

# ORANGE HIGH SCHOOL NEWSLETTER

30th April 2021 - Term 2, Week 2

## SCHOOL BASED TRAINEE OF THE YEAR FINALISTS

Congratulations to the following School Based Trainees who are Western Region Finalists for School Based Trainee of the Year.

Declan Lummis - Certificate II in Hospitality: The Educated Roast Ally Dalzell - Certificate III in Business Administration: Western Area Local Health District Jock Elliott - Certificate III in Information, Digital Media & Technology: Orange City Council

The NSW Training Awards are conducted annually by the NSW Department of Education to recognise outstanding achievement in the vocational education and training sector. The Awards honour and reward the achievements of students, trainers/teachers, training organisations and employers.

NSW Winners will compete with winners from all states and territories for the Australian Training Awards.



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### 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** 

### **Erom the Principal**

Dear parents and members of our school community,

Welcome back to another term at Orange High School. It has been great to see students back in class, focused on their learning and looking forward to some fantastic extracurricular opportunities throughout Term 2.

Week 2 has been Wellbeing Week which has involved a full range of activities focused on developing an appreciation and knowledge of the importance of our wellbeing. Thank you to the wellbeing team and all OHS staff and students for their positive involvement. A highlight has been the focus for students, staff and parents on The Resilience Project. The Resilience Project delivers emotionally engaging programs to schools

and provides practical, evidence-based mental health strategies to build resilience and happiness.

It revolves around the concepts of Gratitude, Empathy and Mindfulness.

Thank you to Martin Heppell and Antony Keely and the team from The Resilience Project for their inspiring and engaging student, staff and parent sessions.

Also, thank you to Wayne Hill (Wayne Hill Electrical), Orange City Council and Orange Aboriginal Medical Group (OAMS) for their generous contribution to making The Resilience Project a reality across many Orange schools.

### ANZAC Day

Commemorations commenced at Orange High School on Friday of Week 1 with an Assembly and a visit by Lieutenant Colonel Trevor Thompson (Reserve Force Decoration) who enlisted in 1973 and had 48 years of service in the Australian Defence Force. Trevor talked about the importance of ANZAC Day and his personal memories of his service. Mr Thompson has been a valuable member of the OHS staff since 1990. We sincerely thank him for his service to both Australia and Orange High School.

Although the Orange ANZAC Day march and ceremony was much smaller in 2021, it was a pleasure for the Captains and I to represent Orange High School.

Thank you to the following students:

- Callan Arden who read the ANZAC Dedication.
- The OHS Choir who sang a beautiful version of both "You'll Never Walk Alone" and the ANZAC version of "I am Australian".
- Ruby Owens and Ella Lamrock who sang "In Flanders Fields".
- James Haberecht who read Mustafa Kemal Ataturk.
- Our prefects who read some moving poetry during the laying of wreaths.
- The OHS Concert Band who accompanied all the musical items throughout the ceremony.

Congratulations to those students who represented our school and thank you to Mr Irvine, Mrs Redman, Mrs Pruisiak and other staff who were involved in the preparation of ANZAC Day commemorations.

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### **Erom the Principal**

### Yarn Up

The OHS Community Yarn Up took place on Monday 3<sup>rd</sup> May 2021 from 4.30pm to 5.30pm in the inner quad. Thank you to the families that were able to make it. It was nice to build and further develop our relationships so we can ensure our students are able to achieve in all aspects of their lives.

### **AECG Meeting**

The next Aboriginal Education Consultation Group meeting will be held on Monday 10<sup>th</sup> May at 4.00pm at the Canobolas Rural Technology High School.

### Chickenpox

A small number of Orange High School students have contracted Chickenpox. Although this is not a notifiable condition through NSW Health or the Department of Education, we felt it was important to inform all our families. Please seek medical advice and children should remain home for at least five days upon the onset of a rash. I have provided a NSW Health link below for more information.

https://education.nsw.gov.au/student-wellbeing/health-and-physical-care/ health-care-procedures/conditions/infectious-diseases

### **HSC Presiding Officer**

After 46 years supervising the OHS HSC examinations, I would like to sincerely thank Julie Peck for her service to Orange High School. Many of those years were as Presiding Officer, leading this team. Julie was responsible for organising and caring for thousands of students as they completed their HSC examinations. Also, thank you to all the HSC Supervisors who supported Julie throughout this time.

