



Orange High School NEWSLETTER

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Quod Potero Sedulo

31st March 2016 : Term 1 Week 10

2016 Athletics Carnival



NEW RECORDS

17yrs girls High Jump - Isabel Harris 1.57m
Previous record set in 1995

15yrs girls Discus - Ebony Hay 36.20m
Previous record set in 2005

15yrs boys High Jump - Kobe Mansell 1.73m
Previous record set in 1997

17yrs boys 100m - Mitch Leonard 11.35
Previous record set in 1993

17yrs girls 800m - Lauren Kerwick 2.42.56
Previous record set in 1997

14yrs girls 100m - Annabel Crisp 13.13
Previous record set in 1993



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 our chess team comprised of Zac and Caleb Giger, Jarlen Munday and Matthew Lummis, who defeated the Kinross Chess Team yesterday enabling us to progress to the next round of the competition. Our team won 3-0 with the 4th game ending in a draw. It is terrific to see chess as a growing and successful niche activity at Orange High.



Following the washout a week before, students enjoyed a positive and friendly atmosphere at our annual athletics carnival last Thursday as records were challenged and broken. It was terrific to see the high participation rates particularly among the younger groups. One of the highlights for me was the way student spectators cheered students who gave their all and did their best despite not finishing in the top positions. This helped create a very positive atmosphere during the day.

Congratulations to the following students who broke records on the day.

17yrs girls High Jump - Isabel Harris 1.57m

Previous record set in 1995

15yrs girls Discus – Ebony Hay 36.20m

Previous record set in 2005

15yrs boys High Jump – Kobe Mansell 1.73m

Previous record set in 1997

17yrs boys 100m – Mitch Leonard 11.35

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Full results of the athletics carnival will be published in next weeks newsletter after the running of the 1500m on Friday.

This week members of the Gifted and Talented Team are interviewing for our Year 7 2017 class. The interviews are an opportunity for talented students in academics, leadership, sport and creative and performing arts to share their skills and attributes that would ensure success in a challenging learning environment. The team of teachers leading the interviews has been very impressed with the incredible talents and abilities of students applying. There is no doubt, given the number of applications, the team will have to make some hard decisions over coming days. An important part of our school culture is to create niches and places of belonging for all students from all backgrounds no matter their academic learning talent or disability and, as such, we look forward to welcoming all students in 2017.

David Lloyd
Principal

Year 7 Techno Bully

Techno Bully is a play about high school bullying.

Kathy is a Year 10 student who is being harassed through mobile text messages, email and the internet. Kathy finds it impossible to protect herself from her attacker because of the anonymity of cyberspace. A male student befriends her but can Kathy trust him? He seems sympathetic but people are different in cyberspace than the real world. Kathy doesn't know what to do or who to trust. Kathy's dilemma enables an exploration of sexual harassment and bullying through SMS and on the internet. The play exposes the misuse of these mediums and offers strong, positive strategies to deal with this growing problem. Actors also offer an informal and friendly question time to discuss the issues raised. Students enjoyed the performance and appreciated the strong message behind the humour.



SALT (Supporting and Linking Tradeswomen)

On Tuesday, the ladies from SALT (Supporting and Linking Tradeswomen) came along to run a workshop at OHS. The workshop was held to encourage & support tradeswomen who wish to enter the workforce, and to promote acceptance of diversity amongst trades people.



Futsal News

Orange High dominated this years regional championship at Orange PCYC. We versed schools from Bathurst, Dubbo, Oberon, Mudgee and Cowra.

Below is how our teams went.

- 14 Girls - Regional Champions
- 14 Boys Yr8 - Regional Champions
- 14 Boys Yr7 - Regional Champions runner up
- 16 Boys Yellow- Regional Champions
- 16 Boys Black - Regional Champions runner up
- OPEN Boys TEAM 2- Regional Champions runner up



Open Boys Team 1 went down in the semifinals to the Open Boys Team 2
 Open Girls Team 1 went down in the semifinals
 Open Girls Team 2 played well but didn't make the semi finals
 Open Boys Team 3 played well but didn't make the finals

Thanks to all our players, they demonstrated great sportsmanship throughout the day.

Now we move onto the state competition in early Term 3.

Coaches Mr Routh and Mrs Lyden



Little Athletics State Track & Field Championships

OHS students Ebony Hay, Ollie Keegan and Poppy Keegan competed at the State Little Athletics Track and Field Championships last weekend and achieved the following results:

Ollie	1st in the 13 years 100m 2nd in the 13 years 200m 2nd in the 13 years 400m
Ebony	3rd in the 15 years discus 7th in 15 years shot put
Poppy	Personal Best in 12 years discus



Ollie K has made it through to the NSW state team.
 The state team is made up of under-13's and under-15's only multi event athletes, they are the only ones who allow progression to nationals.



Department
of Industry
Resources & Energy



2015-2016 Family Energy Rebate

Apply before 11pm
16 June 2016



\$150*
**TOWARDS
ENERGY
BILLS**

TWO MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps NSW households with dependent children to cover the costs of their energy bills. In 2015-16 the rebate gives:

- up to \$150 credit on energy bills for eligible applicants who hold an account with an electricity retailer
- up to \$165 direct payment to nominated bank accounts for eligible applicants who live in an on-supplied residential community, retirement village or strata scheme and receive electricity from the on-supplied operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:

- be a resident of New South Wales; **and**
- be an account holder of an electricity retailer, **or** a long term resident of an on-supplied residential community, **or** a resident of an on-supplied retirement village, **or** a resident of an on-supplied strata scheme; **and** whose name appears on the electricity account for supply to her or his principal place of residence; **and**
- have been assessed by the Federal Department of Human Services as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2014-15 financial year, **and** have received a payment in respect of that eligibility.

If you have a DHS Health Care Card, you may also be eligible for the Low Income Household Rebate.
Visit our website for more information.

WHAT DO I NEED TO DO BEFORE I APPLY?

You'll need to have:

- lodged your tax return for 2014-15 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you're not required to lodge a tax return; **and**
- received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2014-15.

HOW TO APPLY

- **ONLINE** - it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** - download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the on-supplied residential community, retirement village or strata scheme where you live.

**APPLY
ONLINE
NOW!**

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88

EMAIL fer.program@trade.nsw.gov.au

WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

FREE STUDENT EXCHANGE LIVE ONLINE INFORMATION SESSION

Hear from one of our staff members, find out more about discounts and scholarships available and ask questions.

Wednesday, 13th April, 7.30pm AEST
Or
Thursday, 12th May, 9.30pm AEST

Register online to reserve your place



student exchange
AUSTRALIA NEW ZEALAND

www.studentexchange.org.au
1300 135 331 (cost of local call)



Our Time Group in Orange



**Are you the
parent
or carer of a
child
with a disability?**

"Our Time" is a free peer support group that provides you with an opportunity to take some time for yourself. The group meets in Orange monthly and provides an opportunity to relax over a cuppa and meet with other carers.

The coordinator, Sandy Livermore, supports the group informally to get to know each other and share information and ideas.

If you need assistance with childcare please talk to Sandy regarding the options available.

Everyone is welcome.

WHEN 17th March, 19th May,
19th June

TIME 10.30am - 12.30pm

VENUE 95 Prince Street
Ararat St, Orange

For further information
please contact Sandy Livermore
on 6360 1455 or email
SLivermore@cerebralpalsy.org.au

Cerebral Palsy Alliance
95 Prince Street
Orange NSW 2800

CEREBRALPALSY.ORG.AU



