



ORANGE HIGH SCHOOL NEWSLETTER

22nd October 2021 -Term 4, Week 2

Our Top Academic Performer

Claudia Smith Yr12 was recently named among half-dozen others to receive the NSW Minister's Award for Excellence in Student Achievement. The annual awards recognise top-performers in public education and is also for teachers, parents and staff with Claudia named alongside other winners from Bathurst, Cowra, Inverell and Coonabarabran. Congratulations to Claudia for this outstanding achievement and for being such an amazing representative of Orange High School!



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<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 members of our school community,

I hope this Newsletter finds you all well and enjoying the beginning of Spring, especially now some restrictions have been lifted. I have been so proud of how our students have managed the return to school. Attendance has been very strong and everyone is working together well to reestablish learning routines. Our school looks, sounds and feels exactly as it should with everyone back together.

With the sunshine starting to come out we welcomed a meeting with the Cooler Classrooms project team. Many of our learning spaces will have new heating and cooling systems installed in the coming months. This will mean some construction taking place but interruptions to learning should be minimal. Likewise our new Innovation Centre build will begin before the end of the year. Orange High School certainly has some of the most creative and innovating learning environments. We are so grateful to the tireless work of Chad Bliss and Andrew Jones in getting these projects on their feet.

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 3 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.

You may also have found the school gates have been locked. Please call once you arrive at school to speak with office staff and they will come and let you in. We have made the short term decision to lock the gates for a variety of reasons. I thank you for your patience and support of our decision at this time.

Year 12 students are to be commended for how well they have engaged with learning again and how committed they are to HSC examination preparation and practice. We have been able to organize some celebratory functions for them, that fit within COVID guidelines. Excitingly we believe that our graduation will go ahead as planned. We have surveyed Year 12 and decided to combine the formal presentation assembly with the graduation so that their parents and families can be involved in celebrating their successes. More information is to come.

Unfortunately we have needed to set some very firm rules and procedures around using the toilets. Relentless vandalism of the toilets is very upsetting and creates a terrible environment for our students. If you find an opportunity to talk about this with your student please do. We are very proud of our school and hope that all of our young people understand their role in respecting their facilities.

We have started a 'Teach of the Week' draw to allow teaching colleagues to celebrate the exceptional practice of their peers. Examples of outstanding teaching and learning are nominated to go in the weekly draw. Once drawn out I ask the teacher to give me any lesson of their choosing so that they may have extra lesson preparation and feedback time. This week I was honored to teach 8-5 for a PDHPE lesson. Their teacher Hayley Lyons is certainly a teaching expert and the lesson I was given to deliver was best practice and highly engaging. The students were a lot of fun to teach and proved to be dedicated learners.

I cannot stress strongly enough how important it is for all students to be at school, on time, learning each and every day. We have lost enough class time to things outside of our control and we need everyone back, focused and committed to all that school has to offer. All students should aim for 100% attendance, we appreciate your support in this.

Best wishes,

Kristie Anderson—Principal (rel)



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 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**





NAIDOC WEEK



HEAL COUNTRY!

**29 OCT - 6 NOV
2021**

NAIDOC Week celebrations are held (nationally) across Australia in July, however Orange celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples late October/early November. This year NAIDOC Week occurs in week 5, term 4 (29 Oct - 6 Nov). NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. In previous years Orange has always done an amazing job of acknowledging NAIDOC Week, due to covid-19 the NAIDOC events that were planned have unfortunately been cancelled this year.

Previous NAIDOC Week events included:

- Year 12 Graduation Awards
- NAIDOC Opening ceremony & exhibition
- Women's Night
- Family Fun Day
- Street March
- Junior AECG NAIDOC Ball
- School Sports Competition
- Golf Day Event
- Junior Disco
- NAIDOC Awards Night
- Elders Luncheon
- NAIDOC Week School Awards



ORANGE SECONDARY SCHOOL'S CHALLENGE CHARITY AWARENESS



This year, alongside James Sheahan Catholic High 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.

Orange High School made a donation of \$2700 towards the charity.

Model UN Competition



Angela Weckert Yr12 and Ellie Giger Yr12 competed in the NSW State finals of the Model UN Competition and were one of five teams (out of three hundred initially) who have made it to the national competition in December.

Earlier in the year they researched and entered themselves in this competition and have been incredible competitors for their first time entering.

