean over yourself (straight back) and only think about yourself and crossing over that finish line, don't worry where you or anyone else is."
-Zoe

Photo Gallery



Buddy Time!



Kindergarten Painting with Mrs. Dunn

