



# Orange High School NEWSLETTER

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Quod Potero Sedulo

22nd October, 2015 : Term 4 Week 3

## Year 7 - 2016 Transition Day 2



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

It has been pleasing to see the second round of Year 6 into 7 Transition proceed so smoothly and positively. **We are really looking forward to continuing to support and welcome each and every one of our 2016 Year 7 students into a settled and focused learning environment.** Early signs from both transition groups are very affirming and there is a strong level of confidence that this year group will bond together tightly to achieve at very high levels over the next 6 years. **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.** All students have represented themselves and their respective primary schools with distinction.



**Congratulations to Helena Griffith** – an inspiring young person who is completing the first term of her HSC courses. Helena recently submitted a resume and portfolio of community service work to the Orange Daybreak Rotary Club and was invited to interview. As a result Helena was named the **overall 'Service Above Self' winner from a total of nine government and independent secondary schools in the Orange District for 2015.**



According to the Orange Daybreak Rotary Club, Helena, stood out as an exceptional young lady who is very involved in both school and community and is a role model for Service above Self. As a result, Helena has been awarded a cash prize of \$300, a certificate and the opportunity to be involved in the RYLA program (a youth leadership program run by rotary for young adults between 18 and 30). **Congratulations Helena, we are incredibly proud of who you are but also what you do as a role model in our school and community.**



**Many thanks to our senior hospitality team who led the catering for the Nashdale Ladies Markets last Friday night.**

Based on the feedback received, I understand the students led by our very capable staff did an incredible job serving canapes to what I understand was hundreds of women at the event. As a school, we are incredibly proud to be able to offer students the opportunity to study not only the full range of academic curricula but also a wide range of vocational subjects from hospitality through, construction and metals and engineering.

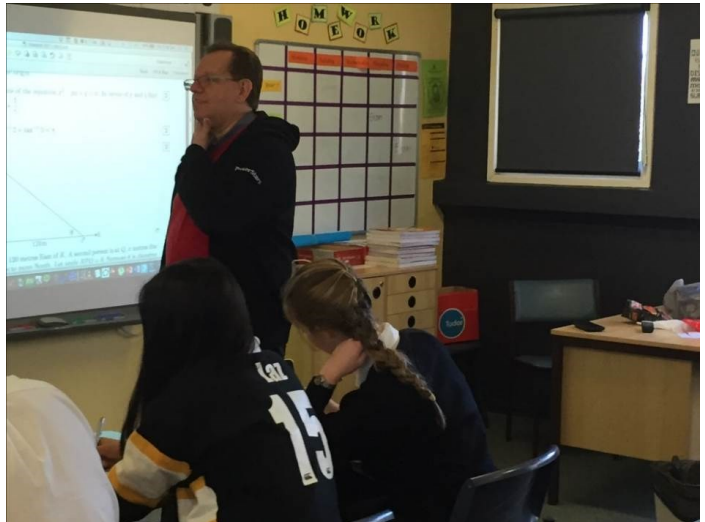
On Friday morning in Roll Call students will vote for their SRC leaders for 2016. Students will vote for their own year group and results should be known by early next week.

David Lloyd  
Principal

# Maths News

Fourth Term is always a very busy time for the Mathematics Faculty! Since our last Newsletter article, there has been a lot to celebrate and even more to prepare and look forward to in the rest of the term.

**HSC Preparation Study Days** – Thursday September 10 and Friday September 11, 2015. This is the second year in a row that we secured Morris Needleman (courtesy of MATV Services, Orange) for the fine tuning of our Mathematics, Extension 1 and Extension 2 HSC students. Morris is somewhat of a guru in the Maths world and we were very lucky to have his expertise for these two days of intensive HSC preparation. The most exciting thing is that he delivered content specifically designed for our HSC students, determined by weaknesses found after completing the Trial Examinations. Thank you to both Morris and our sponsor, MATV Services. Our students were the beneficiaries and Year 12 definitely made the most of this terrific opportunity!



And before you get worried that Extension 1 Mathematics is so intense that it changes the gender of its students ...

Don't worry. It doesn't! It was Year 12 Gender Bender Day as we celebrated our last ever mathematics lessons!



## Good Luck Year 12 in all your future endeavours!



The Mathematics Faculty wishes you nothing but the very best!



# Maths continued...

**The Australian Mathematics Competition** – Thursday, July 30, 2015 and the results are in!

Miranda Eyb: Proficient

Mike Thompson: Proficient

Zali Smith: Proficient

Kaleb Cook: Credit

Nobungwele Moyo: Participation

Tom Milson: Distinction

Alexandra Boyd: Credit

Rory O'Shea: Participation

Jacob Follent: Proficient

Well done everyone! A job well done!



**Year 9 Mathematics Luna Park Excursion** – it's on again this year!

So start saving your cash and get ready for the best day of practical mathematics that you will ever witness!

**Year 9, BE EXCITED! BE VERY, VERY EXCITED!**

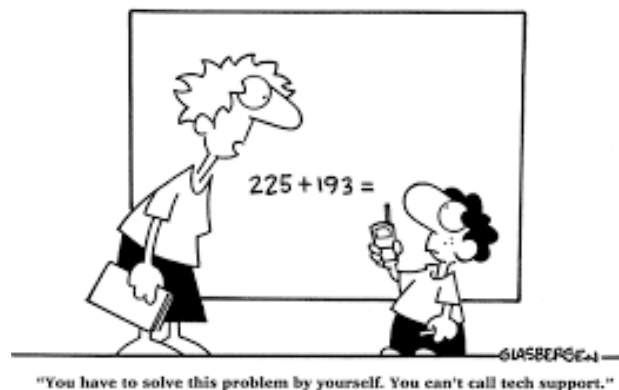
There will be more information to come your way via your Mathematics teacher very shortly! I know I'm excited and I know Mrs Sood, Mr Lummis and Mr Blencowe can't wait! This time I don't think I will do all the rides. Some of them were way too scary – especially The Wild Mouse .



