

NEWSLETTER



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

PO BOX 654
ORANGE NSW 2800

6th June, 2013 : Week A

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ORANGE HIGH WINS THE MALYNLEY SHIELD

Congratulations to everyone involved in the competitions – Quod Potero Sedulo, *whatever I do I do to the best of my ability.*



ASTLEY CUP 2013

Orange High's Astley Cup campaign commences next Thursday 13th June against Dubbo Snr College in Orange and the following Thursday in Bathurst versus Bathurst High School. The competition is run over 2 days for each leg and approximately 100 students from each school participate in 8 semi-traditional sports. Orange High has not won the Astley Cup since 2006 and school spirit is high following our success with the Malynley Shield.

Organisation for next Thursday and Friday is as follows:

Thursday 13th June:

- Normal school for all students except Astley Cup spectators and competitors (spectators -- students in Years 10, 11 and 12 with the correct number of signatures, have this week have been given the opportunity to be one of the 100 spectators. This list has now been finalized and only those students will spectate on the Thursday and Friday **morning**. Spectators must travel by the buses provided to venues outside school and not in private cars.

Friday 14th June:

- Normal school for all students for periods 1 and 2 except Astley Cup spectators (as above from years 10, 11 and 12) and competitors.

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

- Whole school spectator day from 11am starting at recess. The first event is the athletics on the school oval followed by girls and boys soccer at school. Spectators are only allowed to watch sports played at Orange High School.

This year celebrates 90 years of Astley Cup competition and we would like to wish our teams the very best.

TIME	THURSDAY 13 TH JUNE	TIME	FRIDAY 14 TH JUNE
8.55AM	DEBATE TOPIC DRAWN IN PRINCIPAL'S OFFICE	9.30AM	RUGBY LEAGUE (WADE PARK)
9.00AM	DEBATE PREPARATION & ARRIVAL OF TEAMS (OHS)	10.45AM	SOCCER GIRLS (OHS)
9.30AM	TENNIS	12.00PM	ATHLETICS (OHS)
10.30AM	MULVEY CUP DEBATE (OHS)	2.30PM	SOCCER BOYS (OHS)
11.30AM	NETBALL (PCYC)	3.45PM	AFTERNOON TEA – COMPETITORS ONLY (OHS)
1.00PM	BASKETBALL (PCYC)		
2.15PM	HOCKEY (GLENROI HOCKEY FIELDS)		
3.30-4.00PM	FINISH		

MATHEMATICS FACULTY NEWS

We are now over half way through this very hectic term. Students in Mathematics have been busy completing NAPLAN and Half Yearly Exams. Students are to be commended on their excellent behaviour whilst completing these assessments.

The Chess team is looking forward to round three of JNSW Chess League against Lithgow High. Good luck Black and Gold and a huge thank you to Mrs Sood for all your efforts with the team!

Year 12 parent teacher interviews were a success and I know teachers always look forward to discussing your child's achievement at these nights. Year 12 have an assessment task this week which is their second last task for the course.

Year 11 have just finished their half yearly exams which highlights they are now half way through their Preliminary course and should be in a solid study routine.

The challenge for all year groups is to stay focused and on task in class until the end of term. Year 7 are starting a unit on Whole Numbers, Year 8 are starting a unit on Space and Geometry, Year 9 are starting a unit on Geometry and Year 10 are about to start a unit on Equations and Inequalities.

It is important that students come to class prepared with the correct equipment. A calculator in high school is a basic requirement to be able to complete work successfully. Please ensure your child has a scientific calculator, they are available at the front office at school for \$25.

To the first student who can solve the puzzle below a prize awaits you in the Maths staffroom.

Black and White Hats Puzzle



The Puzzle:

Cannibals ambush a safari in the jungle and capture three men. The cannibals give the men a single chance to escape uneaten.

The captives are lined up in order of height, and are tied to stakes. The man in the rear can see the backs of his two friends, the man in the middle can see the back of the man in front, and the man in front cannot see anyone. The cannibals show the men five hats. Three of the hats are black and two of the hats are white.

Blindfolds are then placed over each man's eyes and a hat is placed on each man's head. The two hats left over are hidden. The blindfolds are then removed and it is said to the men that if one of them can guess what colour hat he is wearing they can all leave unharmed.

The man in the rear who can see both of his friends' hats but not his own says, "I don't know". The middle man who can see the hat of the man in front, but not his own says, "I don't know". The front man who cannot see ANYBODY'S hat says "I know!"

How did he know the colour of his hat and what colour was it? Solution and citation in next week's Newsletter.

Terri Johnston Head Teacher Mathematics

PRINCIPAL'S NEWS

Last week's Malynley Shield win provided a terrific boost to our school spirit. I was impressed that the visit was far more than simply a sporting encounter, it was a cultural exchange with sport as the focus. I have been interested to learn from our students how much they enjoy hosting the same billet year after year and how many keep in contact via social media between the annual visits. Many of the matches were hard fought and our students demonstrated determination to win. Many thanks in particular to the P&C team who catered amply for over 500 students on the Thursday night before the disco. This meal was delicious! Thanks also to Ms Tegan Dray and our PDHPE department for their organisation of the event. Pictured below is the memorable handing over of the Malynley Shield at a full school assembly.



