

NEWSLETTER



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

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1st August, 2013 : Week A

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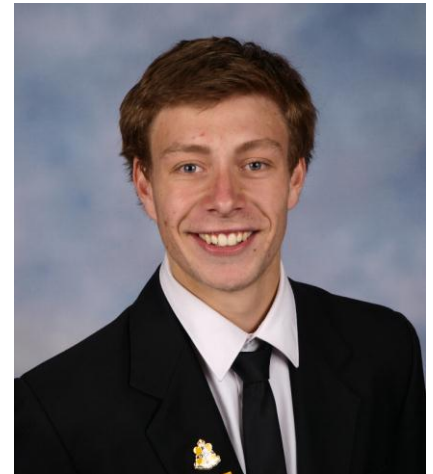
Anthony Wharton
Tegan Dray

PIERRE DE COUBERTIN AWARD RECIPIENT

This prestigious award is named after Baron Pierre de Coubertin, founder of the Modern Olympics. He believed international sports competitions between athletes from different countries would promote a more peaceful world and would motivate and encourage all young people to strive for their personal best.

The award is presented to young people across Australia who demonstrate aspects of fair play and respect for others through their participation in sport

Congratulations to our school captain, Lachlan Jensen, who has been recognized for demonstrating attributes consistent with the fundamental aims of the Olympic movement through participation in sporting endeavours.



Lachlan's leadership in the Premiers Sporting Challenge, his dedication to the improvement of younger students through coaching, his school spirit, sportsmanship and enthusiasm are all contributing factors to his achievement of this Award. He has also participated in a wide range of sports and represented Orange High School in interschool and CHS competitions, as well as the Malynley Shield and Astley Cup.

Lachlan is an excellent role model for younger students and his positive 'go get em' attitude is an admirable quality. He will receive his award on Presentation Night.

T Dray, PDHPE

DRAMA

Regional Drama Festival

This term in drama we have already hit the ground running with 65 students performing at the Regional Drama Festival in Orange. Students from Year 7 to Year 11 performed in a variety of dramatic pieces ranging from Shakespearian duologues, to play built group performances and improvisations.

The drama students were a credit to Orange High School both on and off the stage and presented themselves in a highly professional manner.

Special thanks go to Year 10 drama students for assisting backstage and to Kishaya Delaney and Jack Saunders for compering the festival.

Senior Drama Night, Tuesday 20th August at 7:30pm

On Tuesday the 20th of August at 7:30pm in the PAC, Year 12 drama students will be performing their HSC Individual and Group Performances. This is a wonderful opportunity to support Year 12 and to see the wonderful performances that are the result of a year of hard work. This is also a good opportunity for students considering studying senior drama to see the quality of work produced in the HSC year. Please be advised that the night contains performances with adult themes and language and is not suitable for young children.

Rachel Crane

DANCE**Regional Dance Festival**

On the 19th of June over 100 dancers from Orange High School travelled to Bathurst for the Regional Dance Festival. The day comprised of morning rehearsals and two performances where the dance students were highly successful in representing the high calibre of dance at Orange High School.

Thank you to the teachers who accompanied these students and to the senior students who worked with year 7 and 8. I would also like to thank the parents who volunteered in the washing of over 100 costumes. If any students still have an Orange High School dance costume at home please return to the school asap.

On Your Toes, Senior Dance Night

The Senior Dance Night will be held on Friday the 2nd of August at 7pm in the PAC. Please come along and support the year 12 dance students as they present their performances and compositions for the HSC.

Rachel Crane**HSC Artworks**

The Year 12 students from Ms Coates' and Ms Cormack's Visual Arts class have been extremely busy working on their Major Artworks. These Body of works have been developed since

Term 4 2012 and showcase the students artistic creativity, techniques, conceptual development and exploration with materials. The Students Body of Works are due in Wednesday 21st in Week 6 and will be on display in an exhibition for parents and students in the PAC that afternoon/evening.

Below is a colourful collection of sculptures from Gillian Corby.

