

ORANGE HIGH SCHOOL NEWSLETTER

23rd July 2021 -Term 3, Week 2

2022 SCHOOL CAPTAINS

Orange High School is beyond excited and proud to announce our 2022 School and Vice Captains. Captains - Ella Lamrock and Andreas Kuegler

Vice Captains - Hailey Prestwidge and Josh Sutherland.

All prefects spoke with absolute pride and clarity around what taking on these roles would mean to them, and their vision for the future. The support and camaraderie these students displayed was incredible to witness, and reflective of the quality of young adults they are.



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http://www.orange-h.schools.nsw.gov.au

Principal

Andrew Jones (Rel)

Deputy Principals

Kate Rogan (Rel) Pauline Frost (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,

Following an anxious and challenging time for the local community it is fantastic that the Blayney, Cabonne and Orange local government areas are now out of lockdown. I deliberately held off finalising a fortnightly newsletter at the end week 2 in the hope that we would be both out of lockdown and back to Level 2 Department of Education guidelines.

I would like to thank you all for your support of Orange High School and our staff over the past week. We have tried to maintain as much continuity of learning as possible. Our goal now is to get all students to school and focused on learning.

COVID – 19 Level 2 Guidelines

All students are expected to continue attending schools for face-to-face learning.

Orange High Schools has returned to the same restrictions that were in place before the stay-at-home order came into effect.

- Wearing a mask or face covering is no longer required for students and staff but it is still recommended, especially when indoors and when physical distancing is not possible.
- Non-essential visitors are restricted on school sites.
- Certain activities to be modified to be COVID safe.

Visit Advice for families outside of Greater Sydney for more information.

Please be assured that we continue to adopt a range of COVID safe practices to support the safety of both safe and students.

Parents and Carers who have concerns about the return of their child/ren to on-site face-to-face learning can contact the school to discuss further.

A reminder for all families

Students must not attend work or school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms must be sent home and not return to school unless:

- they have isolated for 10 days, when no medical certificate is available
- they have a negative COVID-19 test result and are symptom free.

In circumstances where children have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received.

Year 7-10 Parent / Teacher Interviews

It is incredibly disappointing that we are unable to have face to face Parent / Teacher interviews. The conversation above and beyond the school report is particularly important to us.

Over the next 3 weeks, I have asked teachers to make a 6 minute phone call to parents who have requested Parent / Teacher interviews. This is the same length of time that the face to face interviews would have been. We need to maintain this length of time given that staff have multiple calls to make. If you are unavailable at the time, the teacher will leave a message clearly stating their name and why they have called. You may then call back to speak to the teacher and if they are unavailable, please leave a message with the office staff for a call back.

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From the Principal

We have investigated several other options for this to take place virtually, however, the size of the school, the number of interviews and the technological logistics has meant that a phone call is the most appropriate means of communication at this time.

I appreciate your support with this process and hope that we can have parents back on school grounds in the future.

Attendance - Every Day Counts!

Understandably, there continues to be a level of uncertainty within the community, and accept that some students were unable to attend school recently due to various COVID-19 guidelines.

One of the constants that we can provide for our children is going to school each day and maintaining high levels of attendance. Therefore, please enforce with your children that they need to be at school every day!

Regular attendance helps students to:

- Develop a sense of belonging
- Develop and maintain friendships
- Be more engaged at school
- Progress with their learning
- Be more aware of career and life options.

Parents and carers can help foster positive attendance habits by:

- helping their child learn the importance of punctuality and routine
- ensuring their child arrives on time from the start of the school day, ready to participate in learning
- reducing disruption to learning where possible, by planning any necessary appointments outside of school time
- promptly communicating any absence to the school (within 7 days of the first day of any absence)
- working with the school to encourage and support regular attendance.

Have a fantastic fortnight out of lockdown.

Andrew Jones

Principal (rel)

Give your child every chance to succeed...

Every day counts!





