

NEWSLETTER



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

PO BOX 654
ORANGE NSW 2800

15th August, 2013 : Week A

PHONE: 6362 3444
FAX: 6361 3616

Contact List

Principal

David Lloyd

Deputy Principals

Michelle Barrett
Michael Sloan

Head Teacher Admin

Kylie Winslade (students)
Helene Hamilton (staff)

Year 7 Adviser

Sophie Healey

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

DEPUTY PRINCIPAL'S NEWS

Positive Data is telling us more about Orange High School students.

For the last 5 ½ years I have, on a daily basis, marvelled at the ability, respect and talent of Orange High Students. When people ask me "what do you do?", and "what is that like?" my first response invariably includes some reference to the quality of the students – usually along the lines of "the kids are great". Now, I have some mathematical data to back up my opinion.

Since the start of this term, as one of the key PBL (Positive Behaviour for Learning) strategies, teachers have been entering their "Daily Top 5". That is, the top 5 students across all classes in any of the following categories: engagement, effort, achievement, improvement, or school/community service. No less than 786 individual students have received at least one positive entry in the first four weeks of term. There are 25 individuals with 10 or more positive entries and 162 with 5 or more. This is powerful data – which gives us an idea of the depth of our student body. As more data is gathered, I am sure we will learn more about when and where our students are performing well and we will be better able to reward that behaviour. The PBL team are currently deciding the best ways to use the data, and have come up with a few ideas. Parent input is most welcome and I would encourage any parents or carers with any ideas to raise them at the next P&C meeting or give me a call at school.

Congratulations to the top performers for the first four weeks:

Top 10 students: Gabrielle Lloyd, Zac Cook, Stephan Panprakhon, Darcy O'Shea, Summer Chippendale, Aidan Cooke, Lucy Cooper, Taylah Murphy, Emma Fisher and Jack Fleming.

The top roll call: P5 - who have accumulated 98 positives,

The top year group: -Year 8 who came in ahead of Year 7, 9, 10, 11 and 12.

Mick Sloan, Deputy Principal

YEAR 10 SKI EXCURSION

Several years ago Mr Sloan and I made a decision to accompany our year groups on their yearly excursion. Although this has not always been possible we have managed to supervise many year excursions. The snow excursion has always been a much anticipated excursion both for students and staff. This year was my second opportunity to attend the year 10 ski excursion and it was one of the highlights of my year to date.

Apart from the marvellous skiing conditions it is an opportunity for me to talk with students about school and their future dreams and ambitions as well as getting to know students that I have had minimal contact with. I can enthusiastically say that parents of these students should be quite proud of their children not just for their marvellous efforts at picking up skiing and snowboarding but for the personal qualities that these young people demonstrated whilst on the trip.



Achievement in a supportive environment



Breakfast at 6am was an unusual event for some of these students but when we went to wake students at 5:30 most were already awake and dressed for the slopes! Thankfully there was a hearty breakfast that greeted our students as they were going to need plenty of energy for their lesson and afternoon of skiing and snowboarding at Perisher Blue. Apart from one student almost missing the ski tube because he underestimated how much time one of the runs would take and another arriving on the back of a skidoo because he was having trouble getting on a T bar the day went smoothly.

After dinner Ms Dray, Mr Callaway and Mr Butt entertained the students with a game of trivia. This was well received by the students and although they were tired, remained focused as the competitive side of students shone through in their attempts to win the lucrative prizes (chocolates and lollies).

On the second day we were greeted by an amazing skyline and fresh snow. Some of the students had the opportunity to be the first to ski down the mountain and by lunchtime most students including the snowboarders had improved significantly and although the students had the option of a break for lunch or skiing through, most took the second option making the most of their time on the snow. I was impressed with the perseverance to master a new skill by this group of Year 10 students and am sure that a passion



for skiing has been ignited for some and that many will return to the snow in the future.

Our Year 10 Adviser, Mrs Small organised a great excursion that will be remembered for years to come. The supervising staff; Mr Pearson, Mr Butt, Miss Dray and Mr Callaway proved to be great leaders and I felt lucky to be away with such a fine group of students and staff. I hope the students gained as much out of the experience as the staff and that some positive relationships were created and new friendships forged. Year 10 students will now settle into the back half of the year and look forward to achieving some excellent results working towards their RoSA.

M Barrett

PRINCIPAL'S NEWS

Congratulations to our Stage 5 Debating Team who have achieved the status of regional champions this week. Students in the team are Isabella Bankovic, Freya Hawke, Alexandra Boyd and Eleanor Delaney

The topic debated was : *That we should raise the drinking age to 21* – we were the negative.

