Resilience

- An individual’s capacity to cope with what confronts them.
- Put strategies in place when things get hard.
- Solve a problem through careful thought and a problem-solving approach.

We all at some stage in our life are faced with a situation that is uncomfortable. A family tragedy, a life changing medical condition, a change in the family make-up, a mental health issue and so on.

These events are potentially life changing. They all require a great deal of resilience – coping, planning and careful thought. Sometimes it takes a lot of time and effort to come to terms with the situation and try to solve a problem.

Why resilience?

Teachers are not just teaching subject content – they are preparing people to become exceptional citizens. Being an exceptional citizen means being able to stay in control, being able to look at something from another’s point of view, and being able to tell the difference between a major catastrophe and a minor discomfort.

Being reminded about wearing the correct school uniform, getting to school on time, being unable to go down the street for lunch, getting homework and assessment tasks in and completed, tolerating the misbehaviours of others – are not major catastrophes.

The majority of students and...
all the staff are perplexed by the misbehaviour of some students over minor discomforts, and more than a bit cranky at having their learning/teaching time compromised.

How can you help?

Children learn how to cooperate, it doesn’t happen naturally. All adults are an important source of help in teaching children how to cooperate.

Pick out situations where the child has difficulty. Does he or she have trouble waiting his or her turn? Does he or she join into games without asking? Is he or she bossy with others? Does he or she end up in lots of disagreements over rules?

What can adults do? Talk about the child’s behaviour in the situation with the child. What does he or she see happening? Try to get the student to imagine how they would feel if others were bossy or not following the rules.

What next? The next time there is a situation where the child is not cooperating, encourage him or her to try suggestions rather than give orders. This will encourage responsible thinking and action. Obviously, change will not come about immediately. There will be several discussions about successes and failures as the child tries out new ways to get along. Keep looking at the situation, have the child pretend what to do, and encourage him or her to try things out. By doing this it will lead to respectful, achieving and responsible adults.

I would like to congratulate the majority of our students who know that life isn’t always easy, but just get on with it.

All you great young people who don’t live hiding behind excuses, but see yourselves as part of the community that needs to work together, thank you!

You, who exemplify and model resilience every day through your own actions and by the positive and proactive way you interact with others, thank you!

Mr Y Chambers, Principal.

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**Hay War Memorial High School Ex-Students Association**

Hay War Memorial High School Ex-Students Association and their families are invited to the Anzac Day 2015 Centenary Commemorations, Friday 24th April and Saturday 25th April, 2015. The Anzac Day 2015 service will be outside the Hay War Memorial High School main building, weather permitting. There will be a picnic at The Railway Station for a pre-paid charge of $20 per person. All other meals will be pay as you go. As there is too much information to advertise, please email for a flyer to: Secretary g.tuckett@bigpond.com 02 69533718 or patstarr@bigpond.com or phone 02 60256585 or 0400256556, suzannebrucesmith@gmail.com or 0419 517877 or nevneri@bigpond.com 02 69932176.

Pat Starr, Publicity Officer.

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**Congratulations**

to Luke Arandt who has been selected in the Riverina cricket team after attending selection trials on Monday in Wagga Wagga.
**Careers with Ms McNally**

**Full time permanent job vacancy**
Hay Ag & Auto Parts has a full time vacancy for a junior spare parts salesperson, which would suit a school leaver. The applicant must be reliable, punctual, trustworthy and have a keen interest to learn the spare parts industry. They must be confident with computers and maths skills are essential. Email cover letter and copy of school report to John Burgess. Email address is john@hayag.com.au

**Changes to the secondary schools Tax File Number Program in 2015**
The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December, 2014. This means that school TFN forms will no longer be processed beyond this date. From 1st January, 2015 students will need to apply for their TFN online and have their identity verified through an interview at a participating Australia Post Office.

If your child does not have a TFN and you wish to get one easily they need to collect an application form from Ms McNally at the start of lunch time by next Tuesday and return it to Ms McNally or the front office. If a student starts a casual job they will need to supply their TFN to their employee. Students with a TFN do not have to submit a tax return until they reach the tax free threshold which is currently $18,200 in a financial year (1 July to 30 June). Students have been told about this in assembly this week.

**Bob White scholarship**
Application forms were given out to all year 12 students last week, they are due in on Monday, 1st December. Late applications will not be accepted. There are two scholarships each worth $2500. The scholarship recipients are determined by the criteria in the application form.

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**2015 Debutante Ball**

We now have five students who have expressed interest in the 2015 Deb ball. We do need more names before any further planning can go ahead.

This is a wonderful and exciting experience for the debutantes and their partners as well as being a fundraiser for the Hay War Memorial High School P&C.

Debutantes must be age 16 or older at 18th April 2015. Partners should preferably be of school age, however partners up to 19 years of age will be allowed.

Dance lessons start 5:45pm Monday 2nd February 2015 and every Monday thereafter, including school holidays. It is compulsory that both debutantes and their partners attend these lessons. We thank Marilyn and Kevin Walter and Sue & Les Wall for their continued support.

If anyone is interested or would just like to make an enquiry please contact any of the P & C members below:
Rhonda Slattery 0427 932 140    Serena Wall 0437 391 808    Kerry Barnes 0427 933 405
For so much what shall we repay?

Week 9

Wednesday 3
- Yr 6 orientation day
- Life saving p 5 & 6
- HSC Art excursion - Griffith

Thursday 4
- Careers in Agriculture excursion - Wagga

Friday 5
- Year meetings p 4
- Careers in Agriculture excursion - Wagga

Week 10

Wednesday 10
- Life saving

Friday 12
- 15/15 cricket - Deniliquin

Breakfast 8.30am-8.55am
Toasted Cheese Sandwich 80c

Recess and lunchtime
Slushies $2
Frappé $2

Next Week’s Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>BBQ chicken roll</td>
<td>$4.00</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Spaghetti bolognese</td>
<td>$5.00</td>
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<tr>
<td>Wednesday</td>
<td>Ham &amp; cheese croissant</td>
<td>$2.50</td>
</tr>
<tr>
<td>Thursday</td>
<td>Chicken wrap</td>
<td>$4.00</td>
</tr>
<tr>
<td>Friday</td>
<td>Goujons</td>
<td>$2.50</td>
</tr>
</tbody>
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P & C Information

MEETINGS: 1st Thursday of each month during term. 7.30pm in the staffroom. ALL WELCOME!

CONTACT Vice President/ Acting President:
Rhonda Slattery 0427 932 140
Secretary: Serena Wall 0437 931 808
Acting Treasurer: Helen Jacka 0428 931 972

UNIFORMS The P & C supports the wearing of the correct school uniform by HWMHS students. We run a uniform pool at the school where most items of clothing are under $5. Donated items can be left at the front office of the school.

STUDENT INJURY INSURANCE: P&C provides student injury insurance coverage for all enrolled students at HWMHS. Please refer to www.pandc.org.au/insurance.seo for information and claim forms. Completed forms should be sent direct to the insurer.