



Orange High School NEWSLETTER

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Quod Potero Sedulo

20th October 2016 : Term 4 Week 2

NSW Minister for Education, Adrian Piccoli visits Orange High School



PRINCIPAL'S REPORT

Principal

David Lloyd

Deputy Principals

Helene Hamilton

Kathleen Maksymczuk (Rel)

Narelle Small (Rel)

Head Teacher Admin

Kylie Winslade (students)

Aaron Routh (Rel) (staff)

Head Teacher Welfare

Kerrie Chopping

Year 7 Advisor

Josh Thacker

Year 8 Advisor

Cassie Coates

Year 9 Advisor

Alice Bright

Year 10 Advisor

Sophie Healey

Year 11 Advisors

Sarah Townsend

Year 12 Advisor

Aaron Routh

Careers Advisor

Glen Pearson

School Counsellors

Susanna Brown

Liz Franks

Sport Co-ordinators

Anthony Wharton

Tegan Dray

Student Representative

Council Leader

Peita Magee

This week has seen so many student achievements in a wide range of areas across the school.

Congratulations to Connor Swords in Year 9 on his selection as one of the top performers in the Australian Mathematics Competition.

As a result Connor has been offered an opportunity to attend **digIT**.

digIT is an initiative of, and funded by, the Australian Government Department of Education and Training and is delivered by the Australian Maths Trust. DigIT is a program designed to introduce students with potential to algorithmic thinking, coding and other aspects of ICT, and to encourage the continuance of ICT studies in senior secondary school and at tertiary level. It will combine two residential camps with a mentoring program over a six-month period. The camps will be held in Sydney in January and July 2017.

I understand there has only been 60 students offered the opportunity. Congratulations Connor!



Our Agriculture Team won the Senior Section of the NSW Cows Create Careers initiative. This was as a result of the team designing contemporary farm plans in the form of models and movies and writing scientific reports incorporating and comparing the growth rates of cattle including comparisons with the achieved rates of animals on the school farm. **Miranda Eyb and Jordan Baxter won Third place in the state for their work with a score of 90/100. Miranda and Jordan both have an outstanding agricultural skillset.** It is terrific to see the continued growth of this area of our school and I would like to commend the students and the teachers at the highest level.



This week our school has hosted the first of 2 rounds of Year 7 2017 student Transitions as we hosted students from Calare and Bletchington Primary Schools. Judging by their faces and attitude the students enjoyed the day and developed confidence in our high school setting. We look forward to hosting students from Orange Primary and partner small schools next week on Wednesday and Thursday for the final half of the 2017 Transition.

Last Monday our school hosted a visit from Minister for Education, The Hon. Adrian Piccoli MP.

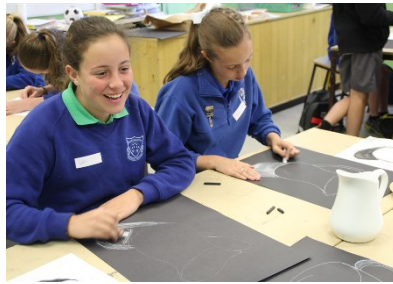
During his time in our school the Minister hosted a discussion with local principals, P&C and AECG members. Invited guests asked a wide range of questions and received direct answers from the Minister. I think it is fair to say, Mr Piccoli enjoyed his time at our school and in particular was impressed by the Prefects and School Captains who helped host the event and spoke confidently with him.

David Lloyd
Principal





TRANSITION DAY - YEAR 6 TO 7 2017





THE BUZZ

Happy Mental Health Month to all of you. October is Mental Health Month and Orange High are celebrating being Mentally Healthy. A group of students in Years 9 and 10 are attending the Mental Health Expo at the Orange TAFE this week, where they will engage in mentally healthy activities and extend their knowledge about mental illness and various ways to support each other in a positive way.

Our painted wooden elephant is out and about around the school. You would remember from last year that the Men's Shed made giant wooden elephants for schools to decorate, to celebrate Mental Health Month. The elephant is a visual reminder that it is ok to talk about how you are feeling. The metaphor 'Let's talk about the elephant in the room' encourages students to chat to each other or a trusted adult about mental health.



Mental Health Expo

Orange TAFE held a Mental Health Expo on Wednesday 19th October as part of National Mental Health Month. Twenty Year 9 and 10 students attended this expo with Year 10 Advisor Sophie Healey, and a positive day was experienced by all. Many local mental health services were in attendance including Headspace, Inter-Relate, Mission Australia and the Gardening Club.

The services in attendance provided students, and members of the community, information about dealing with mental health concerns and how these groups support both carers and those experiencing mental health issues. Many of the services provided 'hands on' activities to show the benefits of mindfulness.

Orange High students immersed themselves in all activities, giving impromptu performances and embracing the positive culture of the day. A number of stall holders provided valuable free resources and students were delighted with the products they received.



Life Choices

Last week year 7 and 8 had the opportunity to listen to Andrew 'Fishtail' Fisher from Life Choices. He attended the Bathurst Races with his Jesus Racing Car. Life Choices is the Bible Society Australia High School program delivered by the Jesus Racing team. The program reaches into the lives of more than 30,000 high school students across Australia every year'.

It combined the pacy, high-powered sport of motor racing with a message encouraging students to be courageous in the face of life's big decisions. This energetic and entertaining presentation, addressed the value of courage both on and off the racetrack, as well as the **importance of making positive life choices. The Life Choices team weaves the thrills and spills of motor racing with hard-hitting examples to demonstrate the lasting consequences of making bad decisions.**

Students thoroughly enjoyed the presentation and were treated to signed posters and photo opportunities with Andrew.



