



ORANGE HIGH SCHOOL NEWSLETTER

11th September 2020 -Term 3, Week 8

R U OK?

R U OK? Day is Thursday 10 September 2020. It's our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.

'THERE'S MORE TO SAY AFTER R U OK?'

2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us.

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.



What you're going through isn't easy. It's good we can talk about it.

That's tough. Keep talking. I'm listening.

Have you been feeling this way for a while?

R U OK? DAY
10 September 2020

Woodward Street, PO Box 654, Orange NSW 2800

P(02) 63623444 F (02) 63613616

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

Principal

Chad Bliss

Deputy Principals

Kristie Anderson

Andrew Jones (Rel)

Head Teacher Admin

Andrew Hetherington - Students

Jo Beeby - Staff

Head Teacher Welfare

Kate Rogan

Kylie Winslade

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

As we come to the end of week 8, congratulations to all our students who continue to engage in a range of quality learning opportunities and experiences at Orange High School. It is unfortunate that many of the co-curricular events of a normal school year continue to be limited in 2020. However, staff continue to engage students in positive events as has been demonstrated yesterday with R U OK? activities. As our Year 11 students embark on end of course exams and our Year 12 students continue to prepare for the HSC exams, it is always important that students maintain a positive balance of study, exercise and relaxation.

Staffing

We have been finalising staffing arrangements for Term 4, 2020 and 2021. These include:

◆ Deputy Principal (Teaching and Learning)	Alison McLennan
◆ Deputy Principal - relieving	Kate Rogan
◆ Head Teacher English	Kimberley Scott
◆ Head Teacher Wellbeing (Relieving Term 4)	Aaron Routh
◆ English	Rachael Livingstone
◆ English	Natalie Clarke
◆ Science	Tom O'Connor
◆ Maths	Holly Triggs
◆ LAST	Sally Cheetham
◆ Special Ed	Alexandra Boog

Congratulations - Terry Baker

Terry has been permanently appointed to the position of Deputy Principal at Blayney High School. Terry has been instrumental in the development of our school for many years as a classroom teacher, Head Teacher PDH/PE, HT Teaching and Learning, DP Instructional Leader (Aboriginal Students) and relieving Deputy Principal. He has added significant value to the lives of our students and staff and contributed to the enormous growth of our school. His dedication, enthusiasm, commitment and smile will be greatly missed. I know that Terry will add tremendous value as the Deputy Principal at Blayney High School and I wish Terry every success in the years to come.



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From the Principal

Year 12 Formal Assembly

Although the 2020 Year 12 formal assembly will not have parents in attendance, the planning team have come up with some fantastic initiatives to make this year's assembly just as memorable as previous years. The assembly will be professionally live streamed and Year 12 parents will receive an invitation and livestream link in coming weeks.

Uniform

As we move closer to Term 4, it is time to start thinking about summer uniform. I ask for your support to ensure that your children wear correct school uniform every day and students are in full summer uniform from day one next term. Sports uniform is not to be worn to school. Students who have sport or PE are to bring their uniform in their bag and get changed. A full list of our uniform requirements is located on our school website and within this newsletter. I thank you for your support.

R U OK?

It has been great to see our students and staff enthusiastically engage in R U OK? Day. 2020 has been a challenging year for everyone and circumstances have made it even more important to stay connected and be willing to support those around us. This year's theme 'There's more to say after R U OK?' demonstrates the importance of making time to listen, encouraging action and checking in. All our staff and our fantastic



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For wechat, visit: headspace.org.au/headspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (9pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners:



Funded by:



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Head Teacher Admin

Andrew Hetherington - Students

Jo Beeby - Staff

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Kate Rogan

Kylie Winslade

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From the Principal

Social Media

An email was sent to all parents on Wednesday regarding an inappropriate social media post. Despite the many positive aspects of social media and its ability to allow people to remain connected and communicate, the negative interaction between people and the opportunity to upload undesirable content continues to be a concern. As difficult as it can be, we encourage you to continue to monitor your child's social media interactions. We have had a number of year assemblies that have included key points on appropriate social media usage including a presentation by our Police Liaison Officer, Jane Heffernan.

THINK

before you:



Is it... **True?**
Helpful?
Inspiring?
Necessary?
Kind?

**The Internet is forever.
Don't develop a bad reputation.**

As we lead into the school holidays and our students are enjoying the warmer weather, I hope you have a fantastic fortnight.