Of course the next sporting challenges for us is to compete for the Astley Cup in coming weeks. I know our teams are in training and that Year 12 in particular are determined not to be only the second cohort of students to have completed their time at Orange High School without winning the cup at least once.

Also undertaking the final preparations for the school show in the last week of this term. Performances will occur on Tuesday 25 June, Wednesday 26 June and Thursday 27 June beginning at 7pm. Having taken a 'sneak peak' at a few of the items under finalisation over the last week or so, I am very confident the event will be a fabulous showcase of student creative and performing arts talent. I have no doubt it will be a show for anyone to come along to and be inspired by the talents of the next generation. Tickets are available from the front office at Orange High School \$10 for adults and \$5 for school aged students.

While talking Creative and Performing Arts, congratulations to Kyle Robbins, Dylan McManus, Hope Carr, Kishaya Delaney and Jordan Griffen who are under consideration for the Indigenous State Dance Ensemble. Each of these students are talented performers and we wish them all the best through the selection process.

Year 8 into 9 (2014) and Year 10 in 11 (2014) Subject Selection Evenings will occur early next term on the 22nd July (Years 10 and 11) and 29th July (Years 8 and 9) *if you have a child currently in Year 8 or Year 10 this year, please lock the dates into your calendar* to ensure as many people are able to come along as possible. The information nights will be full of important information and the start of a timetabling process that will continue through until the start of next year.

Finally, many thanks to the parents of Year 12 students who were able to participate in teaching and learning discussions at Parent Teacher night earlier this week. Parents of students in Years 7 to 11 are encouraged to mark 25th July in your diaries now for the next Parent Teacher opportunity. More information re: booking interviews will be sent home with the reports and published in the newsletter over coming weeks.

David Lloyd, Principal

ASSESSMENTS DUE – WEEK 7

Year 10: PIPS ongoing Weeks 7 – 9 (group performance), Vis Arts (practical submission)

Year 11: Ancient History (Investigation) – Snr Science (1st hand investigation, experimental) – Chemistry (1st hand investigation, research) – SLR (Skills checklist)

Year 12: e² Dance (core composition – e2 SDD (Major project phase 1) – Snr Science (1st hand investigation info research) – Legal Studies (Research/in-class test) – Biology (1st hand investigation/info research) – SLR (fitness resistance) – Business Studies (Case studies research and analysis) – Food Tech (food product practical task) – Primary Ind, VET (weather report)

LIBRARY**STUDY SKILLS TIP FOR JUNE:**How Much Time Should You Spend on Schoolwork?

In previous tips we have covered the concept of independent learning. In secondary school if you do not have any specific homework or assessments to work on, you are then expected to spend some time that night on independent learning. This is where you ask yourself, what else COULD I be doing that will help me understand my subjects better and improve my results? Examples of independent learning are: reading ahead in your textbook, making a mind map about what you have been learning, doing extra research on a topic that interests you, making study notes, reviewing work you find difficult... the list is limitless!

However schools do not expect students to spend ALL of their time on schoolwork! We want you to play sport, see your friends, spend time with family, do activities you enjoy and have some rest and relax time as well. If you work effectively, then you can do your work for school, but still have a life! So given this, how much time are you expected to spend on schoolwork?

It depends on your year level, your school, your parents and your own abilities and goals. First, check your school diary or ask your teacher what is expected at your school. Then discuss these outlines with your parents and see if you can both agree what is right for you.

As a general rule, expected time to spend on schoolwork at home:

JUNIOR YEARS: In the first years of high school students usually do at least half an hour to an hour each day. In many schools it is around 1-1.5 hours on average or 7-10 hours over the whole week.

MIDDLE YEARS: In the middle years of high school it should be at least an hour. In many schools the average is around 1.5-2 hours or 10-14 hours over the whole week.

SENIOR YEARS: In the final years of high school students do at least 1.5-2 hours a day and this will increase as students approach the end of their schooling. Most Year 11 students do 2-3 hours per day (14-21 hours over the whole week) and in Year 12 around 3-4 hours (21-28 hours over the whole week).

Remember this is just a guide. Some parents and some schools will expect more (or less!) so treat these as guidelines.

FAQ 1: What about the weekend?

The amount of time students need to spend on schoolwork on the weekend will depend on their current workload.

Most students will need to spend at least the same amount on the weekend on schoolwork as they do during a weeknight.

At the same time, it is important not to overdo it! You do need relaxation and time to yourself. It is important to spend time with family and friends and doing things you really enjoy.

You also need to ensure you are getting enough sleep.

FAQ 2: What is a fair and realistic amount of time each week to spend on your personal activities?

There is no easy answer. It depends on how well you use your spare time.