***Thank goodness for the power of Mathematics,  
otherwise it wouldn't stay on the rails!***

**End Of Course Examinations Years 7 to 10** – these are fast approaching!

More information regarding each year group and the respective course will be given out in class by the individual teachers but students are encouraged to start studying now. Each examination will run for 1.5 hours in the PAC and will include both Semester One content as well as the current Semester Two content. Years 7 and 8 during Week 5 and Years 9 and 10 during Week 6. There is a lot to study so do not leave it until the last minute! The results of these tests as well as previous assessments will help determine future classes. Parents are encouraged to ensure that their students are revising regularly at home.



Well I think that is all the news from the Mathematics Faculty for the moment. With the holidays and Christmas just around the corner, there will be a tendency to take it easy but as I previously mentioned, the end of year brings the End of Course Examinations. You will need to intensify your efforts, work hard and ask your Mathematics teacher lots of questions. They are always willing to help. Aim high in these examinations and study hard! Enjoy the rest of the term!

# The Buzz



## PBL Draw

Congratulations to the following students, they have earned themselves a \$10 canteen voucher each, for their hard work and dedication to learning!!

Jamilah Vangarden – Year 8

Melissa Powe – Year 9

Chloe Baker – Year 7

Mitchell Watts – Year 7

## Transition

Many thanks to the Orange High staff and students, for their support of Year 6 Transition 2016. It is a huge event and involves a big team of workers to make it a success. We hope you enjoy the photos. We are looking forward to officially welcoming the year 7 students next year.

## Mental Health Month

As previously mentioned in week 1 this term, October is Mental Health Month across Australia. Orange High School is celebrating youth mental health and wellbeing throughout this month and participating in some community events.

The local message for 2015 is the notion that youth mental health is the elephant in the room. It is something that everyone knows something about but is not easily talked about. The elephant will serve as a visual reminder and talking point for the month of October. Let's start talking about the elephant in the room!! The aim is to remove the stigma and create positivity around youth mental health and wellbeing.

Our elephant looks amazing, thanks to Mrs Coates, Mrs Frost and a team of dedicated artists. They have worked hard over the last 2 weeks to make the elephant look bright and cheery. It is a great visual reminder that positive mental health is really important.

## Positive Parenting

This is a three-hour interactive seminar on positive communication and parenting techniques. Parents will learn to help their children grow and develop to the best of their abilities.

### Parents will learn:

- how to acknowledge each child as an individual
- about the power of focusing on what children are doing well
- to help their children have better relationships with themselves and others

**Tuesday 3<sup>rd</sup> November 2015**

Cost: \$25.00 per person  
\$15.00 concession

Venue: Interrelate Orange  
Address: 108 McLachlan Street

Bookings Essential – Phone 02 6363 3650





## 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.



### ASSESSMENT TASKS DUE WEEK 4 Term 4 - 26th OCT to 30th OCT 2015

Year 7	Music (performance group), Tech Mandatory - Agriculture, Home Economics & Industrial Arts (design practical task)
Year 8	Music (performance group), Tech Mandatory - Agriculture, Home Economics & Industrial Arts (design practical task),
Year 9	Child Studies (textile item for young child), Geography (research booklet in class), Marine Studies (snorkelling theory exam and practical competencies), Music (performance & listening), PDHPE mandatory (ongoing practical assessment, PIPS (ongoing practical assessment).
Year 10	Agriculture (exam), Marine Studies (practical marine knots), Music (performance & listening), PDHPE mandatory (ongoing practical), PIPS (Sports Studies practical)
Year 11/12	Modern History (source analysis WWI.



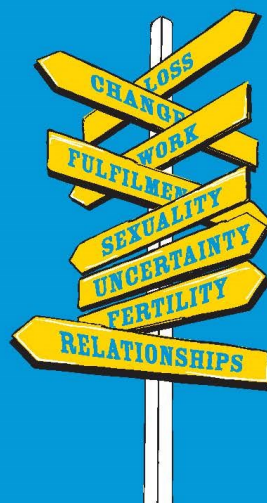


## Coming to Orange!

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**



CAN940 06/11



by Pam Ryan

Drawing on her experiences in the Central West and in Hong Kong, Pam Ryan's book offers practical, conversational insights into leadership.

- What should leaders know and how should they act?
- How do teams become high-performing?
- What makes an effective learning program?
- Why and how do leaders empower the innovators?

The book explores these key questions.

Orange High School has copies of the book which are available through the front office. Pam is making the book available to the school for \$20 a copy, \$5 of which will be donated to the school creative arts program.



# NAIDOC YOUTH DISCO

Thursday 29 October 2015

**At Orange PCYC,**  
2-10 Seymour Street Orange NSW

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**6 – 7.30pm Infants/Primary**  
**8 – 9.30pm High School aged youth**

Get your boogie shoes on and come and enjoy a night of fun at  
the NAIDOC Youth Disco.

## Free entry



**FREE Drink and lolly bag to each participant !**  
Water and fruit also available

**Drug and Alcohol free event, Security onsite.**

**Please organise your own transport to and from PCYC**

Contact: Councils Youth Development Officer, Katrina Hausia Ph. 6393 8628