



Orange High School
NEWSLETTER

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Quod Potero Sedulo

30th April, 2015 : Term 2 Week 2

ANZAC DAY 2015

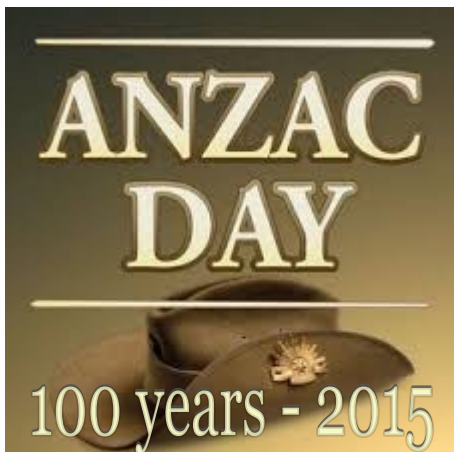


LEST WE FORGET

Honour the past ... create the future



ORANGE HIGH SCHOOL - ANZAC DAY 2015



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)

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

Last Saturday was a very special day as hundreds of our students proudly commemorated and remembered the human qualities of our ANZAC servicemen and women marching as a school in the Orange ANZAC parade. I could not have been prouder as principal marching behind our drum corps and with an awesome group of young people from our school who appreciate the deep sacrifice of previous generations. On a smaller scale but equally moving was the marching ex-service men and women from the RSL Club to the Dawn Service In Robertson Park accompanied by our flute ensemble. The sound of the flutes helped create a hauntingly beautiful atmosphere in the complete darkness. Equally impressive was our concert band who once again led the entire mid-morning march and played throughout the formal commemoration at the 10.30 service. Many thanks to all of our parents who facilitated transport and organised uniforms for another day in the week. There were several special comments from people in the crowd with one of the most rewarding "You shine, Orange High". I couldn't agree more.

On Friday afternoon last week our whole school paused in school as we stopped to remember the sacrifice of previous generations. Sergeant Martin addressed the assembly and reminded each student of the sacrifice of previous generations and the human qualities that ensured the freedom we have today.

Developing community responsibility and participation is a key part of a quality education. It was wonderful to see and hear of many of our senior students donate blood to commemorate 'Kaden's Donor Day' at the Red Cross Blood Bank last Monday. Kaden was a young man who tragically lost his life while at school and each year Orange High students help commemorate his memory by donating blood just as Kaden's family made the decision to donate his organs and share life with others. As a result the ladies at the blood service reported a very busy day with 60 donations from people across the community in addition to students from our school. To further promote community service, **Chloe Webb has volunteered to be a blood donor ambassador in our school to encourage even more students too roll up their sleeves as they are able and make regular blood donations.**

On the 27 May, students in Years 10, 11 and 12 will participate in a Rotary Club organised 'Ice' forum to raise further awareness of the dangers of the drug ice. The combined Rotary Clubs are facilitating the event as a community service with the aim of educating our young people in a real and honest manner with high level guest speakers and presenters. More information will come to families as arrangements are finalised.

Students in Year 11 have mid-course exams this week while students in Years 7 through 10 have exams in some subjects in the coming weeks as outlined in their assessment books received at the start of the year. These dates are always available on the school website. We wish students well and encourage parents to actively support revision and study at home. Exams timetables will be published shortly and available on the parent portal. These could be a great starting point for encouraging revision beyond school in the home environment.

David Lloyd
Principal



IMPORTANT NOTICE!

GATS Camp is now closed, no more online payments please.

ENGLISH REPORT



To begin this week's newsletter, I would like to acknowledge the diligent and creative achievements of all students throughout Term 1. Year 7- 12 students completed a range of challenging assessment tasks in English, at various stages throughout the term, some of these can be seen in the photographs included. I would also like to thank the many parents who no doubt heard, collected materials and spent much time assisting their children to do their best in these tasks.

