



ORANGE HIGH SCHOOL NEWSLETTER

22nd February 2021 -Term 1, Week 5



Sweetheart Day!

ORANGE HIGH SCHOOL WOULD LIKE TO THANK EVERYONE WHO
PURCHASED CUPCAKES, COOKIES, AND SLICES ON MONDAY TO
HELP RAISE FUNDS FOR SWEETHEART DAY!
TOGETHER WE RAISED \$800 WHICH HAS BEEN DONATED TO
HEARTKIDS AUSTRALIA

Woodward Street, PO Box 654, Orange NSW 2800

P(02) 63623444 F(02) 63613616

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

Principal

Andrew Jones (Rel)

Deputy Principals

Kate Rogan (Rel)

Melisa Kerr (Rel)

Alison McLennan

Head Teacher Admin

Kylie Winslade

Jo Beeby - Staff

Head Teacher Wellbeing

Kylie Winslade

Monica Peasley

Head Teacher Engagement

Aaron Routh

Year 7 Advisor

Jess Huggett

Year 8 Advisor

Kieran Bonin

Sally Cheetham

Year 9 Advisor

Jacky Lyden

Wes Lummis

Year 10 Advisor

Tammy Nash

Dan Wait

Year 11 Advisor

Lisa Phillips

Tegan Dray

Year 12 Advisor

Monica Peasley

Tim Boyle

Careers Advisor

Glen Pearson

From the Principal

Dear parents and members of our school community,

It has been fantastic to see the whole school settle into a positive routine of school life throughout the past 4 weeks. It is evident that our teachers are providing quality learning experiences for all students and that student engagement in learning has been excellent.

We have welcomed over 200 new students into Year 7 in 2021. It was a pleasure to meet many Year 7 parents at the Welcome BBQ. It can be a challenging time starting at a new school and we encourage Year 7 students and parents to use the range of supports we have to assist in this transition.

Last Friday we were fortunate to have a beautiful day for our annual swimming carnival. Students should be extremely proud of both their participation throughout the day, some extraordinary individual performances and their enthusiasm towards the performance of their peers and house.

Congratulations to our student leadership team and the entire student body who combined the fun of Valentine's Day with raising \$800 for Heart Kids. A worthy cause and a perfect example of an inclusive tradition that is a part of the Orange High School family.

AECC Meeting

The first Aboriginal Education Consultative Group (AECC) meeting for 2021 will be held on Wednesday 3rd March at 4.00pm. It will be held at the "My Place" room at Glenroi Heights Public School.

Astley Cup - Celebrating 100 Years in 2022

In the early 1900's, a Dubbo businessman recognised the need to encourage the collaboration of regional High Schools. The idea became a reality in 1923 when Bathurst, Dubbo and Orange High Schools played against each other in a triangular sporting competition in the first Astley Cup competition. Who would have imagined that we would be celebrating a hundred years of this competition between the three schools?

The Astley Cup 100 Years Celebration steering committee is looking for interested people to be part of a working group to help organise the celebrations. If you have a passion to make this event a great celebration please offer your expertise to the energetic steering committee. For further information please contact Lynne Middleton middo53@hotmail.com.

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From the Principal

School Photo Catch Up Day

MSP are returning to OHS on Friday 26th February, period 5 for those who missed the school photos on Friday.

I would like to re-emphasise the importance we place on our non-negotiables, school values and motto.

Our Non-Negotiables

In 2021 we continue to have five areas across the school that are not negotiable for change. These are;

- Every student, teacher and leader improves every year
- Every student is known, valued and care for
- Every student is engaged and challenged to continue to learn
- Strong literacy and numeracy development
- All young people are prepared for the future

Orange High School Values

Be a Learner
Be Respectful
Be safe

Quod Potero Sedulo - Whatever I can do, I will do to the best of my ability.

Have a great fortnight.

Andrew Jones

Principal (relieving)





SWIMMING CARNIVAL





SWIMMING CARNIVAL



YEAR 9 PHOTOGRAPHY AND DIGITAL MEDIA

Year 9 photography classes have been busy learning to use the canon EOS 1500D cameras. They are learning the parts of the camera and how to focus the lens, and how the aperture, shutter speed and ISO changes the light let in.

