

NEWSLETTER



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

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28th February, 2013: Week A

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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

Jenny Teitzel

School Counsellors

Robyn Flood
Sue Tallis

Sports Co-ordinators

Anthony Wharton
Tegan Dray

OHS SWIMMING CARNIVAL 2013

The 2013 swimming carnival gave OHS the opportunity to utilise the new aquatic centre facilities for the first time. Warm weather leading up to the carnival was a bonus with many students ending up with a rosy glow by Tuesday afternoon! Students and staff enjoyed the social and competitive activities with Year 12 adopting a pirate theme for the day.

New additions to the novelty events gave students a range of activities to be involved in. The noodle race, tug'o'war, volleyball, swim to win were hotly contested, and the introduction of water polo proved to be the hit of the day.



Congratulations to the following students who broke carnival records

- Lauren Kerwick 100m Freestyle
- 50m Backstroke
- Bryce Ostini 200m IM
- Angus Parsons 50m Backstroke

AGE CHAMPIONS:

12 years	Jess Puxty	Kobe Mansell
13 years	Mariah Robinson	Joshua McCauley
14 years	Lauren Kerwick	Cameron Brown
15 years	Chloe Barrett	Bryce Ostini
16 years	Courtney Chapman	Kyle Ostini
17+ years	Louise Kempson	Angus Parsons

Runners up

12 years	Liesel Haberecht	Jarlen Munday
13 years	Cosette Craig	Adam McCallum
14 years	Olivia Kerwick	Tristan Degm
15 years	Isabella Bankovic	Jack Pierce
16 years	Eden Talanoa	Ryan Hamling
17+ years	Samara Lloyd Laura Harris	Max Wolfson



House spirit was high, with a sea of red, blue, green and yellow dominating the grand stand. A special mention to Elliott House Captains, Meaghan Kempson and Trent French, who arrived at 7am to decorate their house area. This enthusiasm must have been a contributing factor to Elliott house winning the carnival for the 2nd year running.



TOTAL HOUSE POINTS

Elliott	583
Macquarie	556
Bourke	552
Parkes	286

PRINCIPAL'S REPORT

Year 7 and 11 students received their interim reports last week. As a result, I was proud to ring 34 parents to congratulate their child on achieving 'straight A's' on their reports. For most Year 11 students there were 18 areas assessed and for Year 7 it was 24. Along with the exceptional achievements above, there were many other students who just missed a perfect score and achieved at an almost equally high level. I am genuinely excited by this level of student learning and think it establishes well for Orange High year of exceptional student achievement.

This Friday, four students will represent our school and Western Region at Government House in Sydney. Her Excellency, NSW Governor Mrs Marie Bashir will launch '8 Ways'. '8 Ways' is a pedagogical framework that allows teachers to include Aboriginal perspectives by using Aboriginal learning techniques. '8 Ways' consists of deeply research based teaching concepts that arose out of work originating in Western Region including Orange High School and now used in schools and universities nationwide. This is why students from our school have been selected to attend the prestigious launch at Government House.



Ebony-Rose Smith, Atahlia Sutherland, Jordan Griffen, Emily Weeks



Congratulations to Lauren Kerwick, who experienced terrific success representing our school and region at the state titles last week. Lauren's credible performance qualified her to compete in the NSW team of 6 for the Triathlon at the National titles in early April.

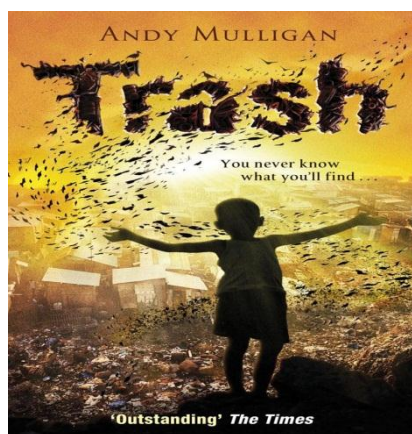
Colour City Running Festival



ENGLISH FACULTY NEWS

It has been an incredibly positive start to the year for the English faculty with the focus being on providing the best possible teaching and learning for all students. The English faculty is an extremely strong and cohesive team with all of us coming from a variety of experiences. Our aim and focus is to impart a love a literature to all of our students and to ensure that they are critical thinkers who can view the world around them through challenging eyes.

