



Orange High School NEWSLETTER

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Quod Potero Sedulo

11th June, 2015 : Term 2 Week 8

Western Region Debating Champions



Congratulations to our senior debating team on their crowning as

Western Region Debating Champions

following convincing victories against teams Bathurst and Dubbo

earlier this week. The team, comprised of Eleanor Delaney, Alexandra Boyd,

Freya Hawke and Isabella Bankovic, will now compete in the Intra – Regional stage of the competition, probably against the winning school from the Riverina or North West NSW.

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

This week students are preparing to defend our 2014 Astley Cup title in the first round of the 2015 competition against Bathurst High, in Bathurst, on Thursday and Friday this week.

Student leaders led an extraordinary assembly on Tuesday to explain the history and unique scoring system of the annual Astley Cup fixtures. The emphasis to the student body was that, win, lose or draw, we at Orange High will hold our heads high as we will compete in every activity with passion but most of all with a sense of fairness and sportsmanship.

Go Orange High!

Last week students in Year 12 greatly appreciated the collaboration of teams of people from the Fire and Rescue NSW, Rural Fire Service, the Police, Paramedics SES, with sponsorship from the Orange Calare Rotary Club to stage a very live and dramatic scene following a car accident.

The use of live actors and smoke made the staged scene very life-like and confronting for students to really drive home a road safety message. Each of the emergency services spoke about their role and what they were doing as part of the rescue operation of trapped victims throughout the mock crash.



Following the demonstration, Mrs Christine Cantrill spoke through a very personal recount of her son James' tragic car accident in August 2012, talking about how it impacted not only himself, but also James' friends and family. We truly appreciate and value the way Mrs Cantrill spoke personally and powerfully to the Year 12 students. It cannot have been easy but talking with students following the event indicating that her story was a very powerful addition to the physical display. The made up scene in the photo below may be confronting but it served to powerfully ram home a "drive safely" message.



Principal's Report cont.....



Congratulations to Kaleb Cook, Henry Jones, Tom Powe, Josh Baker, Sam McDonald, Brad Pengilly, Bailey Ferguson and Jackson White as they contributed greatly to the team that came runner up in Division 2 at the Under 15 NSW Field Hockey Championships in Grafton recently. As a result of their performances on the day Bailey Ferguson and Jackson White were selected in the state Under 15 Hockey Squad. Well done also to Kaleb Cook following his selection as umpire of the girls PSSA State Hockey Carnival in Murwillumbah. Kaleb earned great praise from coaches, co-ordinators and spectators and was rewarded with a semi-final, and following this performance he was named as one of the two umpires for the final.



Many thanks also to the team at Cadia Valley Operations for their recent donation to support the purchase of advanced trees to further support the ongoing greening of our grounds. We plan to further augment the existing treescape with the planting of golden elms and liquid ambers for future generations of students.

David Lloyd
Principal

ASSESSMENT TASKS DUE WEEK 9 Term 2 - 15th June to 19th June 2015

Year 7	-----
Year 8	Music (performance, guitar)
Year 9	Dance (Performance/Lyrical/Contemporary)
Year 10	Dance (Cultural Dance - Performance/Appreciation), Phot & Digital media (front page)
Year 11	CAFS (Media review-conflict), Dance (Core Composition), Drama (Critically Studying Making), IT -Metal & Engineering (local industry report), IT-Timber (local industry report), Legal Studies (research), Visual Arts (Art work - BOW)
Year 12	English Extension 2 (draft major work and reflection), Information Processes & Technology (presentation), Maths Ext 2 (in class test),

TAS Report - Australia's Biggest Morning Tea

Australia's Biggest Morning Tea is an opportunity for friends, family or workmates to come together, sharing stories, hot drinks, some delicious food and to give a helping hand to those affected by cancer.

The Cancer Council's mission is to minimise the threat of cancer through successful prevention, best treatment and support for Australians who suffer with this disease. Cancer is one of the leading causes of death in Australia.

Rochelle Hall in Year 11 held her very own Biggest Morning Tea. She organised a group of her friends to fundraise for the Cancer Council. Rochelle is a diligent worker and her efforts raised over \$700. Her group baked over 650 cupcakes.

"Rochelle led the group to great heights and made this an enjoyable event. The Biggest Morning Tea was a huge success and Rochelle did a terrific job. She is a great leader and a great friend" - Lincoln Smith, Year 11.

Many thanks to Mrs Small and the following students who because of their efforts made this event a huge success.

Rochelle Hall, Rhys Taberner, Lincoln Smith, Tamara Matthews, Yolanda Cai, Hailey Evans, Abbey Glennon, Ashley Corby, Samantha Kennedy, Ashley Sawyer, Anne Whitehead, Mikalla Davis and the Year 10 Food Technology students.





Orange High School Equestrian Team



On the 28th May – 2nd June the Orange High School Equestrian team travelled to Coonabarabran to compete in the North West Equestrian Expo. The annual interschool horse sport extravaganza once again saw a large number of schools from across the state compete in several horse sport disciplines. A team of six equestrian enthusiasts proudly represented Orange High School, each achieving very successful results.

