



# Orange High School NEWSLETTER

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Quod Potero Sedulo

28th July 2016 : Term 3 Week 1

## PREFECT TRAINING DAY



*Honour the past ... create the future*



# 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

Aaron Routh

## Careers Adviser

Glen Pearson

## School Counsellors

Susanna Brown

Liz Franks

## Sport Co-ordinators

Anthony Wharton

Tegan Dray

## Student Representative

### Council Leader

Peita Magee

**Many thanks to the parents of students commencing Year 11 2017 for their attendance earlier this week at our Subject Selection evening.** In the end it was close to standing room only in a very full Performing Arts Centre. It was great to see lots of conversations about possible subject selections between students and teachers present on the night. Final selections are due online by the end of next week.

**It was terrific to witness the enthusiasm shown by our students throughout the 2017 Prefect/Student Leadership Development Day yesterday.** The aspiring student leaders undertook activities to identify their values and priorities, and analysed the leadership styles of myself and our Deputy Principals as we unpacked "leadership". Central to the success of the day, was the contributions and insights from current Prefects and School Leaders. Our current leaders are a very inspiring group and each in their own way. As a collective they have, and continue to make, a positive difference to our school. The next stage of the 2017 selection process is the development of a written CV and panel review process. Good luck to all students aspiring to leadership roles.



**Next Monday the 27 July we will welcome current Year 8 students and their parents to the Year 9 2017 Subject Selection and Record of School Achievement (ROSA) Information Evening. This information evening will be held in the Performing Arts Centre at 6pm.** This is a terrific opportunity for parents and students to learn more about subject requirements and requirements for the award of a ROSA.

David Lloyd

Principal

# WORKING TOGETHER



Orange High School is working on making their website and newsletters more accessible for all users. Molly Burton is demonstrating how to use screen reader software and voice over with an iPad to read the school newsletter.

## JAPANESE BEGINNERS - HSC PRACTICE DAY

Students from the Japanese Beginners class travelled to Sydney last Saturday to practice their speaking section of the HSC Japanese Beginners. This examination is held prior to the written examinations and consists of a five minute conversation with an examiner. Students are required to demonstrate their linguistic knowledge through use of grammatical structures and vocabulary from the course. At the Shore School in North Sydney students practiced with teachers who are very experienced in presenting this course, and some of them have been, and are, HSC markers. Since we had travelled such a long way, the Japanese Teaches Association of NSW organiser gave our students extra practice sessions with examiners. It was quite confronting at the beginning of the day but the boys who were able to attend, Bryce Ostini and Tom Milson, soon settled into the routine, and at the end of the day, felt that it was very beneficial to have attended the day. They both thought that they had learnt things that could improve their performance for their HSC Speaking section. Hurford Sensei and I also learnt things that will assist the students in this course.

Pirie Sensei





# THE BUZZ



## PBL Merits

Congratulations to the PBL \$10 canteen voucher winners for this fortnight.

A Nicol – Year 8	E Sammut – Year 7
F Hawke – Year 12	T Parker – Year 7
K Broome – Year 7	E Delaney – Year 7
M McNamara – Year 8	J Bragg – Year 11
A Hamilton – Year 8	C Lynch – Year 10

Also congratulations to the 'Students of the Week' winners for this fortnight.

Jaimie Bragg nominated by Ms Latter for her excellent Hospitality Catering effort.

Noa Fraser nominated by Mrs Collins for his Excellent Science Assessment.

## Motivational Speaker for year 7 and 8 + SRC

On Monday 1<sup>st</sup> August 2016, Youth Motivational Speaker, Lorin Nicholson will present to Orange High School. Lorin will speak to Years 7 and 8 during period 5, and the SRC during period 6. He is also working with staff after school. The presentation will take place in the Performing Arts Centre and will be supervised by timetabled classroom teachers.

**There is no cost for the presentation.**

Lorin is one of the nation's leading guitarists. Despite being legally blind since birth, he is one of the country's most successful independent recording artists and has been a finalist in the Australian Country Music Awards, being runner-up to the legendary Tommy Emmanuel. Lorin has accomplished many things throughout his life so far and will **entertain students with his stories and messages of perseverance, resilience, respect, inclusion and leadership**. We are looking forward to having this inspirational Australian in our school. Lorin has previously performed for students at Orange High School. His performance is inspiring and well worth watching.

## Lost property

Don't forget that I have a collection of goodies if your child has misplaced an item. Just ask them to call in to see me. Also, please write names on jacket and jumpers. This makes it easy to relocate an item and easier for me to find its owner, should it be forgotten.

