



ORANGE HIGH SCHOOL NEWSLETTER

19th November 2021 - Term 4, Week 7

2022 PREFECT TEAM

On Thursday 18th November Orange High School was incredibly proud to formally recognise our 2022 prefect team in front of their peers and teachers.

Ms Anderson spoke to all of Yr 11 about the role of being a leader in our school community as a senior student, and acknowledged the bravery and resolve of those students who put themselves forward into a formal leadership role.

We are incredibly blessed to have so many wonderful young people at our school, and these 14 badged leaders exemplify the quality of both students and leaders we have the privilege to work alongside every day.

We wish them the very best in their roles over the coming months as they strive to continue to make Orange High School the very best it can be.



Woodward Street, PO Box 654, Orange NSW 2800

P(02) 63623444 F(02) 63613616

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

Principal

Kristie Anderson (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 caregivers

The term continues to march on at a rapid pace. It is hard to believe, with so many exciting things happening that the term is in its last half. Some notable mentions include:

Our Year 12 students have been outstanding in their management of COVID safe examinations. The general consensus so far is that most exams have been fair to challenging and that every student has given it their best. I know our Year 12 students and their families will be relieved once this phase of learning comes to an end and students can take some time out to consider what comes next. Please keep an eye out for Graduation information in your emails.

Year 11 have engaged with a range of activities and presentation as part of 'Life Ready' this week. It was an honour to include our prefect badging ceremony as part of this event. All senior students are leaders at Orange High School as our younger students look to them for guidance and modelled behaviour. Our expectations of their behaviour and learning are extremely high and the vast majority never let us down. This current group of prefects are exceptional. It was a pleasure to be part of their badging ceremony and then to join them for a celebratory dinner on Thursday night at The Ophir.

I was also very proud that a Year 8 team from OHS has successfully progressed to the finals of the 2021 Game Changer Challenge. The GCC is a design thinking challenge open to all public school across the state and centres on exploring solutions for real-world problems. The students are doing their final pitch on the 15th and 16th of December. This year the challenge is being undertaken completely virtually, so that the competition remains in line with current COVID restrictions. We wish them all the best!

I have also encountered business entrepreneurs, dedicated sports people, articulate writers and composers, keen information analysts, insightful mathematicians, budding producers, creative minds and bodies, and most prominently this fortnight, a warm and friendly student body who speak passionately about their school and their learning.

On a much different note, I would like to take the chance to farewell Mrs Kate Rogan. Kate leaves us to pursue her bright career up north to Melville High School. Throughout her time here Kate has brought a passion for teaching, unwavering enthusiasm for her curriculum area of Science, a fair and caring approach to her work as a DP and a kind, generous and inspiring sense of collegiality. The community of Melville High School will be all the better for her intelligence, strategic thinking and commitment to kids. We will miss you enormously and wish all the very best.

I would lastly like to thank the teaching and non-teaching staff. This semester has been one of the most professionally challenging we are likely to encounter in our careers. Everyone has been working with dedication to rebuild important relationships with our students. They have thought imaginatively about creating engaging lessons that recapture curiosity and work ethic in our students. They have been committed to maintaining a positive learning culture that includes every person that makes up the Orange High School family.

Stay safe and healthy,

Kristie Anderson

Principal (relieving)





Australian Government



We are holding a Pfizer vaccination clinic for Orange High School students

Let's work **together** to keep each other safe!

Dose 1 - 16th November 2021

Dose 2 - 7th December 2021

Consent forms can be collected from the Student HUB
All signed consent forms **MUST** be returned to the HUB
prior to your first vaccination.

