



Orange High School NEWSLETTER

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Quod Potero Sedulo

8th September 2016 : Term 3 Week 8

OHS CONVERSATION HEROES



Orange High School supports R U OK Day!
We're stronger together, and that's why OHS students are asking everyone to help create a more connected world by making more time for the people who matter to them!

OHS supported R U OK Day with activities such as selling cupcakes, handball, elastics and skipping!



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 Advisor

Josh Thacker

Year 8 Advisor

Cassie Coates

Year 9 Advisor

Alice Bright

Year 10 Advisor

Sophie Healey

Year 11 Advisors

Sarah Townsend

Year 12 Advisor

Aaron Routh

Careers Advisor

Glen Pearson

School Counsellors

Susanna Brown

Liz Franks

Sport Co-ordinators

Anthony Wharton

Tegan Dray

Student Representative

Council Leader

Peita Mages

It has been impressive to watch the leadership skills displayed by our Year 11 students to ensure the success of our R U OK day. The key aim is to further promote positive wellbeing in all students. A lot of thought and planning has gone into the Conversation Corner, fundraising initiatives and linkages with outside agencies who have the capacity to support and nurture young people in our increasingly complex world. **Wellbeing and mental health are very important to all of us here at Orange High and we are very proud of the student led leadership that further builds on our existing structures and initiatives.**



I was incredibly moved earlier this week by the speeches made by young people in the Student Representative Council, during our fortnightly whole school assembly that recognised and praised the character and leadership efforts of our current prefects. **The speeches were heart-felt and moving and included a high level of respect and admiration for our senior students.** Standing in front of and speaking to 1100 teachers and students can be daunting for most of us, but the quiet confidence and skills displayed by each junior speaker was simply amazing. **Even more moving was the warm embrace of the junior speaker by the Prefect at the conclusion of each 2 minute conversation.** Well done to all!



Congratulations to the team of writers and editors led by Ken Mills on the publication of the latest Orange High School Deadly Times newspaper. **Particularly impressive are the pieces written by students. The publication of their stories is reward and further encouragement for the development for high level literacy skills.** Impressive also is the move to include articles and reports from partner primary and high schools. I commend the latest edition to you!



Congratulations to Mrs Peita Mages who has been selected as our Head Teacher English for next year while Mrs Esson takes a years leave. Mrs Mages has a strong teaching pedagogy and a high level of respect from students.



Congratulations to our girls and boys hockey team for their recent success being crowned Interschool Hockey Champions for their 6th Year in a row!

David Lloyd

Principal

CHS HOCKEY FINALISTS

Congratulations to our Open Boys Hockey team who for the first time in our memory, have made it through to the final 8 in the NSW CHS knockout competition! This is a huge achievement for a team primarily made up of junior students! A massive thankyou to Ms Hope for her coaching and support of our boys! Good luck for the final competition!



OPEN GIRLS SOCCER

Congratulations to the Open Girls Soccer Team on a 4-nil win over Canobolas Rural Technology High School. The girls struggled to find the net for most of the game, but scored a few late goals to come away with a convincing win in the end.

A massive thanks to Roisin O'Connor, Taylah Fanning and Lucy Johnston for pulling on a soccer jersey last minute.



TRIBUTES TO OUR 2016 PREFECTS

An inspirational assembly was held this week with our current junior SRC members making touching & personal tributes for our Year 12 Prefects!

Our prefects were surprised & humbled to know that they have made such an impact on our junior students!



NATIONAL TREE DAY

Orange High School celebrated National Tree Day this week! We were lucky to have Bunnings Warehouse sponsor us in providing 33 native trees to plant! Mr Wait's Year 10 Agriculture class had a great time planting the trees behind our multi-purpose courts! Thankyou Bunnings Warehouse for supporting OHS and National Tree Day!



THE BUZZ

We have added another layer to our PBL Rewards which is really exciting. The idea came from James Cashen's SRC Vision. We are going to reward students who are on time to roll call with a PBL Ticket (this will occur on random days throughout the term). Each ticket will contribute to the end of term House BBQ tally that earns the winning House a BBQ and raffle prize draws. This term, so far, there are only 5 PBL Tickets difference between 1st, 2nd and 3rd. In a very close race, it is worth getting to roll call on time to support your House and contribute to the tally. Thanks for the great idea James!!

Week 6 Draw

Congratulations to the following students who won \$10 canteen vouchers.

J Parish – Year 12
C Kaufman – Year 7
R Madden – Year 8
F Hawke – Year 12
B Thomas – Year 9
A Boyd – Year 12
N Robbins – Year 10
D Sciascia – Year 9
K Duncan – Year 9
Tom Milson – Year 12

Congratulations to the 'Students of the week' winners.

Ally Cook nominated by Mrs Collins for 'Consistent application to her studies'.

Jye Writer nominated by Mrs Kharitos for 'Always being prepared'.

Week 8 Draw

Congratulations to the following students who won \$10 canteen vouchers.

J McGregor – Year 10
M Vanes – Year 10
Z Morgan – Year 9
S Geist – Year 9
C Goransson – Year 9
J Harrison – Year 7
J Brackenridge – Year 7
R Schoultz McNabb – Year 7
T Hamandishe – Year 7
O Mansen – Year 7

Congratulations to the 'Students of the week' winners.

Clancy Pascoe nominated by Mrs Greenslade for 'solving a rubix cube at a close second to a RO-BOT'.

Blake Dolbel nominated by Mrs Arman for 'consistent improvement'.

Pinnacle Awards

Just a reminder to students interested in applying for our OHS prestigious Pinnacle Award that application forms are available from Mrs Chopping or Year Advisors. Applications due in early next term. Application forms are also available to print from our website – Our School, positive rewards and recognition.

