

NEWSLETTER



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

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17th October, 2013 : Week B

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TRANSITION DAYS AT OHS



PRINCIPAL'S REPORT

This week Orange High School enjoyed hosting the first group of our 2014 Year 7 students for 2 days. The young people have returned to primary with a deeper understanding of high school and hopefully are looking forward to their adventure here next year. I was equally impressed with the peer support students (current Year 9) who did a magnificent job of hosting our newest enrolments. Their leadership and interpersonal skills were exemplary and there is no doubt many could make excellent teachers of the future.

Likewise we are also hosting six final year university students who are completing their last practicums before applying for their first teaching jobs in schools. These young teachers have settled in very quickly and are quickly demonstrating future teachers have terrific skills. Picture below are four of the six student teachers.



Thanks to the NSW Minerals Council we received a \$500 donation to purchase advanced trees that will be used to under-plant the magnificent already established tress on the front lawn of the school. The new trees will ensure the continuation of the established school setting for generations to come.



Many thanks to the parents who attended the Year 12 Assessment Information Evening last Thursday. **It was positive to see so many parents supporting their children as they transition into their Year 12 studies.** For those unable to attend, can I encourage you to have a read of the new 2014 HSC Assessment Policy that your child has brought home. In particular there have been changes to the assessment submission procedures and the introduction of a range of updated proformas available on the schools website under Assessment, then Year 12. The deputy principals or myself are very happy to answer any questions or queries that may arise.

David Lloyd, Principal

ASSESSMENTS DUE – WEEK 3

Year 7: Visual Arts (in-class worksheets)

Year 8: Visual Arts (in-class worksheets)

Year 9: Agriculture (poster/presentation)

Year 10: Music (listening)

Contact List**Principal**

David Lloyd

Deputy Principals

Michelle Barrett

Michael Sloan

Head Teacher Admin

Kylie Winslade (students)

Helene Hamilton (staff)

Year 7 Adviser

Sophie Healey

Year 8 Adviser

Jo Cormack

Year 9 Adviser

Jenny Wickham

Year 10 Adviser

Narelle Small

Year 11 Adviser

Karen Rogers

Year 12 Adviser

Glen Pearson

Careers Adviser

Mel Hope (Rel)

School Counsellors

Robyn Flood

Sue Tallis

Sports Co-ordinators

Anthony Wharton

Tegan Dray

FACULTY NEWS - HOME ECONOMICS

Welcome back to term 4 everyone. It is hard to believe that the end of 2013 is fast approaching. As the HSC commenced this week we would like to congratulate all our Year 12 students on finishing their courses and we wish them the best of luck in the upcoming CAFS, Food Technology, Textiles & Design and Hospitality examinations.

Term 4 has got off to another busy start. The Hospitality students have catered for the Nashdale P&C Ladies Night Market. It was a most successful event and our students were professional and a wonderful representation of our school. A group of ten students work during the day to prepare the menu of canapés which consisted of:

Herb Blinis with Smoked Salmon
Mini Prawn Cocktails
Lamb Kofta with Cucumber Riata

Mrs Phillips and I would like to thank, Hayley Swain, Laura Harris, Sophie Gascoyne, Emma Galvin, Eden Talenoa, Mitch Arrowsmith, Josh Leece, Anthony Fisher, Jack Mills and Zohe Hughes for the great job they all did preparing such lovely canapés on Friday.

Mrs Phillips and myself then worked with a group of five students who generously gave up their Friday evening to help present and serve the canapés at the markets, out at the Nashdale Hall. Another big THANK YOU to, Hayley Swain, Laura Harris, Sophie Gascoyne, Emma Galvin and Eden Talenoa. We received a lovely email from Mrs Kylie Tobberty, the Principal of Nashdale Public School, thanking us for all our work and what a great job our students did with the preparation and serving of the canapés. It is so rewarding to work with our students and create such strong partnerships with other schools.

Another friendly reminder that invoices have been sent out for elective fees. Fees for our courses are vital for the Home Economics department to run effectively and be able to offer the variety of learning experiences that are enjoyed by a large number of students at OHS. Your support, for our faculty, by paying any associated fees for courses your son/daughter is completing is greatly appreciated.

As the warmer weather continues and the end of the year approaches, we look forward to a successful end to the year.

Warmest Regards, Narelle Small, Head Teacher Home Economics



Orange High – THE BLOCK!



Saturday 2nd November

The Block is coming to Orange High!

Following the recent installation of Data Projectors and Whiteboards in all Orange High classrooms it is now time to paint the walls to ensure a high standard physical environment. The colours have been chosen and all equipment will be supplied!

Needed: Enthusiastic participants!

We are looking for anyone who is willing to help paint a classroom.

Date: Saturday 2nd November

Time: The day will run from 9:00am – 4:00pm. You don't need to attend the whole day, any time you could spare would be greatly appreciated!

BBQ lunch will be supplied !

The Result: A more inviting learning environment for OHS students and a greater sense of pride in their school!

Teams of four are needed to paint. You may like to get a team together, or be happy to join a team on the day.

The aim is for 10 classrooms to be painted in this round of Orange High - THE BLOCK!

Please detach the note below and return to school by Thursday 25th October.

For more information, please contact Stuart Wilson on 0437 708 584

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Name: _____

Phone: _____

Others in team (if organising own team):

Willing to act as team leader: Yes No (Please circle)



Study Skills

Article #48 Time Management

(This article was prepared for Year 12 students by Michael Auden. It is an extract from resources available from www.HSCin2013.com)

You've got the time

The words time management can call forth images of restriction and control. You might visualise a prune-faced Scrooge hunched over your shoulders, stopwatch in hand, telling you what to do every minute.