I would also like to thank Judy Louie for acting in this role in 2020 during a difficult HSC year with a range of COVID-19 guidelines in place.

An Expression of Interest process is now starting for the 2021 Presiding Officer position. Details in this newsletter.

Have a great fortnight.

Andrew Jones Principal (relieving)





### **EXPRESSION OF INTEREST**

### HSC PRESIDING OFFICER

Orange High School is seeking a HSC Presiding Officer for 2021 with the possibility of extension in future years.

### **Essential Requirements**

A Presiding Officer must:

- have a current Working With Children's Check (WWCC) clearance for employment
- have an email address and mobile number
- use a vehicle with comprehensive motor vehicle insurance policy
- be available for the ENTIRE exam period <u>https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/key-dates-exam-timetables</u>
- have intermediate working knowledge of common computer programs and tasks, such as Microsoft Word, Microsoft Excel, emails, downloading documents etc.
- be well-organised
- have good attention to detail
- be able to effectively manage students and a team of supervisors.

Presiding Officer must not be related to current Year 12 students.

Please forward a **ONE** page expression of interest outlining your experience and ability to perform this role with reference to the points above.

Please forward your Expression of Interest to <u>orange-h.school@det.nsw.edu.au</u>.

For further information please contact Donna Lummis 02 6362 3444.

### Closing Date: Midday Friday 14 May 2021.





### ANZAC DAY 2021

On Sunday Morning the Orange Community were woken to the sound of the drum corps and flute ensemble as they marched the ex-service personnel to Robertson Park. By this stage the students were near frozen as the frost laid its white carpet on the lawn of the park and Mr Irvine's piano stool. Ella Lamrock and Ruby Owens provided the ceremonial music for the Dawn Service. Their beautiful voices and harmonic blend set the tone and atmosphere for this honourable occasion.

At the main service, the marching band led the procession to Robertson Park performing "Brown Slouch Hat". The concert band provided the ceremonial music and accompanied the choir who performed brilliantly. Our captains and prefects also played a significant role in both ceremonies by providing readings and poetry as well as laying wreaths.

Congratulations to all of the students who were involved. You certainly stood out as wonderful role models in our community. The accolades and acknowledgements of your hard work, dedication and talent were forthcoming from the RSL Sub-branch Committee and members of the public. Mrs Redman, Mrs Prusiak and I are always proud to showcase the talent of our wonderful students.

Thank you captains, prefects, choir, concert band, drum corps and flute ensemble!



# INDIGENOUS RURAL ART PROJECT

Students from Orange High School were invited down to headspace Orange over 2 days in Week 1, Term 2. Students had the opportunity to work alongside Sandon Gibbs-O'neill from Burruguuart and to share and hear stories from Sandon, the community and also to contribute to the Indigenous mural for headspace Orange.

Students can be seen working on their own individual canvas and also assisting Sandon with the community mural on the southern wall of the headspace building down on Peisley Street.





### HIVE

High Impact Vital Education, or HIVE, is a pilot program aimed at lifting the literacy and numeracy skills across the Year 7 cohort. After collecting data from various tests, the HIVE team have synthesised bespoke learning programs that are designed to meet our Year 7's areas of development with clinical accuracy.

Student engagement is at the core of HIVE teaching. Hence, there is no formal assessment in our program, but a focus on data through informal, formative, renowned literacy and numeracy testing. This data is then used to see if their literacy and numeracy skills have risen through our explicit, yet engaging practice.

Last term there was a literacy focus exploring important issues like mob mentality. One of the literacy skills we were spearheading was the building of vocabulary. This was done by focussing on tier 2 words—your son or daughter can fill you in on what that means. Occasionally, a game called Mafia was played to demonstrate mob mentality taking place. Once again, ask your son or daughter to fill you in on how the game mafia works—several encores to play were requested.

This term specific numeracy skills will be our focus with reading and writing skills embedded into the lessons. We look forward to the term ahead with all of Year 7.



