



# Orange High School NEWSLETTER

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Quod Potero Sedulo

15th October, 2015 : Term 4 Week 2

## Year 7 - 2016 Transition Day



Honour the past ... create the future



# Principal's Report

**Principal**  
David Lloyd

**Deputy Principals**

Kathleen Maksymczuk (Rel)  
Helene Hamilton

**Head Teacher Admin**

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

**Head Teacher Welfare**

Kerrie Chopping

**Year 7 Adviser**

Cassie Coates

**Year 8 Adviser**

Alice Bright

**Year 9 Adviser**

Sophie Healey

**Year 10 Adviser**

Sarah Townsend

**Year 11 Advisers**

Taara Wilson  
Aaron Routh

**Year 12 Adviser**

Daniels Wait

**Careers Adviser**

Glen Pearson

**School Counsellors**

Robyn Flood  
Gai Torshavin

**Sport Co-ordinators**

Anthony Wharton  
Tegan Dray

**Student Representative**

**Council Leader**  
Peita Mages

**Congratulations to the more than 100 Year 6 students from Calare, Canobolas, St Marys, Catherine McAuley, Nashdale and Clergate primary schools for the way they conducted themselves during the second day of the Year 7 Orientation this week.** Our newest students were a credit to themselves and their primary schools.

While at Orange High, the 2016 Year 7 cohort completed sample lessons, getting to know you games and a variety of peer support activities as they learnt their way around their new learning environment. This is the first of two Orientation days with another 100 students from Orange Public, Bletchington and various small primary schools joining us next week for round 2 of orientation.



Pictured above is one of the small groups of students working with their peer support leaders.

**External HSC Exams began this week with the two English papers, followed by Music, Dance, Society and Culture, Engineering Studies and Ancient History.** It has been pleasing to see students emerge relieved, but also quietly confident, as a result of the fair papers across subjects. We look forward to continuing to support students over the next 3 weeks as they complete the remainder of their exams.

**Just a reminder to parents of students in Year 10 that the "The Orange High School Year 10 Formal" organised for the 6<sup>th</sup> November, 2015, is a *student run event*. This formal is not a school activity. **Orange High School staff will *not* be in attendance nor will they have any responsibility for the supervision of students.** As it is not a school activity, no aspects of the evening can be endorsed by the school. Any parents with questions or concerns are invited to contact the school and speak with Mrs Maksymczuk, the Year 10 Deputy Principal or Ms Townsend, Year 10 Year Advisor. We wish all students attending a terrific night**

David Lloyd

# Science News

## VALID

Week 9 of last term saw all of year 10 complete the state-wide Validation of Assessment of Learning and Individual Development (VALID). Well done to all of the students involved. VALID is an important tool that allows us to reflect on our teaching programs and ability to implement the DEC Science syllabus at Orange High School.

As part of the VALID process, teachers were given the opportunity to mark the VALID assessment. This has allowed a number of staff to engage in professional development to link school based assessment to state-wide assessment strategies which will allow the improvement of the assessment of students at Orange High School.

Year 8 have been busy preparing for their VALID assessment which will be conducted from the 9<sup>th</sup>-17<sup>th</sup> of November. Notes will be going home shortly to explain this process to parents. Good Luck Year 8.

## Excursions

Last term saw the year 11 Biology and Senior Science classes' travel down to the Narrabeen Coastal Environmental Centre to engage in the compulsory field study for both subjects. A well-organised excursion and valuable educational experience has allowed students to expand their understanding of biology in context. Highlights of the excursion were the engagement of students with baby gorillas at the Taronga Zoo Sydney, and the array of marine wildlife that was observed at the field study rock platform.

The HSC Physics and Chemistry classes' headed off to Sydney once again for the excursion to ANSTO, Sydney University and The University of NSW. The students had the opportunity to develop practical skills for the HSC in both Physics and Chemistry. The tour of the Australian Nuclear facility ANSTO was engaging and allowed students the opportunity to speak with research scientists and develop their understanding of HSC content.

