



# ORANGE HIGH SCHOOL NEWSLETTER

11th June 2021 -Term 2, Week 8

## ORANGE HIGH SCHOOL SHOW

**TICKETS ARE ON SALE NOW!!!**

3 evening sessions available on 22nd - 24th June 2021.

All tickets for the show are to be purchased through Eventbrite using the link below.

**No last minute ticket sales at the door.**

Adults - \$12

Children under 12 years - \$6.

We encourage all ticket holders to arrive early in order to complete COVID check in.

<https://www.eventbrite.com.au/e/orange-high-school-show-tickets-156589785263?>



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 we move closer to the end on Term 2, it is a remarkably busy time of the year both in the classroom and through a range of extracurricular events.

The Creative and Performing Arts and PRISM teams are working furiously in preparation for the School Show in week 10. Despite a postponement of Astley Cup Day 1 versus Bathurst High School, the Astley Cup and Mulvey Cup teams are fully prepared for a fantastic event after its cancellation in 2020. Thank you to all the students, staff and parents who are contributing to both these events but also all the activities that take place on a weekly basis at Orange High School.

We regularly remind our students about the importance of our values, uniform expectations, and non-negotiables. The vast majority of our students are outstanding and support these important aspects of our school culture. Occasionally, I add them into the fortnightly newsletter as a reminder to our school community. I would like to think that every student and parent reads our newsletter, but I understand that this is unlikely.

I can assure you that all our staff will continue to strive to ensure that these expectations are met by our students every day. Parent and community support around this is always appreciated.

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

### Orange High School Values

Be a Learner  
Be Respectful  
Be Safe

### Our Non-Negotiables

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

### Uniform

As you are aware, OHS is a uniform wearing school. A full list of our uniform requirements is located on our website and in this newsletter. I ask for your full support in ensuring your children wear the correct school uniform each and every day including the wearing of black school shoes.

Sports uniform is not to be worn to school. Students who have sport or PE are to bring their uniform in their bag and get changed. I thank you for your support with our uniform expectation.

Have a fantastic fortnight.

Andrew Jones

Principal (relieving)



# SNOW DAY AT OHS







# MALYNLEY SHIELD

## MALYNLEY SHIELD WINNERS!

Congratulations to our students who have come away with the win against Gosford High School. Our wins in the netball, both basketball, tennis, boys volleyball, both touches and the mixed oz tag helped secure the shield.

What a privilege to be involved in such a wonderful tradition between two schools. Thanks to Gosford High for hosting us and the fun activities. Thanks to all teachers who came with us or stayed in Orange that supported this trip. Thanks to the parents for allowing this to happen. Lastly - thanks to all of our competitors who showed great sportsmanship, encouragement and pride in representing our school.





## NATIONAL RECONCILIATION WEEK

OHS celebrated National Reconciliation Week with a dance workshop from internationally renowned former dancer and senior consultant to the Bangarra Dance Theatre Company, Sydney.

Students from Orange High had an opportunity to see the work Aunty Kathy Marika is doing up at James Sheahan Catholic High School.



## CAREERS UPDATE

2021 has seen the return of face-to-face careers related events such as guest speakers and campus visits, having been cancelled or postponed last year. In saying that, it is great to see the tertiary sector still creating online opportunities to communicate with students and parents.

There have been a large number of **Virtual Careers Expos and Zoom Webinars** organised by universities and training providers to provide valuable information to students to help them navigate and transition to further study or employment.

Many students (and one old Careers Adviser) are still suffering from “digital fatigue” and a little bit of “information overload”. That said, it has been terrific to see everyone adapt to the online environment especially when it allows more parents and students to check out webinar recordings from tertiary institutions of interest to watch at their own leisure.

Term 2 has seen many Careers related events.

## YEAR 12 FACTS DAY

On Friday 23<sup>rd</sup> April, fifty-five Year 12 students attended the Facts About Careers and Tertiary Studies (FACTS) Day held at Charles Sturt University, Bathurst. The day provided students the opportunity to make contact and ask questions (and take showbags) from over 53 Universities, industry representatives and private training providers. Students also had the choice to hear from the Universities Admissions Centre (UAC) for some helpful tips for applying for university study or Training Services NSW for information about apprenticeships.