Regards

Andrew Jones

Principal (Relieving)



TERM 4 - SUMMER UNIFORM



ORANGE HIGH SCHOOL

PO Box 654, Orange 2800 Phone: (02) 6362 3444 Fax: (02) 6361 3616
orange-h.school@det.nsw.edu.au orange-h.schools.nsw.gov.au

UNIFORM

The wearing of school uniform is a condition of enrolment at Orange High School. We feel that appropriate school uniform is a means of fostering school pride. If you are out of uniform for any reason, you must have a note from home to explain why. This note should be presented to the Deputy Principal before school. The school can assist any student who has difficulty obtaining uniform.

	Junior Boys Uniform	Junior Girls Uniform
Summer	Regulation grey shorts	Knee length black & white check skirt OR black & white check skirt
Winter	Long grey trousers	Black, tailored slacks
Shirt	White with collar & school crest	White with collar & school crest
Junior Jumper	Black with gold bands	Black with gold bands
Polar Fleece	Black with school crest	Black with school crest
Coat	Black OHS anorak with school crest	Black OHS anorak with school crest
Junior Tie	Black with gold stripes (Compulsory Terms 2 & 3)	Black with gold stripes (Compulsory Terms 2 & 3)
Socks	White or grey ankle	White ankle
Shoes	Black leather lace up	Black leather lace up
Hat	Black bucket style with school crest	Black bucket style with school crest

	Senior Boys Uniform	Senior Girls Uniform
Summer	Regulation grey shorts	Knee length black pleated skirt
Winter	Tailored long black trousers	Long ankle length pleated skirt
Shirt	White with collar	White 'Peter Pan' collar
Senior Jumper	Black with gold school crest	Black with gold school crest
Polar Fleece	Black with school crest	Black with school crest
Coat	Black OHS anorak with school crest	Black OHS anorak with school crest
Senior Blazer (Optional)	Black with gold school crest on pocket	Black with gold school crest on pocket
Senior Tie	Black with school crest	Black with school crest
Socks	Black socks (with black trousers)	White ankle socks or black stockings
Shoes	Black leather lace up	Black leather lace up
Hat	Black bucket style with school crest	Black bucket style with school crest

	Sports Uniform – Boys and Girls
Tracksuit	Black, gold and white school jacket and black tracksuit pants
Shirt	Black and gold polo with collar and OHS embroidered crest
Shorts	Black, drawstring waist
Pants	Black tracksuit pants
Shoes	Joggers
Jumper	Regular school jumper





UNIFORM PRICE LISTS

ORANGE CLOTHING CO.

Orange Clothing Company Pty Ltd.
4 McNamara St,
Orange NSW 2800
A.B.N. 86 948 917 398

P: 02 6362 8572

E: sales@orangeclimbing.com.au

W: www.orangeclimbing.com.au

Orange High School School Clothing Price List 2021

Prices include 10% GST

Uniform

Boys and Girls Summer Shirts:	From: \$32.95
Junior Girls Check Summer Skirts:	From: \$53.50
Junior Girls Pleat Check Shorts:	From: \$53.50
Boys Grey Midford Shorts:	From: \$24.50
Black Polar Fleece Sweat:	From: \$32.50
Girls Hair Accessories 2 Pack:	\$6.50
White or Grey Socks:	\$7.60

Winter Uniform

Girls Black Midford Stretch Pants:	From: \$48.50
Girls Black Dance Pants:	From: \$32.90
Boys & Girls L/S White Shirts:	From: \$26.50
Boys Grey Midford Pants:	From: \$40.20
Junior School Woolen Jumpers:	From: \$68.50
Junior School Tie:	\$18.50
Embroidered Anorak Coat:	\$96.50
Black and Gold Striped Scarves:	\$14.95
Girls White Knee High Socks:	From: \$11.60

Sports Uniform

New Black & Gold Polo Shirts:	\$34.50
Sport Shorts Black Microfibre:	From: \$18.70
Black Microfibre Track Pants:	From: \$45.30
White Socks:	\$7.60
Black/Gold Bucket Hats, embroidered:	\$12.50
Black/Gold Cap, embroidered:	\$12.50

Find us at 4 McNamara Street next to Kate Jones @ One Nineteen.

Open: Monday to Friday 8:30am to 5:00pm

Saturday 9:00am to 12:00pm

Lay-by's Welcome

Prices subject to change without notice.



