

NEWSLETTER



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23rd May, 2013 : Week A

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Dance and Drama News

Orange High School



May, 2013

VOL. 1 ISSUE 1

Drama

I would like to welcome to drama over twenty enthusiastic year 7 students who have joined the Junior Drama Ensemble. This group has begun preparing for the School Show and for the Regional Drama Festival to be held in Orange on the 22nd of July. The Senior Drama Ensemble is also working hard to prepare for these upcoming events. A special thanks to Phoebe Parsons and Mitch Vennard who are coaching the year 7 Drama Ensemble.

Congratulations to Kashya Delaney who has been selected to attend the State Drama Camp. This camp is specifically for talented drama students studying HSC Drama.

On the 3rd of May senior drama students had the privilege to be taught by Costa Loucopoulos. Costa is a university lecturer in Drama Method at the University of Sydney and the University of NSW and runs HSC Drama workshops for students across the state. It was wonderful to see the students gaining confidence in their theoretical and practical drama work.



Dance

This year in dance we have already got off to a flying start with six dance ensembles meeting weekly. Special thanks to Phoebe Parsons, Hailey Swain, Samara Lloyd and Jaime Munday for teaching our year 7 and 8 dance ensembles. These groups and many others have begun preparing their routines for School Show and the Regional Dance Festival. In March a number of senior students participated in the Regional Dance Camp, this was a great opportunity to learn from professional choreographers and meet likeminded dance students.

Preparations are underway for the Regional Dance Festival to be held in Bathurst on the 19th of June. Students from year 7 to 12 will perform in a matinee and evening performance. Tickets are available through the Bathurst Memorial Theatre.

Congratulations to Natasha Stevens, Hannah Spencer, Phoebe Parsons and Dimity Bartlett. Natasha and Hannah have both been selected to participate in the State Dance Ensemble and Phoebe and Dimity have been selected to participate in the Regional Dance Ensemble.

Over the next few weeks our dance students will also be involved in an HSC Dance workshop in Cowra and a Dance Spectacular at an upcoming NRL game on the 25th of May.

Ms R. Crane

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Achievement in a supportive environment

PRINCIPAL'S NEWS

Congratulations to Alex Kennedy who has been selected in the under 15 National Touch Football Team. A terrific achievement! We wish Alex well as she represents not only our school but the state of NSW.



Attached to this newsletter and available on the schools website are application forms for our 2014 Gifted and Talented classes in Years 7 and 9. **Selection into the classes will be via application and interview process.** Required with the application are copies of recent reports, NAPLAN assessments and evidence of other extra curricula activities and talents. **Students selected into the class will experience differentiated teaching aimed at extracting the most from natural academic talents and abilities. Applications for Year 9 are invited from within current students (Year 8 2013) at Orange High School and also young people from beyond our school who would potentially benefit from high level academic extension and enrichment.** Applications close on the 21 June and interviews including parents will occur early next term. In 2015, the following year we will introduce Gifted and Talented classes into all Years 7 to 10 to coincide with the introduction of the new Australian curricula.

Safety on roads around our school is paramount. **Road safety is even more important given our school is located on one of the busiest intersections in town.** As we all know, wet conditions further reduce visibility and make conditions slippery. Limited 'drop off' parking out the front of the school complicates safety. **I would like to encourage parents who drop their children off out the front of the school, to consider pulling off the road in Byng Street or perhaps further up Coronation Avenue to reduce congestion and the chance of an accident.** It may mean an extra 100 metres for your child to walk, but doing so we will reduce the chance of an accident and injuries.

Next week will be a busy week for us at Orange High School. In the first half, students in Years 7, 8, 9 and 10 will undertake Mid-Course assessments in those subjects who have an exam scheduled as part of their assessment outline (available on the website for each year group). **We wish students all the best as they demonstrate their learning in written assessments.**

In the second half of the week we will host Gosford High School for the annual Malynley Sheild event. We look forward to great competition and friendly rivalry. **We appreciate the many families who have volunteered to host a billet for the event.** Students will also enjoy a disco and BBQ as part of the social activities.

