

NEWSLETTER



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

PO BOX 654
ORANGE NSW 2800

5th September, 2013 : Week B

PHONE: 6362 3444
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NEW SCHOOL CAPTAINS AND PREFECTS

School Captains – Trent French and Meaghan Kempson

Vice-Captains – Beth Clarke and Ryan Milham

Prefects – Braden Riles, Cameron Sharp, Eli Todman, Chris Warren, Kishaya Delaney, Codey McHatton, Juanita Punivai and Haley Butcherine.

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



Achievement in a supportive environment

WHAT'S HAPPENING IN SCIENCE

Year 7 Cell model assignments

Congratulations to Year 7 for the enormous effort involved in producing great quality assessment tasks. A great start to the new semester. The range of cell structures exhibited by the students are a tribute to the great works completed by all involved, students, teachers and most importantly parents. Well done. Cakes, Styrofoam cut outs, plasticine and elaborate hand drawn diagrams are among the few ways in which the cell model was presented. It has been a great learning experience and has rewarded students with a fun and engaging way to show the knowledge they have developed in their first unit of work this semester.

Year 11 Senior Science and Biology excursion

A fantastic excursion, as part of the Preliminary Biology and Senior Science course compulsory field study, was held recently. A two day excursion to the Zoo and North Narrabeen Aquatic Reserve allowed the students to experience the interactions of living and non-living components of an Ecosystem unique to a rock platform. The reaction from the students was amazing and comments overheard by the teachers confirm that the experience was worth the effort and a truly positive experience. More than one student was heard to say 'this is actually interesting' and 'I thought looking at stuff on a rock platform would be boring, but it's not, it's actually good', a glowing endorsement indeed. Another highlight was seeing Meaghan Kempson being carried around by fellow students as a result of her having a broken leg. They must have known that she was about to become school captain and they had to look after her. Well done to all involved and thank you to Miss Townsend for organising the excursion. Congratulations to the students on their behaviour on the overnight excursion as Mr Routh and Miss Townsend both had a wonderful nights rest.

(Max Pierce feeding the birds some Breakfast)



(Mr Routh monkeying around)



Farewell Year 12 science students

Good luck to all the Year 12 Science students in the lead up to their HSC exam. We wish you all the best and we hope you achieve the results that you are working towards. Just remember as Mrs Griffen says 'your HSC results are like DNA, you'll all get them but you just don't know what your phenotype will look like'.

Reminders of Up Coming Events

- Year 10 have been volunteered to trial a Year 10 ESSA (Essential Secondary Science Assessment) test. That will happen in class next week.
- Year 12 Physics are going on an excursion to Sydney University Physics department to engage in further knowledge in practical components of the HSC course.
- Year 9 and 10 Marine studies students are planning an end of course excursion to Jervis Bay in November for Snorkelling, Sea Kayaking and Open Water Scuba Diving.

Sarah Townsend

PRINCIPAL'S NEWS

Congratulations to Meaghan Kempson and Trent French for their election as 2014 School Captains and Beth Clarke and Ryan Milham as Vice Captains. The election of Captains and Vice Captains completes the selection of the 2014 Student Leadership Team comprising the following Prefects and Student Representatives from Years 8 through to 12 in 2014.

Student Representatives

Prefects

Braden Riles, Cameron Sharp, Eli Todman, Chris Warren, Kishaya Delaney, Codey McHatton, Juanita Punivai and Haley Butcherine.

Year 11 2014

Angelic Graf, Alice Kjoller, Harry Roth and Erin Cooper

Year 10 2014

Molly Collins, Louis Shea, Gerry Shea and Danielle Saunders

Year 9 2014

Isabel Harris, Gabrielle Lloyd, Lucy Cooper, Georgia Sippel

Year 8 2014

Joshua Jensen, Ben Blanch, Jacob McMullen

The election process used to select the Student Leadership Team is a gruelling process of speeches and voting. I believe the team above represents a great cross section of young people who will effectively represent every aspect of the school. I congratulate each and every young person on their election and look forward to working with them over the next 12 months.

Welcome to Miss Gillian Freede. Miss Freede is our new Dance and Drama teacher while Mrs Crane is on maternity leave. Miss Freede comes highly recommended from her previous schools in Sydney and Singleton. She has already made a mark with students and is pictured below.

The Mind Marathon is an academic challenge conducted recently in Sydney. A number of our Xsel students competed in teams and achieved some exceptional results with William Boyd and Harry MacPherson in a team who achieved 1st place and Cossette Craig in a team who came second. These students were competing against teams with some of the best and brightest students from across the state. As a result their achievement is exceptional and a strong testament to their academic skills and abilities.

