



ORANGE HIGH SCHOOL NEWSLETTER

5th March 2021 -Term 1, Week 6

ASTLEY CUP 100 YEARS

We welcome the stories from past competitors. This issue's memory was contributed by Graeme (Tub) Taylor, who represented OHS in rugby league in 1959-1960. Graeme played hooker (now no. 9) in 1959-60, lock & captain in 1961.

"The Astley & Mulvey Cup competitions were the most anticipated events on the school calendar in those days. Prior to the events, telegrams (no internet in those days!) from former students, urging victory, would be placed on the school notice board. Trips to Bathurst & Dubbo were mostly by steam train, providing the perfect opportunity for students to initiate or strengthen their relationships - all under the watchful eye of the accompanying teachers. The train would be met by equally excited host school students, and participants would be matched up with a billet for the next two nights. The Mulvey Cup debate was held the first night, whilst the sporting events were played out over the next couple of days".

....to be continued....

We are looking for people with a passion for all things Astley Cup to join an energetic committee. There are many plans in place and we need to share the workload and share ideas.

Our next meeting is Wednesday 10th March at 5.30pm in the Music Centre. Come along & see how your skills can be put into a great celebration to be held in June next year.

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<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,

Welcome to the end of Week 6. We are more than halfway through the term and is fantastic to see our students enjoying the educational and extra-curricular opportunities that are available at Orange High School. I am starting to sign permission notes for a wide range of activities, many of which were not possible in 2020. The NSW Department of Education continue ease restrictions around COVID-19. It is still very important that, as a community, we encourage our students to maintain the COVID-19 safe practices that we have become accustomed to over the last twelve months.

Following extensive consultation with staff, students and the community, we are moving closer to finalising our 2021 – 2024 Strategic Improvement Plan. School improvement planning is a continuous process, centred on maximising outcomes for all of our students, and sustaining this improvement over time. The plan is due at the end of Term 1 and although many of the initiatives and activities planned for 2021 are already in progress, it is great to see our school community work together to develop a framework that will lead to positive outcomes for all of our students. The Strategic Improvement Plan has a data driven focus around the School Excellence Framework and What Works Best in Practice documents and conveys our shared commitment to ensuring growth and achievement for every one of our students.

Upcoming Meetings

Two important meeting have been advertised in this week's newsletter.

The **Astley Cup 100 Years** planning committee will be held on Wednesday 10th March at 5.30pm in the OHS Music Centre. Details on the front page of this newsletter.

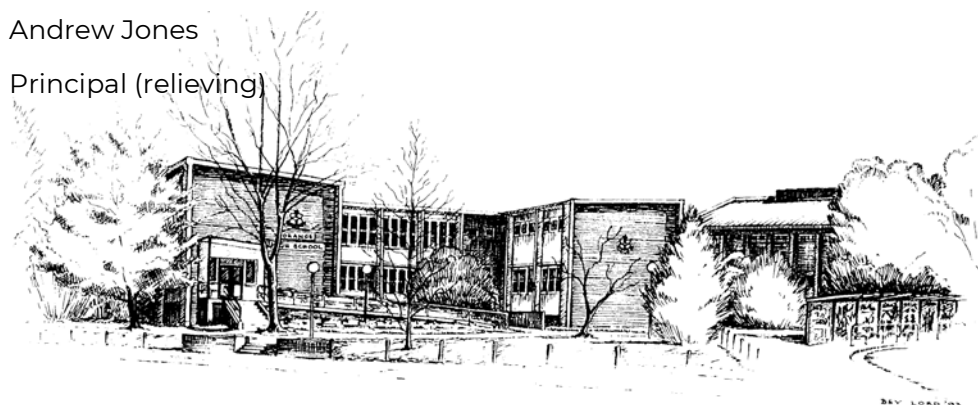
The **Orange High School P&C Annual General Meeting** will be straight after the Astley Cup Meeting on Wednesday 10th March at 6.30pm in the OHS Music Centre.

We would love to see both committees thriving in 2021.

Have a great fortnight.

Andrew Jones

Principal (relieving)





THE BUZZ

The Orange High School family has been busy working on maintaining and promoting wellbeing as we begin a great new school year. After the challenges of 2020, looking after ourselves has become more important than ever. At the second Staff Development Day, staff learned about some of the amazing programs and resources we have here at school to support student and staff wellbeing. Staff renewed their commitment to being part of the broader Wellbeing Team, which encompasses every individual who works at our school.

