



# NEWSLETTER

[www.orange-h.schools.nsw.edu.au](http://www.orange-h.schools.nsw.edu.au)

PO BOX 654  
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19<sup>th</sup> September, 2013 : Week B

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## BALARIA BOARD GAME



### 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**  
Mel Hope (Rel)

**School Counsellors**  
Robyn Flood  
Sue Tallis

**Sports Co-ordinators**  
Anthony Wharton  
Tegan Dray

Balaria, is a fantasy based strategy board game that was originally made as an English assignment in term 3. This task was set by Mr Thacker and required students to create an original fantasy board game in small groups.

Balaria was forged from chaotic debate and frantic brainstorms. Eventually these brainstorms turned to official ideas then from these blossomed Balaria as we know it. The basic game play involves strategic decisions to obliterate your opponents using armies formed over time with gold collected in the game. There are four races, each with their own unique advantages. You can win by conquering each races territory. There are several ways that can help you, including gold and objects.

Balaria is an entirely technical and strategic game that took a long period of time to create. We are very proud of our achievement.

**Ben Blanch, Jacob McMullan and Marly Heavers**

## FACULTY NEWS – HSIE

The HSIE Faculty have again experienced an extraordinary busy and active term. We strive to deliver the best quality teaching through our professional development which is run after school hours. Most recently we have evaluated the new National History Curriculum, and created programmes and units of work for 2014.

Students across all year levels have been provided with extra-curricular activities to enable growth through educational



*Achievement in a supportive environment*

experiences. These have included a Sustainability Challenge as well as History and Geography Competitions.

Students were also given the opportunity to extend their knowledge in the **NSW History Competition** and we received a number of awards ranging from High Distinction to David Clare, a Credit for Harry Roth and Merit to Erin Cooper.. Also this Term, students in Years 10 participated in the NSW Geography Competition with Catherine Manca achieving a Distinction. Congratulations to these students on their achievements and to those who participated.

Our faculty and school was extremely proud of the Sustainability Forum group organised by Mr Gray. Thirteen students from Year 9 and 10 participated in a forum entitled ' Love Food Hate Waste' where they had to present a two minute speech at Orange City Council Chambers to fellow students from the region. Students now have the option to travel to Sydney and present their views on sustainability on the floor of NSW Parliament. Read the report below from Abbey Glennon.

"On Tuesday the 10th of September, a group of 12 Year 9 students went down to the Council chambers with Mr Gray to participate in a sustainability forum, hosted by the Red Hill Environmental Centre. Each student had to prepare and deliver a short speech on a matter of public importance (MPI) about an aspect of sustainability in the community, and provide examples and ways to minimise the amount

of waste in everyday life. Following our speeches, we were all given \$12 each and being in groups we were to compete against the other OHS groups and Canobolas groups to see who could buy the most sustainable lunch. The marking criteria for this included having the least amount of packaging and it also had to be healthy. The two female groups came out with a win with a score of 19/20. Their sustainable lunch included creating their own fruit salad and buying Boost juice but getting it put into their own drink bottles. There were some very interesting ideas with one of the boys groups buying a portable BBQ.

A great day was had by all and we would all like to thank Mr Gray for his help and for taking us on this excursion."



*Photos of the participants in the Sustainability Challenge.*



*Photos of Ms Coopers History class and the decade that fashion forgot – The 1970's*



The HSIE Staff wish all the Year 12 students all the best in their upcoming exams and for the future.

I Paine

**FACULTY NEWS – AG**

Many activities are currently being completed by students of Agriculture and Technology mandatory. All junior classes have planted potatoes as part of a community garden project that will be harvested before the end of Term 4. If harvest predictions are like last year every student should have a 5kg sack of fresh potatoes for Christmas.

Year 10 students have cultivated and sown a paddock of improved pasture seed at Anson Street Farm as a practical component of their study unit that focuses on pasture production. Additional top dressing of pastures will take place at both our farm sites over the next few weeks.

Students in Year 9 are putting the finishing touches to their submissions for the Cows Create Careers module undertaken this term. Our two dairy calves have gained 30kg under the excellent feeding program conducted by the two Year 9 classes. The healthy nature of the calves is an excellent example of students practising sound animal husbandry techniques.

A final best wishes to the Senior Agriculture and Primary Industries students as they prepare themselves for the HSC. It cannot be any more tiring than a day of lamb marking, sheep drafting, drenching and livestock handling completed by the group a couple of weeks ago. Good luck and study positively for the final exams.

**T Thompson****THANK YOU**

Thank you to Orange Ex-services Club for their generous support of Orange High School with the very generous donation of \$2,000 to go towards projects in the classrooms.

