



Date of Issue: 15 August, 2017

## From the Head of Education

**We all want to succeed. One path to success is identifying the habits that can help us on our journey.**

As you would all know, Steven Covey (author of among other things the highly acclaimed book *'The 7 Habits of Highly Effective People'*) studied over 200 years' worth of literature on the concept of "success" and came to the view that the way we see the world is entirely based on our own perceptions. In order to change a given situation, we must change ourselves, and in order to change ourselves, we must be able to change our perceptions.

Covey identified a very important change in the way that humans have defined success over time. He found that prior to the 1920s, people believed the foundation of success rested upon Character Ethic (things like integrity, humility, fidelity, temperance, courage, justice, patience, industry, simplicity, modesty, and the Golden Rule). Since that time; however, the way people viewed success shifted to what Covey called Personality Ethic (where success is a function of personality, public image, attitudes and behaviors).

These days, people look for quick fixes. They see a successful person, team, or organization and ask, "How do you do it? Teach me your techniques!" But these "shortcuts" that we look for, hoping to save time and effort and still achieve the desired result, are simply Band-Aids that will yield short-term solutions; they don't address the underlying condition.

What we really need to be successful is to change ourselves fundamentally. That's where the seven habits of highly effective people (or *'The 7 Habits of Highly Effective Kids'*) come in:

- Habits 1, 2, and 3 are focused on self-mastery and moving from dependence to independence. Very relevant to our students as they become Self-Directed Learners!
- Habits 4, 5, and 6 are focused on developing teamwork, collaboration, and communication skills, and moving from independence to interdependence. These are highly sought after 'soft skills' or 21st Century Skills in high demand from employers!
- Habit 7 is focused on continuous growth and improvement, and embodies all the other habits.

I have included these in the form they appear in Covey's *'The Leader in Me'* for your consideration, discussion and, hopefully, for your interest in incorporating into your lives (next page):



**OAKWOOD**  
SCHOOL

### **Term Dates 2017**

Term 3: 25/7/17 – 29/9/2017

Term 4: 17/10/17 – 14/12/17

### **Important Dates/Upcoming events**

#### **August**

**Monday 7<sup>th</sup> to Friday 18<sup>th</sup>**

Launceston & Hobart Primary Swimming

**Thursday 17<sup>th</sup> & 18<sup>th</sup>**

11 & 12 Biennial Canberra Trip

**Friday 18<sup>th</sup>**

TAC2017 at the Tramsheds Function Centre – Year 10 Group

**Monday 21<sup>st</sup> to Friday 25<sup>th</sup>**

NAPLAN Online SRT for years 4, 6, 8

**Monday 21<sup>st</sup> to Friday 1<sup>st</sup> September**

Devonport Primary Swimming Program

**Wednesday 23<sup>rd</sup>**

Primary Book Week Dress as a Character & Activities, Periods 1 – 3

**Monday 28<sup>th</sup>**

TAC2017 Year 11 & 12 Group Viewing at QV Museum

#### **September**

**Friday 1<sup>st</sup>**

Multicultural Day run by SSLT (Lessons 2, 3 & 4, including recess)

## 7 Habits of Highly Effective Kids From:

*The Leader in Me* by Stephen Covey

---

1. **Be Proactive** I have a “Can Do” attitude. I choose my actions, attitudes and moods. I don’t blame others. I do the right thing without being asked, even if nobody is looking.
2. **Begin With the End in Mind** I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my school. I look for ways to be a good citizen.
3. **Put First Things First** I spend my time on things that are most important. This means I say no to things I should not do. I set priorities, make a schedule, and follow my plan. I am organized.
4. **Think Win-Win** I want everyone to be a success. I don’t have to put others down to get what I want. It makes me happy to see other people happy. I like to do nice things for others. When a conflict arrives, I help brainstorm a solution. We all can win!
5. **Seek First to Understand** I listen to other people’s ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas.
6. **Synergize** I value other people’s strengths and learn from them. I get along well with others, even people who are different from me. I work well in groups. I seek out other people’s ideas to solve problems. I know that “two heads are better than one”. I am a better person when I let other people into my life and work.
7. **Sharpen the Saw** I take care of my body by eating right, exercising, and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places.

