

NEWSLETTER



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

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21st July, 2011

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Welcome back. I'm sure Term 3 will be another busy and product term at Orange High School.

The last week of Term 2 highlighted the commitment, talent and diversity of our students.

Our debating team won the Mulvey Cup. This competition is run in conjunction with Astley Cup. Our debating teams continue to grow in confidence and skill. Congratulations folks!

Although we didn't win Astley Cup, the competition was played in the true spirit of sportsmanship. I was extremely proud of our competitors and spectators. I had a number of comments from the Dubbo teachers about the presentation, manner and co-operation of our students. We are hoping that the centenary year – and the 90th year of Astley Cup will see the 'silverware' return to Orange High.

Congratulations to our Under 15s Rugby Union team who became Western Region Champions on the last day of Term 2. A great effort. Thank you to Mr Pearson for his coaching of the team.

We have a number of new teachers this term. I'm sure you will get to know them as the year continues. The new teachers appointed to Orange High School are: Graham Jones (PDHPE), Paul Purser (Mathematics), Sally Atkinson (English), Jenny Tietzel (Careers), Gai Torshavin (Special Education) and Jenny Rosser (Special Education).

In addition to the permanent teachers, we have a number of new temporary teachers. We welcome: Eric Morris (Science and PDHPE) and Jacki Lydon (Science).

Next Tuesday, 26th July we will be holding Year 8 into 9 subject selection evening. All parents of Year 8 students should have received a letter late last term about the night. I look forward to seeing Year 8 students and their parents at this important information session.

Frost Fest and Education Week are fast approaching and many of our students are involved in the community events. Orange High School holds Frost Fest and Education Week highlights on Thursday 4th August. Please mark the date on your calendars. It is sure to be a great evening.

Although it's a new term, my message remains the same: please contact me if you have any concerns, suggestions (or positive comments). Together, we will make our great school even better.

M Angus, Principal

Achievement in a supportive environment

WELFARE WORDS

- Thank you to our four Year 8 Student Representative Councillors, Katelin Eslick, Jordan Griffen, Jessica Farr and Elsa Presslaber for the work they did in distributing and collecting surveys for the 2011 Mission Australia's National Survey of Young Australians. The information gathered from the survey will be used to develop programs and services that meet the needs of young people, as well as being a key resource document for policy makers in the youth space.
- Are you a grandparent or do you know one? *Interrelate* are conducting a seminar focusing on the needs and changing roles of grandparents on Thursday, 4th August from 10am - 1.00pm at their centre in McLachlan Street. Please book on 6360 0895
- We will be asking 100 Year 7 students to participate in the ARCHER study. This study is a longitudinal study which will aim to investigate the role of hormones and the effect on the behaviour, physical and mental wellbeing of rural Australian teenagers. An information pack will go home to all Year 7 students in the next few days and an information night for parents and students will be held in early August. Please also see the accompanying flyers for community information evenings to be held next week
- Orange High has also been invited to participate in a Health Behaviours Survey by NSW Health. This is aimed at students in Years 11 and 12 and involves a 45 minute survey. Information will be forwarded home in the few days. It is a national survey, involving 25,000 secondary school students and the information provided will assist policy makers and health promotion specialists
- Congratulations to the following students on achieving the following levels in the Have Merit side of PBL:

BLUE	Isabella Bankovic	Connor Fitzsimmons	Andrew Parish
150 signatures	Nikita Campbell	Jodie Clothier	Andie Delaney
	Rose Flynn	Angelic Graf-McNab	Lachlan Griffith
	Nelson Harris	Megan Kirkness	Isabel McLeod
	Kyle Ostini	Samantha Owen	Addam Parish
	Johanna Pelley	Kyle Robbins	Serafettin Akbulut
	Jack Stewart	Maddi Sutherland	Josh Tedeschi
	Clive Ryan-Toomey	Shannen Wells	Ben Woodside

	Monica Faucett	Matthew Foley	Joshua Ford
	Shania Jones	Meaghan Kempson	Ryan Milham
	Jaime-Lee Munday	Cameron Porter	Juanita Punavai
	Braden Riles	Billie Steele	Hannah Forde
	Megan Jones	Maddison Kelly	Caitlyn McCaffery
	Phoebe Patteson	Jordan Phillips	Thomas Boog
	Hatden Buchanan	Brittany Fahy	Thomas Gascoyne
	Samantha Lang	Lauren Williams	
INDIGO	Karina Hosl- Gascoyne	Jacob Perryment	Harry Roth
	Phoebe Parsons	Caitlin Ahern	Amanda Clothier
	Teneshia South	Brice Spencer	Madeleine Thomas
	Hayden Lummis	Amy Scarr	Andrew Stevenson

- Here is a date for your calendar:

Thursday	4 th August	Vaccinations for Boostrix (tetanus, whooping cough and diphtheria 3 in one needle) for Years 10 and 7.
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ORANGE HIGH NETBALL CLUB

