



# Orange High School NEWSLETTER

Woodward Street  
PO Box 654, Orange NSW 2800  
P (02) 6362 3444  
F (02) 6361 3616  
[www.orange-h.schools.nsw.edu.au](http://www.orange-h.schools.nsw.edu.au)

Quod Potero Sedulo

9th June 2017 - Term 2 Week 7

## North West Equestrian Expo 2017



Once again, Orange High School travelled to the annual Equestrian Interschool Competition held in Coonabarabran. Although the team only consisted of two riders this year, Emilee Thomas (Yr12) and Maaik Riphagen (Yr10), both girls represented the school with pride and had great success.

One of the highlights of the event for the girls was receiving a 3rd placing in the team 6 bar show jumping event. This is a huge achievement with nearly all schools entering a team in this section of the competition, with some entering up to two to three. Due to only having two riders, Mackillop College assisted us to make a composite team by providing us with two of their riders. All team members cleared the first round to qualify for the final. Upon several knock outs, the girls accumulated enough points to place the team in 3<sup>rd</sup>. In particular, congratulations should also go to Maaik Riphagen who was our strongest team member, placing 5<sup>th</sup> individually in this event.

Emilee Thomas competed in the new Pentathlon Event this year, placing 11<sup>th</sup> out of a strong field of 45 riders. One of the events to make up the Pentathlon was the mountain bike ride, in which Emilee placed a close 2<sup>nd</sup>.

Maaik Riphagen also placed 3<sup>rd</sup> in the B grade One Day Event and was one of the youngest competitors to compete in the Astronomical and Mini Grand Prix Show jumping event.



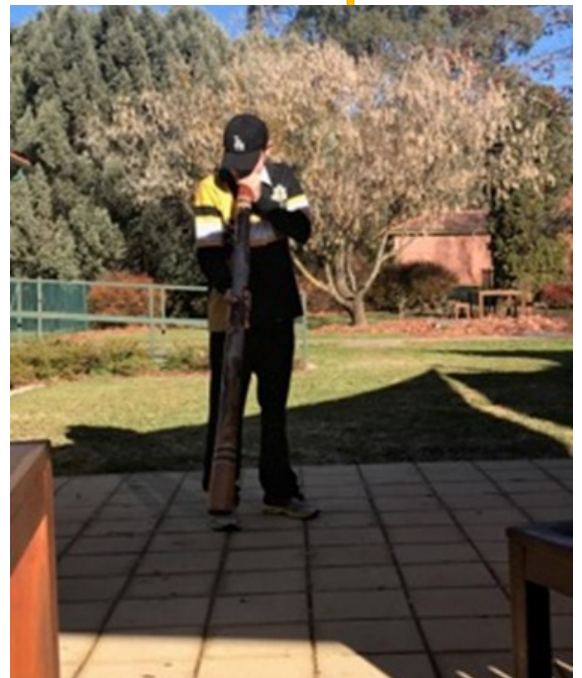


## Senior Debating Team - Regional Champions in the Premiers Debating Challenge

Orange High's Senior Debaters - James Cashen, Sanjana Sood, Elise Sinclair and Alex Hewitt - are to be congratulated on being named the regional champions of the Premiers Debating Challenge for Years 11 and 12. They defeated Dubbo in a hotly contested debate where they both argued about the benefits and detriments of abolishing Sunday penalty rates. The team now debates Billabong High School in the Inter-Regional Final and we wish the four students the best of luck in their endeavours.



## OHS Indigenous students share cultural experience



Last week, Nicholas Robbins , Lynton Robbins, Caleb Sutherland , Lachlan Crook and Jarlen Donohue performed for Sydney University medical students who were visiting Orange.

# 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

OHS hosted a visit from the Media Unit in Sydney who are developing a five minute video for the launch of Education Week in September. I understand State Office has chosen to feature students and schools in regional areas this year. **As a result, I am hoping the clip will highlight the diverse talents and skills of some of our senior leaders who were highly articulate presenters in front of the camera.**

**Congratulations to Milika Tuinakauvadra, Cheynoh Merchant, Mariah Robinson, and Tabua Tuinakauvadra who were selected into and have been fantastic ambassadors this year in The Western Region Netball Team.** In the Combined High School Netball Competition, Western placed 8<sup>th</sup> overall in large part due to the talents of these girls from Orange High.



**Congratulations to Aden and Noa Fraser who have both been selected into the NSW U/14s Country Rugby Union team.** Both boys represented Central West Rugby at the recent country championships, and Noa was named the best back of the championship from all teams. Well done boys!

Congratulations also to our Orange High Team who represented our school so well at the North west Equestrian Expo at Coonabarabran.



Year 11 reports will go home on Monday afternoon. Congratulations to all students who put in a diligent effort for this first semester of their senior years.

**Finally, in a very sports dominated Principals Report, we are looking forward to the first round of the Astley Cup competition between Bathurst High and ourselves next Thursday and Friday in Bathurst.** While we all know that Bathurst is hard to beat on their home soil, we are nonetheless optimistic we can give them a good run with many of our teams celebrating recent wins in Combined High School and other competitions. The agenda of events is included below.

Thursday: Boys Soccer, Girls Soccer, Athletics, Tennis and Debating

Friday: Netball, Basketball, Hockey and Rugby League

**David Lloyd  
Principal**



# Cross Country

It was a great effort from all the students who participated in the Orange High Cross-Country. Congratulations to the following students who qualified for Western Region Cross-Country fi-

Girls		Boys	
Lily Logan	Caitlyn Broadfoot	Bailey Gilbey	James Habercht
Emelia Riley	Anna Macpherson	Bradyn Nicol	Mitch Cooper
Jade Webster	Madeleine Owens	Mack Selwood	Myles Palmer
Kaitlyn Hinrichsen	Brittany Boswell	Hugh Corcoran	Ollie Keegan
Ella Lamrock	Eliza Owens	Mitchel Cook	Andy Millan
Georgia Cornish	Lauren Kerwick	Jayden O'Donnell	Matt Blanch
Breanna Vigers		Lawson Hamling	Noah Lamrock
Clare Mansfield		Caleb Tefry	Danny Burton
Felicity Chitukudza		Sam Murphy	Liam Maidment
		Ethan Nugent	Jack Taylor



# Western Region Netball



Congratulations to:

Milika Tuinakauvadra

Chey Noah Merchant

Mariah Robinson

Tabua Tuinakauvadra

These girls have been fantastic ambassadors for school sport in the Western Region netball team, placing 8th in the state at the CHS Finals.

# NSW U/14s Country Rugby Union

Congratulations to Aden and Noa Fraser who have both been selected into the NSW U/14s Country Rugby Union team.

Both boys represented Central West Rugby at the recent country championships, and Noa was named the best back of the championship from all teams.

Well done boys!



Noa Fraser



Aden Fraser

# Taiko Drumming Workshop



For the third time, OHS hosted a Taiko Drumming Workshop for students in Year 7 and 8 Japanese.

No skills are necessary for the workshop as it is designed for students to experience basic Taiko Drumming. The workshop was conducted by Mrs Caldwell, formerly a teacher, who now conducts drumming workshops in many Australian schools.

She enjoys sharing her Japanese heritage and love of drumming with students. Mrs Caldwell is Japanese and married an Australian, and now resides in Australia. She returns to Japan regularly to attend drumming courses. The workshop was an excellent experience for the students, to try a traditional Japanese musical instrument.



# Open Boys Hockey

Orange High School Open Boys Hockey won this weeks game against Canobolas High School 10 - 0. They now play rivals Lithgow in the next round.





# 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