Thanks to Mr Sutherland & Mr Page for accompanying the students and Mr Pearson to Bathurst.





## YEAR 10 SKILLSET

Year 10 students have fortnightly Careers Lessons and a big part of the teaching scope and sequence is researching potential career pathways. The first lesson of the Term involved Amanda Ferguson - Skillset's School and Community Engagement Officer, speaking to students about what employers look for when employing young people, especially apprentices and trainees. There was some amazing information and activities for students to engage with to help them navigate the important decisions they will need to make in regard to their future career pathways.

## WHITE CARD TRAINING

On Tuesday 4<sup>th</sup> May we hosted our second **White Card** training course for the year. For the students that missed out on this occasion, we will be running the next course early in Term 3. There are external providers, i.e. TAFE NSW & Integral Skills that are running fully subsidised White Card training for over 16 year olds.



## POP-UP PODCAST

On Tuesday 25<sup>th</sup> May, eleven interested students from Years 7 – 12 participated in a workshop called Pop-Up Podcast.

Stephanie Aceglav from Media For Millennials, presented a fantastic day allowing students to research, produce, interview, edit and present their very own podcast.

Stephanie drew on her own experience as a journalist and educator to give students the opportunity to develop their skills in a fun and engaging way.



## ABORIGINAL CAREERS IN HEALTH EXPO

Last Thursday, Charles Sturt University - Orange Campus hosted their inaugural Aboriginal Careers In Health Expo. Organised by Training Services NSW, eighteen indigenous students from Years 9 - 12 joined 50 students from Orange schools in being treated to a day of activities designed to introduce Aboriginal students to university study and future careers in Health. Students toured the new medicine facilities at CSU and participated in health and cultural workshops. The expo was a valuable experience and extremely worthwhile for our students. Thank you to the students involved who displayed exceptional behaviour throughout the day.



## SUBJECT SELECTION NIGHT—SAVE THE DATE

On Tuesday 13<sup>th</sup> July (Week 1, Term 3), Orange High School will be holding the **Year 10 into Year 11 Subject Selection Night** in our Performing Arts Centre. This will give our Year 10 students the opportunity to speak with each of the faculties here at school to gain more information about specific subjects offered for the HSC. We are also excited to host our key stakeholders to help our students make informed decisions about their future. TAFE NSW, Charles Sturt University, Training Services NSW, Skillset and Troy Kelly (SBATs) will be in attendance. I encourage Year 10 to make the most of this opportunity and seek advice in the lead up to choosing their subjects for next year.





# NSW TRAINING AWARDS

Orange High School is excited for three of our exceptional School-Based Trainees that have all progressed to the Western Region Finals of the NSW Training Awards.

**Ally Dalzell** - Western NSW Local Health District: Business Administration

**Jock Elliott** - Orange City Council: Information, Digital Media and Technology

**Declan Lummis** - The Educated Roast - Orange High School: Hospitality



Our students did not take out the big prize but congratulations to Ally, Declan and Jock (absent –snowed in) for being finalists in the 2021 School Based Apprenticeship/Trainee of the Year.

Now is a great time for students to organise **Work Experience**. I encourage all Year 10 students to complete a week of Work Experience as soon as possible to further guide their thoughts on occupations to pursue post-school. Interested students need to see Mr Pearson for the necessary Work Experience paperwork.

I'm looking forward to an action-packed Term 3 full of Careers events. Students need to please check their **SCHOOL EMAIL** account regularly as all communication of events and opportunities will be disseminated via school email.

Parents, feel free to get in contact with me if you need my assistance.

Mr Glen Pearson JP

[glen.pearson1@det.nsw.edu.au](mailto:glen.pearson1@det.nsw.edu.au)

02 63623444

[www.orangehighcareers.com](http://www.orangehighcareers.com)



## THE BUZZ—WELLBEING

Term 2 at Orange High School has been jam-packed with activities and events aimed at enhancing the overall wellbeing of our students. The Orange High School family came together for our very first

Wellbeing Week which featured high-impact, inspiring presentations from Martin at

The Resilience Project. Martin talked to students, parents and carers, as well as staff about the Importance of gratitude, empathy and mindfulness in our everyday lives, and how these three values can contribute to positive mental health. As part of this exciting week, we had visitors from the Black

Dog Institute who kick-started our participation in the Future Proofing longitudinal study into adolescent mental health, and facilitators from Tomorrow Man and Tomorrow Woman who worked with Year 10 students to challenge damaging gender stereotypes. The week was a fantastic opportunity for the Orange High School community to focus on the factors that influence our ability to engage in our core business, which is learning.

