



The Newsletter of
Oxley Christian College

Issue No 5
30 April 2020

From the Principal

Dear Friends,

How differently the year has played out to our expectations as we began 2020. That our whole community has been on a new learning curve is an understatement and I am so grateful for the way in which our staff and families have adapted to these circumstances and for reading the many communications that have become necessary. Thank you for the role you have played as parents in maintaining your children's learning and routines as best you can. Although our staff have tried to facilitate continuity of learning that delivers a substantive part of the onsite program, this is just not sustainable. As our experiences of the new normal play out, we will become better at our expectations and delivery, especially in those curriculum areas that depend on College facilities. Hopefully, a government directed return to onsite schooling is close. Meanwhile, I have asked all our staff to take a break on Friday 8 May. This means students cannot come to the College for supervision on that day but may complete any set work at home.

We have appreciated the resilience, grace and generosity of attitude extended by our College community as we have an increasing awareness of individual circumstances and needs. Please keep teachers informed as we deal with the nuances of remote learning, and just know that it's okay that everything is not exactly as we might have it. Schooling will likely be different in the years ahead as we learn to make programs more robust and students more resilient.

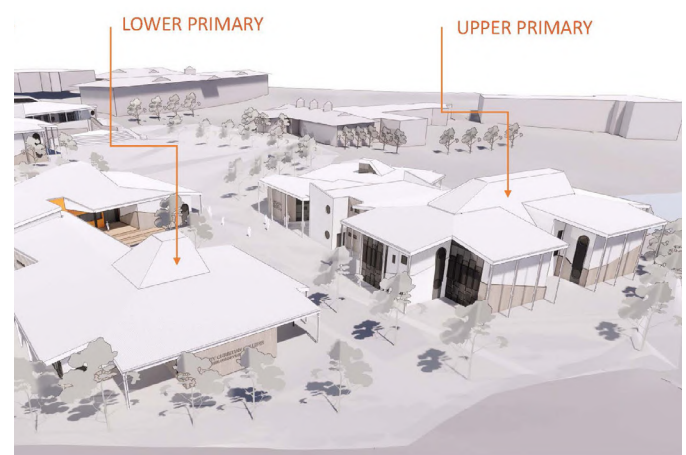
All disruptions across the world provide an opportunity to become more outward looking and to hold compassion for others in circumstances worse than our own. Although ANZAC Day was celebrated differently this time, it again reminded us of sacrifice and service, and of the extraordinarily tough times our ancestors went through. While God offers us certainty, hope and peace in times and places of darkness and despair, our part is to practice compassion and hold a spirit of kindness for others. Our human formation through education also requires that knowledge, understanding and expertise entails social responsibility, that our learning is for action, for life, for others.

The global events that God allows under His sovereign rule, also point us towards what He might be saying to the nations, particularly those with a Judaeo-Christian heritage. There have been several globally significant signs holding out to us coherent biblical perspectives of

His sovereign rule that we can hardly escape noticing. International situations involving refugees and climate change are just two other exemplars. Even as we have courage based in the fact God is with us and will not abandon us, so too, as the Psalmist says, we understand His call to be wise, to be warned and to rejoice in His awesome sovereignty, but with awe and trembling.

As we get further into remote schooling, decisions about co-curricular events are forced on us. While we can no longer plan a Junior School production for this year, we have committed to the Senior School production of *Mary Poppins*. As we expect school to be back on site in some form for Term 3, rehearsals will resume from 13 July. Provided we can extend the licence for the show, we could be looking at rescheduling its presentation in early Term 4. Although the dates are not yet definitive, we are committed to this performance as one of the great highlights for College families.

Other more recent and exciting news is that we have signed a contract for building the new Junior School this week. The College was blessed by a smooth tendering process and a standout application. The successful contractor is Melbcon Pty Ltd in Croydon. Works will have begun by the time students return to an onsite program and there will be necessary changes to accommodate. Your patience and grace will again be appreciated as we deal with more limited site access from the car parks. But what a great outcome we will have in the near future.



Phase 1 – Junior School Buildings

I'm sure we are all looking forward to the day we can personally meet on site at the College as a community again. Until then, warm regards.

Douglas Peck

"I am the vine; you are the branches". John 15:5a

Chaplain's Corner

This past week in Year 11 Christian Studies, I asked my students to reflect on a key question. "What lessons are you learning right now? What are you learning about life, yourself, about what matters?"

I was blown away by the quality of the responses and by the insights students were willing to give me into their world right now. I share one such response, with her permission, from **Tahlia Edwards (11.14)**. Tahlia's writing, I believe summarised what most students seem to be reflecting. I hope it blesses and encourages you. God bless.

Matt Daly
Chaplain

What lessons am I learning right now?

The lessons I am learning, are how much I really need my teachers in real life rather than online, how much I miss my family and friends, how grateful and lucky I am for everything I have and the life I have and lastly me realising how much our world/country is coming together in this tough time. There is obviously a lot more I could say about what I am and have learnt about life and myself, but these are just some of them.

Now that we have online schooling and are having to learn from home by ourselves technically, I have been realising how important it really is to physically go to school each day and learn with your teachers and friends being there by your side. We have our teachers and our friends through a screen now and it is a lot more challenging. It has also made me realise how lucky and fortunate I really am to be able to actually go to a good school and go to a school in general because a lot of kids all over the world today can't even afford to go to a school and have a good education.

I have also realised how much I actually miss my friends and family. I miss hugging them and just being around them physically. It's hard keeping in touch through screens. It's just a lot different through a screen, it is not the same as being there with them. I miss being able to see my grandparents, aunties, uncles and cousins. Being able to play with my cousins and have fun and spend time with them and make memories, that is the same with friends and close family friends as well. It is really hard being trapped at home and not being able or allowed to get out of the house. It gets boring and lonely, you run out of things to do.

