



ORANGE HIGH SCHOOL NEWSLETTER

14th May 2021 -Term 2, Week 4

OHS CATTLE TEAM - ORANGE SHOW

The cattle team has been hard at work this semester, after having 12 months off last year. Orange Show is the end of the run for Semester 1. This year the show went over two days with Saturday being a training day, presented by a local judge. It was a fantastic opportunity and the team learnt so many new tips and tricks. The day covered everything from selecting animals, preparing them for the show ring and showing techniques. The team did very well in junior judging and paraders. Kaitlyn Winner won Champion parader and junior judge. The junior judging finals allowed some of the team to practice their public speaking and all did a brilliant job. Alyssa Acheson also won junior herdsman award for her effort over the two days ensuring the whole team was on task and prepared.

Sunday was show day and the team did an great job getting 10 animals ready for the ring in a short amount of time. All our hard work paid off with the OHS Elm Park Stud animal Edale Racquel 2nd winning supreme Galloway and then going on to win interbreed female. There was great excitement at the interbreed win as she competed against outstanding speckle park, limousine and low line females.



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,

As the temperature drops and we move close to the middle of the term, it is fantastic to see students involved in the enormous range of opportunities both in and out of the classroom. Many of these experiences are scattered through our newsletters and social media. Thank you to all the students, parents, staff and community members who support our students across a full range of Orange High School initiatives and activities.

As a school we would ask you to support your child to do the following:

- ♦ Attendance - school starts at 9am. We need every student at school before 9am and attending Period 1 so our rolls are accurate each day.
- ♦ Our mobile phone policy – mobile phones are to be switched off whilst in class and they are not to be seen or heard.
- ♦ Ensure all students bring their laptop or tablet devices to class every day. These need to be fully charged.
- ♦ Students are to wear full winter school uniform to school every day. This includes black leather shoes. Sports uniform is not permitted to be worn to school. Students can change into their sports uniform when required.

Cooler Classrooms

I received information last week that all classrooms will be air conditioned prior to the start of this summer. This will be of great benefit to our teaching and learning environments.

Impetigo (School Sores)

A small number of Orange High School students have contracted Impetigo (School Sores). 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 we have provided a NSW Health link below with more information.

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/impetigo.aspx>

HSC Presiding Officer

The expression of interest deadline for this position has been extended to Monday 24th May.

I look forward to meeting Year 12 parents at the Year 12 Parent / Teacher afternoon on Monday 17th May.

Have a great fortnight!

Andrew Jones

Principal (Relieving)

DOES ATTENDANCE REALLY MATTER?

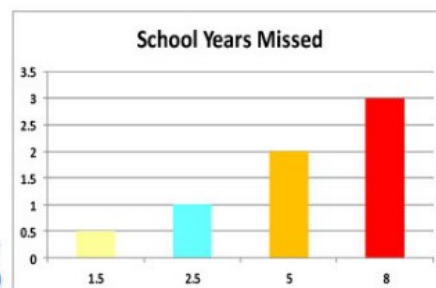
1 OR 2 DAYS A WEEK DOESN'T SEEM MUCH BUT...

If your child misses	That equals	Which is	And over 13 years of schooling that's
Half a day per week	20 days per year	1 month per school year	Almost 1.5 school years
1 day per week	40 days per year	2 months per school year	Almost 2.5 school years
2 days per week	80 days per year	4 months per school year	Over 5 school years
3 days per week	120 days per year	Over half a school year	Almost 8 school years



If you want your child to be successful at school then
YES, ATTENDANCE DOES MATTER

EVERY DAY COUNTS



WHAT IS YOUR CHILD MISSING OUT ON?