To keep up to date with the
latest progress, and to ensure
your information is reliable, visit
health.gov.au/covid19-vaccines

COVID-19
 **VACCINATION**





ATTENDANCE

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

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

As we settle into Term 4 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)



**EVERYDAY
COUNTS**



NSW Department of Education

Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Build friendships



Develop life skills

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**

= 4 weeks **= Over 1 year missed**

1 day per **week**

= 8 weeks **= Over 2.5 years missed**

YEAR 10 CHILD STUDIES

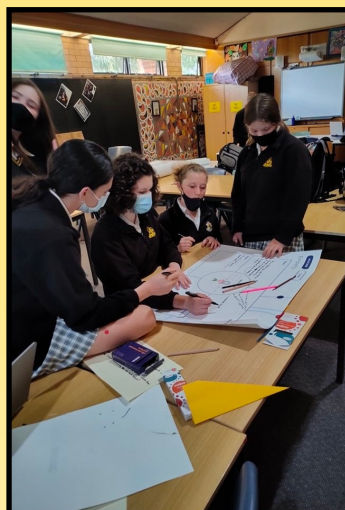
Year 10 Child Studies participated in a basket weaving workshop with Mary and Talara Croaker as part of the Children and Culture unit. The girls started on some beautiful pieces that will be made into a framed art work.





GAME CHANGER CHALLENGE

Two groups of Year 8 students recently competed in the Virtual Heats of the 2021 Game Changer Challenge. Josh, Harry, Patrick, Emmanuel, and Sam (team [Loading...]) and Daphne, Amy, Milly, Abbie, and Jane (team DAMAJ) tackled the wicked problem "We have infinite needs but only finite resources". Over the day they completed many activities relating to the problem, showing great skill in working together to solve it. The boys' team was successful in their pitch of a design for a washing machine that sustainably uses water to help communities that are affected by drought. They have progressed from the virtual heats to the finals, where they will be one of eight high school teams competing to be the ultimate design champions. Good luck team [Loading...]!



THE
GAME
CHANGER
CHALLENGE



STUDENT ENGAGEMENT HUB

Mr Routh & Jordon are working hard up in the Students Engagement Hub kicking off the festivities with students assisting the decorations of our Christmas Tree. We are looking forward to the healthy competition with our Orange High family ensuring we spread cheer for all to hear!



U17S NSW CHAMPION

Ben Anderson U17s NSW CHAMPION at AusCycling Junior Road State Championships after winning gold in both the road race and time trial!

Congratulations Ben, what an achievement!



JUNIOR SPORTS PERSON

Congratulations to our very own Jazzy Kind who has been awarded as the Junior Sports Person (female) of the year in our community NAIDOC Awards. She has been very active this year, playing rep netball, league tag, league and touch.

Well done on this achievement Jazz!



NSW ALL SCHOOLS CHAMPIONSHIPS

We're very excited to announce that we have now opened registrations for the 2021 NSW All Schools Championships.

The dates are **Thursday, 9th December until Sunday, 12th December, 2021** to be hosted by Athletics NSW at the Sydney Olympic Park Athletic Centre.

This event is open to all high school students in New South Wales - no qualification standards are required to enter.

We have also released a DRAFT timetable of events (subject to minor change) to give all students/parents/teachers an idea of when each event will be held over the four days of athletics.

This year's Championships will be delivered in a COVID-safe environment, at the Sydney Olympic Park Athletic Centre. We are currently working on providing our network with more information - Including ticketing information, our merchandise collection for the event, and much more.



We have also opened this year's Sydney School Nitro Challenge - the perfect "warm-up" event before this year's NSW All Schools Championships, with **a fun** & welcoming team-based athletics event, to be held at Sydney Olympic Park Athletic Centre, on Saturday, 6th November, 2021.

