

NEWSLETTER



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

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12th June, 2014 : Week B

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Contact List

Principal

David Lloyd

Deputy Principals

Michelle Barrett
Helene Hamilton (Rel)

Head Teacher Admin

Kylie Winslade (students)
Joanne Cormack (Rel)
(staff)

Year 7 Adviser

Alice Bright

Year 8 Adviser

Sophie Healey

Year 9 Adviser

Sarah Townsend

Year 10 Adviser

Taara Wilson and Aaron
Routh

Year 11 Adviser

Daniel Wait

Year 12 Adviser

Karen Rogers

Careers Adviser

Mel Hope (Rel)

School Counsellors

Robyn Flood
Erin Pilon

Sports Co-ordinators

Anthony Wharton
Tegan Dray



Catherine Manca



Isabel McLeod

CONGRATULATIONS

Two Orange High students Catherine Manca and Isabel McLeod accepted an opportunity to participate in the University of Western Sydney (UWS) Rural School of Medicine Camp which took place on the 2nd and 3rd of June. The camp is designed to give rural students a chance to experience firsthand what it would be like to study Medical Science at UWS. Students had an opportunity to experience a Clinical Tutorial, tour the facilities of UWS, be involved in a number of workshops and stay on campus overnight. The students also visited Campbelltown Hospital where they were taught how to suture pig skin, take blood pressure and insert a drip into a patient. The different pathways into medicine were also presented to the students.

Catherine stated "I would recommend this trip to everyone interested in a career in Medicine, it was incredibly interesting and made both Isabel and I realise that this is definitely the career path we want to pursue." There will be more opportunities for Year 12 students at the end of this term and next term starting with a Rural Indigenous Students Camp at UWS during Week Nine. Opportunities such as these are all listed on the Orange High School Website and are advertised to students in the daily student bulletin.

PRINCIPAL'S REPORT

David Lloyd has been at the State Secondary Principals Conference in Bathurst this week, where he has been part of the organising committee. The conference was a combination of keynote addresses from international education experts and workshops from schools and presenters across the state.

It was privilege to have students and staff from Orange High School selected to lead musical items and presentations. **Congratulations to Jack and Danni Saunders who performed at the opening on the first day of the conference.** On the second day the **Orange High School Flute Ensemble performed in front of 300 High School Principals from every corner of the state. The flute ensemble featured Elizabeth Clarke, Gabrielle Lloyd, Jack Carden and Elizabeth Fox and Yolanda Wu.** Further **Mrs Kristie Esson and Mrs Kath Maksymczuk led a workshop for approximately 20 principals** with a particular emphasis on literacy, Australian curriculum implementation and innovative school structures such as our teaching and learning team. **Harry Roth was selected to represent approximately 300 000 students in Years 7 to 12 by providing a "Student Voice" as an introduction to the Secretary (formerly Director General) of the Department of Education and Communities Dr Michelle Bruniges.**

During the first week of August The University Admission Centre (UAC) opens with access to early entry courses at a number of universities. Details will be given to students next term.

Astley Cup commences this week and kicks off with the Dennison College (Bathurst) V's Dubbo leg of the competition. **Orange High V's Dennison College (Bathurst) starts next Thursday and there is a positive feeling amongst the student body that this could be our year.** You are invited to come along and support our students in this long standing interschool visit that is the sporting highlight of the year.

M Barrett, Deputy Principal

CONGRATULATIONS

A special congratulations to Joe Grindrod from Year 9 whose painting has been chosen to be hung in State Parliament House. Joe's landscape painting has been chosen by a panel of artists as one of the five finalists in the Junior section of the annual Plein Air Painting competition.



The Plein Air Painting Competition encourages artists of all ages to enter their works in the competition.

We were lucky enough at Orange High School to be given the opportunity to participate in a Plein Air painting workshop.

This workshop was run by artist Matilda Julian and was sponsored by Telstra. Joe was one of the 20 students who participated in the Plein Air Painting workshop that was held at the school in late April.

The exhibition opens on the 18th June at State Parliament House and the winner of the competition will be announced next week.

Joe is the only male finalist of the five finalists and we wish him luck.

Cassie Coates, Visual Arts

Vivid autumn in Orange

FACULTY NEWS – PDHPE

It's a very exciting time in the PDHPE faculty at present as we have many different activities and events on. It is always great to see classes functioning to a high standard in the midst of so many interruptions.

Recently we have seen our sporting superstars contend with a strong Gosford High School team in the Malynley Shield. This is an annual sporting trip that has many years of tradition behind it. Ms Dray and all of the coaches went to extraordinary lengths to put together an amazing sporting and cultural experience for our talented athletes. From talking to a large number of our students, it is clear that this year was just as competitive and fun as previous years. Congratulations to all students who participated. Your sportsmanship and willingness to participate was always of a high standard.



