



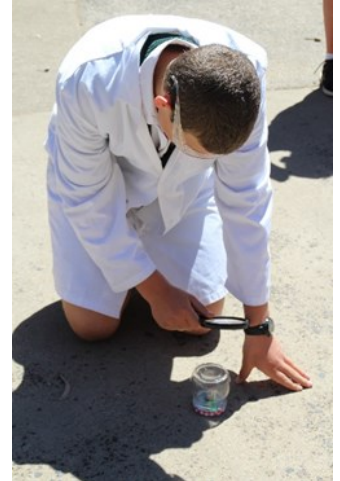
Orange High School NEWSLETTER

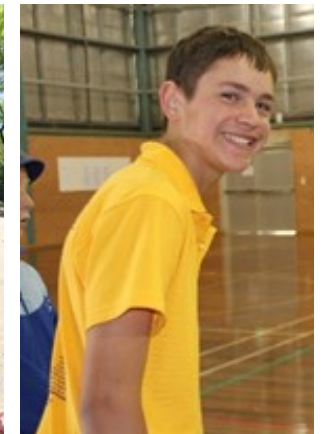
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Quod Potero Sedulo

20th October 2017 - Term 4 Week 2

Transition Days for Year 6 to 7 2018 students





Wellbeing Day

A Wellbeing Day was held at the Orange TAFE on Thursday. Students who attended are now much better informed about mental health and wellbeing services in our region.

The day was deemed a huge success and all the students left with smiles and lots of goodies!



PRINCIPAL'S REPORT

Principal

David Lloyd

Deputy Principals

Helene Hamilton

Kathleen Maksymczuk

Kylie Winslade (Rel)

Head Teacher Admin

Kate Rogan - Students (Rel)

Jo Beeby - Staff (Rel)

Head Teacher Welfare

Kerrie Chopping

Year 7 Advisor

Lisa Phillips

Year 8 Advisor

Josh Thacker

Year 9 Advisor

Cassie Coates

Year 10 Advisor

Alice Bright

Year 11 Advisor

Sophie Healey

Year 12 Advisor

Tegan Dray

Careers Advisor

Glen Pearson

School Counsellors

Susanna Brown

Liz Franks

Sport Co-ordinators

Ben Callaway

Tegan Dray

Student Representative

Council Leader

Yelena Latter

This week, Orange High hosted the first of two transition events, welcoming 110 students who will be attending in 2018.

I would like to commend the mature way the current Year 6 students adapted to high school routines and participated in whole range of learning activities that reflect what they will experience at high school next year. A second

highlight was the responsible way our Year 9 Peer Support Leaders nurtured and supported our new students. Next week, we will conduct another two days to welcome and orientate another 110 students from our partner primary schools.



Congratulations to our Year 12 Students who successfully began their Higher School Certificate exams this week. The first paper was English and while for a number of

students there was a sense of nervousness at the start, it was terrific at the conclusion of the exam to hear most students expressing positive sentiments. All students have now completed their first two papers while many will complete a second and possibly third subject by the end of the week. Most will finish their exams within three weeks.

We wish them all the best and also thank the many parents and wider family supports who are doing so much in the background to support students during what can be a challenging time. While on the subject of Year 12, congratulations to Rebecca Hooper, and Olivia and Lauren Kerwick, who have also received early offers to university over recent weeks.



Congratulations to Harry MacPherson on his selection into the orchestra for the 2017 School Spectacular in Sydney later in November. Harry is an incredibly talented trombonist and his selection into this prestigious and very high level ensemble is an incredible honour. Suffice to say, almost all of the students selected into the orchestra come from the Sydney Conservatorium, a selective high school for music. Amazing work Harry!



Congratulations also to Miette Van Bockom Maas, Beau Carter, Marly Hevers, Samuel Newcombe, Daniel Stevenson and Natasha Sutton for their selection to represent Orange High at the School Spectacular later in the year in the drama piece. Their selection is a tremendous honour and reflective of the high standard of work designed and delivered by the group over recent months. Last week, the team travelled to Nepean Creative and Performing Arts High for their first drama ensemble rehearsal. Well done to all!



David Lloyd
Principal



THE BUZZ

PBL

Congratulations to Parkes House who earned themselves the PBL House BBQ reward and prize draw at the end of last term. They submitted the most PBL tickets for the term and enjoyed celebrating with their team.

Congratulations also to the following students who won the \$10 PBL canteen voucher over the last 2 draws.

S Adams – Year 7	A Coppock – Year 7	R Ah-See – Year 7	S Sapkota – Year 7
M Dibble – Year 7	D Vernon – Year 7	H Crisp – Year 7	J Perry – Year 9
M Pascoe – Year 10	D Sciascia – Year 10	K Horan – Year 7	J Dickson – Year 10
K Cantwell – Year 7	J McMillen – Year 7	I Pascoe – Year 7	I Brotherton-Farr – Year 7
J Elliott – Year 8	T Scott – Year 7	O Swords – Year 7	A Honeyman – Year 8

Congratulations to the Winners of 'Student of the Week Awards' for the last 2 draws.

K Morley – nominated by Mr Routh for his excellent work in Science.

E Owens – nominated by Miss Livingstone for her excellent revision in PDHPE.

E Davis – nominated by Miss Smith for his great self-control in trying circumstances.

J Morgan – nominated by Mrs Ryan for his excellent work in Tech Mandatory.

Vaccinations

Vaccinations are almost complete for year 7, 11 and 12. We have one more catch up session in November for those that missed one of the previous sessions. NSW Health have advised us that Year 7 only require two vaccinations for HPV (instead of 3), which means they receive one less vaccination for 2017. Formal notification will be sent to parents to confirm the details in the coming months.

Mental Health Month - Year 9 Batyr Mental Health Seminar

This week, Year 9 had the privilege of attending a presentation from the non-profit organisation called Batyr. It was a very engaging presentation, tailored towards encouraging students to take care of their mental wellbeing. It offered strategies and constructive ways to be mentally healthy, actively seek support and learn through other's powerful experiences.

Mental Health Month – Mental Health Expo

Students also had the opportunity to attend the Mental Health Expo at TAFE this week. Our Orange community has a great array of services that provide mental health support. Students had the opportunity to visit services and learn more about what they can offer to support their wellbeing. Thank you to Mrs Healey for organising the opportunity to attend.



Year 6 Transition

This week we welcomed 110 Year 6 students from Orange Public, Bletchington Public, Milthorpe Public, Nashdale Public, Glenroi Public, Bowen Public, Canowindra and Molong Central.

Students were treated to 2 days of lessons and high school experiences. They were super excited and really enjoyed the opportunity to learn more about what Orange High School can offer them as they continue their learning in the high school environment. There were many highlights including trying many different subjects, ordering lunch from the canteen, meeting new people, moving classrooms, meeting the Prefects, the scavenger hunt and taking home a student passport. Thank you to the transition teachers who facilitated lessons over the 2 days – Mrs Lyden, Mrs Campbell, Mr Mages, Mr Sutherland, Mrs Karaitos, Mr Baker, Ms Latter, Mrs Ryan, Miss Peasley, Mrs Coates and Miss Latter. Thank you also to our talented Year 9 Peer Support Leaders. They have stepped outside their comfort zone and demonstrated some strong leadership skills, working and mentoring Year 6 throughout their transition days. The biggest thank you needs to go to Mrs Nash, the Year 7 Advisor for 2018. There is a lot of time that goes into the organisation of a big event such as transition. We really appreciate Mrs Nash's work in coordinating the Transition Program.

Have a restful weekend and take some time to do something you enjoy.

Kerrie Chopping

Head Teacher Wellbeing



Education
Public Schools

Orange High School

Personal development, health and physical education information for parents

Dear parents and caregivers

This term, students in Years 7-10 will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). This subject prepares and supports students to lead, and contribute to, healthy, safe and meaningful lives that promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

Our school's PDHPE program covers a wide range of education matter, including relationships, drug use, sexuality and sexual health, body image, mental health and wellbeing, protective strategies, movement skills and performance, safety and physical activity. Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing information to you about the program.

