

NEWSLETTER



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

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14th March, 2013 : Week A

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MATHEMATICS FACULTY

The year has started on a positive note for the Mathematics faculty. I am excited to be part of a teaching team that has Quality Teaching and Learning for all students as their main focus in the classroom. Year 7 have been approaching their work with enthusiasm and have all completed an assignment on 'Directed Number'. Year 8 have discovered a love of Algebra, and the history of Pythagoras. Year 9 have been working on Algebra and Consumer Arithmetic, soon to start a unit on Data. Year 10 have been busy with Consumer Arithmetic and Probability and are about to start a unit on Surface Area and Volume. Year 11 are focused and enthusiastic about their senior studies. Year 12 have been working hard and should all be starting to focus on revision for their half yearly exams at the end of Term 1. A useful website for Year 12 revision is 'NSW HSC online'.

Today is a very important day for mathematics, it is national Pi day. This day celebrates the mathematical constant pi (π). The greek mathematician Archimedes calculated the approximate value of (π). He named it after the Greek letter π (pi). Why today? Well the date corresponds with the first three digits of π (3.14). So what is Pi (π)? It is the mathematical constant that is the ratio of any circles circumference to its diameter. This means that for any circle if you divide the circumference by the diameter the answer will be a constant and equal to little more than 3. It is also the ratio of a circle's area to the square of its radius.



So why not celebrate this important day with some pie eating and discussions about Pi (π).

It was great to meet so many of you at parent teacher interviews last Monday night. I look forward to working with parents and the school community to provide an excellent mathematics education for all students at Orange High School. I will keep you informed of any changes in the Maths faculty, particularly with the new curriculum to be introduced for Year 7 and Year 9 next year.

Terri Johnston, Head Teacher, Mathematics.

PRINCIPAL'S CONFERENCE

Emily Weeks, Jordan Griffen and Ebony-Rose Smith were very privileged to be asked to perform at the Western Principal's conference in Dubbo on Tuesday 12th March. The girls were part of the Indigenous Dance Ensemble that performed in conjunction with the Welcome to Country. They performed "Sun Arise", the same dance that they previously performed at the 8 Ways Book Launch at Government House earlier this month.



M Hope

PRINCIPAL'S REPORT

One of the highlights last week was watching some of the Year 12 English Extension students undertake their 15 minute Oral Presentations for their Crime Writing Genre Assessment Task. The students demonstrated a deep understanding of the literature studied and structure of their texts.

Students undertaking English Extension 2 accompanied by Mrs Maksymczuk and Mrs Esson travelled to Sydney and back last Sunday to attend a HSC workshop where the students current understanding and ideas were pushed further. This sort of talent and dedication is something to be admired and I think it augers well for high academic achievement.



Congratulations to our Orange High Relay for Life Team who raised nearly \$1000 for the Cancer Council last weekend. Congratulation also to the many other students from our school who raised funds and participated in other team. Participation in Relay for Life and other community events is a practical demonstration of the values shared by young people at Orange High.



Last week four possible Orange High School hats were paraded on assembly for students to vote on their favourite designs. The staff and P&C will also have an opportunity to provide feedback before a final selection is made. The selected hats will then be added to the schools uniform and available for purchase.



Congratulations also to all students who attended and the SRC for organising last week's Disco. Despite it being very hot in the Performing Arts Centre students appeared to enjoy themselves and the night ran very smoothly.

D Lloyd



OUTDOOR MOVIE NIGHT
 CINEMA UNDER THE STARS

Orange High School P&C Association presents



Huge 10m wide screen on the school oval!

Bring a bean bag, rug or chair!

Play on the big screen!

Friday 22nd March 2013

Gates open 6:00pm Movie starts at 7:30pm

Enjoy a relaxing movie under the stars with popcorn, Molong gelato, BBQ, soft drinks & coffee all available. Play Gran Turismo 5 on the big screen before the movie!

Please note: School grounds are alcohol & smoke free areas.

