



Orange High School NEWSLETTER

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Quod Potero Sedulo

3rd March 2016 : Term 1 Week 6



Congratulations to all the OHS
Running Team lead by Miss Ford.
Top 5 people in their age group:

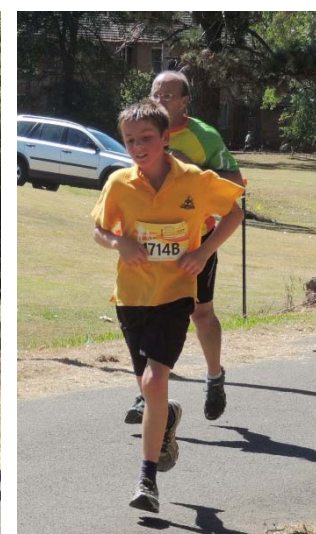
12-13 Male	Mitchell Cooper	2nd
14-15 Male	Ben Blanch Daniel Burton	3rd 4th
12-15 Female	Jamilah Vangarden	5th
16 Male	Riley Evans	5th
20-29 Female	Ms Dray	2nd
40-49 Female	Ms Coates	3rd



Honour the past ... create the future



Orange Colour City Running Festival



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)

Aaron Routh (Rel) (staff)

Head Teacher Welfare

Kerrie Chopping

Year 7 Adviser

Josh Thacker

Year 8 Adviser

Cassie Coates

Year 9 Adviser

Alice Bright

Year 10 Adviser

Sophie Healey

Year 11 Advisers

Sarah Townsend

Year 12 Adviser

Taara Wilson

Aaron Routh

Careers Adviser

Glen Pearson

School Counsellors

Susanna Brown

Sport Co-ordinators

Anthony Wharton

Tegan Dray

Student Representative

Council Leader

Peita Mages

Congratulations to the Orange High School students and staff who represented our school at the Orange Running Festival last weekend. I

understand we were the largest school team in attendance. In particular it was wonderful to see so many junior students and staff dressed in the Black and Gold. The colourful front cover highlights many of the talented and fit students and staff who took part.

OHS Staff Participants Orange Running Festival	
Terry	Baker
Alice	Bright
Cassie	Coates
Tegan	Dray
Rebecca	Ford
Helene	Hamilton
Allison	Hazzard
Kristy	Hilton
Yelena	Latter
Lucinda	Macdonald
Kylie	Winslade

OHS Student Participants Orange Running Festival	
Ben	Blanch
Daniel	Burton
Mitchell	Cooper
Riley	Evans
Taylah	Fanning
Erin	Gates
James	Haberecht
Antonia	Hamilton
Ariana	Hamilton
Connor	Higgins
Callum	Johnson
Gabrielle	Lloyd
Thomas	Lloyd
Oliver	Manson
Jeremiah	Murphy
Samuel	Murphy
Lydia	Parker
Victoria	Smith
Zoe	Theobald
Jamilah	Vangarden
Amber	Wilson
Georgia	Youman-Sippel



Many thanks to Hospitality and Food Technology students who volunteered their time last weekend to cater for the Cancer Survivors and Carers event as a lead up to Relay for Life. **Encouraging students across the school to look beyond themselves and contribute to our broader community is a key aspect of a young person's education and our school culture.** Congratulations and thank you to all involved the event last weekend. Pictured above are some of the team.

Interim reports were distributed to students in Years 7 and 11 earlier this week. **The brief reports are designed to provide early feedback on how your child is setting in and adjusting to education either in their first year of high school or senior school.** Any students with ticks in the unsatisfactory columns will be followed up by the deputy principal of their year group, potentially being placed on a learning level to further support each to meet our high expectations. To develop further parent/school learning partnerships, we look forward to seeing many parents of students in Years 7 and 11 next Monday evening, 7 March, for Parent Teacher Meetings in the Performing Arts Centre.