Orange High School performed very well in the musical section of the Orange Eisteddfod scoring the following highly successful results including:



Flute Ensemble – 1st
String Ensemble – 2nd
Concert Band – 3rd and High Commended
Sax ensemble – Highly Commended
Junior stage band – Highly Commended

Congratulations also to the following students in Year 6 from Local Primary Schools who have been accepted into Year 7 Xsel/Orange High School for 2014. The selection process is part of the state-wide Selective Schools Test process and is based purely on academic ability. We are excited to add these students to our existing Xsel cohort.

Hugh Wilkinson from Manildra Public School, Jack Wickes from Milthorpe Public School, Jacinta Smith from Orange Public School and Zac Geiger from Canowindra Public School

D Lloyd

JAPAN TRIP 2014

Applications 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. Every second year, towards the end of February, 20 Japanese students arrive at Orange High School and in October 2014 Orange High students make the return trip to Japan.

Students and parents are asked to carefully discuss applying for this trip together. This is a wonderful trip for any young person but it does come with responsibilities.

This trip is approximately two weeks duration. The departure date is usually Thursday of Week 9 Term 3 returning the middle weekend of the Term 3 holidays. Briefly, it involves a two week homestay, attending Ushiku Eishin High School with their host buddy and participating in Ushiku Council organized activities and trips. At all times students will be ambassadors for Orange High School. Two Orange High School teachers will accompany the students. Students are at all times expected to fully



participate in all aspects of the trip, for example, trying different foods, wearing of our school uniform when necessary and participating in the farewell ceremony.

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.

Successful students host a Japanese student in February/March of 2014 for approximately two weeks. The development of this friendship is then hopefully continued in Japan. For some students, going to stay with a person that they have been building a relationship with is a reassuring aspect of the trip to Japan.

Should you have any further questions, an information meeting will be held on Monday evening 9 September 2013 at 6pm in the Music Centre. My email address is below if that is more convenient for contact.

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



AGRICULTURE NEWS

On Wednesday the 28th August a group of Year Nine and 10 Agriculture students travelled to Dubbo to participate in a junior judging competition of Merino Sheep. Students were required to compare the characteristics of 4 rams and place the sheep in order from best to worst. Students were also required to judge the characteristics of fleece to see which was the most valuable. It was a valuable experience for students interested in sheep production and was enjoyed by all students who attended.

D Wait



ASSESSMENTS DUE – WEEK 9

Year 7: PDHPE wks 7-10 (Fitness-Warmup activity) – English (Fantasy Short Story) – HSIE World Geog (Research) –Year 8: HSIE, Geog (research) – Science

Year 9: Marine St (theory exam), Drama(group performance), Music (performance), Photo & Digital (film unit), PASS (Research), Engineering Tech (research race cars),

Year 10: PDHPE Mandatory (writing task), Marine St (theory exam), PASS (research), Music (performance), Photo & Digital (film unit) Maths 5.1, 5.2, 5.3 (topic test – Congruence & Similarity)

ELECTION STALL

PRISM and the P&C will be holding a stall at the school on election day. We will be selling whole cakes, slices etc to take home as well as individual pieces to eat on the run! There will also be tea & coffee available.

Donations of cakes, slices, biscuits would be much appreciated and may be left at the Office on Friday 6th September or dropped at the stall on 7th September.

Remember to vote at OHS and buy a delicious treat at the same time!

AUSTSWIM COURSE



Become a
Swimming Teacher



Royal
Life Saving
THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

AUSTSWIM: TEACHER OF SWIMMING & WATER SAFETY

The AUSTSWIM Teacher of Swimming and Water Safety Award provides candidates with the skills to teach swimming and water safety to persons from four years of age. This course is the industry standard for Learn to Swim Instructors.

Where: Kinross Wolaroi School

When: Saturday 7th & Sunday 8th September 2013; 8.30am to 5.30pm both days.

Cost: High School Student discounted price \$275 (usually \$383!)

Pre-requisites: Candidates may enrol at 16 years of age but will not be eligible for the award until they are 17 years of age.

Assessments: *On the course:* Practically perform the following aquatic sequence: Enter the water with an appropriate feet first entry – Float/scull/tread water for 1 – 1 ½ minutes – Fully submerge and swim underwater for 2 – 5 metres then resurface – Swim 40-50m on front with face in the water (displaying comfortable breathing technique) – Rotate/roll onto back – Swim 40-50m on back – Safely exit the water.

Afterwards: Theory exam, on-the-job supervised teaching experience followed by competency assessment. Candidates are also required to hold a valid CPR award. (You can gain this on the course using our CPR in a Box kit - enquire when you enrol!)