Written by Sanjita Sood, Leah Haydon and Dakota Duffy.





MATHEMATICS NEWS

Hope everyone is as excited as me for an awesome and happening 2021.

We're lucky to welcome two new staff members into our highly functioning Mathematics Faculty, Ms Holly Triggs and Mrs Catherine Marshall. Mr Ben McAlpine continues to contribute to Mathematics teaching again this year.

We start this year with our focus on critical thinking and collaboration in Mathematics.

Mrs Beeby organised The Inquisitive Minds for Year Seven in Term One. Students would engage with hands on maths activities and brain teasers which encourage them to approach problems strategically in class. Moreover, skills like cooperative learning, checking the answers and rethinking our assumptions is highly sought after in today's world of technology. I hope our Year Seven enjoys this wonderful opportunity and participate well.

The running schedule for The Inquisitive Minds on Wednesday 24/2/21 is:

Period 1 and 2 - 7MA5(Marshall), 7MA6(Triggs) and 7MA7(Stevenson)

Period 3 and 4 - 7MA3(McAlpine), 7MA4(Marshall)

Period 5 and 6 - 7MA1(Triggs), 7MA2(Harrison)

It's a compulsory activity and students are NOT to go to normal classes in their scheduled time. They are to meet their teacher in the PAC for a quick roll call and then straight into the activities. It is excellent fun for our students, with students walking away thoroughly loving their maths time and reaping the chocolate rewards.

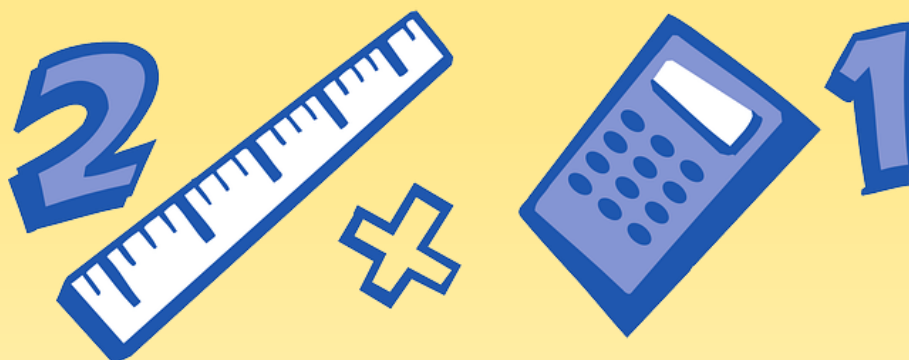
Technology is an omnipresent and evolving aspect of education. The BYOD program for all junior years ensure that students are up to date and ready with their devices to engage in the twenty-first Century learning. All students should have an updated device to facilitate their learning.

Mrs Johnston, Head Teacher Mathematics, has requested all students to be prepared for their learning every day. Students need calculators, books and pens to class to support their learning. Please encourage your children to check their equipment before school.