Finally, just a reminder regarding safety and responsibility on the roads around the school. Unfortunately, due to the size and location of our school, we are very limited in terms of drop-off and parking areas close to the school. **When dropping off or picking up your children, please ensure it is done within the zoned areas; along Woodward St or Coronation Drive.** We especially appreciate the traffic congestion caused on local roads for a short time immediately after school with nearly 1100 students exiting the site at the one time and thank everyone for your patience and slow speeds in the area. Next week on assembly we will be reminding students about the absolute need for them to play their part and cross roads safely and efficiently.

I would like to recognise and thank Grace Corby and Jacinta Smith for their dedication to regularly updating our front school sign over the last 2 years. Their positive words and almost perfect spelling, has ensured an added level of communication to our school.

Replacing Jacinta and Grace are four Year 7 students, Eric Driver, Abilgail Kittler, Claudia Smith and Isabella Wythes. We look forward to their words of wisdom as they share our future school and student achievements in five lines or less each week.

David Lloyd
Principal



CHS Soccer

The Orange High School soccer teams travelled across town to Canobolas Rural Technology High School to play their CHS round game on Tuesday the 1st of March. Both teams played extremely well even though the sun was bright and the temperature was around 29 degrees.

The boys team competed in the first game. They won convincingly 5-0 with some very skilful shots on goal. James Bradford scored two goals, with James Taylor, Nick and Dillon scoring a goal each as well.

The girls team won their game 6-0 with Jess Puxty scoring two goals. Isobel Harris, Taylah Murphy, Tori Mansfield and Lucy Cooper also scored during the match. Both the girls and boys teams will progress onto the next round of the CHS tournament.

Mr Routh, Mr Lloyd and Miss Ford.



P & C News

P&C Day 2016

March 2nd was the annual P&C Day. P&C Day aims to highlight the work that P&C's do and to raise the profile of the P&C. OHS P&C is a friendly group of parents that meet on the 2nd Wednesday of each month. We raise funds, offer ideas and opinions on school policy and are able to ask questions about day to day life at Orange High. David Lloyd is always in attendance at meetings and by coming along you are able to find out information about what is happening at OHS and why.

The P&C is fortunate this year to be able to celebrate P&C Day with the completion of the refurbishment of the sports courts. This project was predominantly funded by the P&C. Please take some time to have a look at the courts as they are now a great asset for OHS.

Membership Drive

OHS P&C is always looking to increase member numbers. Next week every family will receive a membership form for the P&C. Membership costs \$2 per year and gives you voting rights at all meetings. You will also be emailed the minutes of the monthly meetings so you can keep up with what's happening.

Members are not obliged to attend meetings, although we would love it if you could! You will also receive emails when we need assistance for fundraising ventures.

Membership forms and money may be returned to the school office.

Annual General Meeting

The OHS AGM will take place next week on Wednesday 9th March at 6:30pm in the music centre. All positions will be vacant and filled on the night. Please don't let this stop you from coming! Only willing people take up positions and you will not go home with a job if you do not want to!

This meeting will be followed by the General Meeting where we will be discussing what will be our funding goals for 2016.

Come along and meet some new friends and make 2016 your year for P&C!

HSIE News

The HSIE Faculty has made an energetic start to 2016. This year we welcome Ms Kahina Kharitos to the HSIE faculty and look forward to celebrating the esteemed teaching career of Mrs Colleen Mitchell, who at the end of this term, takes the remainder of the year as long service leave. Many students, past and present, will have been impacted by Mrs Mitchell's committed teaching over several decades at Orange High School.



We are currently running the Australian Stock Exchange in Business Studies where students are provided \$50 fictional dollar to invest in stocks. This is a simulation of a real life stock exchange with current share prices. We have also started the Australian History Competition. This event is run by the History Teachers Association. It's the largest history activity in the country and provides a significant boost to the profile of history as an essential part of the Australian Curriculum. Registration ends on April 2nd, so get in your applications, history students!