Workwear Uniforms Promotional Screenprinting Embroidery



Junior Girls All Seasons Uniform

OVERBLOUSE:	WHITE STD FITTED WITH CREST	From	\$41.95
SHIRT:	BLACK/WHITE CHECK -JNR		\$69.95
TIE:	SPECIAL SCHOOL DESIGN -JNR		\$21.95
PULLOVER:	BLACK WITH GOLD STRIPES	From	\$79.95
JACKET:	BLACK POLAR FLEECE 1/4 ZIP & EMB	From	\$37.95
SOCK:	WHITE ANKLE		\$6.95
HAT:	BLACK BUCKETGOLD TRIM -EMB		\$20.95

Girls All Seasons Uniform Years 11-12

BLOUSE:	B/S PETER PAN FITTED STYLE	From	\$34.95
SHORT:	SUMMER BLACK PLEATED-SNR		\$60.95
SHORT:	LONG BLACK PLEATED STYLE-SNR		\$60.95
PANTS:	BLACK TAILORED STYLE	From	\$39.95
TIE:	BLACK WITH SCHOOL CREST - SNR		\$30.95
PULLOVER:	BLACK EMBROIDERED	From	\$79.95
JACKET:	BLACK POLAR FLEECE 1/4 ZIP & EMB	From	\$37.95
SOCK:	WHITE ANKLE		\$6.95

Junior Boys All Seasons Uniform

SHIRT:	WHITE O'SHIRT WITH CREST	From	\$43.95
SHORTS:	GREY BLOCKER SHORTS	From	\$24.95
TROUSERS:	GREY BLOCKER LONGS	From	\$29.95
PULLOVER:	BLACK WITH GOLD STRIPES	From	\$79.95
TIE:	SPECIAL SCHOOL DESIGN -JNR		\$22.95
JACKET:	BLACK POLAR FLEECE 1/4 ZIP & EMB	From	\$37.95
SOCKS:	GREY ANKLE		\$6.95
HAT:	BLACK BUCKETGOLD TRIM -EMB		\$20.95

Boys All Seasons Uniform Years 11-12

SHIRT:	WHITE DELUXE SHORT SLEEVE	From	\$34.95
SHORTS:	GREY BLOCKER SHORTS	From	\$24.95
TROUSERS:	BLACK COLLEGE DELUXE		\$69.95
PULLOVER:	BLACK EMBROIDERED	From	\$79.95
TIE:	BLACK WITH SCHOOL CREST - SNR		\$29.95
JACKET:	BLACK POLAR FLEECE 1/4 ZIP & EMB	From	\$37.95
SOCKS:	GREY ANKLE		\$6.95

Sports Uniform

POLO:	GOLDBLACK PANEL POLO		\$40.95
SHORTS:	BLACK MESH	From	\$24.95
TRACKPANTS:	BLACK BBT MICROFIBRE	From	\$29.95
HAT:	BLACK BUCKETGOLD TRIM -EMB		\$20.95

ALL PRICES ARE SUBJECT TO ALTERATION



SHOP IN STORE OR ONLINE
www.lowes.com.au/schools-online



SCAN THIS QR CODE FROM YOUR MOBILE PHONE CAMERA TO GO TO WEBSITE



WITH YOUR LOWES ZERO CARD YOU WILL RECEIVE 5% DISCOUNT ON EVERY PURCHASE. RECEIVE 5% IN REWARD POINTS TO REDEEM. PLUS GREAT FEATURES AND BENEFITS. For more information please contact Ex-Way on 1300 156 937 or zero@lowes.com.au



151 Summer Street, Orange NSW 2800
ph: (02) 6361 2292
www.kingfisherschoolgear.com

ORANGE HIGH SCHOOL

PRICE LIST

2021

	Girls Uniform	Prices include GST
Skirt	Black/White Checked	4-22 \$37.00
Shorts	Black/White Checked Box Pleat Front	4-22 \$37.00
Blouse	White Short Sleeve with Emblem	10-26 \$37.90
Blouse	White Long Sleeve	10-14 \$37.00
Slacks	Black Tailored	16-26 \$37.60
Socks	White Knee Hi	4-22 \$55.65
		\$13.35
	Boys Uniform	
Shirt	White Short Sleeve with Emblem	12-26 \$37.90
Shirt	White Long Sleeve	8-14 \$37.00
		16-26 \$37.60
Shorts	Grey Elastic Waist	10-16 \$27.90
		8-14 \$32.10
Trousers	Grey Elastic Waist	10-14 \$44.35
		16, S-L \$47.75
Socks	Grey Short	\$9.10
	Unisex Uniform	
Pullovers	Black/Gold Stripes	12-16 \$82.65
		18-22 \$93.65
Polar Fleece Sweat Shirt	Black with School Emblem	8-16 \$36.00
		8-XL \$36.00
Anorak	Black with Emblem	3XS-XL \$98.50
Tie	Black/Gold Stripes	\$23.75
Hat	Bucket Hat with Emblem	\$14.10
	Cap with Emblem	\$13.50
	Sport Uniform	
Polo Shirt	Black/Gold with School Emblem	10-14 \$32.10
		16-26 \$35.50
Shorts	Black	From \$23.70
Track Pants	Black Tactel	12-16 \$43.35
		18-22 \$45.90
	Senior High	
Blouses	White Peter Pan Collar S/S (Fitted)	from \$33.80
Skirt	Black Long Length	\$75.50
Trousers	Black Tailored	\$50.50
Pullover	Black with School Emblem	from \$84.75
Tie	Black with School Emblem	\$30.25

Items in Red are proudly made locally by Kingfisher.

