

NEWSLETTER



www.orange-h.schools.nsw.edu.au

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9th June, 2011

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The School Show "Orange High in Concert" has been another great success this year. Almost three hundred students have performed and entertained sell out matinees and capacity evening crowds. There are still tickets available for Thursday night's performance, so, if you haven't already seen it, take the opportunity to do so.

Congratulations to all of the staff and students who have been involved in the success of the 2011 shows. Everyone has worked hard to ensure a professional and entertaining production. Thank you to everyone and to the staff who have covered classes, sold tickets, juggled timetables and worked as a team to prepare for this week. The whole school community benefits from your efforts.

A huge thank you also to PRISM (Parents Rejoicing in School Music) for their support and hard work organising the catering. I believe when PRISM was first established, it was formed to allow Mrs Mickle to "do" the music, without having to worry about anything else. PRISM's brief has certainly grown over the years – it's no longer just Mrs Mickle. The teaching team associated with the show now includes Mr Irvine, Mrs Redman, Miss Atchison, Ms Hope, Mrs Crane, Mr Baker, Mr Wharton and Mrs Mickle.

Next week is the first round at Astley Cup. Over one hundred students are involved in this annual event. We travel to Bathurst for Thursday and Friday next week. Dubbo travels to Orange for the Tuesday and Wednesday of the last week of term.

Our newly established student sports' council has been fundraising for an Astley Cup jumper this year. They have just begun and have already raised a substantial amount of money. It's wonderful to see young people seize an idea and run with it. Our students do it all the time!

I hope that many of you will take the opportunity to attend the Australian Communications and Media Authority (ACME) free parent workshops next Tuesday, 14th June. The presentations are part of ACME'S Cybersmart Outreach Program. I have heard very positive reports about the workshops from staff and parents at other schools and strongly encourage you to attend.

Orange High School is a fantastic School. If you have suggestions for further improvement, concerns or questions, please don't hesitate to contact me by phone on 6362 3444 or by email Maree.Angus@det.nsw.edu.au

Hope to see you at the School Show or at an Astley Cup event.

M Angus, Principal

WELFARE WORDS

- Varicella and HPV (girls only) immunizations happened last week. If your son or daughter missed their shots due to absence, the community nurses will catch them up at the next scheduled installment on 4th August. As we were the last Orange school to receive the vaccinations this time around, there was no opportunity for absent students to visit another school for the needles.
- Back in 2002, when our current Anti-bullying Policy had been written, cyber-bullying hadn't been heard of too much. Today, in light of escalating reports of bullying through electronic media, we need to re-write our Policy. As part of an awareness and prevention program prior to the re-write, the Cybersmart Outreach Section of the Australian Communications and Media Authority will be at Orange High School next week, on Tuesday, 14th June. This group is highly sought

after and we are indeed very fortunate to have secured their services as they rarely operate outside the major cities. All Year 7 to 10 students will participate in a presentation to be held in the afternoon of 14th June. At 3.45p.m. a session designed for teachers will be conducted. Teachers from the local schools are invited to attend.

Finally, at 6.15p.m. there is a special presentation for parents which will assist them in the awareness of cyberbullying and provide strategies to help their children deal with the pressures of online technologies. Staff and parents are asked to indicate their attendance for catering purposes. More information is available on our website.

- *Techno-Bully* is a professional performance put on by Starrs' Productions and deals with the problem of how bullying occurs over the internet. The actors demonstrate the feelings generated by such conduct and give strategies to assist in ending harassment. It is both funny and entertaining but has a serious side as well. Notes for this performance went home this week with Year 7 students and I would encourage a full attendance at this play. Please return notes and \$3.00 to the front office ASAP. Welfare part funds this performance as we consider it an important follow-on from the cyberbullying workshops.
- There is much happening on the Welfare scene this term. Here are some dates for your calendar:

Tuesday	14 th June	Cyber-bullying Prevention Workshops for Yrs 7-10
		Cyber-bullying Prevention Presentation for staff
		Cyber-bullying Prevention Presentation for parents
Thursday	16 th June	'Techno-bully' presentation for Yr 7
		State of Origin excursion for 19 Indigenous students
Monday	27 th June	'The Teenager Alchemist' – cancer prevention presentation for Yrs 7-10

- Royal Life Saving is conducting a Workcover approved and VETAB accredited First Aid course. It is an online course, First Aid in a Box, done in your own time with assessment on Tuesday, 28th June 6-8p.m. It will cost \$140 (full course) or \$125 (re-accreditation). To register, you need to call 6369 0679
- Teenage sibling fighting - By Raising Children Network

It's normal for teenage siblings to fight over all sorts of things. But handled the right way, sibling conflict can help children learn important life skills, such as how to solve problems and treat others with empathy. Suggestions for handling fights between teenage siblings:

Avoid solving the problem for your children – get them to listen to each other's perspective first.

Coach them through conflict.

Motivate them to resolve fights themselves.

Keep track of how the fights get resolved to ensure one child isn't dominating the other.

Look at what the conflict is about, rather than focusing on who started it.

This stage can be stressful, but it will pass. Seek support if you need it – you could start by talking to your GP. This article is an extract only. To read the full article, visit the website: raisingchildren.net.au/articles/sibling_fighting_teenagers.html

Sourced from raisingchildren.net.au – the Australian parenting website.

STUDENT UMPIRES

We have had a number of our students officiating at PSSA events lately. Thanks go to: Gaven Byrne, Melissa Byrne, Courtney and Rhiannon Lamb and Emily Watson for their assistance at the PSSA Girls' Softball Gala Day.

Here is an excerpt received from the Western Area Softball Convener:

"Gaven and Courtney took responsibility as plate umpires and performed exceptionally all day....All 5 students were well-mannered and polite to all (participating) schools. It was also great to hear back from Primary School teachers who told me that these students were not only professional in their duties, they also encouraged students participating."

Well done, and congratulations for being such wonderful ambassadors for the School. Your efforts should also earn you some signatures. See me!

Michael Dillon of Year 10 has also been selected to umpire at the Under 16's All Schools Hockey Championships next week.

Orange High School

IN CONCERT

featuring:

OHS Music Students, Bands, Choirs, Dancers,
Drama and PIPS

Tuesday 7th June 2011
Wednesday 8th June 2011
Thursday 9th June 2011

7pm

Orange High School Performing Arts Centre

Tickets available from the OHS Front Office

\$10 Adults/High School Students

\$5 Child

Purchase your tickets early – numbers are limited!

Canteen will be available for hot food before the show
and refreshments during interval