This event is open to all high school students in New South Wales - **no qualification standards are required to enter.**



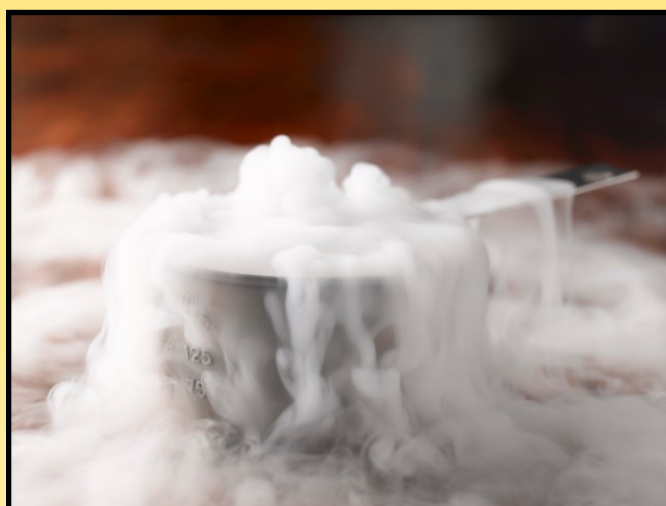
YEAR 9 SCIENCE

Year 9 were reviewing the scientific method by conducting investigations using dry ice.

We took some different sized film canisters out to the staircase to test which length of canister would cause the lid of the canister to travel the highest as the pressure from the dry ice sublimating built up inside the container. They discovered that the pressure built up quicker in the smaller container, causing the lid to burst off quicker and travel significantly higher.



DRY ICE



PEER MENTORING

Our Year 9 students participated in Peer Support mentoring with our wonderful Student Support Officer Nat Cumberland.

Their group challenge was rolling over the tarp without touching the floor with their hands. Fun was had by all students throughout this team building activity.





ASTLEY CUP 100 YEARS

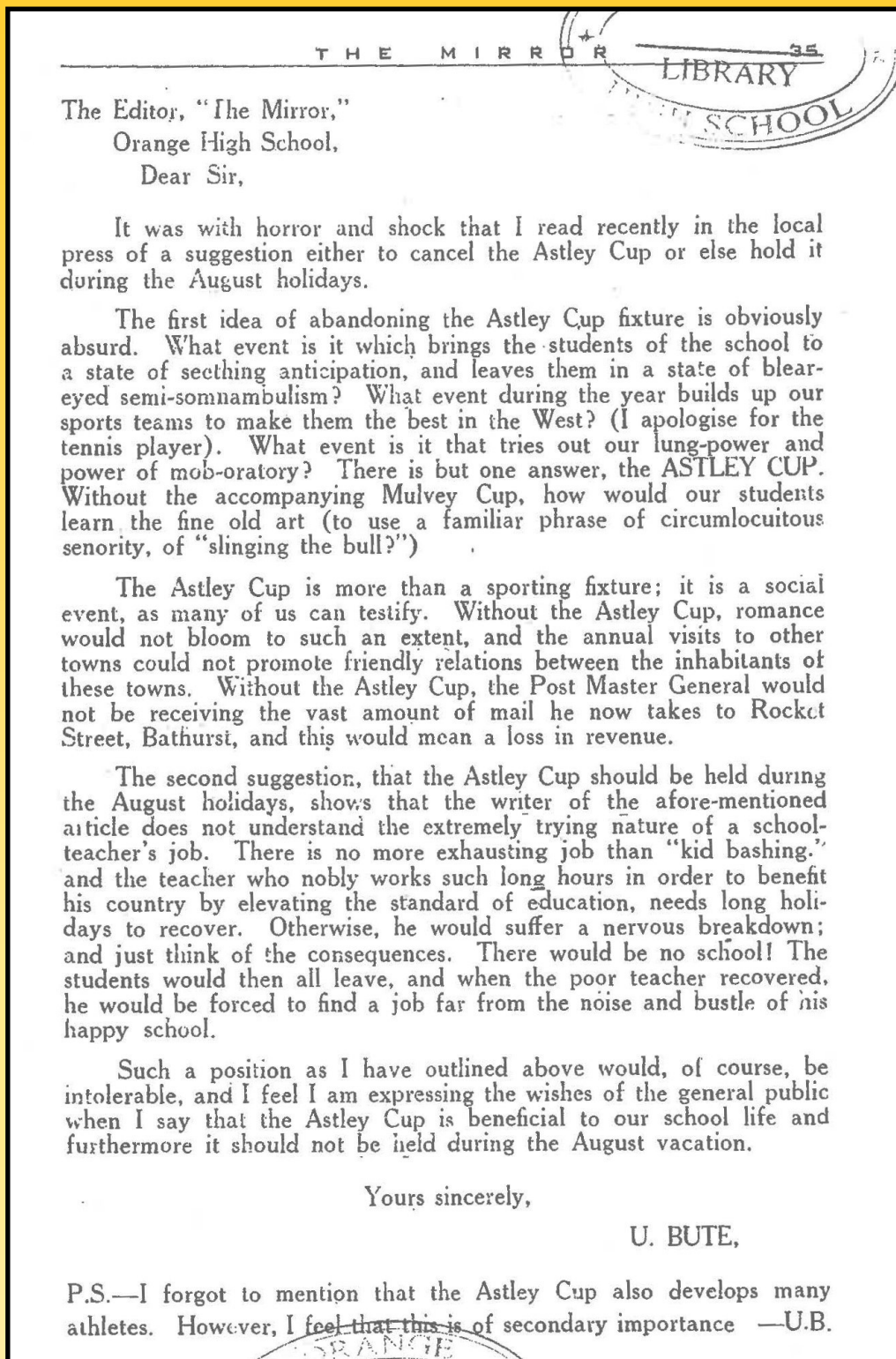
Controversy has been no stranger to Astley Cup over its 98 years. Some minor, some major.

