



ORANGE HIGH SCHOOL NEWSLETTER

4th December 2020 -Term 4, Week 10



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<http://www.orange-h.schools.nsw.gov.au>

Principal

Andrew Jones (Rel)

Deputy Principals

Kate Rogan (Rel)

Alison McLennan (Rel)

Head Teacher Admin

Andrew Hetherington - Students

Jo Beeby - Staff

Head Teacher Welfare

Kylie Winslade

Aaron Routh

Year 7 Advisor

Katie Cutcliffe

Year 8 Advisor

Jacky Lyden

Year 9 Advisor

Tammy Nash

Year 10 Advisor

Lisa Phillips

Year 11 Advisor

Monica Peasley

Tim Boyle

Year 12 Advisor

Tegan Dray

Cassie Coates

Careers Advisor

Glen Pearson

From the Principal

Dear parents and members of the school community

Welcome to the final newsletter of 2020. I would like to thank the whole Orange High School community for your support and commitment to ensuring that we continue to achieve excellence in all that we do at Orange High School. It has been a difficult year for students, parents, staff and the whole community. I doubt that anyone could have imagined that the world would be in the middle of a pandemic that would impact our lives so dramatically. From an education perspective, the ability of our staff to create so many online learning platforms in such a short period of time was remarkable. This was followed by our students, staff and parents working together to continue a range of quality teaching and learning experiences.

Year Assemblies

Our fantastic Year Advisors and wellbeing team organised formal year assemblies late last week. It was great to see so many students receive awards and prizes to congratulate and celebrate their achievements. Although parents were unable to attend, a professional photographer took lots of photos that will be available for parents.

Pink Stumps Day

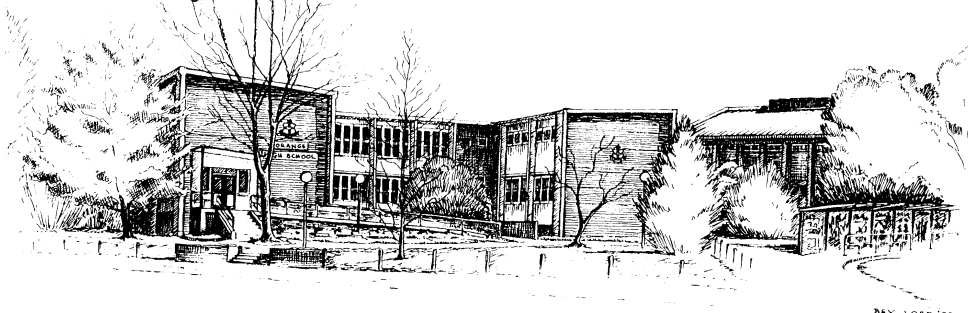
Congratulations to Mel Hope and the team who organised Pink Stumps afternoon. A fun afternoon but also an important message for students to both value fundraising for an important cause and be educated around a disease that impacts many in our society. The Orange High School community raised \$1,370 for the McGrath Foundation. Congratulations!

Year 12 Graduation

On Friday 4th December, I had the privilege of attending the Year 12 graduation held at the Orange Function Centre. Our students looked amazing, spoke passionately about their time at our school and were genuinely thankful for everything that everyone had done for them at OHS. The function centre looked amazing and I would like to thank Mrs Alison Duffield and her enthusiastic team of helpers from our P&C for their hard work in planning, preparing and executing such a fantastic event.

HSC Results

Higher School Certificate results and ATAR's will be released on Friday 18th December. Your HSC and ATAR results do not define who you are or what you will become. It is simply a means of reflecting upon your progress throughout Stage 6 and progressing to further education and employment. Congratulations to all our Year 12 students and we wish you all the best in your future endeavours.



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From the Principal

Staffing

At this time year we generally farewell a number of staff from a wide range of teaching and non-teaching roles from the Orange High School family. Some staff are retiring, others have accepted promotions, some have been in temporary positions or on exchange, and others are taking up new opportunities and even going to university.

English

Maddi Velk

Mathematics

Pawan Saini

Ryan Smith

Jaime Routh

Science

Andrew Schenkel

PDHPE

Katie Cutcliffe

CAPA

Justine Squires

Kate Willoughby

TAS

Justin Carter

Merryn Lynch

Belinda Carroll

Support

Deb Brown

Hugh Foy

Jason Hamling

Support

Lydia Curtis

Ben Winslade

Tom Radnedge

Vision Team

Narelle Hogan

Michelle Gee

Jenny Anikin

General Assistant

Jake West

Head Cleaner

Sharon Cronk

A special mention to Sharon Cronk. After 25 years of dedicated service to Orange High School, we wish Sharon all the best in her retirement.

