

# NEWSLETTER



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

PO BOX 654  
ORANGE NSW 2800

**7<sup>th</sup> March, 2013 : Week B**

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**Contact List**

**Principal**

David Lloyd

**Deputy Principals**

Michelle Barrett  
Michael Sloan

**Head Teacher Admin**

Kylie Winslade (students)  
Helene Hamilton (staff)

**Year 7 Adviser**

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

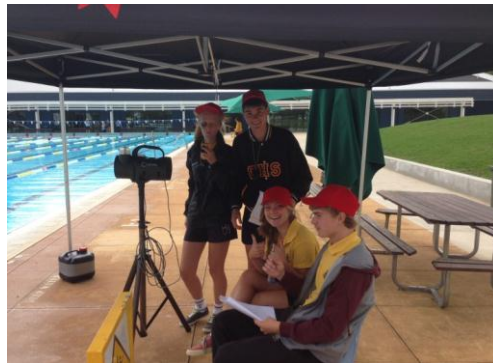
**Sports Co-ordinators**

Anthony Wharton  
Tegan Dray

**PREMIER'S SPORTING CHALLENGE**

Last week the OHS sports leadership team assisted Anson St School with the running of the Western Region swimming carnival for students with a disability. Our team was responsible for marshalling, timekeeping and general carnival duties. All students fulfilled their roles to a high standard and demonstrated why they have been identified as exceptional sports leaders.

One of the highlights of the day was when 6 of our students competed in the mixed relay event. We successfully gave the four Anson St students a moment of glory when they beat our team. I'm sure they will talk about their victory for many years to come.



Well done to all students who were involved in the running of the day. Their maturity and exceptional organisational skills enabled the carnival to run smoothly.

**T Baker, HT PDHPE**

**GOVERNMENT HOUSE**

On Friday the 1<sup>st</sup> March 2013, four members of our Orange High School community accompanied Mr David Lloyd to Sydney to be a part of the state launch of the book for the 8 Ways of Learning education initiative.



*Mel Hope, Atahlia Sutherland, Ebony-Rose Smith, Jordan Griffen, Emily Weeks, David Lloyd*

Emily Weeks, Jordan Griffen and Ebony Smith were part of the dance ensemble that performed on the day. The girls have previously been involved in the Indigenous Dance Ensemble for School Spectacular in 2012, and are also involved in dance at Orange High School.

Atahlia Sutherland performed an original piece with her brother Jacob (a former Orange High student) and her sister, Tjnara is their group 'Predestined'. Their amazing performance was very well received by the members of the audience and was a talking point with the Governor of New South Wales, her Excellency the Honourable Marie Bashir. It was an absolute privilege and honour for our school to be involved in such a historic occasion.

**SCIENCE NEWS**

Mrs Wickham and her Year 10 science class participated in the Science and engineering challenge at James Sheahan this Tuesday. Orange high school narrowly missed out on the lead and were placed second. Congratulations!!

Mrs Griffen and Mr Shea attended an ACARA run network meeting to discuss implementation of the National curriculum in 2014. Presenters from University of Technology Sydney are coming to Orange High School next week, Friday 15<sup>th</sup> March to present their program 'Optics in the Outback'. Selected Year 10 and 11 students will participate. Footage and photos taken will be available on the following websites. Australian Optical Society ([www.aos.physics.mq.edu.au](http://www.aos.physics.mq.edu.au)) the Optical society of America ([www.osa.org](http://www.osa.org)) and the CUDOS research group ([www.cudos.org.au](http://www.cudos.org.au)). Please note the photos and footage will not contain faces of students involves, presenters only.

Mr Schenkel and Year 10 Marine studies travelled to Cronulla beach to increase awareness of their surf survival skills. All Year 9 students are currently performing field studies within and outside Orange High School for their first assessment task for 2013. Scott Hodson in Year 12 has put in an application for Science Minerals Council scholarship. Good luck Scott!

Year 7 have recently handed in their first assessment task; Science safety posters. There are some great posters, lots of creativity and colour!

Year 10 have shown outstanding ability in their Australian Scientist research assessment.

