



Orange High School NEWSLETTER

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Quod Potero Sedulo

3rd March 2017 : Term 1 Week 6

Congratulations Lauren Kerwick 1st overall in the NSW All Schools Triathlon!





PINK STUMPS DAY - 2017

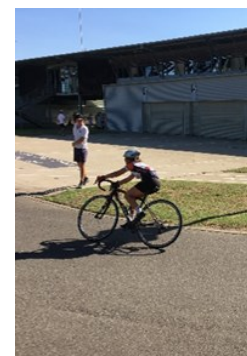
Over \$1300 raised for the McGrath Foundation



All Schools Triathlon

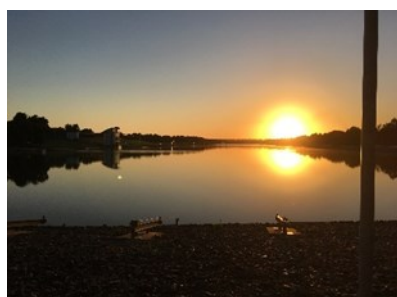


On the 22nd February, Lauren Kerwick competed at the NSW All Schools Triathlon at the Penrith International Regatta Centre. She lined up against 91 of the NSW's best in a 750m swim, 20km cycle and 5km run. Lauren rocketed through the course to finish 1st overall, winning both the All Schools and CHS categories. She had a consistent race achieving one of the fastest splits for each discipline. Lauren will now race at the National All Schools Triathlon Championship later this year.



The following morning, we had 12 students travel to the Regatta Centre to compete in the All Schools Triathlon Teams Event. With only some students having any experience with triathlon, the majority of the group would face racing against over 100 students for the first time.

The first two races were completed by our junior boys and girls teams. Both teams completed a 400m swim, 10km cycle and 3km run. Bradyn Nicol began the day with a brilliant swim, leaving the water in 15th place. With a quick changeover, Ben Anderson cycled his way into the top 5. This was even more impressive as he turned 12 the day before, in a category consisting of 12-14 year olds. It was then up to Lawson Hamling to compete against some of NSW's best runners, finishing 8th Overall and the Silver medallist in the CHS category.

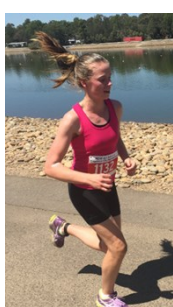


Claudia Smith then began her first open water race with 164 other junior girls. She placed Cennedi Dally in a great position to catch as many cyclists as she could, recording the 21st fastest cycle time. With the timing chip being passed to Georgia Cornish, she attacked the 3km in a time of 13 minutes, posting the 7th fastest run out of all junior girls. The junior girls team finished 31st overall, just missing out on the podium by 36 seconds in 4th place of the CHS category.



The Intermediate Girls team had the largest number of competitors totalling 173 teams. Alena Nicol battled with other swimmers to finish in the top half of the 600m swim. Brittany Boswell started well on the 15km cycle leg before her chain slipped and an official asking her to stop. Caitlyn Broadfoot then came home with a strong 4km with the girls finishing 66th (out of 173) and 16th in CHS.

Finally, our senior girls competed in thirty-degree heat in a triathlon with a 600m swim, 15km cycle and 4km run. Alana Pilissof had a strong swim leg, coming out of the water in the top groups of the swim. Lauren Kerwick after a short recovery from the previous day, had the 3rd fastest bike leg of all girls (16th including all boys). Eliza Owens then held on to a very respectable 9th place overall and 4th in CHS (by 12 seconds) in very hot and humid running conditions. The first outing of the Orange High Triathlon team was a success and all students participated to their absolute best, breaking milestones and barriers to compete. The students are looking forward to next year to bring even more awesome results.