The annual cross country was once again a successful event. Students across all junior years have been participating in cross country training during PE lessons. They were required to complete a minimum of 3 kilometres per lesson. This constant running/walking ensured that our students increased their fitness levels. Students who met the qualifying standards were invited to participate in the school carnival. Mr Callaway organised a great day that was enjoyable and allowed our students to demonstrate their talents in running. A big thank you to Frank Ostini from the Orange Runners Club for your assistance on the day.



For the second year in a row our PE department have organised the Adidas Fun Run. Students from all years have been seeking sponsorship from family, friends and the community. Eric Pierce was the standout fundraiser raising an impressive \$750 raised. Some of our students also participated in a car wash to help raise extra funds. The money raised will allow the school to purchase much needed resources. Thank you to everyone who has been involved. Special mention to Ms Wineberg for her organisation.



The holy grail of school sport is upon us in the next two weeks. The Astley Cup is always a hard fought competition and this year looks to be no different. It has been some time since OHS last held the Cup but I'm assured from our competitors that everyone will be giving their best effort. We are very excited within the faculty about this year because we know that the strength and depth of our team is high and this will give us every opportunity to take home the silverware. The prefect body have been outstanding supporters of the Astley Cup and have created new chants and merchandise which has helped to create a positive vibe around the school. Let's bring the Cup home to OHS!

Year 10 PIPS are in final preparations for the school show. No doubt they will dazzle and amaze the audiences with their acrobatics and circus skills. There have been countless hours spent in class ensuring that their performance is well choreographed to show their individual strengths and abilities. I look forward to seeing them in action.

T Baker

THE BUZZ

Congratulations to the following students. These students have been working hard and earned themselves a PBL ticket. Due to the public holiday, we did not have an assembly. Rather than wait until next fortnight, I asked Mrs Winslade to draw out 4 tickets. Thanks Mrs Winslade!!!

Winners are.....
James Sidioglou
Josh Trail
Makaela Emms
Matthew Jones

Congratulations also to those students who have earned Merit Awards this term.



Blue Award – 5- Teacher Merits

Aidan Cooke – Year 8
Georgie Dickson – Year 8
Jordan Rodwell – Year 9
Nathan Fauchon – Year 10

Indigo Award – 100 Teacher Merits

Eleanor Delaney – Year 10
Rianna Bordic – Year 11
Ashley Morrow – Year 11

Violet Award – 150 Teacher Merits

Rachel Pengilly – Year 12

Bronze Award – 200 Teacher Merits

Nikki Hasenkam – Year 12

Reminders

- A friendly reminder that reports for year 7, 8, 9 and 10 will be distributed on the last day of term.
- The Dental Clinic will be at OHS at the beginning of next term.
- Please label your child's jumpers. We have had many jumpers handed in and many do not have names on them. This makes it difficult to return them.

Have a great week,

Kerrie Chopping, Head Teacher Welfare

ASSESSMENTS DUE – WEEK 8

Year 7	Nil
Year 8	Nil
Year 9	English (essay), Photo & Digital (BOW- surreal landscapes)
Year 10	PIPS (group performance)
Year 11	English Adv (extended response), English CEC (design portfolio), English Std (extended response), Food Tech (research food quality)
Year 12:	Visual Arts (differentiated scaffold), Agriculture (animal trial), Drama (group performance), Food Tech (practical test), Industrial Tech – Metal & Timber (folio & project), Legal St (research), Maths Ext 1 (in class test), Music 1 (research portfolio), Music 2 (core composition), Physics (research), SLR (skills assessment)

ASTLEY CUP INFORMATION FOR PARENTS AND SPECTATORS:

Astley Cup is a 91 year old sporting competition between Orange High, Bathurst High and Dubbo Senior College. It is a unique competition due to the way each sport is scored. Each school plays two rounds, one at home and one away during which eight sports are contested. Each sport is worth 100 points and is split in a ratio to points for and against.

Our first Astley Cup tie will be held Thursday and Friday against Bathurst High at Orange on the 19th and 20th of June.

Our second Astley Cup tie will be held Wednesday and Thursday of the following week against Dubbo Senior College at Dubbo on the 25th and 26th of June.

The cost for competitors is \$62.00, in which all costs incurred for the event have been split evenly amongst the competitors. There will be an opportunity for students to spectate at both ties for a fee.