Currently, Year 7 are studying a short unit where they are introduced to Orange High School and the new environment. It is centred around their individual experiences, hence the title *Me, Myself and I*. They will soon complete a recount assessment task and then move on to a unit focused on Poetry. It has been great to see Year 7 eager to learn and develop a new understanding of English.



Year 8 have been exploring the issue of *Troubled Times*, where they have the opportunity to reflect on the many different experiences of people around the world. For many classes they had the chance to reflect on the experiences of some of our neighbours by looking at news articles concerning the

bush fires that caused wide spread devastation. Several classes have been studying an exciting novel, entitled 'Trash' by Andy Mulligan. It is about young children who live in a slum and the experiences they encounter. It is an exceptional read and I recommend it highly.

The Australian Experience is where Year 9 have started their study of English. It is an excellent opportunity to examine what it is to be Australian, especially starting the unit just after Australia Day. Students explore the many faces and experiences of Australia and use the texts that they study to write an essay at the end of the term as part of their assessment.

The experience of minorities is the focus this term for Year 10 students. They study a range of novels, some of them classic pieces of literature such as *To Kill a Mockingbird* by Harper Lee. They too have to complete an essay at the end of the unit as they explore how the different texts use language to create meaning. This is an excellent way to examine texts and help the students to begin to understand the complexity of the senior English course that they will experience next year.

Some other exciting news in English is the restructuring of debating. All students have an opportunity to be involved in debating via an afterschool program. MS Kristy Hilton has

previously placed information in the newsletter regarding the format and if you have any questions, please feel free to contact her at the school.

There are several competitions that are available to students in English, in a range of disciplines from creative writing, poetry as well as public speaking. Soon there will be information published regarding the University of New South Wales competitions for English Spelling (Year 7) and Writing. All dates and associated costs will be published via the newsletter and the OHS website.

I will provide information regarding our senior program in the coming weeks and will keep you informed about what is occurring with your student in English. I look forward to meeting as many parents as possible of our Year 7 and 11 students at the parent teacher evening. If you ever have a question, concern or would simply like to give us some feedback, please do not hesitate to contact either myself or your child's teacher.

Kathleen Maksymczuk, Head Teacher English

WELFARE WORDS

My apologies to parents and students – The first disco scheduled for this week has been postponed until next week.

**School Disco – Thursday 7th March, 2013
in the School PAC from 6.30pm - 9.30pm**

MOTIVATIONAL MEDIA

Last week Year 10, 11 and 12 were fortunate enough to enjoy a Multimedia presentation titled 'Mad for Life'. Each session was 40 minutes and involved a 3 screen synchronised multi image event that both challenged and inspired. "Mad for Life" was a production that aimed to inspire young people to set a direction in their life and make clear and attainable goals, therefore making a difference in their own lives, and perhaps the lives of others.

Over dinner this week have a conversation about the presentation and what children gained from it. It was a very worthwhile event and should stimulate some future discussions with friends and family. Thank you to Mrs Griffen for facilitating this event for our students.

PARENTS OF YEAR 7 AND PARENTS OF YEAR 9 BOYS

Don't forget to put the fill in the vaccination forms and return them to school. Students can place them in the box underneath the office window.