Makes me realise how important it is to be able to socialise with people.

It has made me think about how lucky I really am to have the family I have and the life I have. I am very lucky. I am so lucky that I am able to play sports outside of school, be able to have a job, the fact that I was able to have a very expensive operation on my knee so that I could come back to sport fixed and healed, I am able to have a roof over my head, food to eat, a great school to attend, able to have a dog and the list goes on and on. It has opened my eyes up a little. I was already grateful for everything I have and can do etc... but it has made me realise even more.

It is really cool to see that our country and world are working together and trying to support one another as much as possible in this tough time. Anyway these are only some things I have learnt ... Just can't wait till it is over and we can all go back to our normal everyday lives and we can actually leave the house.

Tahlia Edwards (11.14)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7



Senior School

One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. As they sailed, He fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger.

The disciples went and woke him, saying, "Master, Master, we're going to drown!" Luke 8:22-24

This provides an amazing contrast in trust and faith. I associate well with the disciples and have frequent significant concerns about what is going to happen next. Sleep does not come as easily to me as it did to Jesus. I can choose to look at this as a lack of faith and trust on my part, or perhaps understand I am travelling along life's road and have not yet arrived at the *table prepared for me*. I believe that perfection is not expected from me but rather that I continue to look to my Lord as the *author and perfecter of my faith* and the One who will look after all things if I have the humility to call upon His name.

As this Covid-19 storm rages around us, I find that there are times of significant concern but also some quite remarkable joys I have discovered, that you may have witnessed also.

Unity – I could not have imagined at any stage in my lifetime where every country in the world would be united in a common cause. I don't remember Vietnam particularly well but do remember our involvement in wars since, including the Cold War and the fear it evoked. We currently see world leaders working together to share ideas about how to safeguard their people, State and Federal governments forming a working group to fight together, and people everywhere discussing the same common problem.

Generosity of spirit – It has been remarkable to see the kindness of people as we struggle together through this pandemic. Opening supermarkets for the elderly, providing each other with the small things that matter, whether a greeting on the bike path or more essential physical needs freely offered by so many such as toilet paper, rice, computer screens or other items. We are created in the image of God and there are times when His inherent goodness in each of us clearly shines through.

Living in the moment – As a cyclist, I am amazed at the increased use of bike trails as people walk or ride in small groups enjoying the outdoors and the beauty that Victoria has to offer. People who have been forced to change their lifestyles and work habits have seen that there are healthy alternatives and great ways to enjoy the new-found time that has been thrust upon them. People of all ages and levels of fitness are taking to exercise, and frequently in pairs, to enjoy the camaraderie of spending time outside in God's wonderful creation together.

Quality time with family – Each of us has a story to tell about how we have been impacted by the situation in which we find ourselves. We have a 24 year old son



This lovely photo was taken by Angus Hubbard (11.14) who has also taken the opportunity to ride his bike and getting outdoors.

who, with his fiancée (both former Oxley students), was planning to celebrate their engagement this weekend. Obviously, the party is off and they, like all of us, have had to deal with the disappointment of significant life plan changes. I know the absolute privilege it is to be there for him, to chat, play table tennis and other games, and hang out together, at a stage of his life where it is quite unexpected. Last night my wife and I toasted marshmallows over a small fire in the backyard after a game of *Scrabble* and we continue to love our life together and feel truly blessed.

Increased appreciation of God's goodness – Like most people in their 50s I have had a few challenges in my life and have tried hard to either deal with them or suppress them as the case may be. When I look back, however, I realise that I have never really known hunger, famine or war, I have always had a roof over my head, enough money not to worry about the next day, a fairly secure job and I am able to see, hear, smell, taste, and touch the beautiful things surrounding me. I have frequently taken these things for granted and, having been to Cambodia three times, understand this is not because I deserve them, but simply because God has richly blessed me.

Many other positives have come out of this horrible situation the world finds itself in, but I will continue to remember God's goodness to me. For the rest of my life, I hope I will sing in worship and reverence, *Then sings my soul, my Saviour God, to Thee How great Thou art, how great Thou art.*

Greg Barker
Deputy Principal – Head of Senior School

Junior School

We could never have imagined the start of Term 2 looking like this, with our students learning and staff working remotely. I would like to take this opportunity, first and foremost, to thank our Junior School staff for their fortitude and effort to provide a Learning from Home program that is engaging and equitable for all students. This was no small feat. It has been a steep learning curve for staff, who have had to learn a range of new technologies to run remote meetings, access files,

maintain data on student progress, and rewrite lessons already planned to suit a remote environment. I am so very proud of our staff and their positive attitude and collaboration.

I hope that this time, as challenging as it is, will be remembered for positive reasons. Perhaps adults will recall this period in a different way than our children. What I am noticing, when families share their personal experiences with me, is an increase in quality family time. People are taking the time to pause and think about what is important, and that is relationships and connection with those we love. It is lovely to witness people enjoying their local neighbourhood, taking walks and enjoying the autumnal air. I congratulate every student and parent for the effort and sacrifice you are making to ensure success.

In recognition of ANZAC Day, students were provided the opportunity to reflect on the freedom we enjoy as Australian's due to the sacrifice of many during times of war through their remote learning Visual Art activity. Perhaps, as a family, you enjoyed a Dawn Service in your driveway, with the echo of warbling magpies and bugles playing via a device. It was lovely to have students share photos of their family standing around handmade ANZAC lanterns in their street.