The team was represented by:

Ariel Ware (Year10)	Emilee Thomas (Year10)
Keely Morrow (Year 9)	Emily Fraser (Year9)
Maaik Riphagen (Year8)	Naomi Crossley (Year7)



Over the five days the students competed in the One Day Event (Dressage, Show jumping and Cross Country),

Combined Training (dressage and show jumping), Sporting, Hacking, Show Jumping, Team Penning, Team Barrels and the Team Six Bar (Show Jumping). A special mention goes to Naomi Crossley, who was a part of our Six Bar team, who gained the most points for our school to place us 9th overall, out of over 50 teams.

The team would also like to thank Mr David Lloyd and the P&C for their generous support and assisting to fund the teams new saddle cloths. I would personally like to thank the parents who travelled with the students and volunteered in assisting to run competition events and ensuring that everything run smoothly over the week.

Placed Results

Ariel Ware- 5th ODE, 9th Six Bar team

Emilee Thomas- 10th ODE

Maaik Riphagen – 4th ODE, 9th Six Bar

Naomi Crossley- 2nd A2 Show jumping, 9th Six Bar Team

Yelena Latter (Team Manager)



Raising Resilient Teenagers



FREE online program empowering parents to make sense of adolescence and parent their teenager more confidently.

We are seeking parents and their teenagers to take part in a trial of a new online parenting program designed to provide parents with strategies to deal with adolescence, and protect their teenagers' mental health.

Who can take part?

Parents or guardians of at least one child aged 12 to 15 who live in Australia, are fluent in English, and have internet access.

As our program is designed to **prevent** depression and anxiety disorders in teenagers, it is best suited for parents of teenagers who are **not** already having difficulties with depression or anxiety.

If you are concerned about your teenager's mental health, we recommend that you see a trained mental health professional instead of participating in this trial.

What's involved?

- As a parent, you will receive a brief, individually tailored parenting program that will give you feedback about your current parenting and strategies to reduce the risk of depression and anxiety in your teenager.
- You will be allocated to one of two groups, either receiving the program straight away, or in 3 months' time.
- We will ask both you and your teenager (if they agree to take part) to complete some online surveys, at the beginning, and after 3 months. We may also ask you to complete similar surveys after 6 and 12 months.

In total over 12 months, your participation will take a few hours of yours and your child's time. To say thank you, both you and your child will be reimbursed with e-gift vouchers.

How do I find out more?

To find out more, or to register to participate, please go to www.parentingstrategies.net/depression.brief.intervention

For further details, you can contact the researchers at med-parentingstrategies@monash.edu or on (03) 9905 1250.

MONASH University



PARENTING STRATEGIES:
Preventing Depression & Anxiety

This research has been approved by the Monash University Human Research Ethics Committee.



WINTER HOLIDAY CAMPS THE BEST HOLIDAYS HAPPEN AT CAMP

- ✓ New friendships
- ✓ Great value
- ✓ Fun
- ✓ Safe

Our popular Winter Kids' and Family Holiday Camps are filling fast. Find out what's on including our popular ski / snowboard camps at Jindabyne.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids' Camps are suitable for kids aged 7 to 16 years* and range from 1 to 7 days.



Residential Kids' Camps include:

- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

*Snow Sports camps are suitable for kids aged 10-16 years.

Family Camps include:

- Instructor led activities
- Meals
- Accommodation
- Lift and lesson tickets and transport to Perisher (for Jindabyne camps only)**

**Kids as young as 6 years can participate in group lessons as part of a Family Camp.

dsr.nsw.gov.au/camps | 13 13 02
fb.com/nswsportandrecreation



Office of Sport & Recreation

RETURN OF THE YAC!



**Time: 6:30PM @
Ten Pin Bowling
Date: 19 June 2015**

YAC—YOUTH ACTION COUNCIL

Our first 'Hang Out' will be at Ten Pin Bowling!
Come along and check it out!
We have free Disco Bowling!
RSVP Essential!

WANT TO HAVE SOME FUN?
WANT TO HAVE A VOICE?

WANT TO HANG OUT AND ORGANISE SOME COOL YOUTH ACTIVITIES?

Then YAC is for you!

RSVP Katrina Hausia
Youth Development Officer
Orange City Council
0438 274 909



SPORTS TAPING (LEVEL 1 & 2) IN ORANGE



LEVEL 1

Dates: 22 June 2015

Time: 6pm to 9pm

Cost: \$60

Venue: Sport and Recreation Office, 76 McNamara St, Orange

Course Number: 0071762

LEVEL 2

Dates: 23 June 2015

Time: 6pm to 9pm

Cost: \$60

Venue: Sport and Recreation Office, 76 McNamara St, Orange

Course Number: 0072931

FURTHER INFORMATION

Please wear comfortable clothing and bring a pen and paper. A light supper will be provided.

Book now! Places are limited. Call (02) 6362 6623 or book online at:

dsr.nsw.gov.au/training/region.asp?area=western

Correct sports taping can help prevent injury and also help with injury rehabilitation.

Supported by Sports Medicine Australia, these courses enable coaches, trainers, administrators, teachers, parents and players to develop their taping skills.

SPORTS TAPING (LEVEL 1)

During this course, you will learn:

- Strapping techniques for the ankle, wrist, thumb and elbow
- Reasons why to strap
- How to tape effectively
- The value of using correct tape.

SPORTS TAPING (LEVEL 2)

The Level 1 course is a pre-requisite.

During this practical and theoretical course, you will learn:

- About anatomy
- Advanced strapping techniques of the shoulder and knee
- Injury prevention