School uniforms are our business, not just a side line.
We manufacture quality uniforms at competitive prices.
* Compare our prices, our quality and the fit.

Thank you for supporting local business.

Note:

Prices are subject to change without notice.





NATALIE CUMBERLAND

STUDENT SUPPORT OFFICER



Hello to students, parents/carers and community members of Orange High School. It is with great pleasure and much excitement that I introduce myself as the Student Support Officer (SSO) of Orange High School. I thought I would send out an introduction to outline my background to settle the curiosity about "the new worker at the school".

I am part of the Wellbeing Team and will be working closely with students, staff & the whole school community. I am here to advocate and support the young people of the school, to listen, respect and respond to students' needs, provide support and guidance when students struggle and to assist in developing skills to help them prepare for their future.

Over the past 20 years, I have worked in Orange and around the Central West area as a Youth Worker, Drug & Alcohol Counsellor/ Educator & Case Worker in youth refuges/accommodation services and drug & alcohol detox/ rehab facilities, the Department of Juvenile Justice & NSW Health.

I am excited about the opportunity to work with the students, staff and community of Orange High School for the remainder of 2020 and for many years to come. Together, I am sure we will share in many exciting challenges as we continue to ensure the best outcomes for the students of the school.

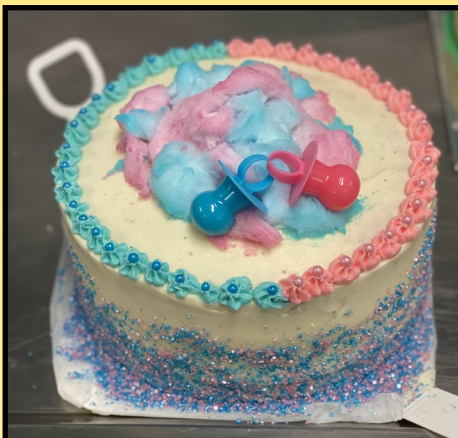
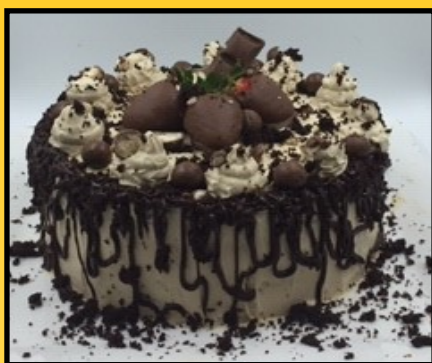
I look forward to meeting with you all at some time in the future.



YEAR 9 FOOD TECHNOLOGY

Year 9 Food Technology students have completed their cake decorating assessment during class this week.

Congratulations to all students for producing some outstanding creations.





ASTLEY CUP TEAMS 2020



ASTLEY CUP TEAM 2020



HOCKEY



TENNIS



SOCCER



NETBALL



ASTLEY CUP TEAMS 2020



ATHLETICS



BASKETBALL



SOCCER



RUGBY LEAGUE



SCHOOL CAPTAINS





TREE SPONSORSHIP PROGRAM

Orange High School in conjunction with Orange City Council are taking on the venture of a Tree Sponsorship Program.

Families will be encouraged to 'sponsor' a tree which will be planted at Gosling Creek, to not only help our environment but to also create a lasting symbol of the Orange High community and family.

Orange City Council will be supplying the trees and an engraved plaque on a large river stone with the family's details will be placed with the tree as a representation of the family's connection to Orange High School in 2020.

The sponsorship amount is \$50 to cover the plaque and engraving. If you would also be interested in making a small contribution to the Orange Secondary Schools Challenge - Charity Awareness, please feel free. This is an initiative from the 2020 Prefect body to raise money for a chosen charity within our community. This year's recipient is 'The Orchard' – the Domestic Violence shelter in Orange run through Housing Plus.

Planting is scheduled to take place in Week 1 Term 4, with orders to be finalised by week 10 of this term.

Please find an order sheet attached. This can be filled in and returned to Miss Melanie Hope in TAS, or via return email. Payments can also be made over the phone.

