



Orange High School NEWSLETTER

Woodward Street
PO Box 654, Orange NSW 2800
P (02) 6362 3444
F (02) 6361 3616
www.orange-h.schools.nsw.edu.au

Quod Potero Sedulo

17th June 2016 : Term 2 Week 8



OHS Wins First Round of the 2016 Astley Cup



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 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 incredible students for their inspirational performances leading to our success in the first round of the Astley Cup. Our teams collectively demonstrated resilience, sportsmanship and pride as they competed in the true spirit of Orange High and the Astley Cup. As a community I believe we have every right to be inspired and proud of the amazing young people in our midst. I look forward to the second round of the tie in 2 weeks against Dubbo in Dubbo!



Congratulations to our senior students for their attentiveness and conduct during last weeks 'Consequences' car crash demonstration. We appreciate that graphic education exercises such as this one can be a confronting and difficult subject, and our students demonstrated high levels of maturity.



Congratulations to Year 11 students, Lauren Kerwick and Isabel Harris who have been awarded a PHYZ Xcel scholarship. The assessment team were greatly impressed with each of the student's applications and in particular their drive and energy. As a result the students are among other benefits entitled to 12 months free PHYZ XTRAS Gold membership.

David Lloyd
Principal



Junior Soccer Western Area Champions



Ngunkeere Indigenous Dance Troupe

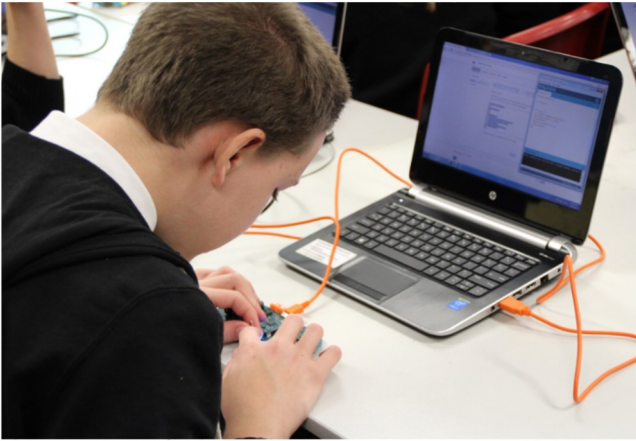
Orange High's Indigenous dance troupe went along to Yarrawong Children's Centre last week to educate the children about Aboriginal culture through dance – everyone had a great time learning & dancing together!



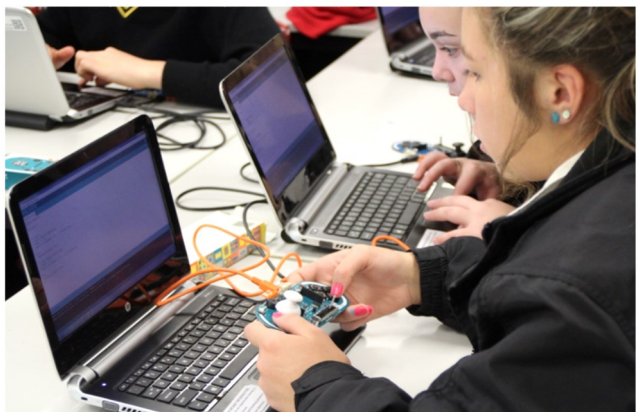
Honour the past ... create the future



STEM MadMaker Program



As part of the University of Sydney's STEM Maker initiative, OHS students took part in a workshop to educate them about embedded systems & their use in everyday life!
The students used their BYOD devices & Arduino Esplora boards to investigate fun and interactive ways to use science, technology, engineering and maths to solve real world problems!



PHYZ X - Xcel Program Scholarship

Congratulations to OHS
Year 11 students
Lauren Kerwick & Isabel Harris
for being selected as PHYZ X
Xcel Program Scholarship
recipients!

PHYZ X will be assisting these
students to achieve their full
potential throughout their final
years of high school and
pave the way for a healthy &
successful future!





Consequences Rescue Demonstration

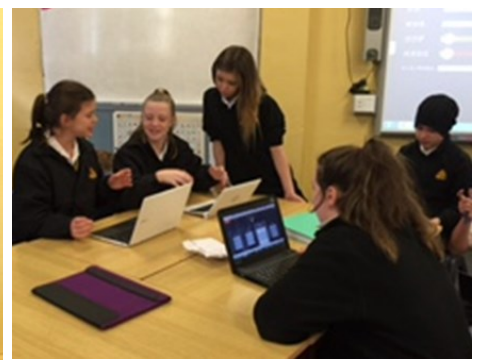
Year 11 & 12 OHS students attended the Consequences Rescue demonstration designed to educate students on the consequences of risk taking behaviours in regards to road accidents.

The presentation included a mock-crash scene, complete with actors and emergency personnel. All emergency services were involved, to show a 'true' depiction of the involvement of each agency in the event of a significant car accident.

The demonstration was followed by guest speakers who spoke from personal experience & gave staggering statistics regarding road accidents to raise awareness of the dangers of risk taking behind the wheel.



Quizlet in Japanese Class



OHS Astley Cup

Make like the English faculty and buy an Astley cup wristband to support OHS during this week's Astley Cup!

Only \$3 each or an umbrella for \$25!

Pay at the front office or see Mrs Mages or an SRC member to buy one before they run out!





The Sunday Telegraph

PARENTS CAN WE TALK?

FREE YOUTH MENTAL HEALTH FORUM

Expert advice on helping young people through mental ill-health and suicidal feelings

NRL STARS AND FAMILIES TELL THEIR STORIES

ORANGE EX-SERVICES CLUB
TUESDAY 28 JUNE, 6PM

REGISTRATIONS ESSENTIAL: DAILYTELEGRAPH.COM.AU/CANWETALK

We have a wonderful opportunity to further support our student's mental health. Centacare Wilcannia Forbes are working with headspace and CAMHS (Child and Adolescent Mental Health Unit) to provide an informal/interactive workshop - Supporting students to effectively address depression and anxiety.

Tuesday 21st June at 12:10pm – 1:00pm in the PAC (Orange High School)

The workshop will address the concept that most students will suffer from various stressors at different times throughout life/school. It will provide students with strategies to cope with stress, to get help if they need it and remind their mates to do the same. It will teach students to recognise the signs of depression and anxiety and affirm the important message of accessing support.

Information will be provided in an informal way, giving students the opportunity to ask questions of the various organisations. There will also be support information available for students to take with them for further reference.

All students are welcome to attend this free workshop. Students may or may not suffer from depression or anxiety, they may have a friend they would like to support or they may feel the need to learn more about this mental illness that effects 1 in 4 people.

Permission notes can be collected from Mrs Chopping or Year Advisors. Permission notes must be returned to the box under the office window by Friday 17th June 2016.



Subject Selection Nights for Yr 9 and 11 2017

Year 11 2017 to be held on
Monday 25th July starting at 6pm in the PAC

Year 9 2017
to be held on Monday 1st August starting at
6pm in the PAC

If parents and carers could arrive 15 minutes prior to the start time, to allow time to sign in and collect subject selection booklets.

We strongly encourage all students and their carers to attend these evenings to enable them to make informed choices about the next phase of their schooling.

SCHOOL SHOW - 2016 In Concert



TUESDAY 28th June at 7.00pm
WEDNESDAY 29th June at 7.00pm
THURSDAY 30th June at 7.00pm
In the Performing Arts Centre

Tickets for sale at the school office
with a limited amount available at the door
Adults / High School students - \$10.00
Primary aged students or lower - \$5.00



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