



# Orange High School NEWSLETTER

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Quod Potero Sedulo

11th August 2016 : Term 3 Week 4

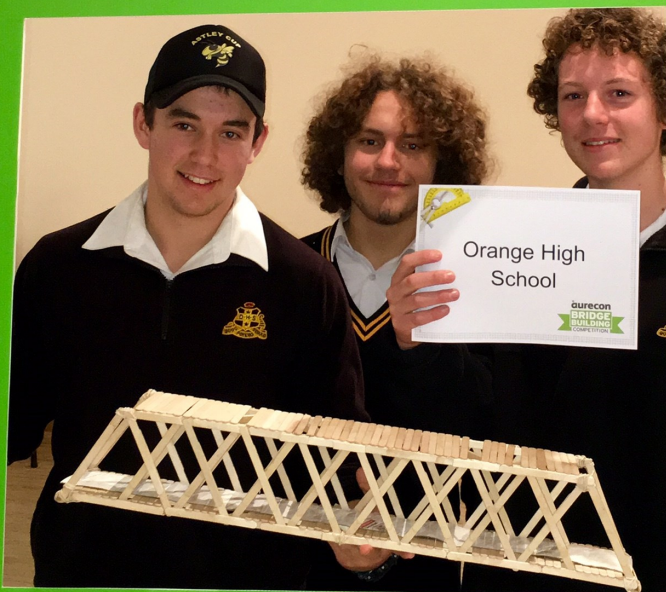


## aurecon



**Aurecon**  
Bridge Building Competition

*Bringing ideas  
to life*



**#AureconBBC**

High school students across Australia and New Zealand bring their ideas to life in our annual competition.

OHS students Liam Maidment, Zac Giger and Nathan Kennedy, all from Year 9, participated in the Aurecon Bridge Building Competition at the Art Gallery of NSW in Sydney.

The boys had to construct a bridge using only a supplied kit of:

300 paddle pop sticks

1 cardboard tube

1 tube of PVC glue

and 1 piece of 5m long string.

When tested, the bridge they constructed witheld 60.5kg!

A fantastic effort! Well done boys!





# 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 Mages

Congratulations to our Year 12 Students who are in the process of completing and submitting Major Projects as part of the Year 12 Higher School Certificate Studies. I continue to be impressed by the depth, detail and vision of student projects in courses as wide and varied as Industrial Technology, Visual Arts, Textiles, Society and Culture, Drama and Extension 2 English just to name a few. Their practical works demonstrate a deep level of learning and highlight individual skills and specialities. We wish all students in Year 12 well as they put final preparations in place over the weekend for their Trial HSC Exams commencing Monday next week.



Talking of talented students, we are pleased to be able to offer an opportunity for 2017 Year 11, (students in Year 10) this year to seek enrolment in a Macquarie University Philosophy course as part of their senior studies. The course will be run in a partnership with the team from Kinross and is aimed at extending students critical thinking skills. The course is recognised by BOSTES and counts for 1 Unit towards a student's HSC. Successful students in the course are also likely to receive advanced pathways should they wish to enrol in a future course at Macquarie University. More information is available from myself or Mrs Maksymczuk. In 2015, four students from Orange High School achieved Distinctions in this high level course.

Apologies to Tom Zeylemaker whom I overlooked in last weeks newsletter. Like the other recent Orange Sports Award nominees, we congratulate Tom and are proud of his achievements within and beyond our school. Tom is pictured in the photograph below with the other nominees from Orange High recognised last week.

David Lloyd  
Principal



# CSU FUTURE LEADERS

Year 7 & 8 students have been enjoying their [Charles Sturt University - CSU Future Moves](#) presentations over the last few weeks!

The students from Charles Sturt University spoke about all aspects of university life from what you eat, what you wear to class, the different type of classes and of course the social life that comes with living on campus.

Thanks CSU for coming in to speak to our students about all aspects of university life!



