

Helpful Faces

High School can be tricky; here are some teachers that you can see if you need help or advice.



Mr Lloyd
Principal

Mrs Hamilton
Deputy
Principal

Mrs Nash
Year 7 Adviser



Mrs Winslade
Head Teacher
Administration

Mrs Rogan
Head Teacher
Welfare (Students)

Useful Links

Kids Helpline: 1800 55 1800

<https://kidshelpline.com.au>

Headspace Orange: 6369 9300

<https://www.headspace.org.au>

Orange High School Links (Sentral):

<http://www.orange-h.schools.nsw.edu.au/our-school/links>

School Email (DET Portal):

<https://sso.det.nsw.edu.au/sso/UI/Login?realm=detnsw&goto=https://staff.det.nsw.edu.au>

Honour the
Past; Create
the Future

Tips and Tricks for Surviving Year 7!



Tips, advice and links to help the transition to high school.

Tips and Tricks for Surviving

Year 7

Welcome to Orange High School, I hope that your first few days have been great! Here are some tips and tricks to help you get through your first year of high school.

- Remember this is your first go at high school, so you probably won't get everything right the first time. It is OK to make mistakes!
- Never be afraid to ask for help if you are not sure where to go.
- Use your timetable and make multiple copies of your timetable (even laminate it if you like).
- Be aware of what classes you have next so you don't end up wandering the corridors and getting in trouble
- Make new friends from different primary schools (You have probably done this one already!)

- Try something new- join a group, dance, play sport, chess, debating, knitting.
- Teachers are here to help so don't be afraid to talk and ask for help
- Relax and try to enjoy it, in no time at all it will seem like you've been there forever!
- Don't stress
- Talk to someone if things are hard for you– a teacher, school counsellor or year advisor.



Feeling Stressed?

High School can be quite overwhelming and if you ever find things too hard, stressful or confusing make sure you go chat to your year adviser, a school counsellor or a teacher. They are all here to help and want you to have the best high school experience.

Here are some mindfulness apps and websites that you can download or visit if you do feel stressed.

Smiling Mind



Smiling mind is both an app you can download and website you can visit. It is not-for-profit organisation that works to make meditation accessible to all. There are some great quick meditations that are available to all ages to help decrease stress and increase well being. Give it a try!

Head Space- Mindfulness

Learn to meditate in just 10 minutes a day with the Headspace app. Daily meditation has been shown to help people stress less, exercise more and even sleep better. Even Emma Watson loves it. "It's an app that teaches you how to meditate. It's kind of genius.". Download and give it a try!