

OAGS News



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It's a date...

Tuesday 22 November
Grand Opening of ACE Centre

Tuesday 29 November
Christmas Lunch

Thursday 1 December
**Prep & Kindergarten End of Year
Assembly @ 9:20am**

Tuesday 6 December
Year 6 Celebration Day

Wednesday 7 December
Presentation Night @ 6pm

From the Headmaster...

Make your next effort your best effort.

These, among many others, were the inspiring words that Ex NRL Canberra Raiders Captain Alan Tongue shared with us at our annual sports awards night this week. After investing in our Year 6 students to help them prepare to 'run on for their second half of schooling' and then running a touch footy clinic, Alan took to the microphone to share his powerful message.



As a young kid from the bush who was told he was 'too small to make it in the NRL' by the head coach at the time, Alan set himself to be the best teammate he could be, the 'player that everyone would want to have in the side'. Alan learned that by committing himself to studying how his teammates played, he could then tailor his game to do little things that would make their strengths even stronger. In the game of footy this would mean that Alan would put pressure on the opposition kicker to ensure that his own fullback would get maximum time to catch the ball. As a passing dummy half Alan would learn to put the ball exactly

where his forwards needed it to ensure they could power off their best leg to make the maximum impact.

Study your teammates and do the little things that make them even better.

The real life application of this principle is clearly relevant to life at school. Alan encouraged our students to study their peers, learn what makes them tick, do the little things that help them achieve their best. Avoid the silly things that will only drag them down. View each school day like you're running on with your teammates, in it together and ready to make your next effort your best effort. Of course, this type of servant hearted focus finds its foundation in Christian thinking.

'3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others'. Philippians 2

Alan, a Christian man himself, shared some of his journey of faith and the comfort he has found in knowing that he is loved by his creator.

Thank you for your investment in our school community.
Blessings,
Louis Stringer
Headmaster





PRIMARY NEWS

Kindergarten 2023 Orientation

It has been exciting to see our 2023 Kindergarten students exploring the school as part of the Kindergarten orientation process. With our Kindergarten classes full for 2023, we had 56 of the smallest members of our school community join us for 2 days of fun, with the focus being on getting to know each other, exploring the school environment and meeting the Kindergarten staff. From reading stories to painting numbers, making giant paper chain snakes and completing a treasure hunt around the school, the children were kept very busy across the 2 days.

A very big thank you to our amazing Early Learning educators for creating such a fun orientation programme.

Mrs Jessica Willis
Director of Primary



Year 5 Leadership Day

On Tuesday 1st November, all Year 5 students participated in a leadership training day aimed at supporting them to view themselves as upcoming school leaders. The focus of the day was to help Year 5 prepare for their leadership roles as senior members of our primary school and to further develop their understanding and skills in leadership.

The day started with a reflective look at what skills and attributes make a good leader and many students were pleased to identify leadership looks like in the OAGS Primary School and how each student could contribute to the overall success of the school community. The Year 5 group brainstormed what they already possess many effective leadership skills and qualities (even if they didn't realise it!). We explored what some amazing ideas and initiatives that they would like to explore in 2023 as leaders, including classroom support opportunities, playground improvements, peer support groups, playground mentors, sports initiatives and fundraising events (to name a few).

All students wrote an application letter for a leadership position at the school, outlining their individual personal strengths that would help them be a good leader and their ideas for supporting the school. While not all students would decide to submit an application for a formal leadership position, this was a valuable learning opportunity to construct a formal letter, to identify strengths and to reflect on how they could contribute to the community.

We closed out the day with some fun games that put our skills of collaboration, teamwork, patience and problem solving to the test. Of course, the students' efforts were rewarded with lollies! Overall, Mrs Bracks and Mrs Willis were amazed at the maturity students showed, their response to personal reflection, their enthusiasm for leading and their ideas for supporting the school. Our future is in good hands with this cohort of leaders!

Mrs Jessica Willis - Director of Primary



Maths in Stage 1

Throughout the year, Stage 1 engages in various Mathematics investigations. The aim of these investigations is to get students to apply the knowledge they have been developing to a real-world situation. The investigations also require students to use skills from multiple content areas.