Mrs Ann D. Moxham

# Launceston Site Coordinator Report : Mrs Vanessa Harvey



*Term three is a very exciting time. The feeling of anticipation adds a little oomph to a time when the weather may be starting to wear a little thin.*

As our Year 10 and 11 students begin to choose subjects for their TCE, you begin to see them looking beyond the school gate and into their working future. It is a time when much is possible, and plans for the next year or two begin to shape futures. I really enjoy the conversations with senior students at this time, as it is often the first time they articulate what interests them and how they see their future.

Term three is also an extremely busy time to consolidate learning, clarify concepts and work hard. Our Year 12 students only have 7 school weeks until their trial exams - suddenly time seems to move much faster!

Our Year 6 students are also working towards being Year 7 students. Before they know it, it will be time for the Early Start Program.

So during this exciting time, I offer the following advice to our students:

- ❖ Take **every** learning opportunity;
- ❖ Clarify misunderstandings **early**;
- ❖ **Ask** questions if you don't know something; and
- ❖ Work **hard**!

Enjoy your learning,

Mrs Harvey

"Whatever course you  
decide upon,  
there is always someone  
to tell you that you are wrong.  
There are always difficulties  
arising which tempt  
you to believe that your  
critics are right. To map  
out a course of action and follow  
it to an end requires courage."



[www.habitsofmind.org](http://www.habitsofmind.org)

**Ralph Waldo Emerson**



# HPE REPORT

## Oakwood's Lightning Carnival

On Friday 7<sup>th</sup> of July, Oakwood held its annual Lightning Carnival at the Elphin Centre in Launceston. Primary students had an exciting time jumping on the trampolines at AirTime 360 and playing games of futsal. Secondary students fought hard in many close futsal, volleyball and AFL matches. The students all showed exceptional House spirit and team work. Congratulations to the following students who were chosen as the 'best and fairest' throughout the day. Each student has received a Global House Point.



Raiders	Warriors	Troopers
Dakota Steen	Eugenie Reynolds	Orlando Shedden
Heath Cox	Marcus Ingles	Vaughan Simpson
Shelley Woolston	Janae Trimmer	Nikita Way
Braden Urquhart	Guy McKechnie	Angie Woolston
Logan Churchman	Jay Tchappat	Louis Kennard
Maggie Chugg	Alysia Lewis	Martin Simpson
Rikki Knight		Jonas Wallis
		Edward Tchappat





## The results

The scores from each match were tallied together at the end of the day to find an overall House winner. The total House points were:

**3 Warriors: 330      2 Raiders: 395      1 Troopers: 491**

Thank you to all staff, parents and community members who helped to make this day such a successful carnival for the students.

If you haven't already seen the video – click the image on the right to view now or visit our Oakwood website!



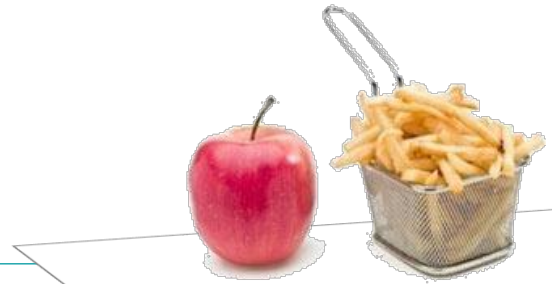
## Coming Up...

This term Oakwood's House Captains have been working diligently to create an exciting Colour Run & Cross Country Event for Week 7, Term 3. The school will gather in Devonport to participate in this great occasion and we will be fundraising during the lead up to the run. Staff, parents and the House Captains will have the job of turning students into very colourful athletes as they run along the Heritage Walking track.

# Food & Nutrition

## Subject Update

It is hard to believe that the Food and Nutrition students from Oakwood School will be sitting for the TASC external exam for 2017 early next term. Students will be working hard during Term 3 to make sure that they are prepared for the upcoming exams.



Recently, the students have been exploring a range of nutrition-related topics including: diet-related diseases, food choices and diet analysis.