## Upcoming excursions

The year 9 and 10 Marine study classes have their upcoming excursion to Jervis Bay that will see them develop skills in water safety, snorkelling, sea kayaking and scuba diving. The coastal experiences provided by this excursion are a great opportunity for students from the country to engage with the marine environment.





# RYDA - Rotary Youth Driver Awareness program



RYDA is a series of practical and powerful workshops that aim to change the way young people think about road safety. As part of an interactive one-day experience, students experience braking at different speeds, devise travel strategies that will work for them in the real world and get tips from road safety experts on how to protect themselves, their friends and family. Perhaps the most impactful moments come from the personal stories of loss and survival. In one session, students watch a powerful and emotional video on the life and tragic death of an 18 year old provisional driver and her best friend. And in another, they sit with a crash survivor and hear first-hand how one poor choice can change a life forever.



**RYDA is designed for 16-18 year old students who are approaching that crucial time in their lives where they start to drive independently or are travelling as passengers of novice drivers.**

At RYDA, students will:

- Identify risks of car travel (to young driver and passenger) including life-long consequences.
- Identify contributing factors to crashes and understand how these are preventable (crashes aren't accidents).
- Identify what a low-risk driver/passenger is and compare to self (in relation to low-risk attributes).
- Investigate ways to manage and eliminate road risk by developing and rehearsing personal strategies.
- Prepare steps (safer driver and passenger behaviour change) to lower identified personal risks and be a socially responsible road user.



# 2016 MUSIC SCHOLARSHIPS

INSTRUMENTAL AND VOCAL SCHOLARSHIPS  
WITH ORANGE REGIONAL CONSERVATORIUM  
ARE AVAILABLE

**APPLICATIONS OPEN**  
MONDAY 14TH SEPTEMBER

**APPLICATIONS CLOSE**  
FRIDAY 16TH OCTOBER - 5PM

\$15 APPLICATION FEE IS DUE ON SUBMISSION OF  
APPLICATION TO THE ORC ADMIN

AUDITIONS TO BE HELD  
SATURDAY 31ST OCTOBER  
AT THE ORC AUDITORIUM

Application forms and information available from the ORC Admin or  
[www.orangecon.org.au](http://www.orangecon.org.au) from Monday 14th September



73a Hill Street, Orange - [admin@orangecon.org.au](mailto:admin@orangecon.org.au) - 6361 7974

Book a Black Dog Institute presentation on:

## Breaking down depression & building Resilience



### About the presentation

Delivered by a trained presenter who has a personal experience of a mood disorder or of caring for a loved one, 'Breaking down depression and building resilience' is a 60 minute presentation suitable for general audiences with, or without a mood disorder. This presentation will provide accurate information about what mood disorders are, their causes, how to spot early warning signs, and how seek help and build personal resilience.

### About the speaker

Born in Newcastle, now residing in Blue Mountains, via Tamworth! Newcastle Knights fanatic, Supply Chain Enthusiast. Live for road trips. Strongly believe that enthusiasm can overcome all obstacles.

**Where:** Orange Tafe, Library/Hub

**When:** Thursday 15 October 2015

**Time:** 5:45pm for a 6pm start

**Presentations are delivered for free.** Fees may apply to cover significant travel costs. Donations are appreciated.

**To book a presentation** in your local community, please complete the online booking form at [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

(Community education programs).  
For more information, email [community@blackdog.org.au](mailto:community@blackdog.org.au)  
Website: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



BLACK DOG INSTITUTE

## VOLUNTEER AWARD – YOUTH & OPEN CATEGORIES

Sport and Recreation are again holding the **Central West Winter Sport Volunteer Award**. It's the end of the winter sporting season, but its not too late to recognise the efforts of the outstanding volunteers who keep sport going in our communities. The Award has separate categories for both open and youth (25years and under) to recognise the importance of all aged volunteers in grassroot sports.

