

NEWSLETTER



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25th July, 2013 : Week B

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FACULTY NEWS HOME ECONOMICS

Welcome back to term 3 everyone. 2013 still seems to be flying by and our HSC classes will be finishing up at the end of this term. It is such an exciting time in their lives. I am so impressed with how our students are working in the senior classes as they prepare for the impending HSC exams.

Year 7 & 8 Technology Mandatory have now swapped their focus areas and students will have begun learning new skills either in the kitchen or in the Textiles room.

The Year 9 & 10 elective classes have continued to build on their knowledge and skills in Food Technology, Textiles Technology and Child Studies. The Year 10 Food Technology classes have begun work on a Food Product Development Task where they have to plan and create a new food product. They get to experience the lengthy process involved in getting new and exciting products on to the supermarket shelves to keep consumers happy.

Year 9 elective Textiles Technology have produced a great pair of pyjamas for the winter months and they are now working on an Apparel item for themselves. The quality of the work produced was great. This course allows for such creativity and skill building for students interested in working with Textiles and this was truly evident in the items produced by the class.

Our senior students are swiftly coming to the end of their courses. The HSC Food Technology, Community & Family Studies and Textiles classes are all working hard, finalising the last Assessment Tasks and preparing for the Trial Exams in weeks 4 & 5. In the coming weeks the HSC Textiles & Design Major Project will be finished. A big "Thank You" to Mrs Deasey and Mrs Ryan who are working so hard to get the courses finished and prepare our students for the HSC. The HSC Hospitality students are finalising their final competencies to conclude the course. I would like to express another big "Thank You" to Ms Hope and Mrs Phillips for their hard work and dedication finalising the competencies for each student and preparing them for the HSC.

The Hospitality students continue to cater beautiful food for events at school and in the community. Today a group of students are preparing and serving lunch to the stall holders at the Central West Jobs Expo being held at Orange Function Centre.

Another friendly reminder that invoices have been sent out for elective fees. Fees for our courses are vital for the Home Economics department to run effectively and be able to offer the variety of learning experiences that are enjoyed by a large number of students at OHS. Your support, for our faculty, by paying any associated fees for courses your son/daughter is competing is greatly appreciated.

As the HSC trial exams draw closer, I would like to wish each Year 12 student the best of luck in their exams. I encourage them to work hard and endeavour to do their absolute best over the next term. Just remember that the next exciting chapter is just around the corner. Make the most of the small amount of time left here at school.

Daily life at school continues to be busy, rewarding and fun. Lets hope the weather starts to warm up soon!!!!

Warmest Regards, Narelle Small, Head Teacher Home Economics



PRINCIPAL'S NEWS

Thank you to the many parents who were able to participate in discussions about learning at the Year 7 to 11 Parent Teacher night last week. Teachers have spoken of positive discussions and constructive conversations with lots of interested parents. Thank you also to parents who completed the survey about reports using technology during the evening. If you did not have a chance to do so on the evening or were unable to make the night, please log onto:

<https://www.surveymonkey.com/s/XDQDZRW>

The survey will take a couple of minutes but will provide us with beneficial feedback on how we can further develop the quality of reports.

While talking about partnerships with parents, a reminder to parents to phone the office and let us know if you have changed email addresses or mobile phone numbers recently. We are working at school to improve the regularity and quality of our communication via text messages and emails with parents but it is essential that we have the connections on which to send it through.

Year 12 Trial HSC Exams are rapidly approaching. We wish students all the best as they spend the next couple of weeks finalising their learning and refreshing their exam techniques. Many students are also working hard to finish their Major Projects in a range of subjects from Industrial Technology, through Visual Art and Dance among others.

Our new Music Centre is nearing completion with the last major piece of work being the installation of Vitrapanels as the external cladding on the building. The inside is essentially complete with Music students set to perform HSC pieces in the building within 2 weeks. We are planning a Grand Opening later in the year to celebrate its completion.

Parents of students currently in Year 8 are reminded about the Year 8 into 9 (2014) Information and Elective Information Session next Monday night at 6pm in the Performing Arts Centre. All parents and carers are encouraged to come along with their children. Head Teachers and teachers will be on hand to discuss elective options following a formal presentation about the Record of School Achievement and Board of Studies Requirements. A light supper will be provided. We look forward to seeing you there.

David Lloyd

UNIFORM MONITORING

The start of Term 3 has coincided with some harsh weather conditions. It is during winter that that some students may be tempted to wear the incorrect uniform.

Grey jeans, hoodies and tights are among some of the items of clothing some students have started wearing to school. These items are not acceptable as uniform. It is also worth reminding students that sport uniform is to be worn for PE and Sport only and that students need to change in and out of sport uniform as required.