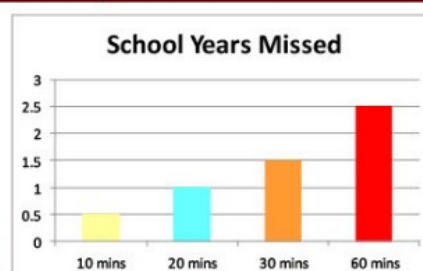
JUST A LITTLE BIT LATE FOR SCHOOL DOESN'T SEEM MUCH BUT

If your child is missing	That equals	Which is	And over 13 years of
10 minutes per day	50 minutes per week	Almost 1.5 weeks of the	Almost half of a school year
20 minutes per day	1 hour 40 minutes per	Over 2.5 weeks per	Almost 1 school year
Half an hour per day	Half a day per school	4 weeks per school year	Almost 1.5 school years
1 hour per day	1 day per school week	8 weeks per school year	Over 2.5 school years



Did you know that your child's best learning time is the start of the school day?
That's when every minute counts the most.
School starts at 9:00am

EVERY MINUTE COUNTS



KICKSTART

The University of Sydney run an outreach program called Kickstart. It is a funded program to support HSC students in their pursuit of excellence in HSC courses Physics, Chemistry and Biology.

They held their program here at Orange High School, where they ran workshops to assist the students in understanding a range of HSC concepts that need equipment and experimental techniques that are not normally able to be conducted in a school setting, such as DNA analysis, genetic engineering, Milikan's oil drop experiment and chemical titrations for organic material.





RUGBY LEAGUE

We took two sides to Bathurst for the next leg of our U/14 Buckley Shield and U/16 Tom Kemp Cup competitions.

In the first game, our Under 14s took on Kelso, defeating them 62-4 with multiple tries to Aidan Bishop (4 tries), Daniel Meagher (2 tries) and a try each to Zeik Selwood, Callum Miskell, Ryver Robinson, Sam Taylor, Hayden Buesnel and Ravai Tulevu. Dylan Onley was challenged with some difficult kicking but managed to slot 7 goals from all over the park.

The rest of the boys made some good contributions where they had to which is what makes a great team.

Our Under 16s then went up against Bathurst High and were on the back foot early and could never quite regain enough momentum to challenge them. We clawed back to within 8 points late in the game before a final Bathurst High try put the game to bed. We went down 26-14 in what is unfortunately our first and last game after being knocked out of the 2021 Tom Kemp Cup competition. Try scorers were Ben Meagher and Tamaiti Puata (2 tries) with Billy Morgan, icing a conversion.

Thanks to Tamaiti Puata, Hayden Buesnel, Blake Smith and Aidan Bishop who all showed great courage backing up after their great effort in the Under 14s to also play for the older age group.

Thanks for the day boys!

Mr Jones & Mr Callaway

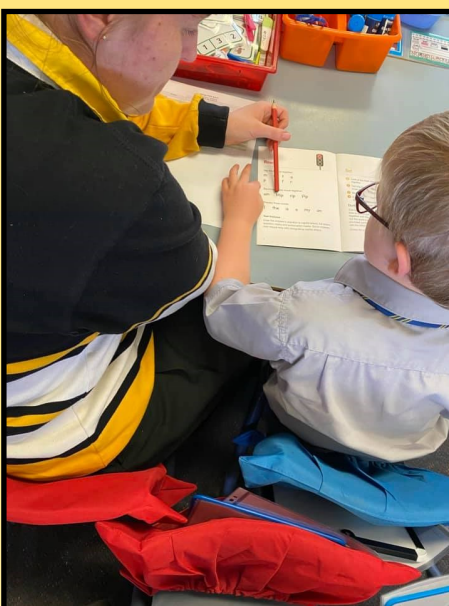


EXPLORING EARLY CHILDHOOD

Mrs Lydens Year 12 Exploring Early Childhood had the opportunity to visit Orange Public School Infants last term to learn and observe the daily routines of their kindy students.

Thank you to all the teachers that gave up their time to assist us.

Our students loved the experience.





GREATER WESTERN RUGBY LEAGUE

Congratulations to Beau Hartley and Ajay Isbester-Boss who have recently been selected in the U15's Greater Western Rugby League Team!

Congratulations also goes to Jack Cole who has been selected in the Opens Greater Western Rugby League Team to represent Greater Western at the end of this month in Wollongong at CHS League State Carnival!



JACK COLE

Congratulations to OHS superstar Jack Cole who has been named in the NRL u/18s City team to take on the Country team next weekend.

Well done Jack - we are proud of you.

Even though the city tag is a little confusing, we are all cheering for you!