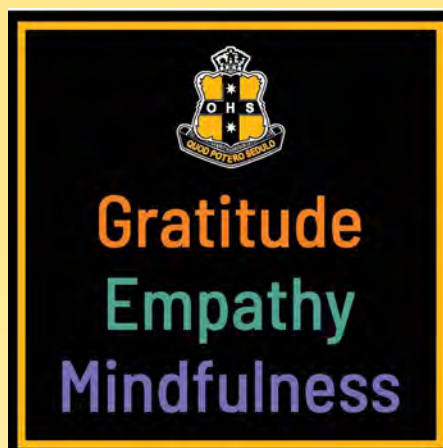
Throughout the term, students have continued to make the most of the wonderful programs that we have available to enhance student wellbeing. The ShedEd and Aspire programs run by OCTEC have been successful in engaging some of our Year 8 and 9 students with learning outside of the classroom. Nat, our awesome SSO, has been working with small groups of students to complete the Optimal Health Program, The Resilience Project, and Peer Mentoring, and she has big plans for further opportunities in the second half of the year. Our Hub Coordinator, Mrs Philpott, has worked with Year 12 students to manage their many commitments and refine their study skills as they undertake their HSC, and provides a welcoming environment in our Hub space for all students. Nat and Mrs Philpott are incredible supports for our students and we are so lucky to have them.

Each year group had the opportunity in Week 6 to come together for a year assembly run by their Year Advisors. These assemblies continue to provide the Wellbeing Team with a great platform from which to communicate important messages to their year groups and focus on issues most pertinent to their cohorts. The students were surprised to have a guest appearance from Martin who reminded us of the GEM principles. In the whole school assemblies throughout the term, we have pitted the year groups against each other in the great year group challenges, which have involved footy passing, guess the smile and juggling. Year 7, 11 and 12 have all had wins so far, and competition is heating up leading into Christmas in July (actually June) celebrations in Week 10.

May the best year win!

After a busy and fruitful Semester One, we are excited by the momentum created behind the promotion of positive wellbeing for our students. Students, parents and carers are encouraged to continue to reach out for support where necessary to ensure that all students are in the best position to learn at OHS. Stay tuned for much more in Semester Two!

Mrs Winslade and Miss Peasley.





# THE RESILIENCE PROJECT™

## PROJECT +

### Parents & Carers



## TRP@HOME

The notion of family in Aboriginal and Torres Strait Islander cultures is closely tied to themes of **connectedness and kinship**.

In this setting, family structures are pivotal to identity formation, understanding one's own spiritual and cultural belonging, and assists in establishing strong links with **community**. Ultimately, **family and kinship** are a cohesive force that bind Aboriginal people together.

Check out this [video](#) to find out more about the kinship system for Aboriginal and Torres Strait Islander people.

To facilitate more positive conversations as a family, the below questions have been developed to help families practise the GEM principles daily within conversation. They are a great way to build deeper connections as your family shares a meal either in the morning, afternoon or evening or at a time that works best.

Hear are some great **GEM CHAT** questions and ideas to get you started;

- Remember someone who has done something **kind** for you recently. What did they do for you? How did this make you feel?
- What is your perspective? Can you put yourself in **someone else's shoes and understand their point of view**?
- Who is someone you know who may be experiencing some difficulty currently? What could we do for them as a family?
- What is something **kind** you are going to do for someone today?

Head to [TRP@HOME](#) for a range of extra ideas, resources and activities that you can do to check-in and support the mental health of everyone in your home!



## WESTERN REGION DANCE FESTIVAL

Well that's a wrap on Western Regional Dance Festival for 2021

It was so exciting to be back on stage doing what we love. The students did an exceptional job at representing Orange High School and performed at an outstanding level.

Congratulations to Patrick Cooper, Asha Nicol, Isabella Webster, Kendyll Windate, Mia Howell, Milly Priest and Brianna Priest who auditioned and were accepted into the Western Regional Dance Ensemble. These students learnt a whole performance piece in two short rehearsals and did OHS proud on that stage!