David Lloyd, Principal

DEPUTY PRINCIPAL'S NEWS

It is hard to believe that we are already one-third of the way through the school year and how fast that time has gone. It has been a really busy start to the year, but a good one. We've had a lot of new enrolments and it has been great to meet so many new students and parents from so many places who have joined our school community. I have also popped into a few classes, and

have loved the action in those classrooms, as well as enjoying some time in my own classroom, teaching some terrific Year 10 students in Geography and History. Walking around the playground and the hallways, the school feels very settled. Our attendance rates are up, suspensions are down and there are fewer students on levels than at the same time last year. So, in this very busy part of the year, with so much sport, Gosford visit, Astley Cup and a school show, not to mention the volume of tests, tasks and day to day work, we can build on a great start, stay focussed and remain respectful, safe learners.

Top performances:

- **THE** team - Bri Jess Matt, Tash, Madi, Sam, Bossy, Michael, Ruby, Angus, Amanda and Lachy who lead from the front and by example every day and show the rest of the school what it is to be an Orange High student
- The PBL staff team – dedicated teachers who give extra time and share their vast skills and knowledge to find ways to make Orange High better for kids
- Students in the Special Support classes who have made a really positive start this term
- The hundreds of students who step up and contribute all the time - Red Shielders, ANZAC marchers and Relay for Lifers
- Those members of the year 10 Future Forward class who are making the most of their opportunities at TAFE, who performed brilliantly in their interviews and who start work placement this week
- Ms Dray - a best-on-ground performance last week, following several very consistent seasons have earned her a permanent spot on the PDHPE team

M Sloan

THE BUZZ

Hello from the Welfare Team. It has been a busy start to Term 2, with students completing exams and assessments in preparation for the Semester 1 Report due at the end of the term. It is a difficult time for students as they learn to manage their time effectively and prioritise assessments to submit tasks by the due date. Students write key dates in their diaries to help keep student on track.



Congratulations to Kishaya Delaney who has been selected to participate in the University of New South Wales Winter School Program. Kishaya will spend a week at the University and attend Business classes. This is a great opportunity to experience what Higher Education can offer Kishaya so she can plan for the future.

Year 12 Parent/Teacher Night

Year 12 Parents and Guardians will have the opportunity to discuss their child's progress at Parent/Teacher Night held on **Monday 3rd June, from 6.00pm – 7.30pm** in the Orange High School Performing Arts Centre. Bookings will be available online very soon, with more detailed information to come home via Year 12 students.

Year 12 Reports will be distributed at the end of the week, so please bring them along to the Parent/Teacher Night to promote some focused discussion.

School Zones

A friendly reminder to all parents to take extra care when dropping off and picking up children, especially near the bus bay. With the winter months approaching, visibility will become increasingly difficult. Please adhere to the school speed zones and regulations regarding pick up and drop off zones. Our students are regularly reminded about road safety, however, if we all work together, it may prevent someone from being injured. Thanks for your support regarding the safety of our school students.

Clothing Pool

A HUGE thank you to all families who dropped off uniforms that are no longer needed. We are still in need of uniforms in good condition, especially the polar fleece black jumpers. If you have uniforms that you no longer require (I can appreciate how quickly teenagers grow!!), I would love to pass them onto families in need. Please pop them in a bag and deliver them to the front office. Alternatively, students can drop them into my office.

Uniforms

If students are out of uniform please provide a note explaining the situation. Please include the date and parent/guardian signature on the note. We are trying to have all students in uniform every day. 'Hoodies' are not permitted at school. If a student presents to school wearing a 'hoodie' we will provide a school jumper to them to wear for the day. If students require a jacket over the winter months, please purchase a black one.

Homework Centre

The homework centre is available to all students every Thursday afternoon in our school library. It is open from 3:30 until 5:00pm. At least 3 staff members are available to tutor students and help them use Library resources to complete assessments and homework. Afternoon tea is provided.

Have a great weekend, go the Dragons!!!