Last week students started an investigation called 'The Big Squeeze.' The context of the investigation was as follows: Your class is organising a morning tea. You all decide that fresh orange juice would be healthy and delicious.

Through the investigation, students needed to discover the following things:

- How much does 1 kg of oranges cost?
- How much does 1L of orange juice cost?
- How many oranges does it take to make 1 cup of juice?
- How many oranges make up 1kg?
- How many kgs of oranges would be needed for the whole class?
- How many litres of orange juice would be needed for the whole class?

After collecting all of the information, students needed to conclude, is it better to make orange juice or buy orange juice?

I think many of the students would agree, the best part of the task was juicing the oranges and drinking the juice.

Mr Kyle Palmer

Stage 1 Coordinator



Stage 2 Writing

Throughout this year, Stage 2 students have been working hard to sharpen their writing skills, tailoring their approaches to different audiences for different purposes. This has included writing to persuade, writing to entertain and writing to inform, and sometimes, a blend.

This term, students have been learning all about the history of Christmas and how it is celebrated around the world in different countries.

Following are some examples of work in progress by students as they write to inform a friend overseas about how Christmas is often celebrated in Australia. In learning how to write letters, students have not only been learning about different cultural approaches to the celebration of Christmas, but also how to craft letters for personal purposes.

Mr Paul Lipscomb Stage 1 Coordinator

48 Silverdown
Way orange
NSW
Australia
Monday November 7, 2022

Dear Anna,
Fröhliche Weihnachten.
I know you've been wondering about what we do for Christmas here in Australia. In Australia for Christmas it is very hot at the time so some people go camping while others just stay home.

Most people tend to decorate the outside of their house for people to view, neighbours will tend to have a competition to see who has the best lights. A lot of people will tend to invite friends to their house to have a BBQ.

Some people in Australia hang Christmas wreaths on their doors. Some people will also go out into town and sing Christmas songs.

Have you ever been to Australia. I don't think you have, so here are some photos of what it looks like at Christmas in Australia.



12 Windamingle Place
Orange NSW 2800

Monday 25 December 2021

Dear Luca

It's been really nice here in Australia. The way they celebrate Christmas is a lot different to what you do in Germany. I bet if you came here you would freak out! Because there is no snow here. Like it's just so weird for you to have Christmas without any snow, wouldn't it? In fact, it's like 40 degrees here, and sunscreen is selling like mad! A very popular thing we do here is have BBQs (barbecues) and in fact I had one yesterday. If you didn't know it's like a stove but used outside and you can take it anywhere you like!

Something I like to do is go around on Christmas Eve singing Christmas carols (I did it yesterday). Another thing is that although there are Christmas markets here in Australia, they aren't as big as the ones in Germany. I had a little visit to them this morning and the food is sooo good. I even ended up taking some back to my house to eat with my family.

Dear Maria,

26 Kooronga Avenue
Orange NSW 2800
8 November 2022

I hope you are excited for Christmas, I'm going to tell you about how us Aussies celebrate Christmas

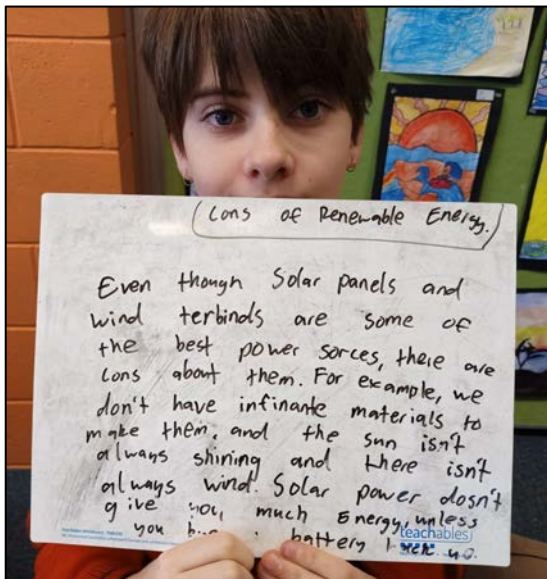
Firstly, we start to celebrate this special time in the start of December (which is also the start of summer) and we have lots of BBQs at the beach and we hang out with our friends and family. Secondly, every Christmas eve we have this thing the the Carols in the people also decorate their homes with Christmas trees and lights, some which Christmas decorations are the best in the neighbourhood a you get amazing prizes like gift cards and the best thing money.