These staff have all played an important role as a part of the Orange High School community and we wish them all the best in the future.

Please have a relaxing and safe Christmas holiday and a Happy New Year. The school will be open on Friday 22nd and Monday 25th January for new enrolments and enquiries between 9.00am and 3.00pm. There are two Staff Development Days on Wednesday 27th and Thursday 28th January.

Years 7, 11 and 12 students return to school on Friday 29th January and students in Years 8-10 return to school on Monday 1st February

Thank you again for your support in 2020.

Merry Christmas and a Happy New Year and I look forward to seeing you in 2021.

Best wishes

Andrew Jones

Principal (relieving)



YEAR 11 BUSINESS STUDIES

To kick off their Marketing topic, Ms Harris' HSC Business Studies class enjoyed learning from an expert in the field, with a virtual incursion with Kiss Marketing owner Sonya McIntyre-Reid. Sonya very generously gave up her time to answer students questions about studying for the HSC, pursuing business at University and her experiences working in the digital marketing field.



FUTURE TUNES

Sam Golfin and Oli Manson are teaming up with Neil Gill from MMM to perform this Friday evening at 7pm in Robertson Park. Please take the time to come and support them. The event is free and all you have to do is go to <https://www.orange.nsw.gov.au/future-tunes/> to book your tickets.

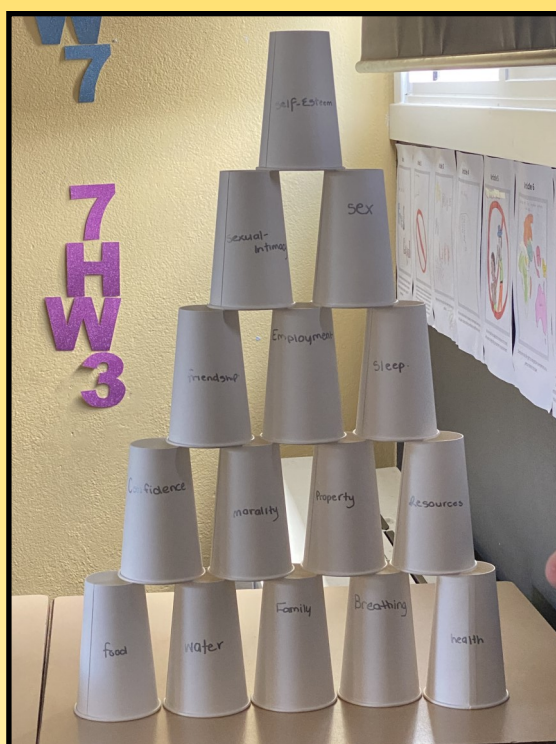
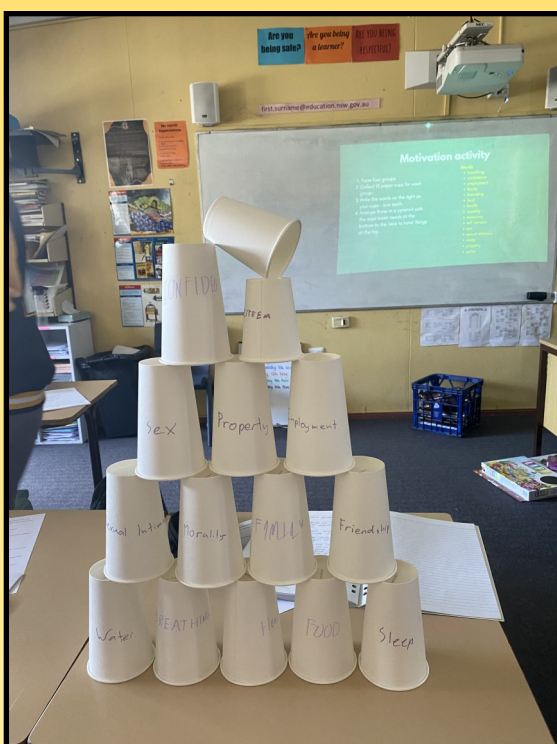


YEAR 12 BUSINESS STUDIES

HSC Business Studies students developed their own versions of Maslow's Hierarchy of Needs as part of their study into consumer choice for their Marketing topic.

