

orara high school

showcase



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showcasing PDHPE

The PDHPE faculty offers a range of subjects students find engaging and relevant to the real world. In Years 7 to 10, students complete the core PDHPE course. In Years 9 & 10 students also have the opportunity to select Physical Activity & Sport Studies (PASS) and Child Studies as electives. In Years 11 and 12, students have the option to study PDHPE, Community and Family Studies (CAFS), Exploring Early Childhood and Sport, Lifestyle and Recreation (SLR).

The Run Beyond Project

The Run Beyond Project works with students as they attempt to complete a Goal Running Race that, at the outset of the program, they often consider impossible. But success isn't just crossing the finish line. That's just the start!

Orara High School has eight students committed to this program.

They work towards the completion of a Goal Race of between 10km and a half-



marathon in length.

But the skills this program develops are skills that can be applied beyond the finish line, to enable students to

succeed in any field which inspires them!

Goal-setting, commitment, resilience

The Run Beyond Program,





them luck in their goal race (although they don't need it!)

The Running Rockstars are:

- Moayad Adi
- Muhanad Adi
- Ameera Ghareeb
- Jalan Mando
- Alifa Nayif
- Khawla Nayif
- Laila Nayif
- Mayada Oso

involves a theoretical component as well as training for the Goal Race, teaches participants how to set goals; provides a framework for modelling commitment to these; and develops strategies to be resilient when obstacles to the attainment of these goals arise.

Beyond running. Beyond the finish line.

The program places a strong emphasis on the broader application of these skills and encourages students to consider how they can apply them to all aspects of their lives, now and in the future.

We have been working hard towards our goal race, The mighty 10km Sydney Harbour Bridge.

Each Tuesday and Thursday the students have worked hard on completing their RBP booklets and fitness

training.

Today the students received brand new runners thanks to the Run Beyond Project and Rebel Sport.

The students and Orara High School are so thankful to these organisations.

I am already so proud and honoured to be the coach of these amazing students.

Their dedication, resilience, determination and kindness is one of a kind. Wish



Child Studies and Exploring Early Childhood

Throughout the Exploring Early Childhood and Child Studies courses, students have to complete practical elements.

To demonstrate their communication, empathy and social skills with young children, the students in both classes have visited



Gumnut Cottage and the Kindergarten classes at Tyalla Primary School.

The students had to create their own learning experience which was appropriate to children aged 4/5 years, and then take the children through their activities.

The children were making fruit skewers, raised salt paintings, paper aeroplanes, decorating cookies and undertaking physical challenges with the assistance of the Orara students.

Thank you to Tyalla and Gumnut Cottage for allowing us to come in and engage with the children!

Another fan favourite activity in these subjects is the Virtual Baby experience.



Students will play parent for a week or weekend, where they are taking care of a (often crying) baby.

When the baby needs them, students have to decipher if they are needing a nappy change, a feed, burping or if they simply need a cuddle.

The baby also is very sensitive to mishandling and an unsupported head, so students become very

competent in holding infants. Thank you to all of the families who have been patient with our students and their babies!



Orara High School – Representative Sport Update

What is CHS Sport?

CHSSA stands for Combined High School Sports Association and is the overarching body responsible for all sport played in public high schools across NSW.

The NSWCHS sports association is responsible for coordinating state-wide knockout competitions and state championships across a variety of popular sports.





Open Girls Netball team.

How Do Orara students become involved?

Usually the first step toward NSW selection is playing for your school in a knockout competition.

Orara High school is 1 of 9 schools who make up the Mid North Coast Zone including schools from Dorrigo to Grafton.

Schools generally participate in gala days as part of the state knockout.

Sports such as Football, Netball, Hockey, Rugby League, AFL, Basketball and Volleyball are included in the MNC Zone Gala days and from there 1 of 2 things happen.

The winning school on the

day progresses in the state-wide knockout and a Mid North Coast team is selected to go on to compete at a North Coast Trial.

A North Coast side is then picked from the 4 zones that make up the North Coast

Region and this side then goes on to compete in the NSWCHS championships against 9 other NSW Regional sides.

From there a NSW side is selected to compete at a National championships.

The NSWCHS pathway is one of the most recognised and highly regarded talent identification pathways within Australian sport.

How are we going this year?

After a year in which virtually no representative sport was played last year, 2021 is proving to be a very successful year for both Orara students and staff.

We have participated in Swimming, Athletics, and



Open Boys Touch – Runners up at MNC gala day.



Ambrose Page representing North Coast in 2021.

Cross Country carnivals, volleyball, basketball, AFL, touch, hockey, netball, rugby league and girls league tag so far this year with varying levels of success.