On the 1st of December, people put their Christmas decorations on their Christmas tree and listen to Christmas music to get into the festive mood. On Christmas eve, people (but mainly children) sing Christmas carols in the park and people also have lamb and BBQs for dinner.

Following are some examples of work by students, showing their application of writing skills to their Science learning, as they consider the implications of fossil fuel energy vs renewable energy.

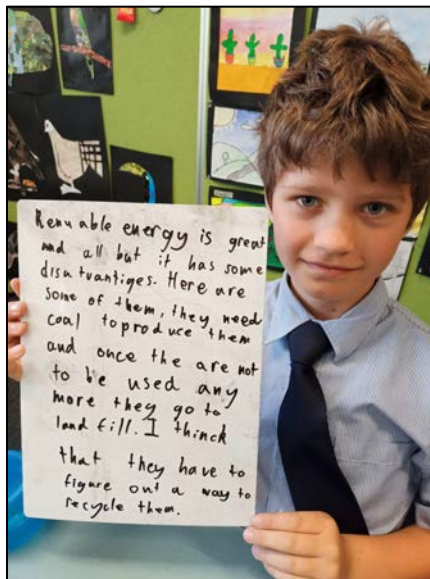


There are a lot of downsides to using coal. Firstly coal is not renewable which means once it's used we can't reuse it. The coal that we are using is getting used way too much. Coal takes a long time to produce which means we need to stop using much.

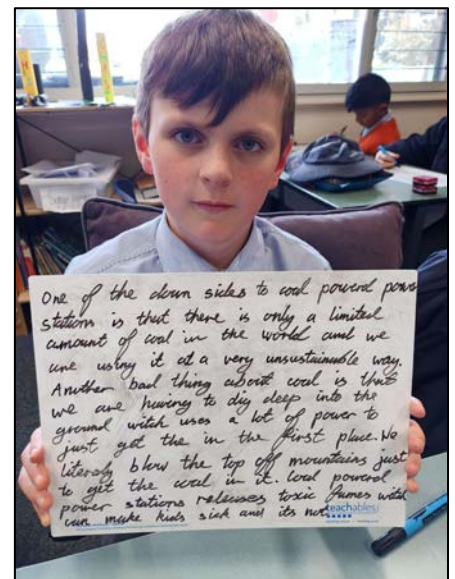


Cons of Renewable Energy.

Even though solar panels and wind turbines are some of the best power sources, there are cons about them. For example, we don't have infinite materials to make them, and the sun isn't always shining and there isn't always wind. Solar power doesn't give you much energy, unless you have a battery to store it.



Renewable energy is great and all but it has some disadvantages. Here are some of them, they need coal to produce them and once they are not to be used any more they go to land fill. I think that they have to figure out a way to recycle them.



One of the downsides to coal power plants is that there is only a limited amount of coal in the world and we use it at a very unsustainable way. Another bad thing about coal is that we are having to dig deep into the ground which uses a lot of power to just get the coal in the first place. We literally blow the top off mountains just to get the coal in it. Coal power plants release toxic fumes which can make kids sick and it's not good.



SECONDARY NEWS

Year 7 2023 Orientation

If you cast your mind back to Tuesday 1st of November you will remember it was a rainy and overcast day. Whilst the weather was gloomy, it did not dampen the spirits of almost 70 2023 Year 7 students that arrived at OAGS for their Orientation Day. Coming from a range of primary schools around the Central West (including a bumper group from our current Year 6 cohort) the students came together to establish connections, experience secondary school and begin to transition to the next phase of their schooling life.



After an official welcome from students began the day with Peer Support Leaders and Sports teachers to play some games, build their teamwork skills and settle any nerves. Following morning break the remainder of the day consisted of some cooking in Food Technology, an introduction to agriculture in our new ACE Centre, chomping into a Pizza lunch, ACER testing, and a Question and Answer session to help answer any student questions.