Our HIVE team, Mr Timothy Boyle, Mrs Sally Cheetham, Mrs Alison McLennan, Mrs Melissa Kerr and Ms Diana Carrusca

## **ASTLEY CUP 100 YEARS**

Our 100 year celebration is to be held in June 2023, but we are still preparing for this grand event NOW.

Our next meeting will be Wednesday, 12th May, at 5.30pm in the Music Centre.

- We are still looking for people with expertise in media, social media and finance (especially those with a flair for writing grant applications to join an energetic steering committee
- We need memorabilia on loan, or we can photograph for the numerous displays to be held

If you can assist in any way please phone the OHS Office 6362 3444 or Lynne 0411 744 764



### THE POWER OF A STORY

It was a running start to the term in English, with two debates, a Year 12 assessment task, Mr Page's soccer extravaganza, Mr Holliday adventuring on Year 7 Camp, and Year 8 Stop Motion beginning claymation. It was one of those times when you look around and appreciate the incredible depth of knowledge and expertise of the people you work with and remind yourself how lucky you are to be at Orange High School.

One of the greatest connections we have with our students in English is our stories. The tales we tell, the yarns we spin, the books we read, and the shows we watch all contribute to our shared learning experience. Sharing stories unites us so it is easy to see why Narrative is one of the elements of the Quality Teaching Model and why Story Sharing is one of the 8 Ways of Aboriginal Learning. One of the many joys of teaching English is hearing those stories in our classrooms and learning spaces whether those stories are shared verbally, written down, played as music, through dance or dramatic forms. Getting to know the narrative in which our students operate can be a delight or an eye-opener but it always helps us to strengthen our connection with them. Have a wonderful Term 2.





### **ANIME CLUB**

Anime Club has kicked off with some exciting buzz this term. Thank you to Mr Holliday for taking the time to develop the resources for this worthwhile and much anticipated organisation. The focus for Week 3 is on Shingo Natsumi's television series. Pursuing our passions is an important tool for reducing stress and building quality relationships. You can find our budding cartoonists on Tuesdays at lunchtime in Room 124. See you there.





### **READING AT ORANGE HIGH SCHOOL**

The Hub is a very busy place. Have you visited the library lately? We have an exceptional team in there sprucing things up and getting ready for the non-fiction to move downstairs. Thanks to Mrs Phillpot, Mrs Slattery and the Welfare Team for creating a safe haven for our bookworms and a hub for learning. What are you reading this week?

### DEBATING

A huge congratulations to the Stage 6 debaters, who won their first debate in Week 1. Individual speakers were fantastic and put up excellent arguments, the opposition was no match for their remarkable discourse. The winning team includes Ethan Delany, Abigail Kittler, Angela Weckert & Cheyenne Sciascia.

It was sensational to see our students doing what they do best over Zoom. The power of quality oration is incredible and it has been dearly missed over the last 12 months. It was very obvious that the audience thoroughly enjoyed your debate. You all make us very proud.

Many thanks to the wonderful Mr Gilmour who has coached our teams and organised our virtual venue. It really is a team effort to ensure a great debate.

If you are interested in Junior Debating, Mrs Theresa Armstrong has organised exceptional workshops for students who would like to improve their public speaking skills on Tuesdays at lunchtime in Room 125. We are very fortunate to have such an experienced debater helping improve our arguments and diction.





### **KIDS LIT QUIZ**

### What is the Kid's Lit Quiz?

Teams of four students are asked to answer 100 questions on children's literature divided into ten categories, which vary each year. Each team is provided with a set of blank answer sheets, one student acts as the scribe, and after consultation with the rest of the team writes the answer to the questions on the printed sheets provided for each round. Examples of categories set previously include poetry, authors, titles, settings, characters, and nursery rhymes. Between each round, the Quizmaster asks additional questions of the spectators, giving them the chance to win books and coins.

Miss Ward is coaching a group of budding young scholars for the Kids Lit Quiz. We are grateful to Miss Ward who, like so many of our staff at OHS, is generous with her time to make opportunities available to our remarkable students. The standard of minds in this group is fantastic. We should be on track to attend our first official competition later this term. Students who wish to participate are encouraged to head to Room 103 during lunchtime on Monday.



