



ORANGE HIGH SCHOOL NEWSLETTER

6th August 2021 -Term 3, Week 4

ATTENDANCE

Yesterday I placed a large number of students names into a hat who have improved their attendance this week compared to last week. From the hat 20 names were drawn out. All 20 students were sent a mystery letter after lunch asking them to attend an event on the following day. A map to the location was provided. Today students arrived to the secret location where they were congratulated on Improving their attendance and enjoyed some free pizza. Thank you to all of our families for your continued support. More events are planned in the near future to continue the positive conversation about attendance.

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

Thank you Mr Routh HT Student Engagement



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)

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,

As we reach the middle of Term 3, I thank you for ensuring that your children have returned to school and into a positive learning routine. Attendance has improved since the Orange Local Government Area lockdown; however, we would still like to see improvement in our attendance. As we learnt after a lockdown last year, it does take some time for students settle back into school and we are working hard to support your children to continue to be safe, respectful and supported learners.

The past two weeks have certainly been cold and wet. Please encourage your children to dress appropriate for the conditions and if we can support families to ensure that they are warm and in full school uniform, please let us know. We still have a number of students who are not in full winter uniform and we appreciate your support to ensure that every student is following our uniform guidelines. These are outlined in this newsletter and on our website.

We still have a range of COVID-19 guidelines which have impacted several proposed excursions, events, and the ability for parents to access school grounds. We continue on Level 2 Guidelines <https://education.nsw.gov.au/covid-19/advice-for-families> and that is expected to continue for some time. I will continue to update families of any changes to these guidelines and be creative with how we can provide information for parents about school-based events and activities. We are still hopeful that we might be able to have Year 12 parents on school grounds for the Year 12 Farewell Assembly in week 10, however, if this is not possible, we will ensure that the event is live streamed.

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

Quod Potero Sedula - 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

I would like to wish our Year 12 students the best of luck in their Trial Examinations that will take place during weeks 5 and 6.

Have a great fortnight.

Andrew Jones

Principal (rel)



INTENSIVE LEARNING SUPPORT PROGRAM

In 2021, through the COVID intensive learning support program (ILSP), schools have been provided with funding to employ additional educators who can deliver small group tuition for students and additional support in literacy and numeracy.

Here at Orange High School, we have introduced the Year 12 small-group tutorial program with our teaching staff and developed a Year 8 Program, employing Mr Keith Peasley and Mrs Theresa Armstrong to work with our year 8 students. In Semester 1, students were withdrawn from classes to participate in small group lessons. In Semester 2, we are using a mixed model where Mr Peasley and Mrs Armstrong are supporting our teachers in some classes working with students and also continue to withdraw students weekly.

Mr Peasley, who is focusing on literacy, has shared some observations about his experiences so far. He has shared that our students are uniformly motivated, focussed and well mannered and the group setting takes away the egos. They support and encourage each other. The structure of the sessions encourages goal-setting, deep thought, and clear definition of expectations and everyone is relaxed due to there being no distractions or surprises. Real improvement does happen, often quite quickly. The literacy routines from K-6 still work in Secondary settings. ILSP Literacy allows the kids to revisit the terminology of language such as pronouns, adjectives, types and allows the students to approach their classwork more confidently and strategically. The literacy program builds on the exceptional and varied classroom practice of the English faculty. He noted that - I smile a lot every day I work in this program.

Mrs Armstrong is focusing on numeracy skills and has shared three things that have stood out to her.

First, the overwhelming response from the students; every student that has participated in the program says they have learned so much and found the tutoring helpful. Second, the students are so receptive to the program that I get positive comments about how students are more inquisitive in other areas of learning and have shown personal growth and confidence. Third, the positive response from all areas of the school. ILSP would not be possible without the support and input from staff and faculty and I am humbled by the kindness and investment shown. Children are our future and when we find something that sparks a fire for knowledge, we strive to continue that.

We are excited by the learning taking place in the small group tutorials and our excellent classrooms every day and value the opportunity to provide additional learning opportunities through this program.