**C Coates****ASSESSMENTS DUE – WEEK 4**

Year 10: Metal Tech (research/folio) Year 11: Chemistry (first hand investigation), Dance (performance), SLR (learning log), Maths Ext 1 (in class test), English Ext 1 (research, planning & presentation)
Year 12: Trial HSC exams

Week 4 Topic test for Year 7 Measurement. Week 4 Year 8,9, 10 Topic Test on Equations and Inequalities.

A modified junior assessment schedule for Mathematics Semester 2 will be placed on the school website by the end of this week. Any questions please do not hesitate to call me.

Year 10 – Mathematics, Week 5 assessment due not week 4.

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

<http://www.jeansforgenes.org.au/about-us>

K Griffen**MAYORS CUP DEBATING**

Congratulations to Elizabeth Clarke, Meaghan Kempson, Abby Spencer and Isabella Bankovic who earned a place in the final of the Mayor's Cup Debating competition today. In the first round, they were able successfully argue that Australia is over governed. Their opponent in this debate was James Sheehan Catholic High School.

The topic for the final was that Australians should vote 'yes' in the September local government referendum to improve Council services and facilities. Canobolas Rural Technology High School were the affirmative team and Orange High School was the negative. Unfortunately, Orange High was unable to convince the adjudicators of their position and Canobolas won the competition for 2013. We look forward the avenging our defeat next year.

Kristy Hilton, OHS Debating Co-ordinator

PRINCIPAL'S NEWS

Orange High School is celebrating Education Week with a range of extra curricula literacy and numeracy activities across the school. A number of classes have participated in the writing of a story from the following orientation:

The house was set back slightly from the road. What garden there was had been left to get overgrown and grass matted across the slabbed pathway that led to the front door. There were a couple of steps up to a porch. They could not see the door itself, as it was in shadow. But the dim glow from the nearest street lamp glinted on the broken glass of the window above the door.

There were two large bay windows on each of the two floors of the house. All of them had at least one broken pane, and the window to the left of the door was boarded up with plywood. A small window above the porch was the only one that remained intact. With the steps leading up to the porch cracked across so they looked like teeth, the empty bay windows of the upper story were like the dark eyes of a skull. Missing tiles on the roof gave texture to what looked like the remnants of hair.

Students have discussed current books they are reading, and the whole school was challenged by a YouTube video of the importance of reading on assembly. **Education Week is also a good time for young people to remind themselves just how lucky they are, as Australian's to access the standard of education young people across much of the world, in other countries, can only dream about.**

Discussions are currently occurring regarding possible changes to the current Super Wednesday model where most students in years 11 and 12 don't have classes scheduled and use the time for study. The proposal is to introduce an extra lesson onto each 'line' in the senior school increasing face to face teaching by 11%. This would mean students from next year would have lessons for periods 1, 2 and 3 on Wednesday with Extension Courses in English and mathematics moved to Wednesday afternoons or zero periods, ie lessons before school while most TAFE would occur Wednesday afternoons. Over the last couple of weeks we have spoken with Year 11 Prefects and will talk with all Year 11 students by the end of the week. **As part of the decision making process, I would like to encourage any parents with strong views, one way or the other, to give me a call so we can discuss and include your thoughts as we plan for the continual development of our school.**

This week students across the school have been offered the opportunity to apply for election to the Student Representative Council (SRC) for 2014. The SRC is the student leadership body who meet regularly, primarily at present, to lead discos and undertake fundraising for charities. I would like to see the group take on an increasing profile over the coming years to genuinely contribute to school direction, policies and procedures. As a result we are looking for students who aspire to 'leadership positions'. **As a new part of the prefect/school captain selection process later this term, a 'Leadership Afternoon' will be introduced to provide an opportunity for aspiring school leaders to reflect on their own leadership qualities and develop an understanding of the full range of leadership styles and skills.** Additionally students aspiring to leadership will be interviewed prior to their standing for election by the current school captains, Mrs Griffin as SRC Coordinator and myself. We wish all aspiring leaders the best.

Good luck to all students currently in Years 6 and 8 undertaking interviews for possible selection into our new year 7 and 9 Gifted and Talented classes for 2014. **It is inspiring to talk with parents and students about so many gifts and talents. Further, the hunger for more challenge and success is very strong from so many of our articulate students.**

Good luck also to all students in Year 12 who about to embark on their Trial HSC exams next week. We wish you all the best as you prepare for the second biggest exam period of your school experience.