For the first time in a very long time the open Netball team won the MNC gala day and have progressed through to the next round of the knockout against Macksville High School.

Head netball coach Miss Ogilvy said "I am very proud of the way the girls performed both on and off the court, and that their amazing teamwork was the thing that secured their win in the MNC final".

Other students who have competed for North Coast in or are awaiting competition at a CHS State carnival this year are:

- Swimming – Zeb King
- Basketball – Tyrus Van Galen, Chaping John, Kim Duncan
- Rugby – Hamish Butcher
- Rugby League – Luke Key
- Hockey – Ambrose Page
- Cross Country – Lauren Harris, Georgia Silvy, Jade Kitching, Safi Kisoses
- Gymnastics – Avril Mercy.
- Softball – Chelsea



Est. 1889

Crouch-McKinnon

- Cricket – Lara McMillan, Shae Moppett.

Spotlight on Hockey

Winning a state championship is no easy feat and in fact it has been 28 years since North Coast last won a girl's state title.

Mr Rodgers has coached the North Coast girls side for the past 3 years and was confident that he had



Cricket – Lara McMillan, Shae Moppett.



Basketball – Tyrus Van Galen, Chaping John, Kim Duncan.



Jade Kitching pictured on the podium at MNC Cross Country.



NSW CHSSA GIRLS HOCKEY CHAMPIONSHIP

25th - 27th May 2021, at Lismore Hockey Fields
NORTH COAST



Back Row L to R; Martina Williams, Maddison Drewitt, Tahlia Halliday, Timothy Rodgers (Manager), Lucy Fitzpatrick, Georgia Brown, Jasmin Morrissey, Mackenna Ensbeys
Front Row L to R; Breah Fischer, Zoe Nisbet, Grace Ella, Mia Morris, Chloe Winters, Ashleigh Ensbeys, Trinity Ella.

the players to bring home a CHS gold medal this year. Mr Rodgers was understandably very happy with the win but said, "I was even more happy with the way in which these talented athletes came together as a team. It has not only been a pleasure to see this team have success but to also see them make lifelong friendships."

From the state titles 2 NSW sides were selected. One Opens, and one Under

16's. North coast had 9 girls selected for these teams with 2 girls selected as shadow reserves. A truly outstanding achievement.



The May 50K #kissgoodbyetoMS

In May 2021, the students and staff at Orara High School took on the challenge of the 50K in May.

The May 50K is dedicated

to raising money for prevention, research and better quality treatment for people suffering with Multiple Sclerosis.

This challenge has given students the opportunity to work on their health and fitness goals by setting a target, it also gives students the opportunity to work on a common goal with the Orara community and give back to those in need.

We had 56 staff and students

representing Orara High School in this challenge.

Orara High School raised \$2389 for MS and completed over 1500km!!!

ALL students and staff smashed this challenge, however, there are a few honourable mentions for students who went above and beyond raising money and hitting the pavement.

These include, James Spooner, Charley Martin, Zaree Abdo, Robert Burns, Eden Tsega and Lara McMillan. Well done!!!

I have already had several students ask me, 'how can I beat Mr Woody's km's next year and get presented with the prestigious 50K May Caption head band?!' I say, it is possible, anything is possible!

Lets work together in 2022 and beat our own personal records whilst supporting this deserving cause.



Each fortnight, we will bring you current online safety news from [Safe on Social](#), an organisation that works tirelessly to provide in-depth online safety education.

We hope that you'll find this information helpful in supporting your child or children to use online platforms, like Snapchat and Instagram, appropriately, effectively and ethically.

The Good and The Bad - Social Media Challenges

Lockdown brought with it a host of social media challenges that have set the Internet ablaze again.

Some good, some bad. During the lockdown, people at home came up with weird stuff to do and, further, nominated friends to participate.

But just how dangerous these challenges became is what we are writing about

this morning and how to handle them if they circulate in your school community.

Social Media challenges can be fascinating to young people, who may be both impulsive and drawn to behaviour that gets attention – especially when using social media.

Young people are naturally more impulsive and likely to act before thinking through all of the ramifications, making Social Media Challenges a big attraction.

Some were fun, like the #binisolationouting challenge.

This challenge began in Australia, where people dressed up as their favourite Superheroes, Disney characters, or in black tie outfits to take the bin out.

Some were helpful, Like the Safe Hands challenge Launched by the World Health Organisation (WHO), the #safehandschallenge

on social media called on people to practice hygienic hand washing techniques to tackle the coronavirus outbreak.

Celebrities on social media took up the challenge and posted videos of them washing their hands for 20 seconds.

Some are incredibly positive. One of the first significant challenges to go viral was the ALS Ice Bucket Challenge.