The OHS Prefects have been instrumental in the creation of an Astley Cup Supporters Pack for 2014. This pack consists of an OHS beanie, scarf and cheering sticks and costs \$20.00. The front office is taking payments and packs will be distributed next Wednesday the 18th of June.

ASTLEY CUP HOME PROGRAM 2014

TIME	THURSDAY 19 th JUNE	TIME	FRIDAY 20 th JUNE
8.55AM	STUDENTS ASSEMBLE IN GYM FOR WELCOME TO BATHURST	9.15AM	BASKETBALL @ PCYC
9.15AM	TENNIS @ TOTALLY TENNIS	10.45AM	NETBALL @ PCYC
11.30AM	HOCKEY @ HOCKEY FIELDS	12.15PM	ATHLETICS @ OHS
12.00 PM	DEBATE PREPARATION	2.30PM	RUGBY LEAGUE VENUE TBC
1.00PM	MULVEY CUP DEBATE	3.45PM	AFTERNOON TEA @ OHS GYM
1.00PM	BOYS SOCCER @ OHS	4.00PM	BATHURST DEPART
2.15PM	GIRLS SOCCER @ OHS		
3.30-4.00PM	BATHURST DEPART		

BILL TURNER CUP

A big thank you to the boys that participated in the Under 15's Bill Turner Cup over the last 2 months they did a great job representing OHS. They came up short of making it to another round of the Bill Turner Cup. They played very well and made our school proud.

Thanks from Mr Bell



Drum therapy is an ancient approach that uses rhythm to promote healing and Self-expression.

Anglicare will be running a Drumming Group for YOUTH a great chance to ease anxiety and aid Self-regulation. A Social atmosphere and a chance to meet new people and have FUN!

the beat 8 week program held Monday afternoons 4-5pm
\$50 for 8 sessions

Call Dallas on 6369 9500 or email
dallas.webb@anglicare.com.au



CANCER COUNCIL APP

Protect the skin you're in with the free SunSmart App

Overexposure to ultraviolet (UV) radiation causes wrinkles and skin and eye damage, ultimately leading to skin cancer. Protect the skin you're in with the SunSmart app for iPhone and Androids. The SunSmart app lets you know when you do and don't need sun protection, making it easier than ever to be smart about your sun exposure all year.

[Download app for iPhone](#) | [Download app for Android](#) | [Download app for Samsung](#)

How does it work?

- Download the app and select your location in Australia.
- Set up a sun protection alert and receive daily reminders of the times of day sun protection is required.
- Select to receive the alert at the time of your choice or at the exact time the UV is forecast to reach a level that can damage your skin and eyes.
- Use the sunscreen calculator to find out how much sunscreen you need to apply, taking account of your size and clothing.

Features

- **Sun protection times** > Lets you know when you do and don't need sun protection for any location in Australia.
- **7 day weather forecast** > Check the weather for the week ahead.
- **Alert function** > Personalise the alert function to remind you of the daily sun protection times.
- **Vitamin D tracker** > Find out if you are getting enough UV exposure for vitamin D.
- **Sunscreen calculator** > Find out if you are using enough sunscreen.



WEP Student Exchange - A Once-In-A-Lifetime Opportunity!

World Education Program (WEP) Australia is now accepting applications from students who wish to participate in 2014 summer or 2015 semester and year exchange programs. Students can choose to study and live life with a carefully selected host family in more than 25 countries.

Exchange students return to Australia with maturity, confidence, and in many cases, proficiency in another language. If learning another language is not for your child, excellent programs to the USA, Canada and Ireland are also available.

I have no doubt that I will remember so many things fondly from this year and as it comes to a close I realise more and more that I don't want it to end. Since going back to school after the summer holidays I have noticed a change in my life here in France, not only is it much easier to follow the lessons and work in school but I had also grown closer to my friends over the summer holidays and it truly feels as if I have known them for years. If I had to redo my exchange, I would not change a single thing. - Jonathon, year program to France



Apply Early and Save \$500

Early Bird Specials are available for programs commencing in August 2015! WEP is offering students in years 9 to 11 a \$500 discount off the 2014/15 program fee towards a semester or year program to any of the following countries departing in July - September 2015: Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Thailand or the USA.

Find out More!

Request an information pack online or attend one of WEP's information sessions with your parents.

Visit www.wep.org.au to find out more

Web: www.wep.org.au

Phone: 03 9598 4733 / 1300 884 733 (cost of a local call)

Email info@wep.org.au

AFTER SCHOOL SPORT

After School Sport in Bowen for the last three weeks of this term will be on today Tuesday 10, then 17 and 24 June 2014 On Margaret Stevenson Park, 4 pm – 5 pm. Featuring Hockey Skills. All are welcome