# WESTERN REGION DANCE FESTIVAL

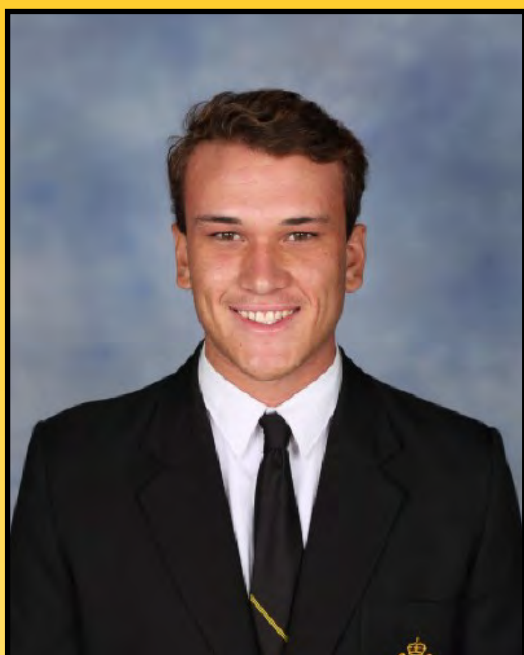




## WESTERN OPEN BOYS SOCCER

Year 12 student Jarryd Seib and Year 11 student Rangi Smith tried out for the Western Open Boys Tennis team on Monday 7th June in Orange. Jarryd was successful in making the team for the third time and Rangi made first reserve.

Jarryd and the team will travel to Wagga at the end of August to play in the State CHS Carnival with players from Bathurst, Mudgee, Parkes, Orange, Blayney and Eglington.



**JACK COLE**

How good is this kid!!! Jack Cole represented Western Region in the Opens NSW CHS League Trials last week in Wollongong and was selected in the NSW CHS RUGBY LEAGUE TEAM!

Congratulations Jack



**HARRY MCGREGOR**

Harry McGregor - selected in the U19 ACT/Country NSW Cricket Squad! The future of Harry is looking very bright!!

Congratulations Harry!







## CHS AFL

It has been many years since OHS has entered a representative AFL squad into the Combined School Competition, but things have changed. On Wednesday of Week 6, 23 dedicated and enthusiastic players boarded the bus to Bathurst to compete against Oberon High School. Despite some morning sprinkles, the game was played in perfect weather. Although many of these young athletes had never played a game of AFL before, their toughness, their teamwork and their natural sporting talent shone through. With Angus Cornish's and Luke Hinrichsen's running power and agility around the feet of Luka Smith in ruck, the forwards had great ball delivery from the mid-field. Darcy Harris slotted some goals early and by quarter time OHS had a 27-1 lead, keeping the opposition to a single behind.

Oberon soon found their feet in the second quarter and some hard-ball gets by Billy Bowden and Balian Williamson set the standard for the boys. OHS continued to kick away in the third quarter with Calum Duncan kicking some set shots, but more impressively, selflessly handing the ball off for goal assists. Down back, Lucian Jordan-Smith took some impressive marks across half back, holding the defensive line strong. The final quarter was hard fought with Finn Taylor putting his body on the line for the team and Noah Yates showing some impressive goal kicking skills on the run. The final score was 96-25, with OHS as the clear victor. The next battle for the boys will be against Dennison College who will test the team with their superior experience. An incredible show of sportsmanship was seen right across the day and a big thankyou to Mr Pearson for driving the bus.



## CHS NETBALL CHAMPIONSHIPS

Congratulations to these two netball superstars who have just finished representing Western at the CHS Netball Champs.

Poppy Keegan was named Western MVP and Georgia Cornish was named umpire of the tournament!



## EXPLORING EARLY CHILDHOOD

Thank you to Mrs Causer and 7 month old Beasley for visiting Mrs Lydens Year 12 Exploring Early Childhood class. Students were given an insight into the new role of motherhood as well as learning about how food and nutrition play an important role in various stages of development. Our students loved the opportunity and were engaged throughout the visit, they had questions prepared for Mrs Causer on topics raised in class, such as weening, breastfeeding and the general development of Beasley.

Following the visit, our students worked on their assessment task and prepared and created their masterpiece for their recipe booklet.