This week's archive is a "response" to one such controversial issue. Mind you, it is a light-hearted, "tongue-in-cheek" reply to proposals that were obviously "way out there"....

We welcome your stories, recollection, photos and memorabilia.

Next meeting of the steering committee will be in 2022.

Middo





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 February 2022
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.



YEAR 9 BUSINESS STUDIES

The Developing and Running Your Own Business students have been hard at work getting products and services ready to sell to the public. COVID has unfortunately disrupted our plans this year, and we can not attend markets at the moment to sell our goods.

Attached are some of the brilliant businesses- if you are interested in any of them, please contact the students via their websites/ social media pages or through Miss Hope at Orange High School.



Made @ Borenore

Hand-Made Gifts



Hand-embroidered Christmas Tag



Reindeer Christmas Tag



Privacy Purses

MY BUSINESS AND ITS JOURNEY

Made @ Borenore is a small business located here in the central western region of NSW, owned and operated by a 15 year old student undertaking a business course at school. All products produced are made from repurposed materials sourced locally, and are re-usable, making them 100% eco-friendly. Here at Made @ Borenore we produce a variety of products, most of which are one time exclusive offers, meaning that any potential customer should get in quick.

Business Concept

The business concept was tampered with on various occasions although as time passed the ideas evolved to create a variety of products that will suit our customers using both convenience and style. The products that we produce now will make great gifts for teenagers and young women for all celebrations for years to come. My business aims to expand in the future with a larger product range. If you have any questions or requests please contact via the Instagram.

THE NEW CHRISTMAS COLLECTION IS OUT NOW, LIVE ON OUR WEBSITE. Made @ Borenore has some great christmas offers, our stock will be limited but new releases will be let out every few days!

Ravenswood Succulents

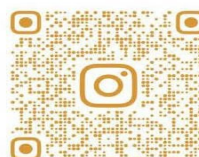
Tullie white



Socials

Instagram: Ravenswood_succulents2

Facebook:
Ravenswood succulent
Tullie



RAVENSWOOD_SUCCULENTS2

THEMED GIFT (Pegs) BOXES **PEGS GIFT BOXES**

Makes gift giving easy while still being beautiful

Email: pegsgiftboxes@gmail.com
Instagram: [pegsgiftboxes](https://www.instagram.com/pegsgiftboxes)

Orange, NSW, Australia 2800

\$8 CAKE N JAR

Now available

We've been hard at work setting up our at-home shop. Now, you can safely and easily order our ready-to-eat and cook-at-home microwave cakes.