In 150 words or less tell us how your volunteer is worthy of being nominated. All nominees will receive a certificate, with the winner and runner up being awarded \$250 & \$100 (respectively) to spend on approved sports development programs. It's a great way to say thank you to a coach, committee member, official or manager. It's a simple process that wont take long, but will make the nominee feel valued as a volunteer.

Nominations can be made online via the Sport and Recreation website [sportandrecreation.nsw.gov.au/volunteeraward](http://sportandrecreation.nsw.gov.au/volunteeraward) or call 6362 6623.

Nominations close Friday 6<sup>th</sup> November 2015.



### ASSESSMENT TASKS DUE WEEK 3 Term 4 - 19TH OCT to 23RD OCT 2015

Year 7	-----
Year 8	-----
Year 9	Dance (appreciation - styles of dance)
Year 10	Australian History (Power Point and source based speech), Australian Geography (research task)
Year 11	-----
Year 12	-----



# PINK RIBBON

HELP CANCER COUNCIL  
BEAT WOMEN'S CANCERS

**Pink Ribbon Day – Friday, 23rd October 2015**

Breast and gynaecological cancers unfortunately touch everyone's life in one form or another, either directly or through the experience of family and friends.

Every day in Australia, around 50 women are told they have breast or a gynaecological cancer. Sadly, around 12 Australian women will die each day from a women's cancer. The five year survival rate for breast cancer has increased by 17% in the past two decades, and by 7% for women with a gynaecological cancer in the same period, thanks to advancements in cancer research and prevention.

Cancer Council NSW aims to minimise the threat of women's cancers through successful prevention, best treatment, support and world-class cancer research.

**Pink Ribbon Day** helps raises funds to provide hope for more survivors and support the many thousands of Australian women affected by breast and gynaecological cancers.

**Orange High School** will once again be supporting this annual event and pink merchandise is now available to purchase from the main office. Merchandise will also be available to purchase from the star quad during recess and lunch on Friday, 23th October 2015.

Silk Ribbon Pins \$3, Wrist Bands \$4, Enamel Pins \$5, Diamante Pins \$5, Key Rings \$5, Pens \$6, Bracelets \$7, Luggage/Bag Tags \$7, Penny Bears \$10, Enamel Bangles \$10.

**Pink** fragrant candles \$8 will also be available for pre-order purchase from the office ( small glass container with lid, approx burn time 15 hrs). Please see Janine Caughlan at the office to place a candle order before Wednesday 21/10/15.

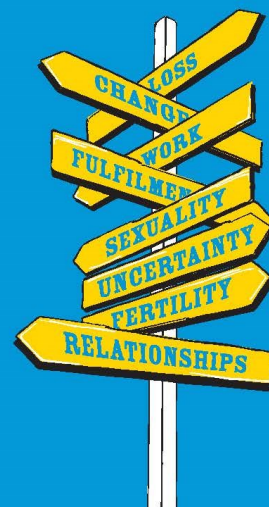


## Coming to Orange!

**When:** Saturday 28 November 2015  
**Time:** 10 am - 12:30 pm  
**Call for more details:** 1300 200 558 (local call cost)

## Living Well After Cancer

A program for cancer survivors, their family and friends.



### Finished cancer treatment and ready to move on?

You may find that you see the world differently after cancer. Perhaps you feel that others don't understand your experience and expect you to 'get back to normal'.

Cancer and its treatment can bring a host of practical challenges, from changes in appearance and body function to managing the emotional and social impacts.

Living Well After Cancer program is a free community education program and is run by Cancer Council with trained cancer survivors.

This two and a half hour program includes practical information and open discussion for people who are cancer survivors, carers, family, friends and work colleagues. As a participant, you will learn about the possible changes, challenges and opportunities you may face after completing cancer treatment.

You will also have the opportunity to connect with others on a similar journey, and share tips, ideas and activities to help you live your life well.

// I am so grateful for this program. I felt so lost when I finished treatment ... I just thought everything would go back to normal //

For more information about the next program in your area, please contact Cancer Council Helpline 13 11 20



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