

NEWSLETTER



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

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11th April, 2013 : Week

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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

STATE DANCE ENSEMBLE

Congratulations to Natasha Stevens and Hannah Spencer following their selection into the State Dance Ensemble. Both Natasha and Hannah have been dancing since they were 3 years old and as a result have expertise in ballet, tap, contemporary, jazz, hip hop, modern dance and musical theatre. Natasha is no stranger to the stage having performed as a solo dancer in Eisteddfods and since she was 6 years old. For Hannah, selection into the State Dance Ensemble means more workshops and opportunities to perform at an increased range of festivals and performances.

Both Hannah and Natasha plan to pursue a career in dance, firstly as professional dancers and then later as choreographers. As a stepping stone to a fully-fledged dance career, both girls look forward to group, and then hopefully, solo performances in the School Spectacular over coming years.

At Orange High School we are proud of our dance program and ability to support and nurture an increasing number of students with talents in the full range of dance genres.



NATIONAL ALL SCHOOLS TRIATHLON

Congratulations to Lauren Kerwick who has achieved the incredible feat of first place at the National All Schools Triathlon Competition last week. As if this was not enough, Lauren then competed in the team's event on the following day undertaking the bike leg for the NSW team who also achieved first place

against all other states and territories. *Thus Lauren returned to Orange with 2 Gold Medals* – an almost unbelievable achievement. Triathlon is made up of three legs (swimming 400 metres), cycling (12 kilometres) and running (3 kilometres). Lauren reports that the toughest leg was the running, as few months ago she fractured her foot while training, and as a result needs to warm up slowly in that section of the event. On reflection Lauren expresses that she was lucky to make it to the National Titles as she only achieved entry by 4 seconds in the state championships due to a fall off her bike in that race. We are very proud of Laurens achievements and we wish her well as she continues to pursue her passion for sport.



Kyle Ostini also competed at the state championships and narrowly missed on entry into the national event. Orange High School congratulates Lauren and Kyle on their natural talents and abilities in elite sport and also recognises their determination and commitment to long and arduous training sessions.

Achievement in a supportive environment

PRINCIPAL'S NEWS

Gifted and talented students comprise an important segment of our student cohort and they are supported through quality teaching and many and varied extra-curricular activities from debating through to dance and music. *To further support students with strong academic aspirations, plans are being developed to create discrete Gifted and Talented classes in each year 7 to 10.* It is envisaged entry to this class will be through an application, interview and school recommendation process to ensure students with the right aptitudes are selected for inclusion. The introduction of the new Australian Curriculum in 2014 for core classes in Years 7 and 9 provides an ideal opportunity to review and differentiate our current educational provision to ensure the learning needs of all students - especially those of academically talented young people. Thus the current thought is to introduce the new class into years 7 and 9 next year, and 8 and 10 in 2015, when the new curricula rolls through. *It is envisaged planning for the new classes will be finalised over coming weeks with application forms published mid-way through next term for students currently in Year 6 and 8 (2013) as the first stage of the application process for consideration of entry into Year 7 and 9 in 2014.*

To further support student transition to high school, I am pleased to announce that following a selection process Mrs Alice Bright will be Year 7 Adviser for 2014 and Mrs Cassie Coates Year 7 Adviser for Year 7 in 2015. Both new Year Advisers will have an active role in developing links with partner primary schools in partnership with Transition Coordinator Mrs Kerrie Chopping. The aim is to build further on our existing transition programs to ensure an even more supported and tailored teaching and learning transition for new students.

As we close the term, I would like to thank all parents for your support of student learning at home. The stark reality is that levels of student learning are greatly enhanced by positive parent attitudes and support for learning at home. It is very pleasing to see the vast majority of students completing homework and assessment tasks to very high standards. I look forward to working further with parents and the wider community to further develop partnerships. Wishing everyone a safe and recharging break and I look forward to seeing all students return on Wednesday 1 May.

D Lloyd

SQUASH REPORT

Congratulations to the boys open squash team for giving their best when they played in the Western Region competition against Cowra High School.

The squash competition was not as expected as neither Oberon High or Kelso High were able to come to play and Orange High was unable to get together a girls team due to various other sporting commitments.

The boys played with great sportsmanship and to the best of their abilities but unfortunately were beaten by the Cowra team.

Jesse Keegan, Hayden Dillon, Kieran Ryan, Jeremy Eldridge and Matthew Foley

G Deasey



SYDNEY ROYAL EASTER SHOW 2013



On Wednesday the 27th March Agriculture students had the opportunity to attend the Sydney Royal Easter Show. This was a great opportunity for students to not only see animals they were familiar with but a range of animals they wouldn't see around the Orange Region. At the start of the day students complete the Sydney Telegraph animal Walk which gave students the opportunity to see livestock competitions including poultry, sheep, goats and pigs. Following the completion of the agriculture tours students were able to follow their own interests. I would like to thank all staff members for their help with the supervision of students and congratulate the students on their wonderful behaviour on the buses and at the Royal Easter show. It is a great opportunity to interact with students outside the classroom.

