

NEWSLETTER



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

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7th February, 2013 – Week B

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Head Teacher Admin
Kylie Winslade (students)
Helene Hamilton (staff)

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Sarah Cooper

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

YEAR 7

What do you enjoy about high school?

The best thing is all the new classes and new things to do.
Jack Woodside

I think the best things about starting high school are meeting new people and experiencing new and interesting subjects. Cosette Craig



I really love how much art we get to do. I also love that we get the opportunity to dance and play music. Liesel Haberecht.

It is learning more and becoming more independent. Asher Bateson

The best thing about starting high school is meeting all the great new people and teachers. I have made lots of new friends and become better friends with others. I have also meet a lot of teachers who try hard and are successful in teaching us more about absolutely everything. These teachers are inspiring and encourage me to try hard as well. High school is awesome! Elise Owens



The change of environment and the difference of the work from what we did at primary school. Harry MacPherson.

Welcome to Orange High School for the 2013 school year.

It's hard to believe students have already completed one week of school. The enthusiasm for school has been terrific to experience as is the zeal for learning that most students display. The last couple of weeks preparing for and then working with staff and students along with learning Orange High systems and processes, have been a steep learning curve. I would like to thank staff, students and the wider community for the warm welcome to Orange High School. My first impressions of the school are very positive with standout characteristics including:

- A depth of student capacity rarely seen in schools. I have already met so many genuinely terrific young people who are committed to their friends, family, school and wider community.
- The expertise, care and willingness of staff to be open to innovation to ensure the highest possible levels of student learning has been impressive.

I have a philosophy of regional schools being the cornerstones of the communities in which they are located. As such my focus for the next few months will be to listen, learn and develop relationships with staff, students and the wider community of Orange. I believe open and honest communication is a critical part of a school's operation. As principal I operate an open door and am very happy to talk in person or over the phone with all parents, caregivers and community members. Learning together, we will ensure the maximisation of student achievement and continued development of our school.

Achievement in a supportive environment

I have been principal of three previous schools, Dunedoo Central School, Bourke High School and Canowindra High School. As I shared with the staff last week, each of those schools provided unique experiences and insights into school leadership. Dunedoo, a central school facilitated a first-hand experience of the learning continuum from Kindergarten through to Year 12, while at Bourke High School partnerships with community organisations were crucial for success. A focus at Canowindra was systems, processes and the development of contemporary policies while for the last 15 months I relieved as School Education Director for the Lachlan Group of Schools and enjoyed the opportunity to work with principals, schools and communities across the Lachlan area. I can't tell you how much I am looking forward to working with the staff, students, parents and community members at Orange High to build further on the existing strengths of the school. Over the next few months I plan to talk in detail with all staff, groups of students and parents to help build a deep understanding of Orange High School and future directions

Having a definite and strong vision though, I believe is important to set the scene of future years. On the school development day last week the staff undertook a workshop to come up with a vision for the school.

- 'To provide the best possible opportunities and experiences for ALL students in the best possible environment by the best possible teachers'.

Central to that vision is ensuring higher levels of student achievement in a supportive and caring environment. Orange High School is the biggest school in Western Region and therefore the school with the highest levels of teacher expertise. Fostering inquisitively and creativity in students will be crucial as we move into an exciting and fast paced future.

I am excited to collaborate with students, staff, parents and the wider community over the coming years to ensure Orange High School is genuinely the highest achieving, most student centred and outwardly caring school in NSW.

David Lloyd, Principal

CHANGES TO SPORT

2013 sees a change in the structure of school sport. Previously all students from years 7-10 had sport on a Wednesday. This has been replaced by integrated sport where sport is held at various times throughout the week and is taught by the student's regular PDHPE teacher. This will help to improve the quality of learning and allow students to develop a greater range of skills in a variety of sporting contexts.

Where possible, classes have been given a double period and during these periods students will have the opportunity to participate in sporting activities outside of the school. The cost of these activities will include transport and venue/instructor fees and will be made available to students in the near future. If you have difficulty with the costs of sport please call me at the school and I will make arrangements for assistance. School sport will still be in operation as a cost free alternative.

