



Orange High School NEWSLETTER

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Quod Potero Sedulo

7th May, 2015 : Term 2 Week 3

Australian Defence Force Information Day



Last Friday a number of Orange High School students travelled to the Orange Airport and participated in an ADF information session.

Following the information session, the students went for a joy ride in a Hercules aircraft. One of the pilots was an Orange High School alumnus, Justin Della Bosca who graduated in 2002.



Honour the past ... create the future

ORANGE SHOW 2015

RESULTS

Principal
David Lloyd

Deputy Principals
Kathleen Maksymczuk (Rel)
Helene Hamilton

Head Teacher Admin
Kylie Winslade (students)
Joanne Cormack (Rel) (staff)

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



Galloway class

Champion junior Galloway bull
Champion junior Galloway Heifer
Champion steer

Junior Judging

13-16 years 1st Noah Lamrock
Junior Judging champion Noah Lamrock

Junior Parader

U13 years 2nd place Koininea Youse
13-16 years final
Reserve Champion Alex Sinclair
Lachlan Clifford
Katelyn Elliott
Noah Lamrock





Principal's Report

Congratulations to our Cattle Team who have once again achieved at a high level, this time at the Orange Show.

Champion junior Galloway bull

Champion junior Galloway Heifer

1st place and 2nd place Galloway Heifer

Champion steer

In addition, students were awarded the following in the parading section of the event:

Junior Parader U13 years; 2nd place Koininea Youse.

13-16 years Lachlan Clifford, Katelyn Elliott, Noah Lamrock.

Reserve Champion, Junior Parader Alex Sinclair

In the junior judging section, students have a look at three animals and then place them 1st, 2nd and 3rd, then in front of their peers and the judge explained their decision. For the majority of the team this was their first experience of public speaking on a microphone in such a setting. Every one of our students did an amazing job and spoke really well. Noah Lamrock won his section and then took out overall Junior Judging Champion.

Further, it has been terrific to hear such positive feedback from the teachers and general public regarding our students maturity and conduct. The next major event will be the Canberra Royal Show in early 2016.

Congratulations, also to the students who attended the Gifted and Talented Camp at Lake Burrendong earlier this week. The students returned yesterday excited after establishing new friendships across the grades through their collaboration on a range of activities. The mentoring opportunities, as well as strategy development in games and activities, will help support learning in coming months and years.



This week contractors are commencing construction of our new lift in the inner quad. The new structure will see the installation of a much larger, and most importantly, reliable lift for use by students with special needs. In the interim there will be some changes to playground areas through the addition of safety fencing. As the only place to logically construct the lift was on the inner side of the main building, all of the components and concrete will need to be craned into place over the existing classrooms. While there will be some short term interruptions to playground areas, the long term gain ensures equity in the school.

News from the OHS Mathematics Faculty

It's been a busy start for Term 2 and we are all very excited in the Mathematics faculty for continued opportunities to teach and enrich our students with exciting and mind-blowing Mathematics!

Before we start with our upcoming news, let's recap on Term 1 for what was a brilliant start to the year:

Our classes settled into a nice routine. As you walked around the Mathematics classes, they were all focused and excited to learn new and exciting math. Everyone loves homework and the Mathematics faculty was sure to please. Just a reminder that exercises/worksheets/puzzles given out in class should be completed at home (that's if they are not finished in class time) and secured into your mathematics workbooks as appropriate. **Mathematics is a participation sport! The more you practice your mathematics, the better you will get!** Mathematics homework is essential to gain the necessary revision.

Term 1 Assignments for Years 7 to 10 were completed and the quality was impressive. End of Term 1 Tests were also undertaken and students should now clearly know what they need to concentrate on for the upcoming Mid Course Examinations (more about these examinations later in this article).