Maslow's theory attempts to explain human behaviour, with the idea being that lower order needs should be fulfilled before the higher, less needed, but more motivating needs.

Many students were surprised when the actual Hierarchy of Needs was revealed and our differences in opinion discussed!





YAYALANHA CUP

Well done to our 3 vs 3 basketball legends at the Yayalanha Cup!

The teams came through winning all high school divisions! There were some very competitive games when our boys and girls teams faced off against each other!

Girls Division 1- Rachel, Sophie, Sarah and Ellen

Boys Division 1 - Billy, Bill & Paddy

Girls Division 2 - Amy, Elsie & Zahli

Girls Division 2 - Matilda, Shelbi, Alayah & Shae

Boys Division 2 - Luke, Hugo, Angus & Temana

Well done OHS!!!!





RAISE THE BAR

Year 8 Raise The Bar end of year celebrations! Nothing like a dash to the top of the pinnacle to finish off a good year.

Well done boys!!!!



PINK STUMPS DAY

On Friday 11th December Orange High School hosted a Pink Stumps Day. This was a way for our school to come together, turn the cricket game pink, have fun and fundraise for the McGrath Foundation – all while showing support for people in the community experiencing breast cancer. Together we raised \$1370 for the McGrath Foundation.





PINK STUMPS DAY



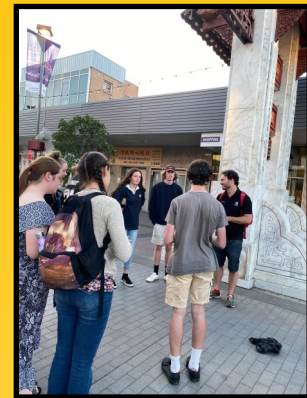
HSC SOCIETY AND CULTURE

EXCURSION

On the 9th and 10th of December, Orange High School HSC Society and Culture students travelled to Bankstown, Cabramatta and Katoomba to address multiple parts of their HSC course.

After a Vietnamese food and culture tour in Bankstown, students attended a tour and lecture at the Auburn Gallipoli Mosque.

The class then had a look around the Vietnamese aspects of Cabramatta. On the second day, students enjoyed lunch, a talk and meeting members of The Twelve Tribes Community in Katoomba, as part of their Conformity and Non Conformity focus study.





DRUMBEAT

Our Year 8 Drumbeat group this term consisted of Tim Crossie, Callum Cisco, TJ Morris, Briley Sargent, Ryder Arden, Makenzie Douglass and Jack Amies. The photos with the drums shows the drummers in their final rehearsal; Briley is leading them in question and answer rhythms.

The boys celebrated with a hot chip lunch afterwards.



KIDS @ BRAG

SUMMER SATURDAY ART MORNINGS

Saturdays 9, 16, 23 & 30 January @ 10am-12pm

Come along for craft making sessions led by BRAG Educators. Taking inspiration from the *Adrienne Doig: It's All About Me!* exhibition, participants will explore new materials and methods for making artworks including performance, paper based materials and weaving. For ages 8-12 years.

Per session: \$15 BRAGS members \$20 non-members.

Creative Kids Vouchers accepted. Limited capacity, book on EventBrite via QR code.



ADRIENNE DOIG KIDS ACTIVITY TRAIL

Looking for cool school holiday activities? BRAG has developed a free Kids Activity booklet to guide young minds through exploring ideas and themes in *Adrienne Doig: It's All About Me!*

Available at BRAG, FREE

IT'S ALL ABOUT ME ACTIVITY KIT

Create your very own self portrait inspired by Adrienne Doig's artwork *Everyday Me!* The kit includes everything you need to create your monofolded portrait plus materials, stencils and fabrics to create unique 3D portraits.

