**What's Happening**

Hay War Memorial High School

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Term 2 — Week 3    Thursday May 7, 2015

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**Mural unveiled**

![Mural image]

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**Performance and Development Framework**

On Wednesday Mrs Gardam and I undertook training in Deniliquin on the Performance and Development Framework. In the coming weeks we will be presenting our newly acquired knowledge to the teaching staff. The Framework’s main purpose is to continually develop our teaching and leadership practice to improve student outcomes.

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**Trade Skills Centre**

Mrs Jackson, Mrs Schneider, Ms McNally and I had a video conference this week finalising the plans for the Trade Skills Centre - Kitchen. Everything is well on track for a Term 3 start.

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**Ag plot**

Thank you to the Primary Industry students, Agriculture students, Mr Amery, Mr Brettschneider and Mr Caughey for dismantling the old Ag Plot fence. We currently have our new Ag Plot fence being installed and our students and staff have enabled this to occur with ease.

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**NAPLAN**

Next week we have the NAPLAN assessment from Tuesday 12th May to Thursday 14th May for students in Years 7 and 9 – more details in this newsletter. Please ensure that your child is punctual and prepared for these assessments.

*Mr Y Chambers, Principal.*

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**Uniform requirement**

Parents and guardians are reminded that black tights are not part of Hay War Memorial High School uniform.

Students who arrive at school wearing tights will be instructed to go home and change.

We thank you for your continued cooperation in maintaining the pride in our uniform.

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**Managing depression**

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don’t be afraid, ask your child how they are feeling and keep communicating with them.


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**Financial literacy**

Does your child need help with business and economics? Here’s info on credit cards, how to be responsible spenders and savers, and make consumer choices.


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**Anzac mural unveiled**

It’s a wrap, folks! Our beautiful ceramic Anzac mural was unveiled to hundreds of people who attended the Anzac service at Hay War Memorial High School on Saturday 25th April 2015.

Special thanks goes to our high school, Hay Public School, Carrathool Public School, Booligal Public School and Hay School of the Air for ensuring that 300 of their students from Year 1-12 were able to lend their hands.

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For so much what shall we repay?
Thank you also to Kristyn Taylor and Maevie McAvoy, our amazing team from Ceramics in Schools who collaboratively designed the mural, conducted workshops, glued and installed the whole ceramic piece with the amazing Rachael Hutchison (Year 12) who also worked tirelessly to ensure everything went smoothly. They spent a total of 15 days in Hay on two separate occasions and had a fabulous time.

Our fine ‘heavy lifters’ team of Greg Hayward, Danny Elliot, Lloyd Brettschneider, Bede Schiller, Sam Doige, Colby Harwood, Noah Hey and Tyron Morris. Thanks for installing our mural perfectly!

Our in-kind supporters who donated materials and time: Anthony Slattery Painter & Decorator, Antonakas Hardware, Hay Tourist Centre, Mr Jim Skene and Hayward Property Maintenance. The art department at Yanco Agricultural High School who were kind enough to fire so many of our pieces that travelled to Yanco, stacked in bread crates via Mrs Anna Anderson.

To our wonderful and supportive staff, students and community members in our fabulous town of Hay, thank you again. We couldn’t have done it without the generosity of your hearts and hands. For so much, what shall we repay?

Miss Lanelle Lee Chin, Visual Arts Teacher.

Fishing for Sport

The Year 7 and 8 fishing group had an exciting trip to the river between Sandy Point and Orson Beach with Monte Barnes landing a healthy 57cm Murray Cod. The boys were skeptical about catching a fish in this stretch of the river on the way to this sport, but with 15 lines in the river one did not get away. In future weeks we will be fishing at some well known fishing spots around Hay.

Debating

Our 2015 Premier’s Debating season opened last week with the Year 9 team debating against Deniliquin High School about whether all schools should have CCTV. Our team, new to this competition, learnt much from the experienced Deniliquin team and are looking forward to hosting Finley on Monday 18th May to debate a sport related topic.

Year 7 and 8 debating teams will meet Wade High School teams when we host a gala debating day here at Hay War Memorial High School on Thursday 28th May.

Junior Golf Clinic - Wayne Rostron the Griffith golf pro is once again offering an opportunity to all school kids to attend a free golf clinic at the Hay Golf Club on Monday 25th May from 4pm to 5pm. Contact Peter Bisset - Club Captain Hay Golf Club.