Not all classes will have double periods so students will need to be aware of when they have single lesson sport periods. Sports uniform will still be required; however, it won't be worn for the full day like in previous years. Students will need to get changed before and after sport as they would for regular PE lessons.

This is an exciting change that will prove beneficial for all students. I look forward to seeing participation rates and sporting performances improve as a result of integrated sport. If you have any questions or concerns please feel free to contact me at the school.

T Baker, PDHPE Head Teacher

HIGH ACHIEVEMENT AT UNIVERSITY, TAFE AND INDEED LIFE IN GENERAL

Beyond school is built on the strong foundations established at primary and high school. The recognition of high achievement is an important part of any school seeking to further develop a culture of high achievement. Congratulations to James Roth (graduated 2002) who was recently named the Medical Student of the Year by the Rural Doctors Association of Australia. James is passionate about rural health, so much so that after completing a degree in mining engineering and working as a mining engineer in rural NSW, James realised his real calling in life was as a Doctor working and supporting people in rural communities. Further, as a result of his award, James aims to develop a program that assists new professionals settle into, enjoy and contribute strongly to the rural communities in which they live.

I believe James is a strong role model for current students at Orange High School. There is no doubt he is talented, but I am sure his success ultimately depends on determination, passion and a willingness to take risks to follow his dreams. With these three attributes anything is possible for anyone of us. Ultimately following our passion, hopes and dreams leads to a deep level of satisfaction. Orange High School congratulates James on his Rural Doctor of the Year Award and is proud to count him as an alumni of our school.

LIBRARY NEWSNew Subscription to Online Study Skills Handbook.

Our school has recently subscribed to the ELES Study Skills Handbook. This is a great online resource for parents and students to address all their study skills issues and concerns, as well as learn new ways to improve students' results at school. This approach taps into students' affinity with technology to create a new and effective way to improve students' study skills. The handbook has a huge amount of information as well as lots of interactive activities, multimedia experiences and useful resources.

To access the handbook, go to www.studyskillshandbook.com.au or Log in through Orange High School's Website: login as a **subscriber** with these details:

User name: orangehs - Password: 18success

Please note, the above user name and password is for the use of parents and students AT OUR SCHOOL ONLY – please do not pass our school's details onto students and parents from other schools or other individuals or organisations as this is a prosecutable breach of copyright and also will result in frequent password changes for our school. Please also ensure you read through the terms of use the first time you access the handbook. We encourage all parents and students to take advantage of this opportunity to further develop their students' study skills abilities through this great online resource.

H Michell, Librarian**STUDY SKILLS TIPS: Top 10 FAQs**

Having run over 3000 study skills seminars over the last 10 years, Prue Salter of ELES (www.studyskillshandbook.com.au) has been asked a lot of questions about study skills. Below are the top 10 questions parents ask.

1. Can you listen to music while studying?

The general rule is that if students are doing work that is not difficult, it is okay to listen to music. It makes them feel relaxed, makes them feel like the time is going quicker. However, if they are doing work that requires concentration or memorisation, it is best to switch the music off (or else have Baroque classical music playing!) as otherwise it will take them much longer to learn the information.

2. Should you type or handwrite study notes?

If the exam will be handwritten, students are better to handwrite study notes. This creates muscle memory and helps student practice their handwriting skills. However, many students prefer to type their study notes. If students choose to type, when they are learning their notes they need to read a section, see what they can write down without looking and check and see if they were correct. This will help them practise their handwriting skills while committing the information to memory.

3. How much work should students be doing each night?

Different schools will have different rules but general guidelines are that junior students should be doing around 1 hour of schoolwork most night, seniors between 2-3 hours most nights.

4. What if students say they have no homework?

In primary school students learn to do the work their teacher tells them to do. Many do not realise things have changed in secondary school. There are two types of work in secondary school. The first is compulsory work such as homework, assignments, and preparing for tests. The second type of

work is independent learning work. If students have no homework that night, they are expected to undertake independent learning. This could be reviewing what they have learnt that week, making a mind map, reading ahead, researching an area of interest, making study notes, reviewing difficult concepts.