Daniel Wait



WELFARE WORDS (WEEK 11, TERM 1)

A big congratulations to Year 7!! You have all made through your first term at High School. There have been changes of routine and many new experiences in a short space of time. It is a big achievement to successfully integrate into the High School World. However, now that you have done your first term, the rest will flow naturally and before you know it we will be bidding you farewell as you all venture on to fulfil your dreams and aspirations. WELL DONE YEAR 7!!

Merit Achievements

Congratulations to the following students who have been working 'above and beyond expectations' to achieve Merit Awards in term 1, 2013. Please remember that all merit points accumulate over their school career at Orange High School.

Blue Award (150 merit points)

Stacey Allen
Joe Grinrod
Caitlyn Moore
Joshua Punavai
Chloe Barrett
Maddison Hales
Jack Davis
Micha Scott
Emily Cunich
Laura Manca

Mack Blowes
Rebecca Hooper
Keagan Paine
Laura Smith
Yolanda Cai
Callum Peterson
Alex Vardanega
Matthew Boss
Olivia Dunn

Sarah Eslick
Olivia Kerwick
Lydia parker
Sema Akbulut
Luke Crawford
Gabrielle Swords
Codey McHatton
Travis Bubb
Kieran Fraser

Indigo Award (300 merit points)

Madison Gilmore
Ariel Ware
Ashleigh Littlewood
Matthew Corben

Alyssa Maidment
Thomas Benter
Ben Puxty

Lynton Robbins
Molly Collins
Cameron Porter

Violet Award (450 Merit Points)

Gerry Shea
Beth Clarke

Darcy Shea
Samuel Riley

Kathleen Webster
Maddison Parker

e² Experience Science

The first round of e² experience Science is already complete with the next round scheduled to start this week. Year 5 and 6 students from Calare, Bletchington and Borenore Public thoroughly enjoyed the Orange High School Science experience as you can see from the photos attached. All students participated enthusiastically and were positive ambassadors from their respective schools.

This year we have Mrs Griffen, Ms Townsend and Mrs Wickham expertly teaching the Primary School students. A big thank you to them for their effort in providing such rich educational learning experiences for our future Orange High students.

In the next round we welcome students from Calare Public School again, as well as students from Canobolas Public School. We are looking forward to them enjoying the expertise and facilities that we offer here at Orange High School. Have a safe and happy holiday. See you all next term (don't forget we start on B Week!) Cheers.

Kerrie Chopping, Head Teacher Welfare**NSW COMBINED HIGH SCHOOLS SWIMMING CHAMPIONSHIPS**

4th – 6th April, 2013 at Sydney Olympic Park
Aquatic Centre, Homebush

Courtney Chapman competed in the 50, 100,200, 400 and 800 Freestyle, 100 Fly, 100 Backstroke, 100 Breaststroke, 100 and 200 IM. She was a finalist in the 800 and 400 Freestyle and 100 and 200 IM. Lauren contested the 400m and 100m Freestyle, 100m Butterfly and 200 IM, together with Jessica Puxty 100m Freestyle and Kyle Ostini 100m Butterfly.

The swim team represented their school and Western School Sports Association proudly with many personal best times recorded by the OHS representatives at the event.



Jessica Puxty (12 years), Lauren Kerwick (14 years), Courtney Chapman (15 years) and Kyle Ostini (15 years).

ASSESSMENTS DUE – WEEK 1

Year 9: PASS (Ongoing Weeks 1 – 9) Navigational skills

Year 10: PASS (Ongoing Weeks 1 – 9) Practical assessment - Marine St (presentations)

Year 11: Music II (Composition)

Year 12: Vis Arts (Critical & historical studies) – Society & Culture (Pip review)

**LIBRARY. STUDY SKILLS TIP FOR APRIL:
DEVELOPING POSITIVE SLEEP PATTERNS.**

In the last discussion we looked at how much sleep students SHOULD be getting. However we know this doesn't always occur!

Some of the challenges students face is that during puberty hormones shift the teenager's body clock forward temporarily by about one or two hours, making them sleepier one to two hours later than adults would be. This change in the circadian rhythm seems to be due to the fact that the brain hormone melatonin is produced later at night for teens than it is for small children and adults. This can make it harder for teens to fall asleep early.

But then students have to get up for school causing a 'sleep debt' that can lead to chronic sleep deprivation. Other factors that contribute to insufficient sleep are: hectic extra-curricular schedules, television and gaming keeping students awake and late night light exposure (especially from computers and mobile phones) leading to inadequate production of the brain chemical melatonin that is responsible for making you feel sleepy.

There are unfortunately many ill effects from sleep deprivation: concentration difficulties, mentally 'drifting off' in class, shortened attention span, memory impairment, poor decision making, lack of enthusiasm, nightmares, moodiness and aggression, depression, skin problems, lowered immune system, lack of energy, risk-taking behaviour, cognitive impairment, cravings for unhealthy food leading to weight gain, slower physical reflexes, reduced sporting performance and reduced academic performance.

