“ENERGY” DRINKS

It is concerning that, despite their use being banned in most schools, including Oakbank Area School, some students still bring so-called energy drinks to school.

Of even more concern is that there is a common practice of students sharing these drinks amongst their peers.

A quick research of these drinks will show how harmful they can be on the developing body and mind. One example of the research is highlighted by the following information sheet from The Australian Nutrition Foundation.

Caffeine and Energy Drinks - Should students limit caffeinated drinks?

The major health concern surrounding ‘energy’ drinks is their high caffeine content.

Caffeine is an addictive substance that can affect the heart and nervous system. While it may temporarily help you overcome symptoms such as tiredness and restore alertness, it can have other negative side effects, especially in children and adolescents.

Negative or adverse effects of caffeine can include:

* Difficulty concentrating
* Difficulty sleeping
* Headache
* Anxiety

Due to their smaller body weight, children are at greater risk than adults of developing these adverse symptoms if they continue to have regular intake of even small amounts of caffeinated drinks.

Energy Drinks have high amounts of caffeine and sugar, placing them in unhealthy food category under the food and drink strategies for school. They may also contain other additives, such as B Vitamins, guarana, taurine, ephedrine and ginseng which act as stimulants.

Energy drinks are low in nutrition value and high in kilojoules, and they may have harmful effects on children and adolescents including increasing risk of excessive weight gain, increasing heart rate and increasing anxiety. Reducing the intake of energy drinks is important for general health and wellbeing. The best drink to hydrate the body is WATER.

Energy drinks contain around 160-300mg caffeine per 500ml serve, 600ml Cola contains 80mg per bottle whilst Coffee contains 40-80mg per 180ml. 

We ask Parents / Caregivers to please support Oakbank Area School’s policy to provide and encourage your children to consume healthier food and drinks whilst at school.

Lawrie Cresp  Deputy Principal
Welcome to the third Newsletter of the year which marks the midpoint of Term 1. It is unbelievable how quickly the weeks disappear.

**VISIBLE LEARNING**

While the students were enjoying a day off last week, the Oakbank Staff attended a day of professional development in Visible Learning.

Visible Learning is based on the research of John Hattie who has combined thousands of studies around the world to determine “what truly makes a difference to student learning”. His study found that most programs have a positive impact on student learning but then he went further to measure which programs made the most significant difference.

It was interesting to hear that the most effective learners understand where they are at, how they are doing, and where they are going next – they take responsibility for their own learning.

To develop academic rigour at Oakbank we need to develop these characteristics in our students. As parents you can help us cultivate a learning mindset with your children. We need to help students define their expectations and enable them to push themselves to exceed these expectations. Once a student has performed at a level that is beyond their own expectations, he or she gains confidence in his or her learning ability.

The concept of self-efficacy that Hattie promotes fits well with the Positive Education focus that was introduced at Oakbank last year and continues to drive our wellbeing focus. As we work through the Visible Learning program I’ll keep you informed about the innovations that teachers are making in their courses and the research behind these changes.

**PRINCIPAL’S TOUR**

On Thursday 16 March at 9:30am I’ll be conducting a Principal’s Tour of the school. If you know of parents that are interested in transferring their child to Oakbank or they are looking at transitions to Reception or high school in 2018, please ask them to contact the Front Office and organise a place on the tour.

**PARENT SUPPORT**

There are two student issues that are currently creating a point of friction between teachers and students that parents can help with.

A number of parents are telephoning their children during lessons which obviously disrupts learning for the individual and the class. The school Mobile Phone/Electronic Devices Policy is very clear about how mobiles should be used in the school. If parents need to contact their children at any time during the day they need to ring the Front Office on 8398 7200.

A few students are wearing inappropriate caps in the Secondary School. The Uniform policy states that a plain navy baseball cap is appropriate in summer and in winter students are permitted to wear head wear that is navy blue and/or white. Please discuss this with your child if they are wearing any other items to school.

**ANNUAL GENERAL MEETING**

The School Council Annual General Meeting is taking place next Monday at 7:00pm for election of office bearers to the Council and Finance Committee. This is an opportunity for you to be involved in the governance of the school and the strategic direction that the school takes. The AGM will be followed by a meeting of the Finance Committee then a meeting of the School Council.

Bruce Oerman
Principal
Street Smart High

All Year 10 and 11 students have an excursion opportunity on Wednesday 5 March. The RAA, in partnership with the Motor Accident Commission is presenting their Street Smart High Program at the Adelaide Entertainment Centre, Port Road, Hindmarsh.

Free Transport is provided and there will be no additional costs to students.