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 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)



**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**

HIVE

If you have a child in Year 7, then you have probably heard of HIVE (High Impact Vital Education). High Impact Vital Education, or HIVE, is a pilot program aimed at lifting the literacy and numeracy skills across the Year 7 cohort. After collecting data from various tests, the HIVE team have synthesised bespoke learning programs that are designed to meet our Year 7's areas of development with clinical accuracy.

During this term, we have been focussing on a few areas that our early testing indicated may be areas of development. These include: the ability to make inferences from information in texts; an aptitude in creating texts that require readers to infer to gain value from the piece and a focus on reading and creating with perspectives in mind.

The perspectives feature of this unit is especially exciting. This will include aboriginal learning techniques and contexts, wartime perspectives, flipped faerie tales and other interesting ways of looking at old events in novel ways—there's even a section on conspiracy theories.

There will be more information on HIVE on the Stronger Smarter team's podcast, *The Deadly Times Podcast*. Simply open your Spotify app and search for *The Deadly Times Podcast*. The latest episode is titled *A Deadly Yarn with Mr. Boyle – Part 2*, talks about HIVE and other interesting topics all related to the Stronger Smarter team.



ORANGE SECONDARY SCHOOL'S CHALLENGE CHARITY AWARENESS

As our first initiative for 2021, we ran a pie drive in conjunction with the Early Rise Bakery. A big hank you to everyone who placed an order to support a wonderful organisation.

We had over 400 pies ordered!!

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.



AUSTRALIAN MATHEMATICS COMPETITION

72 of Orange High School's budding Mathematicians from years 7 to 10 participated in the Australian Mathematics Competition on Wednesday.

The participating students applied their mathematical knowledge, problem-solving and reasoning skills to solve 30 challenging mathematics questions before the time ran out.

It is wonderful to see Orange High School spirit being represented in a National academic competition.

Well done to all those involved!



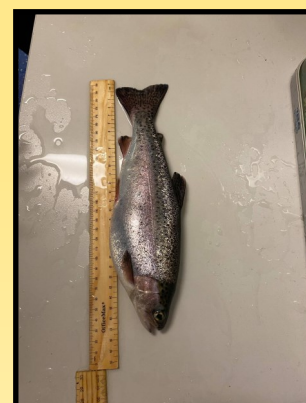
YEAR 9 MARINE STUDIES

On Thursday 5th August, Year 9 Marine Studies students weighed and measured our aquaponics fish.

The largest fish was approximately 27 cm long with a weight of 295.33 grams. When this class first started weighing and tracking the growth of these trout back in February, they were only 5.57 grams.

Year 9 Marine Studies have really become experts in catch and release through this process.

Students also regularly test the water, checking the pH, ammonia, nitrate and nitrite levels of our aquaponics tanks.



ASTLEY CUP 100 YEARS

Research is being carried out to uncover treasures in our past Astley Cup history and so this week our stories come from an early source. . .

"The Cup was presented in 1923 by Mr Laurence Astley for perpetual competition among Dubbo, Bathurst and Orange High Schools, which, at that time, were the only high schools covering a very wide area of New South Wales. The Cup was not originally intended for this competition, but for a competition between Dubbo High School and the Sacred Heart Convent at Dubbo. A declining enrolment at the Convent, however, and an increasing enrolment at the High school would have made such a competition lop-sided and the idea was dropped.

The competition among the High Schools was already operating although not on a regular basis. Visits between the three schools had been taking place almost from the beginning of Dubbo High School in 1917. Mr Astley and Mr Christmas, the Headmaster of Dubbo, decided that a regular competition with a fixed trophy would be a suitable use for the Astley Cup and so it was.

The rules as adopted at that time were as follows:

1. This Cup shall be called the "Astley Cup" in honour of the original donor, Mr J.L. Astley, of Dubbo
2. The Cup shall be vested in two trustees consisting of the Donor and the Headmaster of the Dubbo High School, and shall remain their property to be held in trust for them by the High School winning it in open competition as provided in the following rules.
3. It shall be competed for annually by the Bathurst, Orange and Dubbo High Schools.
4. The Cup shall be held for the year by the School which wins outright two competitions. In the event of no Schools winning two competitions the winner shall be the School which gains the highest percentage of points for which contests have been held."