Kind regards,

Mrs Monica Sood,

Mathematics Faculty,



JAPANESE

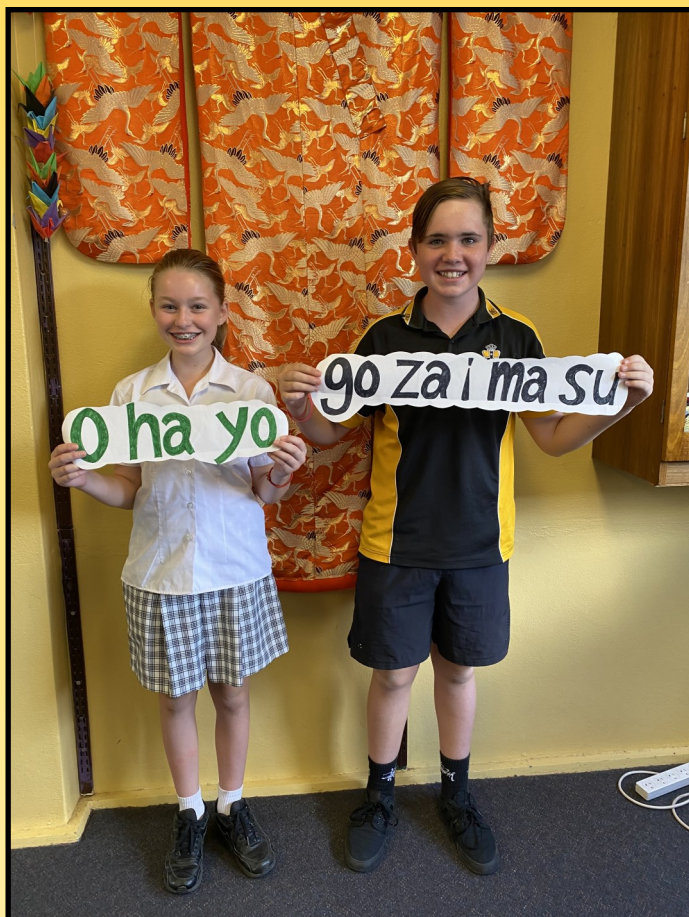
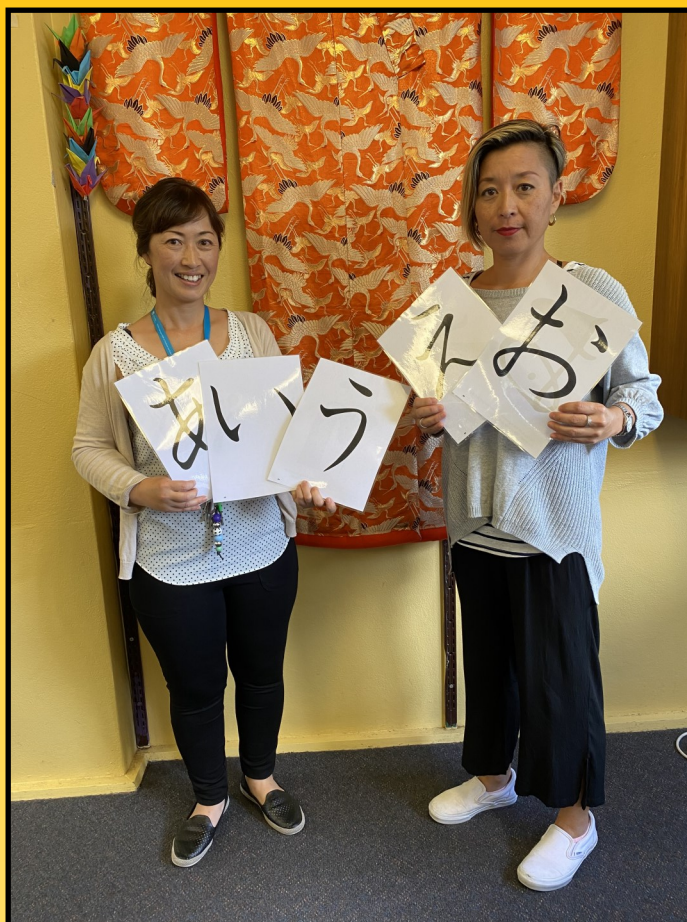
"Minasan ohayou gozaimasu!!

This means Good Morning Everyone.

Our Year 8 students have been doing really well in using greetings and introducing themselves in Japanese. This year we welcomed Junko sensei to assist in OHS languages classrooms. We have Mr Irvine teaching one class of German and Mrs Prusiak, Miss Hope and Yamada senseis to teach Year 8 Japanese. Junko and Yamada senseis are holding some of hiragana characters, which all the Japanese students are learning to read and write throughout the year.

We will keep you posted with their progress as they are to learn 46 characters.

Good luck - *ganbari mashou.*"



YEAR 7 HISTORY

Ms Harris' 7-7 History class have enjoyed learning about chronology and AD/BC by creating a paper chain timeline. Students had to cut out strips of paper with different years on them and place them in the correct order before we made a long chain out of everyone's timeline.



INQUISITIVE MINDS

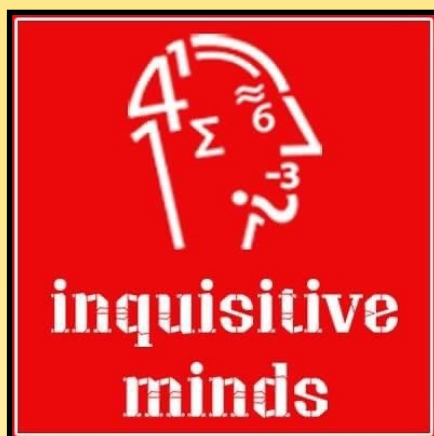
Get Excited Year 7!!!
Inquisitive Minds is coming to OHS!!!