BEAUTY AND THE BEAST

Congratulations to students Rhiannon Kittler, Brianna Priest, Milly Punch, and our very own Shea Atchison on the opening night of Orange Theatre Company's production of Beauty and the Beast.

We also have Year 7 students Natalia Wisse & Sienna Flannery performing and Year 12 students Abigail Kittler and James Haberecht behind the scenes.

Make sure you grab tickets to go see our students and staff on stage.

<https://premier.ticketek.com.au/shows/show.aspx?sh=BEAUBEAS20>



BEN ANDERSON

Congratulations to Ben Anderson for being named as an Emerging Endurance athlete by AusCycling.

As a part of the cycling National High-Performance pathway program, Ben will receive recognition from the Australian Institute of Sport (AIS) and receive support in his ongoing development in several formats, including access to state high-performance facilities, dedicated camps, and race support.

Another amazing achievement Ben!!





CHS HOCKEY KNOCKOUT

Into round 3 of the knockout! Awesome stuff from the open girls hockey team, who defeated Lithgow High 3-0, and Cowra High 13-0 yesterday for round 1 and 2 of the CHS knockout!

Go team!



YEAR 12 SPORT LIFESTYLE RECREATION

Mr Wharton's Year 12 SLR Outdoor Recreation students got out of the classroom today exploring what our local region has to offer. There was some time to sit, reflect and get back to nature.





ORANGE HIGH CATTLE TEAM 2021

SHOW SEASON REPORT

The cattle team has been hard at work this semester, after having 12 months off last year. The team prepared three animals to take to the Canberra Royal Show, which were then outstandingly exhibited by Jessica Elliot and Sally Eslick over the three days of Canberra Royal. This opportunity also allowed the girls to complete their work experience for Primary Industries with Monreith Galloways. The girls did a fantastic job and won Supreme Galloway Exhibit with Monreith Mary Queen of Scott's.

This year was the first time Orange High School had participated in Blayney Show. It was a great day with the cattle and the team, after a 12 month break there was lots we had to remember.

The show hosted close to 80 students in the paraders competition, Rose Morton made it through to the parader finals.

The Royal Bathurst Show was the first big show of the season and the students were super excited, for some in the team this was their first show. The team worked extremely well together and presented the cattle to an amazing standard. Paraders and junior judging also saw some students make it through to the finals. In the fitting competition Ryan Buttriss, Rose Morton, Luka Smith and Tiana Gleeson did an amazing job together getting both the animal and parader ready for the ring. On Show day Monreith Mary Queen of Scott's took out the top prize of Supreme Galloway Exhibit.

Orange Show is the end of the run for the first half of the year. This year the show went over two days with Saturday being a training day, presented by a local judge. It was a fantastic opportunity and the team learnt so many new tips and tricks. The day covered everything from selecting animals, preparing them for the show ring and showing techniques. The team did very well in junior judging and paraders. Kaitlyn Winner won Champion parader and junior judge. The junior judging finals allowed some of the team to practice their public speaking and all did a brilliant job. Alyssa Acheson also won junior herdsman award for her effort over the two days ensuring the whole team was on task and prepared.

Sunday was show day and the team did a great job getting 10 animals ready for the ring in a short amount of time. All our hard work paid off with the OHS Elm Park Stud animal Edale Racquel 2nd winning Supreme Galloway and then going on to win interbreed female. There was great excitement at the interbreed win as she competed against outstanding speckle park, limousine and low line females.

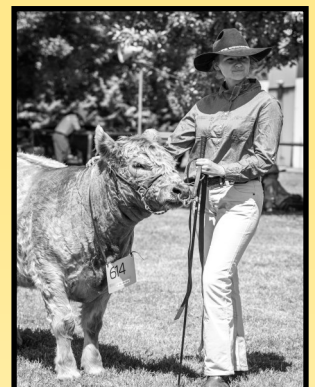
The team now has a break until Term 3. Then we get ready for our Spring shows Woodstock, Eugowra and Cowra, this leads us into Canberra Royal early in 2022 and then Bathurst and Orange 2022. The team will again be open for new members and everyone is invited to join. There will be a meeting late in Term 2 to distribute information and permission notes.