Please contact Melanie Hope (SRC Co-ordinator Rel.) with any queries at melanie.hope@det.nsw.edu.au

Orange High School Tree Sponsorship Program Order Form

Name: _____

Student(s) at OHS: _____

Message on plaque:

This tree is sponsored by:



2020

Contact number: _____

Parent signature: _____

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



BECOME A FOSTER CARER TODAY



OUT OF
HOME CARE

- > Compassion
- > Integrity
- > Inclusiveness
- > Dignity

ANGLICARE FOSTER CARE ONLINE INFO NIGHT

7.00pm Thursday 24th September 2020

In the follow up to Foster Carer week Anglicare are holding a free online information session at 7pm on the 24th September.

Registration page - <https://www.anglicare.com.au/services/out-of-home-care/fcinfosession/>

Facebook event - <https://www.facebook.com/events/362809044749606/>

Joss
Facility Management

CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact Joss Facility Management via email on careers@jossgroup.com.au



Check us out on Facebook [Joss Cleaning](#)

or visit our webpage
www.jossgroup.com.au

Orange Basketball Summer Competition 2020-2021

LIMITED SPOTS GET IN QUICK!!

REGISTRATIONS CLOSE 25/9/2020



Monday	Tuesday	Thursday
Mini Ball	HS Girls	HS Boys
Primary	Men's B and B Reserve	Men's C
Men's A and A Reserve	Women's B and B Reserve	Women's C
Women's A and A Reserve		Mixed (Open)
		3 x 3 Twilight Comp

IMPORTANT INFO

Comp Duration 12/10/20 till 26/3/2020 18 weeks including grading and finals.
Cost Per Player Seniors \$160, Juniors, \$120, Mini Ball \$70 (10 weeks), Mixed \$100 (10 weeks)
Senior Teams Teams will need to nominate 2 duty referees (from their team) and attend the duty referees course, duty refs to be paid \$10 per game.
 Email ODBA_refcoordinator@gmail.com for more info.
Mixed Teams 2 men and 3 women on the court per team. Term 4 Only, 10 weeks.
3 x 3 Comp More info to come.
By-Laws Please visit www.orange-basketball.net.au for the latest comp rules.

For more information, or for help finding a team, email orange.basketball@hotmail.com
 cost and competition lengths subject to change



FARM TO ORG.

Regional Development Australia Central West is excited about launching the *Farm to Org.* project, and invite you to learn more at one of our upcoming morning tea events being held in September.

For further information email: grants@rdacentralwest.org.au



FREE EVENT

FARMTO.ORG.AU

FARM TO ORGANISATION (FARM TO ORG.) IS AN EXCITING NEW APPROACH TO DEVELOPING LOCAL MARKET OPPORTUNITIES FOR CENTRAL WEST PRODUCERS AND FARMERS.

Regional Development Australia Central West invite you to learn more about Farm to Org. at two upcoming morning tea events being held in September.

Join us at:

Blayney Shire Council Chambers (91 Adelaide Street, Blayney) at 10 AM on Tuesday 15 September

OR

Cabonne Shire Council Chambers (99 - 101 Bank St, Molong) at 10 AM on Thursday 17 September

To register For Blayney go to:

<https://farmtoorgblayney.eventbrite.com.au>



To register For Molong go to:

<https://farmtoorgmolong.eventbrite.com.au>



For further information email: grants@rdacentralwest.org.au

THE FARM TO ORGANISATION PROJECT IS MADE POSSIBLE THANKS TO FUNDING PARTNER NEWCREST MINING'S CADIA VALLEY OPERATIONS
"GROWING THE CENTRAL WEST'S REGIONAL FOOD ECONOMY TOGETHER"





AFL - BACKGROUND INFORMATION FOR TRIALLING ATHLETES

The Western Region Academy of Sport (WRAS) is a non-profit organisation that assists young athletes to achieve sporting excellence. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

The WRAS AFL program is endorsed by AFL NSW/ACT as the first step in the elite athlete pathway and represents the female talent pathway for the Western Region.

The program sits between local representative AFL and higher order representation such as NSW state team selection or AFL Academy programs.

Who can nominate for the WRAS 2021 AFL program?

- Athletes must turn 15, 16, 17 or 18 years old in 2021.
- Athletes must reside or attend school in the [WRAS catchment area](#).
- Athletes must be a current registered member of their local association and/or AFL NSW/ACT.

Proposed Program of Events – guide only

The WRAS AFL program will run from November 2020 to April 2021 with presentation in August 2021.