There is a gamut of resources available to parents related to supporting students learning remotely. One can feel overwhelmed at the amount of information available to us. Of utmost importance, is the health and wellbeing of your child and family. The Department of Education offers parents this useful advice:

"Just as you set aside time for physical exercise, it is important to make time each day to check in on your child's mental health and wellbeing. As your child adjusts to their new routine and not being able to see their friends in person, it is important to be understanding of their feelings of frustration, anxiousness and even anger – every child will react differently. To support your child, use these mental health and wellbeing check ins to:

- provide an opportunity to talk about how they feel and listen to what they say
- identify one or two things they could do to address what they are concerned or angry about
- ask how they are going, whether they are finding it easy or hard to learn remotely, and if there is anything they'd like your help with."

If you need additional assistance to help your child manage remote learning, please contact the Home Group teacher or Coordinator. Mrs Burt, the College Learning Enhancement Coordinator, is also able to provide some useful tips to assist with focus, use of timers, specific learning needs, etc.

As we look forward, and plan for a full return to school and onsite learning, please know that we continue to lift each family in prayer, asking God to pour out His love and blessing in an abundant measure. What a glorious moment it will be to welcome all students and staff back to school!

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
Galatians 5: 22-23

Sharee Gaiser
Head of Junior School

What Did You Do at School Today?

Prep

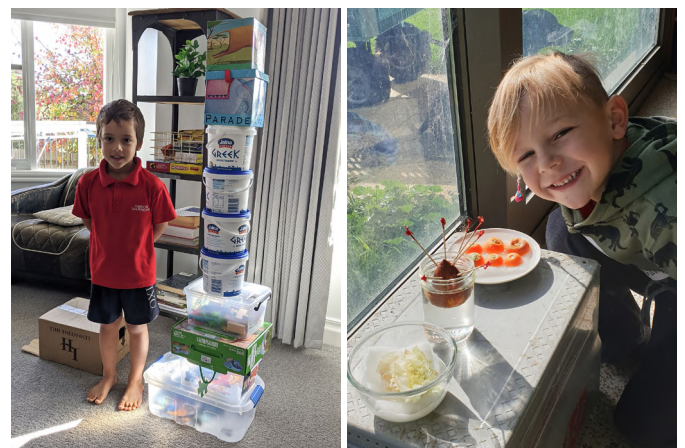
We have been working hard at home, learning so many new things. We have been finding things around the house that are tall and short, then we built towers that are taller than us! For Integrated Studies, we have begun looking at how things change. We planted some different things and are looking forward to seeing how they change and grow.



Prep G – Jacob and Priya – building tall towers



Prep M – Mila and Joey – building tall towers



Prep W – Samuel – my tall tower and Wade – how will my plant change?

Year 1

We enjoyed venturing into the domain of using online programs, like *Wushka* and *StudyLadder*. We have also enjoyed sharing our home learning experiences with our teachers via photographs and when learning to talk to our teacher on the telephone, some more confident and talkative than others. We are keeping our friendships active by zooming into online programs whilst we can't see each other in person. Our teachers have noticed how creative we have been, especially when we developed and created interesting and unique settings and characters when planning narrative texts in writing.

Year 2

WOW! What an exciting start to the term we have had. Learning from home is a whole new experience. In writing, we started planning to write a narrative. Mrs Heckathorn and Miss Monro have enjoyed speaking with all their students on the phone to see how they are going with the daily learning tasks. It is so lovely to hear about all the experiences the students are having with their families. Please keep sending your teachers photos of your completed tasks. We are very encouraged by your hard work and resilience.

Year 3

We have begun to investigate a new Inquiry topic, *Into the Unknown*. This week, we are investigating what has changed and what has stayed the same in our community. We have enjoyed receiving a phone call at home from our teacher and are doing a fantastic job at completing our learning from home tasks.



Ashleigh (3B) ready to complete her next task

Year 4

We played the *Best and Worst* game to remind ourselves that even when we have challenges, there is always something we can be thankful for. Here are some of our reflections about learning at home:

Best	Worst
<ul style="list-style-type: none">• We don't wear a uniform• Spending more time with our family• Eating whenever we are hungry• Hot food for lunch• Skipping recess and lunch• Having Mum as a teacher and my sibling as a classmate	<ul style="list-style-type: none">• Missing my friends• Doing Maths by myself• Our home computer is very old• Missing my teacher• My eyes are glued to the computer all the time.



Jacob (1A) and sister, Amelia (4K), working happily together

Year 5

We were asked to use descriptive words to describe our Easter break. Obviously, it was a very different experience this year. Here are some of our responses: relaxing, isolated, unusual, stressful, quiet, repetitive, exciting, lonely, new, weird, fun, strange, interesting. Clearly a range of emotions are being experienced by all our students! One of our home learning tasks is to keep a home learning journal. We hope that this will serve as a treasured memento of our journey through what will remain a pivotal time in history. We extend a massive thank you to all the parents who have been supporting learning at home during this season. We can't wait to see the resilience and greater ownership of learning our students have developed through this time.

Year 6

We have been learning the difference between deep and quick questions and how they can help us to consider different ideas and their expression in a text. This week, we have investigated non-fiction texts and how our questions may be answered while reading a text, either through new facts being learnt, or inferring using our background knowledge. In Integrated Studies, we have explored three Habits of Mind and ways they can guide us through our learning. Some students made damper this week, practising the habit of *Gathering Data Through All The Senses*. Caleb Doyle (6W) was especially proud of his effort, as it gave him the opportunity to take responsibility to independently follow a recipe.