ORANGE HIGH SCHOOL SHOW

We had another successful school show for 2021 and it was amazing to be back on stage and doing what we love. The show was a great opportunity for us to show case our extra-curricular and elective programs of Dance, Music and Drama. We would like to congratulate the student's on putting on such a successful production which reflects the hard work and energy they have all put in.

We would like the thank the PRISM parents and also our fabulous Music staff who were working behind the scenes.

Well done to all involved!



Rock Band - Year 7

Year 9/10 Dance Ensemble

Clarinet Ensemble



ORANGE HIGH SCHOOL SHOW



OHS Dance Company

Junior Stage Band

Senior Stage Band



ATTENDANCE

Welcome back to Term 3 and welcome to Week 3!

Thank you all again for your continued support ensuring your children are at school as often as possible.

The staff at Orange High are looking forward to seeing all of our students back in our classrooms and we are eager to help your children reach their full potential.

As we settle into Semester 2 I would like to review how to justify a child's absence.

If your child is absent please do one of the following as soon as possible:

1. Enter your child's leave through the Parent Portal.

2. Ring the school and speak to one of our lovely office staff.

3. On their next day back at school, send a written note, signed and dated by you, with your child to the middle office.

If students are away for a few days in a row or for many separate days over the term, please support their leave with a medical certificate. This is a Department policy, as all absences should be justified within 7 days of the initial absence.

We have an excellent Wellbeing Team here at school, so if your child is struggling a little, please make contact with your child's Year Advisor. So we can better support your child's return to school.

If you are not set up on the Parent Portal and would like to be, contact the school and our office staff can organise this for you.

Attendance matters - staff, families and students working together for the whole child.

Thank you Mr Routh (Head Teacher Student Engagement)













education.nsw.gov.au



ASTLEY CUP 100 YEARS

Our memories this week come from Michelle Barrett, OHS student 1977-1982, teacher & DP, currently Principal of Molong Central School...

I started at Orange High in 1977 and remember how difficult it was to make the open girls hockey team at the time which was coached by Mr Gray. We used to run up and down the slope between the two ovals continuously until some of us would vomit. Unfortunately I didn't make the team until I was in Year 8. I remember an amazing player at the time. Her name was Trudy Nunn and I was in awe of the way she played the game. I also remember making the athletics team in 1977 and represented in the 400m, High Jump and Long Jump. It was a big deal to be in the Astley cup team when you were a junior so it was very exciting. David Russell, who sadly has recently passed, was so committed to his athletics, he would train a group of the younger people each afternoon after school. I remember him selling me my first set of spikes at Bob Russell's Sports Store back in the day, a beautiful pair of leather Adidas, I was so proud of them. We would get the high jump gear out most afternoons and stay for hours. It was an amazing feeling competing with so many people watching the athletics events, you really wanted to do well. When you gained a place you would work out how many points you contributed to the teams tally. When I drive past the OHS field and the Bathurst Sportsground the memories flood back. For my entire 6 years at OHS we were successful at winning the Astley Cup. I loved this part of my schooling and was fortunate to relive it as a teacher and through the eyes of my two children.

Next meeting of the steering committee is Wednesday, 11th August, 5.30p.m. in the Music Centre.

Love to see you there!

Middo

THE RESILIENCE PROJECT

Listen to The Imperfects Podcast teaming up with one of Australia's most successful comedians, Ryan Shelton, and his very talented brother Josh van Cuylenburg, Hugh has put together a podcast which is all about how perfectly imperfect we all are. Constantly comparing ourselves to others can not only be exhausting, but extremely harmful. However, when we share our struggles, we start to realise that everyone, no matter how successful, has something they are battling with. In this podcast Hugh will be chatting to a variety of interesting people who will be bravely sharing their struggles and imperfections. Ryan will then join him to discuss some valuable take-aways we can all apply to our own imperfect lives.

<u>CLICK HERE</u> to listen directly to The Imperfects or find out what platforms you can stream through for your next walk, run, ride or road trip with friends or family!

THE

the imperfects

RESILIENCE PROJECT...

Hosted by Hugh van Cuylenburg & Ryan Shelton



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 11th August - 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.



