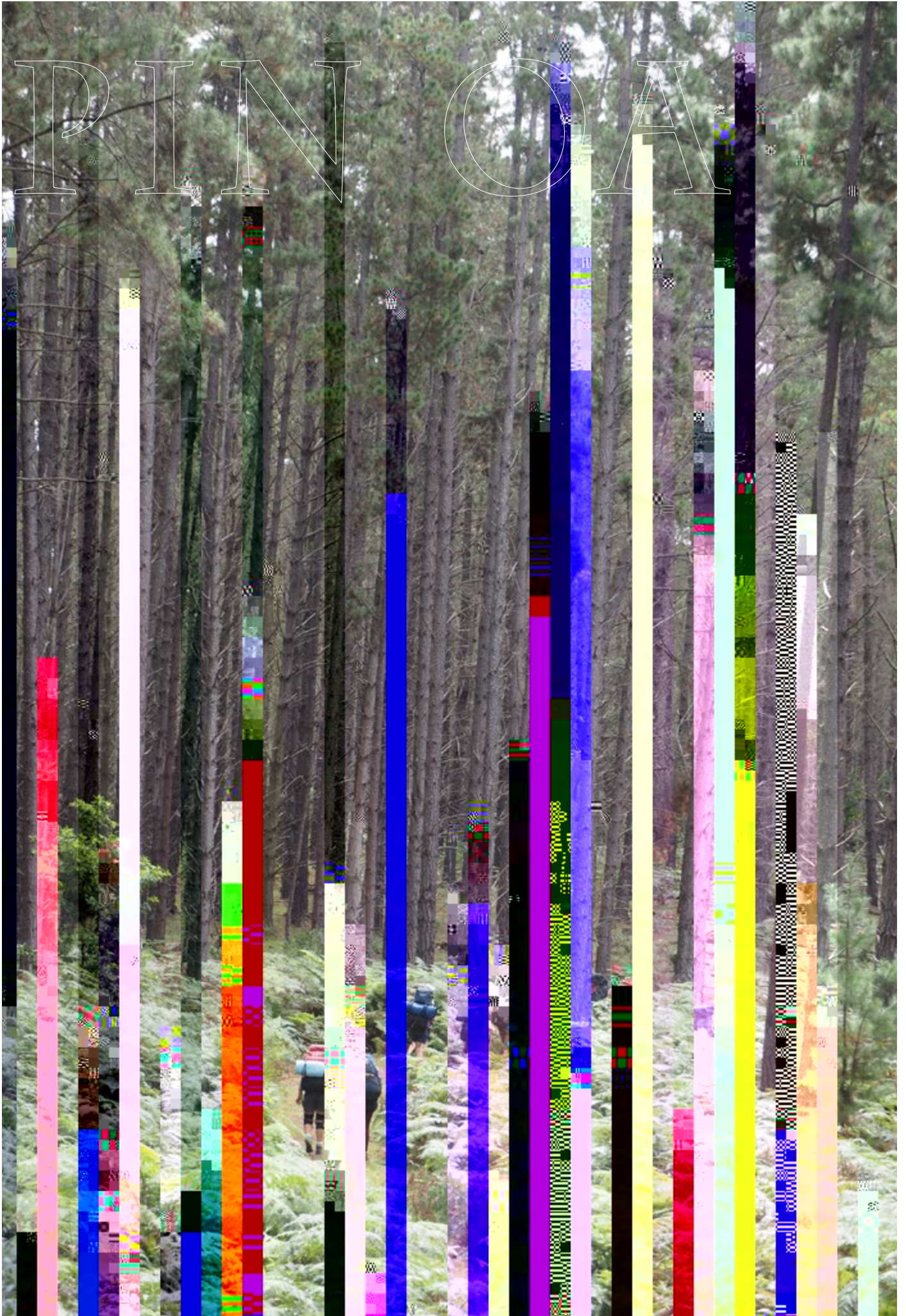


PINOA



OLD OXLEYAN INTERVIEW

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CLASS OF 1989 MICHELLE DUVAL



Now that you're of in the big wide world, what have you made of yourself since finishing school at Oxley?

I became one of the world's first professional coaches, wrote a couple of books in the field of self-actualising psychology and went on to lead a world first academic study in the attitudes and motivations of the world's most successful entrepreneurs.