Transition

This week is a major event for year 6 students entering year 7 in 2017. Students from Calare and Bletchington Schools joined us for 2 full days of High School learning. We thoroughly enjoyed supporting these students as they transition out of Primary School and become part of the Orange High School Community.

Thank you to the Year 9 students who have supported the Year 6 students throughout transition. Transition provides a great opportunity for Peer Support Leaders to get to know students and develop a rapport that can be built upon next year.

Thank you to Dan Wait for your hard work in helping implement the Transition Program. I know Dan is very excited to be their Year Advisor for the next 6 years. We hope you enjoy some action photos of students enjoying themselves in their new learning environment.

Next week we welcome Orange Public School, Nashdale PS and Canobolas PS plus various students from other smaller Primary Schools in Orange and surrounding areas.

Have a great weekend!

Kerrie Chopping

Head Teacher Wellbeing

U/15s Boys Basketball at Byron Bay

After making it through to the final 16 teams of the CHS Under 15's Basketball Competition, Orange High was scheduled to play Byron Bay High School in Byron Bay. A tedious 13 hour trip up didn't stop the boys from seeing some sights and making the most of the journey, despite taking the Orange weather with them.

The boys got off to the perfect start with Byron unable to penetrate their tight defence. Multiple turnovers early helped Orange establish a small lead. This was reeled in however, with Byron taking advantage of their size and playing strong basketball inside the key. With multiple players getting into foul trouble, Orange saw themselves down by 20 at one point, but were again a chance going into the final quarter being as close as seven. Byron continued to make use of their size, and with Orange making risky plays to catch up, they were able to run away with the game winning by 23 points. Credit must go to the entire Orange High team, with all boys playing exceptionally well against a well-drilled Byron Bay side. They represented the school motto on the court and showed great sportsmanship off the court. A big thank you must go to Mr Mansell who gave up his time to drive the bus a very long way over the two days.

Mr Lummis



Congratulations Ebony 1st Place in 15yrs Discus

Congratulations to Ebony Hay who competed at the NSW All Schools Track and Field Championships last weekend. Ebony came 1st in the 15 years discus to win a gold medal and also came 7th in the 15 years shot put.

Ebony has been selected to represent NSW at the Australian All Schools Championships which will be held at the Australian Institute of Sport in December.

Amazing achievement Ebony!!



Duke of Edinburgh training day

Our OHS Duke of Edinburgh students trained for a day during the holidays, in preparation for their two day hike coming up in the next couple of weeks. They also had first aid training.



Congratulations Year 7/8 Touch Team

Congratulations to the OHS 7/8's touch team who won the Bathurst All Schools touch day today. The boys will head to Penrith to play in the state carnival. Everyone represented themselves and the school excellently



Year 7/8 Girls Touch team



Congratulations to the Orange High School 7/8's girls touch team who were knocked out in their semi-final match at the Bathurst All Schools touch gala day. The girls were victorious against Kandos, Lithgow, Blayney and Oberon High Schools in their pool matches.

Well done girls!

CENTRAL WEST DISABILITY EXPO & INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

Interactive, social and all inclusive event for people with disabilities and their carers to enjoy a great social day out.

Over 50 exhibitors showcasing products and services available to people with a disability, their families and carers

Education, training, Australian disability enterprises, disability employment, Post School Programs, Respite, Accommodation, Disability & Mental Health support, sport & recreation, adaptive technology & hands-on trials of the latest equipment

Games, activities and information for all ages.

"Build a Scarecrow" competition for schools and day programs

DATE: Wednesday the 7th of December 2016

10 am to 3pm

PCYC ORANGE - 2-10 Seymour St, Orange NSW

FREE COMMUNITY EVENT

**For more information call Amy on (02) 6362 4563
or email amy.hindmarsh@det.nsw.edu.au**

Organised by a committee from:
Wangarang Industries ~ Orange City Council ~ Ability Links
Department of Education ~ TAFE NSW Western Institute ~
Supported by the National Disability Coordination Officer Program

families



CONNECTION • NURTURE • GROWTH

SHORT COURSE

The **Families Course** forms a framework to build a healthy, strong and loving family life and covers key areas of family relationships including:

- * Understanding Parenting Styles * Having Values in our Family
- * Building Nurturing Skills * Understanding Ages and Stages
- * Being Positive * Building Honest Relationships
- * Independence * Dealing with Conflict * Discipline



"Really impressive in range and depth, fun and engaging for participants, a huge help in any family situation."

- Steve Biddulph
Internationally acclaimed author
and educator on raising kids

TWO CONCURRENT COURSES

WHEN

Mondays

31 Oct . 14 Nov . 28 Nov . 5 Dec, 2016

LOCATION 1

Wesley Uniting Church

Coffee Room, 217 Anson St Orange

Time: 9:30am - 12:30pm

LOCATION 2

Fusion Community Centre

217 Anson St Orange (behind playground)

Time: 6:30pm - 9:30pm

COURSE FEES

Per person: \$70 (or \$40 concession)

Couple: \$90 (or \$60 concession)

ENROLMENTS

Phone 5310 2474

Email centralwestnsw@fusion.org.au

Presented by FUSION Australia Ltd
General Information Sallie Hammond
Phone 0431 433 422
Email sallie.hammond@fusion.org.au
www.fusion.org.au



YAC Presents...

Cruelty Crawl Asylum

21st October @ PCYC Orange

Disco and Haunted Tunnel

Infants & primary 7:30-8:30pm

Secondary 9-10:30pm

Drug and Alcohol free event

Free admission & canteen available