- Thank you to all our Club players and parents who came along to the Club BBQ last term to assist in catering for the Western League Basketball Tournament. It was a great social and financial event, with the Club profiting to the tune of \$450.00. Thank you to Louise Hales for all her organisation for the two BBQs.
- High A continued the food supply all day Sunday and raised a similar amount to contribute to the costs for their Final 16 trip to Sydney in September.
- The Club hoodies look fantastic (and warm), but as they are not an approved part of the School uniform, they must NOT be worn at school. They are reserved for you to look splendid over your netball uniforms on Saturdays. There are still some tops for sale at \$20. See any Club executive to collect yours.
- Congratulations to Lauren Williams, Mikayla Riley, Shannen Downer, Tash Rudd and Sophia Kloosterman who acquitted themselves well in the Western Area team which played in the NSW CHS Championships last term. While Western did not figure in the top 6 placings, the girls were excellent ambassadors for their families, school and the Western Area
- Saturday games resume this Saturday, July 23rd.
- We will have three of our teams involved in the Marianne Murphy Shield on Tuesday, 26th July. Permission notes have been sent home. Games will be played at Anzac Park, with the finals at KWS on Thursday, 26th.

RLSS BRONZE MEDALLION

Congratulations to the following Year 10 students who have successfully completed their Bronze Medallion exams as part of their Sport Studies elective:

Slade Anlezark	Matthew Boss	Jake Blimka	Michael Dillon
Jackie Kelleher	Mitchell Maker	Paige Tonkin	

This award aims to develop the level of knowledge, judgment, technique and physical ability required to carry out safe water rescues. It consists of 14 tests which get progressively more difficult as they continue. Well done on your perseverance and application in securing one of the highest awards in the RLSS program.

Orange High School has also been recognized as a Community Safety Partner by the RLSS. With our Lifesaving and CPR programs, we are making a significant contribution to the well-being of all individuals within our community. RLSS has thanked us for this ongoing support to the health and safety of our students, staff and community.

L Middleton, Head Teacher Welfare

SQUASH REPORT

A great co-operative effort was put in by the boys' squash team during their recent competition against other schools from the Western Region. The team had to play without our number two player (a broken wrist) and our number three player (unavailable) which meant that the two reserves Jeremy Eldridge and Dylan Carr had to step up and fill in the gaps. In addition, Ben Eldridge had to play in the second position and they all did a fantastic job.

Our first match was against Parkes High School who proved to be too strong for everyone except Jesse Keegan our number one player.

Orange fared better in the second match against Dubbo High School and our players excelled in all rubbers. Congratulations to the team who are now ranked as number three in the Western Region and congratulations to Jesse Keegan on winning all his games and in making the Western Region squad as their number two player.

G Deasey (team manager)

YEAR 12 GRADUATION MEETING

The next Grad meeting will be held on Monday 25th July at the Function Centre. The meeting will be held in the Provost Wing, entry is on the eastern side of the building.

K Kloosterman

PRISM MEETING

Attention all Music parents. There will be a PRISM meeting next Wednesday 27th July at 5.20pm in the Music Centre. All welcome.

L McLeod

PDHPE LESSONS

To fulfill syllabus and course requirements, students from Years 7-12 will be participating in lessons that address topics related to sexual health. Students will be presented with facts and information in this area of study.

If for any reason you would not like your child to be involved in these lessons, please contact the school and other arrangements will be made. If you have any concerns relating to this topic and would like to discuss them with the class teacher, please feel free to contact the school.

T Baker, HT PDHPE

UNDER 14 FOOTBALL

Congratulations to the Under 14 Football team who are now Regional Champions. Well done.

Do you work with Adolescents?

The ARCHER Study Team presents...

Adolescent Health and Well-being

A series of FREE community presentations in country NSW about adolescence

You are invited to attend a presentation by

Professor Kate Steinbeck

Medical Foundation Chair in Adolescent Medicine at the University of Sydney
The lead investigator on the ARCHER study
Adolescent Physician and endocrinologist

on

Adolescent Hormones and Puberty

- What are the normal changes of puberty
- What are the differences between puberty and adolescence
- What is happening to hormones
- Hormones and behaviour – is there a link?
- How to help young people cope with physical change. When is it normal and when to be concerned

Two session times available in both locations.

ALL LOCATIONS welcome to join via Video Conference for the Wednesday session

Dubbo Sessions

Wednesday July 27th 2011

1:00-2:00 pm

School of Rural Health, 11 Moran Dr

4.00 – 5.00 pm

TAFE Library Seminar Room, Myall St

VC Links available to DET network

External VC arrangements to be made by calling 1800 330 483

Orange Sessions

Thursday July 28th 2011

12:30 – 1:30 pm

Orange Base Hospital Auditorium,
Forest Rd

4.00 - 5:00 pm

Research Office, 88 Dalton St



Contact Karen Paxton:
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6882 0288 / 0417 499 515

Do you live with a Teenager?

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A series of FREE community presentations in country NSW about adolescence

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Professor Kate Steinbeck

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Hormones and Your Teenager

Including:

- What are the normal changes of puberty
- What are the differences between puberty and adolescence
- What is happening to hormones
- Behaviour and hormones – is there a link? How to help young people cope – strategies for difficult times
- When to seek professional help

Dubbo Session

Wednesday July 27th 2011

6:00-7:00 pm

Lecture Theatre

School of Rural Health

11 Moran Drive.

(opposite Dubbo Private Hospital)

Orange Sessions

Thursday July 28th 2011

5:30 – 6:30 pm

School of Rural Health

Research Office

88 Dalton Street



Contact Karen Paxton:
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