The recent win is a strong signal of the talents of our next generation of senior debaters in coming years. We wish our team well competing at state level.

Congratulations to the 24 Year 11 students who have put themselves forward for election as Prefects for 2014. It is wonderful to see such a large number express interest in leadership. Prior to election, all of candidates will undergo an interview next week with Mrs Griffen (SRC Coordinator), current captains Lachlan Jensen or Amanda Clothier and myself to discuss individual leadership talents. All applicants will then participate in a half day 'Leadership Development Workshop' exploring leadership styles, strategies and purpose next Wednesday. The candidates will then make their formal speeches to Year 10 and 11 students the following week. Good luck to all candidates!

Ashlee Bastiaansen, Haley Butcherine, Elizabeth Clarke, Kishaya Delaney, Cassidy Dunn, Monica Faucett, Isabella Fox, Laura Harris, Dannielle Hughes, Meaghan Kempson, Samara Lloyd, Codey McHatton, Juanita Punivai, Sarah Scott, Madison Smith, Abbey Spencer, Kiel Chapman, Trent French, Glen Maxwell, Ryan Milham, Max Pierce, Braden Riles, Cameron Sharp, Eli Todman and Christopher Warren.

Many thanks to the P&C last night who agreed to significantly contribute to the cost of installing data projectors and speakers in all learning spaces not currently equipped with the technology. As a result, in the near future all classrooms will have the same provision of and access to information communication technology right across the school to support higher levels of teaching and engagement. I believe achievement of this goal will be a significant step forward as we move further into the digital age.

D Lloyd

WESTERN AREA ATHLETICS

On Friday 26th July, a number of OHS students made the trek from Orange to Bathurst to compete in the Western Region Athletics Trials, in a bid to qualify for CHS state championships in Sydney. There were many excellent performances on the day, with the following 17 students making the cut:

Sam Allan	- 15 Years boys High Jump	Cheynoah Merchant	- 13 Years girls Long Jump
Gil Anderson	- 16 Years boys High Jump - Long Jump	Kyle Ostini	- 16 Years boys 1500m
Tristan Degn	- 14 Years boys High Jump	Max Pierce	- 17 Years boys Long Jump
Hayden Dillon	- 16 Years boys 800m	Jack Saunders	- 17 Years boys High Jump
Simon Duffield	- 16 Years boys 400m	Gerry Shea	- 15 Years boys 400m
Lachlan Duncan	- 14 Years boys 200m	Eden Talanoa	- 16 Years girls Shot Put - Discus
Riley Elms	- 14 Years boys 100m - 200m	Joey Thorley	- 17 Years boys 400m - 800m - 1500m
Isabel Harris	- 14 Years girls High Jump - Long Jump	Hayley Butcherine	- 17 Years girls 400m
Lauren Kerwick	- 14 years girls 3000m		

Congratulations and good luck to all of our athletes heading off to CHS!



ASSESSMENTS DUE – WEEK 6

Year 7: Music (Instruments of the Orchestra) – Mathematics (HW assignment #4) PDHPE (practical) – Japanese (Task 3)

Year 8: Mathematics (HW assignment #4) – Music (instruments of the Orchestra)

Year 9: English (Shakespearean portfolio), Mathematics (HW task 4), Child St (Baby egg), Japanese (task 3),

Year 10: Marine St (Native wildlife presentation), Drama (theatre review), Mathematics (HW Assignment 4) Food Tech (product development)

Year 11: Visual Arts (BOW artwork), Physics (first hand investigation), Drama (making), PDHPE (research planning task), Society & Culture (research project), Food Technology (presentation magazine article), IT – Metal (practical project & written report), IT – Timber (practical project & written report), Legal Studies (in-class essay), Geography (project)

Year 12: SLR (coaching presentation), History Ext (Stage IV completed project), e2 Software Design & Development (major project phase 2), Music 2 (research portfolio), Visual Arts (completed body of work)

NSW SCHOOL BASED VACCINATION PROGRAM 2013

The 3rd round of vaccinations will be happening at school on Thursday 22nd August for all YEAR 7 students.

Two vaccinations will be offered

- Varicella (chicken pox)
- dTpa (diphtheria, tetanus and pertussis/whooping cough)



Many students have already returned these forms. (Varicella is the yellow form and dTpa is the blue form)

If you wish your child to receive the vaccinations offered this term please return the appropriate forms to school before Thursday 22nd August.

Study Tips

Article #30 The in-class oxygenator

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

When you become sleepy in class, the problem might be lack of oxygen. You can run through the following process in 30 seconds.

