

NEWSLETTER



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

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12th September, 2013 : Week A

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NSW STATE ATHLETICS

Congratulations to all the OHS athletes who represented Western School Sports Association competing during the three day event at the NSW Combined High Schools Sports Association Athletics Championships, 5 - 7th September held at Sydney Olympic Park Athletic Centre Homebush.

Special mention regarding Jack Saunders who received a bronze medal in the High Jump 17+ category for his outstanding efforts. There were approximately 17 OHS representatives competing in over 40 track and field events.

Congratulations also Lachlan Butt and the Western team managers on efficiently overseeing the Western camp and managing the numerous competitors from the region, not an easy task. Special thanks also for the support and encouragement you extended to the Western team, in particular the OHS representatives listed below. Well done team OHS!

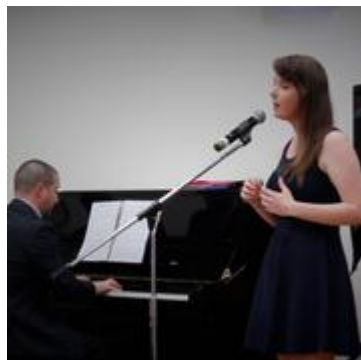
Samual Allan, Gill Anderson, Mack Blowes, Haley Butcherine, Hayden Dillon, Simon Duffield, Lachlan Duncan, Riley Elms, Isabel Harris, Lauren Kerwick, Cheynoah Merchant, Kyle Ostini, Max Pierce (*not sure whether he competed*), Gerry Shea, Jack Saunders, Eden Talanoa, Joey Thorley and Toby Westcott.



Kind regards, Sandy Ostini



Achievement in a supportive environment

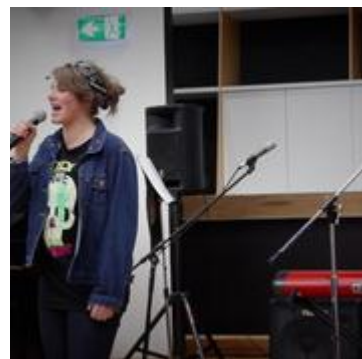
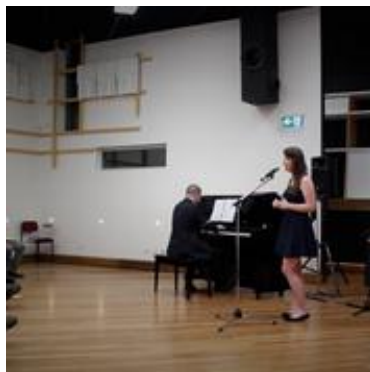


A TOUCH OF CLASS

Year 12 Music students performed their HSC repertoire to an audience of 80 parents and friends for 'A Touch of Class', last Thursday night.

The showcase was the first opportunity students have had to perform in the new acoustically engineered recital space - the building handed over to the school only an hour before the performance. Year 12 Music students are wished the best of luck in their performance exams.

Seb key



PRINCIPAL'S REPORT

Congratulations to Jack Saunders for his Bronze Medal win at the State Athletics Championships in Sydney last week. Jack achieved third place in the state despite being one of the youngest competitors in the open division – a wonderful success.

Well done to the Year 12 Music Students who performed their pieces for the external HSC Examiners yesterday. The student's performance to a full house of parents and students last Thursday in the new music centre, were inspiring and showcased tremendous talent.

Writing of new asset developments, it is exciting to see the turf laid before final hand over of the 'Recital Room' hopefully next week. Early next week we will also lay turf above and below the new retaining wall at the rear of the gym. This wall has been constructed by the senior construction class as part of their learning. It is great to see a previously underdeveloped part of the grounds upgraded and integrated into a useful part of the school asset base.



This week is School Administration and Support Staff (SASS) recognition week across the state. An opportunity for the school and wider community to recognise the valuable role support teachers perform in schools. The roles SASS staff perform are varied and include front office reception work, mowing grounds and day to day maintenance of the buildings through to learning support for identified students. I believe we are lucky with the skills of the team at Orange High and their work is widely appreciated by the teaching staff.



D Lloyd

ASSESSMENTS DUE – WEEK 10

Year 7: PDHPE wks 7-10 (Fitness-Warmup activity) – English (Book review) – PDHPE Journal & meal plan) – Science (Investigating Friction) - Mathematics (topic test – Time/Geometry)

Year 8: English (visual presentation and reflection) English (drama portfolio) – Visual arts (in-class folio or work and diary)

Year 9: Dance (composition), PDHPE (internet blog), English (sonnet test) Vis Arts (BOW – practical submission)

Year 10: PIPS (research task), PASS (writing), Agriculture (report), Dance (performance), Vis Art (body of work)

THE BUZZ

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

Thomas A. Edison



With term 3 drawing to a close, we are really enjoying the 'spring' feeling around the school. Students are beginning to wear their summer uniform, which will be officially worn from next term. And what a perfect opportunity to donate pre-loved uniforms!!! We are in need of any uniform items in good condition please. If you have any uniforms that are too small or that are no longer required you can drop them into the front office, or students can deliver them to my office. Any donations would be greatly appreciated.