**S Townsend, Science Department****PRINCIPAL'S REPORT**

Congratulations to our Year 10 Science and Engineering Team, who achieved second place against seven other Orange Schools' yesterday. Mrs Wickham – Leader of our schools Science and Engineering Team was very impressed, not only with our student's scholastic and problem solving ability but also with the way they conducted themselves and went about their activities. A full report will feature in next week's newsletter.

Congratulations to Kishaya Delaney, Cassie Dunn and Sarah Scott who next week will participate in the 'Road Trip against Poverty'. These 3 students will travel to Sydney and Canberra to learn more about Australia's foreign aid budget and priorities. It is hoped that the gathering of young people with a string social conscious together in Canberra will bring pressure on the Federal Government to make the elimination of poverty a higher goal. The passion of these young ladies is impressive as they make a positive difference both on local school level and beyond into the wider state and national community.

Congratulations also to the many students listed below whom as part of the 'Premiers Sporting Challenge' supported students with disabilities at the Anson Street swimming carnival. The following is a part of a quote from the event organisers. *'I wanted to thank you again and congratulate you on the way in which your students conducted themselves yesterday at our Western Region Swimming Carnival for students with a disability. The Premiers Sporting Challenge leadership program is certainly a success when there are students such as yours involved. The students stepped into any role they were asked on the day and completed all tasks with enthusiasm. They certainly were a large part in the success of the day.'* Billy Greatbatch, Nelson Harris, Kyle Ostini, Meaghan Kempson, Braden Riles, Sophie Kloosterman, Keely Dunn, Hannah Mendham, Rebecca Hooper, Lexi Hasenkam, Emily McDonald, Sam Greatbatch, Olivia Kerwick, Isabel Harris, Rianna Bordic, Emma Dillon, Lachlan Griffith, Abby Tilburg, Alexa Wensley, Katelin Eslick, Chloe Riley, Brock Zylstra, Haley Butcherine, Glen Maxwell and Ryan Milham all contributed to the success of the day.

As principal it is impossible not to have a strong sense of pride working everyday with young people who value not only high individual achievement, but also the willingness to go above and beyond within and beyond school to ensure social inclusion and tolerance.

**David Lloyd, Principal****STUDY SKILLS TIP FOR MARCH**

How much sleep is enough? We all know that sleep is important for general health, for growth and development and for emotional well-being. You may also know that important memory processes take place while you are sleeping, ensuring you retain what you are learning and studying

Perhaps you have heard that teenagers need between nine to ten hours of sleep per night. But where does this come from and how valid is this claim? In 1980, Mary Carskadon of Stanford sequestered a group of adolescents in the university's sleep laboratory for several days, letting them sleep for as long as they wanted, up to 10 hours. She found that the teenagers slept just over nine hours, with very little variation. This single "naturalistic" study is the primary basis for the adolescent sleep recommendation. However, some researchers argue that just because teenagers slept nine hours when left alone does not mean that this is the best thing for them, just like letting people eat whatever they want is not necessarily the best thing for their health. So there is no definitive answer at this point in time.

The amount of sleep needed by teenagers is most likely very individual, just like it is for adults. It is probably safe to assume that adolescents need more sleep than adults and that the average for most people is at least 8 hours of sleep per night. Pay attention to the signs and have students listen to their body. If they lie down in bed and fall asleep instantly, this is a sign they are not getting enough sleep for their body. It should take at least 15 minutes to fall asleep. If they wake up in the morning and are feeling exhausted, then check all lifestyle factors: are they getting enough sleep, eating healthily and getting enough exercise?

If teenagers are sleeping in for many hours on a weekend, unfortunately this does not mean they are “catching up” on their sleep. According to University of Texas Southwestern sleep specialist Dr Gregory Carter, when we think we're catching up on sleep, what we're really doing is messing with our circadian cycle -- the body's internal clock which dictates sleep patterns. Excessive sleeping in is in fact a signal that during the week students need to go to bed earlier. The aim is to work out the optimum bed-time so that the need to catch up on large amounts of sleep on the weekend is eliminated.