The school program will be implemented in a manner that supports the role of parents and caregivers, and reflects the ethos of the school community.

For more information on PDHPE go to the [NESA website](#).

Some of the specific content which will be covered in PDHPE includes:

Stage 4	Stage 5
<p><u>Year 7</u></p> <ul style="list-style-type: none">• Healthy food habits and the relationship between diet, physical activity and health• Movement skill and performance <p><u>Year 8</u></p> <ul style="list-style-type: none">• Road safety, protective behaviours and equipment• Risk and strategies to minimise harm• Personal safety, first aid and accessing health information and services• Movement skill and performance	<p><u>Year 9</u></p> <ul style="list-style-type: none">• Drug use including illicit drug and the consequences of drug use on the individual and others• Movement skill and performance <p><u>Year 10</u></p> <ul style="list-style-type: none">• Communication, connections and seeking help• Mental health and accessing health services• Movement skill and performance

If you would like more information, please contact the PDHPE Head Teacher - Mr Terry Baker at the school on 63623444.

Yours sincerely



Principal

Batyr Mental Health Seminar

October is mental health month in NSW. To kick-start mental health month at OHS, Batyr Mental Health – an organisation that focuses on preventative education in the area of youth mental health, visited Our Year 9 students. Batyr provides programs that train young people to speak about their personal experience with mental ill health and start a conversation in their community.



CLEANERS REQUIRED

We are looking for reliable cleaning staff to work at a local Government sites in the **Orange Area**.
Monday to Friday, various casual positions available.

Experience preferred but not essential.
Training and uniform provided.

Please send your résumé to Joss Facility Management
PO Box 390 DUBBO NSW 2830

Or for more information contact Diane
Ph: 0400 468 430 between 8:00am – 4:30pm Monday to Friday



DEVICES

WE KNOW WORK BEST AT ORANGE HIGH

MS SURFACE PRO 4
12" 128Gb - \$900

HP PAVILION 2 IN 1 X360
11.6" 320Gb - \$500

ASUS VIVOBOOK
11.6" 32Gb - \$300

LENOVO 100S
11.6" 32Gb - \$300

LENOVO YOGA 310
11.6" 32Gb - \$450

ACER ASPIRE
11.6" 500Gb - \$500

HP STREAM 11
11.6" 32Gb - \$300

HP PAVILION X2
10.1" 32Gb - \$450



BYOD AT ORANGE HIGH

Orange High's bring your own device program allows a personally owned device to be brought to both campuses for learning purposes within the classroom.

To help Year 7 parents decide on the most appropriate device, we have recommended the following Windows 10 devices that work seamlessly across the school's network. Upon enrolment at Orange High School, all students will be provided with access to OneNote, Microsoft Office 365 and Web2Tools.

There is no need to purchase Microsoft Office software with the device. The listed prices are a guide only.



TEEN TRIVIA

Friday 27th October 7-9:30pm

@ Millthorpe PS Hall

Year 7 - Year 12

Trivia, Games and Prizes

BYO Snacks (no drinks) - Drinks purchasable

\$5 per person - pay at door

Let us know on FaceBook if you're coming!

@millthorpeyouthclub

Tables of 8 available, individuals and small groups welcome

Free buses available from Orange and Bathurst PCYC and Blayney Police Station,

RSVP via Facebook

INDOOR POOL PARTY DISCO

FRIDAY 20 OCTOBER

6 - 7:30PM

ORANGE AQUATIC CENTRE

FREE ENTRY FOR THE FIRST 100 PEOPLE
UNDER 25 YEARS OF AGE



ZAPPER!

6362 0878

ONE **CRAZY** NIGHT OF
GAMES & ACTIVITIES
FOR KIDS & TEENS -
HAVE A BLAST!

OCTOBER

Tues 31st

\$3

ENTRY

WWW.ORANGECHURCHOFCHRIST.ORG