

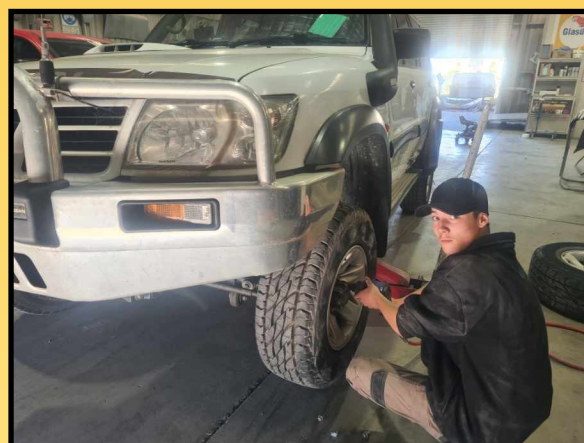


ORANGE HIGH SCHOOL NEWSLETTER

28th May 2021 -Term 2, Week 6

SHARING OUR SUCCESSES IN SUPPORT

Congratulations Loki! Loki is our first student from the Support Unit to secure an apprenticeship for 2022 when he finishes school and achieves his ROSA. Loki has been participating in a work experience program where he does one day a week working at a local panel beating business. He is certainly learning loads but thoroughly enjoying the opportunity.

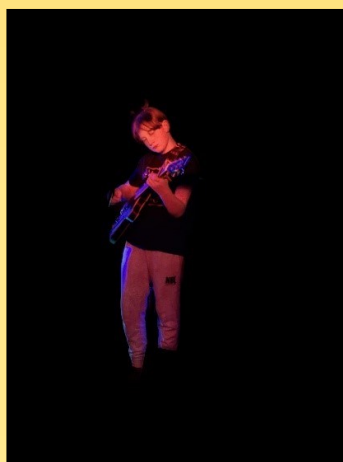


LOKI

On Tuesday night some of our staff members were part of a community event at Orange Jam. Finn O'Toole and his musical group, X marks the spot, were one of five bands playing that night. X Marks the Spot played four songs which included "whatever it takes". This group was amazing and should be so proud of themselves.

Riley Wood swam at the 2021 NSW State Swimming Championships in April. Riley made it for for Backstroke and Freestyle. His classmates were able to watch the races via a link and cheer him on. Riley achieved two PB's and fifth place in both events.

This is an outstanding effort.



FINN



RILEY

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,

Welcome to the end of Week 6. It has been a busy term and the second half of this term has some fantastic educational and extra-curricular opportunities available to our students.

Thank you to the many parents of students in Year 12 who attended the Parent Teacher evening last Monday night. It was great to meet many of you and hear some of the wonderful achievements of your children. It is a great opportunity for parents to discuss the progress of your children, but our staff are also willing to take a phone call or an email at other times of the year. The communication between student, teacher and parent is an important aspect ensuring that your children are achieving to their potential and beyond.

Malynley Shield

Students have travelled to Gosford this week for the 52nd Malynley Shield. This competition has a unique history. In 1968 the Orange High School University Shield team reached the grand finals and drew with Tamworth. Under the rules of the competition, the match was replayed at Gosford, and again the result was a draw. Orange players were billeted by Gosford High School students, and during informal discussions after the game, it was suggested that an inter-school visit between the two schools would be a beneficial adjustment to the sporting calendars of both teams. As a result, the sports masters organised a program of events of a sporting and cultural nature, and in the following year, approximately two hundred Gosford students visited Orange. The inaugural competition was a great success, and it was decided that the visit be an annual one. The Malynley Shield was donated by a Mr & Mrs A Dews, whose interest in the competition was stimulated by the fact that their three children attended either Gosford or Orange High Schools, "Malynley" is an acronym for members of their family. The Malynley Shield is awarded for the overall points score during the visit. The visit is regarded as a worthwhile sporting, educational and social experience.

This year is the first time students have not been billeted and as a result the number of students who can attend has been reduced. This is unfortunate but necessary for accommodation purposes.

I hope you enjoy the reports and photos of the experiences our students have had over the last two weeks. The Year 12 Sport, Lifestyle and Recreation excursion, NSW CHS Hockey and Touch Football, Western Rugby League and Soccer, the Orange Secondary Schools Charity Awareness Challenge, the Star Gazing and Lunar Eclipse information and observation sessions, just to name a few.

Have a fantastic fortnight.

Andrew Jones

Principal (relieving)

YEAR 12 SPORT LIFESTYLE RECREATION

What a day!!! Year 12 SLR conquered Nangar National Park as part of their Outdoor Recreation Assessment Task. The students navigated themselves through a difficult 13km walk which tested everyone's fitness and map reading skills. Once at the top all students cooked a feast using hiking camp ovens.