Year 7 students examined their sense of Self Identity. To visually represent their understanding of themselves, all students constructed a range of posters or three dimensional presentations. 7EN1 students included in their reflection statements, that they 'enjoyed the opportunity to represent themselves creatively' and that the task allowed them to demonstrate' their interests and what makes them unique'.

Year 9 were set the task of analysing how the media influences our perceptions of our world and individuals. Students presented an analysis of a celebrity and how we, the general public, are positioned to see these celebrities. As part of this assessment task, students also had to analyse what techniques were used by the composers to create and shape our perceptions and views of these celebrities.

Year 11 students' first senior assessment task was the presentation of a five minute speech outlining what they had learnt, throughout the term, in the Area of Study - Journeys.

Although many students were quite nervous about presenting their speeches, they presented engaging and insightful speeches that offered a range of these ideas about Journeys.

Lastly, I would also like to congratulate the students of the Year 7 – 10 GATS classes who were challenged to complete an additional learning task this term. These students were encouraged to try out for the C.W.A Public Speaking Competition. The six selected finalists selected are; Molly Burton, William Boyd, Marly Hevers, James Cashen, Ella Van Bockom Maas and Rhett Wells. These talented speakers will be representing Orange High School at the regional finals on the 26th May. We wish them the best of luck in this competition.



RURAL FIRE SERVICE AND ORANGE FIRE & RESCUE VISIT ORANGE HIGH

Last Friday Geography students from Years Nine and Ten were privileged to hear from members of the Rural Fire Service and the Orange Fire and Rescue Unit. The visit was organised by the HSIE faculty to build on the Land and Water Management unit in Year Ten and the Natural Hazards unit in Year Nine.

The presentations were very interesting and helped students understand how natural hazards are controlled, contained and avoided and how land and water management is an integral part of a fire fighter's job. Many were surprised to hear that even a tanker of milk spilling into a waterway or onto land will be considered a potential hazardous material.

A special thanks goes to all members of the RFS (particularly Northwest Brigade) and the Orange Fire and Rescue Unit who gave their time to help our students. A big thankyou goes to Ash Morrow for coordinating many parts of the day.

Highlights identified by students:

- going inside the fire engine
- seeing the equipment like the jaws of life
- hearing real life examples of what we learn in class
- seeing the power of the water coming from the hoses

Adam Gray
HSIE



Kids' Lit Update

The Orange High School Australian Kids' Lit champions are having a fundraiser this weekend to help cover the costs of travelling to America in July. We are having a barbeque at Bunnings this Saturday the 2nd July and all money raised will go to support the team. Please come along and purchase a sausage sandwich or two. We will be there between 8am and 4pm. If you could support by volunteering some of your time behind the BBQ that would be appreciated - please email Jen Owens - jenowie@yahoo.com.au

Additionally, if you would like to see the team being interviewed as well as answering some questions, come along to Collins Booksellers on Summer St this Thursday at 6pm.

Finally, if you would like to donate any money to help support the team, you just need to pop in to the front office.

Thank you
Kathleen Maksymczuk
Rel Deputy Principal




Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

7 ways to help you be on top of your parenting game

Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

Everyone wants to be the best parent they can be, yet it can be confusing knowing just what to focus on. Here are seven ideas that reflect current trends and needs and will help you be on top of your parenting game:

- 1 Give the gift of restraint**
At a time when kids receive so much it's easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn't mean you should. Differentiate between a want and a need, and encourage restraint, goal setting and saving.
- 2 Build your developmental knowledge**
Lucky you have two eyes, as you need to keep one parenting eye on meeting kids' current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.
- 3 Reinforce self-regulation**
"You waited your turn! Great stuff!"
"Thanks for packing away the toys without being told." "Good on you for staying in bed when you wake up rather than coming to our bedroom and wakening up."
- 4 Practise digital parenting**
The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it's here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children's opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.
- 5 Develop character strengths in kids**
Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person's life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (grit), the ability to delay gratification (self-control) and the ability to follow through with a plan (conscientiousness).
- 6 Practise reciprocity**
The best families, like the most meaningful communities, are built around the principle of reciprocity. "We help each other out and we treat each other fairly" builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.
- 7 Encourage social risktaking**
One in three children are risk-averse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it's not the answer. Use a variety of strategies ranging from scaffolding (baby steps), practising meeting and speaking to new friends and modelling social risk taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you've mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.