Hay Commemorative Tour

What are you doing next January?

The Hay Commemorative Tour to Gallipoli, Ypres, the Somme, Istanbul, Rome and Paris leaves Hay on January 4th.

This tour includes visits to key sites in both the Ancient and Modern History HSC syllabuses as well as significant sites for Hay soldiers and an introduction to three of Europe’s most exciting cities.

The tour will be running from 4th to 22nd January 2016. It’s not too late to join this once in a lifetime opportunity. See Mrs Gardam for more detail.

Tour highlights

• 18-day tour specifically designed for the Hay community with a focus on commemorating local soldiers.
• Enjoy the exotic city of Istanbul.
• Explore the Gallipoli Peninsula and the ruins of the ancient city of Troy.
• Discover the wonders of ancient Rome and visit Vatican City.
• Travel to the Bay of Naples and visit the “Cities of Vesuvius” – Pompeii and Herculaneum - and the chance to climb to the summit of Mount Vesuvius (weather permitting).
• Explore the battlefields, memorials and cemeteries of the Western Front in Belgium and northern France, with special visits to sites associated with the Hay community.
• See the iconic landmarks of Paris.

For so much what shall we repay?
Senior Tertiary Tour to Albury 18-19 June 2015
Parents and students please mark this on your calendar. It will involve two days and one night. Students will have
the opportunity of attending the Experience La Trobe day on Friday 19th June and will be required to register for
this on line by next week. This is a great day for students to be on campus as there are structured activities and
mini-lectures on various course offerings and a variety of regional schools attending. Thursday will include a tour
of Charles Sturt University Albury Campus (Thurgoona) and hopefully Wodonga TAFE as well. Cost of travel is fully
subsidised but students will need to pay $40 for accommodation. We are limited to 19 students, so it will be a case
of first to return note and pay deposit will secure a seat. Notes will be going home in the next few days.

Expressions of interest for nursing information session with Hay Hospital
Any student (male or female) from Years 8-12 who are interested in a career in nursing or a related job, please give your name to Ms Schiller. We are currently organising an information session with staff at Hay Hospital that will assist you in understanding more about your future choices.

Best luck to Lily Bevan with her work placement at Hay Shire
Lily is a student of Business Services TVET with Griffith TAFE. She is currently on work placement with the Hay Shire and enjoying her experiences. Thanks to Hay Shire for their ongoing support of our students. Lily is pictured with her supervisor Lily Huntly.

Open girls AFL - Barham
The open girls AFL team played in Barham on Tuesday 5th May. Hay played three games in extremely windy, dusty
conditions and played extremely well with some great kicks, marks and some hard hitting tackles.

In the first game against Deniliquin, Hannah McGufficke and Emily Headon won best on ground with their tireless
effort in attack and defence. Hay won 21-6.

In the second game against Finley, Hannah Stewart demonstrated her experience with some great break aways and
was awarded with the best on ground award. Hay went down 24-1 against a tough Finley team.

The last game against Barham, Hay won in convincing fashion. Lauren Mijok was awarded best on ground with
some relentless tackles. Well done to all of the girls.

And a special congratulations to the overall winner of the players choice Lily Tassell. The girls are congratulated on
their great sportsmanship and behaviour throughout the day. It was a pleasure to take them away.

Mrs Carroll

PBL Report
The PBL Team has commenced meeting again this term. The PBL team at Hay War Memorial High School in 2015
is: Mrs Cathy Millyard, Mrs Anne McNally, Ms Leonie Booth, Mrs Rebecca Hayward, Mrs Marg Porter, Mrs Anna
Anderson, Mr Darren Rose, Mr Philip Thompson, Mr Darren Clarke and Mr Yvan Chambers.

PBL at Hay War Memorial High School was evaluated externally last term with positive feedback. As a result of this
survey, one of the goals the PBL team has set for this term is to establish school wide free and frequent positive
feedback of expected student behaviours. Working towards this goal has already commenced with a survey from
both staff and students conducted in Week 1 of this term to gain feedback and ideas about the kinds of rewards
that are valued by students.

Another goal set for 2015 is for the PBL team; in consultation with staff; is a review of the school wide discipline
policy.

