

NEWSLETTER



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

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27th June, 2013 : Week B

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**ASTLEY CUP
ORANGE VERSUS DUBBO 13TH-14TH JUNE**

Our Orange High Astley Cup team was full of confidence when Dubbo Senior College arrived for the first day's events. We had performed strongly in a number of sports against them in the CHS competitions and knew we had a good chance of performing well. Netball, hockey and tennis proved their credentials whilst the boy's basketball game was an exciting affair with our team going down by 1 point. At the end of Day 1 we had a sizeable lead and knew our home ground advantage (and weather) would limit Dubbo's chances the next day. The league boys kicked off Day 2 with an unexpected win over Dubbo – they were our first win against them in quite some time and in what can only be described as challenging weather conditions. We continued our winning form for the next 2 events and a draw in the boys soccer helped us to a massive 561.5-238.5 win over Dubbo.



EVENT	ORANGE POINTS	DUBBO POINTS
TENNIS	62.5 (10 sets)	37.5 (6 sets)
NETBALL	81 (79 goals)	19 (18 goals)
BASKETBALL	49 (42 points)	51 (43 points)
HOCKEY	95 (20 goals)	5 (0 goals)
RUGBY LEAGUE	71 (30 points)	29 (12 points)
GIRLS SOCCER	83 (4 goals)	17 (0 goals)
ATHLETICS	70 points	30 points
BOYS SOCCER	50 (1 goal)	50 (1 goal)
TOTAL	561.5	238.5



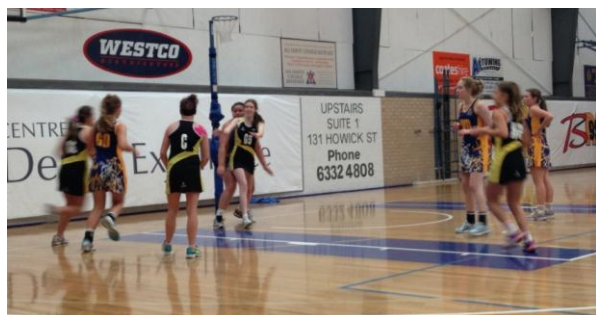
Achievement in a supportive environment

ORANGE VERSUS BATHURST 20TH-21ST JUNE

Orange travelled to Bathurst with trepidation at the thought of bringing home the Astley Cup for the first time in 6 years. Our Mulvey Cup debaters unfortunately lost their debate, however, they held their heads high due to their difficult topic. The Astley team had an early lead as the netball was played prior due to several members being away for the final 8 CHS basketball knockout. We started off our campaign strongly with wins in the tennis and hockey. The boys basketball showed their true sportsmanship in a memorable game and we finished Day 1 with a 110 point lead. We knew that day 2 was going to be a big ask and Bathurst really bought their 'A' game. Some close losses unfortunately meant that Bathurst took the tie by 26 points. Everyone in the Astley Cup team demonstrated their passion and sporting spirit throughout the entire competition and the PE department would like to congratulate the way in which our students conducted themselves. We are proud to have such an enthusiastic team who demonstrated their sportsmanship consistently during the two ties and are looking forward to our 2014 campaign!



EVENT	ORANGE POINTS	DUBBO POINTS
TENNIS	81 (13 sets)	19 (3 sets)
NETBALL	71 (54 goals)	29 (22 goals)
BASKETBALL	31 (28 points)	69 (63 points)
HOCKEY	75 (2 goals)	25 (0 goals)
ATHLETICS	48 points	52 points
RUGBY LEAGUE	15 (6 points)	85 (42 points)
GIRLS SOCCER	33 (0 goals)	67 (1 goal)
BOYS SOCCER	33 (0 goals)	67 (1 goal)
TOTAL	387	413



FACULTY NEWS HSIE

The HSIE Faculty have again experienced an extraordinary busy and active term. With 13 senior classes, 30 Year 9 and 10 classes plus a cohort of 7 and 8 groups, we are certainly a very significant key learning area within our fabulous school.

We strive to deliver the best quality teaching through our professional development which is run after school hours. Most recently we have evaluated the new National History Curriculum, we have also established the need for differentiated programs to best cater for all student levels as well as discussing literacy and numeracy strategies within our programs.