### YEAR 7 BELONGING ARTWORK

At the completion of their recent visual literacy topic Year 7 produced quality artwork that explored their own insights surrounding belonging. These stunning pieces are a wonderful testament to the quality of student learning at Orange High School. Visual representations from across the Year group were outstanding and the English faculty were filled with pride upon seeing the enthusiasm and dedication our students put into their first assessment in secondary English.

Thank you to all teachers that make the effort to support our students to work to the best of their ability.





### THE RESILIENCE PROJECT

Year 7-12 attended The Resilience Project Seminars this week. Martin Heppell presented a captivating workshop about developing resilience through gratitude, empathy (kindness) and mindfulness. His stories, mental health facts, advice and honesty created an understanding of the value of developing and practicing these skills to be our best self. And now we have the opportunity to practice these skills with some more guided activities to come.



Keep up to date on our socials.





### **TALENT DEVELOP PROGRAM CAMP**

Year 7 & 8 Talent Development Program students each spent 3 days at Lake Burrendong, participating in outdoor activities such as canoeing, archery, archery tag, grass skiing, a slip and slide, survival skills and initiatives. Students were required to work in teams and to practise soft skills such as effective communication and problem solving. Everyone had a ball!

A big thank you must go to Mrs Beeby who organised the trips.







### 7-7 HISTORY - ANCIENT EGYPTIAN PYRAMIDS

Ms Harris' 7-7 History class have been learning about Ancient Egypt and Pyramids this week. Students then put their own engineering skills to the test by working in groups to build their own pyramids. While there were some tumbles and near-disasters, the range of pyramids students created was amazing to see!





















### YEAR 11 BUSINESS STUDIES

On the last day of term, Ms Harris and Mr Nonnenmacher's year 11 Business Studies classes visited local SME Spilt Milk to apply the theory we are learning in class to an actual business.

The students enjoyed a Q&A session out the front of their flagship store before getting a behind-the-scenes tour. We concluded the excursion by sampling the delicious gelato and sorbet.

Students learnt about everything that goes into starting a new and successful business in Orange, from the choice of business name, to hiring staff, to how much the business makes in profits from each ice-cream sold.

Thank you to Andrew from Spilt Milk for being so generous with his time and knowledge.

















### JAPANESE

Konnichiwa! Meet these superstars - Toby Bryant, Destyni Pitt, Dan Meagher, Rory Smith, Emmanuel Peter and Tyler Hodge - who have been working consistently to pass Hiragana reading tests. They can now recognise 46 basic hiragana characters confidently and they are now working on writing them neatly. A big round of applause to Tyler and Emmanuel whose dedication and focus in Japanese especially this week have been SUGOI amazing, while their friends are at TDP Camp. All Year 8 Japanese students are progressing well and getting ready for the mid-term exam in week 4.







### WESTERN REGION SPORTING TRIALS

Please see below the current Term 2 Western Region Sporting trial dates for 2021. If you wish to trial for a Western side you must get permission prior to submitting forms/notes. Please see Miss Barrett in PDHPE for forms and further information. Please note that some trials dates have not been set as of yet and some dates may change.

We will continue to post any changes or updates if they occur.

Sport	Date
Rugby League – U16's Girls	21 <sup>st</sup> April
Greater Region Rugby League – U15's and Opens Boys	22 <sup>nd</sup> - 23 <sup>rd</sup> April
Touch Football – Girls and Boys	26 <sup>th</sup> April
Gymnastics – Girls and Boys	3 <sup>rd</sup> May
Tennis - Boys	7 <sup>th</sup> June
Cross Country – Girls and Boys	9 <sup>th</sup> June



### JUNIOR GIRLS SOCCER

On Wednesday the 21st of April the Junior Girls Soccer team took part in a round 1 Gala Day for the Bill Turner Cup.

In the first round the girls took on Blayney High and were able to win the game 5 - 0 with Elsie Bowden scoring 2 goals and Cedar Morgan expertly controlling the middle.

In the 2nd game the girls faced off against James Sheahan High School and expected a hard fought game. The early exchanges were evenly matched, however, the girls took control of the game and eventually ran out winners 8 - 0. Main goal scorers in this game were Marley Aplin, Harmony Keed and Gracie Rollin.