It was a wonderful day and we look forward, with much anticipation to the commencement of Secondary School for these students in just over 80 days.

Mr Tim Brown
Director of Secondary

Australian Mathematics Competition 2022 (AMC)

This year OAGS had 63 students from Stage 3 through to Stage 6 enter the AMC in August this year. This was almost double the number of students who entered last year.

I wish to particularly commend the following two students who attained a Certificate of Distinction. These students were placed in the top 20% of participants in Australia and over 30 participating countries, which is an outstanding achievement. Congratulations must go to Zara Singh from Year 7 and Mark Kemp from Year 11. It should be noted that this competition is of a very high standard, so any students who earned a Distinction or Credit should be very proud of their results. We had many students who received a Credit. A summary of these students are shown below.

Credit	
Year	Name
7	Greg Finlay
7	Cameron McLean
7	Rohan Mittal
7	Elizabeth Fuller
7	Orson Petty
7	Maxwell Rimmer
8	Scarlett Petty
9	Rebecca Kemp
9	Bridget Watts
9	Mia Singh
9	Jonathan Pottie
10	Archie Casey
11	Hayden Spedding
12	Brynn Player
12	Scott McGoldrick

Students who received a Credit or better will be presented with their awards during Assembly in week 3. I wish to thank the office staff for helping organise notes and entries and Mrs Jeffries who printed the certificates. Thank you also to the teachers who helped run the competition- Mr Linde and Mrs Pottie.

Congratulations to all of the students who participated and we look forward to your continued success.

Mrs Jane Keene
Secondary Mathematics Teacher



CREATIVE AND PERFORMING ARTS

The Sentimental Bloke



Students in Stage 5 Music were given insights into the art of composition when they were visited by composer and pianist Ian Munro last Friday. *The Sentimental Bloke* is a 1919 Australian silent film based on C. J. Dennis's tales of working-class life and love in the backstreets of Sydney. The National Film and Sound Archive (NFSA) of Australia digitally restored the film 'The Sentimental Bloke' to mark its 100th anniversary. In 2021, Ian Munro composed a new score for the film using Australian songs from the period of the film.

Ian and pianist Aura Go came to OAGS and performed some of the score for students while Ian talked about the history of music for silent film and the process of composing for the film. It was a fascinating experience to see it all come together. Many thanks to the Orange Regional Conservatorium for providing this opportunity.

Musica Viva Incursion - Wyniss

OAGS was honoured to host performing group 'Wyniss' from the Torres Strait Island Mua this morning. Wyniss performed for all students from Prep to Year 8, as well as the Stage 5 elective music class. Students were enraptured by their songs, dances, stories and games from their childhood. Wyniss demonstrated the traditional instruments that they use and explained how they were made from the resources on their islands. The students joined in songs and dances about fishing, string games, spinning tops and more. What a fitting end to our NAIDOC week celebrations, and a very special experience for the students.



NAIROC

On Wednesday the 2nd of November OAGS Dance Company Dancers performed at the 10 Year NAIROC Celebrations, held at the Orange Function Centre. The dancers performed a beautiful piece that celebrated the relationship and reliance that we have on the natural environment around us. The repeated movement motif of tree branches swaying and waves rolling over and under, communicated the beauty and serenity of connecting with and engaging with nature. Congratulations dancers for performing so beautifully.

Mrs Rachel Crane

Secondary OAGS Dance Academy



NAIDOC Week

It was with great pleasure that Mrs Nyers- Saunders and Mrs Eyb attended the Orange NAIDOC week celebrations and awards with students from Kinder to Year 12 last week. While NAIDOC week in other regions is celebrated in July, in Orange our chilly weather means we celebrate NAIDOC in November when the weather is lovely. Well. Despite all the plans, the weather spirits were against us, and on Sunday night the organisers made a very wise choice to relocate the celebrations and famous sausage lunch to the Orange Function Centre.