Donations of clothes

Please, please, please!!!

We are in dire need of any preloved uniform in good condition. If you happen to have any uniform that is no longer needed and is in good condition, please consider delivering it to our front office. We are very low on stock and families in need really appreciate any extra help we can offer. Your kindness and consideration is greatly appreciated.

Vaccinations

This week is the final vaccination for year 7. If a student has missed one of the vaccination sessions this year, there will be a catch up date organised for later in the year (at a date yet to be confirmed).

THE BUZZ

Transition

Mr Wait and I are in full swing with organising transition for the incoming year 7. We have had the opportunity to visit some of our larger partner Primary Schools and have relished the chance to get to know our new students a little better. Many year 9 students have supported the visits by running activities with the year 6 students. They have done an outstanding job and Mr Wait and I are very proud to work with these aspiring Peer Support Leaders. This week we provided parents with the opportunity to meet and greet OHS leaders and chat about the amazing opportunities OHS is able to provide each and every student. Thank you to Mr Lloyd, Mrs Small, Mr Wait, Mrs Hamilton, Mrs Winslade, Mrs Kharitos, Mr Edwards and Ms Latter for expertly contributing to the positive vibe on the night.



Transition Dates are early next term. Students from Calare PS and Bletchington PS visit OHS on the 19th and 20th Oct. Students from Orange PS, Stuart Town, St Mary's, St Joseph's, Spring Terrace, Nashdale, Mullion Creek, Manildra, Molong, Cudal, Clergate, Canobolas public, Anglican Grammar, Bathurst West, Bowen visit OHS on the 26th and 27th Oct. A fun and exciting time is planned for all those involved.



That is all for this week,
Kerrie Chopping
Head Teacher Wellbeing





INTERSCHOOL HOCKEY CHALLENGE

Congratulations to both our Boys and Girls Hockey teams for taking out the title of Interschool Hockey champions for the 6th year in a row!



TYKE-OH DRUMMING WORKSHOP

Orange High School students in Year 7 and Year 8 have the opportunity to participate in a Taiko Drum, or fat drum, workshop. Taiko drumming has been found in Japanese history for over 2000 years and is said to be the first native Japanese music to become popular in other parts of the world. These drums were originally, loud enough to get the message across the battlefield, but today they are used in drama performances, ceremonies at shrines and temples and in different forms of drama. Performances using the taiko drum can be quite physical, as much energy is needed to beat the very large drums. Students in Year 7 and 8 Japanese classes have watched performances and seen taiko drums being made in class recently. Although she now lives in Australia, Kiyomi Sensei has completed, and regularly participates, in taiko training in Japan. Orange High School students enjoyed participating in her workshops last year.

At present there are still some vacancies left to participate in these workshops for Year 7 and Year 8 student who want to experience a small amount of Japanese culture and musical performance. Unfortunately Kiyomi is very popular and she will be unable to visit next year due to her already full calendar. So if you are interested please download the permission note and pay at the front office by Monday 12 September. Don't miss the opportunity to try this type of music performance.



PLAY CRICKET!



Registration Day

Boys and Girls 5 - 16

Riawena Oval, Kooronga Ave
Sunday 11th September, 12 - 2pm

BBQ and used cricket gear sale

For more info visit odjca.nsw.cricket.com.au

THUNDER GIRLS CRICKET LEAGUE



T20, 8 per side, girls only
Thursdays 4:30 - 7:10pm

New to cricket? No problem

U13 and U17 comps

More info at rego day or
odjca.nsw.cricket.com.au

DREAM BIG

SCHOOLS SPECTACULAR 2016

Friday 25 & Saturday 26 November
Qudos Bank Arena, Sydney Olympic Park

JOIN IN THE
FUN.
PLAY CRICKET!



ALL CLUBS SIGN ON DAY
Junior Boys & Girls: U11-U16
Thunder Girls Cricket League: U13 & U17
Riawena Oval, Kooronga Ave.

SUNDAY 11th SEPTEMBER, 12-2pm

Cricket gear 'car-boot sale' on the day
more info at odjca.nsw.cricket.com.au

Disability and Community Expo

This **free** community mini expo is specifically designed to deliver information and advice to high school students and others with a disability, about the types of support services and programs available when they finish school or later in life.



A range of disability and community services will be represented at this event including:

Care West
Life Without Barriers
Centrelink
TAFE
Disability Advocacy Central West Challenge
The Mercy Centre
Wangarang
Job Centre Australia
and others

For more information head to:



www.facebook.com/NDCOWesternNSW

Date: Monday 12th September 2016

Time: 3.30pm - 5.30pm

Where: TAFE Orange
March Street Campus

Winanganah Centre
(facing Sake Street)



Come and meet services that could assist and support you or someone you may know in achieving their future goals and dreams.



For more information contact:

Kris Lear
National Disability Coordination Officer
0458489597

Giovanna Cox
Support Teacher Transition
63624563

How healthy are your lungs?

Asthma affects over two million Australians - that's about 1 in 10 and it is estimated that 1 in 20 people over 55 has Chronic Obstructive Pulmonary Disease - Are you breathing easily?

Book in for your 15-minute, one-on-one consultation and take home valuable knowledge about your lung health.

Our Registered Nurse will:

ASSESS your personal risk factors and relevant signs and symptoms

TEST your lung function and calculate your "lung age"

GIVE you personalised and practical preventative health and management advice (including a take home brochure)



BOOK YOUR CLINIC APPOINTMENT TODAY

CARING FOR YOUR HEALTH & WELLBEING

Date/Time: Friday 30 September 2016 10:00am - 3:00pm

Venue: **MCCARTHY'S LIFE PHARMACY**
196 Lords Place
Orange NSW 2800
Ph: (02) 6362 1009

Phone: