



# Orange High School NEWSLETTER

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Quod Potero Sedulo

16th June 2017 - Term 2 Week 8

# ASTLEY CUP



The first round of the annual  
Astley Cup  
begins this week!

Orange High will be travelling to Bathurst on  
Thursday and Friday to kick off the competition.



## Player Profiles



### Courtney Crowe

**Sport:** Soccer  
**Nickname:** Crowie  
**Spirit animal:** Ferret  
**Athlete crush:**  
Christano Ronaldo  
**Quote:**  
"Left foot, right foot,  
doesn't  
matter I'm  
amphibious."

### Jarrod Morgan

**Sport:** Rugby League  
**Nickname:** Jarr  
**Spirit animal:** Duck  
**Athlete crush:**  
Jonathan Thurston  
**Quote:**  
"Boyyy cook"

### Emily McDonald

**Sport:** Soccer & Hockey  
**Nickname:** Ronnie  
**Spirit animal:** Meerkat  
**Athlete crush:**  
Ella Green  
**Quote:**  
"Short people maintain  
a great outlook on life,  
we are always looking  
up."

### Elijah Smyth

**Sport:** Rugby League  
**Nickname:** Lijh  
**Spirit animal:** Goanna  
**Athlete crush:**  
Greg Inglis  
**Quote:**  
"Alright boys, let's  
warm up them  
shoulders"  
- Mr Callaway

### Cheynoh Merchant

**Sport:** Netball  
**Nickname:** Noah  
**Spirit animal:** Luke  
Gale  
**Athlete crush:**  
Jarryd Hayne  
**Quote:**  
"Don't hate the  
player, hate the  
game".





# 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

Kate Rogan

Students enjoyed the first round of the 2017 Astley Cup Competition against Bathurst High in Bathurst yesterday. **It was an absolute privilege to see the Orange High School Spirit support our team's efforts throughout the first day.** Our Girls Soccer Team fought valiantly and were unlucky to end up with a draw and not a win while our Boys Soccer Team were unlucky to go down one nil. Our talented Athletics Team led our school to a larger than usual win in Astley Cup terms, and I was most impressed with the determination and grit shown by members of our tennis team who faced an opposition from Bathurst featuring six representative players. For me, their conduct and character best showed our true Orange High School Spirit of passion, determination and tenacity at its best. Very obvious throughout day 1 was the enthusiasm and encouragement from our relatively small band of spectators compared to the whole of Bathurst High. There was no doubt our students out encouraged the opposition with chants and individual support, particularly when the flow of the events were going the other way. **Suffice to say, I couldn't help but be enormously proud of the efforts made by all. I look forward to Friday's competition where we go in as underdogs and hope that our school spirit can get us across the line. Go Orange High!**

Congratulations to our Senior Debating Team once again for their success, this time against Billabong High (Riverina Region) to progress through the Inter-Regional stage to now compete in the State Quarter Final in Killara in a couple of weeks. We wish James Cashen, Alex Hewitt, Elise Sinclair and Sanjana Sood all the best as they prepare to represent our school at a high level once again.



Congratulations also to Nathan and Jarryd Seib who were both been selected into the Western Boys Tennis Team. Well done and best of luck for the upcoming Combined High Schools carnival.



It was terrific to be reminded earlier this week, about the power of education. Josh Farr, a former student and vice captain of Orange High School in 2009, wrote to the school recalling his school days and how it shaped his ideals and career path. Josh commended his teachers and the school for helping him become the person he is today. An excerpt of Josh's letter is on the next page

David Lloyd

Principal



## Story from Former OHS Student Josh Farr

### “The Four Seasons of Life after High School”

In 2009, I graduated from Orange High School as the Vice-Captain and with an ATAR that would allow me to get into a university of my choice. I had been taught by a handful of exceptional teachers and as Newton said in 1676, "If I have seen further, it is by standing on the shoulders of giants."

Fortunately, I received two scholarships allowing me to attend The University of New South Wales in Sydney where I would complete 1st Class Honors Degree in Civil Engineering. I moved into Basser College on campus, following a former OHS School Captain and in my second year, coordinated the College Ball - fundraising approx. \$24,000 using my bedroom. Stepping up from here, I was able to become President of the Civil & Environmental Engineering Society and work with a team of 10 to co-ordinate 1500 students and a \$150k budget before I graduated. I was jumping through all the hoops I thought I should.

After university, I entered season number two - the real world. Moving on from my 'casual' 36hr/week job that I worked for the last 6 months of my study, I took on a full-time Graduate Engineering role on the Barangaroo Precinct in Sydney. I was learning every day but quickly realised that the industry, while flooded with cash, was ridden with physical, emotional and mental health problems. On top of that, I didn't want to spend my life making rich people richer in the corporate world. I decided to see the year out, completing my Graduate Program in record time, but decided to leave and do something I first got a taste for after visiting Japan as an OHS student - travel the world!

The upside of working my backside off was that I'd saved a few dollars - but that ran out quickly! Season number three of life after school consisted of bunk beds in hostels, working for between \$2-\$9/hour and backpacking around the world for 2 years. Accompanied by my best friend from OHS, Mr Cody Searl, we saw 39 countries on 5 different continents. We had arguably too much fun, worked a lot of weird jobs including cocktail bartending in Canada, running tours in London and changing bedsheets in Portugal and Spain, but by far my most notable and life changing experience was when I volunteered at a Syrian refugee border crossing between Macedonia and Serbia. The short time there helping over 6,000 people keep warm, eat and cross the border safely inspired me to spend the next chapter of my life working towards improving the lives of as many people as possible. I'd spent my travels so far learning to snowboard, accumulating Instagram followers and achieving a readership of tens of thousands of people on Trip Advisor, but it failed in comparison to the feeling of fulfilment by helping another person, and it didn't matter that we didn't speak the same language, have the same skin colour or believe in the same Gods.

The most recent season number four after high school involved moving back to Australia to live in Melbourne and work full-time for the #1 Not-For-Profit Graduate Employer in the country - Teach For Australia as the Victorian Recruitment Manager. The years of travel and a renewed love for reading taught me the difference between mastering achievement versus finding true fulfilment. So in 2017, feeling more energised than ever, I am treating this chapter of my life as an experiment to see how many interesting and rewarding projects I can contribute towards to help as many people as possible. Outside of my full-time job, I've coordinated a team of 20 (including several former OHS students - Grant Turner, Olivia Lambert and my dear friend Cody) as we fundraised over \$11,000 providing 215 scholarships for girls in rural Cambodia to go to school in 2018. I also work for TEDxMelbourne as the Partnerships Executive and have recently started working with an organisation called Boundless, designing workplace experiences for Year 10 students from regional areas of Victoria.

I am thankful for everything that the staff and students at OHS helped me learn and can't wait to visit OHS on June 29th to speak with Year 12 students about some of the mistakes I made and lessons I learned along the way.

Former Orange High School Student  
Josh Farr

## Open Boys Bill Turner Cup

Congratulations to the Bill Turner Cup team who remain undefeated in the competition. They competed against a strong James Sheahan team and played with high levels of enthusiasm and skill. Karl Moes scored the only goal of the match.

Well done boys on your 1-0 win!



## SLR Outdoor Recreation

Well done to all students who completed their SLR Outdoor Recreation assessment last week on Mt. Canobolas. Some harsh conditions were experienced overnight, with temperatures dropping to -2°.

Students had to navigate using maps and cook and camp in groups. Some of the terrain was also very challenging on day one.

It can be said that everyone enjoyed a hot shower and warm bed the next day!



## Year 11 - Skillfix Study Sessions

On Wednesday 7<sup>th</sup> June, Year 11 participated in intensive study skills sessions with the Future Moves team from Charles Sturt University.

Students learnt about learning styles – the fun way, through learning to juggle, paper-plane making and honing their comprehension skills when listening to a story.

Year 11 then rotated through lectures on time management, exam preparation and general study skills.

Orange High School is proud of our partnership with Charles Sturt University and we are grateful for the Future Moves team for their time and experience in putting together an action-packed program of activities to benefit our student's learning.





# Debating

Our Senior Debating Team has progressed through the Inter-Regional Final Section Defeating Billabong High (Riverina) and will now debate in the State Quarter Final in Killara in a couple of weeks.



# Tennis

This week, Mr Mages and the boys' tennis team travelled to Parkes to compete in the Semi-Finals. They ended up taking 3rd place in the Western Region area after losing to Bathurst and then beating Parkes.



# Congratulations to Nathan and Jarryd Seib



Nathan and Jarryd have both been selected for the Western Boys Tennis Team.

Well done and best of luck for the CHS carnival!



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Orange High School

*Honour the past, create the  
future*

Dear Parents/Caregivers,

Senior Constable Jane Heffernan, our local School Liaison Police Officer, will be delivering a Cybercrime and Cybersafety seminar to Year 7 on Monday, 19<sup>th</sup> June. The seminar will provide students with tips and strategies to keep themselves and people around them safe on-line, as we all informing them of laws regarding on-line use.

**When**      **Monday, 19th June, 2017**

**Who**        **Year 7 girls – Period 5**

**Year 7 boys – Period 6**

**Where**     **OHS Music Centre**

**Cost**        **no cost**

At the beginning of the lesson that students are attending the presentation they are to head straight to the Music Centre.

This note is for information only. There is no need to return a permission note. Any questions please contact Mrs Winslade.

Regards,

Kylie Winslade  
Deputy Principal (Relieving)

David Lloyd  
Principal



# ORANGE HIGH SCHOOL IN CONCERT

SHOWCASING  
THE TALENTS OF OHS STUDENTS  
IN BANDS, CHOIRS, DANCE &  
DRAMA

7pm OHS Performing Arts Centre  
Tuesday 27<sup>th</sup> June 2017  
Wednesday 28<sup>th</sup> June 2017  
Thursday 29<sup>th</sup> June 2017

Tickets available at the Front Office - Book early!  
\$10 adults / high school students  
\$5 primary school children



Proudly supported by





# ABORIGINAL MALE YOUTH SUICIDE PREVENTION YARN-UP

## SAVE THE DATE!!

**WHEN**

**Thursday June 29th  
9am – 2pm**

**WHERE**

## Orange Aboriginal Medical Service

**Units 4 & 5 / 9 Gateway Crescent, Orange NSW 2800**

**ABORIGINAL AFFAIRS NSW IN PARTNERSHIP WITH ORANGE  
ABORIGINAL MEDICAL SERVICE AND WELLINGTON ABORIGINAL  
CORPORATION HEALTH SERVICE ARE BRINGING TOGETHER  
YOUNG ABORIGINAL MEN FROM ORANGE, BATHURST,  
WELLINGTON AND DUBBO TO SAY ENOUGH IS ENOUGH IN THE  
FIGHT AGAINST ABORIGINAL MALE YOUTH SUICIDE**

## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_

Contact Details: \_\_\_\_\_

Email: \_\_\_\_\_

Please complete registration form and return via email to  
[michael.newman13@aboriginalaffairs.nsw.gov.au](mailto:michael.newman13@aboriginalaffairs.nsw.gov.au)  
by Friday 23 June 2017.



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