Wednesday 24/2/21 (is going to be an amazing day Year 7!
Inquisitive Minds is coming to OHS and you will be attending their presentation with your Mathematics teacher during these times:

Periods 1 and 2 - 7MA7 (Ms Stevenson), 7MA6 (Ms Triggs), 7MA5 (Ms Marshall);
Periods 3 and 4 - 7MA4 (Ms Marshall), 7MA3 (Ms Marshall / Mr McAlpine);
Periods 5 and 6 - 7MA2 (Mr Harrison), 7MA1 (Ms Triggs).

Please bring yourself and your bag at the start of your session to the PAC.
Your Maths teacher will mark the roll and you will be set to have lots of fun!
Do NOT go to your normal scheduled lessons in your session time.

Did we mention that it's going to be AWESOME!!!





RANDOM ACTS OF KINDNESS

We are upholding this annual tradition of celebrating kindness because we know everyone can use more kindness in their lives. Even the smallest act of kindness can change a life.

In 2021, we encourage everyone to Explore the Good and Make Kindness the Norm.

Pictured are Callan, Thomas, Ethan, Eric, Darcy, James, and Sam (missing Anja) who each received a Kindness Award at assembly this week.



PAIGE LOWE

Congratulations to Year 10 OHS student Paige Lowe, who has been selected in the GIANTS Academy U17s Team for Round 1 of the AFL Intra State Championships Vs the Sydney Swans!

Paige represented the GIANTS last weekend!
CONGRATULATIONS!!





ELLEN DOLBEL

Congratulations to Ellen Dolbel who has been selected to represent NSW in the 2021 U15 Girls NSW Blues Field Hockey Team! Ellen will represent hockey NSW in April as a goalkeeper!

Ellen is also representing WSSA in the NSW CHS Open Girls Cricket Championships this week!

What an all rounder Ellen is!!

CONGRATULATIONS!!



INEKE KEED

Congratulations to Ineke Keed who has recently competed in the NSWCHS Softball Championships where she has been named MVP for the Western Region Team and also been selected to represent NSW CHS in their 2021 softball side.

Ineke will represent NSW CHS in March!

CONGRATULATIONS!!



E-Cigarettes

What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

WHAT ARE E-CIGARETTES?

Also known as cuvies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.

Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.¹ The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.¹
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.¹

WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

K: Know the facts or where to find them from a reputable source

E: Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

Y: You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

Important note – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: www.cancercouncil.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here:

www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/



If 2020 has shown us anything, it's the importance of supporting one another. The NRL State of Mind Program aims to provide young people with the skills and confidence to provide support to a person experiencing mental health problems, and to help them to access appropriate support if needed.

Friday 5th March from 9.30am to 11am.

If you are interested in the State of Mind Program please see Mr Callaway in the PDHPE staffroom.



2021 TEN4TEN LEADERSHIP DIALOGUE APPLICATIONS NOW OPEN



RDA Central West invites Year 11 students from the Orange, Blayney and Cabonne local government areas to apply for the 2021 TEN4TEN Leadership Dialogue.

Successful students will have the opportunity to be mentored by a community leader and:

- Attend the program launch and dinner and participate in the speed networking activity with all mentors and hear from our guest speaker
- Have afternoon tea at Orange City Council with Mentor and Mayor, Reg Kidd
- Visit Parliament of NSW in Sydney, hosted by Mentor and Member for Orange, Phil Donato MP
- Visit Parliament of Australia in Canberra, hosted by Mentor and Federal Member for Calare, Andrew Gee MP
- Attend the end of program breakfast and presentation

Submit your application by 5pm, Wednesday 17th March
WWW.RDACENTRALWEST.ORG.AU

E: SOPHIE@RDACENTRALWEST.ORG.AU | PH: (02) 6369 1600



www.rdacentralwest.org.au

Be part of the pride

Orange City Junior Rugby Club 2021 Registrations now open

ORANGE CITY



RUGBY CLUB
EST. 1973



To register head to our website
www.orangecityrugby.com.au or
download the Rugby Xplorer app

Season Launch and Try Rugby Evening
5pm Friday 26th March 2021
All ages invited & free sausage sizzle!!