A special shout out to Louie who seasoned his steak!! Please rate his plate in the photos. Everyone smashed the challenging hike and impressed the teachers with their teamwork and individual leadership skills. Well done hikers!!

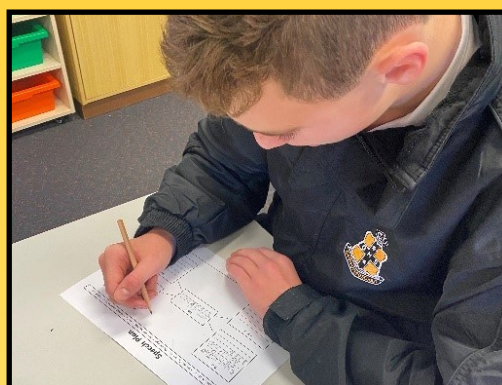
Mr Callaway and Mr Wharton



SUPPORT UNIT IN ACTION

An Intensive Literacy Program...

We run an Intensive Literacy Program daily which focuses on phonic awareness, reading and comprehension skills as well as developing sentence structures. Whilst the purpose is to close the gap in these literacy areas, it is also to support the students to be able to read literacy and function within our community. This program is individualised and is tailored towards the student's specific needs. They also have a fantastic opportunity to practise reading with one-on-one support and guidance. In Miss Boog's class, there has been 24% growth in their spelling this term and students are encouraged to write independently using correct sentence structure and punctuation. They should be very proud of their achievements!



Integration into Mainstream

One of the things that we pride ourselves on is being able to go into mainstream classes.

Many of us enjoy going to our elective classes especially if it involves food, whilst others prefer subjects such as Science and History.

Regardless, it is an important opportunity that each student is encouraged to visit other classes so that they can integrate and participate in activities with their peers. In Mr Fitzpatrick's class, Food Technology is a particular favourite as the students get to make tasty meals like tacos and spaghetti bolognaise. This week, Vincent and Harry made pancakes for an assessment task and willingly shared the leftovers.

In Agriculture, we have been learning how to care for different animals, as well as to lead and groom the cattle. Some of the stage 4 students have been working in textiles, learning how to sew practical items such as bags and hats on which we put our own personal touches on.



Sporting Altogether

Every second Wednesday, our three support classes join Mrs Davis for sport altogether . This is a great opportunity for team building, and social skill development as well as a chance for all the staff to get in and have a go! We have played games with Frisbees, and were able to play a real game of basketball and softball. A favourite of all the students is dodgeball, and they don't take it easy on the teachers!



Here are some comments from our students:

I like doing reading in literacy because it is a good way to learn about things (KO, 2021)

I love going to mainstream classes so I can be with my friends. Sometimes the work is too hard, (JM, 2021).

**I love reading with Mrs Coyte
because she is very supportive
and a great listener
(EB, 2021)**

**I love going to Mainstream classes.
We get to do textiles and I am half way
through making a bag
(KJ, 2021)**

I love school and I never thought I'd say that!
(NS, 2021)





Wollemi Kids



Did you know....

The Orange High School **'Wollemi Kids'** classroom is located at the **CAMHS (Child & Adolescent Mental Health Service)** Inpatient Unit at the Orange Health Service. It is a ten bed unit for young people experiencing significant mental health challenges. We work with young people and their families from approximately 80% of NSW – including as far north as Dubbo, west to Broken Hill and south to Bateman's Bay and places in between. The focus of the unit is personal recovery and empowering young people to be the best they can be. **'Wollemi Kids'** is all about the team - the kids, parents/carers, nurses, clinicians and teachers helping to "put all the pieces back together" like a jigsaw puzzle that has to be sorted and arranged to become whole again. **'Wollemi Kids'** helps join all those pieces through the support of the whole team.

The Orange High School **'Wollemi Kids'** Education Team consists of two teachers – Mrs Deb Brown and Mrs Sharon Chapman and a Learning Support Officer – Mrs Shirley McCarthy. Our role at Wollemi is multi-faceted. During the school term students attend the 'Learning Links' class every day – engaging in a variety of curriculum linked programs which are designed to enhance the young persons' learning and wellbeing. The integrated cross-curriculum program enables young people to participate and progress through curriculum-based program tailored to meet the individual needs of the young person.

Our other role is to connect and facilitate the young person's return to school when they are discharged by:

- communicating directly with the young person's school
- creating individual learning plans
- developing personal school safety checklist which identify triggers, warning signs, calming and support strategies specific to the school setting
- discussing and recommending strategies the school could implement to support the young person's learning and wellbeing - in consultation with the clinical team





VAPING INFORMATION SESSION

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

This month, the team from NSW Health Youth Drug and Alcohol, Lives Lived Well and headspace Orange will be hosting an information and Q&A session about vaping. Young people, parents, friends, and community organisations are all welcome to join. The event will be held at Orange High School however all parents from all schools are welcome to attend.