Angela and Ellie had four resolutions that they debated online - two prepared, and two impromptu. The two prepared questions were the Question on the Contested Russo-Japanese Maritime Border and the Question of East African Stability, and the two impromptu questions were the Question of Space Junk and the Question of Yemen. They represented Kenya and made the top 5 and progressed to Nationals.

A big thank you to Tim Boyle who has been coaching and supporting them.





GROUP CHATS—ADVICE FOR PARENTS

Group chats can be an excellent way for many people to participate in an online conversation together. They can also be a place where drama, nasty behaviours, exclusion, and bullying can thrive. The most commonly used group chat apps are WhatsApp, Snap Chat, Instagram, Discord, Messenger, and Facebook Messenger. They can be both helpful and harmful. We recommend that children in Primary School only use Facebook Messenger for Kids, so parents have some control over what is going on in the group chat. You don't have as much power on the other apps.

We have real concerns about the number of young people (as young as eight in most cases) that sleep with devices in their room and under their pillow. They are responding to messages at 11, 12 even 1am. From "friends" all over the world that they are connected to.

Please make sure you put a healthy boundary in place and keep phones and devices out of the bedroom from an early age. Remember, you are the parent, and you need to guide your children on how to be safe, and managing their mental health is a massive part of that. They need a break. They are connected 24/7, and some of those communications can get toxic in Group Chats. They need sleep. Good uninterrupted sleep. Rolling over in the middle of the night and checking messages is a significant health issue.

There have also been many times when young people have engaged in nasty behaviour about another person in a group chat, then deliberately invited that person into the chat to see those comments. The deliberate nature of this abuse makes it cyberbullying. Re-adding someone once they have left a chat can also be bullying or harassment in some cases.

When they are tired, they are more emotional and less resilient. Things can and may be taken out of context. No one has the right to choose what other people find offensive. There have been countless times when this has resulted in schools being contacted because of the nasty, bullying or inappropriate things happening in the chat. If this is happening in the home after hours between students, please think about how, as a parent, you can do more to support the school by setting healthier boundaries for device use in your home.

Schools have a duty of care to minimise the risk of bullying and other dangers to a child, but it is challenging for them to police when the device is at home, under your roof, in your child's bedroom.

Help kids develop the skills to know how to leave a group chat that is not helpful or is harmful in any way, including the actual words they may use should they need to leave. With younger kids, teach them how to come up with statements that may help like "sorry guys, this is getting pretty nasty, I'm outta here" as a way to remove themselves, also point out to the other people in the chat that the behaviours may be getting out of hand. Being in charge of their online interactions and knowing how to leave a conversation that makes them uncomfortable online or off is a vital life skill.



Kids need to realise that they may be “guilty by association”, even if they aren’t saying the nasty stuff; they may be considered a bystander if they do not report it and speak up about what is happening in a group chat.

Please help them to develop the skills to put boundaries around their friendships. We don’t have to be accessible all the time just because technology allows that. They need to know that they won’t lose friends if they are not available in the group to chat for 30 minutes while they have dinner. Young people need to be in charge and confident in their relationships. They need to know that their friends will understand that their refusal to engage at every moment of the day and night has nothing to do with the state of their relationship, but rather the management of their time, their devices and their life priorities.

If your child is getting constantly re-added to a group chat that they have left, that can be considered harassment. If your child is re-adding people that have left the group chat remind them that they need consent. They need to ask the permission of the person first “do you want to be re-added to the group chat” for example.

Parenting in this space is very difficult at times, we totally understand that. But please set boundaries and rules. These are required from a very early age. The earlier the better. A school should not be blamed every time something happens online as it is often something that they can’t 100% control if you have given your child a device and have different rules at home to what is at school. Schools educate students on cyber safety. Most schools offer parent education, in all aspects of online safety, and often only a few parents turn up to parent-focused talks. Please attend, I guarantee you will learn something new every time!

Things to remember:

- Keep group chats positive, helpful and supportive. These are not the places we have a whinge about someone else, reveal our intimate secrets or create drama, gossip or spread rumours or share images of others without consent.
- Make sure they know not to feel compelled to respond straight away or be a part of every single interaction in the group chat.
- Remember, there are plenty of ways these chats can become very public if someone takes a screenshot, so they need to be kind, respectful, and responsible at all times.
- Avoid using late at night and keep devices out of the bedroom.
- Turn off notifications, so they are less anxious about response times.



