

NEWSLETTER



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

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This week we welcomed back our Deputy Principal, Mrs Barrett. Although she began work last week, she spent the first three days of her return on the ski slopes with Year 10. (Mr Sloan and I are still wondering why we weren't invited, we think it may be Mrs Barrett's high fitness level!) Thank you to Mrs Hamilton who did a great job as Deputy whilst Mrs Barrett was on leave.

Congratulations to our girls' open touch football team who are NSW Combined High School silver medallists. The girls were narrowly beaten in the grand final earlier this week by Wagga Wagga High School. A huge thank you to Mandy Moore and Peter Shea for their hard work with the team. Thank you also to the large contingent of parents who travelled to Gosford to support the team, and to Billy Greatbatch (Year 9) for refereeing.

Team members: Kate Butcherine, Hayley Butcherine, Rebecca Ford, Meaghan Kempson, Tori Moore, Alex Kennedy, Olivia Patterson, Tasha Rudd, Jordan Schumacher, Maddy Smith, Louise Kempson and Lauren Williams.



Last week, Isabella Bankovic from Year 7, performed at the Opera House as part of the NSW Junior Music Festival. Isabella is a talented musician and I'm sure we will hear her playing in many more prestigious venues!

Congratulations again to Tim Eslick. Tim continues to achieve success in his hockey pursuits. Tim has now been selected in the NSW Under 21 Country team and will compete at the Under 21 national championship in late November.

I'm sure the teachers aren't the only people who heaved a sign of relief as our HSC Textiles and Design and Industrial Technology and Timber students handed in their major work projects on Monday morning. I know Mrs Small and Mr Boundy have been assisting the students each weekend for the last few months. The end results are well worth it.

We are continuing to closely monitor our students' attendance. Please ensure that your child attends school every day unless they are ill. If your child is absent he or she must bring a note to school to explain the absence. Alternatively, you may email the school at orange-h.school@det.nsw.edu.au. Please put attendance as the subject, so that our records and your child's records are accurate.

I hope that you will support the bus committee's fundraiser by selling chocolates. I have posted a letter home to everyone, but had forgotten to mention that there were 48 chocolates in each box.

At Monday's assembly we celebrated individual and group's achievement. Assemblies always make me feel very proud of our schools and our students' achievement.

As a staff, however, we never want to be complacent. We know we have a wonderful school community but we are also striving to make a great school even better. If you have suggestions or concerns, please contact me.

M Angus, Principal

WELFARE WORDS

- Orange High has been invited to participate in a Health Behaviours Survey by NSW Health. This is aimed at students in Years 11 & 12 and involves a 45 minute survey. Information was forwarded home this week and the survey will be conducted in Week 6. It is a national survey, involving 25,000 secondary school students and the information provided will assist policy makers and health promotion specialists.
- Athletes' Foot is offering a Schools' Rewards Program. Any family who buys shoes from the store in Summer Street will generate money towards the school regardless of the price of the shoes (\$5 donated back to the school for each purchase). If you think you could be a part of this fundraiser, please see me for your loyalty card and go shopping OR call into the store and tell them you are part of the Orange High Community when you purchase some shoes.
- *Interrelate Family Centres* are conducting a 3 session program on Being A Dad – Wednesday 17th, 24th and 31st August from 5.30pm.-8.00pm. Be a better dad, connect with your children, be able to discipline constructively and deal better with conflict are some of the areas covered. Bookings are essential. There is a cost. Phone 63600895 for more details
- I have been approached by a number of students wanting to give up smoking. The School applauds this action and would recommend that you approach the counsellors at the Community Health Centre in Kite Street. They can register you in the Quit Smoking Program and offer products and plans individualized to assist you in the process. Benefits of quitting are almost immediate: after 12 hours, almost all nicotine has been metabolized; 24 hours later, blood levels of carbon monoxide have dropped dramatically. This means that

there is more haemoglobin in red blood cells available to carry oxygen to the body's cells. After 5 days, most nicotine by-products have been removed and sense of taste and smell improve.....

- Looking for 16 students in Year 10 or 11 to assist in the annual Legacy Appeals Day. You would be required to sell badges in the CBD on Friday, 2nd September, in pairs for a two hour session. See me if you can spare two hours (9-11; 11-1; 1-3) on this day.
- Here are some dates for your calendar:

Friday	3 rd September	Legacy Annual Appeals Day
Thursday	13 th October	Year 7 Final immunizations
Thursday	27 th October	RYDA for Year 11 students

HAVE MERIT

Violet Award	Ali Clarke	
Indigo Award	Tiffany Atkinson	Rachael Bastiaansen
	Mitchell Fanning	Nikki Hasenkam
	Shae Mansfield	Louise Peters
	Samuel Riley	
Blue Award	Ben Dolle	Rebecca Craig
	Mickalla Davis	Tessa Booth
	Cassi Dunn	Jeremy Eldridge
	Farrel Erzadyaz	Daniel Fauchon
	Harrison Garlick	Ashley Gillespie
	Jordan Griffen	Chontae Griffiths
	Fiona Hughes	Elise Jones
	Matthew Lummis	Catherine Manca
	Joel Penny	Kristopher Perry
	Caylee Pope	Tegan Reid
	Huon Vardanega	Bradley Watson
Jackson White		

ORANGE HIGH NETBALL CLUB

- With only 2 games left in the Saturday competition, places in the semi finals are being hotly contested. Currently, Westoil lie in equal 1st position in Division 1, while High A are 3rd. In second division, Woodies are 3rd with Junior A in equal second in division 3. Quick 9 are 2nd and Quackers 4th in division 7.

