



Orange High School NEWSLETTER

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Quod Potero Sedulo

26th October 2018 - Term 4, Week 2

Year 7 - 2019 Transition Day for Group 1





From the Principal

Principal

Chad Bliss

Deputy Principals

Helene Hamilton
Terri Johnston (Rel)

Head Teacher Admin

Kylie Winslade (Students)
Jo Beeby - Staff (Rel)

Head Teacher Welfare

Kate Rogan

Year 7 Advisor

Tammy Nash

Year 8 Advisor

Lisa Phillips

Year 9 Advisor

Monica Peasley

Year 10 Advisor

Cassie Coates

Year 11 Advisor

Tegan Dray

Year 12 Advisor

Kylie Winslade

Careers Advisor

Glen Pearson

School Counsellors

Susanna Brown
Liz Sams

Sport Co-ordinators

Ben Callaway
Tegan Dray

Student Representative

Council Leader
Yelena Latter

Dear Parents and Members of our School Community

Welcome back to another term at Orange High School. This term will continue to be another very busy term with a range of programs and initiatives taking shape for the 2019 school year. It's an exciting time to be a part of the extended OHS family and I look forward to being able to share our educational journey with you over the coming weeks. On Thursday last week our Year 12 students sat their first HSC exam in English. Our students have spoken of the paper being tough but fair and I am looking forward to watching the next few weeks closely as our senior students work through their exams. HSC results will be released on Thursday 13th December.

2019 HSC Information Evening

On Tuesday 16th October, we held our 2019 HSC information evening. During the evening we explained the requirements of the HSC and students received their HSC assessment booklets. If you have any questions or queries regarding the 2019 HSC for your child, please do not hesitate to contact Ms Tegan Dray (Year Adviser) on 63623444.

Year 7 2019 Transition Days

On Wednesday and Thursday this week, we were fortunate to host our incoming Year 7 2019 students. Currently we have in excess of 220 students who will begin their high school journey with us on Wednesday 30th January 2019. At Orange High School we promise all of our families that we will ignite a lifelong love of learning which will help us to explore, challenge and create our place in the world. I can't wait to welcome our incoming high school students to our school in 2019.

Talent Development Program

You may have heard through previous newsletters that our school recently completed an external review of our High Achievers Program. The review has made a number of recommendations to further strengthen how we support our students at Orange High School. We have accepted these recommendations and are currently working towards the implementation of our "Talent Development Program". A program which will allow us to better cater for our students across the school and build a model of authentic inquiry based learning into core subjects. Invitations have been sent to all parents of current students and current Year 6 students who have been accepted into the Talent Development Program for 2019. This information evening will be held on Tuesday 13th November. Further details will be published in regard to the implementation plan for our wider community following these meetings. We are excited by the opportunities ahead for our students to learn through an innovative approach to teaching and learning which are evidenced based and will further extend our students as they move from primary school right through to the Higher School Certificate.

Subject Contributions

May I take this opportunity to remind each family of the requirement to finalise their 2018 (and in some cases prior to 2018) subject contributions. A fee letter will be sent again in the next week or so detailing any outstanding fees. As a NSW Government School, we do not charge families thousands and thousands of dollars in annual fees however, the subject contributions which are charged are to cover some of the cost of consumables and resources related to subjects which your children may be studying or have elected to study. There is also a voluntary school contribution which is tax deductible should families wish to support the school in this capacity. If students have not paid their required subject contributions, from the beginning of 2019, they will not be eligible to represent the school in any extra curricula activity nor attend any non compulsory school functions. Please do not hesitate to contact Mrs Kate Rogan if you are experiencing financial difficulty. Mrs Rogan can work with you on a plan to support you and your children.

I hope you have a great fortnight and I look forward to speaking with you again in week 4.