ENGLISH

Term 4 is always a busy time and this year is no exception. We have jumped straight back into the swing of things and we are off to a great start in English. However, as the year is rapidly coming to an end school supplies are beginning to dwindle. There are nine weeks left of this term. Students may require new notebooks for class as the ones they have are running out. Additionally, students are still required to bring their own pens (blue, black and red), pencils, highlighters and glue-sticks. Please ensure our students are well equipped for their educational experiences.

This term our Year 7 students are jumping into a study of 'Multicultural Poetry'. This unit will introduce students to poetic devices and language, encourage students to recognise the emotion and beauty poetry has to offer. Students will engage in complex language forms, features and structures of texts in meaningful, contextualised and authentic ways.



"I can't remember any dreams in my life. There's so much strange in real life that it often seems like a dream." – Tim Burton. The art of film is a creative and entertaining form of text. This term Year 8 will dive into a world of film, Tim Burton's films to be exact. Students will have the opportunity to learn how to view a film critically and deconstruct how Burton has used film techniques to develop his original style and unique way of viewing the world.



“Fair is foul, and foul is fair. Hover through the fog and filthy air.” Year 9 will continue their study of Macbeth this term by examining key scenes from the play and adapting them into prose. By doing so, our students will have the opportunity to flex their creative writing skills...“Double, double toil and trouble, Fire burn, and cauldron



Year 10 will explore Australia diversity and culture in poetry and film. Students will have the opportunity to investigate the diversity of Australia’s multicultural society and beautiful landscape by engaging with classic Australian texts.



Year 11 English students will be starting their Year 12 course work this term. In this common module students will develop their understanding of how texts represent individual and collective human experiences through their exploration of the prescribed and related texts.



We wish our Year 12 students the very best of luck as they get ready to begin their HSC Exams!

5 Ways to Make the Most of Your Revision Time

by @inner_drive | www.innerdrive.co.uk



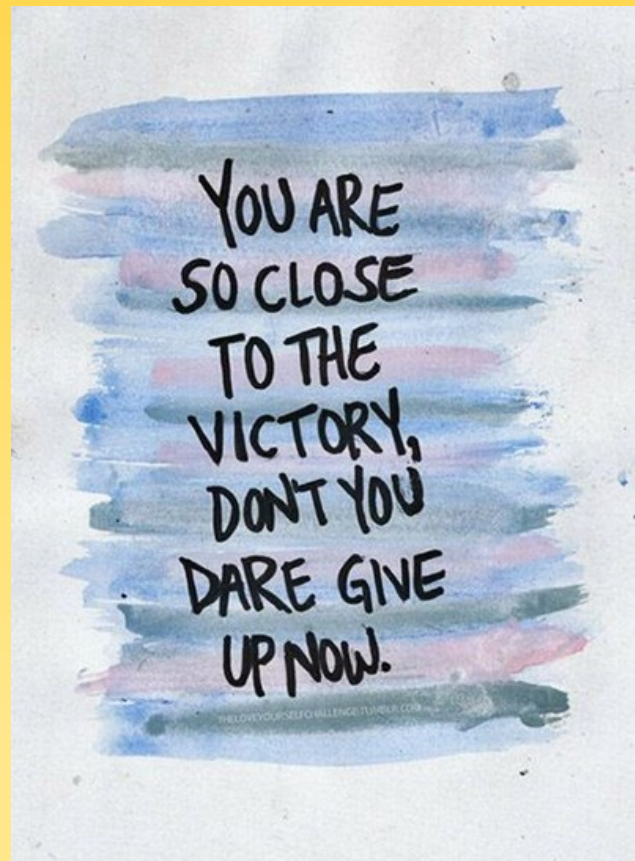
Space Out Your Learning
Don't leave everything to the last minute. Start early and revisit topics regularly. This will help keep information in your long term memory.

Create a Sense of Purpose
Telling yourself how learning the material will help you achieve your future goals can help create a sense of purpose and keep you motivated.

Test Yourself
Research suggests that this is one of the most effective ways to improve your memory. It can help prepare you for exam conditions.

