



Orange High School NEWSLETTER

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Quod Potero Sedulo

10th March 2017 : Term 1 Week 7

OHS students nominated for State Wind Ensemble



Congratulations

Aaron Driver

Harry Macpherson

Grace Corby

nominated for the Senior State Wind Ensemble.

Also a huge congratulations to

Matthew Baines

Eric Driver

Ben Hoskins-Murphy

nominated to apply for the Junior State Wind Band.

Welcome to Year 7 DISCO Out of the Toybox



Central West Elders Olympics

This event has been developed in response to the local Aboriginal community wanting more community cultural events to promote active living and good health for our older Aboriginal people.

Orange High students volunteered to assist with the program, instructing the games and even joining teams to lend a hand to some elders. There were 14 teams all up, some travelling from as far as Dubbo and Condobolin.



Bangarra Dance Workshop

These workshops are designed to engage high school-aged students in contemporary Aboriginal and Torres Strait Islander dance theatre. They provide an authentic and creative environment for students to learn about the history of the company and the background of the Bangarra dancers who lead the workshop. Students participated in a practical dance workshop designed especially for them, led by dancers in the Company



PRINCIPAL'S REPORT

Principal

David Lloyd

Deputy Principals

Helene Hamilton

Kathleen Maksymczuk

Kylie Winslade (Rel)

Head Teacher Admin

Alice Bright - Students (Rel)

Jo Beeby - Staff (Rel)

Head Teacher Welfare

Kerrie Chopping

Year 7 Advisor

Dan Wait

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

Anthony Wharton

Tegan Dray

Student Representative

Council Leader

Kate Rogan

. Firstly, congratulations are in order for Aaron Driver, Harry Macpherson and Grace Corby who were nominated for the Senior State Wind Ensemble recently. Matthew Baines, Eric Driver and Ben Hoskins-Murphy are also to be congratulated for their nomination to apply for the Junior State Wind Ensemble. These nominations have occurred as a result of these students' high performances at the Regional Music Camp which took place recently at Lake Burrendong. I understand the final concert at the camp was an amazing showcase of student talent in Music and exemplified the excellent skills of our students and many others across the region. Well done to all and best wishes for your performances at the next level.

Congratulations also goes to a number of sporting teams for their success over recent days. These include:

- The boys from Orange High School who made up a significant proportion of the Western Area Softball Team. Our students who took part in this team were Bailey Ferguson, Caden Keed, Jordan Price, Brody Thomas, Ben Cox, Grayden Lisle, Mitch King and Mark Kudrins. The team came third in the state at the recent State Championships which is a tremendous achievement.
- Our Open Girls and Boys Soccer Teams. The boys won a hard fought match against Bathurst High School, defeating the opposition 6-5 in a penalty shootout after a 1-1 draw. Our Open Girls Team was similarly victorious, defeating Bathurst High School with a 2-1 win.
- Our Open Boys Cricket Team who convincingly defeated Cowra High School in an eight wicket win late last week.



This week, Orange High School were fortunate to welcome Indigenous singer/songwriter, Scott Darlow, who performed for students in Years 7-10. Scott travels the world inspiring young people in schools through his music and informative presentations. Proud of his Aboriginal heritage and an ambassador for Indigenous culture, Scott challenges students to help facilitate reconciliation and an understanding of Australia's past. He frequently emphasises the importance of the key word FLUTE which acts as an acronym for:

Forgiveness
Love
Understanding
Tolerance and
Empathy

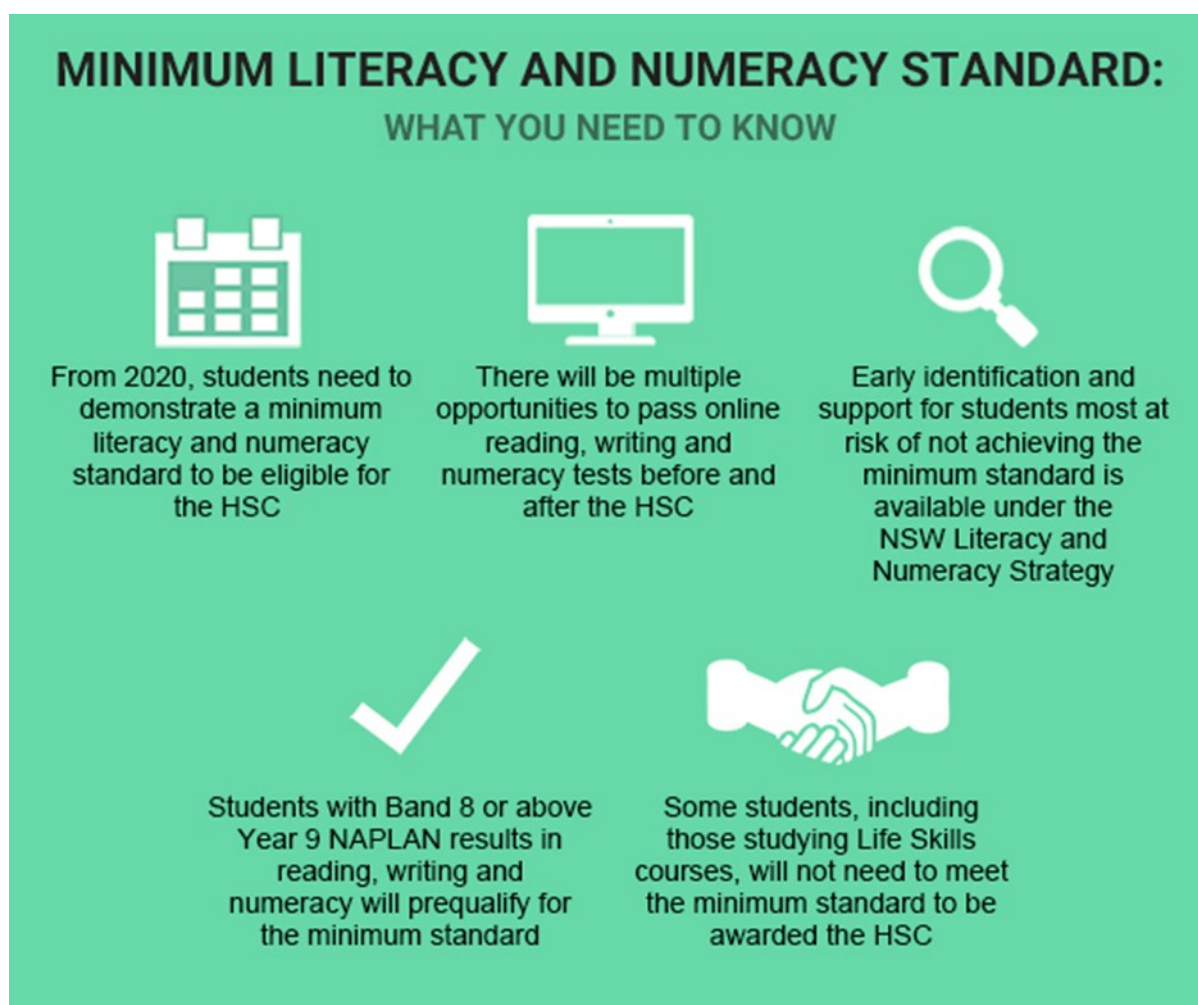
Based on feedback from students and the very clear levels of engagement throughout his presentations, our students found his presentation to be a very positive and insightful experience.

Lastly, students in Year 11 completed four lessons in wellbeing this Wednesday. The aim of the day was to promote strategies to ensure holistic health and wellbeing during the senior school, which is a very stressful period in the lives of young people. Orange High School appreciates the support from outside agencies, including Headspace, and the talents and interest of Orange High teachers who all assisted with the day. If there is ever a need to further support students, we remind parents that they are welcome to talk with the Year 11 Year Advisor, Mrs Sophie Healey, or the Head Teacher of Wellbeing, Mrs Kerrie Chopping.



PRINCIPAL'S REPORT continued

As many parents will be aware, last year the government introduced a number of changes aimed at increasing the state-wide levels of literacy and numeracy achievement. **One of the key policy changes requires students to achieve a minimum standard, the equivalent of a Band 8 in Reading, Writing and Numeracy in NAPLAN.** This change has raised the importance of the NAPLAN assessments, particularly for students in Year 9. While as parents, we all appreciate the need and support our children to achieve high levels of literacy and numeracy, it is also crucial that this focus is balanced by student wellbeing and understanding of the system and supports in place. As such, it is important to know that if students do not achieve the desired Band 8 in the coming NAPLAN Assessments, (Week 3, Term 2) there will be other opportunities to do so as outlined in the box below. As a school, we are very focused on continually fine-tuning our literacy and numeracy strategies and have a range of initiatives in place at a whole school and individual teacher level to support enhanced student achievement. Any parent who would like further information is invited to talk with our Instructional Leader, Ms Melisa Crossingham on 6362 3444.



Finally, exciting news last week that we have been selected to host the Commonwealth Games baton on the 30th of January next year. As the baton arrives in Sydney on Christmas Day (during the holidays), I understand Calare Primary and ourselves will be the first two schools in Australia to host the baton. We look forward to a terrific celebration of all the positive aspects of sport and community connections.

David Lloyd
Principal

1st round CHS Soccer Orange vs Bathurst



Exciting news for our OHS Open Girls and Open Boys Soccer Teams, who both beat Bathurst High School in the first round of the CHS competition.

Our girls played extremely well, winning 2-1.

The boys had an exciting game drawing 2-2 before playing an extra 10 minutes each way. The score remained the same and after an exciting penalty shoot out, they came away with a win of 6-5!





Year 10 students spent their morning cleaning the school grounds last Friday 3rd March, as a part of the Clean Up Australia Day.

Scott Darlow performs for OHS students



OHS was privileged to have Scott Darlow, an Australian singer/songwriter, perform for our students. He has performed at schools all over the globe including Australia, USA, Hong Kong and China; sharing his love for music, and combining acoustic rock and heartfelt lyrics with the didgeridoo skills of his heritage.