In the junior grades, Junior A are 3rd in 15s blue, while Quicksteps lead 15s red. QTs lie in 5th place in 14s, QP dolls are 4th in 13s blue and Calare Crusaders are 4th in 11s blue.

L Middleton, Head Teacher Welfare

UNDER 15'S RUGBY UNION

Orange High School's phenomenal rugby season has come to an end with the Under 15's losing the NSWCHS Buchan Shield Quarter Final to Westfield's Sports High School. I'm not sure of what is in the water at Fairfield but the enormity of the entire Polynesian side more closely resembled a country first grade team. A tough first half saw a determined Orange side four tries behind with Westfields leading 24 – 0 going into the half-time break. Orange defended for long periods with Westfields controlling possession keeping this gallant Orange outfit out of the game. Westfields capitalised on their opportunities and scored many tries in the second half. Although we were left scoreless, the tenacity of the boys against such strong opposition was commendable.

Some highlights of the trip to Sydney include the night out at Panthers World of Entertainment and the tour of the facilities at Westfields Sports High School where the boys were aided in their recovery by indulging in an ice bath!

I would like to take this opportunity to thank each and every member of rugby squad for their commitment and dedication this season. I am looking forward to next season where we will really be a force to be reckoned with. Also, thanks must be given to Mr McKerchar who has refereed our matches at home, to Mr Baker for his assistance in Sydney and to Ms Angus for making the trip to Sydney to support the boys, it was very much appreciated.



G Pearson

OHS IN FIJI 2012

We have had a very positive response from student in Years 7, 8 and 9 regarding the proposed trip to Fiji in 2012.

We will be holding an information night for parents of those student who have submitted an expression of interest on:

Monday 22nd August
Orange High School Library
5.50pm for 6.00pm start

If your child has not put in an expression of interest as yet, they can pick one up from Mrs Winslade in the PDHPE staffroom. Any questions please contact me at school.

Mrs Kylie Winslade, Organising teacher

WSSA SECONDARY ATHLETICS

Congratulations to the following students who were successful at WSSA Secondary Athletics and will be competing at State.

Hayley	Butcherine	Relay
Kate	Butcherine	400m
Isobel	Cody-Jier	Relay
Lachlan	Duncan	100 and 200m
Adam	Griffiths	Triple Jump
Tori	Mansfield	800m and Long Jump
Josh	Nagle	800m
Kyle	Ostini	800m, 1500m, 3000m
Paige	Salas	High Jump
Jack	Saunders	High Jump
Maddy	Smith	Relay
Atahlia	Sutherland	Relay
Eden	Talanoa	Shot Put



CSU NEWS

Are you looking for a career in Pharmacy?

Pharmacists represent the major component of continuing healthcare for the community. Charles Sturt University (CSU) is looking for students who have all-round skills to become the future pharmacists of Australia. CSU's Bachelor of Pharmacy incorporates diverse practice such as community or hospital pharmacy, dispensing, medication management and health counselling to equip graduates with skills for immediate employment. Ample opportunities for employment exist for graduates, as there is a recognised demand for skilled practitioners, particularly in rural and remote areas. Although your ATAR mark is a requirement, applicants must also complete a supplementary form and attend an interview to ensure every student holds the necessary academic and personal characteristics to succeed in this industry.

PREP – an early entry program

Applications for the CSU Principals' Report Entry Program (PREP) program close on 19 September, so it's a good time to find out more about this opportunity. PREP is a great way for academically talented students from high schools in the non-metropolitan areas of NSW, ACT and Victoria to get their foot in the door at Charles Sturt University (CSU). To be eligible, a Year 12 student needs to be identified by their school principal as a consistent achiever with the potential to succeed in university studies. CSU offers many courses to undergraduate students. For more information, visit www.csu.edu.au/oncampus/getting-to-uni/prep

CSU launches Doctors 4 the Bush

Do you think we need more doctors in rural areas? Would you like to study medicine at Charles Sturt University (CSU)? CSU has submitted a detailed proposal to the Federal government asking for help to establish a new Medicine and Health School in rural NSW to increase opportunities for rural students to study medicine, and to get more doctors working in rural areas in the long term. This will benefit both students interested in studying medicine, and residents of regional and remote Australia. To support this proposal, find Doctors 4 the Bush on Facebook, follow on Twitter @doctors4thebush or go to www.doctors4thebush.org.au.

Find us at these upcoming events

MyDay, Dubbo – 16 August
Northern Careers' and Employment Expo, Epping – 16 August
Ballarat Careers' Expo – 22 August
MyDay Creative Industries, Wagga Wagga – 23 to 25 August
Science in the Bush, CSU Orange – 1 September