## 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

The Sports we play today, haven't always been what was played in previous years and often controversy stalks the sports changes and discussions. Our memory this week is from 'Trove', a newspaper article from 'The Orange Leader', Friday, May 31, 1935.....

### FOOTBALL ASTLEY CUP

Orange League's Query

The Orange Rugby League, in a letter to the Dubbo League, queried a point in competition for the Astley Cup, for which a triangular contest between the Orange, Bathurst and Dubbo High Schools is arranged each year.

Orange requested the Dubbo League to interview Mr Astley, the donor of the cup, to ascertain what code was to be used.

At a meeting of the Dubbo League during the week it was pointed out that the code of football was decided by the majority of towns competing. Both Dubbo and Bathurst had agreed to adopt Union in preference to League.

Mr F. K. Bernasconi (secretary of the Orange Rugby League), in an interview with the "Leader", said that the cup was donated for the express purpose of fostering League football in the schools. Although no course of action has been announced, it is understood that further investigations will be conducted by the Orange organisation.

Next meeting of the steering committee is Wednesday, 14th July, 5.30p.m. in the Music Centre.

Love to see you there!

Middo

## ENGLISH SUPPLIES

Students are required to bring the following items to their English lessons:

- 1 x A4 sized exercise book, **covered**
- 3 x blue pens
- 3 x black pens
- 3 x red pens
- 4 x highlighters
- 2 x lead pencils
- Coloured pencils
- 1 x ruler
- 1 x glue stick

Please ensure you are prepared for every lesson. A lot of students are forgetting to bring the basic essentials to each lesson and it has the potential to impede on their education.

If you need help with school supplies please let me know.

Thank you,

Ms Galiatsatos





# 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](mailto:admin@panairflighttraining.com)  
[www.panairflighttraining.com](http://www.panairflighttraining.com)



## 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**



**COST \$990**





## 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 14th July - 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](mailto: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



# 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**





# 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/](http://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/](http://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)





Charles Sturt  
University

# HSC Study Days

Join InspirationED's HSC experts for **free** study sessions at our Bathurst, Port Macquarie and Wagga Wagga campuses. Our HSC Study Days are for eligible Year 12 students and will run from Tuesday 29 June to Thursday 1 July 2021.

Boost your confidence and get prepped for your HSC exams in:

English Standard | English Advanced

Mathematics Standard | Mathematics Advanced

Chemistry

**Check your eligibility now**

→ [study.csu.edu.au/hsc-study-days](https://study.csu.edu.au/hsc-study-days)

CRICOS 00009E-M117



## Cadia Work Experience Program

Cadia is committed to providing work experience opportunities for students across the Central West designed to:

- provide exposure to the wide variety of career opportunities available within the Mining Industry
- ease the transition of students into the workplace; and
- contribute to the development of the skills of young Australians

### What options are available?

- Tertiary Education Experience, including:

Electrical Engineering, Environmental, Exploration Geology, Geotechnical Engineering, Human Resources, IT, Mechanical Engineering, Metallurgy, Mine Geology, Mining Automation, Mining Engineering, Process Control, Surveying & more!

- Trade Experience, including:

Our 'Try a Trade' Program aimed to provide students with an opportunity to try 5 trades in 5 days (Including: Electrical, Fitter/Welder, Diesel/HP Mechanic, Light Vehicle Mechanic & Auto Electrical) targeted for students still deciding which Trade which may interest them. Alternatively, students have the option to simply select one preferred Trade area.

### How to apply?

Click [HERE](#) or scan the QR code





**red rooster**

## Learn and Earn Now Hiring

Looking for  
Part Time/Casual  
Crew Members!

Days, Nights &Weekends

Must be 14 and ½  
Years old

Apply within Red Rooster Orange

## University of Wollongong Information Evening

**Monday 21 June 2021**

6PM  
Waratah Sports Club  
34 Telopea Way, Orange

This Information Evening is for all interested students, years 10 - 12 and parents who would like to know more about studying at UOW. You probably know what degree you're interested in, the ATAR you need - and we're more than happy to go through this with you - but we know that you'll need to know what your workload will be like, how much it will cost, how will you make friends etc. We know because we asked the exact same questions when we were in high school! We'll also talk about:

- UOW Early Admission
- Your ATAR and selection rank (and what it means)
- Important dates and key things to remember for UAC applications
- Our Scholarships
- The degrees and opportunities available for you at UOW
- Your options if you don't get the ATAR you need

UOW Staff will also be on hand to answer any and all of your questions.