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.

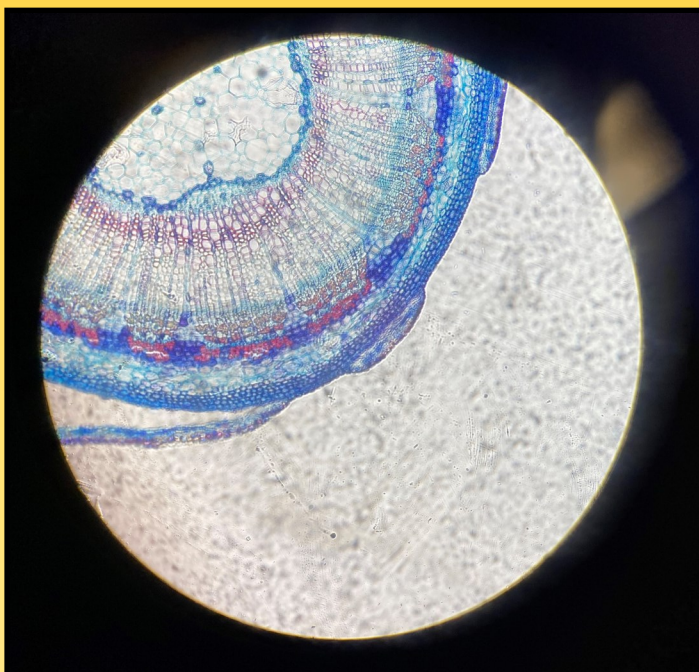
The P&C provides an opportunity for you to participate in your child's education. Regular information sessions are held to keep you informed about the changes in education curriculum and policy.

YEAR 7.5 SCIENCE

Year 7 Science are investigating cells as part of their current Biology topic. Some students are using a microscope for the first time and are viewing a range of plant and animal cells. We have also made our own onion slides with iodine stain so we can view some structures inside cells such as the nucleus, cytoplasm and cell wall.



YEAR 7.5 SCIENCE





ASTLEY CUP

Orange High School takes on
Denison College - Bathurst High Campus in the final
tie on Thursday 26th August 2021.

A reminder that it is a normal school day for everyone
and only the Astley Team and registered spectators
will be watching.

**One school, one team, one Astley Cup
heading our way!**



RSPCA ONESIE DAY



RSPCA 
for all creatures great & small

TUESDAY 24TH AUGUST

Students can wear
animal onesies or
animal accessories
for a gold coin donation

DONATIONS CAN BE MADE VIA THE LINK BELOW

<https://www.rspcacupcakeday.com.au/fundraisers/orangehighschool>

IN LIEU OF CUPCAKE DAY OHS IS CELEBRATING

ONESIE DAY

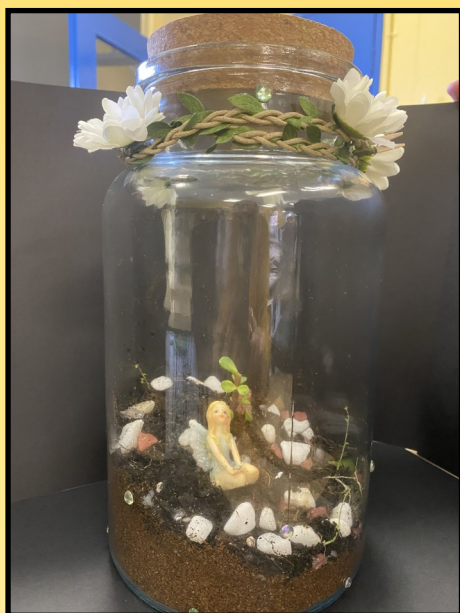
TO RAISE FUNDS FOR THE RSPCA.



YEAR 10 VISUAL ARTS

Last term our year 10 Visual Arts class had to bring in an object from home and alter it, adapt and add to it so it became a sculpture.

They looked at the scriptures of Artist Michael Demeng for inspiration for their own artmaking.



