



Orange High School NEWSLETTER

Woodward Street
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F (02) 6361 3616
www.orange-h.schools.nsw.edu.au

Quod Potero Sedulo

9th November 2018 - Term 4, Week 4

Year 7 - 2019 Transition Day for Group 2



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 to the end of week 4 and officially the end of the HSC for our Year 12 students. After three and a half weeks of exams, our students have finally finished their HSC exams. I have had the pleasure of speaking with many students over the past few weeks and I am looking forward to seeing how our students have performed later next month. A huge congratulations to all of our HSC students. Thirteen years of hard work has come to an end. Now is the time to begin the next chapter of your lives.

The Little Mermaid

On Saturday last week, my family and I had the pleasure of watching the Orange Theatre Company's performance of The Little Mermaid at the Orange Civic Theatre. The performance was absolutely brilliant and the full house in the audience were captivated for the entire show. Congratulations to our OHS students who played a variety of roles in the show. A particular mention to Bella Satler (Ariel) and Milly Punch (Flounder) who played leading roles for the production.



Safe on Social Media

Last week we had the opportunity for our students and staff to listen to a discussion about how to safely use social media in 2018. What I heard was both highly informative and quite confronting at the same time. Can I urge you to visit our website and download some of the resources that may assist in having conversations with your children about how to use social media safely.

Purchase of the Mirror Year Book

Once again this year we are ordering printed copies of our year book for those parents wishing to purchase a copy. Each copy is \$25 and must be pre-ordered with payment in full prior to Friday 23rd November. For further information, please contact Claire Urpeth on 63623444.

External Validation

On Tuesday this week, our school participated in an External Validation process of our achievements within the school against the Department of Education's School Excellence Framework. We were validated by a Principal School Leadership and a Peer Principal. It is with great pleasure that I inform you we are performing exceptionally well against the framework. This was the culmination of an ongoing self assessment process in which our school continues to work towards excellence in all that we do. If you would like a summary of the evidence we used to support our self assessment please send an email to chad.bliss@det.nsw.ede.au and I will be more than happy to send you a summary.

Exams 7-10

Over the next two weeks, all students in Years 7-10 will undertake their end of course exams. This is a really important time for students to reflect on what they have achieved in 2018 and for staff to see where we need to take our students to in 2019 and beyond. I would encourage you to ensure that you have spoken with your child in relation to adequate preparation and revision and work through a plan with them to ensure they are spending enough time revising their work each night.

From the Principal cont

SRC Induction

On Wednesday evening I had the privilege of being part of the SRC induction ceremony for the 2019 student leadership team. To see such a fine group of student leaders contribute so much to our school is inspirational. May I congratulate each of our new student leaders on their induction. I am confident that we will continue to make a difference through our student leadership team for every student at Orange High School next year and into the future.

I hope you have a wonderful fortnight and I look forward to speaking with you in week 6.

With my warmest regards

Chad Bliss

Principal

HSIE Report

Remembrance Day has a special significance in 2018.

Sunday, 11 November 2018 marks the 100th anniversary of the Armistice which ended the First World War (1914–18).

One hundred years ago, on 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War.

From the summer of 1918, the five divisions of the Australian Corps had been at the forefront of the allied advance to victory. Beginning with their stunning success at the battle of Hamel in July, they helped to turn the tide of the war at Amiens in August, followed by the capture of Mont St Quentin and Pèronne, and the breaching of German defences at the Hindenburg Line in September. By early October the exhausted Australians were withdrawn from battle. They had achieved a fighting reputation out of proportion to their numbers, but victory had come at a heavy cost. They suffered almost 48,000 casualties during 1918, including more than 12,000 dead. In the four years of the war more than 330,000 Australians had served overseas, and more than 60,000 of them had died. The social effects of these losses cast a long shadow over the postwar decades.

Each year on this day Australians observe one minute's silence at 11am, in memory of those who died or suffered in all wars and armed conflicts. This year, our OHS Captains will be leading the Remembrance Day Service in Robertson Park Orange; we'd love to see you there.

- Orange High School HSIE Faculty.





Congratulations Cennedi Dally

Congratulation to Cennedi Dally, coming third in the NSW Country Track Championships recently held in Wagga. Well done



REMINDER

All Parents, Visitors and Contractors MUST report to the school office on Woodward Street and sign in before going anywhere else in the school.

This is part of the Child Protection Act.