5. What time should students go to bed?

Although it varies, most students need at least 8 hours of sleep each night. Therefore work backwards, allow an hour or so for students to get ready for bed and fall asleep, then work backwards to the time they need to get up for school.

6. My student doesn't seem to know how to study, what should they be doing?

Sadly many students think that studying for a test just means reading their notes over and over. This is the slowest and most ineffective way of studying. Studying involves 3 steps. The first is making study notes or summaries on what they have been learning. The second is to learn the notes by testing themselves over and over on the information to be retained. The last step is to do as much practice as possible – the more different questions they can do, and preferably under time constraints, the better they will be prepared. Remember that we all learn in different ways so there is scope to allow students to use techniques that suit their individual learning style, such as recording notes to listen to.

7. How can students get more organised?

The first step is to work out what area of organisation you want to target. Books, computer files, locker, diary, desk, folders... the list goes on. There is no point saying to a student 'you need to be more organised'. Instead, identify an area where there could be improvement. Then, with your student, work out specific strategies to implement to address this issue. Once this issue is under control, then move onto the next problem.

8. Is it OK for students to do work in front of the TV?

Unless they are doing something like sticking things on a poster or colouring in, it is best not to do work in front of the TV. Instead students should do schoolwork in half hour blocks in an environment that is as distraction-free as possible.

9. My student has to do work on the computer, but they get distracted, how do you manage this?

One option is to switch off or disconnect the Internet for two half hour blocks each night. Your student will have to do any necessary research prior to this time and then can focus without getting distracted by Facebook and other interests on the Internet. You can also look at self-blocking software such as Self Control (MAC) and Cold Turkey (PC). Some students find they have the self-discipline to manage technological distractions; others need a helping hand – such as their phone in a different room for the half hour period where they are focusing on schoolwork.

10. How can I get my student motivated to do their work?

There is no quick or easy fix for lack of motivation. There are quite a number of strategies to try, but they all take time and effort and persistence. Check the Developing Motivation unit to print a guide for parents on getting your student motivated.

Visit www.studyskillshandbook.com.au and click on the Questions link to see the questions students have asked (315 so far!) and the replies from Prue. It is interesting for both parents and students to see what other students have asked and perhaps it may be a question they also have.

Prue Salter, Enhanced Learning Educational Services

OHS NETBALL SELECTIONS 2013

Selections for Orange High School netball teams will occur on the following dates. The venue for all trials is the OHS gym.

- 13's (for those turning 13 and under in 2013): Wednesday 6th February 3.30-4.15 pm
- 14's (for those turning 14 and under in 2013): Wednesday 13th February 3.30-4.15 pm
- High A (CHS Open representative team and Astley Cup team), Junior A (15 and under selected team) and 15's (for those turning 15 and under) and CHS U/15s representative team: Wednesday 20th February 3.30-4.15 pm
- Senior team nominations must be received by Friday 22nd February.

If your child has missed any of the selections can you please contact Ms Dray ASAP. Please note that girls attending the 13s and 14s trials may be asked to attend Junior A trials on Wed 20th February. If you are willing to coach or manage a team could you please contact me ASAP.

The Orange High School Netball Club will be holding an **AGM on Thursday 21st of February, 5.00pm in the OHS gym.** We are seeking people to fill a number of positions so if you are interested please come along. We would love to meet as many OHS netball club parents as possible.

Our registration day will be held at the Orange High School Gym on Saturday the 23rd of February from 10am-1pm. This is your opportunity to submit your child's registration fee and try on uniforms for sizing.

T Dray, PDHPE

EX-SERVICES SOCCER CLUB

The Ex-Services Soccer Club is one of the larger football clubs in Orange and enters teams in all junior age groups (U6 to U16) and All Age for older students. Both girls and boys are catered for. All players are covered by national registration and insurance arrangements through the Football Federation Australia. The Club registration days this year are Sat. 23 February & Sat. 2 March at Calare Public School, Frost Street, Orange, from 1.30pm-3.30pm. Registration can also be done on-line through myfootballclub.com.au. Any parents/carers interested in registering a child or simply making an inquiry in advance of the registration day can contact Nick Milham, Registrar, on 0412 265 920 or nsmilham@bigpond.com.