The chilling challenge required pouring a bucket of ice-cold water on your head to raise awareness of the disease amyotrophic lateral sclerosis and encourage donations to research.

According to the ALS Association, more than \$115 million in donations were raised through the 2014 ALS Ice Bucket Challenge and used for research.

However, there can be a dark side.

Social Media Challenges may require the person doing the challenge to film some form of a risky, dangerous act or unhealthy behaviour and posting the video online to consider the challenge completed to gain followers, attention, or going viral.'

The Pass-out Challenge or the Choking Game. While not new, this challenge is dangerous and deadly, and in late January 2021, a 10yr old girl in Italy lost her life



while participating in this challenge.

The “Choking Game” has made its rounds on the Internet over the years.

Participants intentionally cut off their oxygen, intending to cause euphoria, but most of the time lose consciousness.

The Earphones Waist challenge is just the latest in a long line of these challenges that appeared during lockdowns globally.

The challenge started with a news account on the Chinese app Weibo, which asked people to see the amount of weight they have gained by counting the number of rounds their earphones can do around their waist.

However, as far back as 2015, we had the collarbone challenge that saw young women compete on how many coins they could fit in their concave clavicle. We have also had a resurgence in the A4 challenge, first seen in 2016 — women measuring themselves against pieces of A4 paper to show off how thin their waists were.

While social media challenges have become

a cornerstone of internet culture, these particular ones highlight an unhealthy preoccupation with being thin and perpetuate unrealistic beauty standards.

Social media often rewards outrageous behaviour, and the more outrageous, the bigger the likes and follows.

That environment plays into young people’s underdeveloped ability to think through their actions and possible consequences.

Social media challenges are something we must be across. We need to be aware and start conversations around which challenges they may have heard of in their circle of friends.

Ask them (without judgment) what they think are the dangers behind these challenges.

Google the challenges online, research them, and make sure you notify the school if you hear them being discussed (or acted out), so they know they are circulating if they are even slightly risky.

That way, you and the school will be aware of challenges and mitigate the risks, and the school can immediately

notify other parents.

Sometimes kids are more willing to talk about their peers than themselves.

Asking questions about school trends, friends, and fads may yield more answers than direct questions about their activities.

No matter what, it is essential to keep the lines of communication open and avoid passing judgment.

Instead, calmly discuss the dangers in those choices.

Also, consider discussing with the child/teen what actions they can take if they are worried about a friend or peer and whom they feel safe to talk to if they feel pressured to join in on a challenge.

As long as the answer is that they would tell you or another trusted adult, that is a great start.



Orara High School 50th anniversary

In 1971 Orara High School (originally due to be named Joyce Street High School) was established with only 176 Year 7 students and 7 teachers in a few demountable buildings on the grounds of Coffs Harbour Public School while the construction of the High School took place until its completion in 1972.

The name 'Orara High School' was proposed because it was thought that a lot of its students would mainly be drawn from the Orara Valley area given the school's location.

On Monday, 26th July 2021 we celebrated the school's 50th Anniversary with current students and staff by way of a zoom



The Pioneers - the first students and staff of Orara High School.

assembly led by our 2021 School Captains, Manea Mousa (Boys Captain), Tiah Johnson (Girls Captain), Hamish Butcher (Boys Vice Captain) and Tanaya Sims (Girls Vice Captain).

Students and staff watched video messages from our Director, Educational Leadership, Jenny Murray, our first female Dux, Cheryl Cooper (nee Holmes) and our 2006 Boys School

Captain and Dux, Luke Turner.

Our Captains, Vice Captains and a Year 12 student representative, Eleora Primmer gave speeches about what opportunities Orara High School has given to them and generational connections to the school.

Principal, Malcolm McFarlane addressed the assembly and Sue Kitcher,



The original staff of Orara High School, 1971, (back L-R) R Swansborough, J Haviland, W Nelson, H Wobshall, (front L-R) N Ide (secretary), H Savage, B Fitzpatrick (principal), J Ireland, B Nevell.



The 2021 captains and principal, (back L-R) Hamish Butcher, Manea Mousa, (front, L-R) Tanaya Sims, Mr McFarlane, Tiah Johnson.

our Student Administrative Manager received a Lifetime of Service Award for her 40 year contribution to the school.

We finished the celebration with an inspirational slideshow of photos and video messages from former students detailing their amazing achievements since finishing High School largely due to their time at Orara.

Congratulations on 50 years of outstanding education Orara High School, and we look forward to hopefully celebrating with the community in the coming months.



7 and 8 Spelling Bee

During Education Week (term 3, week 3), Orara High School hosted its inaugural Spelling Bee final for Years 7 and 8.