CAREERS REPORT

On Wednesday, the ASPIRE team from the University of Canberra visited Orange High School. A Year 10 Careers class were presented with activities to get them thinking about a range of careers and the world of opportunities students can explore through tertiary education. The UC ASPIRE team also met with our six students who attended the Canberra University Experience visit in Term 3 to present certificates of participation and follow up on the goal-setting activities from the camp. A huge thank you to the University of Canberra for visiting and engaging with our students.



Dream Cricket Day - Premiers Sporting Challenge



Bletchington NAIDOC Dance visit



Orange High School Students had the opportunity to mentor Bletchington Primary School students during NAIDOC

**Congratulations
Lachlan Crook**

Junior Male Sport Person of the Year Award 2018



**Congratulations
OHS Teacher Bec Ford**

named in the Indigenous All Stars Rugby League Squad



Cyber Squad



Last week our Cyber Squad members attended an excursion to Gunther's Lane Technology Hub, in Bathurst. During our visit, students were able to explore various contemporary and emerging technologies. Highlights included using the Microsoft Surface Studio, learning about 3-D printing, and exploring Virtual Reality environments. Overall, the Cyber Squad had an enjoyable day discovering the diverse range of information and communication technologies currently available.



OHS Man Choir sings on Sunrise program

Last week Orange High School's Man Choir had the opportunity to sing on the Sunrise program as part of Sam Mac's A - Z of Australia.



MIRROR MAGAZINE - 2018

don't forget
to order your
2018 MIRROR
magazine



YEAR REPORTS - with photos of each student in every year

SPORTS REPORTS - includes team and action photos

FACULTY REPORTS - what excursions did you go on this year?

EXTRA CURRICULA ACTIVITIES

Photographs of student paintings, cake decorations, cattle shows, competitions, sporting matches, dancers, musicians, HSC major works and special events

Look back over the years and see how you and your friends have changed. Guaranteed to bring back memories

Cost \$25.00

To place an order you can

- Email the school on orange-h.school@det.nsw.edu.au
- Phone 6362 3444 and ask for Claire
- Fill in the form in the school newsletter or on the website and get your student to return it to the front office

ORDERS SHOULD BE IN BY FRIDAY 23RD NOVEMBER

	Cost	No of copies	Total owed
2018 Mirror Magaziine	\$25.00		

ORDER FORM MIRROR MAGAZINE

Student Name..... Year

Parent Name

Contact details (Phone/email)

Payment may be made by cash, cheque or Eftpos



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Orange High School

*Achievement in a
supportive environment*

6 November 2018

Dear Parents and Students,

Orange High School has arranged for presenters from Elevate Education to provide a study skills workshop for Year 12 students. Elevate Education is an International provider of study skills workshops to senior school students. These workshops are aimed at maximising student retention rates and isolate a handful of skills to implement immediately, encouraging student skill adoption. Elevate workshops are presented by university students who have recently faced and aced high school themselves. Presenters are energetic, speak the same language as your students, and get them thinking about study skills from a fellow student's perspective. Each student who attends a study skills seminar will receive access to Elevate's online student portal. Portal access provides students with a wide range of resources to help them navigate through high school and consolidate the lessons from their seminars.

Elevate will help address the question: "What is study?" The seminar breaks down the study techniques of the top students, providing students with a road-map for what work they need to be doing across the year and how to do it.

Skills covered include:

Working consistently

How to get notes done during term, instead of just before exams.

Note taking

How to get those ideas the students have extracted from their readings into an organised set of notes that will facilitate effective learning.

Conceptual learning skills

Teaching students how to break the information into its relevant parts as opposed to simply rote-learning the material.

Standing out on assessment

How to distinguish oneself from the thousands of other students being taught the same material.

WORKSHOP DETAILS:

DATE: NOVEMBER 23RD

APPROXIMATE WORKSHOP DURATION: 1 HOUR

COST: \$8.00 TO THE FRONT OFFICE

WORKSHOP PLACES: 80

Tegan Dray
Year 12 Adviser

Chad Bliss
Orange High School



HAWKES DAM 6 HOUR FISHOUT

10 NOVEMBER 2018 10AM – 4.00PM

Hawkes Lane Fishout

Community are being invited to join in the process of catching any native fish so they can be moved to a new location. Participants will have to agree to humanely put down any carp. Any other fish or yabbies' caught can be taken home.

Proudly Sponsored by:



66 PEISLEY ST - ORANGE, NEW SOUTH WALES - PH: 02 63618924

Registration from
9.30AM

BRING: CHAIR, HAT,
SUNSCREEN, BUCKETS,
FISHING ROD, TACKLE,
YABBIE NET AND BAIT!

Prizes available for
most fish caught on
the day!