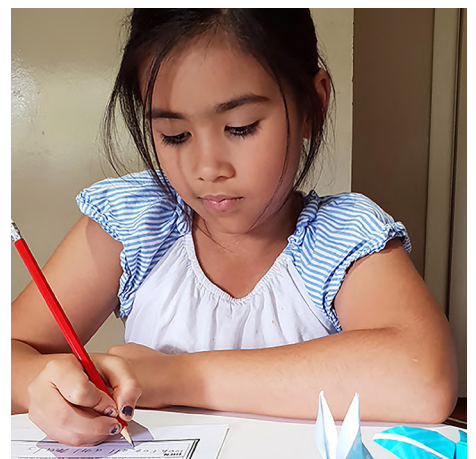
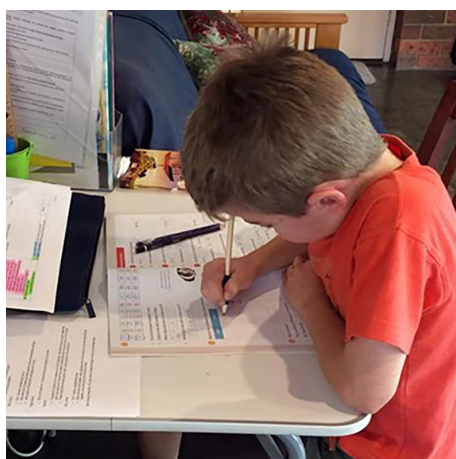
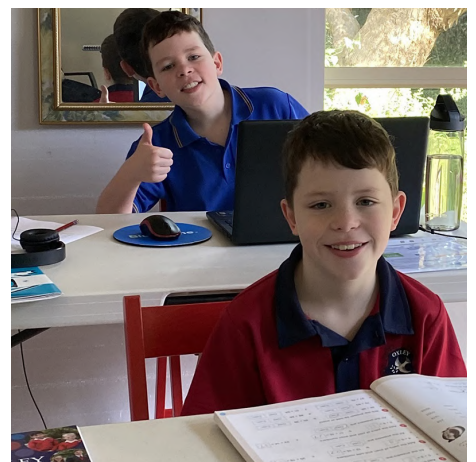


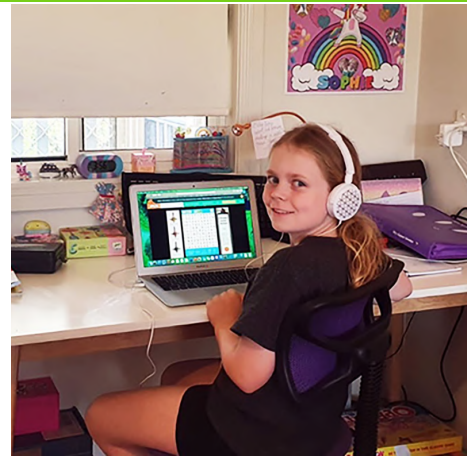
Caleb's successful attempt at cooking damper.



I loved my chat with Mrs Weller on the phone and I have enjoyed doing my learning activities.

Ezra (Prep W)

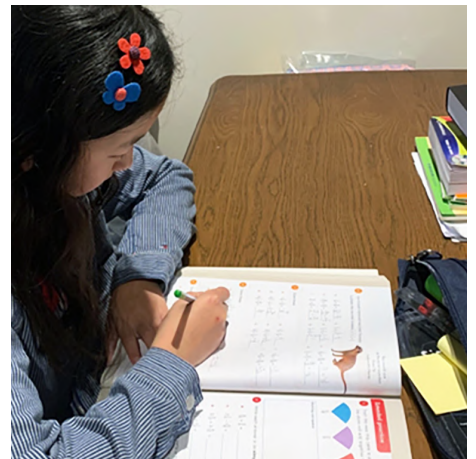
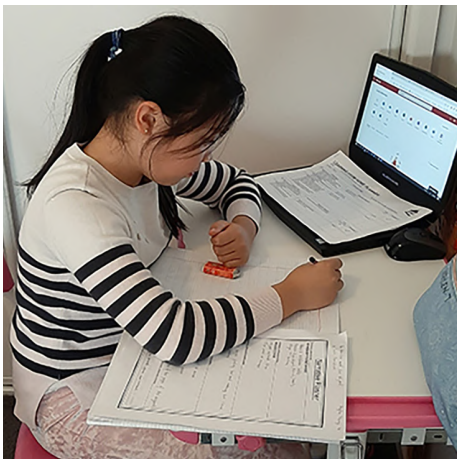




I'm off crutches today!

The worst thing about school from home is that I can't go outside during recess and lunch because of my leg and the best is that I get to stay home and be with my family.

Matthew (4K)





One of the events I most look forward to on the school calendar each year is our annual ANZAC Day service. Quite apart from the fact that this is an important day on the national calendar, it is an opportunity for our students to shine in many ways. Our ANZAC service has always been student-led, and this year we had over sixty students ready to deliver carefully-prepared speeches, perform well-rehearsed songs, welcome guests, direct traffic and make pancakes. Sadly, our service was not able to proceed due to the current restrictions on gatherings. It was wonderful, however, to see that many families in our school community engaged in some of the many alternative commemorations which took place around Melbourne. I am also pleased that our prospective ANZAC guest speaker, former Oxley Vice-Captain and author **Robbie Verhagen**, and Humanities Co-Captain **Lizzie Daly**, agreed to provide their planned addresses for your reading pleasure. Their words are powerful reminders of the importance of ANZAC Day as not merely an event worth remembering, but a day on which we can reflect on the qualities which make Australia such a unique and special nation.