Thanks to Elizabeth McKee for joining us this year as 2IC, her help is greatly appreciated. The team can not do any of this without the generous support of Monreith Galloways and Jason Vials who supplies most of the stud stock. Thanks also to Lachlan River Produce for delivery of feed and transport to the shows. And lastly thanks to the fantastic crew of students that make up the cattle team, their work and dedication is the key to our success.



ORANGE HIGH CATTLE TEAM 2021

SHOW SEASON REPORT



WESTERN ROCK CAMP 2021

From Sunday 25 April to Friday 30 April, 2021, four students from Orange High School attended the Western Rock Camp.

The camp was held at Ridgecrest Convention Centre, near Burrendong Dam, Mumbil.

These students joined a group of 34 students from 15 different rural schools.

The camp was coordinated by Liesel Meers, Assistant Principal, from Mudgee Public School.

The students worked with musicians from the rock band, Feytalistic, with members from Mudgee and Sydney.

The students were formed into 5 bands and were given 3 or 4 songs each to work on for the week.

An acoustic guitar group was also formed guided by Brodie McKnight, a teacher from The Henry Lawson High School.

At the end of the camp the students performed in a one and a half hour concert which showcased the students musical talent and absolutely wowed the parents.

Photo: Connor Riley, Daniel Woelk, Tzzy Taylor, Lily Elliott



WESTERN SOCCER

Sam Golfin, Toby McGregor and Caleb Frecklington representing Western in the CHS boys Football (Soccer) championship last week.

Keep up the good work!





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 trial 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.

Western Region Sporting Trials – Term 2 2021 dates

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

Note that unless stated with a specific age group, all selections are for Opens Division

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 <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.

YEAR 7 2022 ENROLMENTS NOW BEING ACCEPTED





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
<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/key-dates-exam-timetables>
- 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 orange-h.school@det.nsw.edu.au.

For further information please contact Donna Lummis 02 6362 3444.

Closing Date: Midday 24th May 2021.





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 9th June - 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.



ASTLEY CUP 100 YEARS

Our memory this week comes from Will Kloosterman
2006 – 2011 (school captain)

The Barmy Army.....What a name. My first experience of Astley Cup came as a youngster in year seven where I'd fought tooth and nail for a place on the tennis team. It felt awe-inspiring playing alongside the senior students and only a handful of year seven's made the Astley Squad that year. Little did I know 2006 would be the only year my cohort would taste Astley Cup victory.

Astley Cup was a remarkable way for you to showcase a more athletic side of you to your peers, your friend group, and potential love interests (not necessarily in that order) as you took centre stage for the school's most prestigious calendar event. There was a lot more than personal pride on the line, there was an entire school, an entire Barmy Army behind you, getting loud, letting you know they had spirit.....letting you know they weren't here to mess around. They wanted victory and you wanted to win it for them.....to be continued!

Still looking for people to join the steering committee, planning for the celebrations in 2023.

Also, do you or your parents have photos? Memorabilia? We'd love to see them on loan for one of the many displays in 2023.

If you can assist in any way please phone the OHS office
6362 3444 or Lynne 0411744764.

Thank you for your anticipated assistance.

"Whatever I do, I do to the best of my ability"

Here at Orange High School we have high expectations of our students. Our core values are that all students are safe, are respectful and are learners.

Being safe means wearing your school uniform everyday and with pride, not engaging in conflict with others in the classroom or in the playground, and attending all classes on time.

Being Respectful means following teacher instructions, using appropriate language at all times and treating others with kindness.

Being a learner means staying on task, completing all learning activities to the best of your ability, and not disrupting the learning of others.

Mobile phones should be unseen and unheard during class time.

Your choices impact others around you. It is your responsibility as a part of the #OrangeHighFamily to ensure that you are always safe, respectful and learning so that every student in our school has the opportunity to be the best version of themselves.