1. Straighten your spine. Put both feet on the floor, uncross your arms and legs, sit up straight, and hold your head up straight.
2. Take a deep breath and while you're holding it, tense the muscles in your body. Start with the muscles in your feet, then your legs, thighs, stomach, chest, shoulders, neck, jaw, forehead, arms, and hands. Hold these muscles tense for the count of five and then relax and exhale.
3. Next, breathe deeply three times. Inhale slowly and deeply, breathing into your belly as well as your chest. Pause momentarily at the top of the breath and then exhale completely. When you have exhaled as much as you can, force out more air by contracting the muscles of your stomach.
4. Repeat step #2.

You've now activated all of your muscles and filled your body with oxygen. You are ready to return your attention to the task at hand. Practice this exercise now by completing all four steps twice. Then make a mental note so that the next time you're sleepy in class or while you're studying, you can make it subtle. Your teacher and classmates won't even notice you're doing it.

Article #31 Exams – Review Your Notes

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

Review your notes:

Systematically review your notes and course material.

As with any revision, your aim is to identify key topics, concepts and major theories or approaches.

Prepare a set of exam notes that are 'essay friendly'.

Given that you will need to write paragraphs in the exam, your exam notes should not be limited to bullet-points.

It is fine to develop a list of the main points you might want to include in an essay, be sure you can develop that list into sentences and paragraphs.

Article #32 Exams – Review Old Exam Papers

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

Review old exam papers:

Review old exam papers in the subject. You can use past exam papers in different ways: to test yourself and monitor your progress; to increase your knowledge and understanding of certain topics; to help you to practise on the types of questions you are going to encounter; and get familiar with the format of the exam itself.

Analyse the kinds of questions asked. Note the 'direction' words used, such as, 'compare and contrast', 'discuss', 'evaluate', 'illustrate'.

Look at the marks allocated to a question. How many points might you need to make to earn that many marks? Is broad coverage expected? For example,

'Discuss the ten factors that contribute to heart disease' 30 marks. Or depth? For example, 'Discuss in detail two of the causes of greenhouse gas production and how they might be eliminated' 30 marks.

Draft responses for the question you would find easiest and then the question you would find most difficult. This will help you to identify where your knowledge is satisfactory, incomplete or inadequate.

Article #33 Exams – Predicting Exam Questions

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

Identify probable exam topics:

Looking at both your notes from this year and the past exam papers, try to anticipate the topics you will be asked to write on and possible questions.

It won't matter if you don't guess exactly the question that appears on the exam. This gives your mind practice at imagining how the material could be organised in different ways to answer different questions.

LEARN ABOUT YOURSELF !

As Marcel Proust, a late 19th century novelist wrote: "the real voyage of discovery consists not in seeking new landscapes but in having new eyes". Volunteer to host an international high school student arriving into Australia in February 2014 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in February for one term, one semester or two semesters from France, Italy, Germany, Austria, Sweden, Norway, Denmark, Finland, the U.S.A, South America and Japan. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.



Registration Day 2013/2014 Season

Venue: Newstead Bowling Club, Orange

Date: Sat 17th August 2013

Time: 1.30pm – 3.30pm

Ages: 5yrs – Adults

Contact: Jacquie Lisle – 0407 934 471

Cost: Teeball \$90, Junior (u17) \$120,

Youth (U19) \$130, Senior (19 & over) \$150

ATM available at the Newstead



Waratah Cricket Club

Registration, Sausage Sizzle, Social Twenty 20 match

all invited to participate

Sunday 25th August 12:00pm - 3:00pm
Waratah Sports Club

SENIORS- 1st Grade, 2nd Grade, 3rd Grade,
Centenary Cup, Bonner Cup

JUNIORS- Kanga, U10s, U11s, U12s, U14s, U16s

Enjoy a little lunch, play some cricket and register with the Orange Waratahs Cricket Club, for what is looking to be an exciting 2013/2014 cricket season.

*past, present, new and part-time
cricketers welcome!!!*

Senior Contact
adambrakenridge@gmail.com
Mob: 0419883109

Orange Waratah SC
Telopea Way
ORANGE NSW

Junior Contact
di.wilson6@bigpond.cc
Mob: 0418164264

orangewaratahs.nsw.cricket.com.au

HEARING awareness WEEK

25-31
August
2013

DID YOU HEAR...???

Orange Quota Club's Community
Information evening ORANGE CITY

BOWLING CLUB - STARLIGHT RM 7PM
TUES 27 AUGUST. Learn about

Manage hearing loss at all ages &
Meet experts, ask questions, etc

Supper provided

www.hearingawarenessweek.org.au

www.deafnessforum.org.au