We currently have a group of overseas students visiting from Japan. They are here as a cultural exchange as some of our own students will be going to Japan as well. Each Japanese student has been paired up with supportive language students within OHS to make them feel at home.

In Year 7 and 8 Geography, students had been learning about the physical and human elements of the environment. After learning new geographical skills such as latitude and longitude, we are now moving onto the exciting topic of World Heritage Sites. Over in Year 7 and 8 History, students have recently finished the topic of Investigating History and what it means to be a historian. The students are now examining the fascinating history of Ancient Rome. The students have all been really enjoying learning these new topics.



Year 7 students have demonstrated that they are becoming more comfortable with the BYOD classrooms and especially with using OneNote. Students have been conducting some excellent work using OneNote and utilising a variety of other digital tools.

Year 9 History will be conducting some field work in the near future to examine the new war memorial in Robertson Park. This is for the purpose of learning about how we commemorate wars of the past, and remembering our honoured fallen soldiers. Have a great time on the trip, students!

Local Fire Services will again be visiting Orange High School to assist stage 5 students in their understanding of natural disasters, natural hazards and land and water management. HSIE appreciates the community links with these organisations. We also thank the members of the community who participated in the Society and Culture Personal Interest Project (PIP) proposals. Harry Roth, Alice Kjoller and Ken Allen provided students with valuable reflections on their PIP ideas.

We are all well into a great year of learning about Human Society and its Environment at Orange High School. We look forward to meeting parents at future parent teacher interviews.



Are you a parent with a student involved in the OHS music programme?

Choir, Man Choir, Concert Band, Stage Band, Rock Bands

Would you like to know what they are involved in?

ANZAC day, School Show,

Would you like to know how you can help?

With ANZAC day, School Show, Fundraising

Please join us at the first PRISM meeting on the Wednesday the 16th of March at 5.30pm @ the Music rooms at OHS.

If you wish to get further info we can be contacted on

ohsprism@gmail.com / 0419757107

Or check us out on Facebook @ OHS PRISM

Alison Cashen / Coordinator

Multipurpose courts - Policy

The multipurpose courts are a brand new teaching space that accommodate three basketball, netball, volleyball and tennis courts. The new facility will enhance the teaching and learning of PDHPE and Sport at OHS. The multipurpose courts enable staff to have a high quality learning environment that encourages and supports the development of fundamental and specialised movement skills during lessons. It is also an area that promotes healthy and active lifestyles during recess and lunch breaks. It helps to create a supportive environment that encourages students to participate in active games and sports during their leisure time.

There has been a substantial financial investment by the school community and government to ensure that we have a state of the art facility. It is essential that the integrity and quality of the courts is maintained so we can ensure the longevity of the investment.

To maintain the standard and quality of the new courts the following conditions of use must be followed:

- Bags are to remain on the **outside** of the fence that surrounds the multipurpose courts.
- No food or drink (other than water) is to be taken onto the playing surface.
- PDHPE teachers and the General Assistants are the only staff to move the backboards and/or tennis posts.
- No tackle football is to be played on the courts.
- No swinging on the basketball/netball rings.
- No students are to be sitting in the playing area, as it is classified as an active area.
- Chewing gum is not allowed in the playing area.

Playground duty responsibilities

- Actively supervise the area and enforce the conditions of use as stated above.
- Ensure that students **do not** take their bags and/or food inside the gates of the playing area.
- Students who fail to abide by the conditions of use are to be removed from the playing area for the designated recess or lunch break and the incident is to be recorded on Sentral. This entry is to be a notification for the PDHPE Head Teacher.
- Inform the PDHPE Head Teacher of any damage or safety concerns via taskpad.
- Tell students to spit out chewing gum. If they refuse, they are to be removed from the playing area.

Any students who are seen to be maliciously or deliberately damaging the courts are to be referred to the Head Teacher on duty. The student is to be removed from the playing area for the duration of the designated break. Parents will be informed of any damages and an invoice will be sent home for any necessary repairs.