He is on a mission to unite cultures and to challenge students to make their own mark in history.



Year 11 Wellbeing and Study Day

A Wellbeing and Study Day was held for all Year 11 students on Wednesday. Subjects covered were managing stress, the role of the school in supporting you during your senior years, top tips for studying and revision, and getting your written responses right. They were also treated to a BBQ at lunchtime.



1st round Boys Cricket vs Cowra HS

Our OHS Boys Cricket team brought home a convincing win after playing Cowra High School on Monday. OHS bowled them out for 84, with Hugh Middleton taking 4-9 off 6 overs, Will Cooney taking 2-4 off 4 overs, and Cameron Laird taking 2-19 off his 5 overs. We achieved the runs in the 18th over with Kaleb Cook scoring 49 not out and Blake Weymouth 35 not out.

This was a great effort from the boys. Good luck in the 2nd round against Canobolas High School.



FREE NDIS INFORMATION SESSION

Everything you need to know for a smooth transition

The National Disability Insurance Scheme (NDIS) is coming to your area, bringing positive and exciting change for you and your family. Whilst we understand change can be daunting and worrying, we'd like to arm you with the information you need.

Take the stress and worry out by attending our information session:

- Hear from other clients in the NDIS
- We'll share the learnings from the three years of working with clients in NDIS pilot regions
- Learn the planning and funding process
- Walk through how things will change
- Time for your questions, worries and concerns

FREE ONSITE PARKING



Talk to one of our friendly team right now and secure your place.
Call Gemma Lamerton on 02 9975 8970 or email on glamerton@cerebralpalsy.org.au

The NDIS information session was really helpful, the presenter answered a lot of our questions and provided us with lots of information. We both walked out excited about the changes coming and how we could make this work for our daughter.
~ Anne, Armidale.

Thursday 23 March 2017
10:00am – 12:00pm
Orange City Bowling Club,
61/69 Warrendine St, Orange, NSW 2800.

Orange and District Soccer Referees' Association Inc.

ABN 560 324 10531

President
Bernard Stedman 6362 0412

Secretary
Martin Collett 6362 6949

Soccer Referee Course

When – Saturday 18 and Sunday 19 March 2017 from 10.00 am to 4.00 pm (one day theory course each day).

Where – Referees' Room, Sir Jack Brabham Park, Orange

Who is eligible – anyone who is over 14 years old this year who wants to be a referee.

Course cost – the cost of the course is \$120 for juniors (18 years and under) and \$150 for seniors (over 18). This includes the course work book and resources and referee registration fees for 2017.

For further information or to register for the course contact Ian Bishop (Branch Coach) at bic@westserve.net.au or phone 0406 140 758.

THE BUZZ



Congratulations to the following students who were winners of the PBL Canteen draw.		Congratulations to the following students who earned themselves a \$10 canteen voucher this fortnight.	
J Warren	Year 7	A Boey	Year 10
E Kearney	Year 7	K Boswell	Year 10
J Hollard	Year 7	A Smyth	Year 8
H Bopping	Year 7	C Mansfield	Year 7
M Milson	Year 7	L Thompson	Year 7
M Waller	Year 8	A Swann	Year 9
K Pakinga	Year 8	A Sippel	Year 8
C Taylor	Year 10	A Leathem	Year 7
N Antonia	Year 10	C White	Year 12
C Parkes	Year 7	E Milson	Year 9
Also congratulations to the “Students of the Week” - T Givney and Ebony Page, Year 10, nominated by Mrs Hazzard for being on task and for being wonderful student.			
Congratulations to the “Students of the Week” – Haylie-Jade Greer, Year 8, nominated by Ms Huggett for continued enthusiasm in Science. Also Sara Taylor-Cashen, Year 9, nominated by Mrs Greenslade for attention to detail and positive contributions in class.			

Well done to all students. We are gathering house points for the PBL Barbeque at the end of term.

Vaccinations

Year 7 Parents – please remember to complete paperwork and return vaccination forms to school by the 20th March please. I have spare copies outside my office.

Year 11 Wellbeing and Study Day

This week Year 11 were treated to a variety of workshops to help them prepare for senior study. Verity from Headspace addressed the group and talked to students about the importance of taking care of your mental health, recognising warning signs of anxiety and depression and where to go to access help (for yourself and others). Other workshops included study skills, careers access and options, writing skills, managing stress, time management and mindfulness. Thank you to Mrs Greenslade and Mrs Healey for organising the day for Year 11. Thank you also to Mrs Mages, Mr Pearson, Mrs Michell, Mrs Franks and Mrs Bright for creating practical tips for Year 11 to implement to enhance their wellbeing and success in the senior years of school. Students contributed a donation to participate in the day. That donation will be extended to Headspace at an upcoming assembly. Thank you for your kind donations.

See you next fortnight.
Kerrie Chopping
Head Teacher Wellbeing