Both competitions were fierce, with all finalists making it through to the second round in both grades.

With the words becoming increasingly harder, finalists fell, until there was a



Mr Woodcock, master of ceremonies, conducting the Year 7 spelling bee grand final whilst Year 7 tensely watch on.



Year 7 finalists, one by one, giving their best spelling of the increasingly difficult words for the spelling bee.



(L-R) Mr Woodcock (Spelling Bee MC), champion Amelie McLennan, 2nd place Talan Valese, 3rd place Asha Foran, Mr McFarlane.

showdown for third place in both grades.

Down to two in each grade, the competition was friendly but close, with finally decisive winners.

The winners for each grade are as follows:

Year 7 champion:
Amelie McLennan

Year 7 first runner-up:
Talan Valesse

Year 7 second runner-up:
Asha Foran

Year 8 champion:
William Hunter

Year 8 first runner-up:
Tegan Slattery

Year 8 second runner-up:
Cailyn Wicks

Congratulations to the winners and all finalists!



The Year 8 finalists watch on as Mr Caesar, master of ceremonies, conducts the Year 8 spelling bee grand final with an audience of Year 8 students.



Down to the final four.



(L-R) Ms Butler (Year 8 Advisor), Year 8 champion Will Hunter, 3rd place Cailyn Wicks, Mr Caesar (Year 8 Advisor), 2nd place Tegan Slattery, Mr McFarlane.

Year 9 Commerce Trade Fair

Friday saw Year 9 Commerce run a successful trade fair.

There were a range of stalls selling a variety of goods, including masks, hand sanitiser, ice cream, lip scrubs, cookies, zodiac bracelets, and pizza!

Crowds of staff and students began to form for each of the stalls, with the most popular being the food stalls, especially the pizza.

Commerce provides the knowledge, understanding, skills and values that form the foundation on which students make sound decisions about consumer, financial, economic, business, legal, political and

employment issues.

Central to students' learning is the development of an understanding of the relationships between consumers, businesses and governments in the overall economy.

Congratulations to year 9 Commerce, Mr Alarab, and Mrs White on a successful trade fair.







THE ONE ABOUT BANNING MOBILE PHONES

@inner_drive | www.innerdrive.co.uk

THE STUDY

Should schools ban mobile phones? As with all technology, there are pros and cons. Mobile phones offer the opportunity to connect people and ideas as well as offering a range of revision apps. However, social media and games may distract focus away from learning.

Taking a long-term and evidence-based approach, researchers measured the impact that banning mobile phones had over a number of years. They tracked schools that enforced a ban, those that weakly enforced a ban and those that had no ban. They tracked what effect it had on student performance in their GCSEs.



THE MAIN FINDINGS

- 1 Students who attended a school that banned mobile phones received, on average, a **6.4%** increase in their exam results.
- 2 This effect was **most pronounced** for struggling students, with those who had previously been low-achieving receiving a boost of **14%** on average.
- 3 The most able students **did not gain any increase** from the mobile phone banning policy, but they also did not suffer any negative ones.
- 4 Students who attended a school that banned mobile phones were **more likely** to go on to achieve **at least five GCSEs** of grades A*-C.
- 5 Schools that reported **only weakly enforcing the ban** did not receive as much of a boost to their exam results as those schools which enforced it thoroughly.
- 6 The **longer a school had banned mobile phones**, the larger the boost students got in their exam results.



Ref: Beland and Murphy, 2015, CEP Discussion Paper No 1350

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Upcoming events

Term 3, week 4	Term 3, week 5
Aug 02 <ul style="list-style-type: none"> • HSC trial exams • Balmuun jindas health and wellbeing 	Aug 09 <ul style="list-style-type: none"> • HSC trial exams • HSC dance practical exam • EAL/D Ready Arrive Work program
Aug 03 <ul style="list-style-type: none"> • HSC trial exams • Balmuun jindas health and wellbeing 	Aug 10 <ul style="list-style-type: none"> • HSC trial exams • HSC dance practical exams • EAL/D Ready Arrive Work program
Aug 04 <ul style="list-style-type: none"> • HSC trial exams 	Aug 11 <ul style="list-style-type: none"> • HSC trial exams • HSC dance practical exams • EAL/D Ready Arrive Work program
Aug 05 <ul style="list-style-type: none"> • HSC trial exams • Balmuun jindas health and wellbeing 	Aug 12 <ul style="list-style-type: none"> • HSC trial exams • Run Beyond trial
Aug 06 <ul style="list-style-type: none"> • HSC trial exams • Science Roadshow to OVPS 	Aug 13 <ul style="list-style-type: none"> • HSC trial exams • Year 10 geography Jetty field work