**ASSESSMENTS DUE – WEEK 1**

Year 7: PDHPE (ONGOING) Skills Assessment – Invasion Games

**PRINCIPAL'S REPORT**

Year 12 Final Days

**The highlight of the week has been sharing in the celebrations associated with the ‘end of school’ for Year 12 2013.** The inaugural ‘Celebrating Safely Day’ last Tuesday was a terrific success with presentations from the Police, Fire and Rescue and Community Health. The highlight for students was the dismantling of a car by the local Fire Brigade to reinforce the dangers associated with road accidents. On Tuesday evening the school body 7 – 12 celebrated with Year 12 at their final school disco. Last night, Year 12 students and staff shared a successful ‘Dinner, Trivia and Awards Night’ in the Performing Arts Centre. Today Year 12 embark on their ‘Big Day Out’, a day full of outdoor learning and peer support activities. The students will be taken to a couple of secret locations around Orange and participate in a range of activities. The day should be a huge amount of fun and celebration. Tomorrow, Friday morning, all Year 12 students will be presented with their School Portfolios. Parents, family and wider community members are warmly invited to join in the celebration activity at 9.30am in the Performing Arts Centre.



Pictured are some of the Year 12 Students as they were farewelled.



based learning activities. **We look forward to welcoming back all students straight after the long weekend in October on Tuesday 8 October.**

#### D Lloyd

#### **CHS FINAL 16S NETBALL COMPETITION**

High A headed down to a new formatted final 16's competition on September 3<sup>rd</sup> and 4<sup>th</sup> in Menai, a competition they have consistently qualified for since the 1990's. This new format saw them placed into a pool with Westfields SHS, Endeavour SHS, Mereweather HS, Northern Beaches College and Winmalee HS playing 2 x 13 minute halves against each team. Considered to be the strongest pool of the competition with two sports high schools and a college that draws from 3500 students, including the winners and runners-up from last year, they were understandably a little nervous.

After waiting out a bye in the first round, they took to the court and started a strong campaign against Mereweather with a convincing 25-12 win. Next up was Endeavour Sports High School. A few mistakes kept the opposition in the game but they managed to pull ahead and win 17-15. Westfields Sports High were their next opponents, a school which has dominated this competition for the last 10 years, trains four times a week and has numerous state representatives in their ranks. High A were a little daunted in the first half but matched it with them entirely through the second half and lost respectfully 15-8, the closest margin in all of Westfield's pool games. In their next game they easily accounted for Winmalee High School and then faced a strong Northern Beaches College. At the conclusion of the day they had placed 3<sup>rd</sup> in their pool meaning they would play off for positions 1-8 in NSW.

Day two found us faced against Hills Sports High School for a play off into the top four teams in the state. It was an incredibly close game with each team contesting every ball and testing each other's strength through a physically tough match. In the end Hill Sports High managed to turn the ball over and score, winning 27-25, putting us into playoffs for positions 5-8 in NSW. High A overcame this loss with a strong performance against Wariners Bay winning 40-24 and played off for 5<sup>th</sup> and 6<sup>th</sup> against Cherrybrook High School. Our opponents finished strongly and we went down 34-37, placing 6<sup>th</sup> in NSW Combined High Schools.

High A members Shannen Downer, Katelin Eslick, Alex Kennedy, Sophie Kloosterman, Synetta Manns, Chloe Riley, Sidonie Robertson, Tash Rudd, Abby Tilburg, Maddy Tufuga represented themselves and our school with distinction and it was a pleasure to have coached them this year.

#### T Dray

While Year 12 have been preparing for the end of school, **Year 11 have been busy completing their End of Course Exams.** Supervisors in the Exam Hall have all commented on how studious and focused the Year 11 students have been. That is great to hear and hopefully augers well for some very positive results that reflect the competitive and determined attitude. **Next Term students in Year 11 return to immediately begin their Year 12 HSC courses.**

Over the last couple of weeks, there has been a noticeable increase in the number of students and staff struggling with flu symptoms and general un-wellness. **I hope the school break from tomorrow provides an opportunity for everyone to catch-up on sleep and get back to 100% health.**

I would like to finish by wishing all students and their families a wonderful change from regular routines. The school break is a terrific time for alternate non-school



**OHS NETBALL**

Congratulations to all teams on a successful season with the Orange High Netball Club. The following teams made semis and finals:

13's: Superstars  
 14's: Snazzy Smashers and Sneaky Snakes  
 15's: Sweetie Sweets and Junior A  
 Div 1: High A  
 Div 2 Red: Junior A  
 Division 7: Sassy Strawberries

Congratulations to Junior A who took out the 15's Blue title with a 30-11 win over rivals CYMS. The girls had not beaten CYMS all season and played strongly with a convincing win. Sweetie Sweets were unsuccessful in their grandfinal- going down 19-8 against Kinross. Well done everyone!



## NASHDALE LADIES NIGHT MARKET

- TICKET INCLUDES ENTRY, CHAMPAGNE & LUCKY DOOR
- LIMITED PRE PURCHASED TICKETS ONLY
- NO TICKETS AT THE DOOR**
- STRICTLY OVER 18
- NO BABIES/CHILDREN DUE TO HEALTH, SAFETY AND ALCOHOL LICENSING LAWS

**FRIDAY 11TH OCTOBER**

NASHDALE HALL  
6.30—9.30PM  
TICKETS \$15  
Phone 63653161  
Email nashdale-p.school@det.nsw.edu.au  
Purchase from  
Nashdale School OR  
Jenny's Classroom  
131 Kite St, Orange

FUN. FASHION. FOOD. FRIENDS. FABULOUS....