The program is a road safety program that has a real impact on student’s thoughts, and ultimately decisions and choices re road safety. All Year 10 and 11 students are expected to attend unless they have their VET course scheduled on that day.

A consent letter will be sent home shortly with more details.

Australian School Based Apprenticeship

The following ASBA is currently available:

Cooking Cert 3 at The Summit Café. (Very busy tourist venue).
Day time hours except Friday nights - Must love food and be able to get along well with other kitchen staff.
Call Tony to express your interest in this position and arrange for an interview on 8339 2600.

Please also let Abbie Cerchi (Apprenticeship Broker) know that you are applying and if you want any other information telephone 0488 942 192.

Kirsty Rogers
Senior Pathways Coordinator

A Big HIP HIP HOORAY to all of the families who have paid their Materials and Services Fees for 2017. Thanks also go out to those who have organised your student’s fees to be paid by making use of a school payment plan.

The school’s curriculum budget relies on all families paying the Materials and Services Charges. Without these funds the school will struggle to provide adequate resources for all students. Non-payment puts school finances under very real strain and adds to the pressure for charges to be increased in future years.

If you believe that you may be eligible for School Card Assistance please contact the school as matter of urgency. In order to receive School Card benefits, Parents / Caregivers need to apply to the Department of Education and Child Development each year.

Bron Hall
Business Manager
My name is Tracey Ward and I am the new Primary Co-ordinator at Oakbank Area School.

For the past 12 years I have worked in Whyalla schools in a range of teaching and leadership roles. I am very excited about working at Oakbank and am looking forward to the year ahead.

Thank you to all of the families I have already met for your warm welcome to the Oakbank school community. I’m sure throughout the year I will have an opportunity to meet many more families.

As Primary Co-ordinator I will be working closely with the primary teachers, students and families. A part of my role is a teaching component. I teach from Reception to Year 7 in the area of HASS (Humanities and Social Sciences).

This semester each class has begun with History. Another aspect of my role will be to work throughout the entire school with a focus on quality teaching.

As a starting point I have been working with staff to develop effective planning templates which can be shared with students and their families. More information will be provided to families on this throughout the term.

In the primary sub-school the students have settled into their 2017 class well and the year is off to a positive start.

This year all primary students will learn Japanese, as Language is a compulsory subject under the Australian Curriculum.

We are utilising the Open Access Program, which will be a combination of face to face teaching and lessons via the internet. Every odd week each class will receive a face to face Japanese lesson with an open access teacher.

Every even week the lesson will be run online using the interactive white board. Learning a language is a valuable skill for students to have and we believe they will enjoy this experience.

**RECEPTION TO YEAR 6 SWIMMING LESSONS**

Just a reminder to parents that all Reception to Year 6 students will be participating in swimming lessons all next week - from Monday 6 March to Friday 10 March at the Woodside Pool.

Notices have been sent home and payment will be required by the end of this week in order for students to participate in these valuable lessons.

Tracey Ward
Primary Coordinator
House Meetings

During Week 4 the 3 Sports Day houses ran meetings to prepare for Sports Day. The purpose of these meetings was for students to elect leaders for their houses and also for individuals of each house to nominate themselves for different events which they would like to compete in on the big day.

Those students who were voted in as house leaders by their peers are shown below.

SECONDARY HOUSE LEADERS 2017

GALAHs
Captains: Tallis Richardson / Ebony McKenzie
Vice Captain: Jacob Wislon / Tayla Graetz

LORIKEETS
Captains: Dylan Dawson / Alice Perkins
Vice captains: Isaiah Janiak / Emmerson Bowen

PARROTS
Captains: Ashleigh Moseley / Hannah Wall
Vice captains: Jake Horn / Tiarn Wegener

PRIMARY HOUSE LEADERS 2017

GALAHs
Captain: Zara MacPherson
Vice Captain: Kyle Mansell

LORIKEETS
Captain: Lucey Pfeiffer
Vice Captain: Jaxen Tucker-Oakey

PARROTS
Captain: Brodie Caddaye
Vice Captain: Jalen Bonilla

Trials will now occur over the next few weeks for those age groups and events which have multiple students wishing to participate. The above mentioned leaders will take on an important role in the running of these trials.

It was particularly pleasing to see 2 of the 3 houses have leaders from both OAS and HCCS.

Shane Wissell
Sports Day Coordinator
ONLINE BOOKING SYSTEM FOR PARENT / TEACHER 1st IMPRESSIONS

Year 7 to 12 students

Parents / Caregivers have the opportunity to catch up with teachers to gain an insight to how their student has started this school year.

The idea of this evening is to find out how the student is coping and to identify areas for improvement BEFORE the end of term reports are written.