Students across all year levels have been provided with extra-curricular activities to enable growth through educational experiences. These have included a 4 day adventure to Kosciuszko National Park as part of Year 11 Geography and recently an HSC study day at Sydney University (see the report below.)

Our school was extremely proud of the ANZAC assembly organised by Mr Gray. Year 10 students delivered an amazing service and speeches. Local Vietnam Veterans attended and gave their support and insight into the relevance and importance of Anzac day.



Students were also given the opportunity to extend their knowledge in the **NSW History Competition** and we are expecting the results soon. Also, later in Term 3 students in Years 9 and 10 will be given the opportunity to compete in the NSW geography competition. Throughout the term Year 7 and 8 have created some remarkable Ancient Egyptian projects including traditional

Egyptian banquets, magnificent pyramids structures and delicate woven reed boats and jewellery their work is truly inspiring.

Year 9 Elective History is heading full steam towards modern Japan. They started the year with some 'sharp' historical debate over the identity of the real 'Jack the Ripper'. The discovery of Richard III's bones in a carpark 'cemented' our understanding of the problems faced by historians when we decide who is a hero and who is a villain. Our reinterpretations of Ainu mythology have made an entertaining additions to our studies of Japan as did the Samurai helmets made by Year 9.

Finally congratulations to Colleen Mitchell, one of our valuable members of the department, who gained her Certificate 2 in Retail Services and Certificate 4 in Training and Assessment. We are anticipating that the course in Retail will be up and running for our students providing another element to our already diverse choice of subject areas.

On Friday the 14th of June, Mr Gray and I were lucky enough to take a mixture of Ancient and Modern History students to a Year 12 History Teacher Association (HTA) Study day in Sydney.

Ancient History, the lectures were on topics students have been studying in class, including Agrippina the Younger, Pompeii and Herculaneum and the Julio-Claudians. Mr Gray bravely negotiated the labyrinthine paths to Sydney University, while I led Year 12 to their 'Agrippina' session and we all learned a lot about a pretty messed up, but misunderstood Roman lady. We then enjoyed a very warm and sunny lunch break and sending photos back to our friends at Orange High (we're told it was quite cold). Year 12 Modern History then got a crash course in the Cold War from the author of our textbook, who had some great stories to tell, it was particularly entertaining when he compared historians of the Cold War to a nasty episode of Salmonella poisoning. It was fantastic to hear the different speakers, in addition to having a good look around the Sydney University. We had a great time, learnt some great information and some useful examination strategies that are sure to benefit the students who attended.



Ancient and Modern History - Study Day Sydney

I Paine

PRINCIPAL'S NEWS

What a huge week to finish an exceptionally busy term.....

Firstly the emotionally charged loss to Bathurst High in the Astley Cup last week. There was a palpable sense that all of the spectators watching the final sport, boys soccer had their hearts in their mouths as Bathurst High scored a goal 15 minutes before the end of the game at Proctor Park in Bathurst last Friday afternoon dashing our hopes of victory. Prior to the game, coaches and spectators knew that our boys had to keep the score at nil-all or score a victory against the Bathurst High male soccer team (Western Region Champions). Despite the valiant efforts of our team, I consider we were unlucky as the boys played with passion and determination while balancing their nerves. In the end we lost by a matter of a few points to Bathurst High and while I know we were all hoping and planning for win this year, besides missing out on the euphoric feeling of victory, nothing changes for our school or students. I know the rest of the staff and spectators were



incredibly proud of our teams efforts and look forward to a hopeful victory next year.

The School Show has been an amazing success this week involving up to 300 students with talents and abilities in Creative and Performing Arts. **The variety of talents from string and brass ensembles, through concert bands, rock bands, choirs, contemporary, hip-hop and tap dance through drama and PIPs is almost unbelievable.** I take my hat off to the students who have such amazing talents and a willingness to challenge themselves and perform in front of their peers, parents and wider community. There is no doubt these skills will stand each and every one of these amazing young people on solid ground later in life. The positive comments of parents and visitors, some of whom I know have travelled hundreds of kilometres to watch the student performances reinforce the knowledge that this annual event is an incredible annual opportunity for our students. I encourage anyone who has not seen this year's extravaganza to come along tonight at 7pm. I am very confident you will leave with the positive feeling that our future as a country is in great hands with quality young people such as ours!