How do I enrol: Complete the enrolment form overleaf and along with your payment, send it to:

Royal Life Saving, PO Box 313, Orange NSW 2800

Ph: 02 6369 0679 Fax: 02 6362 3264 Email: western@royalnsw.com.au

Enrolment form and course fee must be received at least one week prior to the course commencing.

A CHANCE TO MEET TWO UP AND COMING STARS

AND LEARN SOME CRICKET SKILLS

ALL KIDS WELCOME!!!!!!



DANIEL HUGHES

NSW & SYDNEY SIXERS

CHRIS TREMAIN

NSW & SYDNEY THUNDER

WHERE

RIAWENA OVAL (KOORONGA AVENUE, ORANGE)

WHEN

WEDNESDAY 4TH SEPTEMBER

TIME

4.15PM TO 5.30PM

WHAT TO BRING

WEAR CASUAL CLOTHES AND JOGGERS

REPRESENTATIVES OF LOCAL CLUBS WILL BE IN ATTENDANCE TO ANSWER ANY QUESTIONS ABOUT JUNIOR CRICKET COMPETITIONS FOR THE NEW SEASON STARTING 12 OCTOBER



Study Skills

Article #40 Some Physiological Tips

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

Some Physiological Tips

Just think—we expect athletes to practice constantly and use everything in their abilities and situations in order to achieve success. Yet, somehow many students are convinced that one day's worth of studying, no sleep, and some well-placed compliments ("Gee, Mr. So-and-so, I really enjoyed your last lesson") are good preparation for a test. Essay exams are like any other testing situation in life: you'll do best if you are prepared for what is expected of you, have practiced doing it before, and have arrived in the best shape to do it.

You may not want to believe this, but it's true: a good night's sleep and a relaxed mind and body can do as much or more for you as any last-minute cram session. Schools abound with tales of woe about students who slept through exams because they stayed up all night, wrote an essay on the wrong topic, forgot everything they studied, or freaked out in the exam and hyperventilated. If you are rested, breathing normally, and have brought along some healthy, energy-boosting snacks that you can eat or drink quietly, you are in a much better position to do a good job on the test. You aren't going to write a good essay on something you figured out at 4 a.m. that morning. If you prepare yourself well throughout the semester, you don't risk your whole grade on an overloaded, undernourished brain.

If for some reason you get yourself into this situation, take a minute every once in a while during the test to breathe deeply, stretch, and clear your brain. You need to be especially aware of the likelihood of errors, so check your essays thoroughly before you hand them in to make sure they answer the right questions and don't have big oversights or mistakes (like saying "Hitler" when you really mean "Churchill").

If you tend to go blank during exams, try studying in the same classroom in which the test will be given. Some research suggests that people attach ideas to their surroundings, so it might jog your memory to see the same things you were looking at while you studied.

Try good luck charms. Bring in something you associate with success or the support of your loved ones, and use it as a psychological boost.

Take all of the time you've been allotted. Reread, rework, and rethink your answers if you have extra time at the end, rather than giving up and handing the exam in the minute you've written your last sentence. Use every advantage you are given. Remember that instructors do not want to see you trip up—they want to see you do well. With this in mind, try to relax and just do the best you can. The more you panic, the more mistakes you are liable to make. Put the test in perspective: will you die from a poor performance? Will you lose all of your friends? Will your entire future be destroyed? Remember: it's just a test.

Article #41 True or False Answers

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

True False Questions

Questions in a true/false examination question require you to indicate whether a particular statement is true or false.

For example: Consider the following statements. Indicate whether they are true or false.

- Lobsters have blue blood (True / False)
- Isaac Newton discovered gravity (True / False)
- A neutrino is an elementary particle (True / False)
- Entropy is a tropical disease (True / False)

In an exam you would either ring the correct answer or cross out the incorrect answer if the question sheet had to be handed in. Alternatively, you might be required to write the answer in your examination answer book. In a web-based exam you would be required to click on the answer that you think is correct or on the button next to the correct answer.

Be sure to read your **instructions to candidates** section carefully.

True/false questions are only composed of a statement. Students respond to the questions by indicating whether the statement is true or false. For example: True/false questions have only two possible answers (Answer: True).

Like multiple choice questions, true/false questions:

- Are most often used to assess familiarity with course content and to check for popular misconceptions
 - Allow students to respond quickly so exams can use a large number of them to test knowledge of a broad range of content
 - Are easy and quick to grade but time consuming to create
- True/false questions provide students with a 50% chance of guessing the right answer. For this reason, multiple choice questions are often used instead of true/false questions.