PDHPE teacher responsibilities

- Ensure that students leave bags outside the fence during PE and Sport lessons.
- Safely move the backboards (when needed) by using the provided poles. Lock the posts into position by inserting the bolt into the base of the structure.
- Remove tennis/volleyball posts at the completion of each lesson.
- Inform the PDHPE Head Teacher of any damage or safety concerns via taskpad on Sentral.

Student responsibilities

- Keep bags outside of the playing area.
- No chewing gum, food or drink (except water) is to be taken inside the playing area.
- No playing of tackle football.
- Do not hang from the rings and/or attempt to move the basketball rings to a new position.
- Report any malicious or damaging behaviour to the teacher on duty.

Actions for misbehaviour

- PBL processes are to be followed in all circumstances.
- Students who fail to follow the conditions of use will be removed from the playing area and banned for a duration of time that is specified by the PDHPE Head Teacher.
- Persistent disobedience will result in a student being placed on a learning level.
- Where necessary, parents will be notified of any misbehaviour and/or damage to the courts.

Any questions, comments or concerns regarding the policy are to be directed to the PDHPE Head Teacher Mr Terry Baker on 6362 3444.



SNAKE TAILS

On Monday, Year 7 were treated to a presentation from Bob Withey from Snake Tails complimenting the Living Things module they are currently studying in Science. Bob is passionate about increasing our understanding of Australian reptiles & their place in the environment. He brought along many different reptiles including turtles, lizards and snakes providing an insightful, hands-on experience. Our Japanese exchange students came along to experience our Australian wildlife first hand, some were even lucky enough to have a snake wrapped around them!



The Buzz



Vaccinations – Year 7

Thank you to all parents who have taken the opportunity to have their children vaccinated during school time. If you have forgotten to return the consent form and wish for your child to be vaccinated, please return the form ASAP. The first vaccination will occur early this month.

ARDAC Kidney and Cardiovascular Health Screening Study

Orange High School has been invited to be part of phase 3 of this study. All students in year 11 and 12 and Indigenous students over the age of 16 will be given information about the study this week. Please read the information and return to consent form to Orange High by Friday 11th March please (to the box underneath the office window). Below is more information about the study.

'The ARDAC Kidney Health Study is trying to find out about early signs of kidney and heart disease in Aboriginal and non-Aboriginal young people in NSW. Since 2002, there have been more than 3000 children and young people who have participated in this study. Finding out about the health of this group of young people will help us to understand why Aboriginal adults are more likely to develop kidney and heart disease than non-Aboriginal adults, and how we can prevent or delay this from happening.'

The study will measure height, weight, waist circumference, blood pressure and analyse a sample of urine. There are no blood tests. None of these tests are painful and they will take approximately 5 minutes to complete. All measurements will be done in a private area at your child's school, health service such as the Aboriginal Medical Service, or via a home visit which we will arrange. There will be three health checks over the six years. If the screening shows any worrying results we will send a letter explaining the results and ask you or your parent/guardian to make a follow up appointment with your family doctor. With your permission the results can be sent to your doctor, Aboriginal Medical Service or other health provider that you have named on your consent form. If the results are urgent, the study doctor or nurse will contact you by phone.'

Please call me at school if you have any questions about the study.

Have a great week!!
Head Teacher Wellbeing



Your donations at work

Each donation, no matter how big or small, helps to fund Cancer Council's research, prevention and support services.

\$5 can help us give a newly-diagnosed cancer patient important support and information resources to help them through their cancer journey.

\$10 can help offer free exercise programs that assist cancer patients in building strength and fitness during and after treatment.

\$25 can help transport cancer patients to and from hospital for treatment.

\$50 can help the Cancer Council 13 11 20 provide free and confidential information and support on all aspects of cancer.

\$100 can help provide free accommodation for cancer patients, their families and carers during treatment.

\$500 can help pay an overdue electricity, phone, gas or rates bill for a cancer patient who has not been able to work.