We also welcomed some new teachers to specific roles within this Wellbeing Team:



Miss Huggett
Year 7 Advisor



Mrs Cheetham
Year 8 co-Advisor



Mr Bonnin
Year 8 co-Advisor



Mr Lummis
Year 9 co-Advisor



Mr Wait
Year 10 co-Advisor



Ms Azzopardi
School Psychologist

These outstanding professionals join the ever-increasing group of teachers whose focus is the wellbeing of students and staff at OHS.

Years 7 and 9 have begun their weekly wellbeing lessons with their Year Advisors, through which they are engaging with The Resilience Project. Year 8 are preparing to participate in one of the biggest longitudinal studies around mental health in teens through the Black Dog Institute. Year 10 participated in the Love Bites program in Week 5, learning about respectful relationships from professionals in the fields of housing, health and policing. All juniors have had the opportunity to hear from our Police Liaison Officer, Jane Heffernan, about issues specific to their stages. In addition, the speakers from Digital Thumbprint have worked with students in years 7-10 this week to explore the implications of their online activity. Our senior students have been supported to maximise their success in their learning throughout their Preliminary and HSC courses.

Supplementing these initiatives are ongoing small group workshops and activities run by our amazing Hub Coordinator, Mrs Philpott, and Student Support Officer, Miss Cumberland. OCTEC are offering places on the Shed Ed and Aspire programs for selected students and senior students are encouraged to take part in the peer mentoring training to help support our younger students.

Students are encouraged to speak to their Year Advisors or Head Teachers of Wellbeing, Mrs Philpott or Miss Cumberland if they are interested in any wellbeing programs or activities.

We look forward to continuing to build the capacity of our students to practice self-care and stay well physically and emotionally throughout 2021, and stay tuned for the many exciting programs and events coming soon!

Miss Peasley and Mrs Winslade

YEAR 12 GEOGRAPHY

Year 12 Geography spent all of last week in Shellharbour studying ecosystems at risk and urban dynamics. The school worked with the Illawarra Education Centre to run the field work programs.

The students started their week by collecting primary fieldwork data in the Littoral Rainforest in Minnamurra, this will be their focus in their HSC exam. The following day students undertook a transect study of rock platforms followed by an afternoon of snorkelling at Bushrangers Bay where they swam with sharks, stingrays, and many species of fish. The students also got introduced to their next topic which looks at the reusing of spaces, run by Mr Bonin. Big thanks to the students, Miss Wright and Mr Bonin for making the week so amazing!



YEAR 10 MARINE STUDIES

Year 10 Marine Studies have been working hard practicing their bandaging techniques this week.

Covering a break in the skin helps to control bleeding and protect against infection. Dressings are pads of gauze or cloth that can be placed directly against the wound to absorb blood and other fluids.

Cloth bandages cover dressings and hold them in place.



TALENT DEVELOPMENT PROGRAM

Applications are now being accepted from students seeking entry into the Orange High School Talent Development Program Year 7 2022 – applications close Monday 19th April 2021.

Application forms can be downloaded from our website <https://orange-h.schools.nsw.gov.au/learning-at-our-school/talent-development-program.html>, requested by emailing Orange High School orange-h.school@det.nsw.edu.au, or collected in person from Orange High School.

SCIENCE NEWS

Students have been getting hands on with their learning in Science this term.

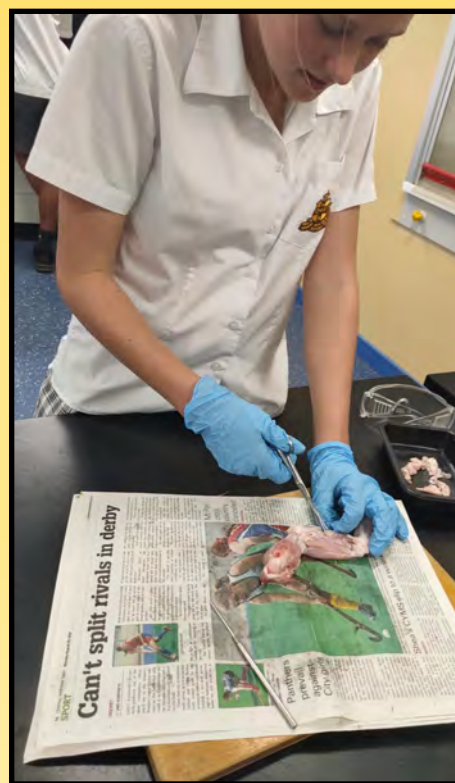
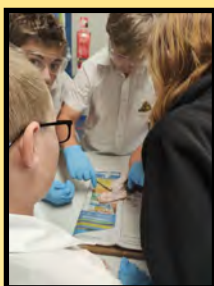
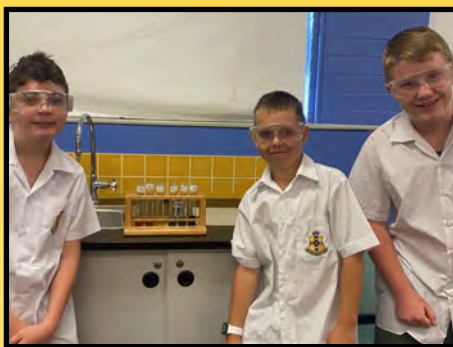
Year 7 have started off the year learning how to use Bunsen burners, and are now exploring solids, liquids and gases in Chemistry. Ms Huggett's class (pictured) have been using indicators in acids and bases to make a rainbow of chemicals.