- 7-8 November 2020 – orientation (Bathurst)
- November 2020 – Team bonding/training camp in Bathurst
- February 2021 – Inter-Academy training camp "Tri-Series" in Wagga Wagga
- 6 squad training days held between Orientation and the Academy Games
- April 2021 – Academy Games in Newcastle (15/26 squad ONLY)
- April 2021 – U18 State Finals hosted by AFL NSW/ACT (17/18 squad ONLY)
- Injury prevention program between Orientation and the Academy Games
- Education sessions
- 21 August 2021 – WRAS presentation evening

How are selections made?

- To be considered for selection athletes must complete the nomination form before closing date/time and attend the trial.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criteria is used which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events.
- A list of selected athletes is placed on the WRAS website and trialling athletes are advised by email.
- Offers must be accepted by the due date or it may be withdrawn and offered to another athlete.

What is expected of an athlete?

- If selected in the squad WRAS expects that AFL is the athlete's primary sport of participation.
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and undertake an injury prevention program.

What does the WRAS program cost?

The 2021 AFL program is heavily subsidised by WRAS reducing the levy to be paid by selected athletes. There is an additional levy payable in January 2021 for the February 2021 Inter-Academy high performance camp (estimate \$100). The camp levy has not been included in the athlete levy due to uncertainty around future COVID19 restrictions.

Athlete levy – All athletes	\$192
Compulsory uniform for NEW athletes – polo, training singlet, cap, hoodie, socks, competition uniform	\$247
Total costs (does not include 2021 Inter-Academy high performance camp levy – estimate \$100)	
Returning athlete – \$192	NEW athlete – \$459

Athlete levy covers:

- WRAS membership and insurance
- Intensive training sessions under the guidance of visiting and local elite coaches
- Sports science/fitness testing, injury prevention screenings and training program
- Educational seminars

Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West Clubs NSW member clubs.

Western Region Academy of Sport, c/- Charles Sturt University, Panorama Avenue, Bathurst NSW 2795
02 6938 4821 - wras.org.au - info@wras.org.au



BASKETBALL - BACKGROUND INFORMATION FOR TRIALLING ATHLETES

The Western Region Academy of Sport (WRAS) is a non-profit organisation that assists young athletes to achieve sporting excellence. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

The WRAS basketball program is endorsed by Basketball NSW as the first step in the elite athlete pathway and represents the Developing Athlete Program (DAP program) for the Western Region. The program sits between local representative basketball and higher order representation such as NSW state county team selection. Athletes in the basketball NSW 1PP program are eligible to trial for the WRAS program.

Who can nominate for the WRAS 2021 basketball program?

- Athlete must turn 13, 14 or 15 in 2021.
- Athletes must reside or attend school in the WRAS catchment area.
- Athletes must be a current registered member of their local association and Basketball NSW.
- Athletes are expected to be playing local representative basketball.

Proposed Program of Events – guide only

The WRAS basketball program will run from November 2020 to April 2021 with presentation in August 2021.

- 7-8 November 2020 – orientation (Bathurst)
- February 2021 – Coastal Classic competition (Central Coast) **(junior development athletes only)**
- 3-5 April 2021 – Academy Games in Newcastle **(senior squad athletes only)**
- 4 squad training days held between Orientation and the Academy Games
- High performance training camp (COVID restrictions will determine if this occurs)
- Weekly home basketball training program
- Injury prevention training program between Orientation and the Academy Games **(senior squad athletes only)**
- WRAS basketball athletes are expected to attend one Country NSW CDP camp during 2021
- 21 August 2021 – WRAS presentation evening

How are selections made?

- Basketballers wishing to be considered for the basketball squad must complete the WRAS nomination form before the closing date/time and attend one trial.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criteria is used which includes physical capabilities, technical competence, tactical awareness, potential to improve, competitive ability, individual application, coachability and behaviour, performance and results at specific events.
- A list of selected athletes is placed on the WRAS website and trialling athletes are advised by email.
- Offers must be accepted by the due date or it may be withdrawn and offered to another athlete.

What is expected of an athlete?

- If selected in a squad WRAS expects that this is the athlete's primary sport of participation.
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and should be aware that this includes undertaking physical activities and testing. Squad athletes are also expected to undertake an injury prevention program.

What does the WRAS program cost?

The 2021 basketball program is heavily subsidised by WRAS reducing the levy to be paid by selected athletes. There is an additional levy payable for the high performance camp (estimate \$100). The camp levy has not been included in the athlete levy due to uncertainty around future COVID19 restrictions.