\$5000 can help fund ground-breaking research into new and better ways to prevent, diagnose and treat cancer.



**Orange & District
Relay For Life**
2-3 April 2016
Waratah Sports Ground

Register. Participate. Donate.
1300 65 65 85

facebook.com/RelayForLifeAustralia

relayforlife.org.au



Stepping Stones Triple P Parenting Seminars Series

Is this you?

Most of the time, you know you are doing a good job with parenting. But there are times when things get a little tricky. Like when your toddler won't eat her dinner. Or your six year old won't share his toys. If only someone could give you some ideas to make those times easier! If this sounds like you, then a Stepping Stones Triple P seminar may be right for you.

What is a Stepping Stones Seminar?

Stepping Stones Triple P seminars tackle the most common issues for parents of children with a disability. Seminars are for large groups of parents – possibly 20 or more. It's an informal presentation, a little like a public forum. There are three seminars that each last 90 minutes and cover a different topic. We encourage parents to try to attend all three.

- When:** Seminar 1 – Positive Parenting for Children with a Disability
Thursday 5th May 9.30am – 11.30am
Seminar 2 – Helping Your Child Reach Their Potential
Thursday 5th May 12.30pm – 2.00pm
Seminar 3 – Changing Problem Behaviour into Positive Behaviour
Thursday 2nd June 10am – 12noon
- Where:** Cerebral Palsy Alliance, 95 Prince Street, Orange.
Light Lunch provided.
- Cost:** FREE as part of a research project
- Who:** Any parent/caregiver of a child with a disability age 2-12 years
- How:** RSVP by contacting the NSW Stepping Stones Triple P Project Team
Call (02) 9114 4106 or email fhs.steppingstones@sydney.edu.au

For more information contact:

Stepping Stones Triple P Project Team NSW - (02) 9114 4106 or fhs.steppingstones@sydney.edu.au

Orange High School - 2017

High Achievers Program for Students with Gifts and Talents

Application forms are available
from the Orange High School

Website:

www.orange-h.schools.nsw.edu.au



*Orange High School invites applications for the 2017, Year 7
High Achievers Class for students with gifts and talents.*

***Our extensive program of extracurricular
enrichment opportunities includes:***

*Tournament of Minds, Orange Eisteddfod,
Malynley Shield, Debating, Public Speaking, Lit Quiz
Cattle Team, Equestrian Team
TAS Enrichment Program,
Science and Engineering Challenge,
Astley Cup, Junior and Senior Sporting teams,
Premiers' Sporting Challenge, Leadership Program,
Drum Corps, The saxophone, flute and brass ensembles,
Concert Band, Stage Bands, Rock Bands, Man Choir,
Junior and Senior Art Studio,
Drama Group, Tap Ensemble, Dance Ensembles,
Aboriginal Dance Ensemble, "Company"- Elite Dance, Dance
School Show Performance, Crew- Hip Hop Group*

This strategy is an opportunity for motivated high achieving students to participate in a curriculum that is differentiated according to their areas of recognized potential. Successful applicants to the *High Achievers* classes will be placed in learning environments with alternative instructional modes. Each student will have a differentiated ***Learning Plan*** that can include:

- ◊ An academically challenging learning sequence
- ◊ A wide range of extra curricular enrichment
- ◊ Integration of information communication technology to ensure higher order learning outcomes

Applications close: 14th March, 2016

Year 7 Parents - One Note Workshops.

It is time for Round Two of our Year 7 2016 One Note Workshops for parents.

There will be two sessions available for parents to sign up for:

Week 8: 14th March from 5:00-6:00 pm

Week 11: 4th April from 5:00-6:00 pm

Please note these sessions will involve the exact same content, therefore you will only need to come to one. The sessions will be focused on how you can support your child with their homework using One Note and more.

They will be held in the Orange High School library, in the same location as the Introductory workshops.

**Please RSVP at the front office
or on 6362 3444 if you are interested
in signing up for one of these sessions.**

