STATE DANCE ENSEMBLE
Congratulations to Natasha Stevens and Hannah Spencer following their selection into the State Dance Ensemble. Both Natasha and Hannah have been dancing since they were 3 years old and as a result have expertise in ballet, tap, contemporary, jazz, hip hop, modern dance and musical theatre. Natasha is no stranger to the stage having performed as a solo dancer in Eisteddfods and since she was 6 years old. For Hannah, selection into the State Dance Ensemble means more workshops and opportunities to perform at an increased range of festivals and performances.

Both Hannah and Natasha plan to pursue a career in dance, firstly as professional dancers and then later as choreographers. As a stepping stone to a fully-fledged dance career, both girls look forward to group, and then hopefully, solo performances in the School Spectacular over coming years.

At Orange High School we are proud of our dance program and ability to support and nurture an increasing number of students with talents in the full range of dance genres.

NATIONAL ALL SCHOOLS TRIATHLON
Congratulations to Lauren Kerwick who has achieved the incredible feat of first place at the National All Schools Triathlon Competition last week. As if this was not enough, Lauren then competed in the team’s event on the following day undertaking the bike leg for the NSW team who also achieved first place against all other states and territories. Thus Lauren returned to Orange with 2 Gold Medals – an almost unbelievable achievement. Triathlon is made up of three legs (swimming 400 metres), cycling (12 kilometres) and running (3 kilometres). Lauren reports that the toughest leg was the running, as few months ago she fractured her foot while training, and as a result needs to warm up slowly in that section of the event. On reflection Lauren expresses that she was lucky to make it to the National Titles as she only achieved entry by 4 seconds in the state championships due to a fall off her bike in that race. We are very proud of Lauren’s achievements and we wish her well as she continues to pursue her passion for sport.

Kyle Ostini also competed at the state championships and narrowly missed on entry into the national event. Orange High School congratulates Lauren and Kyle on their natural talents and abilities in elite sport and also recognises their determination and commitment to long and arduous training sessions.
PRINCIPAL’S NEWS
Gifted and talented students comprise an important segment of our student cohort and they are supported through quality teaching and many and varied extra-curricular activities from debating through to dance and music. To further support students with strong academic aspirations, plans are being developed to create discrete Gifted and Talented classes in each year 7 to 10. It is envisaged entry to this class will be through an application, interview and school recommendation process to ensure students with the right aptitudes are selected for inclusion. The introduction of the new Australian Curriculum in 2014 for core classes in Years 7 and 9 provides an ideal opportunity to review and differentiate our current educational provision to ensure the learning needs of all students - especially those of academically talented young people. Thus the current thought is to introduce the new class into years 7 and 9 next year, and 8 and 10 in 2015, when the new curricula rolls through. It is envisaged planning for the new classes will be finalised over coming weeks with application forms published mid-way through next term for students currently in Year 6 and 8 (2013) as the first stage of the application process for consideration of entry into Year 7 and 9 in 2014.

To further support student transition to high school, I am pleased to announce that following a selection process Mrs Alice Bright will be Year 7 Adviser for 2014 and Mrs Cassie Coates Year 7 Adviser for Year 7 in 2015. Both new Year Advisers will have an active role in developing links with partner primary schools in partnership with Transition Coordinator Mrs Kerrie Chopping. The aim is to build further on our existing transition programs to ensure an even more supported and tailored teaching and learning transition for new students.

As we close the term, I would like to thank all parents for your support of student learning at home. The stark reality is that levels of student learning are greatly enhanced by positive parent attitudes and support for learning at home. It is very pleasing to see the vast majority of students completing homework and assessment tasks to very high standards. I look forward to working further with parents and the wider community to further develop partnerships. Wishing everyone a safe and recharging break and I look forward to seeing all students return on Wednesday 1 May.

D Lloyd

SQUASH REPORT
Congratulations to the boys open squash team for giving their best when they played in the Western Region competition against Cowra High School.

The squash competition was not as expected as neither Oberon High or Kelso High were able to come to play and Orange High was unable to get together a girls team due to various other sporting commitments.

The boys played with great sportsmanship and to the best of their abilities but unfortunately were beaten by the Cowra team.

Jesse Keegan, Hayden Dillon, Kieran Ryan, Jeremy Eldridge and Matthew Foley

G Deasey

SYDNEY ROYAL EASTER SHOW 2013
On Wednesday the 27th March Agriculture students had the opportunity to attend the Sydney Royal Easter Show. This was a great opportunity for students to not only see animals they were familiar with but a range of animals they wouldn’t see around the Orange Region. At the start of the day students complete the Sydney Telegraph animal Walk which gave students the opportunity to see livestock competitions including poultry, sheep, goats and pigs. Following the completion of the agriculture tours students were able to follow their own interests. I would like to thank all staff members for their help with the supervision of students and congratulate the students on their wonderful behaviour on the buses and at the Royal Easter show. It is a great opportunity to interact with students outside the classroom.