OCJRU 2013 REGISTRATION

Monday, 21 January 2013. Fees for juniors U12 to U17's will include the player's shorts and socks. Your fee will also include one adult membership to Waratahs Sports Club. Once your paper work has been completed and handed back to the club. Fees for Walla's U5 to U11's will only include your fee for one adult membership to Waratahs Sports Club. Once your paper work has been completed and handed back to the club. Registration Days: Friday 8th February from 5.00pm until 6.30pm at Waratahs Sports Club. Saturday 9th February from 11.00am until 1.00pm at Waratahs Sports Club

Locations throughout 2013:

February
Albury - 19th
Deniliquin - 20th
Parkes - 22nd
Ryde - 26th
Bankstown - 27th
Lismore - 28th

March
Batemans Bay - 12th
Wollongong - 13th
Campbelltown - 14th
Penrith - 15th
Taree - 26th
Maitland - 27th
Gosford - 28th

family

ADVOCACY



After school — what then?

A workshop for families who are planning for life after school for students with developmental disability

This workshop is about preparing and planning for when a student with disability, who will need ongoing support, leaves school. It is suitable for families of students with disability who are approaching the end of high school.

The focus of the day will be on the system of funding and support. It will cover information about how Commonwealth and State Governments provide post school support for young people with disability. Information will also be provided about non government service providers who are approved to support school leavers.

Topics covered will include:

- achieving a positive future for young people leaving school
- the process of transition from school student to adult life
- what other young people have achieved with their funding
- levels of funding and how it is allocated
- the different forms of support arrangements that are available
- how to make informed choices about the future
- government guidelines and how they affect school leavers.

family

ADVOCACY

PO Box 602
Epping NSW 1710
Phone: 02 9869 0866 or
1800 620 588
(NSW non metro callers)

Email:
workshops@family-advocacy.com
www.family-advocacy.com

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Maitland - 27th
Gosford - 28th

REGISTRATION:
9:00 am—9:30 am
WORKSHOP:
9:30 am—2:30 pm

Register now!

Cost: \$15 per person (GST inclusive and covers morning tea, lunch and resources)

Please register at least 1 week before day of workshop

For more information, venue details and to register, call
02 9869 0866 or 1800 620 588 (NSW non metro callers)

family

ADVOCACY

Family Advocacy is a state wide advocacy organisation concerned with the needs, interests and rights of people who have developmental disability.

Its aim is to achieve positive social roles for people with disability through the development of advocacy by families and by strengthening the knowledge, role and influence of the family.

Family care: We can contribute to the cost of family support for your family member with disability.

If you would like assistance, or have other support needs, please discuss at the time of registration.



CYMS JRLFC - RUGBY LEAGUE FOOTBALL CYMS

JRLFC will hold 2 sign on days. The first being Sunday 10th February 2013 at Norton Park, Anson street Orange from 10am-12pm. The other sign on day will be Wednesday 27th February 2013 at the same location from 4:00-6:00pm.

More Info please call Mandy 0439 481 182

manrod18@bigpond.com or got to our sporting pulse website – Orange Cyms JRLFC or find us on Facebook.

ORANGE EMUS JUNIOR RUGBY UNION CLUB will be holding their 2013 Sign On day on Friday 8th February 2013 at the Emus Grounds in Woodward Street, Orange from 5pm for the following age divisions. A free sausage sizzle will be provided. Another sign on day will be on Sunday 10th February starting at 10.00am at Emus. Everyone is welcome!

**ORANGE CITY JUNIOR RUGBY CLUB
SIGN ON DAYS AND TRAINING 2013 RUGBY SEASON
orangecityjuniors.rugbynet.com.au**

Fees for juniors U12 to U17's will include the player's shorts and socks. Your fee will also include one adult membership to Waratahs Sports Club. Fees for Walla's U5 to U11's will only include your fee for one adult membership to Waratahs Sports Club. Registration Days: Friday Feb 8th 2013 from 5.00pm until 6.30pm at Waratahs Sports Club and Saturday Feb 9th 2013 from 1.00pm until 3.00pm at Waratahs Sports Club

For further information, contact Tony on 0435 025 181 or Deryck 0427 621