However, it isn't just Year 7 who are being hands-on with their learning. Year 8 Science are looking at the systems of the human body by completing some dissections! Mr Routh and Miss Constant's 8TDP Science class (pictured) dissected a chicken wing in the Science labs so that they could look at the connection between the skeletal and muscular systems. Next up is the circulatory system!

It's all things go in the senior classes as well, with our Year 11's diving into their new Science subjects. In Biology, students are learning all about cells, including how they get the nutrients they need to survive. All classes have completed a "diffusion investigation" (pictured) where they see how concentration can affect the movement of materials through the cell membrane.

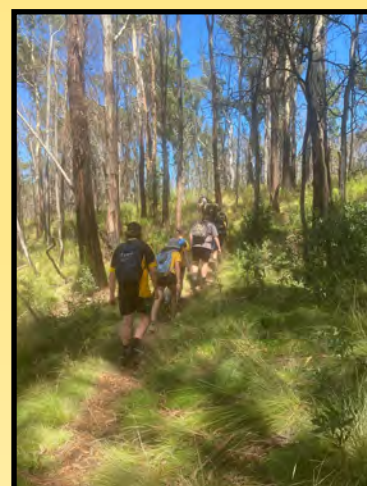
Mr Tom O'Connor has also joined the OHS Science faculty this year. Mr O'Connor was previously at Kogarah High School in Sydney. We are all excited to see what exciting activities he will bring with him to Orange High School.

That's is from Science for now – we're off to conduct some more exciting investigations!



YEAR 11 GEOGRAPHY

Students in Year 11 Geography went outside the classroom to explore the local surrounds. They participated in valuable field work skills to understand local climatic factors. This is the first of many excursions in senior geography.



HIVE

High Impact Vital Education is an exciting new pilot program being taught to all Year 7 students at Orange High School.

Students attend a HIVE lesson twice a week. The lessons aim to enhance student literacy and numeracy skills to support their learning across all curriculum areas. This term students have engaged in exciting 'brain ticklers', practical activities and practice opportunities that have challenged their thinking and harnessed their skills in improved vocabulary skills, syntax, sentence structure and creative writing. They have demonstrated wonderful creative thinking and problem solving skills and have thrived in their effort to improve their use of Tier 2 vocabulary.

Below is a glimpse into the fabulous achievements of our busy bees so far!



BRAIN TICKLER

1. Combine THREE or more letters to create as many words as you can from this selection:

**M O T S
N I R O
S N R T Y**

Points Check:
 1 point for every three letter word
 2 points for every word with four or more letters
 3 points for every word beginning with an **ORANGE** black letter
 5 points for correctly guessing the **mystery word** all the letters spell



SYNONYMS AND ANTONYMS

Defiant = Naughty Defiant = Behaved/good
 Huge = Enormous Huge = tiny
 Drowsy = tired Drowsy = Emergised/alert
 Spooky = Scary Spooky = Calm / Safe
 Optimistic = positive Optimistic = negative
 Antagonise = Annoy Antagonise = Pleased/friendly

New York **SHOCKED** after 2 terrorists **SMASHED** into the well known twin towers.
 Her Population overwhelmed with terrorist's attack at the well known exogenous twin towers.











- You have been given 1 card. On it, write ONE TIER 2 word that came from the reading of the script:
 - Know how to define in your own words
- Write each on a separate post-it note. Stick it on the board.

