



Orange High School NEWSLETTER

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Quod Potero Sedulo

26th May 2017 - Term 2 Week 5

OHS Senior Debating Team - Premier's Debating Challenge Champions



Sanjana Sood, James Cashen, Alex Hewitt and Elise Sinclair made up our team for the Senior Premier's Debating Challenge.

The team first competed against Bathurst High School and won, arguing that journalists should not be allowed to comment on social media.

They then defeated Blayney High School, arguing that plebiscites should be held for local council amalgamations.

With Lithgow forfeiting their matches, the team were the champions of the day from their two debates.

All team members were quick thinking and articulate, and were commended by the adjudicator for providing well supported arguments with a high level of confidence.

Miss Kate Rohr

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

Anthony Wharton

Tegan Dray

Student Representative

Council Leader

Kate Rogan

Congratulations to our Senior debating team consisting of James Cashen, Alex Hewitt, Sanjana Sood and Elise Sinclair on their win in the first round of the Premiers debating challenge in Bathurst on Monday. The team were successful against teams from Bathurst and Blayney High Schools even though the topics were a little obscure and required some considerable lateral thinking to ensure ultimate success.



Students this week in Years 9 and 10 have been completing their Mid-Course Exams. These assessments are a form of valuable indicators of student progress in learning. **Used in a positive reflective manner, the results can guide discussions at home and in class regarding areas for further improvement.** Teachers use the information to tailor teaching and learning sequences and provide extra support where it is required. I look forward to reading each student's Mid-Course Report as they are finalised over the coming weeks before the end of term. The reports provide a summation of achievements and efforts throughout the whole semester and provide comprehensive feedback on learning and development.

Congratulations to our boys Bill Turner Cup team who defeated Canowindra 3-1 in their second round game. The Players player was shared between Mitchell Cooper and Jordan Bruce. Unfortunately the girls team were defeated 1-nil. **Charlotte McKay in goals was one of the hardest working players on the field and deserves a special mention for ensuring the score line was not significantly greater against a talented team from Canowindra High School**



Well done again to our musical team who hosted a HSC Music Study Day incorporating students from other schools including Bathurst and Canobolas High Schools. The workshop was led by Mr Andrew Herft and Mr Martin Lee. Feedback from students and the other schools was very positive.

Many thanks to parents of Year 12 students who were able to attend the Parent Teacher Night last Monday. **It was terrific to see solid conversations and strategies developed to further support students as they knuckle down for the final part of their education before the Trial and HSC Exams.**

Many thanks also to parents who were able to make the Building Resilience in Anxious Adolescents Information Night last Wednesday. Presenters included Dr Radha Srikanth (Unit Staff Specialist Psychiatrist based at Orange Base Hospital) and Nicole Manktelow (Clinical Lead Psychologist, Headspace). We believe overall wellbeing is crucial to ensuring educational and life success and appreciate experts in their field donating their time to support staff, students and parents. Our Wellbeing and PBL Teams look forward to future opportunities for professional learning to further develop and refine our wellbeing strategies to ensure high level support and care for students.

David Lloyd

Principal

HSC Music Study Day

Orange High School hosted a HSC Music Study Day for local high school students on Tuesday.

The workshop aims to develop a deeper understanding of the HSC Music Examination requirements amongst the students and teachers, as well as the concepts of music, musicology and aural and composition skills. We were lucky enough to have the talented Andrew Herft and Martin Lee lead each workshop, presenting various tips and techniques helpful in the HSC to establish the best possible outcome.



Year 12 Sport, Lifestyle and Recreation excursion to Ophir Reserve



It was a big day on Tuesday for our Year 12 SLR on their Outdoor Recreation excursion to Ophir Reserve. Activities included hiking, navigation and cooking, all in preparation for the overnight trip in the next few weeks. A great day had by all students. Congratulations to Mr Callaway and Ms Cooper on winning the egg toss competition.



P & C Report

P & C Trivia Night

The P&C Trivia Night was held last Saturday night. The night was very successful! 150 people attended and a great time was had by all. The evening was not just a fundraiser, but a gathering of the OHS parent body which had a lovely school community vibe. Thank you to all who attended. The P&C raised \$2 900 on the night due to the generosity of those present. A huge thank you to the sponsors on the night whose donations ensured fabulous prizes were on offer.



- The Cheeky Barista
- Nile St Café
- StarChem Pharmacy
- Borrodell Wines
- Good Eddy cafe
- Collins Bookstore
- Odeon 5 Cinema
- Jenny's Classroom
- Scenic World Katoomba
- Dubbo Zoo

The night would not have come together without quizmasters Graham Carden and Colin Kjoller. These gentlemen cannot be thanked enough for their time in preparing and delivering the questions!