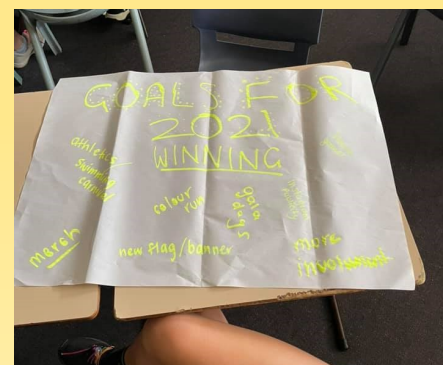
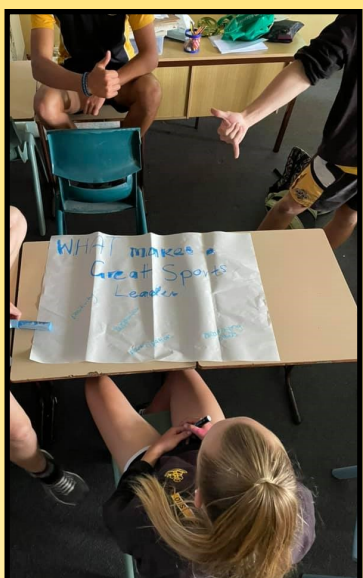
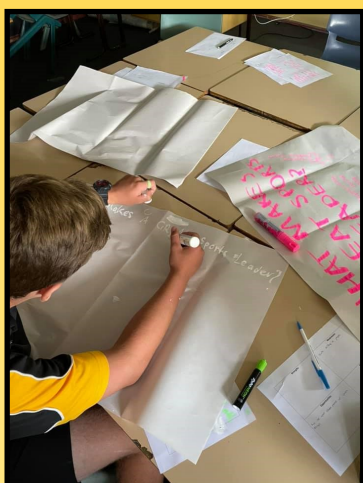
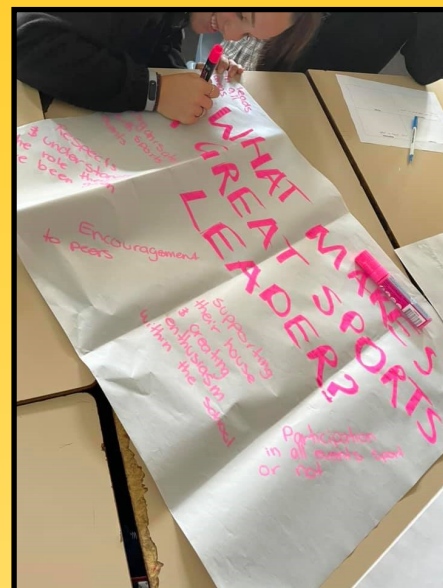
Available in the BRAG Shop, \$12



ADRIENNE DOIG 0-50 2013, acrylic paint on wood. Courtesy of the artist and Martin Browne Contemporary.

2021 SPORTS COUNCIL

Our 2021 Sports Council had their first meeting and planning session on Tuesday 15th December, with some also involved in our Premiers Sporting Challenge leadership day. It was wonderful to all get to know one another, discuss what we all bring to the table as individuals and how we can come together as a collective. Keep posted for their awesome ideas to be implemented in 2021! We look forward to working with the Sports Council and seeing these students thrive next year!



PREMIER'S SPORTING LEADERS

A fantastic day with our year 7, 8 and 9 Premier's Sporting Leaders, who participated in a leadership day on Tuesday 15th December. The students reflected on and discussed the qualities of a great leader. They also displayed fantastic leadership qualities of their own when designing and running their own student-led activities for their peers.





FOSTER CARERS



Become a foster carer

Foster Carers are needed in your area more than ever before.

Whether you are giving a child a long-term home, or stepping in to help in a crisis, being a foster carer is a hugely rewarding experience.

If you have room in your heart and your home, please take the first step and contact Challenge Foster Care on **1800 084 954**, fostercare@challengecommunity.org.au or visit our website challengecommunity.org.au to find out more about becoming a foster carer.

 **CHALLENGE**
Community Services

Foster Care

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MERRY CHRISTMAS AND A HAPPY NEW



Some Resources and Tips for Parents for the School Holidays

Please keep this resource handy.

This information has been put together to assist you in supporting your child or young person in the coming weeks. The end of the school year can be a big relief for young people and the summer break will hopefully provide some rest and relaxation, however for some it may be a challenge. You may find the following information helpful.

Here's a link to some information about child safety.

www.facs.nsw.gov.au/data/assets/pdf_file/0008/319058/child_safety.pdf

Signs that may suggest that your child or young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns that continue for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves & the world (e.g everything seeming bad & pointless).