A student might have absolutely no other activities and oodles of spare time but still do less than half an hour a night of schoolwork.

Another student might have huge amounts of extra-curricular activities but manage their time well and easily do 1.5 hours of homework and work for school a day.

In fact, if you have lots of time spare you are often less productive in that time. But if you are busy in your life it forces you to be more productive in the time that is available.

FAQ 3: What about going out? How does that fit in with time management?

There is nothing wrong with going out Saturday nights with friends if it is OK with your parents provided that you do some work on Saturday morning or Sunday (or both) and provided you don't have too late a night – otherwise you will not be able to work very effectively the next day.

The key is to find a balance.

And avoid the Sunday night blues - where you leave everything to the last minute on the weekend and run out of time.

Learn more useful tips to help you achieve your personal best at school at the Study Skills Handbook website.

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

Mrs H Michell

ORANGE HIGH SCHOOL

SCHOOL SHOW

25th, 26th and 27th June, 2013

7pm

\$10.00 adults and high school students, \$5.00 primary students

TICKETS ON SALE NOW

UPCOMING EVENTS

Week 8 Astley Cup, Orange v's Bathurst
20th and 21st June

Week 9 School Show
25th, 26th and 27th June.

SPORTS TAPING COURSES IN ORANGE (BACK BY POPULAR DEMAND)

Sports taping is an important skill for coaches, trainers, teachers, parents and players involved in sport. Correct sports taping can help prevent injury and also help with injury rehabilitation.

Level 1 covers beginner technical and practical advice of taping including wrists, ankles, fingers and thumbs.

Level 2 covers advanced techniques for the shoulder, elbow, wrist, Achilles tendon, knee, shin and soft tissue techniques - hamstrings and quadriceps.

Participants receive a certificate of attainment upon successful completion of the course. Call Sport and Recreation on 6362 6623 for more info or visit www.dsr.nsw.gov.au

Level 1: 6-9pm 29th May Level 2: 6-9pm 5th June \$60 each

GIRLS NIGHT IN

Girls Night In will be held at Club Newstead, Hill Street Orange on Saturday 10th August 2013. Tickets are only \$25 per head and this includes hot finger food, delicious dessert bar and lots of laughs, all while raising money for a great cause. Tickets can be purchased individually or you can book a table of 10. Tickets are available from NAB, Summer Street Orange, Club Newstead or you can contact Julianne Pearce on 0429 020 672. The dress for the night is Pink PJ's. Lots of fun, so get the girls together and join in.

This is the third year this event has been held and tickets sell out fast.

Regards, Julianne Pearce

Study Tips

Article #13 Build up your skills

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

Review the assessment requirements for your chosen subjects. Essays, assignments, short answers, multiple choice, oral presentations, group work are just some of the options presented to you. Each of these assessment types requires a set of skills to be implemented effectively.

Being clear about what is being asked of you in an assessment piece is the start of a comprehensive and accurate answer. Build up your skill at indentifying what is being asked of you.

Your level of understanding is built on skills such as critical thinking, intellectual curiosity, and memory. You then have the challenge of answering or fulfilling the assessment task. This might involve the skills of expressing your ideas in a written format, structuring ideas into a sequence, and interrelating concepts to form a relationship that demonstrates your competent understanding.

Investigate these skill enhancement resources available from www.HSCin2013.org

- Time Boxing for HSC Students
- Memory Skills for HSC Students
- Note Taking for HSC Students
- Reading for HSC Students
- Exams and HSC Students
- Thinking for HSC Students
- Learning Styles and HSC Students

Article #14 Helping Your Child Succeed at School

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

Share your ideas about the importance of education with your child. If you begin to think about goals, your child will, too. Talk about colleges and universities in your area, careers that you find interesting, or people you have met that seemed to enjoy their work. Let your HSC student know that they have many educational possibilities!

Be careful not to pass on negative attitudes about school that may be a part of your own past experience. Without realizing it, you could start your child off on the wrong foot by recalling bad memories from your own school days. Giving children the idea that school is too difficult, that teachers are unfair, or that school isn't important will discourage them from doing well. Instead, talk about your friends from school, your favourite teachers or your best subject. If school was a bad experience for you, you might tell them you made the mistake of not liking school and you don't want them to do the same.

A positive attitude about school is perhaps the most important gift you can give your child.

Help your child set education goals, both short term and long term. Talk to your child about the future and plans for further education. Tell your child you hope they will be successful in school.

A short-term goal may be finishing a writing assignment by Sunday night.

A long-term goal could be attending a university after high school.

Talk to your child about what they are learning at school. It's important to ask students about their school subjects. Ask open-ended questions about their class work —questions that can't be answered with a "yes" or "no." Share any knowledge you have, and if you are curious, read the textbook!

Help your child get organised to do homework.

Make family rules about study. Decide with your child on a good time to do study and stick to that schedule as much as possible. Have the family give support by giving your HSC student the quiet they need. Try to keep noise down during study times.