(These will be used in the brain tickler next lesson)



Vocabulary Triangle

1. He, She, the, hi, dad, Mum, a, are, to, I
 2. Fantastic, Creative, Because, analyse, discussion, knowledge, Stylistic, invest, Explore
 3. Immigration, civilization, Polygon, galaxy, (name) Supernova, intergalactic, zoology, infinity

Flipart
 The ladybug on the oval oven met another bug and said "I couldn't give a Flipart about you being here" and skipped off into the wind and glory.

flipart
 The word "Flipart" is VERY important in the English language. BECAUSE lots of people like to use Slang. So this is the perfect word for Slang!

GIRRI GIRRI

The Girri Girri students attend the Orange Aboriginal Medical Centre (OAMS) on Wednesday. During their visit they took a tour around the various medical facilities available and participated in physical activity exercises.



INQUISITIVE MINDS

We were excited to have Inquisitive Minds back this year! They visited our Year 7 Mathematics classes today and presented a jam packed workshop full of fun, exciting Maths. The quality and uniqueness of their workshops is amazing! They challenged and extended our Year 7 cohort and generated enthusiasm in even the most reluctant mathematicians. There was definitely a buzz of excitement in the room as pairs of Year 7 students battled it out in action packed lessons and fun competitions.

There were chocolates for the winners and the persistent hard workers. Everyone walked away with renewed problem solving skills and a love of Maths!



YEAR 10 JAPANESE

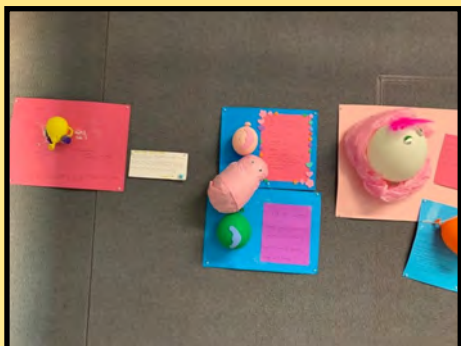
Konnichiwa! Look at these *sugoi* amazing Year 10 Japanese students who are preparing for their speaking tasks. This term, we have been focusing on a topic around School Life. The students learned about the school system in Japan and can now have conversations on their timetables and favourite subjects all in NIHONGO, Japanese!! It has been wonderful to see the super focused students helping each other and practicing and seeking feedback from the teacher consistently in the last few lessons.

Well done.



YEAR 11 EXPLORING EARLY CHILDHOOD

Yr 11 Exploring Early Childhood have been developing their knowledge of the development of a fetus during pregnancy. They put this knowledge into action making scale sized models of the different developmental stages from conception to 40 weeks.



ATTENDANCE

Students at Orange High are going above and beyond in the classroom. The students below were just a small number of our wonderful students who have attendance at or above 90% for Term 1. All students with this high level of attendance were placed into a draw, some were fortunate enough to be drawn to win a prize.

At Orange High School we like to celebrate the numerous things that our students do and attendance is just one small aspect. For any students below 90%, try to aspire to be here at school everyday and you could be one of our lucky students to win a prize at your next year meeting. Could be food from the canteen, could be a voucher, could be a shared prize for all students above 90% at the end of the term. You've got to be here, to potentially win the 90% and above draw.



OPEN GIRLS CRICKET

Congratulations to our OHS open girls cricket team who have progressed through to the next round of the CHS competition. An all round effort in the field and some superb batting from Ada and Ellen got us the win!!

well done team!





CHS NETBALL KNOCKOUT

A lovely day at netball for some of our OHS girls. The first round of the CHS knockout allowed us to start getting our bodies and brains ready for the netball season ahead. Our opens girls- High A, have won through to the Western semi finals next week, defeating Cowra 61-22 in the quarter final. Well done all and thanks always to Lynne Middleton who can never say no to a day at netball and Mackenzie Smith for umpiring!



NSW CHS 1ST XII

WOW!!!! Great news this morning. Blake Weymouth and Harry McGregor both selected in the NSW CHS 1st XII to represent CHS at the NSW All Schools Cricket Championships in Maitland next month.

We wish the boys the very best.





P & C ANNUAL GENERAL MEETING

ORANGE HIGH SCHOOL P&C AND AGM MEETING

WE WOULD LOVE FOR AS MANY INTERESTED PEOPLE AS
POSSIBLE TO JOIN OUR MEETING

Wednesday 10th March - 6.30pm

OHS Music Centre

Our AGM will commence at 6:30pm in the Music Centre,
followed by our March general meeting.

All positions will be declared vacant. If you are interested in
any of the positions on our P&C and would like more
information please email: secretaryohspc@gmail.com

The Orange High School P&C is a school-based organisation with membership open to parents, teachers, students and other interested citizens. The P&C meets every 2nd Wednesday of the month (during school term) at 6.30pm in the Music Centre and aims to:

- Promote the interest of the school by bringing together parents, citizens, students and teaching staff into close co-operation.
- Assist in providing facilities and equipment for the school and promoting the recreation and welfare of the students at the school, and
- Encourage parents and community participation in curriculum and other educational issues in the school.