Tickets for this event are available through eventbrite. <https://bit.ly/2SyLFzr>
If you would like to join virtually please email hs.orange@marathonhealth.com.au for the link.
Contact headspace Orange for more information on 02 6369 9300 or hs.orange@marathonhealth.com.au



Vaping Information Session

June 8th 6pm-7.30pm

Orange High School

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GRATITUDE IN JAPANESE

Gratitude Cards at Orange High School are going around at the moment. It could be from one student to another or a student to a teacher. So we thought we do something similar or maybe a little bit better to make pop up cards to express our gratitude. Year 8 students have just completed a unit on Family so heads up to mothers, fathers, or even grandmothers out there, you might be surprised by these beautiful handmade pop up cards with warm and fuzzy messages in both in Japanese and English.

ARIGATO GOZAIMASU.





NSW CHS HOCKEY



Our students - Ally Cook, Addison Chapman, Sophie Goodall, Kiana Pakinga, and teacher Mrs Lyons are representing Western as players and coach respectively in the NSW CHS Hockey tournament this week! Addy and Ally have also been named co-captains on the side. Amazing talents. Best of luck girls!



NSW CHS TOUCH FOOTBALL



OHS junior students represented Western Region in the U15's NSW CHS Touch Football tournament last week. We are very proud of the effort and sportsmanship shown by our boys Ravai, Damian, Will, Sam, Tamati and Zeik, and our girls Ava, Annie and Eloise!





WESTERN SOCCER

Congratulations to Breanna Vigers and Ella Cubbin who represented Western in the NSW CHS Girls Football (Soccer) championship last week at Regents Park.

The team placed 8th out of 12 team overall.

Well done girls!!



RUGBY LEAGUE

Our Under 14s boys hit the road for the Buckley Shield finals day in Bathurst on Tuesday. We grinded out a win in our first game against Mudjee before losing to a strong Cowra side in the final. That's the end of school footy for these boys this year but they put some great efforts in and showed great sportsmanship at all times.





ORANGE SECONDARY SCHOOL'S CHALLENGE

CHARITY AWARENESS

This year, alongside James Sheahan Catholic High School, Kinross Wolaroi Secondary School and Orange Christian School Prep to Year 12 we are raising funds for Neami National (North Eastern Alliance for the Mentally Ill). NEAMI is a community-based organisation providing services to improve mental health and wellbeing in local communities.

Funds will be used for local projects run by NEAMI.

As our first initiative for 2021, we are running a pie drive in conjunction with the Early Rise Bakery.

Please find the order form attached. Students were given paper copies on Monday. Please place this sheet in a sealed envelope with the correct amount of money and ask a student to deliver it to Miss Hope in the TAS staffroom, where they will be collated to be ordered.

Orders will need to be in by the 3rd of August, and they will be delivered by the 10th of August to the child nominated on the form.



FAMILY PIES

1696U	Pack of 4 Beef Mince Pies (200gm)		\$15	
1697U	Pack of 6 Sausage Rolls (140gm)		\$15	
1804	Family Steak & Potato Pie		\$15	
1811	Family Beef Pie		\$15	
1812	Family Curry Pies		\$15	
1813	Family Cheese & Bacon Pie		\$15	
1814	Family Steak & Mushroom Pie		\$15	
1819	Family Chicken & Veg Pie		\$15	
1824	Family Pepper Steak Pie		\$15	
2150	Family Apple Pie		\$10	
2151	Family Apricot Pie		\$10	
2152	Family Apple & Blueberry Pie		\$10	

SWEETS & TREATS

2288P	Pack of 6 Lamingtons		\$8	
H2511	Pack of 18 ANZAC Biscuit		\$8	
H2512	Pack of 18 Choc Chip Cookie		\$8	
			TOTAL	



ASTLEY CUP 100 YEARS

Our memory this week continues from Will Kloosterman 2006 - 2011 (School Captain),
Astley Cup tennis

...My disciplines always lay on the first day (of competition), ensuring I plunged deep into the competitive spirit off the blocks - I loved it. With first day points on the line, there was added pressure of claiming early victory and not having the second day teams having to come and clean up your mess! With the best of the best in their respective fields, you were always promised the strongest fight. But despite the best representatives, some years, some schools just had disgustingly dominant teams. You knew ahead of the schedule from whom stealing even just a few measly points seemed like a victory. In my time, a few dominant teams come to mind: OHS netballers, Dubbo rugby league players and Bathurst basketballers. In spite of the occasional dominance, I always remember each school coming away with respectively close competition points.