Article #42 How your brain works

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

How your brain works

Students do better when they understand about their brain and how it learns, how memory works and how they can choose to be better at learning. This information impacts on a student's attitudes to learning which in turn has the potential to raise attainment.

- The brain is plastic. It constantly grows and changes in response to the environment and what you experience. Neuroscientists call this plasticity.
 - No two brains are the same.
 - The brain grows and develops during a whole lifetime
- This challenges the idea of fixed intelligence. It points to the potential of everyone to achieve more, regardless of age, and to the importance of catering flexibly for individual differences in learning situations

Year 12 End of School Program

Week 10 – Term 3, 2013



Monday 16/9

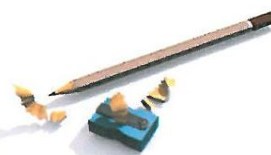
- Classes as per normal
- Whole school Mufti Day for Year 12 Fundraiser
- 12:20pm – 1pm **Year 12 Final School Assembly on Front Lawn**

Tuesday 17/9

- No Classes
- 9am – 3:25pm **Celebrating Safely – Information Day**
- 7pm – 10pm **Year 12 Farewell Disco**

Wednesday 18/9

- Classes as per normal
- 6pm – 9pm **Year 12/Staff Farewell Dinner**
 - Staff/Student 'Awards'
 - Trivia