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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



Charles Sturt University

FACTS DAY
Thursday 7th May
CSU Bathurst

Year 12

DON'T MISS THIS OPPORTUNITY!

Thursday 7th May 2015
Only \$17 for a trip to CSU Bathurst for the

Facts About Careers and Tertiary Studies (FACTS) Day.

Grab a permission note from Mr Pearson and pay ASAP



The Buzz



Pre-Loved Uniforms

If families have Orange High uniforms that are no longer needed, and are still in good condition, we would love to have them. We collect pre-loved uniforms and pass them onto families in need. Your generous donations are greatly appreciated. Uniforms can be dropped off to the front office, or students can drop them at my door.

Stewart House

A reminder, envelopes have been sent out this week. If you would like to donate, please place your \$2 in the envelope and return it to the Orange High School front office by Friday 8th May. All envelopes go in the draw for a chance to win a \$4,000 holiday.

Self-Leadership – Year 10 (see details in last week’s newsletter)

There are still a few spots available for the Self-Leadership Course happening later this term. Cost \$20

PBL

Please encourage your child to apply for a PINNACLE AWARD. This award is part of our PBL System and rewards students who work hard across all elements of their schooling, including extra curricula activities. Given the great number of students we had represent the school at the ANZAC March, I thought it was a good opportunity to highlight the opportunity to apply for this prestigious award. Below is the outline of the PINNACLE AWARD and some areas in which students can become involved with.

- Students must apply for a “Pinnacle” Award (year 7-11) or “ACE” Award (year 12) (ACE stands for Academic, Commitment and Excellence)
- Students apply each year and need to meet the specific criteria for each year level. They collect and complete an application form (from their Year Advisor or from the OHS website), then submit it to their Year Advisor by week 2, Term 4.
- Criteria include School Extra Curricula, School Service and Community Service. It also includes students not having any negative entries on Sentral, achieved Silver or Gold Award on their mid-course report, attendance above 87% and a teacher needs to endorse the application. The examples listed in the application form are suggestions only, Year Advisors will accept other examples.

Possible examples:

School Extra curricula

Sport team – including CHS, Astley Cup, Malynley Shield, OHS Representative Teams and Western Region Representation
 Music – Choir, bands
 Art competitions
 Mathematics, Science, Tournament of the Mind competitions
 Dance Festival/School Spec
 Debating
 Agricultural shows
 School Show
 Premier’s Sporting Challenge

School Service

Peer Support/Transition Days
 Mentoring (reading program)
 Coaching
 Reader/writer for Disability Provision Exams
 Committees – BYOD, Ag
 SRC, Prefects and House Captains
 School Show
 Refereeing
 Fun Run Participation
 Supporting teachers with a School Event
 Hospitality Events

Community Service

Relay for Life
 Salvation Army Collection Day
 Premiers Sporting Challenge
 ANZAC Day March
 Rotary Events
 Riding for the Disabled

That is all for now...
Kerrie Chopping
Head Teacher Wellbeing

ASSESSMENT TASKS DUE WEEK 3 Term 2 - 4th May to 8th May

Year 12	Information Processes and Technology (Project work)
Year 11	Mid Course Examinations
Year 10	Australian Geography (Research Task), Australian History (Powerpoint and Source based speech)
Year 9	NAPLAN tests - no school based assessments
Year 8	No assessments due
Year 7	NAPLAN tests - no school based assessments



PLAN MY GAP YEAR
OVERSEAS VOLUNTEER PLACEMENTS
www.planmygapyear.org

PMGY Volunteer Abroad

PRACTICAL, SAFE AND STRESS-FREE PLACEMENTS WITH PMGY

PMGY are specialists in organising structured volunteering programmes for people looking to see the world, meet like-minded people and engage in meaningful volunteer work.