With my warmest regards

Chad Bliss

Principal

NAIROC Hip Hop Dance workshop and visit to Canowindra



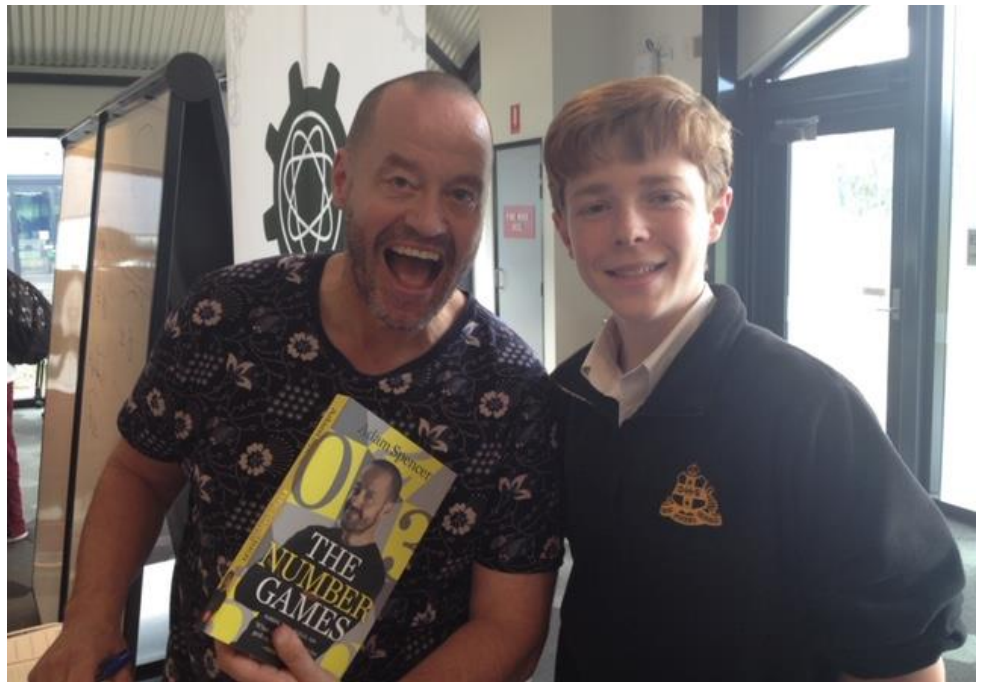
Twenty students from Orange High School visited Canowindra Primary School to showcase their Aboriginal Dance and share their language, culture and stories. The students did the school and their people proud. Thank you OHS Indigenous Dance Group for sharing your passion for dance and your culture.



6.25% of a Day with Adam Spencer

Last week Adam Spencer, author of *The Number Games*, held a Maths workshop in Bathurst for students from around the Central West.

He posed several extremely hard maths problems for the students and OHS Year 9 student Ethan Delaney was one of only three students ever to get the correct answer. Most of the students who attended are now considering a career involving maths.



HSC EXAMINATIONS 2018



Students leaving their first examination for 2018



NOTICE TO PARENTS

The school is aware that the Channel 7 Sunrise weather crosses will be broadcasting from Robertson Park on Wednesday 31st October. You may be considering taking your child to one of these live crosses, which is a family decision. The school will not be providing supervision at the park or on the route back to school, as this is not a school activity. Our expectation is that unless a student is under the supervision of a parent or caregiver, students will follow normal travel arrangements and be at school prior tour start time of 9.00am