Stephen White
Head of Humanities

Symbol of Remembrance

My father always said, every generation has had its trial—usually a war. They must go away and fight it. But when your generation have your trial, it will come to you.

My friend's father has passed now, but his words ring true today. While I do not believe that coronavirus will define our generation, it will leave an indelible mark on cultural memory for some time. But our thoughts should not be on the distant future. The thoughts of any generation who emerge from troubling times the stronger should always be on the actions of today.

Terry Pratchett said these sagely words: "Do the good that's in front of you." And that is what we ought to do right now. I can think of no more poignant reminder than ANZAC Day.

At the beginning of this year, I might have referred to the horrendous bushfires. I might have celebrated the actions of those who drove long convoys of hay to remote parts of our country. I might have likened the closing days of 2019 to the *baptism of fire* our forebears endured during WWI. If I was writing at the start of 2020, I would have said that our solidarity under pressure in the 2019-20 fires harks back to when we entered our first global conflict.

But, in a few short months, those events have been pigeon-holed. What comparison can I draw between Gallipoli and our current predicament?

ANZAC Day once glorified war. No longer. We have changed the way we observe the 25th of April because, as a society, our values have changed. It is a symbol of remembrance. You will often hear people say, 'They fought so we don't have to.' I prefer to think of it this way: Because we live at a time when we do not have to go off to war at 18, it is worth remembering that once in history, young men and women had to – and they suffered. We should remember their suffering so that it is not in vain. And more than that, remember the traits we have inherited from them.

Our trial may have come to us, but we Australians of today have inherited the tools to deal with it: the ANZAC die-hard character. It is how we are raised. We do not give up, and we are always hopeful. And it is that spirit of common sense and hopefulness that has carried us this far. We have a ways to go yet, but I can see the sun on the horizon. No dark day ever lasts, and if there is a lesson to be taken from the ANZAC legend it is that morning always follows night, as in those famous words: *At the going down of the sun and in the morning. We will remember them.* I like to think that is why we rise at dawn.

Robbie Verhagen



Robbie Verhagen currently runs the *Launch Pad Creative Writing Program* in schools. He is a published author and will be studying for a Masters of Publishing in 2021. You can inquire about Robbie's latest book, *In the Company of Madness*, by contacting him at rbr.verhagen@gmail.com

What ANZAC Day Means to Me

For me, ANZAC Day is a time when I can feel more connected to my family's past, and it's a day when I can learn more about my family and revisit stories about my great grandparents. It's also a day where I thank all people that sacrificed their lives for Australia and for me. I think ANZAC Day is extra special this year as to me, it

is no longer simply about thanking the troops that lost their lives for us, but also the police officers and doctors and nurses that are sacrificing their lives and their family's lives at this time. In the days coming up to ANZAC Day, due to not being able to see my extended family in person, I spent a lot of time talking to them about my family's history. My grandparents and aunts found lots of pictures, articles and stories about my family's experiences during war that they shared with me. I found out that one of my great-grandparents was a prisoner of war, and my grandma found a picture of him when he was a prisoner of war, in a book written by one of the soldiers he fought with. I also found out that one of my great-grand uncles signed up for Empire Air training at aged 19 in the year 1939, and in one of the training exercises the plane he was in crashed. He survived the crash, but was severely injured. He carried the one of Canadians that was in the crash with him through the snow for two days before realizing he was dead. He was found by an shepherd who was looking for his lost sheep. It was really interesting learning about their experiences during the war especially as I had been learning about World War Two in class and I was researching different battles. I actually discovered that one of my great-grandfathers was in one of the battles I had I learned about in class. Normally on ANZAC day my family goes to an ANZAC Day service, but this year we hung home-made poppies on our letter box to show our respect instead. ANZAC Day is a really important day for my family, and it was very special that we could still pay our respects during this time even if we couldn't go to a ANZAC Day service.

Lizzie Daly (10.3)
Humanities Co-Captain

As ANZAC Day comes around each year, I can't help but feel overwhelmed by immense emotions as I think about the supreme sacrifices people have given for our comfort and privilege. When it comes to war, I truly cannot think of anything worse, never knowing when your last day could be and endlessly fighting in harsh, unimaginable conditions. ANZAC Day for me is about reflecting on the harsh realities of war, all the loss and how it's nothing we as a society should ever resort to. On the day, my family and I shared a minute of silence in commemoration to all the men who endured war and for those who never came home. Lest we forget.

Karishma Mevasia (10.2)
Humanities Co-Captain

Light Up The Dawn

ANZAC Day has been commemorated wholeheartedly in 2020, as Australia finds new ways to uphold ANZAC traditions. Our Junior School students made ANZAC lanterns in their Art lessons at home. They used milk bottles and decorated them with poppies, rosemary and crosses, before lighting candles. Many families joined together with neighbours to participate in the *Light Up the Dawn* campaign on ANZAC morning. Students

were so proud to make lanterns and stand at the end of their driveways with their neighbours, commemorating Australian armed forces, past and present.

Some students, as well as making a lantern, made wreaths. Many belong to local Scout groups and are working towards earning their 2020 ANZAC Scout badge, *Their Service, Our Heritage*.



Koen (3B) with a wreath that he made.