Amid the claps of thunderstorms were the even louder claps of the audience as Year 9 student Isaac Clarke was announced the male recipient of the Gibbs- Wardrop Quiet Achiever Award. Presented in honour of the late Toni Gibbs and Ron Wardrop, well known community advocates for Aboriginal Education, the award recognises students who have led by example both at school and in the community.

Isaac has not only achieved AICES representation in touch football, but trialed for the CIS for Rugby Union and Rugby League and coached the Junior Rugby 7's team. In addition, Isaac has made a concerted effort to apply himself in his studies and has certainly met some personal goals in Mathematics and PDHPE.

Isaac was presented with the award by members of the Gibbs family - Jayden, Sandon and Hayden Gibbs at the awards ceremony but the remaining awards will be presented at next week's school assembly.

Mrs Sarah Eyb

Secondary Teacher





AG @OAGS

Contact sarah.eyb@oags.nsw.edu.au



Agriculture Team - P&F donation

The Agriculture team received an early Christmas present this year with the donation of a new blower and spare hose from the P&F Association. The cattle blower will be used to prepare show cattle for the upcoming shows and is very much appreciated as the students have been borrowing blowers kindly lent by sponsors to wash and blow their animals. The P&F have also provided the funds for the installation of a personal access gate to allow a rapid access to the internal parade yards. This has made for a much more streamlined approach to moving between the classroom and the main yard complex and has saved Mrs Eyb clambering over the rails. The school would like to thank Mr Tim Dansey for his assistance in installing this gate.



ACE Centre Opening

It is with HUGE excitement that we extend a warm welcome to any interested parents and members of the community to the very much anticipated Agricultural Centre of Excellence on November 22 at 12 noon. The opening really is a whole school event with meals being provided by our amazing Food Technology department and the entertainment being supplied by our talented Creative and Performing Arts department. People who would like to come along are asked to please click on the link below in the invitation so that seating and catering can be arranged. Our keynote speaker is chairman of the Primary Industries Education Foundation Mr Luciano Mesiti who will discuss the importance of Agricultural education to the Australian economy and is developing a number of model partnerships with schools at the forefront of Agricultural education.

Mrs Sarah Eyb - ACE Coordinator



ORANGE ANGLICAN
GRAMMAR SCHOOL

Invites you to their Agricultural
Centre of Excellence (ACE)

Grand Opening



DATE: 22 NOV 2022

TIME: 12:00PM



SPORT @OAGS

Contact sport@oags.nsw.edu.au



Sports Awards Evening

On Tuesday 8th November, OAGS hosted the 2023 Sports Awards Evening. The weather was perfect for such a glorious night of talented athletes being awarded for their courage, agility, speed and sportsmanship. The special guest, Alan Tongue met and awarded all of our students on the night.



Water Polo

Term Four has seen the introduction of Water Polo to the Senior School sporting roster. We have approximately 30 enthusiastic players ranging from students who have never played to those who regularly participate in the local competition. Over the past couple of weeks, students have been improving their skills in the pool each Wednesday. Students have been practising their water treading, throwing, catching and defensive skills each week before participating in friendly game time. The Blue Caps versus White Caps is a hotly contested match with all students giving it their all and striving to improve their game-time strategies.



*Water Polo is the best sport I've played. The rules and gameplay are very easy to pick up, the community and competition are friendly and there is something for everyone! Having never played it before, it has been very exciting to get in the water every week, play and meet new people from different year groups while keeping up with exercise. - **Alex Baines, Year 10***

Blue-Caps trying to keep the ball while the White-Caps are getting into position to take possession of the ball.

Mrs Jocelyn Kimmins



FAITH

Contact david.whittingham@oags.nsw.edu.au



Orange Church of Christ invites everyone to a special family service on Sunday, 20th November. There will be music, dance, craft, games and fun! All learning about our enjoyment of Jesus in a kid and youth friendly atmosphere. Includes yummy food! Parents take part with the kids to learn together. The church is at 67-69 Burrendong Way Orange.



252 ARMY CADETS UNIT

Fees

Term 3 and 4 Fees Invoices - Thank you to everyone that has paid the Invoices that were emailed to you.

Adult Helpers

Never too late to become involved and learn more about the program and see our young adults grow and develop in confidence and resilience.