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

Congratulations to Lauren Kerwick in Year 12 for her incredible achievement, placing 1st overall in the NSW All Schools Triathlon! Lauren completed the event in one hour, nine minutes and 40 seconds to take out gold. She will now head off and compete at the Nationals. Lauren is an incredible athlete who has beaten every other school age triathlete across the state. **When one considers all of the incredibly talented athletes across NSW, her success and dedication behind the scenes further highlights her exceptional talents. We are incredibly proud of you Lauren!**

In addition to Lauren's success, we had a number of our teams achieve terrific results including:

- Junior Boys team finishing 8th overall and 2nd in CHS (Combined High Schools).
- Junior Girls team finishing 31st out of 164 overall and 4th in CHS.
- Intermediate Girls team finishing 66th out of 176 overall and 16th in CHS.
- Senior Girls team finished 9th overall and 4th in CHS by 12 seconds!

Congratulations also to our Orange High School Cattle Team for their incredible success at the Royal Canberra Show last week with our Galloway Cattle.

The Cattle Team won every division they entered including Junior Champion Bull, Senior Champion Bull, Grand Champion Bull, Senior Champion Female, Grand Champion Female and the highest of all, the Supreme Champion of the Breed.

Many thanks must be extended to our generous sponsor and partner of the Cattle Team, Mr Jason Vials. Jason has supported our cattle venture for a number of years and we greatly appreciate his support.



Congratulations and many thanks to the 23 students from Years 7-12 who represented our school and won the Schools Challenge section of the Orange Running Festival for another year. **In particular, congratulations to Lauren Kerwick, Lydia Parker, Caitlyn Broadfoot, Ella Lamrock and Miss (Cassie) Coates on their achievement of placings in their respective age groups.**



A final congratulations to our student and staff teams for the success of the Pink Stumps Day on Wednesday. It was terrific to see the staff team victorious over the students on this occasion.

As a result of the event, a significant donation of approximately \$1400 will be made to the McGrath Foundation from the gold coin donations and other fundraising activities on the day.

The event was the result of a partnership between The Sports Council and the Student Representative Council, with the student team led by Lucy Cooper in Year 12.

Finally, on the subject of cricket, congratulations to our Orange High Girls Cricket Team following their win last week in the first round of the CHS competition. The girls chased down 75 runs and were victorious with 8 wickets remaining.

David Lloyd
Principal

Orange High School was represented by 23 students from Years 7-12 in the 5km School Challenge on the weekend. Congratulations to Lauren Kerwick, Lydia Parker, Caitlyn Broadfoot, Ella Lamrock and Miss (Cassie) Coates on placing in their respective age groups



Year 12 Hospitality Students Run Restaurant for Parents

As part of the HSC Assessment, Year 12 Hospitality students ran a restaurant for their parents last Thursday night. I would like to thank all the parents who attended for their support and a thank you to Mel Hope, Tammy Nash and Jacqui Smith for assisting on the night.

Yelena Latter
Hospitality Teacher

MENUS

Mains

Green Prawn Salad
Freshly made mushroom ravioli with cream sauce
Saffron risotto with crispy salmon

Desserts

Vanilla Bean Cheesecake
Chocolate Mousse Lava Cake
Nan's Home Made Apple Pie





OHS Girls Cricket Team

The OHS Open Girl Cricketers had a recent bit win in the CHS competition. The girls had to chase down 75 runs and did so with 8 wickets remaining. Well done!



HSIE Archaeology Dig

Below are photos of Mr Gray's Year 7 history class taking part in an archaeological digging lesson. Over the course of the lesson, they learnt the step-by-step process of excavating a small site.



Canberra Royal Show Report - 2017

The Orange High Cattle team exhibited Galloway Cattle at the Canberra Royal Show last week and came away with more ribbons than they know what to do with! This year the team included Noah Lamrock, Alex Sinclair, Jake Porter, Riley Wotton, Harry Buckland, Jess Elliott, Abigail Thew and Poppi Tremain, who were all fantastic.

The cattle exhibited included our very own young bull Elm Park Montgomery, along with two cows, and calves and a bull owned by Monreith Galloways; prepared and exhibited by the Orange High Show team. As well as exhibiting these animals, the team was also responsible for preparing an additional 15 Minto Galloway animals during the show. Show day for Galloways was held on the Friday and with a flurry of activity, the animals arrived in the ring in immaculate condition and skilfully presented by the team. All our hard work paid off!