Last Friday, Jim White, former New England Regional Director, interviewed Courtney Priestley, Laura Manca, Ali Clarke, Amanda Clothier, Beth Clarke, Madison Wong, Isabella Fox and Damian Kirkness. Of our Year 11 and 12 students regarding their future study and career plans. **The interviews were part of a tertiary research study of students from across rural and regional areas investigating future plans and possibilities of them returning, working and contributing to the future of regional communities as opposed to being attracted to city environments.** Jim was impressed with the calibre of students. He has interviews right across rural and regional areas and is very confident that the future is bright with students such as ours.



Wishing everyone a change of pace over the next couple of weeks. Of course for senior students it is a time of solid study and revision in preparation for an extremely intense final term of either their preliminary or HSC courses. **In particular I would like to wish good luck to students who are completing major works for their HSC courses either in literature, Creative and Performing Arts or Design and Technology subject areas.** School resumes for all students on Tuesday 16 July.

D Lloyd

ASSESSMENTS DUE – WEEK 1

Year 8: PHDPE (ONGOING) – Practical assessment net/court games

Year 9: PIPS (ongoing, weeks 1 – 10) Juggling & Circus skills

Year 11: Music 2

Year 12: English Std (viewing & representation), English Adv (Module C), English Studies CEC (tba), Chemistry (first hand investigation), IT Timber (folio & stage 3), Visual art (body of work, progressive)

**PARENT TEACHER INTERVIEWS WILL BE HELD
ON THURSDAY 18th JULY,
2013
4.00 – 7.30pm
IN THE PERFORMING ARTS CENTRE**

WESTERN SPECTACULAR

Orange High School students performing at the Western Spectacular for the retirement function for well respected Western Regional Director, Mrs Carole McDiarmid's last week.



Study Skills

Article #16 Anxiety in Year 12 students

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

Anxiety in Year 12 students

Anxiety is the most common enemy of motivation. A little anxiety can be a good thing because it will energise your study program, but when difficulties become overwhelming and self-doubt sets in, anxiety can act to decrease motivation and sometimes cause physical effects.

Be aware of anxiety. Focus your thoughts on those internal reasons for studying. A consistent balance between internal and external motivators will yield the best result.

A healthy HSC

Eating well

Good nutrition is even more important at the final stage of your HSC. You may think that Coke, chocolate, caffeine and foods high in sugar will help you through late night study because of the burst of energy they give, but these foods have a negative affect on overall concentration and memory.

Try to drink at least 1.5 litres of water daily - buy a bottle that holds just this much and fill it before each study session. The brain needs to be hydrated to be functioning at its best. Coffee and soft drinks will lead to dehydration, which can affect your concentration and cause fatigue and irritability.

Social & personal time

Although it may sometimes seem that the HSC is the most important thing in your life, you should not neglect the things that entertain you and bring enjoyment.

Time spent with friends and family is important to your mental wellbeing.

In addition to social time, try to spend some time by yourself doing something you like to do.

Exercise

Not only is exercise good for your overall health and fitness, but it also boosts your mental wellbeing. Exercise will help keep you calm during exams. You'll feel more energised and refreshed, and that in turn will help you perform better in your studies.

During exams you may feel unable to take much time out from studying. Instead of giving up on exercise altogether, try taking small, regular breaks to refresh yourself and clear your mind. A 15-minute walk can be enough to revitalize the mind and unscramble your thoughts.

Sleep well

Your brain is powerful, but to work at optimum capacity it needs to have time to rest. Ensure you have adequate sleep in the weeks leading up to your final exams, especially the nights before an exam. An extra hour of sleep can be more beneficial than an extra hour of study.

The HSC can be both mentally and physically tough, and (especially at the final stage) it is important that you ensure your good health: it is just as important as your study.

If you find it difficult to make time for healthy eating, exercise, or social and personal activities, then schedule them in as part of your study plan.

Completing the HSC is an achievement for which you should be proud. Not only is it testament to the hard and focused work of your last year of schooling, but also represents the summit of 13 years of learning and development. It is a time for you to celebrate your intellectual growth and maturity, and look forward to the many opportunities that follow.