I founded three international businesses in these fields, including recently a technology company (and app) that helps founders and their team identify their entrepreneurial talents and blind spots.

What is your biggest achievement since high school?

In 2003 I was diagnosed with a rare auto-immune brain disease. I had palsy down my right side, loss of memory and speech; I was having seizures and debilitating pain in my head where my body was eating up my brain. The prognosis was grim, within six-months I would be deaf, blind and mute and within two years the disease was going to be fatal. I was told there is no treatment that could save my life and that shockingly medicine had no idea how to treat or cure it.

Over five very intense years, and through extraordinary situations and experimentations I found patterns between 70 other people with auto-immune diseases and myself, which led to a complete cure for me and also for many other people.

I taught my brain to re-route the functions where I had brain damage and now have no evidence of the disease.

Were these things that during high school you expected you would end up doing?

I always knew I loved helping and supporting people. It was always the case with all of my friendships. I was also frustrated with how my father ran our family business and always dreamed of new business ideas (and better ways for him to run his business!). I knew one day I would start a business but had no idea I would do what I am doing now.

How did Oxley prepare you for your future?

I believed (and still do) I could do anything with my life. I never questioned my gender, age, academic or physical limitations. I believe my family instilled this belief and that Oxley reinforced it.

Is there anybody from the Oxley community who inspired you throughout high school?


David Wright for his vision and narration. Stuart Forlonge for his belief in me. Rosamund Christie and Helmut Schaefer for embracing and celebrating my uniqueness.

What would you say you miss most about being at school?

The innocence of youth.

What would you say to your fifteen year old self?

Stop comparing yourself. Being different is okay. You are amazing just as you are.



Climate change. You've all heard of it, perhaps you've even seen TV programs about it. But what is climate change really all about? What are its consequences? Should we really even be worried about it?

These are the questions I'm sure many of you are wondering, and I hope that I can provide some answers to quell your insatiable curiosities.

Climate change refers to the a change in the pattern of weather, and related changes in oceans, land surfaces and ice sheets, occurring over time scales of decades or longer. How is this different to the many ice ages and drastic natural changes to the Earth's climate, you might be thinking? Well, in short, it's not. However, the current global warming trend is significant because most of it is extremely likely (greater than 95 percent probability) to be the result of human activity since the mid-20th century and proceeding at a rate that is unprecedented over decades to millennia.

There are a number of major factors contributing to climate change, interestingly, one of which is our agriculture system. That's right, the way we are producing and cultivating our food is actually damaging the atmosphere. Adelaide University's Professor of Climate Change, Barry Brook, estimates that raising animals for human consumption is responsible for half of Australia's short-term global warming gases — that's more than the coal industry. And, according to a recent report by American Association for the Advancement of Science — the biggest analysis to date on the impact of agriculture — it's the products of animal agriculture, such as meat and dairy, that are the most unsustainable of all. The reason for this? On average, a cow releases between 70 and 120 kg of Methane per year. Methane is a greenhouse gas like carbon dioxide (CO₂). But the negative effect on the climate of Methane is 23 times higher than the effect of CO₂. Therefore the release of about 100 kg Methane per year for each cow is equivalent to about 2,300 kg CO₂ per year.

Another significant element in climate change is fossil fuels, with fossil fuels currently supplying 80% of the world's energy needs. What are fossil fuels? They are natural fuels such as coal, oil or gas, formed in the geological past from the remains of living organisms. Fossil energy was a fundamental driver of the Industrial Revolution, and the technological, social, economic and development progress which has followed. This generation of energy has played a strongly positive role in global change. However, fossil fuels also have negative impacts, being the dominant source of local air pollution and emitter of carbon dioxide (CO₂) and other greenhouse gases. The burning of coal to produce energy and fossil fuel combustion in motorised engines are also some of the most prominent forms of greenhouse pollution, with transportation and electricity generation accounting for 28.5% and 28.4% of all greenhouse gas emissions respectively. As these exploits are considered 'vital' for maintaining our health and livelihoods, they can hardly be prevented from occurring. However, in recent years, researchers have developed cleaner and more efficient alternatives to the combustion of fossil fuels (like coal), such as nuclear, wind, and solar power, to name a few. I believe nuclear energy is particularly effective in not producing greenhouse gases and hence it produces

energy cleanly. The only major problem with nuclear energy is the storage of used fuel product, which contains large amounts of radiation and can be harmful to the environment. Similarly, engineers have been developing electric cars, which run on rechargeable batteries and don't produce CO₂, but which are currently much more expensive for both the producer and the customer due to the lack of available technology in the field.