**Safe on Social
Media
Parent Workshop**

**Wednesday 31st October
OHS Library
6pm – 7:15pm**

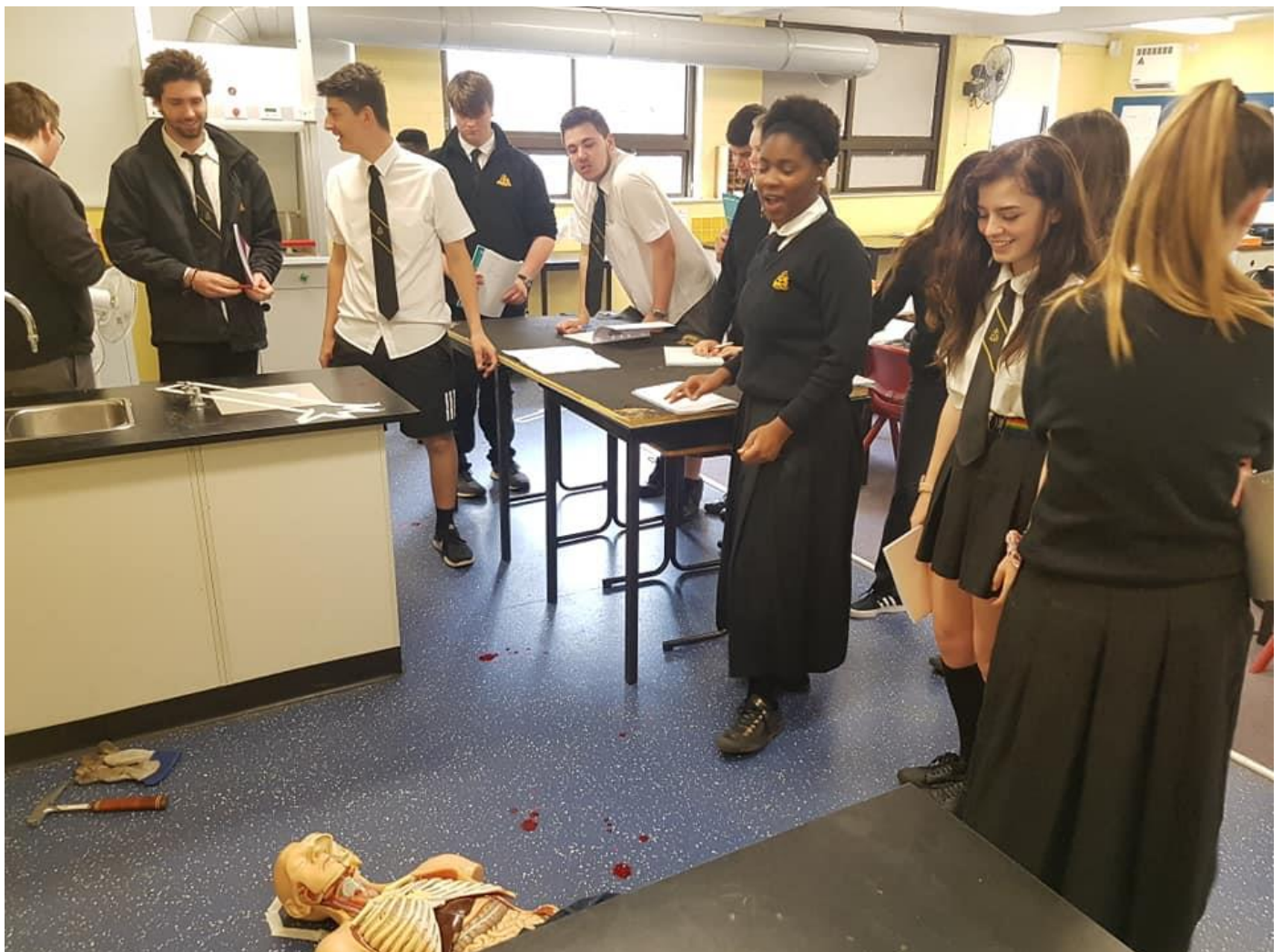
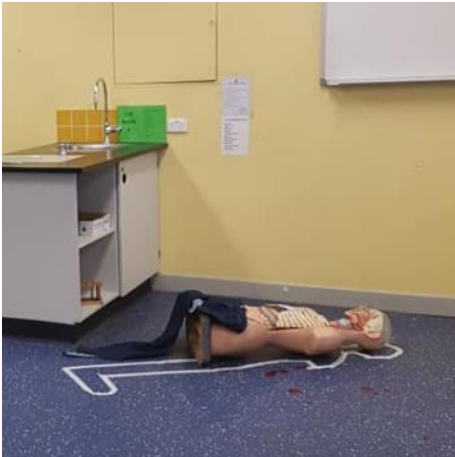
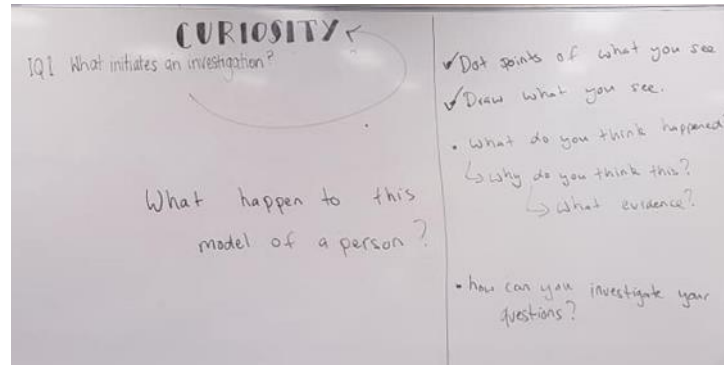
Call 63623444 to register your interest

