For so much what shall we repay?

Together we can make a difference

Lots of students joke around with each other and unfortunately call each other names. Generally these actions are not deemed as bullying. The difference lies in the relationship of the bully and the victim, and in the intent of the interaction.

Bullying involves a desire to hurt, and physical and psychological intimidation that occurs repeatedly over time to create an ongoing pattern of harassment and abuse. This is not to say that there are not isolated, one-off instances of bullying. Typically, however, bullying is a repetitive activity.

Students who engage in bullying behaviour seem to have a need to feel powerful and in control. They, generally, have no sense of remorse for hurting another child and often refuse to accept responsibility for their behaviour.

The outlook for victims of bullies is also not good. Students who are victims of bullying are typically anxious, cautious and suffer low self-esteem.

So what can schools do to reduce or stop bullying occurring?

The first thing we ask parents and students to do is report incidents of bullying to teachers, as it is only when a bully is identified that we can take action. The second thing we ask is that you never turn a blind eye to bullying. If we all take the stand that bullying will not be tolerated, we begin to take away the bullies’ power.

Thirdly, we ask that all adults, who are part of the community, set the example against bullying. If we bully children, or each other, we have little credibility when we tell students that bullying is unacceptable.

We ask you to support us in our stand. Together we can make a difference, a
difference that is to the advantage of all of our children.

**Time Out Room**

Hay War Memorial High School will be trialling a Time Out Room during Term 1, 2016. This concept is not one of punishment but one of developing a student’s self-discipline, self-control and respect for others.

There are three basic elements to this system:

- A teacher must be able to teach at all times.
- No student has the right to stop others from learning.
- Students are responsible for their own actions and must accept the consequences that follow from these actions.

If students are repeatedly not following the school values of Respect, Achieve and Responsible and are continually disrupting the class, they may move to a Time Out Room staffed by teachers.

In the Time Out Room there will be a minimum of six periods (one whole day) of good behaviour before a student can return to the regular classroom.

A student in the Time Out Room will work on their school work: classwork, assignments, homework, catching up, etc.

The School Counsellor, parents and teachers can assist a student with making a behaviour plan with the Deputy Principal but it is the student who must carry it out and undertake to change to acceptable behaviour.

While in the Time Out Room a student may not be allowed to represent the school or perform in school extra-curricular activities.

Remember that each student is responsible for his/her own actions. He/she must accept the consequences for any unacceptable behaviour. It is the behaviour which causes the student to be placed in the Time Out Room. It is the student who needs to work out a solution. Both teachers and parents can assist but it is the student who must carry through the changes in the classroom.

If you would like to provide any feedback about the school trialling a “Time Out Room” during Term 1, 2016 please reply with a letter to the school’s front office or reply to the schools email: haywarmem-h.school@det.nsw.edu.au

Attention the reply “Time Out Room”.

**Schools Spectacular**

I would like to congratulate and sincerely thank Madeline Headon who participated in the 32nd Schools Spectacular - This is our World. Madeline has been an outstanding ambassador for Hay War Memorial High School throughout her six years at our school.

This year, over 3,600 of the most talented singers, dancers, instrumentalists and actors from 491 NSW public schools took part in the Schools Spectacular at the Qantas Credit Union Arena.

The show will be broadcast on:
Saturday 5 December, from 7.00 pm – 10.00 pm, on the Nine Network; and
Saturday 12 December, from 12.30 pm – 3.30 pm, on GEM.

The entire show will also be available to view via catch-up TV at Jump-in from Sunday 13 December 2015. Jump-in is a free, downloadable app.

For details please see www.jump-in.com.au

Yvan Chambers, Principal.
Changes to Youth Allowance may assist Year 12 school leavers
As we are all aware, rural students and their families must meet huge costs when young people relocate for tertiary education. Often, the assets test excludes many from being able to access Youth Allowance. Recently, changes have been announced that will ‘soften’ these criteria and this may benefit some of our school leavers from HWMHS. Changes take effect from 1 January 2016, so it is important to book an appointment with Centrelink to assess your family’s eligibility.

The following is an extract from ABC Rural News on 11 November 2015. “The Federal Parliament has signed off on changes to Youth Allowance that will make it easier for rural and remote students to go to university.

The Family Actual Means Test and Family Asset Test will be removed from the Youth Allowance Personal Test from the beginning of next year.

An income test will still apply, but all dependent children will be taken into consideration in that assessment, which the Government says will "soften reductions in Youth Allowance" as family income increases.

The Isolated Children’s Parents Association (ICPA) has been pushing for the change for almost 20 years, arguing that children from asset-rich but cash-poor families were being unfairly prevented from pursuing tertiary education.

The changes will mean thousands more people qualify for an average annual youth payment of more than $7,000 per year.

The government said more than 1,200 families from regional and remote areas will benefit from the changes.”

Proposed sports shirt change
P & C meetings provide a forum for the discussion of new ideas. Several months ago the P & C were asked to discuss the feasibility of updating the sport shirts for students. It has been documented in the P & C News section of previous newsletters, tabled at the last three meetings and is again on the agenda for tonight’s P & C Meeting.

Thank you to the parents and community members who have been actively involved in this discussion to date.

After careful consideration the P&C have determined two appropriate design options. The new design is smarter, fresher and will be of a more suitable sports fabric. As part of the consultation process we have invited feedback from various executive bodies, staff, students and the wider community. This information will be presented for discussion at tonight’s meeting.

The P&C supports the correct wearing of the uniform which is endorsed by the principal. If successful the proposed new sport shirt would have a three year phase in period. This means both the new shirt and current yellow shirt would still be acceptable as uniform for the next three years.

The P & C meeting is at 5.30pm tonight in the Staff Common Room. Everyone is welcome to attend.

Tonight’s meeting agenda
★ Sports shirt update  ★ Kitchen garden proposal
Canteen News

Roster

Monday 7  Maxine Moorhouse

Breakfast 8.30am-8.55am
Toasted cheese sandwich  $1.00

Next Week’s Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Monday 7</td>
<td>Barbecue chicken roll</td>
<td>$4.50</td>
</tr>
<tr>
<td>Tuesday 8</td>
<td>Egg and bacon roll w/ BBQ sauce</td>
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</tr>
<tr>
<td>Wednesday 9</td>
<td>Caesar Salad</td>
<td>$6.00</td>
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<tr>
<td>Thursday 10</td>
<td>Beef ravioli w/ Napolitana sauce</td>
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</tr>
<tr>
<td>Friday 11</td>
<td>Chicken crackles</td>
<td>$2.50</td>
</tr>
</tbody>
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Term 4, 2015

Week 10

Friday 11 • Boys and girls’ cricket—Deniliquin

Week 11

Tuesday 15 • Girls’ open cricket—Corowa
Wednesday 16 • HWMHS Awards Day—10am

The Big Trip

Short film (rated PG) directed towards young people on drug use and other things that effect our daily lives.

Tuesday 8 December @ 7.30pm
Hay Services Club
Proudly supported by CASE, Harrisons IGA, 2HayFM and Hay Services Club.

Swimming Carnival

Olympians, Chris and Melanie Wright (pictured above) will attend the Hay carnival on December 5, 2015. They will offer coaching and advice at the meet to all the region’s swimmers. The carnival which is hosted by the Hay Swimming Club commences at 10am.