The PBL team meet in weeks 2, 4, 5, 7, 8 and 10 of each term.
A good diet for studying
Watch your teen doesn't indulge in too much sugar or binge eat while they are studying. A 'sugar-hit' will give them a burst of energy, but will then result in a severe lull. Natural sugars found in fruit, vegetables, fruit juices and dairy products will be more sustaining.

Regular breaks bring peace of mind
When your teen is studying they need to stop every 40 minutes and have a five-minute break. Suggest to your teen to do something totally different during the break such as playing with the dog, phoning a friend, having a healthy snack or going for a walk. A blend of exercise, relaxation and refreshment is most important.

Get organised well in advance
Encourage your teen not to leave exam preparation until the night before because it will be harder for them to remember the information. Some kids think cramming is the way to go, but in reality they only have limited recall. Instead, help your child get organised well in advance. Suggest they put their study notes into separate coloured folders. Using colours helps jog most people's memory because they can associate the information more quickly. Your teen may even like to use different coloured pens and paper for each topic, but just check they can be seen clearly at night under the lights.

Figure out what exams need the most attention
Ask your teen to write out a list of the exams in the order they will happen. This will show them which subject to begin with and which topics they need to concentrate on the most.

Learn to manage exam anxiety
Remind your teen that tests measure what they have learnt and not their worth as a person. Most anxiety stems from fear of poor performance. If your child studies and assesses themselves positively before an exam, it should boost their self-confidence. Symptoms of stress and anxiety can be made worse by significant changes in sleep and eating routines. These symptoms can also be reduced by physical activity such as walking, swimming or relaxation exercises.
Dear Parent/Carer,

Next week students in Years 7 and 9 will complete NAPLAN tests. A letter was sent home to parents with detail about NAPLAN last term and further information can be obtained from the school or the following website http://www.nap.edu.au/naplan/parent-carer-support.html.

Students in Years 7 and 9 will complete the NAPLAN tests in literacy and numeracy over three days. It is important that students get adequate sleep prior to the tests and eat well during the testing period to enable them to achieve their best.

Students should come to school dressed in their full school uniform (sports uniform on Wednesday). Students will attend the whole school morning assembly and then move to the Spirit of ANZAC Centre where they will be seated in alphabetical order to complete the tests. The normal timetable will be varied on these 3 days to allow for adequate test and break time. The canteen will be available for students for recess. Students will resume lessons as per the normal timetable after the exams have been completed on each day and will need to have the correct equipment for learning during these lessons.

The timetable below indicates the outline for each day. Please note that the timetable allocates more time than the actual test time, this is to allow for movement, roll marking, handing out papers etc.

<table>
<thead>
<tr>
<th>Tuesday 12 May</th>
<th>Wednesday 13 May</th>
<th>Thursday 14 May</th>
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<tbody>
<tr>
<td>Language</td>
<td>Numeracy</td>
<td></td>
</tr>
<tr>
<td>conventions</td>
<td>(Number, Algebra, function and pattern)</td>
<td>Calculator</td>
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<tr>
<td>(Spelling, Grammar and Punctuation) 45 minutes</td>
<td>40 minutes</td>
<td>40 minutes</td>
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<tr>
<td>Reading 65 minutes</td>
<td></td>
<td></td>
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<tr>
<td>NAPLAN Recess 10.15 – 10.35</td>
<td>Normal recess</td>
<td>NAPLAN Recess 10.05 – 10.25</td>
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<tr>
<td>Writing 40 minutes</td>
<td></td>
<td></td>
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<tr>
<td>Period 2 and normal recess Period 3 10:35am – 11:30am</td>
<td>Return to class as normal Period 3</td>
<td>Period 3 10:25am – 11:20am</td>
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</tbody>
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In the numeracy tests students do not require any measuring tools such as rulers or protractors. In the Numeracy test where a calculator is allowed, students should use the calculator that they currently use at school – approved by the Head Teacher of Maths.

Friday 16 May is a ‘catch up’ day that is scheduled for students who missed a test or were absent on a test day.

Access to disability adjustments or exemption must be discussed with Mr Chambers, and a parent or carer consent form must be signed. Please contact the school should you wish for such arrangements to be in place for your child.

NAPLAN provides valuable data to assist with the programming and planning for individual students and their learning at H.W.M.H.S. We appreciate your assistance in ensuring your child attends school on test days and is prepared for the exams. Please contact the school if you would like further information about your child’s participation in NAPLAN.

Mr Y Chambers
Principal