INVESTIGATING SCIENCE

Year 12 started this term off with an explosion of

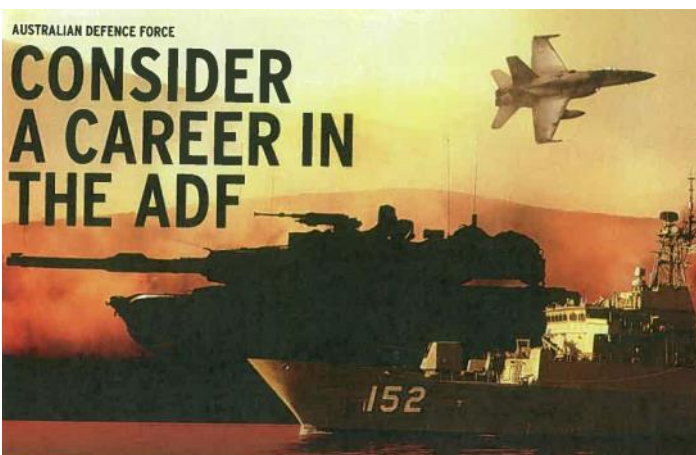
CURIOSITY

attacking the first inquiry question of the Module.



THE LEMON CAR

Last Wednesday 17th October OHS had a visit from The Lemon Car. The Lemon Car is a fun, interactive and informative awareness program which travels around to high schools educating young drivers about the importance of proper vehicle safety and maintenance.



CALL 13 19 01
Or visit
defencejobs.gov.au



CENTRAL WEST DISABILITY EXPO 2018
FREE COMMUNITY EVENT
 Interactive social event for all to attend

- Up to 50 exhibitors showcasing products & services
- Latest technology, specialised equipment & hands on trials
- Games, activities and information for all ages
- NDIS - What's out there? Come find out!

PRIZES to be won on the day
 Gold COIN Sausage Sizzle
Wednesday, 7 November 2018
10 am to 2 pm
PCYC Orange at 2-10 Seymour Street

For more information contact Giovanna Cox - 02 6362 4563
 Don't forget to like our Facebook page
 Central West Disability Expo



Proudly supported by the Central West Disability Expo Organising Committee:
 Ability Links NSW, Department of Education, Interact People Solutions, Job Centre Australia,
 LiveBetter Community Services, National Disability Coordination
 Officer Programme, OCTEC Limited, Orange City Council,
 VERTO and Wangarang Industries.



7 TIPS FOR MANAGING EXAM STRESS

REACH
OUT.COM

FOR YOUNG PEOPLE

FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables



Give them time off chores and non-urgent family stuff

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands

Have a long term goal



Chat with them about what they want to do after exams

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health: eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



Make a time to chat to them and let them vent