Bad news.

Good news: You do have enough time for the things you want to do. All it takes is learning a few ways to manage time.

Time is an equal opportunity resource. All people, regardless of gender, race, or national origin, have exactly the same number of hours in a week. True, some people have enough money to delegate tasks or hire them out to others. Yet no matter how important you are, no matter how rich or poor, you get 168 hours to spend each week – no more, no less.

Time is also an unusual commodity. It cannot be saved. You can't stockpile time like wood for your fire or food for the winter. It can't even be seen, felt, touched, tasted, or smelled. You can't sense time directly. Even brilliant scientists and philosophers aren't sure how to describe it.

Because time is so elusive, it is easy to ignore. That doesn't bother time at all. Time is perfectly content to remain hidden until you are nearly out of it. And when you are out of it, you are out of it.

Time is a non-renewable resource. If you are out of wood, you can chop some more. If you are out of money, you can earn a little extra. If you're out of love, there is still hope. If you're out of health, it can often be restored. But when you're out of time, that's it. When this minute is gone, it's gone.

Time seems to pass at varying speeds. Sometimes it's faster than a speeding bullet. On Friday afternoons, classroom clocks can creep. After you've worked a ten-hour day, reading the last few pages of an economics assignment can turn minutes into hours. A year in school can stretch out into an eternity. At the other end of the spectrum, time flies. These are the magic times when you are so absorbed in what you're doing that hours disappear in minutes.

You can manage this commodity so you don't waste it or feel regretful about how you spent it.

Approach time as if you are in control. Sometimes it seems that your friends control your time that your teachers or your parents or somebody else controls your time. Maybe that is not true. When you say you don't have enough time, you may really be saying that you are not spending the time you do have in the way that you want.

Time management gives you a chance to spend your most valuable resource in the way you choose. Start by observing how you use time.

Article #49 Motivation

(This article was prepared for Year 12 students by Michael Auden. It is an extract from resources available from www.HSCin2013.com)

Motivation

Promise it

Motivation can come simply from being clear about your goals and acting on them. Say that you want to start a study group. Then commit yourself to inviting people and setting a time and place to meet. Promise your classmates that you'll do this, and ask them to hold you accountable. Self-discipline, willpower, motivation—none of these mysterious characteristics needs to get in your way. Just make a promise and keep your word.

Sweeten the task

Sometimes it's just one aspect of a task that holds us back. We could stop procrastinating by merely changing that aspect. If distaste for your physical environment keeps you from studying, then change the environment. Reading about social psychology might seem like a yawner when you're alone in a dark corner of the house. Moving to a cheery, well-lit library could sweeten the task.

Talk about how bad it is

One way to get past negative attitudes is to take them to an extreme. When faced with an unpleasant task, launch into a no-holds-barred gripe session. Pull out all the stops: "There's no way I can start my homework now. This is terrible beyond words, an absolute disaster. This is a catastrophe of global proportions. . . ."

Griping taken this far can restore perspective. It shows how self-talk can turn inconveniences into crises.

Turn up the pressure

Sometimes motivation is a luxury. Pretend that the due date for your project has been moved up one month, one week, or one day. Raising the stress level slightly can move you into action. Then the question of motivation seems beside the point, and meeting the due date moves to the forefront.

Turn down the pressure

The mere thought of starting a huge task can induce anxiety. To get past this feeling, turn down the pressure by taking "baby steps." Divide a large project into small tasks. In 30 minutes or less you could preview a book, create a rough outline for a paper, or solve two or three math problems. Careful planning can help you discover many such tasks.

Ask for support

Other people can become your allies in overcoming procrastination. For example, form a support group and declare what you intend to accomplish before each meeting. Then ask members to hold you accountable. If you want to begin exercising regularly, ask another person to walk with you three times weekly. People in support groups ranging from Alcoholics Anonymous to Weight Watchers know the power of this strategy.

Do it later

At times, it's effective to save a task for later. For example, writing a résumé can wait until you've taken the time to analyse your job skills and write career goals. This is not a lack of motivation—it's planning.

When you do choose to do it later, turn this decision into a promise. Estimate how long the task will take and schedule a specific date and time for it on your calendar.

Heed the message

Sometimes lack of "motivation" carries a message that's worth heeding. An example is the student who majors in accounting but seizes every chance to be with children. His chronic reluctance to read accounting textbooks may reveal his desire to major in elementary education. His original career choice might have come from the belief that "real men don't teach kindergarten." In such cases, lack of motivation signals a deeper wisdom trying to get through.

Getting and Keeping the Players – ASC Market Segmentation Research

Is your sporting club struggling for members?

Are players harder than ever to recruit?

Australians are becoming increasingly time poor, so how does your sport stop the decline in member numbers, against the trend?

Your sport cannot afford to miss out on learning what drives people to play sport and what motivators can be used to entice people to join your club.

The information session will be held in Orange on 23rd October from 12pm – 1.45pm.

This information session is relevant to strategic decision makers within sporting clubs/ associations and facility operators.

The Western Region Academy of Sport, Active After School Communities and Sport and Recreation are joining forces to bring to the Central West this exciting new research developed by the Australian Sports Commission.

Cost is only \$15pp, including a light meal. Call 6362 6623 or visit www.dsr.nsw.gov.au/training/

Bookings essential.



**Office of
Communities**
Sport & Recreation