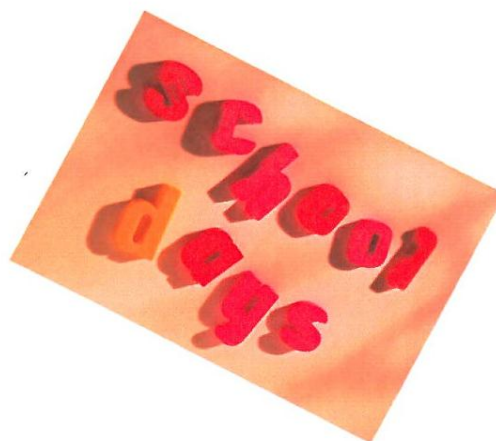


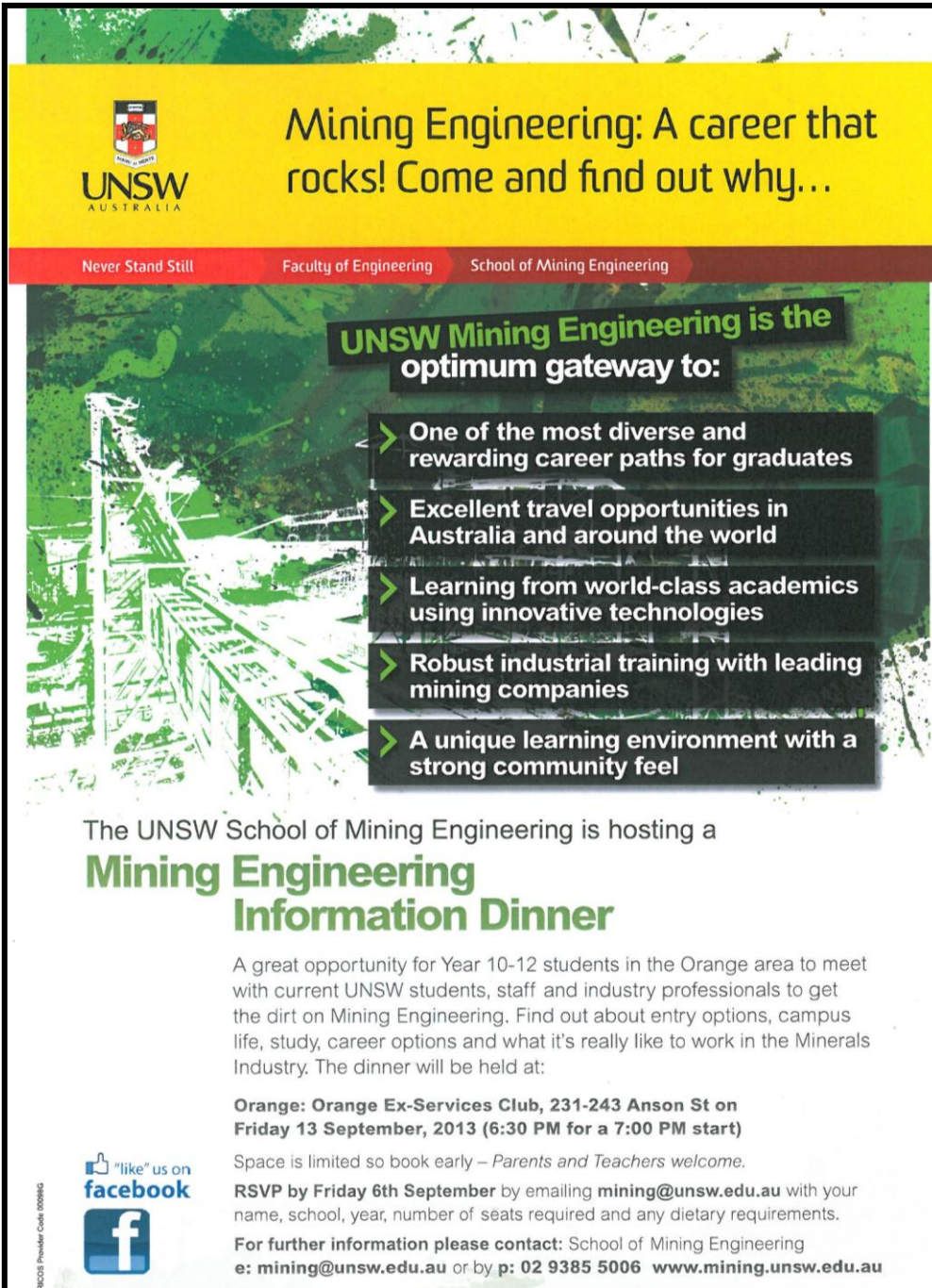
Thursday 19/9

- No Classes
- 7am **Year 12 Breakfast**
- 8am – 4pm **Pearso's Magical Mystery Tour** (cost \$15 inc. Disco)

Friday 20/9

- 9.30am – 11am **Year 12 Formal Assembly**
- **No Classes = FINISHED SCHOOL!**





UNSW AUSTRALIA

Never Stand Still Faculty of Engineering School of Mining Engineering

Mining Engineering: A career that rocks! Come and find out why...

UNSW Mining Engineering is the optimum gateway to:

- One of the most diverse and rewarding career paths for graduates
- Excellent travel opportunities in Australia and around the world
- Learning from world-class academics using innovative technologies
- Robust industrial training with leading mining companies
- A unique learning environment with a strong community feel

The UNSW School of Mining Engineering is hosting a
Mining Engineering Information Dinner

A great opportunity for Year 10-12 students in the Orange area to meet with current UNSW students, staff and industry professionals to get the dirt on Mining Engineering. Find out about entry options, campus life, study, career options and what it's really like to work in the Minerals Industry. The dinner will be held at:


Orange: Orange Ex-Services Club, 231-243 Anson St on Friday 13 September, 2013 (6:30 PM for a 7:00 PM start)

Space is limited so book early – *Parents and Teachers welcome.*

RSVP by Friday 6th September by emailing mining@unsw.edu.au with your name, school, year, number of seats required and any dietary requirements.

For further information please contact: School of Mining Engineering
e: mining@unsw.edu.au or by **p:** 02 9385 5006 **www.mining.unsw.edu.au**

UNSW Provider Code 000860

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GIRL GUIDES

Guiding has some 10 million members in 145 countries. Around the world Girl Guide organisations are dedicated to high quality informal educational activities that develop skills, leadership and citizenship and promote equality, diversity and FUN.

Senior Girl Guides are able to undertake challenges such as the Queens Guide and Duke of Edinburgh Awards or may choose to just participate in the local program.

Orange Senior Girl Guides has an open meeting for Thursday 12th September and invites girls 13 years and older to come and Give Guides a Go. Senior Girl Guides meet 5.30 – 7.30 at 365 Peisley Street. To help with catering, or if you'd like more information about the evening please ring Orange District Guide Leader Yvonne Macrae, 63601113. More information about Girl Guides can be found at <http://www.girlguides-nswact.org.au>. Contact: 5th Orange Waratah Senior Girl Guides, 0409 000 733.

SOFTBALLS A HIT IN THE HOLIDAYS

Orange & District Softball Association would like to invite children 7-12 to attend a two day development clinic.

When: 23rd & 24th September 2013

Where: Sir Jack Brabham Oval, Orange

Times: 9am to 4pm both days

Cost: \$50 1 child, \$100 2 children & \$140 per family (cash/cheque only - NO EFTPOS available)

What to bring: softball gear such as a mitt and bat if you have one, if you don't there will be some available. Morning Tea, Lunch and Afternoon Tea is provided. Registration forms are available at the Sport & Recreation Office, McNamara Lane (across from Robertson Park). If you require further information or a registration form please contact: Jacqui Lisle - 0407 934 471 or Pam Kelly - 0419 013951.