A WARM HUG
PACKAGE OF LOVE



PACKAGE OF LOVE



The idea for a Warm Hug came to me after my mum's best friend visited and explained how devastated she felt that she was unable to visit her mother in a nursing home due to travel restrictions as a result of COVID 19. The feeling of isolation that seniors must be experiencing was heartbreaking.

It is important to note that the concept of a warm hug is not riding on the back of COVID 19, in fact it is sustainable as after further investigation with health and aged care workers I found that a lot of seniors already experience loneliness due to family members having excessively busy lives.

The idea of this gift is to simulate a hug when we can't be there to give one.



INSTAGRAM
a.warm.hug

The idea of this gift is to simulate a hug when we can't be there to give one



A WARM HUG
PACKAGE OF LOVE

jack herbert
bike repairs



bike services.
bike services are 54\$
half the price of competitors!



open during the school day
we are open for service from 8:00 till 4:00



free bike cleans
we will clean your bike free and give a deep clean for 14.99\$



bike repairs
we do repairs in case you have a problem!



location
we are located on the corner of Woodward st and coronation dr at Orange High School
convenient!



10% off!
we pay for 10% of any part replacement





M AND S SOAPS & SCRUBS

QUALITY SOAPS AND SCRUBS

Instagram:m.s.soapsscrubs
Email:m.s.soapsscrubs@gmail.com





LOCALLY MADE IN ORANGE, NSW, 2800



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

Orange High School

*Honour the past,
create the future*

UNIFORM

The wearing of school uniform is a condition of enrolment at Orange High School. We feel that appropriate school uniform is a means of fostering school pride. If you are out of uniform for any reason, you must have a note from home to explain why. This note should be presented to the Deputy Principal before school. The school can assist any student who has difficulty obtaining uniform.

	Junior Boys Uniform	Junior Girls Uniform
Summer	Regulation grey shorts	Knee length black & white check skirt OR black & white check skort
Winter	Long grey trousers	Black, tailored slacks
Shirt	White with collar & school crest	White with collar & school crest
Junior Jumper	Black with gold bands	Black with gold bands
Polar Fleece	Black with school crest	Black with school crest
Coat	Black OHS anorak with school crest	Black OHS anorak with school crest
Junior Tie	Black with gold stripes (Compulsory Terms 2 & 3)	Black with gold stripes (Compulsory Terms 2 & 3)
Socks	White, black or grey ankle	White ankle
Shoes	Black leather lace up	Black leather lace up
Hat	Black bucket style with school crest	Black bucket style with school crest

	Senior Boys Uniform	Senior Girls Uniform
Summer	Regulation grey shorts	Knee length black pleated skirt
Winter	Tailored long black trousers	Long ankle length pleated skirt
Shirt	White with collar	White 'Peter Pan' collar
Senior Jumper	Black with gold school crest	Black with gold school crest
Polar Fleece	Black with school crest	Black with school crest
Coat	Black OHS anorak with school crest	Black OHS anorak with school crest
Senior Blazer (Optional)	Black with gold school crest on pocket	Black with gold school crest on pocket
Senior Tie	Black with school crest	Black with school crest
Socks	Black socks (with black trousers)	White ankle socks or black stockings
Shoes	Black leather lace up	Black leather lace up
Hat	Black bucket style with school crest	Black bucket style with school crest

	Sports Uniform – Boys and Girls
Shirt	Black and gold polo with collar and OHS embroidered crest
Shorts	Black, drawstring waist
Pants	Black tracksuit pants
Shoes	Joggers
Jumper	Regular school jumper

Full Winter Uniform



Full Summer Uniform



Sports Uniform



School uniforms can be purchased from:

Orange Clothing Co.