Climate change has already had a massive global effect on our environment. Glaciers have shrunk, ice on rivers and lakes is breaking up earlier, plant and animal ranges have shifted and trees are flowering sooner. Effects that scientists had predicted decades ago would result from climate change are now occurring; loss of sea ice, accelerated sea level rise and longer, more intense heat waves. Scientists have a lot of confidence that worldwide temperatures will continue to rise for years to come, largely due to greenhouse gases produced by human activities. A quote from chapter seven of Stephen Hawking's latest book 'Brief Answers To The Big Questions' details this: "We are learning how human activities and technologies are affecting climate systems in a way that may forever change life on Earth." In this chapter, Hawking proceeds to evaluate and explain the causes and effects of climate

MUSIC



UNAPOLOGETICALLY

Kelsea Ballerini's most recent debut album is Unapologetically. In Ballerini's words "It starts with loss, goes into life, and then it goes into love." It is chronological, autobiographical, and lets her story unfold song by song. Ballerini's Unapologetically album showcases heartfelt vocals, powerful lyrics and fearless individuality in the country music genre. That being said, she has described her new album in three words: loss, life, and love. After just one listen, there is nothing one can do but agree. The opener to the album, "Graveyard," is a heavy beginning, halfway between eerie and nostalgic. Continuing to show her emotion, Ballerini tries to guard her heart with "I Hate Love Songs," literally listing of things one by one that she hates about overly cheesy, typical love "things." The comical and cynical track fits its title well, and it highlights her vocals front and centre. Finally, the album comes to a perfect ending with the lead single "Legends." As the longest track of the record, the track plays as an inspiration, giving of the indestructible feeling that comes with a first love, when the world feels at the palm of your hands and it feels as though you are soaring through the sky. Piano fills the sound waves on a grand scale, carrying a nice rhythm while drums and synths follow, creating a feeling

TOP 3 APPS

1. Words with Friends:

The world's number one mobile word game... Increase your vocabulary and enjoy showing off your English proficiency with this 100% free app.

2. Duolingo:

Ever wanted to learn Spanish? Planning on a trip to China next year? Need to acquire some fast French vocabulary to impress on a date on Saturday night? Duolingo has it all. Offering 85 different language courses in 24 languages, Duolingo is the world's most popular way to learn a language. And the best part... it is free!

3. The Red Cross App:

Whether you have been bitten by a snake, suffering from an asthma attack or even a simple insect sting, this encyclopaedic, simple to use app will save the day, giving you access to up to date aid information. Cost? FREE

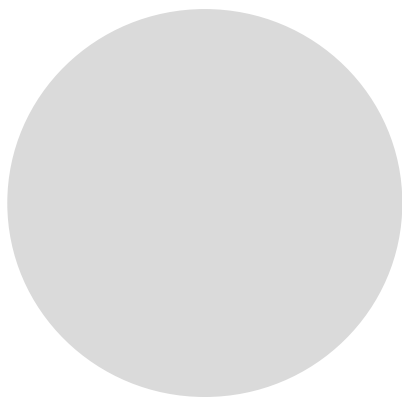
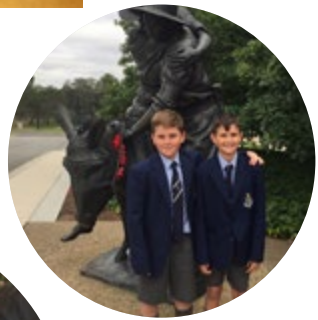
Lucie Drysdale (Year 12)

A mind that is stretched by a new experience can never go back to its old dimensions.

Oliver Wendell Holmes

There is a great deal of research into the power of immersive learning for many aspects of the curriculum. This approach to learning is multi-faceted and emotionally engaging to optimise the enhancement of “will, thrill and skill” for the learner. Many of the experiences we design at Oxley are intentionally rich in perspective, experience and the degree of personalisation possible. Often teachers design a menu of possible experiences or lines of inquiry within a unit which are highly motivating for the learner and enable a familiar pathway into new content.