Inquisitive Minds came to our school on March 10 and Year 7 were treated to an enriching day of problems, patterns, pictures and puzzles. It was exciting to watch and hear the buzz in each session as students took part in problem solving competitions. Even the most anti-math student came away with a smile on their face and a love of mathematics. The pictures below clearly show the commitment and application that the Year 7's showed on the day. Well done Year 7, you are great ambassadors for this school and we hope that you truly enjoyed the day! Thank you also to the Year 10 GATS students who volunteered to assist with this event. We have invited Inquisitive Minds back in 2016 and we hope that this will be an annual event for our Year 7 Mathematics classes. The Year 9 GATS class will also be enjoying a day in Bathurst, competing against other schools when Inquisitive Minds goes there later in the year.



Did you celebrate World Pi Day in style? Various mathematics classes at OHS ate a lot of "pi" and discussed the significance of the day in the lead up to this once in a life time event on March 14, 2015, at 9:26:53 a.m. i.e. 3.141592653.....

Our senior students have worked hard in Term 1 2015 and the Year 12 students completed their Mid Course Examinations at the conclusion of the term. The students have now spent some time with their teachers going through these papers and weaker areas have been identified. The General 2 teachers rotated around the respective classes and gave each class a report of how each question was marked. Similar advice was given to the Extension and Mathematics classes by their respective teachers. This feedback is in line with how the HSC Markers report on each question. We hope that this, plus each student's continued diligence will place them in good stead as the Trials and Higher School Certificate Examinations approach. We have also planned study days and Maths Camp for our Mathematics and Extension students during Term 3 to aid their efforts to achieve their best possible examination mark (more about these in the next Mathematics Faculty Report). Our Year 11 students are currently completing their Mid Course Examinations and we will be examining their scripts with them in similar detail. As stated earlier, the best way to learn Math is to do Math. There is no substitute for drill and practice or learning from mistakes made!

So what does the Mathematics faculty have planned for Term 2?

NAPLAN will be conducted next week for our Year 7 and 9 students and again the information that we gain from these tests will allow us to continue to differentiate and adjust our Mathematics Programs for individual learning styles. All mathematics classes are currently using class time and home study to complete practice papers.



Mid Course Examinations will occur for Years 8 and 10 early Week 5 and for Years 7 and 9 at the end of Week 5/early Week 6. The following topics will be covered in the Mathematics Examinations for each year group. The duration for each Mathematics Examination is 1 hour with an additional 5 minutes reading time.

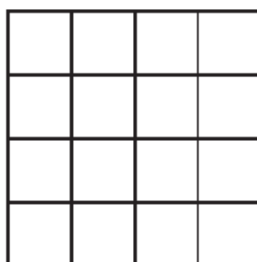
Year 7	Computation with positive integers Angle relationships Computation with negative integers
Year 8	Algebraic techniques and indices Equations Measurement
Year 9	Integers, decimals, fractions, ratio and rates (5.1, 5.2, 5.3) Financial mathematics (5.1, 5.2, 5.3) Expressions, equations and inequalities (5.1, 5.2, 5.3) Pythagoras' Theorem (5.1, 5.2, 5.3) Note: 5.3 students will be completing an additional paper with harder content from the above plus Trigonometry.
Year 10	Financial Mathematics (5.1) Measurement (5.1, 5.2, 5.3) Algebraic expressions, algebraic fractions and indices (5.1) Surds and indices (5.2, 5.3) Probability (5.1, 5.2, 5.3) Note: 5.3 students will be completing an additional paper with harder content from the above.

Students are encouraged to complete the various revision sheets that their Mathematics teacher gives them and seek the aid of their teacher if they are unsure of difficult concepts. The Mathematics staff are extremely accessible and are always willing to help!

The Mid Course Examinations will be held in the PAC and the students must ensure that they have the required equipment including pens, a rule, pencils, an eraser and most importantly, a scientific calculator. Note: Smart phones, although they have good calculator apps, are not allowed in examinations for obvious reasons.

The Mathematics faculty will soon be calling for entries to both the Australian Mathematics Competition and the ICAS Mathematics Competition. These are prestigious competitions that are run each year at Orange High. If you think you have what it takes then see your Mathematics teacher. Here is a taste of what you can expect.