Pre season
training
start dates

Juniors 5pm 11/3/21
(12s, 14s, 16s)

Wallas 5pm 23/4/21
(6s, 8s, 10s)

Please note: players must be registered prior to attending pre season training to be covered by insurance.



OHS NETBALL CLUB REGISTRATIONS ARE NOW OPEN!

REGISTER
NOW!

ACTIVATE YOUR
ACTIVE KIDS
VOUCHER!



WE ARE SEEKING EXPERIENCED OR INTERESTED COACHES TO ASSIST WITH TEAMS IN 2021. PLEASE CONTACT MS DRAY IF YOU ARE ABLE TO HELP OUT. TEAMS WILL ONLY BE ENTERED IF WE HAVE A COACH FOR THEM.

ALL UNIFORM ORDERS NEED TO BE GIVEN TO MS DRAY BY FRIDAY FEB 26TH

**REGISTRATION CUT OFF DATE IS
14/3/21. EACH TEAM MUST HAVE
5 REGISTERED BY THEN**

ORANGE CITY COUNCIL

celebrating young local artists

FUTURE TUNES

live music

ROBERTSON PARK

26 February 2021
GATES OPEN 4.45PM

5.30PM	Fusion	6.15PM	The Objections	7.00PM	Blindly Led Youth
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FREE TICKETED EVENT • FOOD & DRINKS AVAILABLE FOR PURCHASE
Limited number of tickets available through Ticketek.

Head on down to Robertson Park on Friday afternoon to listen to some live local music.

The Blindly Led Youth band is an Orange High Band.

It is a great opportunity for our local Youth bands.

Teaching someone to drive can be a **HAPPY** experience 😊

How to teach a Learner Driver

FREE WORKSHOP

ONLINE
via Zoom in the comfort of your home.

Wednesday 24th February 6:00 pm - 7.30pm

ORANGE
Orange Community Services & Information Centre
286 Lords Place, Orange

Thursday 25th February 7:00 pm - 8:30 pm

MOLONG
Molong Community Hall, Bank Street, Molong

Wednesday 3rd March 6:30 pm - 8:30 pm

Bookings Essential Ph: 02 6393 8600

BROUGHT TO YOU BY: ORANGE CITY COUNCIL



Sexual Health Drop In Clinic

Easy, Painless, Confidential, Free
Second Wednesday of the month 3-5pm

Have you had sex before without a condom?
Have you changed sexual partners?
If you answered YES, then its time to GET TESTED!

No bookings required · 12-25yr Olds Only

headspace Orange · 264 Peisley Street · 02 6369 9300



HAVE YOU EVER
WONDERED WHAT
IT IS LIKE TO WRITE
YOUR OWN MUSIC,
AND PUBLISH IT ON
YOUTUBE?

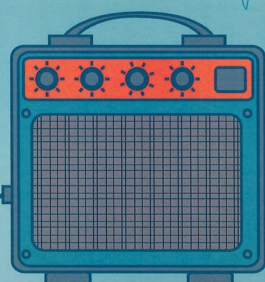
WELL THIS IS THE
PROGRAM FOR YOU.

YOU DON'T NEED TO PLAY AN
INSTRUMENT, JUST HAVE AN
INTEREST IN MUSIC!

FREE | LIMITED SPOTS AVAILABLE.
REGISTRATION IS ESSENTIAL VIA
COMMUNITY SERVICES 6369 8600

THE YOUTH HUB
GAREMA RD, ORANGE

WEDNESDAYS FROM
17 FEBRUARY 2021
4-5:30PM



For more information, please call
Katrina Hausla - Youth Development Officer
Orange City Council: 6393 8628
or email khausla@orange.nsw.gov.au



KALEIDOSCOPE

a social and support group for
LGBTQIA+ TEENS

Wednesday fortnightly
4pm-5pm

Commencing 17th February

kaleidoscope is an inclusive group for young people aged 12-25
in the local area who identify as LGBTQIA+ or questioning their
gender or sexuality.

Contact hs.orange@marathonhealth.com.au or
02 6369 9300 for more information