Immersive experiences may involve physical or digital environments, may be simulations of the real world or directed towards authentic assessment tasks such as our frequent showcases or exhibitions. More often than not, the



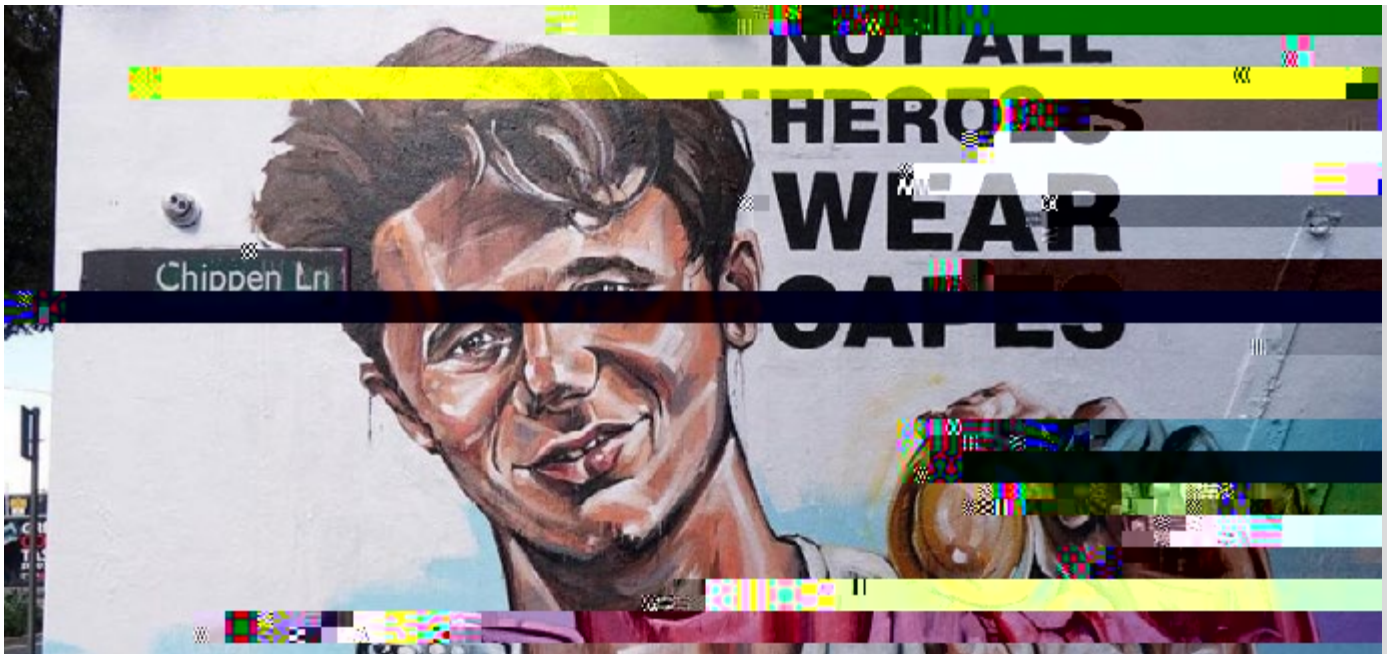
The Real Issue At Hand: DIVISION

Not all Heroes wear capes. Some carry eggs.

Australia found a new hero. Egg boy made his way into the news, our Facebook feeds and the classroom. His egg moment was re-mixed, re-played and there is now a go fund me page - to cover his legal fees.... And to pay for more eggs.

Don't get us wrong, we love egg boy. We follow him on Instagram, we've liked, commented and shared. But there's something about the situation that feels odd - it feels like the whole of Australia is clinging to this. Madly holding on to this life boat of comedic hope. So why is it that one boy, an egg and a far right politician have caught the attention of Australia and the world?