Annual Dinner- Friday 2 December 6-9pm at Orange Ex-Services Club

This event is based on a military style formal dinner and will be a farewell for our Year 12 cadets. Cost is \$30 per head to be paid via TRYBOOKING (details emailed and also distributed at Monday Parade) and covers a 2 course meal plus soft drinks with the Unit subsidising the event. Numbers must be confirmed by 18 Nov – these will be based on payments received. Dress – DPCU ceremonial (Green Tshirt, sleeves rolled, shirt tucked in, Black belt - no Hats). Cadets to be dropped at club front door for escort by unit adult to the function room.

Annual Parade – Saturday 3 December

Cadets to arrive by 8am for Dress Inspections and final rehearsal. Parade will commence at 10.30am. Families and friends are ALL welcome. Following the Parade there will be some light refreshments available.

Important Dates

No Monday Parades during OAGS School Holiday break

17 Nov	Last Day to commit & make payment for the Annual Dinner
2 Dec	Annual Dinner (Cadets & Adult staff only) – at OESC
3 Dec	Annual Parade – All welcome - Cadets at 8am, Family & Guests from 1045am
5 Dec	<u>Last Unit Parade till Mon 6 Feb 23</u>
10 Dec	Leadership Training Day – Rank, staff and selected cadets
7- 14 Jan	NSW BDE Promotion Courses – selected cadets only
30 Jan	Rank & Staff ONLY
6 Feb	Normal Cadet Parades Resume

CAPT (AAC) Terry Nye
Officer Commanding
252 ACU

Chess

Master Class - Our final session for 2022 was held last week. This initiative has proved to be very beneficial for those players who want to learn more strategies on how to win games. We will commence again in 2023 for interested players in Years 5-12.

Thursday Chess for Senior School will not be held next week due to exams and will continue in Week 6.

Mr Terry Nye
Chess Coordinator



FOR YOUR INFORMATION

Contact admin@oags.nsw.edu.au

Deputy Covid Report

OAGS will continue to track positive cases as they are reported to the school. Rather than the fortnightly report in the newsletter, we will migrate our reporting to the live graph that can be found below. Parents are encouraged to monitor this regularly. Should the school be advised of an increased incidence of cases, or a cluster of cases, relevant families will be informed via an official letter. As of the start of Term 4, the school has no reported student cases and one teacher case of COVID-19. As such, the graph is currently only displaying 1 column that represents the teacher case. As other cases are reported, more columns will appear on the graph. [Click Here](#) to view the graph.

Sincerely,
Scott Hazelton
Deputy Headmaster



Dear OAGS Parents,

Fittings are compulsory for all Transition students, Kindergarten, Year 7 and Year 11 students

If you do not do a fitting the correct sizes may not be available

Five Simple Steps

1. Call now and **make an appointment**
2. We will assist with fittings
3. Place and secure your order with a deposit
4. Pay progressively (This is optional but preferred)
5. Final payment and pick up December 2022 /January 2023

To ensure availability of correct sizing, orders must be placed during the fitting period.

To book in please phone: 6361 1512

During shop hours

Monday to Friday 8:30-5pm, Saturday 9-12pm

Orange Clothing Company

4 McNamara Street Orange

NSW 2800

ORANGE CLOTHING CO.



Like us on
Facebook



School Travel

Term 4 2022

2023 school travel applications are now open

Applications for student travel in 2023 open from **Monday 10 October 2022**.

Students who need a School Opal card or travel pass for 2023 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications, and entitlements remain valid for the start of the 2023 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2023.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Travel from Term 1 2023

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2023 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

Christmas Giving Tree - Food Hamper & Toy Drive

As a part of our community integrated unit this term, Prep is running a Christmas tree Food hamper and toy drive.

We are asking families from the whole school community to consider donating non-perishable foods and/or toys that will be donated to the Salvation Army. Below is a list of food hamper and gift ideas to help with your shopping.

The Giving tree will run from Monday 11th November through until Monday 21st November. Please bring your items to the New Prep building.

Food Standard sizes are preferred to help fit everything in neatly.