Special mention goes to Hannah Champan who terrorised the JSHS team when ever she was on the ball.



The girls now progress to the next stage and we wish them all the best.

### **ORANGE HEALTH SERVICE**

Orange Health Service celebrated their 10<sup>th</sup> Anniversary on 16<sup>th</sup> March 2021.

Orange High School was invited to provide some local talent with 2 young didgeridoo players, who have been working with our Aboriginal Education Officer Jordon Moore, to proudly display their culture for our community.

Dennis Wilson & Casson MacDonald are pictured playing the (Yidaki) Didgeridoo while local Aboriginal Elder Aunty Alice Williams marks the occasion with a tree planting ceremony.







### **OPENS RUGBY LEAGUE**

We headed off to Bathurst today for the final day of the University Shield. Our lads fully sent it and made us all proud.

We beat Bathurst High 20-6 in the first game before defeating Cowra High 28-6 in the final. Everyone gave their best and all had a good time whilst they were at it.

Standout performance of the day goes to Riley Robinson who bagged himself 3 meat pies. Full credit to the boys.



🏁 Mr Jones & Mr Callaway 🛸

## **OPEN BOYS AND GIRLS VOLLEYBALL**

Congratulations to the Open Boys and Girls Volleyball teams who played against Canobolas High on the 23rd April. The girls unfortunately went down against a disciplined Canobolas, however played in good spirits.

The boys game went five sets into a nail biting finish, and although Jack Cole was unavailable for the game the boys battled on to secure a win for OHS. The team all displayed great skill and cohesion throughout with standout performances from Tim Blowes and Jayden Baker. The boys now move onto the western round robin.



### THE AL – ZR OF THE PERIODIC TABLE

Join Associate Professor Alice Motion and Science Communicators from the University of Sydney to uncover the weird and wonderful tales of the Periodic Table of Chemical Elements.

Who invented the table? And will we ever know if all the elements have been found?

Find out which tiny village has four elements named after it, what the rarest elements on earth are and how to make brand new ones.

Ever wondered which scientist discovered the most elements or where all of the elements in the human body come from? Find out this and much, much more.

Event: The Al - Zr of the Periodic Table Date: Wednesday 5 May 2021 Time: 6pm - 7pm. Doors open 5.30pm Where: Orange High School - Performing Arts Centre Corner Woodward Street and Coronation Drive, Orange NSW 2800 Cost: Free

### Registration essential: periodictableorange.eventbrite.com.au

Tickets required upon entry plus COVID check in.



## **TALENT DEVELOPMENT PROGRAM**

Applications are still being accepted from students seeking entry into the Orange High School Talent Development Program Year 7 2022.

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

orange-h.school@det.nsw.edu.au, or collected in person from Orange High School.

## YEAR 7 2022 ENROLMENTS NOW BEING ACCEPTED



PARENTS AND CITIZENS (P & C)

# ORANGE HIGH SCHOOL P&C MEETING

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

### Wednesday 12th May - 6.30pm OHS Music Centre

Our P&C meetings are held on the second Wednesday of each month.

If you 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.



## 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.<sup>1</sup> 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.<sup>1</sup>
- 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.<sup>1</sup>

#### 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 SHOW**

A quick reminder if you're heading to the Show on the 8th and 9th May.

Tickets can be pre-purchased online at 123tix.com.au

Orange High School will have our cattle on show, there's a range of new attractions this year too on top of the show rides.

Wood chopping, musical entertainment, animal nursery, trick riding, fireworks.....

There will also be a lucky door prize for Mother's Day too!

Sounds like it will be a great weekend!





### headspace Couch Sessions May session - Vaping

headspace Orange are presenting a series of information sessions focussing on adolescent health and well-being.

This month, the team from NSW Health Youth Drug and Alchohol, headspace Orange will be hosting a information and Q&A session about vaping.

Young people, parents, friends and community organisations are all welcome to join. Currently seeking expressions of Interest in attending a session on this topic.

If you could please fill out the form attached to the link we can gather the information to work on selecting a date, time and venue for this event.



https://forms.office.com/r/aDmBg-DLkZN

Contact headspace Orange for more information on O2 6369 9300 or hs.orange@marathonhealth.com.au