Woodward Street
PO Box 654, Orange NSW 2800
P (02) 6362 3444
F (02) 6361 3616
<https://orange-h.schools.nsw.gov.au>

Orange High School

*Honour the past,
create the future*

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
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



School uniforms can be purchased from:

Orange Clothing Co.
4 McNamara Street
Orange NSW 2800
6362 8572

Kingfisher School Gear
151 Summer Street
Orange NSW 2800
6361 2252

Lowes
Central Square Shopping
Centre, Shop 131,
Orange NSW 2800
6362 0573

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/



Tie Dye Workshop

We are celebrating diversity this week at
headspace Orange
come join us for Idahobit craft day

Thursday May 13th 4pm-5pm * Ages 12+

Bring your own item of white clothing,
pillowcase or tote bag (1xsmall tote provided)

Click the link below to register
<https://forms.office.com/r/gNBz4UuCCq>
or hs.orange@marathonhealth.com.au

Donation Appreciated



REDUCE YOUR LOG BOOK BY 20 HOURS

PCYC IS AN ACCREDITED PROVIDER
OF THE TRANSPORT FOR NSW SAFER
DRIVERS COURSE

Learner drivers can find it challenging on the roads without the support of an experienced instructor by their side. The course equips young drivers with safety insights and tools they need to manage the transition to a full license.

PCYC NSW are the largest provider of Driver Education Programs across New South Wales. We have the flexibility to come to your school or venue and deliver the course and with over 60 clubs we've got you covered state-wide.



Book online TODAY at
pcycdrivereducationprograms-sdc.org.au

The Safer Drivers Course logo is a trade mark of Transport for NSW of 18 Lee St Chippendale NSW Australia



Department of
Primary Industries

Farm Safety Week in Young

Tocal College delivers accredited training at your doorstep to improve farm safety. Fully funded training for eligible participants.

Training courses

Enter and Work in Confined Spaces
Working Safely at Heights
WHS for Supervisors and Managers
Operations of tractors with implements and conduct FEL operations
Machinery Hygiene
Operate Quad Bikes - SafeWork NSW course
Operate Side by Side Utility Vehicles - SafeWork NSW course
SMARTtrain Level 3 Chemical Application

26-30 July 2021

Interested in participating?

Contact:

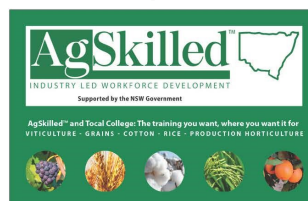
Sharon Leach,
Tocal College Yanco Campus
T 02 6951 2695
E sharon.leach@dpi.nsw.gov.au

Staff of Tocal College will work with you to tailor a program to meet the training and skills needs that you, your workers and your business require.



Tocal College is a Registered Training Organisation (RTO 91166), is part of the NSW Department of Primary Industries and is a leading Australian provider of specialised training to rural industries. It delivers nationally recognised training through the CB Alexander Campus at Paterson, the Yanco Campus in the Riverina, and branches at Tamworth and Trangie.

Funding applications close 25 June 2021



YOUR FUTURE IN AGRICULTURE

Breathe & Flex

Join us on Monday's from 4.00pm for yoga by Sankha Yoga
Gold coin donation for young people aged 12-25

If you would like to join in virtually via
microsoft teams please contact us for the link

headspace Orange
264 Peisley Street · 02 6369 9300



DV-alert Awareness Session

Lifeline is committed to raising the awareness of domestic and family violence.

DV-alert awareness sessions are two-hour interactive presentation where individuals and groups can talk about the issue of domestic violence and what they can do to help make a difference.

10:00am – 12:00pm Tuesday 1st June 2021
West Room, Orange Regional Gallery,
149 Byng Street, Orange NSW 2800

To register online please click [HERE](https://www.dvalert.org.au/dv-aware-orange-orange-regional-gallery-csdlf04648) or visit
<https://www.dvalert.org.au/dv-aware-orange-orange-regional-gallery-csdlf04648>

At the end of the awareness session

- Identify the different signs and forms of abuse that constitute domestic and family violence
- Familiarise themselves with the Cycle of violence and Duluth wheels – power and control, equality and empowerment
- Reflect on and share what they can do if they know someone who is experiencing domestic and family violence
- Have an opportunity to network with other individuals
- Receive tools and references for domestic and family violence support and referral

For enquiries: Sally Bray 1300 798 258 &
sbray@lifelinecentralwest.org.au



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 Alcohol**, **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 02 6369 9300 or hs.orange@marathonhealth.com.au