Christmas pudding
Tinned ham or chunky soup (450g)
Tinned salmon or tuna (415g)
Tea (100pk)
Coffee (100g)
Packet of biscuits (no chocolate biscuits)
Dried pasta (500g)
Pasta sauce
Long-life milk
Long-life custard
Tinned fruit and vegetables (425g)
Jam (500g)

Gift ideas

Pre-school

Age-appropriate games
Educational toys
Picture books

Children

Good-quality toys & Outdoor games
Sporting equipment

Teenagers

Gift cards/vouchers
Sporting equipment
Toiletry packs

If you would like more information please contact Miss Thomas
krisha.thomas@oags.nsw.edu.au

Christmas Lunch

29TH NOVEMBER 2022

BOOK YOUR CHRISTMAS LUNCH ON THE FLEXISCHOOLS APP BEFORE 14TH NOVEMBER 2022

Ham or Turkey Roll

Dessert

Juice Popper

\$15.00

<https://user.flexischools.com.au/login?returnUrl...>



P&F Second Hand Clothing Stall

Wednesday 23rd November
OAGS Media Centre
3.00pm - 5.30pm

Clean out the cupboards, We welcome donations of unwanted uniform items all year round.

Please drop any clothing donations to the OAGS administration.

We love our school community and are always looking for ways to work together.

If you have some time available to assist with the stall on the day this would be wonderful.

An hour, half an hour or more we would love to hear from you.

oagspandf@gmail.com

Orange Theatre Company

Presents

Cinderella

November 25th to 27th

Orange Civic Theatre

Box Office: (02) 6393 8111



SCAN ME

Tickets through Ticketek

By Stuart Ardern and Bob Heather
By arrangement with Lazy Bee Scripts

HOW ARE YOU GOING?



How are you feeling?	Self-aware and calm	Irritable or impatient	Angry or frustrated	Aggressive and out of control
What's your stress level?	Coping well	Worried or nervous	Very nervous, panicky	Really anxious, panic attacks
What's your outlook?	Positive	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
How are you working?	Motivated and kicking goals	Putting things off, forgetting stuff	Unmotivated, not working well	Can't get anything done
How are you sleeping?	Normally	Trouble sleeping	Restless and disturbed	Sleeping too much or too little
What's your activity level?	Keeping active	Not doing as much as usual	Not enjoying activities	Avoiding activities
How social are you?	Feeling connected	Staying in more than usual	Annoyed with everyone	Avoiding people and isolated

WHAT CAN YOU DO?

<p>You're doing really well! Get some more wellbeing tips at ReachOut.com</p>	Talk to friends and family about how you're feeling	Chat to your GP. Get some support in place	Help is available. See your GP - don't put it off
	Get support anytime at ReachOut.com	Kids Helpline 1800 55 1800	Lifeline 13 11 14
	Practice some self-care by making time to do something you love	If you live rurally, check out ramhp.com.au	Suicide Callback Service 1300 659 467



Centre for
Rural & Remote
Mental Health





CHRISTMAS DROP AND SHOP

MONDAY 19TH - FRIDAY 23RD OF DECEMBER

**OPEN TO SCHOOL AGED CHILDREN
GYMNASTICS, NINJA, CRAFT, GAMES**

1/2 DAY MORNING 8.30AM - 1PM

1/2 DAY AFTERNOON 1PM - 5.30PM

FULL DAY 8.30AM - 5.30PM

BOOK IN ONLINE OR CALL - 63691028

www.revolutionise.com.au/cwgym/events/161828/





HAVE A BLAST



Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!

CNSW WWCF PROGRAM - ALL ABILITIES ORANGE
Carl Sharpe Cricket Centre, Thursday January 19 &
Friday January 20, 9:00am - 12:05pm.
Angus Norton angus.norton@cricketnsw.com.au



JOIN YOUR NEAREST CLUB

🔍 Play Cricket

PROUDLY
PRESENTED BY





ORANGE ANGLICAN GRAMMAR SCHOOL

7 Murphy Lane (PO Box 308), Orange NSW 2800

P: 02 6360 4811 E: admin@oags.nsw.edu.au

www.oags.nsw.edu.au