My #1 memory of Astley Cup... forever etched (in my mind) is the thundering roar. When the game is on the line, when all the energy seems exhausted, you bring yourself into this Cup's incredible history and scream with all your might... OOOOOOOOOOOOOOHS's BARMY ARMY!!!!!!

Astley Cup is 100 yrs old in June 2023. There is a LOT of planning going ahead NOW, but we need more hands on deck. If you are a deft hand in social media, newspaper/TV/radio media, DVD production, static displays, sponsorship or finance, please have a talk with us to understand what is required.

Next meeting of the steering committee is Wednesday, 9th June, 5.30p.m. in the Music Centre.

Love to see you there!

Middo

YEAR 7 2022 ENROLMENTS NOW BEING ACCEPTED





PANAIR

The team at PanAir are pleased to announce that the SEPTEMBER School Holiday learn to fly program enrolments are now open.

Students receive a Pilots logbook to enter their flight training details, they will have 3 hours of flight training in a training aircraft and additional time on the simulators with qualified instructors. Students will be introduced to aviation aerodynamics and the theory involved in flight training. There will be group site tours of our maintenance base where they will learn about aircraft maintenance from qualified aircraft engineers and have the opportunity to attend behind the scene airside airport tours and more.

Each student receives a certificate of completion at the end of the program and all flight training hours count towards a pilot licence hour requirement.

The target age group is Years 10-12.

Students under 18yrs parent/guardian approval required.

****Students must be able to reach aircraft controls.**

Details for enrolments can be found via the PanAir website link below or feel free to contact them directly.

<https://www.panairflighttraining.com/schoolholidayprogram>

BOOKINGS ESSENTIAL

M: 0490 065 729
E: admin@panairflighttraining.com
www.panairflighttraining.com



COST \$990

PANAIR
PANORAMA AIRWAYS

5 DAY SCHOOL HOLIDAY PROGRAM

Learn the fundamentals of flight, experience hands on flying lessons & fun aviation activities with our qualified flying instructors.

Program Cost : \$990 per person

Students receive:

- Pilot Log Book
- Flight training Lessons in an aircraft & simulator
- STEM activities
- Introduction into Aerodynamics for aviators
- Airport & Site tours
- Aviation Maintenance & much more!
- Certificate of Completion

YR 10 - 12
9am - 3:00 PM Daily



Panair PT 08



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.




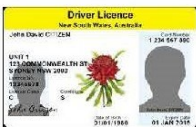


Tennis - Boys	7 th June
Cross Country – Girls and Boys	9 th June

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

GRADE EXPLAINER

As we approach report writing season, we have created an assessment grade explainer which explains the A-E grading. Some students can be very disheartened when they see a D or E grade and we think the driving licence analogy used in the picture helps to explain where they're up to. Wherever students are, they should be celebrated and feel proud of their effort. Please feel free to contact the Learning and Support Team if you have any questions.

Mrs Cheetham and Mr Boyle.

E - A STANDARDS BASED REPORTING (NSW CURRICULUM)					
	E	D	C	B	A
Formal Terms	Limited	Basic	Sound	High	Outstanding
Driver's licence analogy	Experienced difficulty	OK but needs support	Celebrate this work!	Beyond expectations	Amazing achievement
	L plates Needs to be accompanied by an experienced driver to succeed at task	P plates Can drive independently but is still learning to develop and master skills in this area	Full licence Is independent. Can drive on own with no restrictions	Advanced driver Can navigate through obstacles and has extra skills	Formula One driver Strives for excellence – conquering one challenge and then moving onto another
					



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.



MIDDLETON FITNESS CENTRE

Open to all staff and
students on

Wednesday Week A

Tuesday Week B

from 3.45pm - 5pm

FREE OF CHARGE

**YOU WILL NEED TO HAVE AN INDUCTION
AND COMPLETE A PERMISSION NOTE
WHICH WILL BE HANDED TO YOU ON
YOUR FIRST SESSION**

**FIT
NESS**



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/



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-csdf04648) or visit
<https://www.dvalert.org.au/dv-aware-orange-orange-regional-gallery-csdf04648>

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

DV-alert is funded by the Department of Social Services.



Department of
Primary Industries

Farm Safety Week in Young

Total 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?

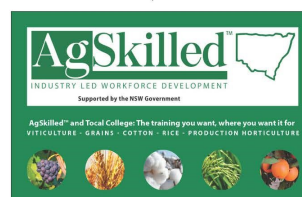
Contact:

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

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



Total 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



Youth EDUCATION Adult EDUCATION Industry SERVICES Publications BOOKS | EBOOKS
YOUR FUTURE IN AGRICULTURE

01431