Have a great week.

Kerrie Chopping

Head Teacher Wellbeing



**LOG BOOK RUN**

14 August register online

The Log Book Runs are planned drives for learner drivers developed by Orange City Council, Cabonne Shire Council

[www.orange.nsw.gov.au/logbookrun](http://www.orange.nsw.gov.au/logbookrun)

 

## 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.

**Thursday, 11<sup>th</sup> August at 5.30pm**  
or  
**Thursday, 1<sup>st</sup> September at 7.30pm**



Register online to reserve your place

[www.studentexchange.org.au](http://www.studentexchange.org.au)  
1300 135 331 (cost of local call)



**Learning  
Difficulties  
Coalition** NSW Inc.

**July  
2016**

## LDC Regional, Rural & Remote Schools E-Update

### JULY ARTICLE

#### ADHD and Social Media

When teenagers interact socially with others they take notice of the other teenager's body language, their facial expressions and their tone of voice to gauge their understanding, interest and responses. Teenagers with ADHD often have trouble recognising these social cues and therefore often have difficulties with friendships due to the consequences of misreading signals, being impulsive, unintentionally offending and more. Once social media is introduced to this scenario the problems can escalate.

Social media - whether it be Facebook, Instagram, Email, Twitter, etc - moves quickly, responses are fast, there is little time to think before you reply and there are no body language or facial expression cues to read. For teenagers with ADHD it can be very challenging. According to the Australian Bureau of Statistics, in 2009, 48% of 12-14 year olds used social media, 11% of 9-11 year olds and 3% of 5-8 year olds. Regularly remind your teenager of the following points regarding their use of social media:

- Everyone sees your comments. A good suggestion is to remind them if they wouldn't say the comment to the Principal or Grandma, don't put it online.
- Your comments can't be fully deleted, there is no option to explain that they misunderstood or I didn't mean it.
- Avoid using social media at times of the day when they are most impulsive.
- Delay sending your response immediately - read it twice, count to ten, etc, to provide enough time to process.
- Set a timer to avoid wasting too much time online.
- Social media shouldn't replace actual social interaction with others, encourage them to go and meet friends.
- ADHD teenagers can already have trouble understanding consequences for their actions, explain the implication of online behaviour in terms they understand and have clear boundaries set up.
- Discuss cyberbullying with them (24/7, anonymous, reaches more people, etc) and what to do if this happens.

*References: "Did I Just Tweet That" [www.additudemag.com](http://www.additudemag.com) "Quick Reference Guide for teachers on cybersafety and cyberbullying" Nov 2011, QLD Government, "Social Media Success With ADHD" by M Vann [www.everydayhealth.com](http://www.everydayhealth.com) "New cybersafety game for special education students" [www.acma.gov.au](http://www.acma.gov.au)*

#### Have you read this article...

Sunshine Coast teen describes rage, tics and unpredictability of Tourette Syndrome: <http://www.abc.net.au/news/2016-05-12/teen-talks-of-tourette-syndrome-for-awareness-week/7404756>

#### Have you seen this book...

**An Asperger Dictionary of Everyday Expressions**, by Ian Stuart-Hamilton Available from [www.angusrobertson.com.au](http://www.angusrobertson.com.au) \$32.99. This dictionary provides explanations of over 5000 idiomatic expressions and their politeness level.

#### Have you googled this website...

<http://www.copmi.net.au/kids-young-people/at-school>  
This website is for Children of Parents with a Mental Illness.



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W: [www.ldc.org.au](http://www.ldc.org.au)

Please contact the LDC office if you would like Helpline brochures/posters for your school.

#### MEMBERSHIP COSTS

1 year School M'ship \$55  
3 year School M'ship \$150

#### MEMBERSHIP BENEFITS INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD.
- Discount on LDC resources
- Discount on entry to LDC seminars

#### RESOURCE HIGHLIGHT

##### Self-Concept & Learning Difficulties

by Dr Christine Andrews

Parental Strategies for Enhancing the Self-Concept of Children with Learning Difficulties.

\$10 for LDC members

\$15 for non members

+ P/H (see website for prices)

See [www.ldc.org.au](http://www.ldc.org.au) for details

The information herein is provided on the understanding that the Learning Difficulties Coalition Helpline is NOT providing professional advice and services. The information herein provided is NOT to be used as a substitute for professional, medical, or clinical advice.