Term 3 Merits

Congratulations to the winners of the \$20 itunes vouchers for this term. Laura Smith (Year 8), Darcy O'Shea (Year 11) and Asterios Gkounelas (Year 7).

Congratulations to the following students who have gained merit certificates this term.

150 Merits	300 Merits	450	600 merits
Jacobi Blowes-Dean Guy Campbell Beau Carter Zara Crawford Riley Elms Arlen Evans Nina Hoffman Hassanein Ombelli Stephan Panprakhon Michael Pengilly Caitlyn Potts Logan Rumney	Jamie Gray Harrison Garlick Sarah Scott	Billy Greatbatch Ashlee Bastiaansen Fergus O'Shea Jamie-Lee Munday	Alexandra Boyd Amanda Clothier Ryan Milham

YEAR 6 INTO 7 TRANSITION

Mrs Bright has been working hard to implement our 2014 Transition Program. She is doing a fabulous job and has recently visited our local Primary Schools to introduce herself and get to know our future Orange High School students. Mrs Bright and I had the privilege of taking some of our future Peer Support leaders, who answered many questions from Primary students and facilitated some fun activities. They represented Orange High School with pride and confidence. Thank you to all students who were involved in the Primary School visits.

Early next term the year 6 students enrolled at OHS visit for a 2 day transition program. It is packed full of activities and information to help them feel positive about the transition from Primary School to High School. We are really looking forward to showing off all the opportunities Orange High School has to offer.



Have a safe and happy holiday. Enjoy the sunshine.

Kerrie Chopping, Head Teacher Welfare**JAPAN 2014**

Application for the Japan Trip 2014 are now open. Orange High School and Ushiku Eishin High School, in Japan, have a sister school relationship that has existed for over 20 years. Towards the end of February, every second year, 20 Japanese students arrive at Orange High School and in October 2014 Orange High students make the return trip to Japan.

The trip to Japan will involve a homestay, attending Ushiku Eishin High School with their host buddy participating in Ushiku Council organized activities, day trips and then several independent days traveling to important cultural sites in Japan. Students in Years 8, 9 and 10 this year can make an application to participate in this exchange.





All students in these years will be emailed an application form. Below is a picture of the 2010 group with the Mayor of Ushiku which is taken before our day out looking at the sights of the city of Ushiku.

The second picture shows our students outside of Kiyomizu-dera, a Buddhist temple in Kyoto just before we entered this World Heritage site.

Should you have any further questions my email address is below. Applications for this trip close on Friday 13 September 2013.

Mrs Shery Pirie, Japan Trip Coordinator (shery.pirie@det.nsw.edu.au)

MAJOR TEXTILES PROJECT



The year 12 textile class recently completed a major project which has been in the planning and construction stage for over ten months. The project has been sent away to the Board of Studies for marking. The class ended up with only one student remaining – Abby Baker and her finished project, consisting of a gorgeous evening gown involved many hours of manufacturing and experimentation. The embellishment, consisting of handmade flowers was particularly time consuming but resulted in a unique, classical dress.

G Deasey

(Front View)



WHOLE SCHOOL MUFTI DAY

There will be a whole school Mufti-Day on Monday 16th September, 2013 as a fundraiser for Year 12. Suitable attire and enclosed shoes are required. Gold coin donation.

NAPLAN

Dear Parent/caregiver

I have been asked to distribute the following message to all parents of Years 7 and 9 in relation to the release of NAPLAN results. *"On Thursday 5 September ACARA identified an error in the placement of the national average markers on the Years 5 and 7 NAPLAN Student Reports for Language Conventions. Importantly the NAPLAN student data is correct."*

ACARA made the immediate decision to halt any further packaging and distribution of NAPLAN reports while options regarding the distribution of correct NAPLAN Student Reports were considered.

ACARA is working closely with Test Administration Authorities (TAAs) in every state and territory to ensure correct reports are distributed.

This matter may result in the delay of the distribution of student reports, possibly to the week of 13 October, however ACARA and TAAs will seek to minimise the delay."

Study Skills

Article #43 Paying attention

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

Paying attention

Attention has a big impact on learning and retention too. It is the process of attention that controls and directs what we are aware of.

Attention selects the things that the brain thinks are most important and amplifies how we respond to that stimulus.

In the classroom you can attract attention:

- With a single input (visual, auditory, tactile) if it is striking enough.
- With a group of sensations (e.g. fun activity using more than one activity).
- By building curiosity at the start of a lesson (primary impact, i.e. remembering the first thing in a learning episode).

There are different types of attention:

- Selective: the ability to maintain attention to a particular thing even in the presence of distractions.
- Alternating: the ability to shift attention focus between tasks.
- Focused: the ability to respond to specific stimuli only.
- Sustained: the ability to maintain attention during continuous and repetitive activity.
- Divided: the highest level of attention, referring to the ability to respond simultaneously to multiple tasks.

The processes of attention are important for how teachers teach in the classroom. Good practice might involve things like:

- Setting clear tasks where the pupil knows exactly what to do.
- Keeping distractions to a minimum.
- Giving indications of how long learners will need to work on a task.
- Giving breaks if necessary.

Article #44 Memory

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

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 session's 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.