Kerrie Chopping, HT Welfare

FUTURE FORWARD PROGRAM 2014

Future Forward is an innovative program at Orange High School offered to selected students in Year 10. It involves a partnership between school, TAFE and local employers to develop the knowledge and skills that students need to gain employment or an apprenticeship in their chosen field. The Future Forward program gives students greater opportunities and choices upon completion of Year 10 to gain employment, continue with TAFE or return to Orange High School for their senior years.

Students are required to complete a modified school curriculum that will meet the NSW Board of Studies Record of School Achievement outcomes, along with attendance at TAFE to complete a TVET course. From term 2 onwards students will also attend work experience one day per week with a local employer to allow the development of practical skills.

Students interested in completing this program in 2014 will be required to undertake a work preparation course in Semester 2, 2013. Candidates for the program will then be required to complete an application form and attend an interview with their parent/guardian to ensure that they have a sound understanding of the requirements of this course of study. Successful applicants will be notified of their placement in Term 4 2013 and a personalised learning and support plan will be established for 2014.

For further information about the Future Forward program, or to receive an expression of interest form please contact Michael Sloan, Deputy Principal or Nicole Griffith, Learning and Support teacher. Expressions of interest are to be returned to Nicole Griffith, Learning and Support (Room 104) by Friday May 31st 2013.

N Griffith

ASSESSMENTS DUE – WEEK 5

- Year 7:** Tech Mand, Ag (practical) – Tech Mand, Home Ec (practical skills) – Science (knowledge test) – Tech Mand, IA (practical task) PDHPE (Topic Test), English (Visual Literacy test) Vis Arts (in-class folio & diary), HSIE – World History (topic test), HSIE World Geography (skills based task), Mathematics (1/2 yrly exam)
- Year 8:** Tech Mand, Ag (practical) – Tech Mand, Home Ec (practical skills) – Science (knowledge test) – Tech Mand, IA (practical task) English (advertising Test) - HSIE World History (topic test) – HSIE World Geography (skills test) – Mathematics (half yearly test)
- Year 9:** Agriculture (test) – Aust Geography (exam) – Drama (test) – Eng Tech (test) – English (letter to Editor) – Graphics Tech (test) IST (test) – Mathematics (exam) Metal Tech (test) – PDHPE Mand (writing task) – Power tech (test) – Science (test) – Wood tech (test)
- Year 10:** Agriculture (test), Aust Geog (exam), Aust History (exam), Drama (Shakespeare test), Engineering Tech (test), English (visual representation), IS & T (project) IS & T (test), Maths (exam), Metal Tech (test), Science (test), Wood (test)
- Year 11:** Textiles & Design (Project 1)
- Year 12:** Eng Ext 2 (written report Major work) – CAFS (Research task) – Metals & Eng, VET (Fabrication project)

GOSFORD VISIT 2013

On Wednesday 29th may, approximately 200 Gosford students will arrive at Orange High School for our annual Malynley shield competition. This history of this trip is as follows;

In 1968 the Orange High School University Shield team reached the grand final, and drew with Tamworth. Under the rules of the competition, the match was replayed at Gosford, and again the result was a draw. Orange players were billeted by Gosford High school students, and during informal discussion after the game, it was suggested that an inter-school visit between the two schools would be a beneficial adjustment to the annual sporting calendars of both teams.

As a result, the sportsmasters organised a program of events of a sporting and cultural nature, and in the following year, approximately two hundred Gosford students visited Orange. The inaugural competition was a great success, and it was decided that the visit be an annual one.

The Malynley shield was donated by a Mr & Mrs A Dews, whose interest in the competition was stimulated by the fact that their three children attended either Gosford or Orange school. "Malynley" is an acronym for members of their family. The Malynley shield is awarded for the overall points score during the visit. All contests are included in the points score, and are of equal value (win-2, draw-1, loss-0).

Debating and Year 9/10 Rugby Union will be the first two sports contested on Wednesday afternoon starting at 3.30pm at School. Wednesday evening has no formal requirements for competitors and billetes.