10 TIPS FOR MANAGING ANXIETY DURING COVID-19

Feeling anxious in certain situations can help us avoid danger, it's how we've evolved to keep ourselves safe. Even if you are not typically an anxious person, it's common to feel some anxiety during periods of change or uncertainty.

If you're feeling anxious or worried during this time, you're not alone. Anxiety is normal, and in some cases it can be helpful. For example, research during past pandemics show that people who worry are more likely to do the things that help to keep the virus at bay, like frequent handwashing.

However, sometimes anxiety can be unhelpful. Here are some practical ways that you can keep feelings of anxiety at bay if you are starting to feel overwhelmed.

1. Channel your anxious energy into action: get informed, plan, and prepare

We often feel anxious when events feel out of our control, and when we think we don't have the capacity, skills or ability to cope. Anxiety tricks us into thinking about the worst-case scenarios in vivid and frightening detail.

Instead of worrying, try your best to focus on what's under your control. Equip yourself with the facts about COVID-19 from trusted sources. Follow government advice and make a plan about what you and your family will do if you need to be in isolation, or quarantine.

2. Limit or avoid unhelpful media and misinformation

Being exposed to constant, alarming, anxiety-inducing stories convinces us that there is something to panic about, and further perpetuates myths, rumours, misinformation, uncertainty and anxiety. The more we read and hear about it, the more frightening it becomes, and the less chance we have to distract ourselves and do things that can take our minds off it.

Although it might be tempting to keep informed, or difficult to escape, limiting your exposure to media, news, and social media about coronavirus will help quell the panic.

3. Cut down or stop the behaviours that are fuelling your anxiety

There are certain actions, when performed frequently, that can fuel anxiety about health, and germ-phobia. Focusing too much on bodily symptoms, and relying on "Dr Google", can consume one with anxious thoughts and panic.

Being aware of these behaviours, understanding how they're making you feel, and replacing them with more helpful coping strategies can alleviate disproportionate feelings of anxiety.

4. Stay focused on the here and now, taking each day step by step

Try to focus on the here and now- not the past and not the future. Live in the moment and take one day at a time.

5. Be aware of negative thoughts and don't give them too much power

Just because we're thinking something, doesn't always mean it's true. When you notice yourself worrying a lot, take a step back, and try to let worries pass by without focussing on them too much.



10 TIPS FOR MANAGING ANXIETY DURING COVID-19

6. Look after your body

Get enough sleep, exercise, eat well, avoid smoking, excessive alcohol and drugs. This will help protect your mental health and immune system.

7. Stay connected with others

It can make a huge difference when we share our worries with others, and connect with other people who are supportive. Try to stay connected to supportive people in your life so you feel less isolated and lonely. You might need try new ways of connecting that you haven't before.

8. Help other people, be kind, and compassionate

When we help other people, it can also make us feel better. We are all in this together so let's try our best to be kind and compassionate to each other.

9. Take a breath

When you feel overwhelmed take a few slow, deep breaths to help you calm down. If there are other things that help you relax (e.g., a walk or listening to music) you could try these too.

10. If you're feeling like you're not coping, get professional advice

It's ok to ask for help. If you're feeling overwhelmed by anxiety, seek professional support. Psychological therapies can be done online, or remotely via phone or videoconferencing, and are an excellent option if you're in self-isolation, or worried about going to a clinic.

Importantly, be assured that for most people, the anxiety will be temporary, and will reduce over time, especially once the virus has been contained.

Counselling (24/7)

If you need support call one of the following numbers Lifeline Australia | 13 11 14 Lifeline New Zealand | 0800 543 354 Kids Helpline | 1800 55 1800 MensLine Australia | 1300 78 99 78 Suicide Call Back Service | 1300 659 467





AUSTRALIAN MATHS COMPETITION

The AMC is an engaging 30-problem competition that demonstrates the importance and relevance of mathematics in students' everyday lives; it is open to students in years 3 to 12. Australia's leading educators and academics, with a deep understanding of our national curriculum standards, actively design the unique AMC problems each year.