D Lloyd

On Your Toes HSC Dance Showcase

2013

Friday 2nd August

7pm

Orange High School
PAC

Gold Coin Donation



Study Skills

Article #23 Do Exams freak you out?

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

Do Exams freak you out?

Exams with short-answer and essay questions can be the cause of anxiety for many students. It's common to be unsure of how to prepare for or how to write these exams, especially if you've had few exams of this type.

The following articles will help you get a sense of what is required on exams that have a significant written component, such as detailed short-answer questions and/or formal essays. Included here are types of questions, as well as preparation and writing strategies.

Article #24 Exams – Essays and Short-answer Questions

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

Why Short-Answer & Essay Questions?

Essay and short-answer exams test your ability to demonstrate an understanding of the relationships between the course content, the course objectives, and the practical and theoretical perspectives used to understand the course. You are expected to integrate what you have learned in lectures, readings, and discussions over the duration of the year and apply that knowledge. You are then asked to articulate these connections critically and effectively in written form, usually in complete sentences and paragraphs.

So, What's the Difference?

- In general, both short-answer and essay questions require demonstration of your knowledge of the course material by tying your answer back to the concepts covered in the course.
- Essay questions typically require a thesis (argument) and supporting evidence, which comes from knowledge gained from course lectures, readings, seminar discussions and assignments.
- Short-answer questions generally require less analysis and are more concise than essay answers.

Article #25 Exams – Reading the Questions

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

Reading the Questions

Before you begin writing, you first need to look at the question critically, and analyze what the professor is asking and testing. The questions and terminology will give you an idea of the type of answer that is required and the amount of evidence that is needed to support your argument.

There are six general categories of terms that both short-answer and essay questions use: **define**, **identify**, **describe**, **relate**, **demonstrate**, and **evaluate**.

Define requires a detailed definition of the term you are given, sometimes with the use of examples.

Identify requires an answer which includes the who, what, when, where, why of a term. In some courses' exams, you may be asked to label a diagram's parts and/or describe the process(es) depicted in the diagram.

Describe (i.e. illustrate, describe, discuss) requires a written representation of the concept or question, sometimes including detailed examples. This can involve expecting you to look at the question from different points of view.

Relate (i.e. analyze, relate, compare and contrast) asks you to identify similarities, differences, and/or associations between concepts.

Demonstrate (i.e. argue, explain, justify, prove, defend) requires logical evidence or arguments to support a specific statement or conclusion. This may include the use of formulae, processes, methodologies, or diagrams learned in class to solve a problem.

Evaluate (i.e. criticize, evaluate, interpret) requires you to comment on a concept, theory or event, criticizing and/or explaining the meaning or significance of the question as completely as possible.

Article #26 Exams – Preparation Strategies

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

Preparation Strategies

- Review course outlines to get a sense of the themes around which the course is organized. Course outlines can also be used to provide information to help prepare sample questions. Learning Services' online workshop, A Guide for University Learning, has tips for reading and understanding your course outlines and determining the course objectives.
- Review your lecture and text notes regularly to keep the content fresh in your mind. Look for themes, ideas, concepts, and trends that recur throughout the course; study notes can be organized around these major ideas.
- Be active in your learning strategies — don't just read your notes! Explain concepts out loud, tell them to a friend, or use a strategy such as concept mapping to organize your thoughts and show how concepts are related or differentiated.
- Remember that essay exams require you to be analytical and critical about the themes of the course. Think about the course themes and learn to recognize your strengths and weaknesses in the course to provide a focus for your studying as well as opportunities for improving on your weaker areas.

CAVALIERS CRICKET CLUB

Sign-on day

Sunday 25th August, 2013

10am - 12noon

Riawena Oval, Kooronga Avenue, Westlea

All players interested in joining teams for Kanga Cricket (6-9 years), Under 12's, 14's and 16's and seniors.

For more information please contact Chris Martin on 0421 953 275 or Leon Lincoln on 0428 115 661 or Stuart Middleton on 0404 692 340

SOFTBALL REGISTRATIONS NOW OPEN

Registration day – 17th August at Club Newstead 1.30 – 3.30pm.

