National Sorry Day
National Sorry Day is an Australia wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the stolen generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities.

Mental Health Forum
Year 10 students have been invited to participate in a Mental Health Forum at the Roxy Theatre in Leeton on June 4 along with our PDHPE teachers.

Motivational Media
Every day, young Australians are subjected to thousands of messages seeking to influence the way they think and act. Pressures from all aspects of daily life including peers, advertising, television, radio and internet are shaping their young minds. The results are sometimes frightening, and often lead to young people engaging in behaviours that cause harm to themselves and others.

Motivational Media will be at our school on June 15 to both challenge and inspire all of our students to develop strategies that will enable them to reach their true potential so that their life choices will not be diminished through avoidable and reckless behaviours.

Work Placement for Primary Industries 1-5
June (Week 7)
Most students have been given placement records to have completed by parents and employers. We ask students and parents to be mindful of the need to promptly return forms to Ms Schiller. This is a week that usually has very positive outcomes for students and can sometimes lead to post school employment and guidance with career planning. Some students may be completing placement during the holiday period.

La Trobe University to visit our school
During Period 1 on 26th May any senior students interested in university will have a chance to meet with Student Engagement Officer for La Trobe University, Jessica Watts. It is recommend that students attend even if they are looking at other university options, because much of the information Jess will share is generic.
Beyond Blue presentation
Through the assistance of Mr Peter Dwyer (CASE) and the community-minded helpers from CASE, Beyondblue will be upskilling our students about their role to reduce the impact of anxiety, depression and suicide in the community by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience on 15th June (2:00pm).

NSW School Liaison Police Officer – guest speaker
Years 7 to 10 students will be given the opportunity to hear the facts about the consequences when using electronic devices inappropriately such as mobile phones and computers on 18th June.

Prac teacher
We currently have Ms O’Hara undertaking her teaching practice at our school. Ms O’Hara is a university student from the Australian Catholic University studying English and History; she is also the Aboriginal Education Officer from Narrandera High School and a former student of Hay War Memorial High School. We welcome Ms O’Hara back to her hometown and to our staff.

Positive learning
Thank you to Hay War Memorial High School’s exceptionally committed and professional staff who work towards providing a positive learning setting that improves the physical, educational and social development of all our students. There is so much that goes on behind the scenes by the staff to provide the many extra-curricular activities that our school offers. These activities are not part of our job requirements; they are things that we choose to provide to give our students the best possible learning experiences.

Mr Y Chambers, Principal.

Ag plot update
This week the school Ag plot has purchased a shipping container to hold animal feed and seeds to ensure that vermin do not contaminate and consume them. We have had a bulk bag of sheep feed donated to us from Andrea van Niekerk from Dell Dorpers that will help us to prepare the sheep for the Holbrook Sheep and Wool Show, and the National Dorper and White Dorper Show and Sale to be held at the Australian Sheep and Wool Show in Bendigo in July.

We are expecting some of the ewes to begin lambing soon and the ewes that have been at Dell Dorpers to come back to the school in the next couple of weeks.

Primary Industries students are getting ready to do their second week of work placement in week seven of this term. Students will again be learning from several different businesses around Hay and beyond. Primary Industries work placement is an integral part of the course giving students the opportunity to learn in real agricultural settings outside of the school Ag plot.

We are hoping to begin fencing Cow Park Forrest later this term which will double the grazing area of the Ag plot and take some of the pressure off the pastures trying to grow in the current school Ag plot area.

Debating
Hay War Memorial High School hosted round two of the Stage Five Premiers Debating challenge this week. Finley High School travelled to Hay to debate that we should impose life bans on athletes who commit serious off-field offences. Hay argued the affirmative and, with good use of topical examples, narrowly won the debate. The squad is Keiran Pingiaro, Eddie Jones, Lily Tassell, Mikayla Macartney and Brooke Higgins. The speakers on this occasion were Keiran, Brooke and Lily. We now face the Barham High School team in June.

Chess
The Hay War Memorial High School Chess team: Peter Hedt, Emerson Hedt, Harry McCrabb and Harley Curtis pictured at Coleambally Central School last Friday for their second round match in the NSW Junior Chess League Riverina competition.