Athlete levy – Senior squad athlete	\$260	Athlete levy – Junior development athlete	\$200
Compulsory uniform for new athletes (WRAS polo, training singlet, basketball socks, hoodie, competition uniform)	\$235		
Total cost – RETURNING senior squad athletes	\$260	Total cost – RETURNING junior development athlete	\$200
Total cost – NEW senior squad athletes	\$495	Total cost – NEW junior development athlete	\$435

Athlete levy covers:

- WRAS membership and insurance
- Intensive training sessions under the guidance of visiting and local elite coaches
- Injury prevention screenings (all athletes) and training program (senior squad athletes only)
- Sports science/fitness testing
- Educational seminars (senior squad athletes)

Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West Clubs NSW member clubs.

Western Region Academy of Sport, c/- Charles Sturt University, Panorama Avenue, Bathurst NSW 2795
02 6938 4821 - wras.org.au - info@wras.org.au



BACKGROUND INFORMATION FOR NOMINATING ATHLETES-CYCLING

The Western Region Academy of Sport (WRAS) is a non-profit organisation that assists young athletes from the region to achieve sporting excellence. The WRAS program provides high performance coaching and training opportunities to up-skill athletes and assist them in progressing to higher representation within the sport of cycling. The WRAS cycling program is endorsed by Cycling NSW as the first step in the elite athlete pathway. The program sits between local representative cycling and higher order representation such as NSW state team selection. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

Who can nominate for the WRAS 2020 cycling program?

- Athletes in U15, U17 and U19 age groups (in 2021).
- Cyclists attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities in the [WRAS catchment area](#).
- Athletes must be a current financial member of Cycling Australia.

Proposed Program of Events – guide only

The WRAS cycling program will run from November 2020 to July 2021 with presentation in August 2021.

- Cycling NSW events as set by WRAS coaches
- Training sessions as set by WRAS coaches
- November 2020 – orientation (Bathurst)
- National Junior Track Series, Sydney round (U15 & U17) – TBC
- January 2021 – WRAS track camp at Dunc Grey
- Injury prevention screenings and training program between November 2020 and June 2021
- Regional Academy of Sport Road Camp – TBC
- 21 August 2021 – WRAS presentation evening

How are selections made?

- Cyclists wishing to be considered for the cycling squad must complete the WRAS nomination form before the closing date/time.
- Being part of a previous WRAS squad does not guarantee selection.
- A detailed selection criteria is used which includes performance and results at specific events, physical capabilities, potential to improve, competitive ability, individual application, coachability and behaviour.
- A list of selected athletes is placed on the WRAS website and athletes are advised by email.
- Offers must be accepted by the due date or it may be withdrawn and offered to another athlete.

What is expected of an athlete?

- If selected in a squad WRAS expects that this is the athlete's primary sport of participation.
- Attendance at ALL activities in the WRAS program (including presentation evening). WRAS avoids clashes with higher level events run by the State Sporting Organisation. In certain circumstances exemptions can be applied for.
- Athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability, display exemplary behaviour, show enthusiasm and maintain high dress standards.
- WRAS athletes are expected to commit to improving their physical profile and should be aware that this includes undertaking physical activities and testing. They are also expected to undertake an injury prevention program.

What does the WRAS program cost?

The 2021 cycling program is heavily subsidised by WRAS and Cycling NSW reducing the levy to be paid by selected athletes. There may be an additional levy for the Regional Academy of Sport Road Camp. The camp levy has not been included in the athlete levy due to uncertainty around future COVID19 restrictions.

Athlete Levy	\$100
Compulsory uniform (WRAS polo, training singlet) – NEW and RETURNING athletes	\$71
Total cost – ALL cycling athletes	\$171
Additional cost for NEW athletes – Compulsory competition uniform (1 jersey, 1 knicker, 1 suit)	\$184

Athlete levy covers:

- WRAS membership and insurance
- Attendance to the WRAS track camp at Dunc Grey
- Intensive training sessions under the guidance of local elite coaches
- Injury prevention screenings and training program
- Sports science/fitness testing
- Educational seminars

Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West Clubs NSW member clubs.

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BACKGROUND INFORMATION INDIVIDUAL ATHLETE PROGRAMS

The Western Region Academy of Sport (WRAS) is a non-profit organisation that assists young athletes from the region to achieve sporting excellence. WRAS programs are endorsed and supported by relevant State Sporting Organisations and provides pathways for pre-elite athletes to progress to higher representative levels in their chosen sport. WRAS supports athlete development in a holistic manner and recognises the value of education. WRAS expects athletes to be attending school or tertiary education, meaningfully employed or undertaking other educational or training opportunities.

The WRAS catchment includes the following council areas – Bathurst Regional, Bland, Blayney, Cabonne, Cowra, Dubbo Regional, Forbes, Gilgandra, Hilltopps, Lachlan, Lithgow, Mid-Western Regional, Narramine, Oberon, Orange, Parkes and Werrind.