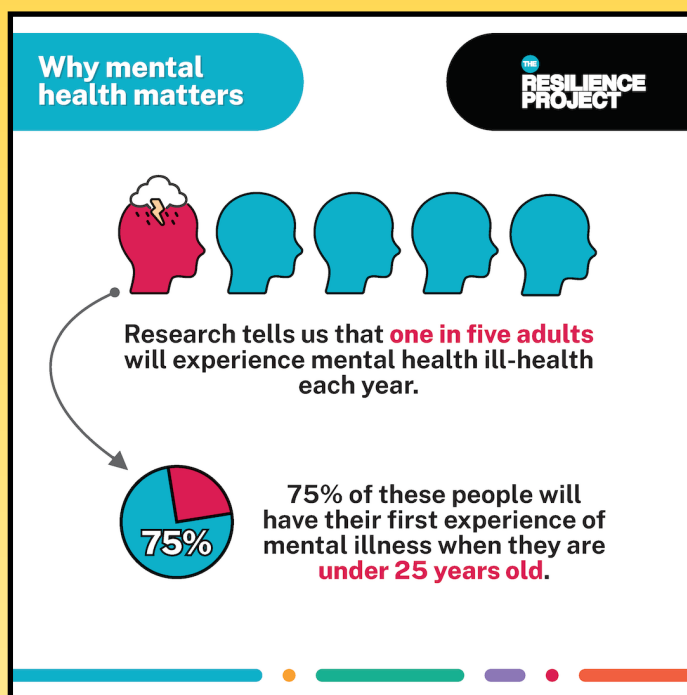


This is our "why?".

From kids through to adults, mental ill-health affects so many of us. This is why it's important we learn the things we can do, or the strategies we can put into place, to improve our wellbeing.

Our team at The Resilience Project works to unpack the research on mental health and break it down into simple tips linked to Gratitude, Empathy and Mindfulness (GEM). By practising GEM, we empower ourselves to feel happier and build our resilience.

Discover GEM through our programs and resources: <https://theresilienceproject.com.au/>



Gratitude

Paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Empathy

Putting ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

Mindfulness

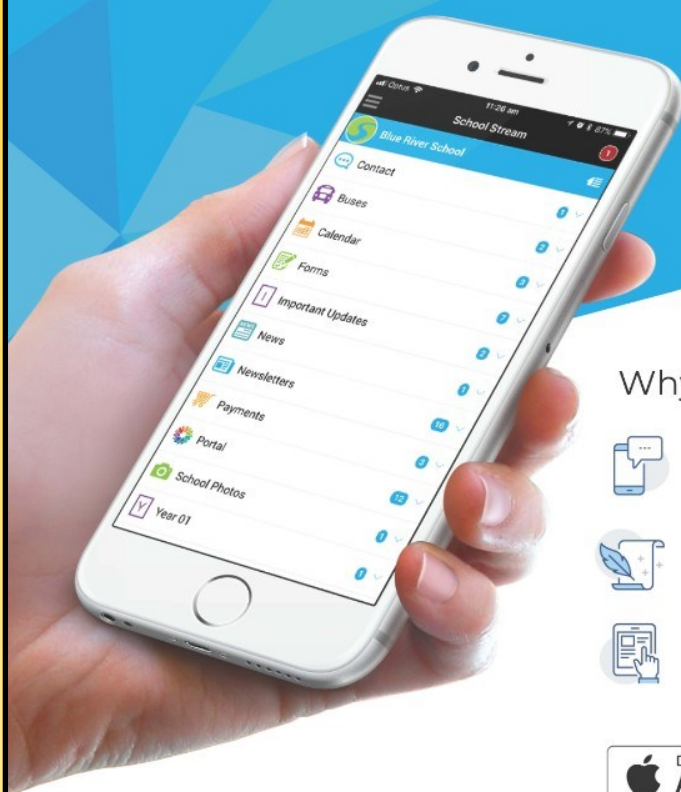
Our ability to be calm and present at any given moment. We practice this through slowing down and concentrating on one thing at a time.