The boys were excellent ambassadors for Hay War Memorial High School despite being beaten in the
For so much what shall we repay?

Careers with Ms Schiller

18th -19th June - Senior Tertiary Tour to Albury
Our itinerary is now in place for this excursion. Departing Hay at 8am Thursday 18 June and touring Charles Sturt University from 1.30 - 3pm, then Wodonga TAFE from 3.30 - 4.30pm. The La Trobe University Experience Day will commence at 10am and we will depart for Hay at 3pm. I have urged students to return their note and money as soon as possible to allow for organisation of accommodation and travel. Priority is for seniors, but if seats are available they may be allocated to interested Year 10 students.

Health Careers Excursion
Today a number of students from Years 8-12 participated in a career awareness session at the Hay Hospital. Hospital staff generously gave their time to explain various jobs in the sector. Students learnt about nursing and the vast range of sub specialties and different working environments available. Hay Ambulance staff also shared their career roles with students and made them aware of paramedics training options and the work involved. All staff spoke favourably about the working environment in rural health and were very welcoming and informative. It was also great for the boys in our group to share experiences with two male members of staff.

We wish to pass on our sincere appreciation to Deputy Nurse Manager Michelle Johnson (ex student) and all her staff for the welcoming and informative careers session. Also thanks to Simon Parr (ex-student) and Jacob for briefing us training options and working life in Paramedics.

Annual Hay War Memorial High School Cross Country
The annual Hay War Memorial High School Cross Country was run yesterday, Wednesday 20th May.

The 16’s and 17+ boys completed 6km while all other age groups completed 4kms.

Congratulations to Jack Cattanach who won the 4km run in a very competitive time of 17:05 minutes, closely followed by Darcy Cullenward in 17:13 minutes and Kieran Pingiaro in 17:54 minutes.

Jodie Hicks was the first female to cross the line in a quick time of 18:53 minutes.

In the 6km run the first males, Luke Arandt and Trey Martin, crossed the line together in a great time of 31:26 minutes.

Other extremely competitive times were:
- Jesse Poole - 19:05mins – 4km
- Hannah Stewart - 19:29 minutes – 4km
- Georgia Booth - 20:43mins - 4km
- Ben Marshall - 20:59mins – 4km
- Kate Pingiaro- 21:06mins – 4km
- Emily Headon - 19.22mins – 4km
- Ellie Hicks - 20:10mins - 4km
- Alex Hussain- 20:58mins – 4km
- Jessica Carter - 21:00mins – 4km
- Mitchell Mijok - 35:50mins - 6km

These students have qualified for the Regional Cross Country on the 12th June.
Canteen News

Roster

Tuesday 26 Gayl Munn

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>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Chicken burger</td>
<td>$4.50</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Egg &amp; bacon roll w/ BBQ sauce</td>
<td>$4.50</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Ham &amp; cheese croissant</td>
<td>$3.00</td>
</tr>
<tr>
<td>Thursday</td>
<td>Chicken parmie w/ potato bake</td>
<td>$6.00</td>
</tr>
<tr>
<td>Friday</td>
<td>Crackles</td>
<td>$2.50</td>
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</tbody>
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Term 2, 2015

Week 6

Thursday 28 • Riverina tennis final - Albury
            • Premiers debating
Friday 29  • Zone athletics - Finley

Week 7

Thursday 4  • School social
Friday 5   • Assembly - 12pm. All welcome

Women's Self Defence

Don’t be a victim, be ready!

Two Hour Course

Date & Time to be confirmed

- Simple & Realistic Techniques
- How and where to strike
- How to control fear and anxiety

Course Cost $40
Limited spots available, bookings essential

For Bookings call Liz 0427 932 118 or liz.matthews@mmil.org.au
Send your name and phone number to book your spot

Wickham’s Martial Arts Centre
81 Service Street (Cnr Hoveit and Service), Echuca
www.wickhamsmartialarts.com

Warning: This session will be asked to punch and strike pads. Work on the ground.

For so much what shall we repay?