If you're concerned about your child or young person, there are a number of ways you can seek help and advice. If you believe they are at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Here are some resources & services you or your child or young person can access:



headspace provides free online and telephone support and counselling to young people 12-25 going through a tough time, and their families and friends. <https://headspace.org.au/ehespace/>

Some helpful factsheets:

'Support your young person during the school holidays' - headspace School Support Factsheet:

www.headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf

'How to help a friend going through a tough time' <https://headspace.org.au/young-people/how-to-help-a-friend/>

'Self-Care for Family and Friends' <https://headspace.org.au/friends-and-family/self-care-for-family-and-friends/>

'Supporting your young person - the transition from primary to secondary school'

<https://headspace.org.au/friends-and-family/the-transition-from-primary-to-secondary-school/>

headspace Digital Services flier:

<https://headspace.org.au/assets/Uploads/Centres/Castle-hill/headspace-Digital-Services-Flyer-YP-COVID1.pdf>



24 hour support for kids and young people.

A free, confidential 24-hour counselling service for young Aussies (ages 5-25), that connects with kids on the phone, via email and live WebChat. **Telephone: 1800 55 1800** or www.kidshelpline.com.au

Kids Helpline's website has separate sections for:

- **Kids 5-12 years old** (including feeling sad over the holidays; thinking about hurting myself)
- **Teens and young people 13-25** (loads of questions answered including managing relationships; what happens after school; if you're concerned about anxiety, depression or suicide and someone you know)
- **Parents and carers** (including empowering young people to ask for help).

▪ Lifeline

24-hour national telephone crisis counselling service and online counselling
Telephone: 13 11 14 or www.lifeline.org.au

▪ Suicide Call Back Service

24-hour national telephone counselling and online service for people 18 years and over
Telephone: 1300 659 467 or www.suicidecallbackservice.org.au

▪ *beyondblue*: National depression initiative

24-hour telephone support and online chat service with links to local services
Telephone: 1300 22 4636 or www.beyondblue.org.au



The Mental Health Line is a **single number, state-wide 24 hour mental health telephone access service**. Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them. Parents, carers, other health professionals and emergency workers can also use the Mental Health Line for advice about a person's clinical symptoms, the urgency of the need for care and local treatment options.

GoodGrief - www.goodgrief.org.au/assistance - information on children and grief, young people and grief, and supporting someone who is grieving.

Suicide Prevention and Support:



Orygen Chatsafe provides online Tools and Tips to help young people communicate safely online about suicide:

<https://www.orygen.org.au/chatsafe>



*resources for
discussing suicide*

Conversations Matter is a practical online resource to support safe and effective community discussions about suicide. The Community Resources section includes: When someone is thinking about suicide, and helping those bereaved by suicide.

www.conversationsmatter.com.au/resources-community/someone-thinking-about-suicide



The Rural Adversity Mental Health Program (RAMHP) helps people in regional, rural and remote NSW who are experiencing mental health concerns by providing advice on appropriate services and resources in their local area.

www.ramhp.com.au/

You can click on a range of resources on their **Get Help Now** page:

www.ramhp.com.au/get-help-now/links-mental-health-services/

Support around Bushfires and Disasters

Emerging Minds: Preparing children for the threat of a bushfire:

[http://earlytraumagrief.anu.edu.au/files/Preparing children for the threat of bushfire ACATLGN APS.pdf](http://earlytraumagrief.anu.edu.au/files/Preparing_children_for_the_threat_of_bushfire_ACATLGN_APS.pdf)

From the Australian Red Cross

Emergency RediPlan - EMERGENCIES HAPPEN: protect what matters most

www.redcross.org.au/getmedia/b896b60f-5b6c-49b2-a114-57be2073a1c2/red-cross-rediplan-disaster-preparedness-guide.pdf.aspx

Orygen - Helpful Youth Health Factsheets on a range of mental health issues:

<https://oyh.org.au/client-hub/fact-sheets>

These include:

Psychosis; Autism spectrum disorder (ASD); Obsessive compulsive and related disorders; Eating & body image disorders; Depression; Anxiety; Borderline personality disorder; Self harm; Getting help early for psychosis; Recovering from psychosis; Helping someone with psychosis; Psychosis and physical health; Sleep; Getting active.

