

NEWSLETTER



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23rd August, 2012

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Congratulations to our Year 10 Debating team who won the Mayor's Cup this week. Although the team has changed, the calibre of the debating obviously hasn't. Ryan Milham, Meaghan Kempson, Bella Fox and Beth Clarke debated the topic that the Mayor of Orange City Council be directly elected by the voters every four years. We have now won the Mayor's Cup for the past four years. A huge effort.

Our students don't just excel in debating. Madison Smith has been selected in the Australian All Schools Hockey Team and will tour Argentina and New Zealand early next year. Madison has worked hard to achieve this goal and needs to be congratulated for her efforts. Madison has been an excellent role model for other sports people as she manages to keep up with her studies whilst completing a rigorous training schedule.

Three of our very talented music students have been accepted into the prestigious 'Generations in Jazz Academy' course for 2013. Music students from all over Australia compete for a position in this course and it is another acknowledgment of Orange High School's music program that three students from one school receive places. Congratulations to Jackson Bankovic (trombone) Jake Arnold (trumpet) and Christopher Ryan (saxophone/flute). I'm sure they will be a credit to the program. I will certainly be keeping their autographs so I can supplement my pension in a few years time by selling them on 'ebay' when the boys are famous. Don't laugh, I'm serious!!

I hope that you all take the opportunity to see our Year 12 Visual Arts major works on Wednesday evening. This exhibition is followed a few nights later by the Year 12 Music's 'Touch of Class' evenings. This year the program will run over two nights because we have so many talented musicians.

I mentioned last week that members of our executive team were presenting at a leadership conference in

Dubbo. I have received countless emails and phone calls commending not just the actual presentations, but the manner in which our team represented Orange High School and themselves. Well done, Michelle Barrett, Michael Sloan, Helene Hamilton and Stewart Vidler. Thank you for being such a credit to our school. We are fortunate to have such strength in one place!!

This week I had the pleasure of travelling to Gosford with the Touch Football team. They are a young team who played very well. I'm looking forward to watching them in the future. A full report will be in next week's newsletter.



As always, please contact the school if you have any concerns or queries.

M Angus, Principal

WELFARE WORDS

- ◆ There has been enormous interest in the 2012-2013 Student Representative Council with many students nominating for a position on this body. Elections for the House captains and Vice-captains on the 2012-2013 SRC took place

yesterday and today. Elections for Year representatives will happen after assembly on Monday, with Prefect speeches and voting to be held on Tuesday.

- ◆ It is Healthy Bones Week and we are encouraged to include calcium-rich foods in our diet to offset the debilitating disease, Osteoporosis. The critical age for laying the foundations down for healthy bones in latter years is 15-19 years. There are numerous low-fat and non-fat dairy products in our supermarkets, so keep a look out for cheeses, yoghurts and milks that will assist the build up of calcium in our bones. Leading an active lifestyle also contributes to healthy bones.
- ◆ Another 'Week' coming up is the Orange RMS Bike Week from 15th to 23rd September. Some of the events include:
 - Orange – Forbes – Orange ride on Saturday, 15th September.
 - A Sustainability Ride on Sunday, 16th September.
 - BMX race in Kinross Forest on Sunday, 23rd September.
 - Cycle Club/Triathlon Club will hold a time trial at Forest Reefs on Saturday, 22nd September, afternoon.
 - Juniors Training session and Cycle Skills Graduation at the velodrome run by the Cycle and BMX clubs on Saturday, 22nd September.

In addition, OCC is organising a fun Community Bike Event at Glenroi Oval for children and families with Saturday, 15th a bike repair and 'gearing-up' morning, followed on Saturday, 22nd with a skills training and competitions, BBQ and more.

This is all to promote cycling as a healthy recreation option and a transportation option throughout our city. Schools are encouraged to be involved. More information can be obtained from OCC.

- ◆ Orange High has been invited to participate in the National Secondary Student's Diet and Activity Survey. We will be selecting a class from Years 8, 9, 10 and 11 to take part in this survey, involving an online questionnaire and body measurements. It will be conducted early in Term 4. These surveys take place in order for trends to be confirmed and enables governments to plan future funding and policies.

L Middleton, Head Teacher Welfare



CRICKET REGISTRATION

TRADITIONAL CRICKET: Kanga's, U/10 (Thursday 5:00pm – 6:30pm)
U/12, U14, U/16 (Saturday 8:30am – 11:30am)

NEW 20/20 CRICKET: U/14, U/16 (Tuesday 4:30pm – 6:30pm)

Registration Dates

Waratah's Sport's Club

Sat 25th Aug - 10am to 12pm

Sat 1st Sept - 10am to 12pm

Sun 2nd Sept - 2pm to 4pm

Riawena Oval

Sat 8th Sept - 2pm to 4pm

Sun 9th Sept - 10am to 12pm

INCLUDES ...

Newly designed Waratahs Cricket shirt, Waratahs Cricket Hat, Registration with Cricket NSW, Players Insurance, Free Club Membership for Mum/Dad or Carer & Lots of FUN!

Bring a copy of the player's Birth Certificate (evidence of age)

Enquiries

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