Who can nominate for the WRAS 2021 individual athlete program?

Athlete must reside or attend school in the WRAS catchment area and meet the requirements of a Lone Star or Para-sports athlete.

Lone star program – are tailored for athletes who are ineligible for WRAS squad programs (i.e. there is no squad in their sport). It is expected that athletes are at the level of representing NSW in their sport. Athletes must be turning 15-18 years of age in 2021. These scholarships are designed to assist pre-elite youth athletes in any sport, who are living or attending school in the western region.

Para-sports program – are tailored for athletes who regularly compete at national events (representing NSW) and who are aspiring to represent Australia in para-sports competition in their chosen sport. Athletes must be turning 15-18 years of age in 2020. These programs are designed to assist pre-elite youth athletes in any sport, who are living or attending school in the western region.

How are selections made?

- Athletes wishing to be considered for a lone star or para-sports athlete program must complete the WRAS nomination form before the closing date/time.
- Being an athlete in a previous WRAS program does not guarantee selection.
- Each applicant is assessed on their application. WRAS may contact relevant sports associations to verify sporting results.
- A list of selected athletes is placed on the WRAS website and athletes are advised by email.
- Offers must be accepted by the due date or the offer may be withdrawn.

What is expected of an athlete?

- Individuals athletes are expected to attend WRAS orientation (7 November 2020 in Bathurst), WRAS presentation evening (21 August 2021) and events as negotiated with WRAS.
- WRAS athletes are expected to commit to improving their physical profile and should be aware that this includes undertaking physical activities and testing.
- WRAS athletes are expected to participate in regular injury prevention screening and gym training program.
- WRAS athletes are expected to adhere to the WRAS Code of Behaviour policy, participate to the best of their ability and display exemplary behaviour.

What does the individual athlete program cost?


Athlete Levy	\$165
Compulsory uniform – WRAS polo shirt, training singlet, training shorts, white socks and hoodie	\$197
Total cost	\$362

Selected athletes will be advised how they can offset their levy by seeking personal sponsorships through the 'Friends of the Academy' program. WRAS also invites athletes to apply for assistance from funding received from some of the Central West Clubs NSW member clubs.


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THE EDUCATED ROAST



OPEN WEEKDAYS
6AM to 11:00AM





Order your coffee via the Hey You app
<https://heyyou.com.au/restaurant/6372/educated-roast-cafe>
ORANGE HIGH SCHOOL
 CORNER WOODWARD STREET - IN BUS BAY



THE EDUCATED ROAST

HOT COFFEE

Cappuccino		
Flat White	SMALL	LARGE
Latte	\$3.50	\$4.00
Long Black		
Hot Chocolate	EXTRAS	
Mocha	Syrup - 20c	
Chai Latte	Extra shot - 50c	
Espresso/Short Black	Soy/Almond - 50c	
Macchiato		
Piccolo Latte		

TEA

English Breakfast	\$4.00
Green Tea	\$4.00
Earl Grey	\$4.00

STUDENTS ARE UNABLE TO BE SERVED AFTER 8.50AM

BLETCHINGTON SOFTBALL CLUB

INVITES YOU TO JOIN US FOR THE

2020/2021 SOFTBALL SEASON



You can register online anywhere, anytime, it's easy, call us or send us an email and we will send you the registration link.

We are having two registration/information days

Where : Jack Brabham

When: Sunday 13 September or Sunday 4 October 2020

Time: Between 10:30 am and 1:30 pm

Come and meet some of our members and ask us all of your questions

We have something for everyone – Tee Ball (5-9), Modball (U13), U16's, Youth (U19's), A Grade and Mixed B (all teams are mixed gender)

FUN FACT - If you have registered online in the last few seasons, we will automatically send you a link to **re-register**. If you haven't received your link to re-register please let us know.

We offer an early bird special, pay in full before 18 October 2020 and receive **\$10** discount!!! (unless full payment is made using the active kids voucher)



Use your \$100 Active Kids voucher. Registration costs vary depending on age - your voucher will fully cover Tee Ball registration

Find us on facebook
(search Bletchington Softball Club)

Bletchington.softball@gmail.com or phone
Pam 0419 013951 or Heath 0417 892889

ORANGE YOUTH HUB

RE-OPENING SEPTEMBER 14



Come and meet our new Youth Hub Leader

Sarkis Achmar

What's he into?

- Food, all kinds of food from around the world.
- Rugby League, go the bulldogs!
- His dog, his best friend who always laughs at his jokes.

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Open from 2pm, Monday - Friday

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

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