There is nothing wrong with having a power-nap in the afternoon when students get home from school, as long as the nap is no longer than 40 minutes. A short nap can help students regain their energy levels and allow them to focus on the work they have to do that evening. However, a longer nap will also disrupt sleeping patterns for that night. More on how to develop better sleeping patterns in the next newsletter item!

Remember students, that on nights where you don't have very much homework, you can build your learning skills by working through one of the units at <http://www.studyskillshandbook.com.au/> . Check out the unit on Lifestyle and Balance to learn more about sleep and other lifestyle factors for success.

### **Prue Salter, Enhanced Learning Educational Services**

[www.enhanced-learning.net](http://www.enhanced-learning.net)

Our school's subscription details to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) are -  
Username: orangehs Password: 18success

### **H Michell, Librarian**

#### **AUSTRALIAN FEDERATION OF GRADUATE WOMEN – CENTRAL WEST BRANCH**

AFGW Central West Branch invites applications from women living in the Central West for a postgraduate scholarship (to the value of \$4,000). The applicant will have completed an undergraduate degree (or equivalent) and will be undertaking a postgraduate degree or research in 2014 or have commenced such degree/research after 30<sup>th</sup> June, 2012.

Applications close 12<sup>th</sup> August, 2013. For more information please contact Dr L Foster, [ifos@bigpond.com](mailto:ifos@bigpond.com)

#### **SMALL GROUP TUTORING – ORANGE TAFE**

This course is designed to support students who are currently studying Mathematics and English-Standard and Advanced levels, history, study skills, essay writing and exam preparation in Years 10, 11 and 12.

Classes are scheduled after school hours from Monday to Thursday from 4 – 6pm. One hour per week for 18 consecutive weeks, \$37.50 per hour. Maximum six students per group.

For more information please contact Deirdre O'Brien on 6391 5655.

#### **EMUS JUNIOR RUGBY**

Registrations still open for all age groups from U13's to U17's. For more information please contact Geoff Potts on 0412 146 329.

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## 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](mailto:archer@med.usyd.edu.au)

Txt: archer to 0417499 515

Web: [www.archerstudy.org.au](http://www.archerstudy.org.au)



SCAN QR CODE for WEBSITE



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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@sydney.edu.au](mailto:ro.humanethics@sydney.edu.au) (Email).

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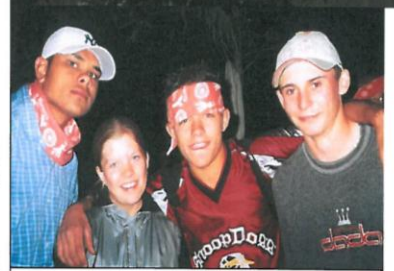
**R**elationships

## Journey to Uluru

**Saturday 6<sup>th</sup> April to Thursday 18<sup>th</sup> April, 2013**



Are you one of the many people who have deep feelings about Australia, our vast outback, the dazzling beauty of a night sky filled with stars? Then you will enjoy joining with other young people from around the nation for a journey to the heart of our country. And with fun and reflection, discover more of our indigenous heritage and gain spiritual insights that will enrich your daily life. The camping safari will leave you with friends and memories you will never forget.



This is a 'Schools in Harmony' opportunity for local young people organised by Fusion Australia: Central West, Riverina & ACT.

On the Journey we explore what it means to be a 'rock' and a 'stream'. On the bus journey each day we keep fit with bus aerobics, go through our pilgrim journals, learn about each other, Currency Kids, 'Nyuyuni' and the original boundaries of our land, & have lots of fun. We will have cultural experiences with various indigenous groups as we learn more about the heroic, sometimes tragic, stories of our unique country. At Uluru we will help to run a festival and teach local children skills such as walking on stilts, etc.

- For high school age (13 -18) young indigenous and non-indigenous people.
- a coach camping safari, with tents and food supplied.
- Cost is approx \$1,550 per person. (We plan to help meet this cost through sponsorship and fund-raising activities.)
- Please contact Mal or Bev at Fusion, on 5310 2474 or email: [centralwestnsw@fusion.org.au](mailto:centralwestnsw@fusion.org.au)

(Fusion acknowledges sponsorship from Newcrest Cadia Valley Operations, Orange City Council and the Network Communications Optus Charity Mobile Plan for this project!)