1. My cat gets on the roof of our house by jumping first to the fence, then on to the water tank, then on to the roof of the shed, then on to the pergola and finally on the roof. However, coming down, she can omit as many of the intermediate steps as she wishes. How many routes can my cat take coming down? (*2000 Australian Mathematics Competition, Junior question 29*)
2. The lengths, in centimetres, of the sides of a triangle are $2x$, $3x$ and $4x$. If the perimeter of this triangle is 45 cm, then the difference, in centimetres, between the lengths of the longest and shortest sides is? (*Sample Australian Mathematics Competition, Junior question 7*)
3. Piran has a 4×4 grid of squares on which he is trying to place as many counters as possible. No more than one counter may be placed on any square and no more than three on any row, column or diagonal. What is the maximum number of counters he can place in this way? (*Sample Australian Mathematics Competition, Intermediate question 6*)



4. The maximum value of the expression $ab+bc+db+dc$ if a , b , c and d are replaced by 2, 4, 6 and 8 in any order is? (*Sample Australian Mathematics Competition, Senior question 8*)
5. An astronaut lands on the equator of a spherical asteroid. He travels due north 100 km, without reaching the pole, then east 100 km, then south 100 km. He does not pass the same point more than once, and finds that he is due east of his original starting point by 200 km. How many kilometres would he now need to travel by continuing his journey in an easterly direction in order to reach his original starting point? (*Sample Australian Mathematics Competition, Senior question 10*)

I hope that you have enjoyed working through these puzzles. Don't forget to sign up to take part in the competitions when they become available!

Enjoy Term 2 everyone!

Live, Love Maths!

Mrs. Jo Beeby (Mathematics Teacher)



The Orange District Antique Motor Club held their annual meeting and dinner in the Coral Sea Room at the Orange Ex Services Club last Saturday night.

OHS Show Band played a selection of "Big Band" Swing numbers during their three sets, keeping club members on the dancefloor throughout the evening.

The Master of Ceremonies praised our show band saying he was amazed at the talent of these young students.



PRISM Meeting

Where: Music Recital Room
Orange High School
When: Wednesday 13th May 2015
5:30pm
Agenda: Fundraising
School Show

Dear Parents and Caregivers

Please attend a brief meeting to see how you can support your child in the Orange High School Music Programme.

Yours faithfully

The Music Staff

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don't function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

- 1 Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
- 2 Have a wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
- 3 An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
- 4 Keeping bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
- 5 Maximising the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

Sleep tips for teens:

- 1** Allow them to catch up on lost sleep during the weekends.
- 2** Help your young person schedule their after school activities to free up more time for rest.
- 3** Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
- 4** Afternoon naps are good ways to recharge their batteries.
- 5** Make sure they go to bed early each Sunday night to prepare for the coming week.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parenting Ideas Club** today at parentingideasclub.com.au. You'll be so glad you did.

parentingideas.com.au



The Buzz

Congratulations to the PBL Ticket winners this fortnight....

Hunter Press – Year 10

Natasha Cole – Year 9

Devin Gilmore – Year 10

Erin Wardle – Year 7

\$10.00
PBL
Canteen Voucher



ASSESSMENT TASKS DUE WEEK 4 Term 2 - 11th to 15th May 2015

Year 7	English (picture book & reflection), Japanese (Task 2), Music (performance - guitar), TM Agriculture (design task), TM Home Economics (design task, Food Textiles), TM - Ind Arts (design task), Visual Arts (in class task)
Year 8	Japanese (Task 2), Music (performance - guitar), PDHPE (extended writing task - Let's Party), TM Agriculture (design task), TM Home Economics (design task, Food Textiles), TM - Ind Arts (design task), Visual Arts (case study)
Year 9	Dance (dance review), Food Technology (research task - preservation), Geography (research booklet in class - extended response), Music (listening), Music (performance). PIPS (formal in class assessment)
Year 10	Marine Studies (first aid refresher practical), Music (listening), Music (performance), PIPS (Aerial skills - practical task), Science (processing and analysing data)
Year 11	Dance (core composition), Music 1 (composition)
Year 12	Ancient History (research), Society & Culture (in class essay)