Many students will head in one of two directions after completing their HSC: further study, or employment.

What choices would you like to be able to make early in 2014?

Article #17 Six Key Non-academic Factors

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

The Critical Non-Cognitive Variables to HSC Success

There are **six non-cognitive variables** that appear to have the greatest impact on our ability to identify those students who are likely to succeed at the HSC. These are not the only non-cognitive variables that impact student success (for example, communication skills are also important), but these are the six variables that, when assessed together with other traditional, cognitive variables, offered an incremental increase in predictive accuracy.

The first two variables are predictors of **academic performance**:

- **Academic engagement** or academic conscientiousness: in other words, how seriously does the student take the business of being a student? Does the student turn in assignments on time? Attend class diligently? Ask for help when needed?
- **Academic efficacy**: the student's belief and confidence in their ability to achieve key academic milestones (such as the confidence to complete an assignment with a high degree of quality, or to complete the core classes with a B average or better, or their confidence in their ability to choose a major that will be right for them)

The next two variables are predictors of **academic persistence**:

- **Educational commitment**: This refers to a student's level of understanding of why they are in school. Students with a high level of educational commitment are not just attending school because it is required of them by law or parental expectations, these students have a more complex understanding of the benefits of their education and are more likely to resist threats to their academic persistence.
- **Campus engagement**: This is the intent or desire to become involved in extracurricular or co-curricular activities. Does the student show interest in taking a leadership role in a student organization, or participating in service learning opportunities, sports, or other programs outside of the classroom?

These final two variables tend to provoke the most controversy, as they assess emotional intelligence and emotional development. Yet they are often key predictors of both academic performance and academic persistence:

- **Resiliency:** How well does the student respond to stress? Do small setbacks throw the student "off track" emotionally, or are they able to draw on their support network and their own coping skills to manage that stress and proceed toward their goals?
- **Social comfort:** Social comfort is related to student outcomes in a quadratic way -- a little bit of social comfort is a good thing, while a lot may be less likely to serve a student well, as this may distract their attention from academic and co-curricular pursuits. Assessing social comfort involves asking whether students make friends easily, work well in groups, and enjoy engaging with others. Many high-performing students are introverts, and social comfort is not a prerequisite for student success -- but it is a variable that, when present, increases the chances of academic persistence.

SUPPORT FOR FORMER STUDENTS IN SCIENCE, AGRICULTURE AND HEALTHCARE

A new innovative program is available for former Orange High School students wishing to develop careers in the areas of Healthcare and Social Assistance or Science and Technology through the *Targeting Pathways for Transitional Students (TPTS)* program.

The TPTS program is for young people who completed the Higher School Certificate in 2010, 2011 or 2012 and are interested in enrolling in a Certificate III or IV TAFE course as a possible pathway to further tertiary education at TAFE in a higher qualification and at university in a degree course.

Funding may be available to cover TAFE fees, resources and personal protective equipment for completion of Certificates II and III in a range of areas including Healthcare, Social Assistance or Agriculture. As part of the program, students are assigned a mentor to provide support and ensure all training needs are met.

There are still opportunities for young people to be involved in the TPTS program, to begin a TAFE course in Semester Two.

If you have a brother, sister, cousin or friend who would like to know more, they can contact Ms Hope at school on 6362 3444 or go to the Western Student Connections website www.wsc.edu.au.

DRUGS AND ALCOHOL

A parent resource about drugs and alcohol.

<http://theothertalk.org.au/>

2013 GRADUATION BALL

Reminder: Parents and carers, the next meeting of the Graduation Ball Committee will be held on Wednesday 17th July at 6.30pm at the Function Centre in Eyles Street. No students are to attend this meeting. If you require any further information please contact Karen Kloosterman on 6362 3108.



LOG BOOK RUN EVENT

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

Then enter the Log Book Run Event and receive a \$50 fuel voucher!

Your participation will develop safer driving skills and reduce your crash risk on the road.

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 7th July 2013
Time: 10.00 am**

**Bookings essential on 6393 8600
Numbers limited**



Further information
Ph: 6393 8600