Competition commences Saturday 12th October. For more information please contact Pam on 0419 013 951.



LOG BOOK RUN EVENT

Have fun learning to drive and clock up supervised driving experience.

Enter and receive a \$50 fuel voucher for each new entrant!

Like the Orange & Cabonne Road Safety page on Facebook and go into the draw for \$100 fuel voucher.

Participants must carry their RMS 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 25th August 2013
Time: 10.00 am**

**Bookings essential for catering on 6393 8600
Numbers limited
Proudly sponsored by Cadia Valley Operations**



Further information
Ph: 6393 8600



Can your child bend it like Beckham or make a splash like Thorpie?

You might be surprised to know that some of the most famous sports stars have asthma, and it hasn't stopped them achieving at the top of their game. David Beckham and Ian Thorpe are just two examples of how asthma doesn't need to hold a person back in sport.

Exercise Induced Asthma (EIA) is when being active makes you feel short of breath, wheezy, tight in the chest or makes you cough, and **these symptoms do not improve within a few minutes of rest.** If your child experiences this they may have EIA and you should speak to your doctor about these symptoms.

Why does it happen and can you prevent it?

Normally we breathe through our nose, which warms, moistens and filters the air we breathe. When your child exercises they will start to breathe faster and through their mouth. This can have a dehydrating effect which can cause the muscles around the airways to tighten, making breathing more difficult.

If your child has already been diagnosed with asthma, make sure you are managing it well. Ensure they take any medications exactly as prescribed by the doctor and help them to stay fit and healthy.



Encourage them to warm up before sport or exercise; ten minutes of gradually increasing exercise is the minimum someone with asthma should do before working out intensely. In very cold, dry weather you could try giving them a scarf or face mask to wear during warm up.

If the child is doing this and still experiences symptoms when exercising go back to your doctor, he or she may need to change the type of medication being used. For some people they will advise an extra dose of their blue reliever puffer before they start exercising, but this needs to be monitored carefully so its not too much.

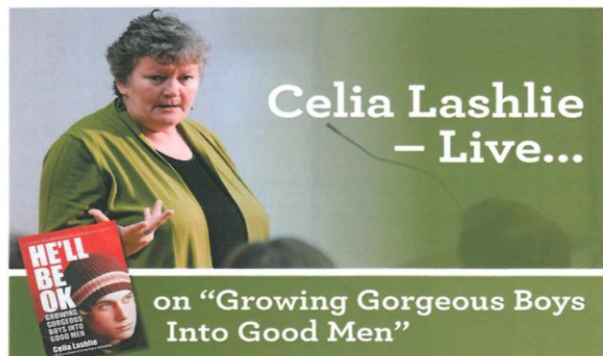
People with asthma should be able to participate in almost any sport or exercise.

If you are finding asthma gets in the way of your child's ability to participate in and enjoy sport, call the Asthma InfoLine on 1800 ASTHMA (1800 278 462) or email ask@asthmafoundation.org.au for more information on how to better manage their asthma.

To find out more contact Asthma Foundation NSW
1800 ASTHMA | asthmafoundation.org.au

Term Three 2013

Supported by the Australian Government



It's the question that every parent, especially mothers ask:
"What's going on with my teenage boy?"

Celia Lashlie, a researcher and social commentator has some very up front and clear answers.

In 2004, she completed the Good Man Project. It created discussion within and between 25 boys' schools throughout New Zealand to define 'what makes a good man in the 21st Century'.

The results provided a significant insight into the minds of teenage boys and what they are feeling at this period in their lives. In the years since completing the project, Celia has continued to work with mothers as they wrestle with the challenges of parenting their adolescent sons.

Celia has some confronting suggestions for mums and dads. Her strongest challenge is for women to rethink the way they interact with the men in their lives – their sons and their husbands – if they want to see their sons become the good men they want them to be.

**Date: Wednesday
21st August**

**Where: Bathurst
St Stanislaus
Brilliant Street**

Time: 7pm - 9pm

**Cost: \$10 per person
Refreshments
Provided**



**Enquiries and Bookings:
Centacare Bathurst
02 6331 8944**