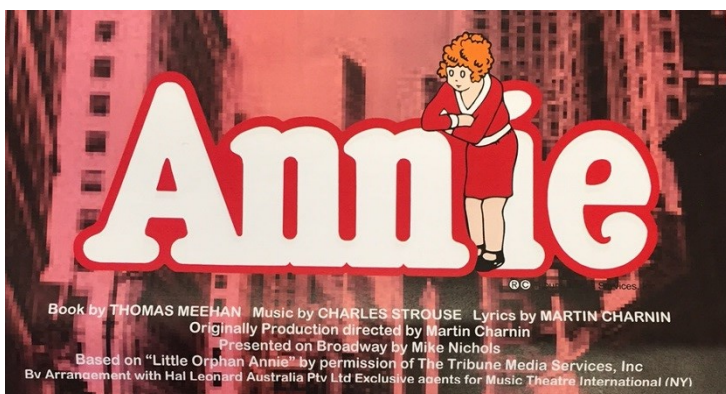
Kid Lit Quiz BBQ



Attached are pictures from the Bunnings BBQ for the kids' lit team. We raised over \$1000 towards the girls' airfares. A huge thank you to all the volunteers who helped out including Allison Hazzard, Kate Griffen, Keith Lummis, Suellen Milham, David Clare, Alex Kennedy and Tim Dowler. Thanks you to all staff, students and parents who supported us by buying a sausage sandwich on the day.
Mrs Maksymczuk Rel. Deputy Principal



If you would like to make a donation to help support the team, please see the staff in the front office.



ORANGE CIVIC THEATRE
May 15th – 24th 2015
Book through Ticketek 63938111
 Annie has two (2) children's casts please note their performances

Hannigan Cast	Warbucks Cast
Friday 15 th May 7.30pm	Saturday 16 th May 1pm
Saturday 16 th May 7.30pm	Sunday 17 th May 1pm
Friday 22 nd May 7.30pm	Thursday 21 st May 7.30pm
Sunday 24 th May 1pm	Saturday 23 rd May 7.30pm

Orchard Walk & Packing Shed Tour: Saturday 1.30pm – approx 3.30pm

We visit a local apple grower, walk through the orchard, taste apples straight off the tree & finish in a 'working' packing shed

Bus departs Orange Visitors Information Centre 1.30pm. Cost: \$10.00 pp includes a bag of apples.
Enquiries/Bookings: 0425 259 350

Full Program is on www.orangeapples.com.au

Cath Thompson

Orange Region Farmers Market Manager/Orange Apple Festival Coordinator

6365 2298 0425 259 350





Orange High School Parents & Citizens Association



PO Box 654

ORANGE NSW 2800

Ph: (02) 6362 3444 Fax: (02) 6361 3616 Email: secretaryohspc@gmail.com

Dear Parent/Caregiver

In previous years the OHS P&C Association has relied on profits from the school canteen and one or two events to raise funds to provide extra resources for use by the students of the school.

This year the P&C and the school are taking on the task of raising sufficient funds to enable the resurfacing of the outdoor basketball courts. These courts are used by all students at Orange High for sport and P.E. as well as activities during recess & lunch. The plan is to resurface the area and mark out courts for basketball, tennis, volleyball & netball. This will be a fairly substantial reconstruction so the cost is quite high. Total cost including new fencing will be approximately \$160,000. We started saving for the cause last year and we have also been given a grant of \$25,000 from the state government to get us underway but we have some distance to go. In order to reduce the amount of fundraising activities throughout the year we are asking if families could make a donation to the building fund. Any donation over \$2 to this fund is tax deductible.

The desired Contribution payment amount is:

\$50 for one student

\$75 for two students

\$100 for three or more students

Any contribution would be appreciated. You may pay the donation by cash, cheque or by Parent Portal via the Orange High School Website. If paying cash or cheque, **please return the slip below** with your payment to the Front Office.

We hope to start work on the resurfacing later this year so your prompt payment will allow us to plan what other fundraising initiatives will need to be organised to enable the project to get underway. We are grateful for your contribution and thank you for your continued support.

Yours faithfully,

Keith Lummis

President - Orange High School P&C

Orange High P & C Building Fund Contribution 2015	
Parent/Caregiver's Name:	Amount:
Student Name/s:	