K Chopping, Head Teacher Welfare

SAVE THE DATE

**PARENT TEACHER INTERVIEWS
Years 7 and 11
4th March, 6 – 8pm**

COME AND TRY RUGBY

Waratahs Sports Park, 1st March – 5pm to 6pm, 5-12 years of age. For further information please contact Tony Dalton on 0435 025 181 or <http://orangecityjuniors.rugbynet.com.au>

FREE COMMUNITY SEMINAR: BREAKING DOWN DEPRESSION AND BUILDING RESILIENCE

Delivered by a trained presenter from the Black Dog Institute who has a personal experience of a mood disorder or of caring for a loved one, 'Breaking down depression and building resilience' is suitable for general audiences with, or without a mood disorder. This presentation provides accurate information about what mood disorders are, their causes, how to spot early warning signs, communicating with someone you care about, what to do and how to build personal resilience.

WHERE: Blayney High School, Water Street, Blayney

WHEN: Wednesday 20th March, 6.30pm - 8.30pm

RSVP: Tuesday 19th March

Register online at:

blackdoginstitute.force.com/events/rsvp/Blayney

For more information, please contact Alana Benson, HealthOne Blayney at Alana.Benson@gwahs.health.nsw.gov.au or on 02 6368 9306.

Stephanie Nott, Head Teacher Special Education**WARATAH JUNIOR SOCCER CLUB**

Waratah Junior Soccer Club will hold registration days on Saturday 2nd March and Sunday 3rd March from 12:00-2:00 pm Wednesday 27th February - Friday 1st March 5:00 - 6:00pm at Waratah Sports Club. For further information contact Jo on 0400 623 841 or 6362 0804.

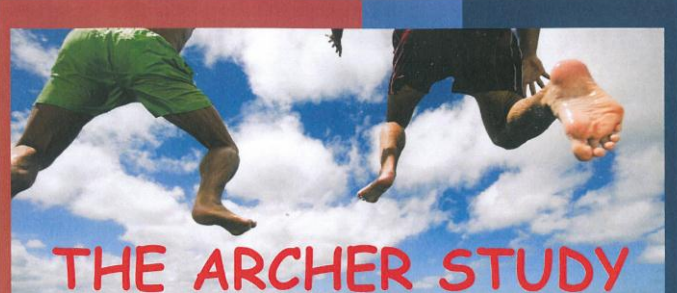
COONABARABRAN EQUESTRIAN EXPO

The Coonabarabran Equestrian Expo will be held from the 21st May – 4th June. Entries are online at Coonabarabran High web page. Entries close on the 12th April. For further information please contact Janice Glover on 0457 264 828.

ORANGE HIGH SCHOOL NETBALL CLUB

We are seeking second hand OHS netball uniforms for this season to sell. If you have one sitting at home, please put in a plastic bag with an envelope and drop it into Miss Dray in the PE staff room.

Registrations are now due. If you are unable to make this payment can you please contact Miss Dray or email ohs.netball@gmail.com

T.Dray, OHS Netball Convenor


THE ARCHER STUDY

The University of Sydney needs young people

Are you the parent of a young person in school year 5, year 6 or year 7?

Would they like to participate in this important longitudinal research study?

We still need more young people to join.

This project is a major long term rural study of adolescent health and wellbeing.

This study is funded by the National Health & Medical Research Council (NHMRC) and is investigating the role of hormones and their effect on the behaviour, physical and mental wellbeing of rural Australian teenagers. The research is being conducted in Dubbo, Orange and the surrounding areas and is still recruiting young people..

If you would like to be involved or would like to know more about the study, please contact Dr Catherine Hawke or our Research staff.

Jay Symons [Orange] Tel: 5310 4105 or Mrs Karen Paxton [Dubbo] Tel: 6882 0288

email archer@med.usyd.edu.au

Txt: archer to 0417499 515 Web: www.archerstudy.org.au

SCAN QR CODE FOR WEBSITE

Find us on Facebook

THE UNIVERSITY OF SYDNEY

Any person with concerns or complaints about the conduct of a research study can contact the Deputy Manager, Human Ethics Administration, University of Sydney on (02) 8627 8176 (Telephone); (02) 8627 8177 (Facsimile) or ro.humanethics@svdnev.edu.au (Email).

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Adolescent
Rural
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Hormones & Health
Education & Environment
Relationships