REGISTER NOW: [UOW.EDU.AU/STUDY/EVENTS](http://UOW.EDU.AU/STUDY/EVENTS)



**School To Work**  
for Secondary Students  
with Disability

**resourcing  
inclusive  
communities**  
So talented people. So deserving.

## School to Work Workshop



- Rydges Mount Panorama, Bathurst - 22 June
- Cattleman's Country Motor Inn, Dubbo - 23 June
- Parkes Services and Citizens Club - 24 June

All workshops are 9.15am - 4pm



**Interactive and participatory  
full day workshop with parent  
guest speakers**

- Uncover student strengths and interests to use as a guide for potential work roles
- Identify conditions that help set up a student for success in work
- Identify community connections and contacts to approach for work
- Practical strategies and tips on working with other professionals or services
- Develop a positive pitch to get the job
- Explore what good employment support looks like and find the right people to support your student

Resourcing Inclusive Communities provides capacity building to support people with disability, so they can live meaningful lives as valued members of their communities.



**What is School To Work?**

School to Work aims to inspire and equip students with disability, through the support of families, to seek meaningful, paid employment in the community.



**Who is this workshop for?**

Parents, family members, educators and allies of students with disability at secondary school.



**Bookings essential**

[www.riic.org.au/events/](http://www.riic.org.au/events/)  
\$35 for students & families  
\$50 for professionals

Questions? Call us 1800 774 764 or email [info@riic.org.au](mailto:info@riic.org.au)

## GIRLS ONLY ORANGE COME & TRY DAY FREE

Orange are hosting a **FREE** Come & Try for girls aged 7 to 16 years.

The free session will give you a taste of all the different aspects of basketball in a safe and supportive learning environment.

**This program is to build our female participation. It is designed to get NEW females to come together, pick up a basketball, learn new skills and fall in love with the game.**

What to bring - Snack & a basketball if you have one

**Date:** 29th June 2021

**Time:** 9-12pm

**Location:** Cnr Seymour and Byng Streets

**Theme:** PINK

**Cost:** FREE

**Register:** [www.bnsn.com.au/i-am-a-girl-i-can-do-anything/](http://www.bnsn.com.au/i-am-a-girl-i-can-do-anything/)

**I AM A  
GIRL  
I CAN DO  
ANYTHING**







Joss Facility Management is a leading provider of cleaning services throughout regional NSW.

As a Joss Cleaner you will be required to provide a high quality of Cleaning Services to Governments Buildings, Public Schools and TAFE Colleges.

We are seeking motivated individuals to join our team in Permanent and Casual roles.

Key tasks and responsibilities:

- Carry out a wide range of cleaning tasks.
- Communicating with clients and staff
- Take pride in your work and have high attention to detail.
- Ability to work independently or as part of a team.
- Willingness to carry out what can sometimes be repetitive work.
- Professional and polite disposition.

Training and Uniforms will be provided, along with all of the equipment you require to complete your daily tasks.

Hours of work consist of either:

- Day shift Monday to Friday 11.00am – 3.00pm
- Early morning (5.00am - 9.00am) or afternoon (2.00-6.00pm) subject to change. Shifts are either day shift, morning or afternoon shift, or a combination of both.

**A Working with Children Check is required**

*"Aboriginal and/or Torres Strait Islander people are encouraged to apply"*



Sisters Rock P/L  
Trustee for Sisters Rock trading trust  
**Borrodell Vineyard**  
www.borrodell.com.au  
Ph: 02 6355 3423  
298 Lake Canobolas Rd  
E: info@borrodell.com.au  
ABN 76 355 002 155

## Interested in Hospitality ?

Sisters Rock restaurant is a busy vineyard restaurant. We are situated near Lake Canobolas on a vineyard near the Lake.

We have a busy and fun work environment and our team is growing. We are looking for an enthusiastic person to fill a vacancy at our restaurant.

Weekend work is available to work around school commitments and training will be provided for the successful applicant.

Award wages will be paid weekly.

Phone 0438 865 217 for more info - we would be happy to talk to you about the position.