There will be a range of sports contested at various venues around Orange on Thursday. Competitors with a 9am start will meet at their venue, all other students will need to be at school for roll call at 9am. If you wish to spectate at events outside of school, please collect a note from the PE staffroom. Competitors are entitled to free transport to all venues and just a reminder that there is to be no student drivers. The OHS mini bus will be operating as a shuttle for competitors and their billetes that need to get between venues quickly. On Thursday evening, all competitors and billetes are required to attend the BBQ and disco held at OHS starting at 6pm and concluding at 10pm. We say goodbye to our Gosford visitors after a whole school assembly on Friday morning.

We are looking forward to another fantastic Malynley Shield visit!

TIME	EVENT	DIVISION	VENUE
3.30pm	Rugby Union	Yr 9 & 10	School Oval 2
8.30am	Soccer	Junior Boys	School Oval 2
9.00am	Golf	Open Mixed	
	Volleyball	Open Girls	School Gym
	Tennis	Open/Junior Girls/Boys	Totally Tennis
	Touch	Open Girls	School Oval 1
	Basketball	Open Boys	PCYC
	Netball	Junior Girls	PCYC
9.15am	Lawn Bowls	Open	OCBC
	Hockey	Open Boys	Glenroi
9.30am	Debate	Open	School Library
9.40am	Soccer	Open Boys	School Oval 2
9.45am	Volleyball	Junior Girls	School Gym
10.00am	Basketball	Junior Boys	PCYC
10.15am	Netball	Open Girls	PCYC
10.30am	Chess	Open	School Library
	Hockey	Open Girls	Glenroi
	Volleyball	Junior Boys	School Gym
10.50am	Soccer	Junior Girls	School Oval 2
11.00am	Basketball	Open Girls	PCYC
11.15am	Touch	Junior Boys	School Oval 1
	Volleyball	Open Boys	School Gym
12.00 noon	Table Tennis	Open	School Gym
	Soccer	Open Girls	School Oval 2
	Basketball	Junior Girls	PCYC
12.30pm	Touch	Open Boys	School Oval 1
1.15pm	Touch	Junior Girls	School Oval 1
2.30pm	Rugby League	Open Boys	School Oval 2



OHS and GHS Students in 2012's Malynley Shield.

XSEL NEWS

This week is a very busy week for Xsel with exams taking place, the Gosford visit and a number of extra-curricular activities including debating occurring. Year 9 students have their task 2 Maths assessment due on Monday 27th May, Year 10 have two tasks due this week- Maths portfolio Task 1 (Monday 27th) and English portfolio (31st May).

A reminder that applications for admission to Xsel in 2014 for new students in years 7-10 close in June. Further information about the requirements can be obtained from Nicole Griffith Xsel support.

This weeks contribution is from our three very talented Year 9 students- Isabella, Alexandra and Eleanor.

Currently, the year 9 Xsel students have been studying 'Inanimate Alice' in English. 'Inanimate Alice' is a digital text about a young girl and her adventures, as she often loses her parents. The book consists of many elements, including; images, videos, music, sound effects and games, which help to express Alice's emotions and coping mechanisms.

The year 9 students have the task of creating the next episode of the series, where Alice is 16 years old. We are required to use visuals and sound to demonstrate Alice's feelings as we make her face a challenge or situation of our choosing. This is increasing our English as well as technological ability and presents a very in-depth understanding of the main character.



In Week 6, all of Xsel will be heading to Dubbo for the residential school for three days. This occurs every term and is an opportunity for the students to have face to face lessons with the teachers, as well as interact with the students from other schools. At this camp, year 9 will have their half yearly exams for science, as well as presenting the Inanimate Alice Task and handing in a mathematics half yearly assessment task. This is a very busy term for all of Xsel, but like all other times, it is a learning experience for all involved. Regards, Year 9 Xsel.

N Griffith

PRISM MEETING

There will be a PRISM meeting next Wednesday 29th May at 5.30pm in the Music Centre. Preparations for the school show will be discussed. All welcome.