Daniel Wait
WELFARE WORDS (WEEK 11, TERM 1)
A big congratulations to Year 7!! You have all made through your first term at High School. There have been changes of routine and many new experiences in a short space of time. It is a big achievement to successfully integrate into the High School World. However, now that you have done your first term, the rest will flow naturally and before you know it we will be bidding you farewell as you all venture on to fulfil your dreams and aspirations. WELL DONE YEAR 7!!

Merit Achievements
Congratulations to the following students who have been working ‘above and beyond expectations’ to achieve Merit Awards in term 1, 2013. Please remember that all merit points accumulate over their school career at Orange High School.

Blue Award (150 merit points)
Stacey Allen  
Joe Grinrod  
Caitlyn Moore  
Joshua Punavai  
Chloe Barrett  
Maddison Hales  
Jack Davis  
Micha Scott  
Emily Cunich  
Laura Manca

Mack Blowes  
Rebecca Hooper  
Keagan Paine  
Laura Smith  
Yolanda Cai  
Callum Peterson  
Alex Vardanega  
Matthew Boss  
Olivia Dunn

Sarah Eslick  
Olivia Kerwick  
Lydia Parker  
Sema Akbulut  
Luke Crawford  
Gabrielle Swords  
Codye McHatton  
Travis Bubb  
Kieran Fraser

Indigo Award (300 merit points)
Madison Gilmore  
Ariel Ware  
Ashleigh Littlewood  
Matthew Corben

Alyssa Maidment  
Thomas Benter  
Ben Puxty

Lynton Robbins  
Molly Collins  
Cameron Porter

Violet Award (450 Merit Points)
Gerry Shea  
Beth Clarke

Darcy Shea  
Samuel Riley

Kathleen Webster  
Maddison Parker

e² Experience Science
The first round of e² experience Science is already complete with the next round scheduled to start this week. Year 5 and 6 students from Calare, Bletchington and Borenore Public thoroughly enjoyed the Orange High School Science experience as you can see from the photos attached. All students participated enthusiastically and were positive ambassadors from their respective schools. This year we have Mrs Griffen, Ms Townsend and Mrs Wickham expertly teaching the Primary School students. A big thank you to them for their effort in providing such rich educational learning experiences for our future Orange High students.

In the next round we welcome students from Calare Public School again, as well as students from Canobolas Public School. We are looking forward to them enjoying the expertise and facilities that we offer here at Orange High School. Have a safe and happy holiday. See you all next term (don’t forget we start on B Week!)

Cheers.

Kerrie Chopping, Head Teacher Welfare

NSW COMBINED HIGH SCHOOLS SWIMMING CHAMPIONSHIPS
4th – 6th April, 2013 at Sydney Olympic Park
Aquatic Centre, Homebush

Courtney Chapman competed in the 50, 100,200, 400 and 800 Freestyle, 100 Fly, 100 Backstroke, 100 Breaststroke, 100 and 200 IM. She was a finalist in the 800 and 400 Freestyle and 100 and 200 IM. Lauren contested the 400m and 100m Freestyle, 100m Butterfly and 200 IM, together with Jessica Puxty 100m Freestyle and Kyle Ostini 100m Butterfly.

The swim team represented their school and Western School Sports Association proudly with many personal best times recorded by the OHS representatives at the event.

Jessica Puxty (12 years), Lauren Kerwick (14 years), Courtney Chapman (15 years) and Kyle Ostini (15 years).
Some ideas to consider:

- Decide what time electronic devices will be switched off each night.
- Avoid watching TV for at least half an hour before you go to bed.
- Try and have an hour before you go to bed without computers or homework or chatting to friends.
- Set up a relaxing ‘wind-down’ routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- Maintain a healthy diet and ensure you get some exercise.
- Avoid early morning starts or early morning activities if you can.
- Set up a relaxing ‘wind down’ routine for before you go to bed.
- Try and have an hour before you go to bed without computers or homework or chatting to friends.
- Avoid watching TV for at least half an hour before you go to bed.
- Avoid caffeine (cola drink, coffee, energy drinks, chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).

There are unfortunately many ill effects from sleep deprivation:

- Concentration difficulties, mentally ‘drifting off’ in class, shortened attention span, memory impairment, poor decision making, lack of enthusiasm, nightmares, moodiness and aggression, depression, skin problems, lowered immune system, lack of energy, risk-taking behaviour, cognitive impairment, cravings for unhealthy food leading to weight gain, slower physical reflexes, reduced sporting performance and reduced academic performance.