The website for the Year 7 to 12 Parent / Teacher “First Impressions”, to be held between 2.40pm and 7.30pm on Wednesday 8 March and 3.30pm and 7.30pm Thursday 9 March, is www.schoolinterviews.com.au

Bookings for this event are now open and will close at 3.30pm, Tuesday 7 March.

The unique Event Code you will need to access the booking screen is wsdsg.

Please ensure that you have the correct address as rival companies have set up very similar web addresses. This is what the correct site looks like.

<table>
<thead>
<tr>
<th>INSTEAD OF.....</th>
<th>TRY THINKING....</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m not good at this</td>
<td>What am I missing?</td>
</tr>
<tr>
<td>I give up</td>
<td>I’ll use a different strategy</td>
</tr>
<tr>
<td>It’s good enough</td>
<td>Is this really my best work?</td>
</tr>
<tr>
<td>I can’t make this any better</td>
<td>I can always improve</td>
</tr>
<tr>
<td>This is too hard</td>
<td>This may take some time</td>
</tr>
<tr>
<td>I made a mistake</td>
<td>Mistakes help me to learn</td>
</tr>
<tr>
<td>I just can’t do this</td>
<td>I am going to train my brain</td>
</tr>
<tr>
<td>I’ll never be that smart</td>
<td>I will learn how to do this</td>
</tr>
<tr>
<td>Plan A didn’t work</td>
<td>There’s always Plan B</td>
</tr>
<tr>
<td>My friend can do it</td>
<td>I will learn from them</td>
</tr>
</tbody>
</table>
OPEN BOYS KNOCKOUT CRICKET

On Monday 13 February, a team of students from Oakbank ventured to Mt Barker High School for a game of Open Boys Knockout Cricket.

Students in the team were Co-Captains Jayden Hill from OAS and Noah Bell from HCCS, Zac Isgar, Cameron Rule, Connor Mansell, Caleb Richardson, Brodie Friedenfelds, Luke Amuso, Mitchell Cocciolone and Dylan Taylor all from OAS and HCCS students Riley Kernot and Will Peters.

The team was also fortunate to have two Pre-Service teachers, Dillon Cotton and Cooper Skinner, in attendance who assisted in umpiring duties and general warm ups. Alice Perkins was the last member of our group; she was invaluable in her role as official scorer.

Mt Barker won the toss on a cold and drizzly morning and decided to bat. Zac was influential early with his pace getting two quick wickets.

Unfortunately, that was where the good times in the field ended as Mt Barker put on some consistent partnerships all built around one batsman. That one batsman scored 78 runs of the team total of 108 at that time when he was finally dismissed by Mitchell. Dylan and Cameron also got a wicket each as Mt Barker finished on 5 out for 172 runs off of their allotted 30 overs. Some good catches were taken by Mitchell, Noah and Riley.

Our opening batsmen, Noah and Mitchell got the team off to a solid start. Unfortunately we continued to lose wickets. After our 30 overs we managed to score 89 runs. Top scorers were Riley, Dylan and Noah.

Although we don’t progress any further in this competition the boys can be proud of the way that they conducted themselves on the day.

We would also like to thank Jan Mattingly for driving the bus on the day for us.

Shane Wissell
Cricket Manager
CULTURAL EXCHANGE VISIT

The Ikeda Senior High School Cultural Exchange Visit was extremely successful in 2016, and we look forward to the same success this year.

The program is a very important part of our school calendar and enables a better understanding of our own culture and Japanese culture as we interact with each other and try to make meaning of the world around us.

The success of the program is reliant upon the willingness of families to host a student for two weeks. We were fortunate to have so many wonderful caring families who shared their homes and took great care of the Japanese students last year.

Planning is now underway for Ikeda to visit us again this year in weeks 2 and 3 of Term 3.

We ask all families who are able to share their home with another person to seriously consider hosting a student.

Would you like the opportunity to have a cultural exchange student in your own home? Why not host a Japanese student for two weeks?

OAS is looking forward to hosting our sister school, Ikeda Senior High School during weeks 2 and 3 of Term 3 – Saturday 29 July to Sunday 13 August 2017.

We are seeking host families to care for a Japanese student aged between 14 and 16. Families with children of any age are acceptable, especially those with children in the 12-16 age group.

You will be rewarded both culturally and financially for your efforts.

If you are interested in hosting an Ikeda Exchange student, please send an email to Bev.Bonython257@schools.sa.edu.au with the following information:

- Name of your child,
- Their home group/class information
- Your name
- Your address
- A contact telephone/mobile phone number
- Your preference for either a male or female student

Or phone 8398 7200 for more information.

Bev Bonython
Japanese Homestay Program Coordinator