Bank Fishing only

One Line per
fisherman

Small Shades
welcome

For further
information visit:
www.orange.nsw.gov.au



HOCKEY

COACHING & MINI COMPETITION

In partnership with hockey NSW we are running a four week hockey coaching and mini competition. It's open to all young people 9 to 18, and will be held on the Glenroi Oval behind the Youth Centre

3:45 till 4:45 Mondays 5, 12, 19, 26 November.



Orange Youth Centre, Garema Rd, Orange
Open 3pm to 6pm Monday - Friday (during school term)

For more information, contact Orange City Council
via (02) 6393 8000 or council@orange.nsw.gov.au

orange.nsw.gov.au/young-people/



ORANGE HIGH SCHOOL TRIAL CANTEEN MENU

LUNCH

SALADS	
E: Garden Salad Tub	\$3.50
(ADD ham/chicken/roast beef/egg)	\$0.50
BURGERS/HOT ROLLS	
E: Roast beef + gravy roll	\$4.00
E: Beef Burger	\$4.00
E: Chicken Burger	\$4.00
E: Veggie Burger	\$4.00
HOME COOKED	
E: Fried Rice	\$4.20
O: Potato Bake (wisher)	\$4.20
E: Lasagna	\$4.20
E: Nachos	\$4.20
E: Pizza (vegie/meat)	\$3.00
E: Burrito	\$4.00
E: Burrito Bowl	\$4.00

LUNCH

SANDWICHES/ROLLS	
E: Cheese	\$1.50/\$2.00
E: Ham/Cheese/Tomato	\$3.00/\$3.50
E: Egg/Lettuce	\$3.00/\$3.50
E: Meat + Salad	\$3.50/\$4.00
E: Gourmet Roast Beef	\$3.50/\$4.00
WRAPS	
E: Salad	\$3.50
E: Salad + ham/chicken	\$4.00
E: Sushi	\$2.50
TURKISH (RECESS ONLY)	
E: Ham/Cheese	\$2.50
E: Ham/Cheese/Tomato	\$3.00
E: Roast Veggie	\$3.50
E: Roast Beef	\$3.50

WEEKLY SPECIALS

E: Protein Balls	\$0.50
E: Pasta Bolognese	\$4.20
E: Carbonara	\$4.20
E: Kebabs + Rice	\$4.20
E: Salad Special	\$4.00-\$5.00
E: Meatball Sub	\$4.20
E: Noodle Stir Fry	\$4.20
O: Burger Specials	\$4.00-\$5.00
(Pulled Pork/slaw, Parma, Tandoori)	
O: Nachos	\$4.20

★ =
ORDER
ONLY



BREAKFAST

E: English Muffins	\$2.00/\$2.50
(cheese/cheese+ham)	
E: Cheese Toastie	\$1.50
E: Toast + Spread	\$0.50
E: Fruit Salad	\$3.00
E: Yoghurt + Fruit	\$2.50
E: Yoghurt + Fruit + Granola	\$2.50
E: Up and Go—250ml/350ml	\$2.50/\$3.50
(chocolate/vanilla ice)	



DRINKS

E: Water - 600ml	\$1.50
E: Pump Water - 750ml	\$3.50
E: Sparking water (lemon/raspberry)	\$3.00
E: Just Juice Popper—100ml	\$1.20
(orange/apple/apple blackcurrant)	
E: Berri Poptop—250ml	\$2.50
(orange/apple/apple blackcurrant)	
E: Flavoured Milk—250ml/600ml	\$2.50/\$3.50
(chocolate, vanilla, strawberry)	
E: Milkshake—250ml	\$2.20
(chocolate, caramel, vanilla, strawberry)	
E: Smoothie (flavour of the week)—250ml	\$3.00
E: Hot Chocolate—200ml	\$2.20

SNACKS

E: Banana Bread	\$1.50
E: Biscuits + Cheese	\$1.00
O: Chips—28g	\$1.50
E: Veggie Sticks + Dip	\$1.50
E: Yoghurt + Fruit + Granola	\$2.50
E: Fruit Salad	\$3.00
E: Fruit (apple/banana/orange)	\$1.00
E: Muffins	\$1.50
E: English Muffin Pizza	\$1.50
E: Sml Hot Cheese Roll	\$1.50
E: Sushi	\$2.50
O: Twisted frozen yoghurt	\$2.20
E: Quech Stick	\$0.50
(raspberry, blackcurrant, tropical)	



OTHER

Forks	\$0.20
Spoons	\$0.20

E = EVERYDAY FOOD
O = OCCASIONAL FOOD