Our programmes operate in 11 developing countries throughout Africa, Asia and Eastern Europe. You can assist in areas such as Childcare, English Teaching, Medical Healthcare and Wildlife Conservation.

We're passionate about volunteering - we understand it, we've experienced it first-hand, we 'get' it. Through our volunteer programmes you can engage in meaningful travel within an organised, safe and social environment.

We welcome volunteers from around the world and from 16 years old right up to 60 years of age. So whether you are on a gap year, career break or a university holiday we have the perfect opportunity for you!



AFFORDABLE

Fees from 625 AUD for 2 weeks inc. meals, accommodation & support



RANKED NO.1

Voted the No.1 Volunteering Organisation on Review Centre



EXPERIENCED

Placing over 2,000 volunteers across the world every year



SOCIABLE

Meet and work alongside like-minded individuals from around the world

More About PMGY

WHAT WE CAN DO FOR YOU

Plan My Gap Year (PMGY) is an award-winning international volunteer placement organisation based in the UK.

We provide the worlds most affordable, need-driven and supportive short-term volunteer programmes in Africa, Asia and Eastern Europe.

Our programmes start from just two weeks in duration right up to six months. You can join us throughout the year as we have two start dates per month.

The School House, Lamberhurst
Tunbridge Wells, Kent, TN3 8AF
UNITED KINGDOM
+44 (0)1892 890473
info@planmygapyear.org

Ben Hall Festival & Heritage Week Forbes 2015

150 years since the shooting of Ben Hall
Australia's most notorious outlaw

SATURDAY 2 MAY 2015	SUNDAY 3 MAY 2015
<p>10am Ben Hall Country Bus Tour Tickets from Forbes Shire Council and Forbes Railway. Includes lunch (\$50 gold coin)</p> <p>10 -4pm Heritage Art Exhibition Platypus Gallery (free entry)</p>	<p>10am Cemetery Tour Discover the stories buried with local personalities that have shaped Forbes (gold coin)</p> <p>12pm Ben Hall Festival Victoria Park Live Music (free entry)</p> <p>Poetry Meet & greet well-known authors inc. Peter Bradley Reenactment & Colonial Show Games & wagon rides Displays Food stalls & markets</p>
MONDAY 4 MAY 2015	TUESDAY 5 MAY 2015
<p>11 -4pm Open Day Forbes & District Historical Museum (gold coin)</p> <p>12pm Heritage Advisor Workshop RSVP essential at Forbes Shire Council. 'Alterations & Additions to heritage buildings' (free entry)</p> <p>6pm Presentation Evening with guest speaker film producer: Matthew Holmes. RSVP essential at Forbes Shire Council (free entry)</p>	<p>11am Unveiling of interpretive panels at the Ben Hall shooting site (free entry)</p> <p>7pm 'The Legend of Ben Hall' Red carpet film preview Town Hall tickets limited & available from Forbes Shire Council (\$20)</p>
WEDNESDAY 6 MAY 2015	
<p>10am Morning tea and the launch of the cemetery tour brochure hosted by the Railway Arts & Craft Centre (gold coin)</p> <p>10 -6pm Open Day Forbes Family History Group at the Forbes Library (gold coin)</p> <p>6.30pm Unveiling of commemoration panels of Dr Dyce and Dr Dent Forbes Medical Centre. RSVP essential at Forbes Shire Council (free entry)</p>	



Safer Drivers Course for young learner drivers



Preparing you for your P's

Become a safer driver and earn 20 hours of bonus log book credit by enrolling in a Safer Drivers Course.

The Safer Drivers Course is available to learner drivers under the age of 25 who have completed at least 50 log book driving hours.

Tuesday 19th May 4pm -7pm

To Book:
Ph: 02 6330 1400 or email cevans@skillset.com.au
Skillset
289 Summer Street, Orange
Or Ph: Birrang 02 6361 9511

Fantastic opportunity and only \$140 for 20 log book hours

skillset.