This year, a large majority of OHS students from years 7 to 10 have elected to participate in the Australian Maths Competition.

When: Wednesday 4th August

Time: Periods 3-4

Location: OHS PAC

Good Luck to those participating!





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 III). 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 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.

A Comparison of the second sec					
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	S & TREATS				
2288P	Pack of 6 Lamingtons		\$8		
H2511	Pack of 18 ANZAC Biscuit		\$8		
H2512	Pack of 18 Choc Chip Cookie		\$8		



MENTAL HEALTH FOUNDATION AUSTRALIA

Mental Health Foundation Australia (MHFA) runs free, non - judgmental peer to peer mental health support groups.

Support Group is a place where you have the opportunity to listen, share, express feelings, talk about struggles and learn strategies for dealing with day to day life. Support groups supplement the help you may already be receiving. Mental Health Foundation Australia's Support Groups focus on the goal of bringing people together who need help and reassurance.

** Due to current Victorian government social distancing restrictions, Support Groups will be held virtually via zoom until further notice. Please register to receive updates and the zoom links to each meeting. **

Hearing Voices Support Group	Bipolar Carer's Support Group	
Every 4th Monday of the Month	Every 1st Thursday of the Month	
Date: 28/06/2021	Date: 01/07/2021	
Time: 6:30 - 8:00pm AEST	Time: 7:00 - 8:30pm AEST	
Where: Online (Zoom)	Where: Online (Zoom)	

Multicultural Support Group -Pakistani Women

Gender Identity Support Group

Every 1st Tuesday of the Month

www.mhfa.org.au

Date: 06/07/2021

Time: 6:00 - 7:30pm AEST

Where: Online (Zoom)

Every 1st Monday of the Month

Date: 05/07/2021

Time: 11:00 - 12:30pm AEST

Where: Online (Zoom)

How to join a support group?



1. Pick your Support Group





3. Meet your peers

1300 643 287

supportgroup@mhfa.org.au

2. Register online for free

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/





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.

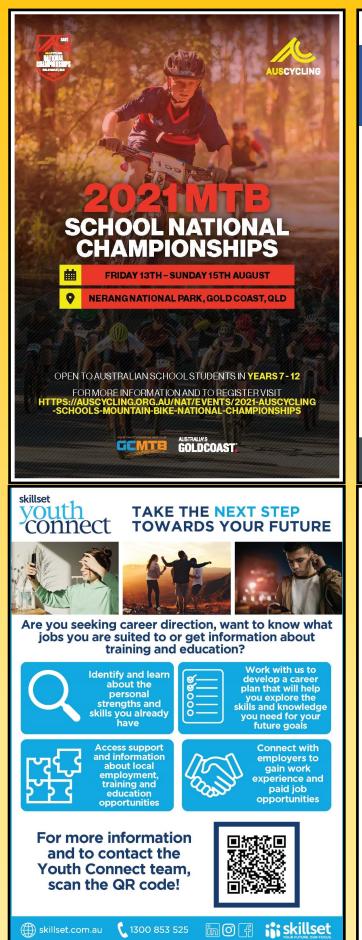
**Students must be able to reach aircraft controls.

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

https://www.panairflighttraining.com/schoolholidayprogram







Recruitment | Skills Development & Mentoring Programs | Apprentices & Trainees

Department of Primary Industries



You will undertake training in the operation of heavy machinery, skid steers and chippers, and obtain your truck licence.

You must have a current drivers licence (not L's) and a Construction White Card.

Our clients enjoy and value the care and attention they receive from us. Your manner and presentation will enable you to easily maintain this care.

If you are fit and motivated, have a strong work ethic, work well in a team environment and would like to become a valued member of our team please forward a copy of your resume to Hayden at info@treecraft.com.au

Visit our website www.treecraft.com.au

National Police Check Certificate is required and can be obtained on-line. Our Clientele consist of Residential, Age care properties, Body corporate, Commercial, and Government propertie

Work Eligibility: Permitted to work permanently with no restriction on hours (e.g. citizen, permanent