The P&C provides an opportunity for you to participate in your child's education. Regular information sessions are held to keep you informed about the changes in education curriculum and policy.

You can download an application for membership of P&C Association form from the Orange High School website.

https://orange-h.schools.nsw.gov.au/content/dam/doe/sws/schools/o/orange-h/localcontent/school-information/p_c_application_form.pdf

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/



ORANGE TIGERS AUSTRALIAN RULES FOOTBALL CLUB



Do you want to get fit? Make New Friends? Learn New Skills?
Why not give AFL a go!!!!

Registrations now open for boys & girls:
**Auskick (4-10yrs), U12's, U14's, U17's
& Youth Girls (13-17yrs)**
Competitions

Registrations Now Open

Go to:

Orange Tigers Australian Rules Football Club
Facebook page to register and click on the
Blue - **SIGN UP** button.

COST IS \$130 WHICH INCLUDES SHORTS AND SOCKS
Early Bird discount of \$10 if you register by **7th March 2021**

Junior trainings at Waratahs Sports Club!
Start date and times TBA via Facebook and email

For further information contact Christie Totten (junior registrar) on 0407
465 151, email or registrations@orangetigers.com.au or follow us on
Facebook at Orange Tigers Australian Rules Football Club

DON'T FORGET TO CLAIM YOUR ACTIVE KIDS VOUCHER WORTH \$100
(Go to sport.nsw.gov.au/activekids)



positive partnerships

Working together to support school-aged students on the autism spectrum

NSW PARENT/CARER ONLINE WORKSHOP



Join us for an online workshop where you will have the opportunity to listen,
share and learn with parents and carers who support young people on the
autism spectrum, from across New South Wales.

This online workshop is for parents, full time
carers and grandparents who are new to learning
about autism. This workshop will give you a
chance to learn more about the strengths, skills
and supports available for young autistic people.

During the two online workshops, we will cover
two topics each week:

Week 1:

- diversity of autism
- sensory processing

Week 2:

- understanding behaviour
- working together

Location:

New South Wales
via zoom online

Dates and Times:

Thursday 18th March, 2021
9.30am - 1pm (AEDT)

Thursday 25th March, 2021
9.30am - 12.30pm (AEDT)

<http://>

For more information and to register, visit www.positivepartnerships.com.au
or contact Alison Macrae amacrae@autismspectrum.org.au



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



An Australian Government Initiative

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.



LOWES

ZERO & REWARDS CARD HOLDERS
2 DAYS ONLY - 11TH & 12TH MARCH

20% OFF SCHOOLWEAR & EVERYTHING ELSE



Not the right size? - No worries!
See our exchange and return policy on our website.

SHOP IN-STORE OR ONLINE

On the days of the event, Lowes will have measures in place to restrict customer numbers and movement throughout the store. Lowes will be enforcing social distancing with marshalls wearing hi-vis vests on site. We ask for your support in limiting the number of people you take with you into the store. Thank you for your support.

DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS. *T&C'S APPLY.

*Offer ends midnight (AEST) 12/03/2021. Must use Zero or Rewards card to receive discount. Excludes gift cards, gift cards, and other products. A maximum of 10% discount can be combined with any other offer or discount. Stock levels only. Style and colour may vary from store to store. No cash offers. Please check trading conditions and offers only with retailer. Includes saving 3% discount.

AXLR8

Want to increase your leadership skills, develop networks, and be supported to experience new opportunities?

Orange City Council wants to support young people between the ages of 12 years to 18 years to assist them in building resilience and reduce potential harms related to alcohol and other drugs.

For further information contact Orange City Council's Community Development Team Leader
Julie Proctor
jproctor@orange.nsw.gov.au or phone 02 6393 9808

OCDF Alcohol and Drug Foundation
Local Drug Action Team Program

ORANGE CITY COUNCIL

ORANGE HIGH SCHOOL
YEAR 7 & 11 2020

PARENT TEACHER NIGHT
MARCH 15th
4.00PM - 7.00PM

Due to current COVID-19 guidelines we can only permit 1 parent per child to attend the Parent Teacher Night. Please refrain from bringing siblings where possible.


Orange High School Gym
All parents will need to sign in using our QR Code

Parents can book appointments via the Parent Portal as of 8.00am, Wednesday 3rd March.

