

# NEWSLETTER



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

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**15<sup>th</sup> March, 2012**

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**What's happening:**

Time is flying fast, we are now in Week 8, with only just over 3 weeks until Easter and holidays. Term 1 has been very busy as we settle into the year. There are a number of sporting events (see below for some examples of great results), including the Athletics Carnival, which is on tomorrow. Thanks, in advance, to Mr Butt and the PE Department for their organisation – which I am sure will be excellent. A reminder that the Athletics Carnival is a regular day of school, and all students are expected to attend.

**Top performances:**

Toby Westcott who has added a **WORLD** Junior Kickboxing Championship to his trophy cabinet, which also includes one Oceanic and two Australian titles. It's not often you can say you are in the presence of a world champion. Well done Toby.

Mrs Pirie for her organisation of the Japanese students from Ushiku High School and the Orange High students who are looking after them. We wish our visitors a safe trip home next week.

Ms Small and the Senior Hospitality students who are gaining industry experience by providing top quality meals and coffees to the staff on Wednesdays.

The many teachers relieving in positions this term: Mrs Griffen as relieving HT Welfare, Mrs Winslade as Acting HT Admin (Staff), Ms Cormack Relieving HT Admin, Mrs Hamilton Relieving DP and Mrs Barrett as relieving Principal. We are fortunate to have so much talent on staff.

Meaghan Kempson and Ellie Humphrys who have been selected to represent Western in soccer.

The Orange High School Prefects – who lead from the front – all the time.

Our Open Girls Basketball team who have won their way into the Western finals

Enjoy the week – safely, respectfully and as learners.

**Mr Michael Sloan, Relieving Principal**

**CENTENARY**

Don't forget to tell your friends and family about the OHS Centenary which is being held on 28<sup>th</sup> and 29<sup>th</sup> April, 2012. Tickets are available to order NOW with forms available at the school or on the OHS website at [www.orange-h.school@det.nsw.edu.au](mailto:www.orange-h.school@det.nsw.edu.au)

Tickets are also able to be purchased in person at OHS on 26<sup>th</sup> and 27<sup>th</sup> March between 11.00 am and 3.00 pm. Any inquiries, please phone Karen Kloosterman on 6362 3108.

**Centenary Memorabilia items are available at school for sale**

KEY RINGS	\$8.00
PENS	\$10.00
TEA TOWELS	\$12.00



**ALL SCHOOL TRIATHLON**

**Angus Parsons & Kyle Ostini** represented Orange High School at the 2012 All Schools Triathlon held at the International Regatta Centre in Penrith on 6 March 2012.

Angus (16 yrs) competed in the Individual Senior (17+ yrs) Event placing 18<sup>th</sup> in a field of 113 competitors, 12<sup>th</sup> in the Government School Category. The Senior Event consisted of a 750m swim (11:07), 20km ride (35:57) & 5km run (19:56) which Angus completed in an overall time of 1:07:02.

Kyle (14 yrs) competed in the Individual Intermediate (15-16yrs) Event placing 15<sup>th</sup> from a field of 207 competitors, 8<sup>th</sup> in the Government School Category. The Intermediate Event consisted of a 600m swim (10:14), 15km ride (26:06) & 4km run (15:15) which Kyle completed in an overall time of 51:35.

Both representatives were in the younger age range of the combined age groups in their respective events and competed strongly and proudly for Orange High School. A great achievement by both talented young triathletes.



**WSSA SWIMMING**

Orange High School representatives, **Devin Gilmore, Lauren Kerwick, Olivia Kerwick, Bryce Ostini & Kyle Ostini**, (finally after a couple of postponements due to bad weather), participated at the Western School Sports Association Area Secondary Swimming Trials in Cowra on 8 March 2012.

Although a somewhat small group of swimmers compared to previous years, all competed strongly in numerous and various events representing Orange High School proudly.

**Devin Gilmore – 12yrs Boys**

100m Freestyle – 2<sup>nd</sup>/50m Freestyle – 3<sup>rd</sup>/200m Freestyle – 2<sup>nd</sup>/100m Backstroke – 2<sup>nd</sup>

**Lauren Kerwick – 13yrs Girls**

100m Butterfly – 1<sup>st</sup>/100m Freestyle – 4<sup>th</sup>/100m Breaststroke – 3<sup>rd</sup>  
200m Freestyle – 1<sup>st</sup>/ 100m Backstroke – 1<sup>st</sup> /200m Individual Medley – 1<sup>st</sup>