**SUPPORTING** 

**Canapes for the evening are being prepared and served by Orange High School Hospitality students.**

**POSITION VACANT**

If you are aged 14yrs 6mths or older and are interested in working in Retail, drop a resume into the Customer Service Desk at K Mart to the attention of Jane Carr.

**M Hope****BUSH NIPPERS**

Orange Bush Nippers is a family-friendly club, giving country kids experiences our coastal clubs have been enjoying for decades. Children, ages 3-17 years, are taught water confidence, competitive beach flags sprints, water rescue and resuscitation skills. Sunday morning meets (now at 9am) vary between Orange Aquatic Centre and Lake Canobolas. There are many achievements to be made in Nippers, or just do it for a bit of outdoor family fun! **REGISTRATION DAY: 10-12am, Sunday 13<sup>th</sup> October, Orange Aquatic Centre** (Cost for season: 1 child - \$40, family rate - \$80, plus pool entry).

# Study Skills

## Article #45 This is what I want

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

### Discovery Statement

Success is a choice. Your choice. To get what you want, it helps to know what you want. That is the purpose of this Journal Entry.

Select a time and a place when you know you will not be disturbed for at least 20 minutes. (The library is a good place to do this.) Relax for two or three minutes, clearing your mind.

Then complete the following sentences ... and then keep writing. Write down everything you want to get out of school. Write down everything you want your education to enable you to do after you finish school.

When you run out of things to write, stick with it just a bit longer. Be willing to experience a little discomfort. Keep writing. What you discover might be well worth the extra effort. You can begin choosing success right now by choosing a date, time, and place to complete this Journal Entry. Write your choice here and block out the time on your calendar.

**Date:**

**Time:**

**Place:**

**What I want from my education is ...**

**When I complete my education, I want to be able to ...**

**I also want ....**

## Article #46 Taking the First Step

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

### Taking the First Step

The purpose of this exercise is to give you a chance to acknowledge and discover the positive as well as the negative aspects of yourself. For many students, this is the most difficult exercise in this book. To make the exercise worthwhile, do it with courage.

Some people suggest that looking at negative aspects is counter to positive thinking. Well, perhaps. Positive thinking is a great technique. So is seeing the truth, especially when we see the whole picture—even though a realistic picture of ourselves may include some extremely negative points.

If you admit that you can't read, and that's the truth, then you have taken a strong positive First Step to becoming a successful reader. On the other hand, if you say that you are a terrible math student, and that's not the truth, then you are programming yourself to accept unnecessary failure.

The point is, tell the truth. This exercise is similar to each Discovery Statement appearing throughout this text. The difference is that in this case, for reasons of confidentiality, you don't write your discoveries in the book.

Be brave. If you approach this exercise with courage, you are likely to write down some things you don't want others to read. You may even write down some truths about yourself that could get you into trouble. Do this exercise on separate pieces of paper; then hide or destroy them. Protect your privacy.

To make this exercise work, follow these three suggestions:

**1. Be specific.** It is not effective to write, "I could improve my communication skills." Of course you can. Instead, write down precisely what you can do to improve your communication skills. For example: 'I can spend more time really listening while the other person is talking, instead of thinking about what I'm going to say next.'

**2. Look beyond the classroom.** What goes on outside school often has the greatest impact on your ability to be an effective student.

**3. Be courageous.** This exercise is a waste of time if done only half-heartedly. Be willing to risk. Sometimes you may open a door that reveals a part of yourself that you didn't want to admit was there. The power of this technique is that once you know what the 'it' is, you can do something.

Time yourself and for 10 minutes, write as fast as you can and complete the following sentences with anything that comes to mind. Complete each sentence at least 10 times. If you get stuck, don't stop; just write something—even if it's crazy.

*It is ineffective when I...*

*It doesn't work when I...*

*I could change ...*

## Article #47 Breathing

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

### Maybe it's your breath

The way you breathe affects the way you think, and the way you think affects the way you breathe. A good supply of oxygen to the brain is essential for focused concentration. The next time you find your mind wandering, take a short break and do the following exercise.

Read all the directions; then take a moment to practice this technique.

1. Sit up in your chair in a relaxed position, head straight and hands uncrossed in your lap.
2. Close your eyes and take 20 or 30 seconds to relax. Let go of any tension in your face, neck, and shoulders.
3. Inhale, breathing deeply into your abdomen. Your stomach will expand when you breathe deeply.
4. When you have filled your lungs with air, pause; purse your lips as if you were about to whistle; then exhale evenly and with force through the small hole between your lips.
5. At the end of your exhalation, pause; then breathe out the last bit of remaining air in three short, forceful puffs.
6. Repeat this process three to five times.
7. When finished, sit quietly for a while, observing the rise and fall of your abdomen as you breathe normally.