For those of you who don't know, Fraser Anning is an Australian senator for Queensland - who is currently sitting as an independent - he was given the seat after Malcolm Roberts was found ineligible due to his dual citizenship. Anning holds racist and anti immigration views - and was condemned for his words after the Christchurch terrorist attack. It was during a live interview with the politician that 17 year old Will Connolly took it upon himself to egg Anning. All caught on camera, the video was uploaded immediately to social media where it gained worldwide attention. Everybody began



You don't have to look very far into the language and rhetoric used when we write about Islam for the answer. Three days after 9/11, when we were only three months old (most of you weren't even born yet), George Bush delivered a speech. This speech was, in a way what America needed. It united them during their time of crisis and loss. A unification against a common enemy emerged. Here Bush delivered his famous lines "if you are not with us, you are against us", referring to the "crusade" America was about to undertake. Bush pits differing ideologies against each other - "freedom and fear, justice and cruelty". A few weeks later American troops entered the Middle East. Yet, things are not always what they seem - according to the New York times it is estimated that for every one American killed by a Muslim, Americans have killed 30 Muslims. But our media doesn't paint that picture.

This "us/them" mentality can be seen on a smaller scale too - it's all around us. Difference seems to be the thing that defines us. It can be both a very powerful - but also damaging - weapon. These differences don't just live amongst race/country - they come into our political views and our ideas about how the world should work. If you've ever been in a heated argument with someone, you'll understand, that after a certain point you stop listening to what the other person is saying. As voices rise, and more people back us, we become more cemented in our views, and instead of listening to what the other person is saying - we are thinking about what we're going to say next in retaliation. Through our (very, very tiny) exploration into history, I've noticed that often when times get tough, people become more extreme and polarised in their views. You are right or you are left - and the in between becomes even smaller. Perhaps this is part of humanities desire to cling onto something solid, something black and white, something tangible and something unifying in times of hardship. And that brings us back to Egg boy.

Now let's look at the way NZ Prime Minister Jacinda Arden has responded to the issue. Arden refuses to speak the name of the killer - telling us to "speak the name of the people who were lost, not of the man who took them" - "he may have sort notoriety - but we in NZ will give him nothing". In contrast to Bush, she uses language of inclusion and unity - calling for New Zealand to rally together as one in the face of the tragedy - "we are one - they are us".

We're not suggesting we all need to "overcome" all of our differences, sit down in a circle and join hands and sing kumbayah. Difference is incredibly important. In many cases it defines us and makes us stronger individuals - but we can still be individuals without seeing anyone who isn't like us as the "other" or "wrong". Be an individual on your own terms and accept that others can be different to you - not wrong - just different.

As much as we all love egg boy, he is drawing attention away from, but also further illustrating the real issue at hand. Division. Whether this be between different religions, cultures or political parties. It's important that we watch these events unfold, notice the patterns and watch the way we speak about other people. Let's try to be the generation that doesn't have an "enemy other" and move away from this dangerous "us/them" mentality.

On another note, an alarming trend that seems to have emerged is the recording and filming of violence and terrorism. As many of you may know, the attack in Christchurch was live streamed by the attacker, showing the incredibly barbaric nature of the act. The attacker made sure that the livestream was accessible on several platforms with the intention of reaching as many people as possible. Once the livestream had finished, the footage was still accessible, available to the public for several more hours before being finally taken down. If you have seen this footage, it might be a good idea to talk to someone. No one should ever have to witness such horrific, scarring scenes. In the future, remember that by watching these acts of terror you are also, in a way, adding fuel to the fire.

By Jemima Taylor and Lachlan Moore (Year 12). Based on a speech given at a recent Senior Assembly.

Batyr – ‘Giving a Voice to the Elephant in the Room’

Addressing the mental health of young people is an urgent need in Australia. The statistics speak for themselves: seven out of every 30 Australian students suffer from mental ill health and of those, only two will reach out for help. Batyr is an organisation created by young people, for young people, which aims to break the stigma associated with mental illness. They returned to Oxley this week and have presented to students in Years 9-12. The workshops in Years 10, 11 and 12 build on the presentations given to students in 2018.

Year 9: ‘The Batyr Standard’ – Students are educated about mental health and the support networks and services available to them.

Year 10:



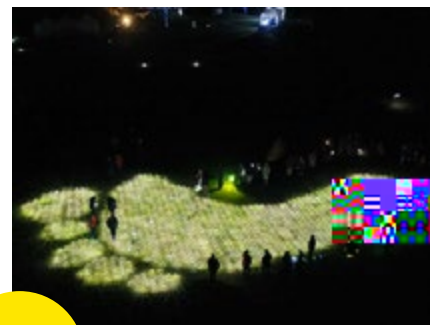
This past weekend, our senior winter sports teams were presented with an opportunity to experience the high-performance system that supports our Australian athletes in achieving podium results. A chance to take part in the success and development of sport science through specially designed training and rehabilitation methods was one that proved beneficial for all teams. The Australian Institute of Sport would provide us with three days of learning and growing and ultimately strengthen our bonds as a team.