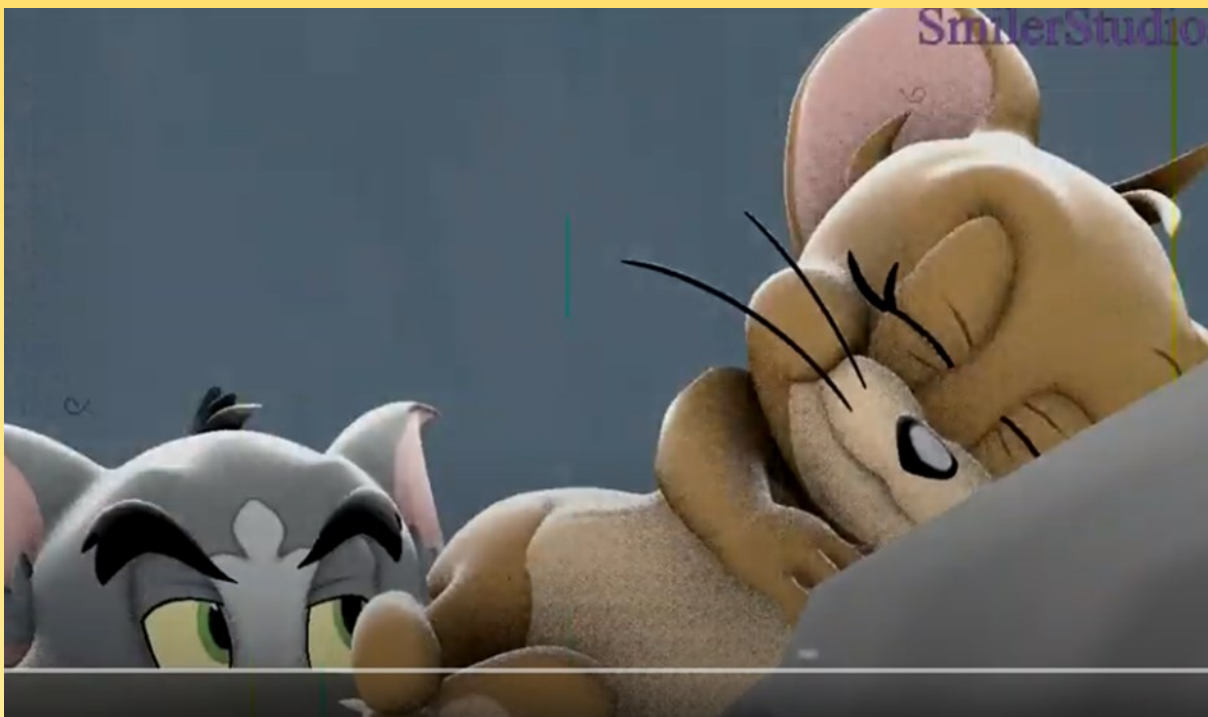
Sleep Well
Sleep plays a major role in how you feel and how much you remember. Don't neglect getting a good night's sleep. Regular routines such as consistent bedtime and wake-up times will help.

Teach It
By teaching the material to someone else, it can help ensure you fully understand the main concepts with clarity.



STOP MOTION

During term three, the year 8 Stop Motion students continued to make digital and Claymation short films, exploring a range of imaginative and creative worlds.