No-one wants to experience these! So what can we do to prevent sleep deprivation? Parents and students need to work together to find ways to increase the nightly quota of sleep.

Some of the challenges students face is that during puberty hormones shift the teenager’s body clock forward temporarily by about one or two hours, making them sleepier one to two hours later than adults would be. This change in the circadian rhythm seems to be due to the fact that the brain hormone melatonin is produced later at night for teens than it is for small children and adults. This can make it harder for teens to fall asleep early.

But then students have to get up for school causing a ‘sleep debt’ that can lead to chronic sleep deprivation. Other factors that contribute to insufficient sleep are: hectic extra-curricular schedules, television and gaming keeping students awake and late night light exposure (especially from computers and mobile phones) leading to inadequate production of the brain chemical melatonin that is responsible for making you feel sleepy.

There are unfortunately many ill effects from sleep deprivation:

- Concentration difficulties, mentally ‘drifting off’ in class, shortened attention span, memory impairment, poor decision making, lack of enthusiasm, nightmares, moodiness and aggression, depression, skin problems, lowered immune system, lack of energy, risk-taking behaviour, cognitive impairment, cravings for unhealthy food leading to weight gain, slower physical reflexes, reduced sporting performance and reduced academic performance.

It will take around 4-6 weeks of getting extra sleep regularly before you really feel the benefits, so hang in there!

Other resources:

Owens, J.A., & Mendell, J.A. (2005). Take charge of your child’s sleep: The all-in-one resource for solving sleep problems in kids and teens. NY: Marlow. There are lots of great sleep apps available as well. For example SleepCycle measures how much you move during the night and gives you a graph showing how much deep sleep you had. Remember students that on nights where you don’t have very much homework, you can build your learning skills by working through one of the units at http://www.studyskillshandbook.com.au/. Check out the unit on Lifestyle and Balance to learn more about sleep and other lifestyle factors for success.

Cheers,

Prue Salter, Enhanced Learning Educational Services www.enhanced-learning.net

Our school’s subscription details to: www.studyskillshandbook.com.au are -
Username: orangehs Password:18success

Heather Michell, Teacher/Librarian
BLOOD DONOR DAY
Kaden’s Donor Day is Friday 26th April and bookings are available from 7.30am to 1pm. You can book online at www.donateblood.com.au or by calling 13 14 95.

Study Skills

Article #5 A Kick in the Pants
(This article was prepared for Year 12 students by Michael Auden. It is an extract from resources available from www.HSCin2013.com)

A kick in the pants
Max and James are the same person. They are both me. After my devastatingly bad HSC year I took on a full-time job and studied for my HSC part-time. Against advice, I took on a load of four subjects. I worked smart and hard to gain my good results. In other words, I gave myself a kick in the pants and a clip around the ear.

The same person had two vastly different results. My good outcome was not based on hanging onto my past habits or onto ideas that I could not succeed. The success I had in my HSC was based on reducing the habits and environment that detracted from my good preparation habits. I dedicated a healthy amount of time to preparing for my exams. Over 60% of my HSC time was allocated to the exam at the end of the year. My reading and study time was aimed at filling the gaps that showed as shortcomings in the practice essays that I wrote.

I spent my second HSC year training for my event.

Over and over again, star students rise to the top partly because they are intelligent, partly because they are schoolwise, and mostly because they work hard, are persistent, and are driven to achieve.

The top students readily identify themselves as “school smart”. Academic talent, to them, means the ability to excel at academic learning and school tasks such as note taking, memorization, and testing. Many of them attribute their success primarily to effort rather than ability.

Hard work, perseverance, and focus lead to academic success and life attainment. No matter what an individual’s ability level, achievement requires sustained effort and a belief in the efficacy of hard work. Academic success is mostly about hard work and perseverance.

PCYC BAND NIGHT
DANCE PARTY

Friday 12th April, 2013
Where: Orange Police and Citizens Youth club
Corner Byng and and Seymour Streets
Cost: $5.00 junior and $7 senior
Tickets available at the venue or at the door.
The Challenge of Disciplining Your Child

...assists parents with constructive techniques in disciplining and encouraging their children

**Assists parents to:**
- understand what positive discipline means and how to set clear boundaries that children respect and learn to appreciate
- use conflict as a tool to improve relationships
- use tips and hints on different discipline techniques

**Dates:** Wednesday 15th May 2013
**Time:** 5.30 – 8.30 pm
**Venue:** Interrelate Family Centre
108 McLachlan Street
Orange

**Cost:** $25.00 ($15.00 if using multiple services or concession)

More information Bookings essential, fees to be paid in advance.

Phone: 6360 0895

www.interrelate.org.au

Strengthening Family Relationships...since 1926