The Junior Bull Class had three exhibits where Elm Park Montgomery, our school bred bull, took out Junior Champion Bull. The Senior Bull Class had two exhibits where Monreith King William was awarded Senior Champion Bull. The Junior and Senior Champions then compete for Grand Champion Bull which was awarded to Monreith King William.

The female classes then commenced. We didn't have a junior female to exhibit, however, we had two cows and calves in the Senior Female Class. This class had five exhibits and Monreith Hiver with calf Monreith Malcom was awarded Senior Champion Female. Monreith Hiver then competed against the Junior Female to be awarded Grand Champion Female. The two Grand Champions, Monreith King William and Monreith Hiver, then competed for Supreme Exhibit which was awarded to Monreith King William.

Saturday saw the competition heat up again for calf capers. The idea of this competition is for the team to put their creative hats on and find an outfit for a calf. This year we had to specify a theme to enter so the team chose "Aussie." Armed with nothing other than their creativity, show stalls and Ms Campbell's crazy desire to win everything, the team got to work. After searching the show grounds for kangaroos, soccer outfits, boxing gloves and reserve champion ribbons, we were set. Nothing can beat trying to tie a kangaroo to a calf! For their efforts, the team was awarded First Place in calf capers.

The cattle and team are taking a little break for four days and then begin preparations for Sydney Royal Show which will take place from 1-11th April. Unfortunately, it looks as though this will be our last year at Sydney with Galloway cattle so fingers crossed we come home with some ribbons. A huge thankyou to the amazing team that worked tirelessly in Canberra and made it so successful. A big thank you goes to Jason Vials of Monreith Galloways for allowing us to prepare and exhibit his animals again this year.

Mel Campbell
Cattle Team Coordinator



Cash back on the school run

School Drive Subsidy



If you live a long way from public transport and need to drive a student to a public transport pick up point or to school, you may be able to get financial assistance.

The School Drive Subsidy provides eligible parents and guardians twice-yearly payments to help cover some of the expenses of getting children to school.

To find out if you're eligible, and to apply online, visit transport.nsw.gov.au/schooldrive

Can't get online?

Ask about the School Drive Subsidy at your school, or call **131 500**.

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YEAR 11 WELLBEING AND STUDY DAY

WEDNESDAY, 8/03/17 PERIODS 3-6 COST: \$2.00

What's it about?

We know that the transition to Year 11 can be overwhelming in so many ways. The Orange High School Wellbeing Team are here to support you with this transition. We have organized a day of practical strategies to assist your wellbeing, time management and study skills.

Period 3 – OHS GYM

A keynote speaker from Headspace will address the year group about Wellbeing and managing stress.

Wellbeing: Mrs Bright and Mrs Franks **venue:** Gym

Practical strategies to manage your wellbeing and highlight the role of the school in supporting your mental health

Future Moves: Mr Pearson and Mrs Michell **venue:** Library

Time Management and where to find relevant post school information. Top tips from faculties to assist your study and revision.

Writing: Mrs Healey and Mrs Mages **venues:** rooms 101 & 102

Getting your written responses right; structure, decoding questions and how to research reliable sources.

Year 11 Wellbeing and Study Day

Key note speaker from Headspace

Staff led seminars about your wellbeing, study tips, writing skills and time management

Three amazing seminars

BBQ Lunch in Star Quad



The Welcome to Year 7 Disco is happening on Thursday the 9th of March.

Time: 6pm - 9pm

Location: OHS PAC

Theme: Out of the Toybox

Tickets are \$5 each and will be on sale during recess and lunch from Thursday 2nd March – Tuesday 7th March. You will not be able to purchase tickets on the night.

There will be a photo booth at the disco for \$5 that students can use on the night. Water and soft drinks will be available to purchase on the night.

Notice for Parents of Year 7 students



Year 7 students will receive a vaccination envelope this week.

Parents who would like their Year 7 child vaccinated at school, please read, complete and return the form (in the box at the front office) by Monday 20th March.

Vaccinations include Human Papillomavirus (HPV), Diphtheria-Tetanus-Pertussis (d Tpa) and Chickenpox (varicella)

Contact Kerrie Chopping for more information.