SCHOOL STREAM

School Stream is one of the communication platforms that we use at Orange High School to deliver important information in real time. It enables our parents and carers to keep up to date with school newsletters, notifications, and alerts. If you haven't already, we encourage you all to download School Stream via the App Store or Google Play. Once you have downloaded the app, search for Orange High School and agree to receive push notifications.

Download our school app for free!



Why download the app?



Receive instant notifications for important news.



Easily register absentees and excursions.



Keep up to date with events and set reminders.



Download instructions:

1. Go to the App Store and download "School Stream" to your phone.

2. Open the app and type the school's name into the search bar to load the school's profile.

3. Make sure you agree to Push Notifications when prompted.





MAJOR FUNDRAISER

**Orange Secondary School's Challenge -
Charity Awareness**



TRIVIA NIGHT 2021

**AMAZING PRIZES
SILENT AUCTION**

**3RD SEPTEMBER 2021, 7PM
THE REMINGTON (FOREST ROAD)
\$10/TICKET
(INDIVIDUAL TICKETS CAN BE PURCHASED)
TABLES OF 10**

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/



ORANGE HIGH SCHOOL

PO Box 654, Orange 2800 Phone: (02) 6362 3444 Fax: (02) 6361 3616
orange-h.school@det.nsw.edu.au orange-h.schools.nsw.gov.au

UNIFORM

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

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

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

	Sports Uniform – Boys and Girls
Tracksuit	Black, gold and white school jacket and black tracksuit pants
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



ORANGE HIGH SCHOOL

PO Box 654, Orange 2800 Phone: (02) 6362 3444 Fax: (02) 6361 3616
orange-h.school@det.nsw.edu.au orange-h.schools.nsw.gov.au

Full Winter Uniform



Full Summer Uniform



Sports Uniform





PANAIR

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

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

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

The target age group is Years 10-12.

Students under 18yrs parent/guardian approval required.

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

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

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

BOOKINGS ESSENTIAL

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



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





GENERAL ASSISTANT - FULL TIME

Orange High School is currently advertising a full time General Assistant. This role is vital to the maintenance and upkeep of departmental schools.

To be successful in the role you will need to have good planning and prioritising skills and good communication skills to work effectively with others.

You will perform a range of tasks relating to the routine maintenance and upkeep of a Departmental School/grounds. The role may assist with the set up and removal of furniture and equipment for school activities. You will identify and report maintenance and safety issues. You will receive, store and distribute supplies and monitor equipment and report faults.

If you are interested in this role please apply online (via the link below) and attach a covering letter (max 2 pages) and your resume (max 5 pages) which clearly details how your capabilities, knowledge and experience can contribute to the success of this role. It is a requirement that you include the name and contact details of two referees.

<https://iworkfor.nsw.gov.au/job/general-assistant-full-time-full-time-ongoing-orange-high-school-260713>

upcoming sessions

Parents, Carers, and Community Members in the Central West and Orana are invited to attend a free mental health education session in Term 3.



headspace National is hosting mental health education sessions on ways to support a young person when you are concerned about their mental health.

The sessions aim to:

- * Strengthen your understanding of mental health and the warning signs for suicide and self-harm.
 - * Strengthen your understanding and skills in how to cope and where to find help.
 - * Build awareness of local services and the various support services available.
 - * Strengthen relationships between local area mental health services, local schools, headspace centres and other community organisations.
- Need more information? headspaceSchools@headspace.org.au



Dubbo

Date: 26 July 2021
Time: 7 - 8.15pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Orange

Date: 10 August 2021
Time: 7 - 8.15pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



Parkes

Date: 24 August 2021
Time: 12 - 1pm
Location: Online webinar
Registration: <https://bit.ly/2Nm5cRh>



headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

POOL & PIZZA

Orange Youth Hub • Garema Road Orange

**Youth Hub
Pool Competition
starting Friday
13 August 2021
6 - 8pm**

- Free
- Ages 12 to 24 years
- Register on arrival
- Transport available if required

For more information
contact Jarrad Szczudlo on
0428 512 070 or
jszczudlo@orange.nsw.gov.au

**ORANGE
CITY COUNCIL**