Mindfulness: Try the free Smiling Mind app and see tips for practising mindfulness at home:



www.smilingmind.com.au/smiling-mind-app

www.smilingmind.com.au/at-home

Holiday Activities

Local Councils often provide a **calendar of activities** happening at Libraries, Aquatic and Sporting Centres and other council venues. **Check your local council's Website or Facebook page closer to the summer holidays for more information.**



CAREER SUPPORT FOR HIGH SCHOOL STUDENTS

Proudly funded by



Thinking about leaving school?

Skillset has the expertise to support you to plan your next steps whether it be to commence work or undertake study in 2021. Skillset is offering one-on-one and small group sessions to assist school leavers with various post school preparation activities.

Assistance being offered:



Identify your career options through a career assessment.



Explore vocational training options.



Find out where to look for jobs and how to apply.



Create or update your resume and discuss interview tips and techniques.

Book Now!

Book an upcoming school holiday appointment to help you with your future career. Call Amanda Ferguson on 0438 622 242

skillset
youth
connect

**Looking for extra career guidance?
Register with Skillset Youth Connect**

Skillset Youth Connect is a free service for 15 -19 years olds that works with you to plan, set and achieve the training and career goals that are right for you.

 skillset.com.au

 1300 853 525



 **skillset**
YOUR FUTURE. OUR FOCUS.

Recruitment | Skills Development & Mentoring Programs | Apprentices & Trainees



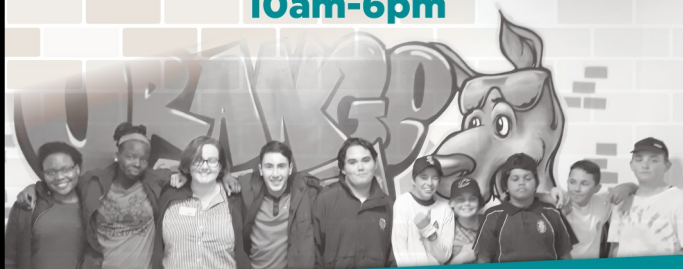
The Educated Roast Cafe

WILL BE CLOSING FROM
MONDAY 21ST DECEMBER
AND REOPENING
MONDAY 11TH JANUARY

THANK YOU FOR YOUR PATRONAGE AND SUPPORT
THROUGHOUT 2020

ORANGE YOUTH HUB

Garema Rd, Orange
OPEN during summer
school holidays
10am-6pm



A place for young people, aged 12 to 24, to:

- **Play sports including:** table tennis, pool, basketball, touch footy, handball & skateboarding
- **Have access to:** Internet, PlayStation 4
- **Get involved in:** art, music & cooking

For more information, contact Orange City Council's
Youth Hub Leader Sarkis Achmar on 0428 512 070
orange.nsw.gov.au/young-people/



NON-CONTACT SOCIAL FOOTBALL

Orange Tigers AFL 9s - Tuesday nights: 02/02-30/03

ANZAC Park, Byng St (Behind the PCYC)

Contact - Casey White: casey.white@afl.com.au

\$400/team (12-15 players)



GET FIT. HAVE FUN.
AFL9s.COM.AU



Australia Day

PICNIC IN THE PARK

Join us for a Picnic in the Park to celebrate Australia day! Relax on the lawns of Cook Park with a barbeque, live music, market stalls and more.

Welcome the newest Australian Citizens in Orange with a ceremony and congratulate the winners of the Orange Australia Day Awards including Citizen and Young Citizen of the Year.

This will be a COVID safe event.



Australia Day

Tuesday
26 January 2021
8am - 1pm
Cook Park, Orange

www.orange.nsw.gov.au/australia-day

Proudly organised by the Orange City Council
Australia Day Community Committee.

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



ORANGE
CITY COUNCIL

TERRACYCLE

Orange High School has enrolled in the TerraCycle Recycling Program. It allows for the recycling of everyday items that are not included in our regular fortnightly council recycling collection. Items are collected then posted to a state-wide collection point to be recycled.

Please find attached a list of items that are able to be recycled through our school. Place the items in the bag provided and return to Miss Hope in the TAS staffroom, or to an SRC representative. There is no time limit for the collection of items, however, please encourage family and friends to contribute.

Our SRC representatives will be responsible for the maintenance of the program.

Thank you for your contributions!

Kwik Lok bread bag closures



Dish and Air Care (any brand)

Electric Toothbrush Program



Razor Recycling Program



Oral Care Recycling Program



Bausch and Lomb Contact Lens Recycling Program



Writing Instruments Recycling Program