Tickets: <ul style="list-style-type: none"> Single = \$10 (Year 7 and up) Family (2 Adults & 2 Children) = \$25 Extra children (primary school) = \$5 	Tickets available at the School office & Collins Booksellers or online at www.trybooking.com/CMXY
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Proudly sponsored by:




Proceeds go to smartboards & text books for the school.



JOHNNY ENGLISH REBORN – CINEMA UNDER THE STARS

Hopefully everybody has heard about our upcoming movie night and is excited about attending. Brindabella Airlines are generously supporting the evening by donating some flights to be won on the night. Everybody who purchases a movie ticket will automatically go into the draw to win this fabulous prize! Extra tickets will be available to buy on the evening for those that would like to increase their chances of winning.

Remember tickets are available at the school office, Collins Booksellers and www.trybooking.com/CMXY. We urge people to pre-purchase tickets to assist us with catering. Come along for a relaxing cinema event and support the P&C in their venture to raise funds for the school.



ATHLETICS CARNIVAL

The athletics carnival will be held on
Tuesday 26th March.

STUDY TIPS

Article #1 A Plan to Study

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

You'll want to make a success of your HSC year. But few of us have the luxury of being able to just study – life has to go on as well.

You've probably already figured out that having a plan helps you to study consistently (rather than giving up, or cramming in hours of work just before exams). But how can you make sure you actually stick to the plans which you've made?

Be Realistic

Firstly, be realistic. Many of us are prone to over-estimating how much we can get done – and studying is a high-energy, intense activity which requires a lot of concentration. You simply can't focus at that level for hours at a time.

Sometimes, being realistic about your studying plans might mean looking at the other commitments in your life. Do you need to ditch something else in order to have time to study effectively? Can you cut down on social activities to give yourself a couple of weeknights free for studying?

Find Your Best Time of Day

Are you a lark? Some people are at their best in the morning, before the demands of the day have crowded in.

If that's you, then try setting your alarm 30 minutes earlier so that you can spend this high-focus time on your studying.

Or are you an owl? Without the constraints of a school day, you can choose to study late at night, if that suits you. For parents, this can be a good time because children are in bed and the house is quiet.

Even if you think you know what time of day's best for you, try experimenting for a week or two. Perhaps your lunch hour is a great opportunity to practice your French vocabulary, or maybe you can drive to a coffee shop on the way home from work and study there until 6.30pm.

Have a Place to Study

As well as finding the right time to study, you'll want to find the right place. Your studying environment can make all the difference when it comes to sticking to your plans. You'll want to find a place where:

- You're not likely to be interrupted'
- There are no noises intruding (music etc is fine – but it should be noise which you choose),
- You have enough space to spread out any studying materials that you're using,
- You're in a studying mood – so the family den may not be the best place.

If your schedule is very packed, you'll probably want to study somewhere in or very near your home, so that you don't spend much time simply getting there. If you have more time, you could try picking a study location a little further away – this can be useful because once you're there, you'll be much less tempted to wander back home the moment you get bored!

Mix Things Up

It's easy to get bored with a study plan if you're constantly working on the same things. Rather than trying to trawl through the whole of a particular topic in one week, try mixing up your plan a little. Working on one topic one day and something completely different the next will help you to stay energised and fresh.

You can also try a mix of different learning methods. There's no one "right" way to study. Consider:

- Taking notes from books as you're reading
- Reading for half an hour, then writing down notes from what you remember
- Listening to audio material while commuting
- Watching videos
- Going to seminars or classes
- Talking to fellow students about what you're learning
- Writing an article or blog post based on what you've been studying (perhaps a beginners' guide)
- Drawing diagrams or pictures to help you remember or understand a concept

Build in Flexibility

How often have you made a perfect study plan, only to have it fall apart as soon as something unexpected cropped up? Life happens – and sometimes you'll have to cancel a planned study session in order to deal with an interruption or an emergency.

Be prepared for this in advance: when you draw up your studying schedule, allow some “spare” time which you can use if you need to catch up. Even if your week goes perfectly, you may find that some areas of study simply take longer than you expected – and this buffer time lets you allow for that.