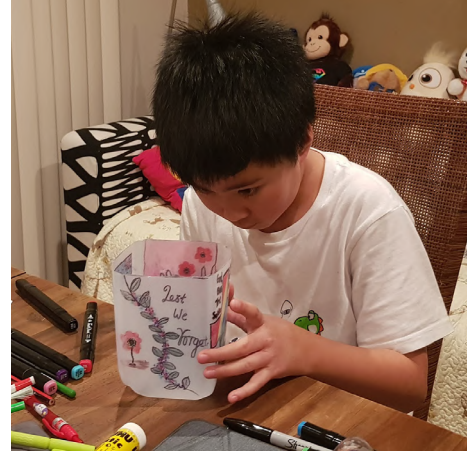
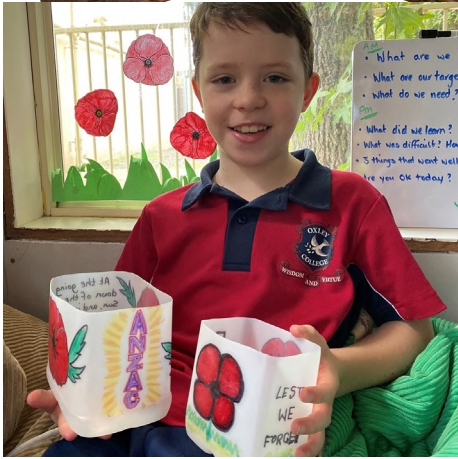


Cooper's lanterns on display at the front of his house

One young Oxley student, Cooper Gration (5M), 'was truly very inspired, engaged and passionate about celebrating ANZAC Day this year. He taught himself *The Last Post* on his violin, wrote a poem about the soldiers, made his lanterns and was very keen to commemorate with his neighbours. He left the lanterns out the front for the rest of the day for those who walked by. It was so special and wonderful to see,' his mother reported.

Turn to pages 10 and 11 for a beautiful display of students and their lanterns.

Sharon Sutton
Junior School Art Teacher





Music

We are missing seeing our Performing Arts students in the BPAC. We hope you are all keeping well and practising as much as you can on your instruments.

Please know that due to the current restrictions with the COVID-19 virus, the following Music Department events have been cancelled for Term 2.

- Music Camp – 8 and 9 May
- National Day of Thanksgiving Breakfast – 30 May
- Soiree Evening – 11 June
- SCSM String Examinations – 12 June
- Senior Ensemble Evening – 17 June
- Junior Ensemble Evening – 24 June

Some of these events may be rescheduled for later in the year, if circumstances permit.

AMEB have offered to postpone their Session 1 and 2 examinations to a date later in the year. Families will be contacted prior to a commitment to a later date when more details are known.

We do have another two SCSM String examination sessions already booked for the second half of this year. We hope that we will be able to enrol students who were going to be examined in June, into one of these sessions instead. Once again, we will be in touch with families when we have more details.

Our instructors are missing their students very much and are keen to continue lessons as soon as possible. The College will make a decision on the delivery of private instrumental lessons soon and we will be in touch with families when the details are known. We hope that all students are continuing to practise on a regular basis.

AMEB are currently offering free online Theory lessons. Our instructors encourage any of our private instrumental students to go to www.ameb.edu.au/online-theory-courses, where you will be able to find out more details and enrol in these lessons. This will be very beneficial to continuing your learning. It is suggested most students should start at the Grade One level and work your way up from there. If you have already completed this level, please start from where you have studied to.

Please email apeacock@oxley.vic.edu.au if you have any questions about music lessons.

Angela Peacock
Performing Arts & Events Administrator

The Importance of Staying Fit and Healthy

With the current situation we are all in, it's even more important to stay fit and healthy. For some of us it's hard to find the motivation on our own to keep fit. Some of you

are getting tired of walking the dog and running on your own and that's why I think we just have to take a minute and think again about the benefits of exercise and also look at other options of staying fit at home.

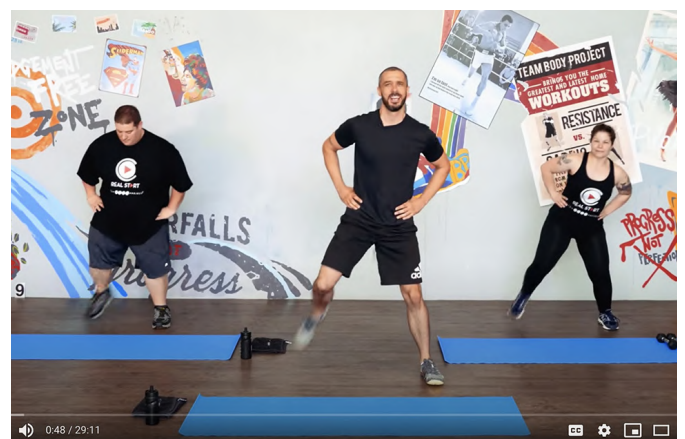
Some of the main reasons we should never stop exercising, especially now during the pandemic are that it will relieve stress and anxiety. Stress and anxiety are rising with the current pandemic, and it can also lower your immune response. Exercising releases chemicals in your brain, such as serotonin and endorphins which can help improve your mood and reduce the risk of depression.

Apart from the fact that exercise will help your immune system function it will also assist with weight management. Regular exercise reduces blood pressure as well as the risk of serious health issues such as Type 2 diabetes, heart disease, and stroke when it's paired with a balanced nutritious diet.

Most of all, exercise will help with concentration which is so important now that you must do your schooling from home.

Below are four links to easy to follow 30 minute workouts students and parents can do together. You can all do this at home because you don't need any equipment, they all involve body movements. But before you jump in, it is important to keep the following in mind.

Be aware of your body. Think about how the exercise is making you feel. If something doesn't feel right, stop immediately and seek medical advice. Warm up and cool down. Try slow stretches and go through the motions of your activity before starting. Cool down with slow stretching. Pace yourself. Have a recovery period whenever you feel you must stop. If you are experiencing pain, rest until the pain has gone. Stay hydrated. Drink water before, during and after a session. Do it right. Try to get the technique right from the beginning, to ensure you are using your muscles correctly.