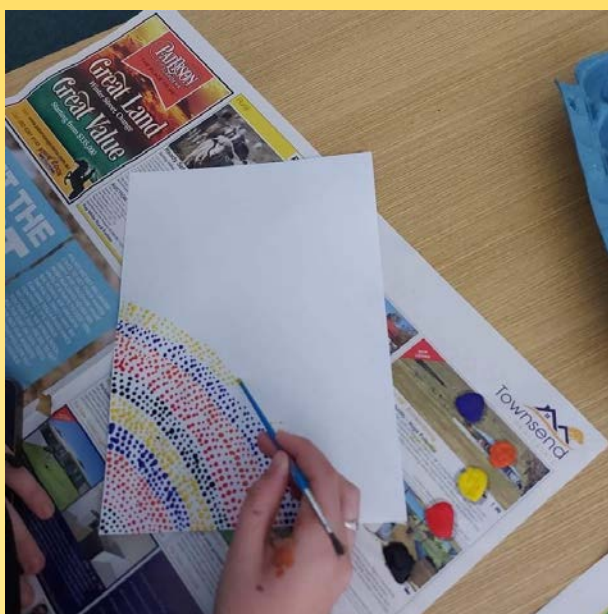


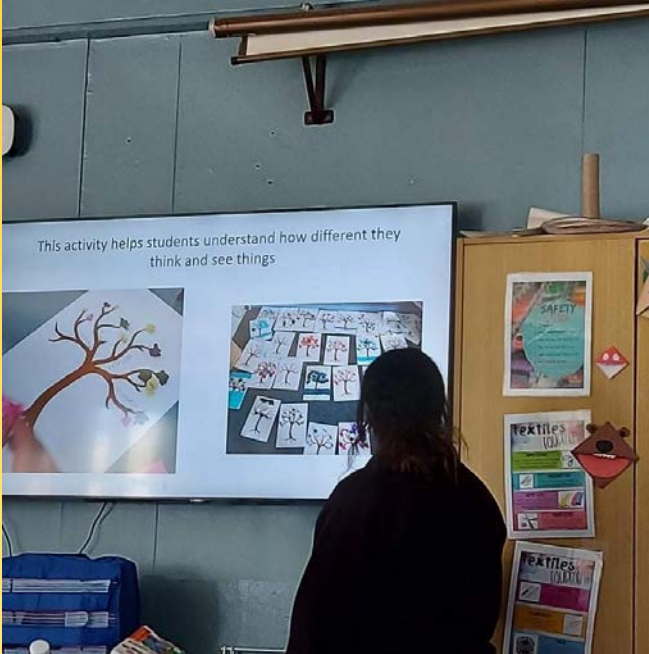
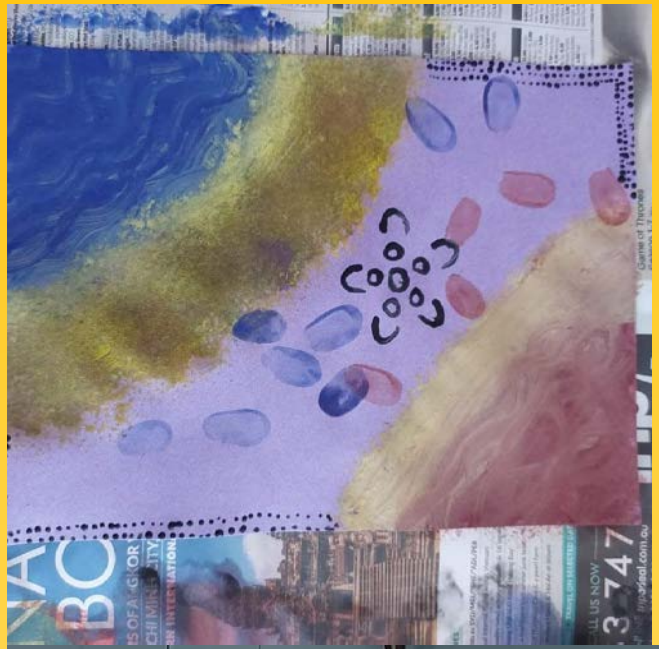
Year 10 CHILD STUDIES

Year 10 Child Studies were fortunate to have our class member Talara Croaker present an Indigenous art workshop on Monday.

She did an amazing presentation on hers and her mum Mary's artworks. Her explanations and stories were extremely interesting, and we are so grateful to Talara for sharing her knowledge.

The students then participated in painting their own journey.





Year 7.3 SCIENCE

Year 7-3 Science have been busy with their practical lessons to start the term.

Students finished off the 'Living Things' topic by dissecting and viewing flower parts under the microscopes.

Exploring our new topic 'Forces' students created their own parachute to witness the force of gravity and drag in action.







Bandana Day

On Friday 29th October it is Canteen's National Bandana Day, which raises vital funds to support young people living with cancer. The SRC will be selling a variety of bandana designs over the next two weeks for \$5 each, ready to wear on the 29th, so make sure you see them before school in the Star Quad to get first pick!

**FRIDAY OCTOBER 29
SUPPORT THE FIGHT
AGAINST CANCER AND
BUY A BANDANA**



JOIN US FOR

**BANDANA
DAY**

DRESS IN CASUAL CLOTHES
WITH YOUR OWN SCARY
HALLOWEEN TWIST

BEST DRESSED COSTUME WILL WIN A PRIZE!!!

BRING \$5 DOLLARS FOR A BANDANA
AND A COLD COIN DONATION

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 covies, 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

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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

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Full Winter Uniform



Full Summer Uniform



Sports Uniform





 COVID-19 VACCINATION

LET'S DO THIS Orange.

Where: Orange Youth Hub, 33 Garema Rd Orange

When: Friday 15th October, 5.00pm- 6.00pm.

All young people aged 12 to 17 are welcome. Young people under the age of 16 must have a parent or guardian consent.

Contact numbers for transport : 0413774254, 0458860414

Get vaccinated to keep our mob safe.



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December 2021

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Election workers wanted

Apply to work at your local council election

Local council elections take place on 4 December 2021. We are looking for

people to work at these elections.

Working at the election is a good way to earn some money, learn new skills and help your community have their say.



To find out more visit elections.nsw.gov.au

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

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