No-one wants to experience these! So what can we do to prevent sleep deprivation? Parents and students need to work together to find ways to increase the nightly quota of sleep.

Some ideas to consider:

- Sleep in a bit (maximum 2 hours) on Saturday morning (students will like this one!).
- Avoid late nights on the weekend, try and go to bed the same time as you do during the week so you do not disrupt your sleep patterns.
- Get to bed early on a Sunday night.
- If you are not getting enough sleep work on adjusting the body clock by going to bed slightly earlier each day, perhaps 10 minutes earlier for a week. Then next week go to bed another 10 minutes earlier until you have adjusted to the right bed time for you so you get enough sleep.
- Limit afternoon naps to 30 minutes and gradually reduce these.
- Avoid caffeine (cola drink, coffee, energy drinks, chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
- Decide what time electronic devices will be switched off each night.
- Avoid watching TV for at least half an hour before you go to bed.
- Try and have an hour before you go to bed without computers or homework or chatting to friends.
- Set up a relaxing 'wind-down' routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!
- In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain.
- A healthy breakfast will help to kick-start a student's body clock for the day.
- Avoid early morning starts or early morning activities if you can.
- Maintain a healthy diet and ensure you get some exercise (but not late at night). These will both help to improve the quality of your sleep.
- Being exposed to lots of natural light during the day will also help the body produce the melatonin at the right time for a good sleep cycle.

It will take around 4-6 weeks of getting extra sleep regularly before you really feel the benefits, so hang in there!

Other resources:

Owens, J.A., & Mendell, J.A. (2005). Take charge of your child's sleep: The all-in-one resource for solving sleep problems in kids and teens. NY: Marlow. There are lots of great sleep apps available as well. For example SleepCycle measures how much you move during the night and gives you a graph showing how much deep sleep you had. 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.

Cheers, **Prue Salter, Enhanced Learning Educational Services** www.enhanced-learning.net

Our school's subscription details to:

www.studyskillshandbook.com.au are -

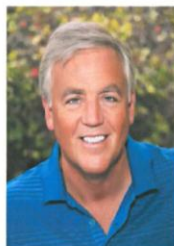
Username: orangehs

Password: 18success

Heather Michell, Teacher/Librarian

BLOOD DONOR DAY

Kaden's Donor Day is Friday 26th April and bookings are available from 7.30am to 1pm. You can book online at www.donateblood.com.au or by calling 13 14 95.



ORANGE SCHOOLS
Connected & Connecting

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.

ORANGE SCHOOLS
Connected & Connecting

Study Skills

Article #5 A Kick in the Pants

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

A kick in the pants

Max and James are the same person. They are both me. After my devastatingly bad HSC year I took on a full-time job and studied for my HSC part-time. Against advice, I took on a load of four subjects. I worked smart and hard to gain my good results. In other words, I gave myself a kick in the pants and a clip around the ear.

The same person had two vastly different results. My good outcome was not based on hanging onto my past habits or onto ideas that I could not succeed. The success I had in my HSC was based on reducing the habits and environment that detracted from my good preparation habits. I dedicated a healthy amount of time to preparing for my exams. Over 60% of my HSC time was allocated to the exam at the end of the year. My reading and study time was aimed at filling the gaps that showed as shortcomings in the practice essays that I wrote.

I spent my second HSC year training for my event.

Over and over again, star students rise to the top partly because are intelligent, partly because they are schoolwise, and mostly because they work hard, are persistent, and are driven to achieve.

The top students readily identify themselves as “school smart”. Academic talent, to them, means the ability to excel at academic learning and school tasks such as note taking, memorization, and testing. Many of them attribute their success primarily to effort rather than ability.

Hard work, perseverance, and focus lead to academic success and life attainment. No matter what an individual's ability level, achievement requires sustained effort and a belief in the efficacy of hard work. Academic success is mostly about hard work and perseverance.

PCYC BAND NIGHT DANCE PARTY

Friday 12th April, 2013

Where: Orange Police and Citizens Youth club
Corner Byng and and Seymour Streets

Cost: \$5.00 junior and \$7 senior

Tickets available at the venue or at the door.

The Challenge of Disciplining Your Child

...assists parents with constructive techniques
in disciplining and encouraging their children

Assists parents to:

- understand what positive discipline means and how to set clear boundaries that children respect and learn to appreciate
- use conflict as a tool to improve relationships
- use tips and hints on different discipline techniques

Dates: Wednesday 15th May 2013

Time: 5.30 – 8.30 pm

Venue: Interrelate Family Centre
108 McLachlan Street
Orange

Cost: \$25.00 (\$15.00 if using multiple
services or concession)

More information

**Bookings essential, fees to be
paid in advance.**

Phone: 6360 0895



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