Study Tips

Article #8 Time Boxing

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

Time management – An HSC student's biggest challenge

Given a task, there are essentially two ways we can approach it. Either, we can work as hard as we can until it is "done" or we can fix the amount of time we have available and do the "best" we can. The latter approach is known as "Time boxing".

Time boxing is a very simple technique that can help the HSC student cope with their many tasks. It is an effective technique for tracking progress and simply getting things done. From a planning perspective, time boxing is useful, especially when things appear complex or daunting initially and we are unsure of how to begin.

5 Reasons to Use Time Boxing

Timeboxing is a time management technique that limits the time during which a task (or set of tasks) is accomplished. Although it's commonly used by software development teams, more and more individuals (designers, writers, engineers — even students) are using it to boost personal productivity. Why? Here are five good reasons.

1. Timeboxing is free and easy.

You don't need to buy anything. The only gadget you'll need is a timer, which you probably have in your kitchen or on your cellphone and computer. In case you don't, there are tons of timer software online.

You don't need to read lengthy books or attend expensive seminars to learn it. Although there are many variations of timeboxing, the basic steps are essentially the same:

- Decide on a task or set of tasks.
- Get a timer and set it to a time commensurate with the task. (You can choose to set the duration before deciding on the tasks you can perform within it.)
- Start the timer and focus on performing the task, avoiding distractions as much as possible.
- Once the timer sounds (or blinks or vibrates), stop working. Ideally, you should trust the device to tell you that time's up instead of interrupting yourself by checking the time occasionally.
- Reward yourself with a treat, a pleasurable activity, or simply with a well-deserved rest. (The activity and rest may also be timeboxed.)
- Repeat as necessary.

2. Timeboxing is flexible and customizable.

Any of the above steps can be varied. For those who suffer from severe perfectionism or procrastination, timeboxes can be made as short as 5 minutes to make the task less intimidating. On the

other hand, workaholics can use timeboxes to limit work duration, thus making work less stressful.

When it comes to choosing the timeboxed tasks, you can be as specific (“Write a 100 word description of my main character.”) or as vague (“Make some progress on my novel.”) as you like.

Timeboxes can also be used for activities other than work. You can timebox chores to turn them into games (“Arrange my desk in less than ten minutes. Go!”) You can also timebox unproductive activities (“Check Facebook for no more than five minutes.”) You can even make combination timeboxes, like the ones used in the Procrastination Dash and the Pomodoro Technique.

3. Timeboxing curbs procrastination.

Getting started on a task is often more difficult than doing the task itself. Timeboxing makes getting started less intimidating. It’s a lot easier to begin on a task you only have to do for fifteen minutes than on something you have to spend an indefinite amount of time on. Because when you think of work and time in an indefinite way, it’s often excruciatingly long.

Setting the duration of a timebox also forces you to choose an appropriate amount of work. If you only have thirty minutes to work, you won’t try to “write a book.” “Write first draft of chapter 1” is not only more realistic, it’s also less daunting — ask anyone who sat down and tried to write *The Great American Novel*.

4. Timeboxing keeps perfectionism in check.

Procrastination is often caused or at least related to perfectionism. Not only do perfectionists find it hard to start, they find it difficult to continue and sometimes, even finish. Timeboxing lessens the aversion to and stress from the task by limiting its duration.

But there’s another way timeboxing can curb perfectionism. By setting specific goals to accomplish before time is up, the perfectionist is forced to settle for good enough, prioritize the essentials, and avoid stressing the details. And if tinkering can’t be avoided, it can at least be timeboxed. This ensures that the work is finished on time — and not ruined by too much tinkering.

5. Time boxing lets you flow.

Perfectionists make work too challenging by setting unrealistic goals, often with standards that are too high. On the other hand, when the goals are too trivial or the standards are set too low, work becomes too easy, resulting in boredom. When work is neither too easy nor too difficult, it becomes effortless, even pleasurable, and highly productive. This happy state is called flow.