Fiona



SEE SAW  
ORGANIC WINE

### Apprenticeship program with See Saw Wines

- Start 2022
- Two-year apprenticeship completing your Cert 3 in Agriculture in the first year and Cert 4 in Agriculture in the second year at TAFE.
- Daily activities will include vineyard work, livestock work and winery work.
- Competitive remuneration package.
- This a fantastic opportunity to learn the ropes of a mixed enterprise agricultural business with focus on future technologies and innovation, livestock grazing, systems and pasture management and the process of growing grapes to create wine.

#### About See Saw

We are a family-run business located in the Orange area. We have a total of three properties - two that are located towards Cargo and one property near Borenore all of which comprise of grape production and livestock management.

We are looking to hire a new apprentice for 2022 to join our growing team. It will be a two-year apprenticeship completing your Cert 3 and 4 in Agriculture at TAFE over those two years. If you have an interest in Agriculture and like the idea of learning about a variety of farming systems as well as how a farming business works then this is an ideal job for you. We also have a major focus on adopting new technologies into the business as well as promoting innovative thinking in the workplace. Over the two years, we will help shape you into a future of agriculture and help push you to understand how to better manage agricultural systems. We currently have a great mix of youthful male and female workers and once you have completed your apprenticeship there is a range of roles in the business you could go into.



# APPRENTICE CHEFS

## Orange Ex-Services' Club

is looking for energetic, service-oriented individuals with a passion for food and a willingness to learn?

Orange Ex-Services' Club, one of the region's leading hospitality providers, is now seeking Apprentice Chefs to join our team. As an Apprentice Chef, you will enjoy the benefits of being trained in all aspects of commercial cookery across multiple food outlets. You will gain valuable skills and knowledge from your on-job training while also undertaking theory and practical based studies in Certificate 3 Commercial Cookery.

### What do we provide?

- Full-Time position
- Exposure to a multi-faceted catering department and an expert team of Chefs
- All course and administration fees paid for Certificate 3 in Commercial Cookery
- Rostered and paid to attend TAFE
- Access to the OESC Employee Rewards Program All uniforms, tools and footwear

Multiple positions are available so whether you are a school leaver, mature age, or currently an apprentice looking for a change, **we would love to hear from you!**

### FOR MORE INFO OR TO APPLY...



david.carson@oesc.com.au



www.oesc.com.au/careers







## 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 - <b>SafeWork NSW</b> course
Operate Side by Side Utility Vehicles - <b>SafeWork NSW</b> course
SMART train 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@dpi.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

## James Sheahan Catholic High School

### Aboriginal Education Worker (readvertised)

12 July 2021 – 20 December 2022

- Temporary Position (18 months) – 60 hours per fortnight
- This is an identified position
- Further details including the selection criteria may be obtained on the school's website [www.jschs.catholic.edu.au](http://www.jschs.catholic.edu.au)
- A valid Working with Children Check is required for this position and must be provided at the time of application.
- Forward your applications, including the CEDB application form – Non-Teaching Positions (available from [www.bth.catholic.edu.au](http://www.bth.catholic.edu.au)), to [jschs@bth.catholic.edu.au](mailto:jschs@bth.catholic.edu.au)

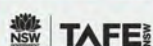
Applications close: Thursday 17 June 2021, 10.00am

*The Catholic Education: Diocese of Bathurst is an equal opportunity employer*

James Sheahan  
CATHOLIC HIGH SCHOOL ORANGE



## BE CONNECTED



BE deadly in a career that drives and challenges you



EDUCATION  
ADMINISTRATION  
SUPPORT  
OFFICER positions  
now available



BE WITH  
THE AMBITIOUS



There are over 38,000 Aboriginal and Torres Strait Islander students enrolled at TAFE NSW with access to programs like the Indigenous Police Recruitment Our Way Delivery (IPROWD).

Apply now:

EAS Talent Pool  
000088ZA

[AEA@tafensw.edu.au](mailto:AEA@tafensw.edu.au)

Through our Aboriginal Employment Strategy, TAFE NSW is also committed to doubling and diversifying Aboriginal employment through the entire organisation.

As an **Education Administration Support Officer**, you will be responsible for supporting a head teacher and their team of **world-class teachers**. Along with a range of **operational duties**, you will **regularly resolve student questions**, and assist TAFE NSW teachers and students.