Give the following exercise videos a go and let me know how you are going.

- Low impact 30-minute cardio workout: <https://youtu.be/50kH47ZtHs>
- Fast walking on the spot 30-minute workout: <https://youtu.be/enYITYwvPAQ>

- 30-minute fat burning home workout for beginners: https://youtu.be/gC_L9qAHVJ8
- 30 minute HIIT cardio workout with warm-up: <https://www.youtube.com/watch?v=ml6cT4AZdql>

I hope to see you all fit and healthy, back at school soon!

Frederik Kotzé
Head of Sport

Learning From Home ...

Senior Students Share Their Thoughts

Doing school from home has been refreshing in a way. It's nice to be able to sleep in just a little bit longer and not actually have to get fully ready for the school day, not to mention, I can eat whatever I want. With all the lessons ready to go on SEQTA, it's easy to know what is expected of me each lesson which is nice. However, I really miss all my teacher and friends and am looking forward to seeing them when we go back!

Karishma Mevasia (10.2)

Personally, one positive thing I have found about online schooling is my ability to focus better as there are less distractions and therefore, feel more motivated to do work.

Hannah Jansen (11.16)

The biggest advantage of online schooling for me is the reduced travel time to and from school. Normally I am on the bus at 7:30am to get to school and not home until 4:45pm. I am actually gaining an extra two hours per day which means I have been able to do more exercise, not rushing eating breakfast and I can prepare myself for the day ahead. Also, not having to carry all of my heavy books to and from school is a great bonus!

Daniel Townley (11.15)

As much as I have missed seeing and working with my mates at school, I've really enjoyed the time at home so far because I've been able to do so many things I wouldn't normally be able to do. I have been running every day, before school and also have done a few bike rides which I would not have time for usually. Both these things have made being at home much more enjoyable and helped me start and finish my day on a positive note.

Angus Hubbard (11.14)

I like the new ways we are now communicating our learning with each other in our classes. Everything from video calls and *YouTube* videos to forums and annotated PowerPoints, each class brings something new! It feels really nice that we can still have fun in class even if it is in a different medium.

Charlotte McGregor (11.13)

Turn to pages 14 and 15 for a display of photos and more quotes from our Senior Students.

Coronavirus Impact on Food System and Consumers

VCE Food Studies Captain, Imogen Gellert (11.16), reflects on how COVID-19 has impacted food supply at supermarkets all over Australia.

What a crazy start to the year Australia has had; the bushfires and now the sudden outbreak of coronavirus. But how, has Coronavirus impacted the food system?

Throughout March, we saw supermarkets packed with people lining up to buy their essential items. Toilet paper, hand sanitiser, pasta, rice, and flour were among many foods that were empty on shelves. This caused pressure on the food system to generate more food for the population of Australia. In a matter of a month this outbreak has caused stress, panic and worry for hundreds of thousands of people, getting their essential foods and preparing for the worst.



Empty shelves have been a common sight in supermarkets due to panic buying

In Australia, Coronavirus has caused food growers and manufacturers to express to the public that we are not going to run out of food and drink, so there is no need to panic buy. Instead, it has revealed that farmers and manufacturers are working around the clock to get more produce on the shelves. For example, a Tasmanian grain grower who produces flour, Gareth Shapiro, said that "I am doing 25 hours of milling a week when I would normally do four or five hours a week".

In Melbourne, the hand sanitiser factories have been working overtime to meet demand. They are producing five times the amount of hand sanitiser they usually would. The factories are running 24 hours a day, six days a week.

Toilet paper has opened their line of manufacturing in South Australia, with an increase in production and time spent getting toilet paper on the trucks into the states and territories of Australia.

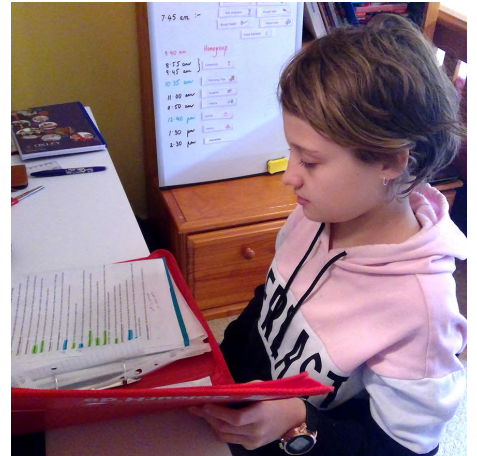
The food and agribusiness sector has been affected with some food companies experiencing rapid increased

Continued on back page



Mary (8.24) getting some help from a 'friend' in her office.

Year 8 students are so well trained - we still remember to put our chairs up at the end of the day!

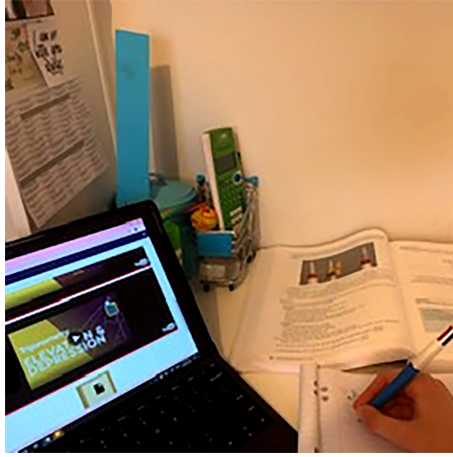


I don't have to wear my winter uniform, and I can wear my slippers all-day.
Alannah (7.17)