# JEANS FOR GENES DAY



Orange High School celebrated Jeans for Genes day last week by rocking multiple layers of denim to raise money for Children's Medical Research



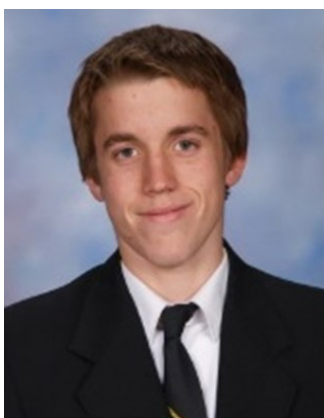


## DEBATING

Our OHS junior debaters being inspired watching the final of the Premier's Debating Challenge for Years 11 & 12 via a virtual excursion!



## RHYS EWINS VISIT



Ex-Orange High School student Rhys Ewins visited with Year 8 students today. Rhys completed his HSC in 2009 after which he attended the University of New England and gained a Bachelor of Language, majoring in Japanese and Chinese.

During his university course Rhys spent an exchange year studying at the Hiroshima University, which is ranked 10th of all Japanese Universities. He has recently completed a year as a JET teacher in Japan, teaching English to Japanese junior high school students.

Today he talked to Year 8 students about the enjoyment and opportunities that learning a language can offer young people as well as what it was like to be a student at New England Uni.

A great big thank you to Rhys for taking time to visit his old school and speak to the current students.





**Learning  
Difficulties  
Coalition** NSW Inc.

**August  
2016**

# LDC Regional, Rural & Remote Schools E-Update

## AUGUST ARTICLE

### FIDGETS IN SCHOOL

#### Who benefits from using fidgets?

Children with ADHD, Autism Spectrum Disorder and Sensory issues.

#### How do they help?

By using a fidget toy it allows their brain to focus on the primary task more easily. The benefits of this are better concentration, improved learning and less behaviour issues. For many children a second activity is a distraction, but for children with ADHD and Autism it will actually improve their performance.

#### How will I know if it helps?

A simple way to find out if a fidget toy is helpful is to take it away and observe the behaviour of the child. Are they trying to use other items as their fidget (eg. chewing hair, biting nails). Are they distracting kids around them? Are they getting up from their seat and moving around the room regularly?

#### What should fidgets be?

Fidgets should not disturb others, so therefore they need to be small and quiet. As kids will need a variety of fidgets to maintain interest they also need to be affordable. And of course they must be safe.

#### Some fidget toys to try?

- |                       |                    |
|-----------------------|--------------------|
| - squishy gel         | - stretchy figures |
| - squeeze ball        | - porcupine ball   |
| - keyrings            | - cool pens        |
| - paper clips         | - beaded bangles   |
| - bull dog clips      | - hacky sacks      |
| - balloons (deflated) |                    |

#### Other fidgets that may work

- walking while discussing work/day
- listening to music while doing work
- chewing gum or sucking on a lolly
- doodling on paper

References: "Fidget to Focus" by R Rotz, Ph.D and S D Wright, [www.additudemag.com](http://www.additudemag.com). "What are fidget toys?" by B Oakley [www.snagglebox.com](http://www.snagglebox.com) "Using Sensory Toys to Improve Learning and Behaviour" by S Larkey [www.suelarkey.com](http://www.suelarkey.com)

**Have you read this article...** ADHD needs a positive attitude: <http://www.thecourier.com.au/story/4015768/adhd-needs-a-positive-attitude/>

**Have you seen this book...**

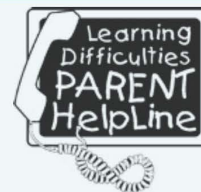
**Asperger's and Girls**, featuring T Attwood, T Grandin and more.

Available from [www.bookdepository.com](http://www.bookdepository.com) \$33.31. This groundbreaking book describes the unique challenges of women and girls with Asperger's Syndrome.

**Have you googled this website...**

[www.yareads.com](http://www.yareads.com)

An honest and raw approach to your reading recommendations, covering gothic, horror/fantasy, memoir, paranormal, sci-fi and more.



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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

#### No Time to Play - Siblings of Children with Disabilities

A Support Guide for parents and teachers by J Herring

Including adaptation, parental feelings, financial implications, 'kids have feelings too', and more.

\$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.





**Parent  
Information evening**  
Orange, 31 August, 5.30pm  
**Register now at**  
[csu.edu.au/parents](http://csu.edu.au/parents)