100 Club winners

1st	Jane Gunn	Rowlee Wines - Private tasting for 2 and a case of wine worth \$400
2nd	Mark Bopping	Harris Farm Market - \$250 voucher
3rd	Anthony Wharton	Dindima Wines - Private tour and tasting for 6 with cheese platter worth \$150
4th	Sean Brady	The White Place - Spa pack worth \$150
5th	David Ball	Dubbo Zoo - two adult passes worth \$130
6th	Steven Conran	Scenic World, Katoomba - family unlimited discovery pass worth \$99
7th	Colin Carpenter	Good Eddy Café - \$50 voucher
8th	Sallyann Harvey	Village Bakehouse - \$50 voucher
9th	Lynette McCleod	Collins Bookstore - \$50 voucher



Orange Credit Union Grant

The Orange Credit Union held its presentation evening last week. The P&C was extremely fortunate to receive \$3 500 for a water bottle refilling station which will be installed soon. The P&C who like to thank OCU for their ongoing support. This is the third grant we have received in recent years to benefit students of OHS!

Bill Turner Cup



Congratulations to the boys Bill Turner Cup team, who defeated Canowindra 3-1 in their second round game. Players player was shared between Mitchell Cooper and Jordan Bruce.

Unfortunately, the girls team were defeated 1-nil and will not progress in the competition.



Chess

Orange High School Chess Team played against James Sheahan High School this week. Although our students played well, we went down three tables to one.



2017 Boys NSWCHS State Championship



Eleven regional CHS football teams travelled to Griffith this week to compete at the NSWCHS State Championship. OHS students, Aidan Brady, Dillon Bell, Jai Regan and Brad McNabb represented the Western Region in the knockout, winning their first game, drawing one and losing two. Well done boys!

Aboriginal Employment Strategy (AES) Year 10 talk

On Friday, Year 10 Indigenous students attended a talk with Shane Riley from the Aboriginal Employment Strategy (AES). Shane spoke about his background and experiences. These included growing up in Dubbo, playing for the Australian Under 18's Basketball Team, making regular appearances on the SBS Insight programme and qualifying to the second round of the X-Factor programme as a vocalist.

Shane also spoke about the many opportunities available to our students, particularly school-based apprenticeships and traineeships (SBATS) and post-school options.

The AES is keen to help our students gain skills and qualifications during the senior years that will benefit them when they finish school. More information on what the AES can offer is available at www.aes.org.au



Supporting Cancer Council



Year 12 Hospitality Class did their bit to help support the Cancer Council by making cupcakes. These were sold at the Orange Fire Station last Saturday for their Biggest Morning Tea.



Aboriginal Women's Yarning Circle

Are you a 40+ Aboriginal woman?

Then you're invited to join in our
FREE Yarning Circle

WHEN: Tuesday 27 June 2017 at 11am

WHERE: BreastScreen – Orange Hospital

Informal gathering to yarn about the importance of breast screening.
You can have a FREE breast screen on the day if you want to.

Free refreshments and goodie bags provided.

PLEASE RSVP TO:

Cathy Robbins (Aboriginal Health Liaison Officer)

ph. 63693300 or

Christine Fing (BreastScreen Aboriginal Engagement Officer)

ph. 63693609

or 132050



ORANGE MALE VOICE CHOIR INC.

PRESENTS

Friendship in Song



Music Director: Barry Patterson
Accompanist: Beverley Glover

Guest Choirs

- Wagga City Rugby Male Choir
- Cantar (Orange)
- Man Choir (Orange High School)

Guest Artist

Jacquie Shields (Flute)

Guest Composer/Conductor

Paul Jarman

Saturday 17 June 2017 7.30pm

St. Mary's Church, Park Street. Orange

TICKETS \$25 Adult \$20 Concession/Child

Purchase from Collins Bookstore (CASH ONLY)
230 Summer Street Ph: 02 6369 1333

Tuning in to Teens

Emotionally Intelligent Parenting

Headspace and CAMHS are offering a six-session program
for parents of children aged 11 years and over

Would you like to learn how to:

- be better at responding to your teen's anger, anxiety, sadness or other emotions?
- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?



Tuning in to Teens shows you how to help your teen develop emotional intelligence.

Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

Emotional intelligence has been shown to be a better predictor of academic and career success than IQ!

Where: headspace Orange, 264 Peasley St, Orange NSW 2800

When: Wednesdays 5pm - 7pm:
14th, 21st and 28th June 2017
19th, 26th July
2nd August 2017

Contact: Karla Smith, headspace Orange ph: 02 6369 9300
Emily Smith, CAMHS Orange ph: 02 6369 7320