Students are also reminded that the appropriate footwear for attending any Government School is enclosed leather for Workplace Health and Safety reasons.

If your son or daughter has a short term problem wearing the correct uniform to school a note should be presented to one of the Deputy Principals so a uniform pass can be issued. Hoodies or coloured tops will not be accepted as an alternative to wear to school for the day even if a note is supplied as we need to be able to identify intruders in the school. If a student wears a coloured top or hoody to school, the school will supply the student with a school jumper for the day.

Uniform passes can be issued for longer periods of time provided an explanation and a date when the uniform will be corrected is communicated to a Deputy Principal by phone, note or email.

Orange High will help any student who has financial concerns that prevent them from wearing the correct uniform. If this is the case, please contact Mrs Chopping or Mrs Griffen (Head Teacher Welfare) who will be able to address your particular concern.

Students will be reminded of the requirements this week and detentions will be given for failing to obtain a uniform pass from next Tuesday.

Please help maintain the long tradition of wearing school uniform correctly and with pride, and help ensure the safety of our students.

Michelle Barrett (Deputy Principal)

CHESS

What a terrific start to term three! On Wednesday 17th July, Orange High Chess team had an opportunity to compete against Lithgow High School for Round III of the NSW Junior Chess League. Damien Kirkness, Angus Parsons, Patrick Benter and Jayden-Gibbs-O'Neil went online and won the round in a very interesting game. I am very proud of our students who were well organised with their online chess game and helped Lithgow High students to set up their user names in order to commence the game. With this win, we get a bye for the next round and qualify for the quarterfinals in this league.

I believe that chess is one of the most powerful educational tools available to strengthen a child's mind. A focused, patient and persistent young chess player will maintain steady results – characteristics that are equally valuable for performing well at school, especially in school exams.

Please encourage your child to enjoy this game. Some suggested sites are chesshere.com and onlinechess.com. Stay tuned for next news!

M Sood



ASSESSMENTS DUE – WEEK 3

Year 7: Vis Arts (in-class worksheets)

Year 8: Vis Arts (in-class worksheets)

Year 10: Engineering Tech (research) Agriculture (Sheep husbandry)

Year 11: Music 1 (musicology), Mathematics (in class test), Maths General (in class test)

Year 12: Food Tech (Nutrition research)

STUDENT REPRESENTATIVE COUNCIL 2014

Nominations for the 2013-14 Orange High School SRC, including the Sports Council, will open on Monday 29th July, 2013.

Positions are available in the following year groups

- Year representative (Year 7 -10)
- Indigenous representative (student from Year 7-12)
- House vice captains (Year 9)
- House captains (Year 10)
- Prefect (Year 11) – will involve some selection criteria, an interview and a speech before voting takes place in Week 7.

Nomination forms are available from Mrs Griffen or Year Advisors from Monday 29th July (Week 3).

Completed nomination forms should be returned to Mrs Griffen by Friday 9th August. Voting will take place during Week 5-7 of this term.

JEANS FOR GENES DAY - CASUAL CLOTHES DAY

On Friday 2nd August Orange High School students are invited to wear jeans to school as part of a casual clothes day. Each student "out of uniform" will be asked to make a gold coin donation for this privilege. Every dollar raised on the day will help fund the research of scientists at Children's Medical Research Institute. Students are reminded that enclosed footwear appropriate for school should also be worn on this day. Ugg boots are not deemed appropriate shoes for school.



More information about the research conducted by the CMRI can be found at the following link

Jeans for Genes

<http://www.jeansforgenes.org.au/aboutus>

K Griffen

CITY OF ORANGE TOUCH JUNIOR SIGN-ON DAY

City of Orange Touch Association will hold its junior sign on day on Sunday 4th August 2012 from 9am till 11am and Wednesday 7th August from 4:30pm till 6:30pm, at **Newstead Bowling Club** (Cnr Hill & Kite St). Please note it will be the age your child turns in the year 2013. (Older age groups, 15's up, will be encouraged to play in our senior competition). Individual and **team nomination** are both welcome, **TEAM NOMINATIONS PREFERRED**. Registration fees are \$40.00 per player (there are no additional costs or weekly match payments). Registration forms are available from your school office or the website.

The competition will commence 11th September 2013, and will finish 18th December 2013 (Grand Finals).

PLEASE NOTE: Games will be played on each Wednesday afternoon between 4-6:30pm approx (depending on team nominations).

You can now visit us on www.sportingpulse.com.au then click – Touch, Then click- City of Orange Touch Association.