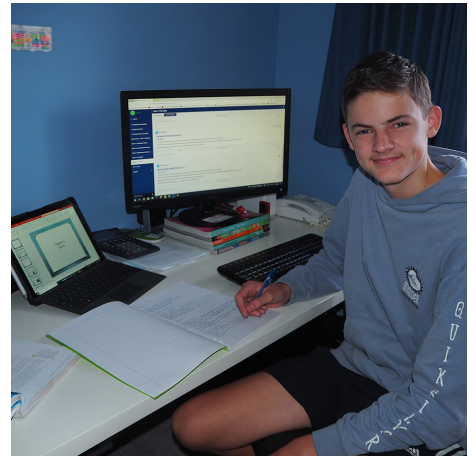
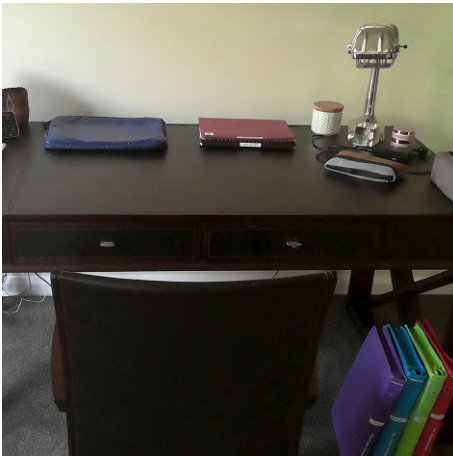
Working from home is great! You don't have to pack lunch, you can take breaks whenever you need, and you have a quiet workspace!
Jack (7.17)

I have more time to catch up on school work and always be up to date. I like how relaxed and easy it is for us to work.
Anika (7.15)



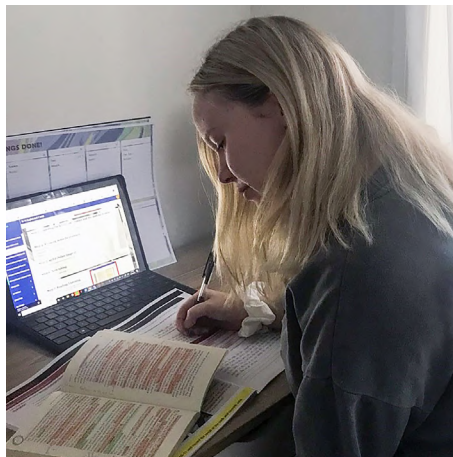


I've enjoyed working from home. Although, you can't see your friends and teachers, it has been a good experience and feel blessed to have access to such great technology. I like that we can still work as a class on the same thing, just in different places and still ask questions if we need to. I've enjoyed learning from videos for something a little bit different.
Sophie (10.2)



It has been a very different time and even though the work is all done by myself, I feel like I'm understanding the topic more and am more focused.

Jack (10.3)



I'm enjoying working from home. I wasn't sure what to expect and I was a little apprehensive at first, but after a week I feel settled into my new routine. Of course I miss seeing my friends, teachers and being at school, but I'm still learning the content and my teachers are always online to answer questions when needed. My friends and I also group Facetime each other at recess and lunch so we can see each other as usual.

Tamara (12.10)

demand for products as panic buying intensifies across the country and in some cases import competitors are limited. Other industries, such as restaurants, have experienced a rapid decline in demand from the food service, restaurant, and café sectors.

Australia is still invested in exporting food supplies. Trade is important for a number of reasons including food security for Australia's trading partners. Food security is going to become a little bit of a problem during this time, so livestock is going to be very important in our trading partners in South East Asia. The Government have unveiled a \$170 million support package for the international export sector to deal with the pandemic with fresh food produce being delivered to China, Japan, Hong Kong, Singapore, and United Arab Emirates, as well as medicine and medical equipment.

An important question is what can we do to help ensure that our food system keeps going at this time during the pandemic? Firstly, go to the shops as little as possible and only buy what you need as there is enough for everyone. Secondly, be thankful and kind to the employees at supermarkets as well as healthcare workers that are putting themselves at risk to help us. Thirdly, support your local shops, restaurants, and cafés. Finally, look out and pray for one another at this difficult time and check up on your family and the elderly from a distance. We will all get through this if everyone obeys the rules and supports one another. One positive to remember is that Coronavirus will come to an end, this is not forever. Be thankful for what God has given us and that we live in Australia!

Imogen Gellert (11.16)
VCE Food Studies Captain

General Notices

Uniform Shop

The Uniform Shop is currently CLOSED, however online orders are available. Delivery, by post, is a flat rate of \$14.95. Please allow 5-7 business days for orders to arrive.

Uniform regulations and price list are available online at <http://www.bobstewart.com.au>

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2020 Calendar

May	Friday	8	Student Free Day
	Sun	10	Mothers' Day
Jun	Mon	8	Queen's Birthday Holiday (Student Free Day)
	Fri	26	Last Day Term 2
Jul	Mon	20	First Day Term 3
Aug	Tue	18	College Photo Day
Sep	Sun	6	Father's Day
	Fri	18	Last Day Term 3
Oct	Mon	6	First Day Term 4
Nov	Mon	2	Student Free Day
	Tue	3	Melbourne Cup Day (Student Free Day)
Dec	Fri	11	Last Day Term 4



For children currently attending school at Oxley, Before and After School Care is available, if needed. Contact Oxley Kids to make a booking.

We are currently processing enrolments for kindergarten in 2021. If you have not yet applied, contact us on 9727 9200 or office@oxleykids.vic.edu.au.

Kim Sopar
Director

For more news, follow
Oxley Christian College



OXLEY CHRISTIAN COLLEGE

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