4 McNamara Street
Orange NSW 2800
6362 8572

Kingfisher School Gear

151 Summer Street
Orange NSW 2800
6361 2252

Lowes

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



BASAIR
AVIATION COLLEGE

OPEN DAY 2021
SATURDAY
20/11

BANKSTOWN AIRPORT

SESSION #1: 9:30 AM - 12:30 PM
SESSION #2: 1:00 PM - 4:00 PM

REGISTER YOUR SESSION NOW

RISE ABOVE
BECOME SOMETHING MORE

#AIMHIGH

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 cigs, 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.cancer council.com.au/cancer-prevention/smoking/quitting-smoking/

More information on e-cigarettes can be found here:

www.cancer council.com.au/cancer-prevention/smoking/electronic-cigarettes/



WAS
WISHARTS
AUTOMOTIVE SERVICES

WE ARE HIRING A APPRENTICE

WE ARE CALLING ALL POTENTIAL ORANGE HIGH SCHOOL STUDENTS INTERESTED IN STARTING A MECHANIC APPRENTICESHIP IN 2022

IF THIS IS A FIELD YOUR INTERESTED IN WE ARE CURRENTLY GIVING THE OPPORTUNITY FOR STUDENTS TO DO WORK EXPERIENCE AT OUR WORKSHOP. IF YOU WANT TO JOIN A THREE GENERATION FAMILY OWNED BUSINESS TEAM AND LEARN NEW CAR AUTOMOTIVE SKILLS OR WANTING TO DO WORK EXPERIENCE? CALL US TODAY

PHONE: 02 6362 8737

ADDRESS: 27 KENNA STREET, ORANGE

EMAIL: OFFICE@WISHARTSAUTO.COM.AU



Webinar for Parents

of 12-18 year olds

Learn simple strategies to reduce anxiety and build resilience in your teens.

In 2020, The Australian Productivity Commission Inquiry into mental health reported that teenage anxiety was worsening. It recommended that steps should be taken to remedy young people's anxious behaviour early-on in its development. In fact, in young people with mild- to moderate-level anxiety, parent-led interventions have been found to be as effective as treatment by a psychologist where parents are trained to deliver a parent-led treatment across time. The mainstay for the effective treatment of teenage anxiety is cognitive behavioural therapy.



Tickets on sale
\$99 per person

Presented by Michael Hawton, MAPS. Held over 3 interactive webinar sessions:
Thursdays 25th November, 2nd & 9th December 2021 from 6.30-8.45 PM AEDT

Over 3 sessions, you will learn to:

- Identify and combat your teen's anxious behaviours.
- Learn simple strategies to reduce anxiety.
- Build resilience in your teen for greater social and academic success.
- Improve your parenting confidence and family bonds.

This course includes an anxiety screening test - all parents will need to complete two short surveys prior to the course.

Register early to receive a free copy of Michael Hawton's book Engaging Adolescents.

www.parentshop.com.au/parents/resilience-in-our-teens-parents

Recommended by child & family specialists

www.parentshop.com.au/parents/resilience-in-our-teens-for-parents

Apply for a \$1000 Youth Development Scholarship

2022 Youth Development Scholarship applications open 18 October

www.dcj.nsw.gov.au/scholarships



Variety ACTIVATE INCLUSION SPORTS DAYS

A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!



FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES

Friday, 11th February 2022
10:00am - 1:00pm
Orange PCYC

2-10 Seymour St,
Orange, 2800

Limited places available.
To register attendance [CLICK HERE](#)

Hosted by:



Delivered by:



Contact:

Kristy Rohrer
+61 2 8736 1223
aisd@sports.org.au



VARIETY ACTIVATE INCLUSION SPORTS DAYS

Enabling kids to be more active, more often!

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers



BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

Benefits of attending the day include:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement



Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential support to kids who are sick, disadvantaged or have special needs.

Disability Sports Australia aims to get more Australian's with a disability sport active, more often while working nationally to support sport and active recreation participation.

Sport NSW creating healthier people, connecting communities and making a stronger NSW



www.variety.org.au



www.sports.org.au



www.sport.nsw.gov.au