Our Australian Institute of Sport (AIS) experience began with a talk from Paralympian Katherine Downie who lives with mild right hemiplegic spastic cerebral palsy and is a 'S10' classified swimmer. Competing in the 2012 Summer Paralympics in

WHAT'S HAPPENING? IN THE WORLD...

Pollution is a topic that everyone is very familiar with. The majority of the world's population knows and has an evidence-based belief that pollution is a very real problem in our world, but although most of us know about it, we don't necessarily know about everything that pollutes our planet. The not-for-profit Institute for Agriculture, Trade Policy and Grain conducted a study on the 35 biggest meat and dairy producers and found that the majority of the companies were very secretive about the carbon footprint that they were leaving. They found that the meat and dairy producers could be responsible for up to 80% of the carbon budget. In second is lead-acid battery smelting industry which melts old lead-acid batteries that can't hold an electric charge anymore. Third is the mining and ore processing industry which is supplying the gems, ore and coal in the world. Fourth is the lead smelting industry which goes through a series of steps to extract pure lead from its ore counterpart. Although there are many more industries and companies that contribute to the world's carbon footprint these ones (in some cases) are quite surprising.

By Evie Crowley (Year 7)



Some may say it was the coldest night in years but five Year 10s and a couple of teachers hung in there despite everything mother nature threw at us.

On Saturday at the Southern Highlands Botanic Gardens Earth Hour was held. This year's theme for Earth Hour was 'Connect to Earth'. The night consisted of live music and local stores and inspiring talks about renewable energy and how it helps the world. Towards the end of the night, it was time to set our world record. The world record was to create the largest display of solar lights. We each got our solar buddy lights (which the Year 10 Geography classes made to give to developing countries for light) and walked outside of the footprint to get a photo with our solar lights from a drone above.

A huge thank you to Mr Simpson, Ms Shedden, Maddie Sargeant, Conor Hendry, Tom Dunn and Lachlan Jowett for making the night so special.

Although we couldn't feel our toes it was definitely a night to remember!

Lily Magill (Year 10)



GALLERY



APRIL CALENDAR

Mon

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Wallandilly
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Tue

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Wed

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Challenge, Sydney
U v

Fri

INC: Y11 Batyr
JS End of Summer
h
INC: Y12 Batyr

Fri

Sat

Sat

Sun

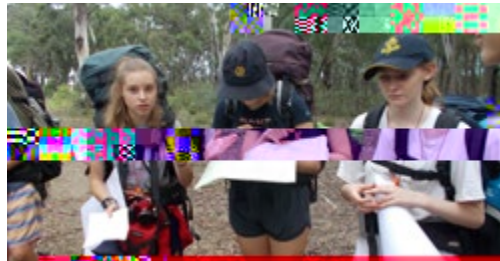
Sun

NEWSFLASH

MOONACRES ORGANIC FARM



DofE



Duke of Edinburgh's International Award Scheme. What springs to mind? Picturesque scenery and birds chirping, or difficult hikes up muddy terrain trying to outrun the weather. Well luckily enough it's a bit of both. And by the second day of this we were all ready to give up, our legs hurt and our tempers were short, but we persevered. Out of this joint pain birthed a sense of companionship and comradery with the people in my group. This is best encapsulated in one moment where the whole group started singing both the Oxley song and hymn as we hiked, quickly joined by an excellent rendition of Bohemian Rhapsody that would've made Queen cry (with joy). So yes, DOE is an excellent educational activity but it is also a group experience that brings you closer to people you wouldn't usually meet and pulls you out of your comfort zone.

(By Claudia Brady Year 9)

Unfamiliar territory. Uncomfortable sleeps. Unyielding terrain. On paper, the Duke of Ed Bronze practice hike does not look like a particularly fun prospect. But I promise you, you will not regret it if you do take the plunge. The feeling of finally reaching your destination after hours of hiking with a heavy pack alone is enough incentive for you to go. Additionally, the feeling of independence you get when planning and cooking a meal cannot be found in many other places. I think that everybody who was on those hikes would agree that the positives completely outweigh the negatives.

(By Liam Verity Year 9)