**Olivia Kerwick - 13yrs Girls**

100m Butterfly – 6<sup>th</sup>/100m Freestyle 11<sup>th</sup>/50m Freestyle – 14<sup>th</sup>/100m Breaststroke – 13<sup>th</sup>/100m Backstroke – 8<sup>th</sup>/200m Individual Medley – 8<sup>th</sup>

**Bryce Ostini – 14yrs Boys**

100m Backstroke – 4<sup>th</sup>/200m Individual Medley – 4<sup>th</sup>

**Kyle Ostini – 15yrs Boys**

100m Butterfly – 2<sup>nd</sup>/100m Freestyle – 5<sup>th</sup>/50m Freestyle – 5<sup>th</sup>

Due to their top three placement in individual events, Devin Gilmore, Lauren Kerwick & Kyle Ostini have qualified to represent Western School Sports Association at the NSW Combined High School Sports Association State Swimming Championships to be held at Sydney Olympic Park Aquatic Centre, Homebush, on 1-3 April 2012.

A big “thank you” goes out to Mrs Winslade who organized the students.

**CYMS UNDER 16'S RUGBY LEAGUE**

Cyms Junior Football Club is looking for Under 16 boys. If you are interested go to James Sheahan Oval on Thursday between 4.15pm and 5.30 pm.

**Relationships & Private Stuff**

for teenagers and/or adults with disability



This workshop includes practical activities to teach people with disability about friendship, dating and relationship skills. Topics included ...

- ◆ developing friendships, relationship and communication skills
- ◆ difficulties people with disability have making friends and forming positive relationships
- ◆ norms associated with making friends, dating and developing relationships
- ◆ negative relationships and early warning signs

Please contact our office on 6332 2100 or email [admin@dias.net.au](mailto:admin@dias.net.au)

**Self Advocacy Training**

DIAS provides free self advocacy training for people with disability. We are seeking expressions of interest in order to deliver training in the following areas:

- ◆ Self Expression
  - Expressing your feelings, ideas & opinions
- ◆ Self Confidence
  - Knowing your rights & responsibilities
- ◆ Self Reliance
  - Asserting yourself
  - Developing support networks
  - Making complaints
- ◆ Self Esteem
  - Feeling good
  - Feeling proud
  - Feeling powerful

Please contact our office on 6332 2100 or email [admin@dias.net.au](mailto:admin@dias.net.au)

### Orange and District Soccer Referees' Association Inc.

ABN 560 324 10531

President  
Bernard Siedman 6362 0412

Secretary  
Marrin Collett 6362 6949

Treasurer  
Michael Kopp 6361 3897

#### Soccer Referee's Course

The Orange and District Soccer Referees' Association is again running a course for new referees before the start of the 2012 season. Male and female referees are needed. You need to turn 14 by the end of 2012 to be eligible to become a referee.

The course will be held at Canobolas Rural Technology High School, in the rooms nearest to Icely Road Orange, on Thursday 22 March and Thursday 29 March from 7.00 to 9.30 pm.

The cost of the course is \$100 which also covers registration as a referee for the year.

For further information or to register for the course contact Terry Brill on [terry.brill@bigpond.com](mailto:terry.brill@bigpond.com) or phone 0419 434 795.

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#### WOOLLIGULLI INVITATION

Dear Family and Friends,

You are warmly invited to share with me at the launch of my book 'Woolligulli' at the Cobb & Co Coach House in the Village Green, Molong on the weekend 14<sup>th</sup>-15<sup>th</sup> April, 2012 from Saturday 10.am and on Sunday from 12.30 -4.30pm.

The actual launch is scheduled for 2.00pm -3.30pm Saturday at which refreshments will be provided.

Please feel free to bring your friends and families - the more, the merrier! If you would like to stay on for an evening meal, bring a plate of food. There is a modern kitchen.

#### ABOUT THE BOOK

This is a light-hearted yarn about a family that escapes the rat-race of Sydney to sample the joys and sorrows of doing up an old house in the country, near Molong. You will meet a variety of characters including Arm-Pit and Piggy (Pat and Peggy), Tractor Tom and his wife Jean, Jack the Swagman, Charlie and Joe Blake.

Most of all you will get to know Woolligulli and see how the old house slowly comes to life again and faces up to an invasion by the Rest Of The Mob and a life-threatening bush fire. (RRP \$30)

#### Comments about Woolligulli:

"I laughed and I cried. I couldn't put it down."

"I was reminded of my early life on the farm...the outdoor toilet and no electricity."

"Fantastic! A great read. Not too long and interesting the whole way through."

"The illustrations are great!"

"I really enjoyed it and was intrigued at the nicknames and the insights about people that you brought into the yarn. A sequel is clearly required." (Dr RJR King)