As part of the Diet Analysis unit, students are required to record everything they eat for 3 days, then analyse their food intake against the Australian Dietary Guidelines. Students are then required to write a detailed report showing their results.



*"To eat is a necessity, but to eat intelligently is an art." ~ La Rochefoucauld*

'Overall, I enjoyed the task of analysing my diet over three days, and I will work to implement any changes necessary to my diet. The three days I chose may not be a fair representation of my actual diet, as on Saturday I visited AGFEST, therefore consuming high amounts of fatty, processed food, which skewed my average data' (Year 12 Student, Launceston Campus).



# AN UPDATE FROM THE OAKWOOD PRIMARY SCHOOL

## ...Art at Devonport

At the Devonport Site primary students have been engaged in a variety of in-class Visual Art activities this semester. Daily Draw remains a favoured activity of most students whenever we have time to make it happen. Daily Draw is a 10 to 15 minute silent activity where students are free to draw anything they choose in their sketch books.

Students have also been creating their own masterpieces to brighten up our class room walls. Using "bright animal art" as a stimulus they have drawn an outline in black and added vivid colours. Many artworks have now been completed and can be viewed in our gallery in Classroom Two.

*Mrs Nikki Clarke, Devonport Class Teacher*



## ...Daily 5 at Launceston

In English all primary students have been using the Daily 5 learning program. It is a program that aims to foster literacy independence, as a way to begin introducing some self-directed learning in Years 4-6. Primary students start their first lesson in the morning with a short, whole-group focus lesson and then two rotations of the Daily 5 program. Students' time is spent reading and writing and teachers' time is spent working with students. Students are taught skills and then they practise these until they become habits. Students increase the time they spend on each activity based on their stamina and teachers are able to assess the needs and requirements of individual students. Students are encouraged to monitor and reflect on their own behaviour and goals at the end of each round.

During this time students may work in small guided groups with a teacher or teacher assistant or individually. Teachers also have the opportunity to have a conference with individual students or get students to complete assessment tasks.

The students have been introduced to 3 out of 5 of the Daily 5 and these are called, 'Read to Self', 'Work on Writing' and 'Word Work'.

In 'Word Work' time, students complete spelling activities. 'Work on Writing' and 'Read to Self' are rather self-explanatory. 'Work on Writing' is when they write continuously for 20 minutes on a topic of choice or on a specific task set by their teacher. 'Read to self' is where they stay in one spot and read the whole time. Students each have their own book box in their classrooms which they fill with good-fit books. Students pick about 5 books from the class collection and library that interest them and that they can understand. Students are always encouraged to work quietly and get started right away, with minimal time wasted in transition. They also work on the CAFÉ menu which stands for 'Comprehension', 'Accuracy', 'Fluency' and 'Expanding Vocabulary' for both reading and writing.

*Mrs Penny Heger, Launceston Class Teacher*





## ...Choir at Launceston

I have had the privilege of taking Choir in the Primary during Semester 1. Students have shown a wonderful attitude towards their singing. We have practised singing in rounds for simple and more complicated songs, such as our new piece, 'Let's Sing All Together'. Students have extended themselves to sing small group and harmony parts. They are developing their ability to sing in canon, where different groups sing a different melody at the same time. This can be difficult, as they need to hold the correct pitch and timing, without wandering. I have found our students to be enthusiastic and talented, and it has been a joy working with them.

*Mrs Christina Frith, Launceston Class & Choir Teacher*

## ...Swimming at Hobart

The primary students in Hobart have begun two weeks of swimming this week. This has meant that the students not at the pool are required to complete their work independently under the supervision of another teacher. They should be very proud of the effort they have put in, especially those returning to school to work, after swimming for nearly an hour!

So far they have been working on mastering fundamental techniques (floating, strokes and breathing etc.) to ensure they can complete different strokes most effectively. All of these will also be very helpful when they take on the water-survival challenges next week!

I take this opportunity to thank the parents who have given up their time to transport the students to and from the pool.

*Mrs Heather McCallum, Hobart Class Teacher*