Any enquiries please ring COTA on 0432 082 20 OR email us on: orangejuniortouch@yahoo.com.au

NOTE: This season the City of Orange Touch Association will be asking for anyone interested in joining our Junior Committee. In the past the juniors have been under the banner of our senior competition as far as committee. However like our senior competition the junior competition has grown considerably to the extent that it cant be run by 3-4 people anymore. If you would like to nominate a person or yourself for a position on our General committee please call Tracee or come to our Senior AGM on Friday 13th September 2013 at 7pm. Your support will determine the growth of our children in the future of Touch football. With your help we can make this a bigger & better competition.

PLEASE NOTE IMPORTANT INFO: Teams playing in the 12years and up competitions will be asked to supply the name of a person who can referee for your team. Due to a shortage in the number of referees who are able to do the older age groups your team WILL be allocated every couple of weeks. Please supply this name on your team rego form. (This can be a player or a parent).

Study Skills

Article #21 Are you Reading properly?

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

Muscle Reading

Phase One: Before You Read

The three steps in the “before” phase are: Preview, Outline, and Question. Start out by previewing your reading assignment. Look through the text, paying attention to bold words and headings. Then you’ll write a tentative outline using those key terms. Next, think of questions from this information that you’d like answered and write them down. Look for the answers to your questions in the reading. This beginning phase creates a framework for your reading and helps to put things into perspective.

Phase Two: While You Read

The steps of this phase are: Read, Underline, and Answer. This is where you’ll read the assignment, but it’s important that you read with a plan. Consider the notes you took in phase one and try to get an idea of what the material will be about. Putting things in context will help to make the meaning clear and to make it stick. Avoid reading in marathon sessions. Set reading goals and take regular breaks so that you can remain focused. You may even want to read out loud, as this ensures you’re taking an active role, making the information more likely to be retained.

Next, underline key terms or highlight important concepts. Don’t highlight too much or it will become a jumbled mess. Underlining also makes the reading process active. Being an active reader will help to avoid getting through half a chapter of material, only to realize that you have no idea what you just read. The final step in this phase is to answer the questions you wrote in phase one and any that come up as you read.

Phase Three: After You Read

The last phase is made up of three r’s: Recite, Review, and Review Again. Recite involves reading out loud, talking about the material, working it through. You can do this on your own or with someone else. Don’t worry about feeling silly. Talking the information out is another way of processing the information. The more ways you process what you learn, the better you’ll understand and remember it.

The first review should be done within the first 24 hours of reading the material. This is crucial to help move the information from your short-term to your long-term memory. So review early, then put the material away. Your next review should take place weekly.

These can be short reviews in which you read over the highlights and outlines you’ve made or answer the questions you’ve written. These reviews will aid in your recall of the information.

These are the steps of muscle reading. This process will come easier with time and practice. Feel free to modify it to suit your personality and your learning style.

Article #22 Develop your Memory

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

Develop your Memory

1. Focus your attention on the materials you are studying.

Attention is one of the major components of memory. In order for information to move from short-term memory into long-term memory, you need to actively attend to this information. Try to study

in a place free of distractions such as television, music and other diversions.

2. Avoid cramming by establishing regular study sessions.

Studying materials over a number of sessions gives you the time you need to adequately process the information. Research has shown that students who study regularly remember the material far better than those who do all of their studying in one marathon session.

3. Structure and organize the information you are studying.

Researchers have found that information is organized in memory in related clusters. You can take advantage of this by structuring and organizing the materials you are studying. Try grouping similar concepts and terms together, or make an outline of your notes and textbook readings to help group related concepts.

4. Utilize mnemonic devices to remember information.

Mnemonic devices are a technique often used by students to aid in recall. A mnemonic is simply a way to remember information. For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilize positive imagery, humour or novelty. You might come up with a rhyme, song or joke to help remember a specific segment of information.

5. Elaborate and rehearse the information you are studying.

In order to recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal. An example of this technique would be to read the definition of a key term, study the definition of that term and then read a more detailed description of what that term means. After repeating this process a few times, you’ll probably notice that recalling the information is much easier.

6. Relate new information to things you already know.

When you are studying unfamiliar material, take the time to think about how this information relates to things that you already know.

By establishing relationships between new ideas and previously existing memories, you can dramatically increase the likelihood of recalling the recently learned information.

7. Visualize concepts to improve memory and recall.

Many people benefit greatly from visualizing the information they study. Pay attention to the photographs, charts and other graphics in your textbooks. If you do not have visual cues to help, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colors to group related ideas in your written study materials.

8. Teach new concepts to another person.

Research suggests that reading materials out loud significantly improves memory of the material. Educators and psychologists have also discovered that having students actually teach new concepts to others enhances understanding and recall. You can use this approach in your own studies by teaching new concepts and information to a friend or study partner.