Track Your Progress

Finally, it’s easiest to stick with a plan when you can see that it’s working! There are lots of ways to track your progress: for example, you could tick off study sessions on your calendar, or award yourself a gold star at the end of each week when you’ve successfully completed all the studying which you’d planned.

You can also review the material that you’re learning: perhaps taking a quiz or practice exam at regular intervals. If you can see that you’re making constant improvements, you can remind yourself to stick with your studying despite day-to-day fluctuations in your motivation levels.

If possible, study in a well-lighted place where you can sit comfortably and be quiet and alone. If your roommates don’t keep the same schedule as you and are socializing or relaxing during your optimal study times, plan to go the library or student center. Many dormitories have study lounges as well. If you have one particular spot where you usually do most of your studying, you will almost automatically shift into gear and begin studying when you go to that place.

Stay in good physical condition. You do not want to be prey to quick fatigue or frequent bouts of sickness. Eat nourishing meals; you will probably master a difficult psychology chapter more easily if you have had a solid breakfast than if you had only a cup of coffee. Try to get an average of eight hours of sleep a night unless your system can manage with less. Also, try to exercise on a regular basis. A short workout in the morning will help sustain your energy flow during the day.

Use outside study help when needed. Studying with other people can be beneficial if everyone in the group is committed to doing work and really helping each other to learn the material. Someone else may be able to clarify concepts that you don’t quite understand, and the camaraderie may be just what you need to keep you going. Some students, however, use studying in groups to procrastinate further. You may end up wasting hours talking about things that have nothing to do with your studies, or simply complaining about how much you don’t want to study. If you become part of a study group, force yourself to ensure that the group stays on track and is helpful to you. Also, find out if your school or individual departments have a tutoring service. If so, do not hesitate to use the service to get help on a particular subject or subjects. Determine if your school, like many, has a learning center where you may work on developing writing, reading, study, and math skills. Finally, learn the office hours of your teachers and plan to see them if you need additional help.



LOG BOOK RUN EVENT

Are you a learner driver?
Do you need to clock up
supervised driving experience?

Then enter the Log Book Run Event!

Gain valuable practical experience and develop low risk driving skills to make driving a safer experience.

Participants must carry their RTA Log Book with them, as a legal requirement. The hours of driving for this event can be logged by your driving supervisor.

Log Book Run Event: Sunday 24 March 2013
Time: 10.00 am

Bookings essential on 6393 8600
Numbers limited

Sponsored by Cadia Valley Operations
Orange and Cabonne Councils



Further information
Ph: 6393 8600



ORANGE SCHOOLS
Learning & Community

Invites Stages 5 & 6

Parents & Students to an Information Evening
“Improve your Memory”
with Dr Rich Allen, U.S.

WHAT WE LEARN WITH
PLEASURE,
WE NEVER FORGET.



- Are facts and figures jumbled in your brain?
- Do you forget things, and then remember them at an inconvenient time?
- Would you like to help your child/children to easily remember their lessons and exam study?
- How do you file and retrieve the information needed to do well in an exam?

Thursday 2nd May 2013, 6.00pm – 7.30pm

Venue – The Health Centre, The Canobolas Rural Technology High School,
Icely Road, Orange

Do you think you have a bad memory and therefore your child does too?

Think again - Maybe no one showed you how to REMEMBER WELL – it’s easy when you know how and you will wonder why this is not common knowledge! Learn how your child/children can store and access exam work more easily.

By the end of the session, you will be amazed at what you can remember – and you will have had a few laughs in the process of learning!

Dr Rich Allen is visiting from the U.S. He has a PhD in Educational Psychology. His cognitive learning theory research gave him understanding on how the brain receives, processes, stores and recalls information – from which he developed a practical technique for teaching brain-based learning strategies to adults and teens.

RSVP/ Queries : The Canobolas Rural Technology High School – 6362 1677

Cost: Gold Coin donation to Stewart House based on the Northern Beaches in Sydney. Programs provide students with medical, paramedical and emotional support via targeted health and education initiatives designed to boost self esteem and promote a healthy lifestyle.

Limited to 80 participants.