

What's Happening

Hay War Memorial High School

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E haywarmem-h.school@det.nsw.edu.au

- Respect
- Achieve
- Responsible



Term 3—Week 9 Principal: Mr Yvan Chambers BEd (UP/LS), GCertEd, PGCertEdLead, GCertDisSt, MEd (SpecEd) September 16, 2019

2019/2020 student leadership team

It is with great pleasure that I announce our 2019/2020 student leadership team for Hay War Memorial High School. In no particular order, I am sure you will join with me in congratulating Katie Arandt, Riley Jackson, Gemma Tassell and Tom Tripney. These young men and women will be part of the 2020 Student Representative Council. They will work with the students and staff to ensure that every student is known, valued and cared for at Hay War Memorial High School and that every student, teacher and leader improves every year. The positions of captains and vice captains from the student leadership team will be known at the Captains Induction Ceremony on Friday, September 20 from 9:45am in the Spirit of ANZAC Centre. All are welcome to attend. A light morning tea will be provided after the ceremony for guests, parents/carers, the student leadership team and staff.

Riverina final for Premier's debating challenge

Last Thursday our Stage 5 team (Hannah Shea, Delilah Crighton, Olivia Joyce and Emma Jones) met the Tumut High School team via video conference for the Riverina final.

The topic for the debate was "that government investment in sport should prioritise grassroots and community sports as opposed to elite athletes". Hay won the toss and thus took the affirmative case in the debate.

The three adjudicators were located in the Arts Unit at Lewisham in Sydney.

A complex array of issues was raised by both teams as they made their cases in a lengthy debate. All speakers used their time very effectively and made convincing arguments but after a considered discussion the debate was awarded to Tumut High School. Our Hay War Memorial High School team is to be congratulated for their amazing efforts over this term to become the runners-up in the Riverina. Well done Hannah, Delilah, Olivia and Emma.

ML Gardam, Debating coach.



Hay High Ten

The Hay High Ten assembly will be held this Wednesday, September 18. All cards and monies should have been returned to the front office. Students that have not returned their cards will not be permitted to attend the assembly.



Year 8 English Brown

This term students have been exploring *The Taming of the Shrew* as their Shakespeare drama.

Students chose differentiated activities across a range of different processes and products to enhance their understanding of how Shakespeare creates meaning for his wide-ranging audiences across time and place.

Some of the portfolio activities are pictured here.

Mrs Gardam



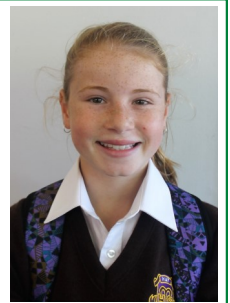
Bookface competition

The library is conducting a fun competition – see attached flyer. All entries from the school community are welcome and will close end of Term. Email entries to leonie.booth@det.nsw.edu.au.



Canteen Voucher

Lucy
Shea



**Captains Investiture
Assembly
Friday
September 20
in the Spirit of
ANZAC Centre**



**OUR
SCHOOL**

BOOK FACE CONTEST

MELT INTO THE COVER OF A BOOK!
TAKE A PHOTO

Hay War Memorial High School

Deputy Principal
Mrs Janine Nelson

Head Teacher English
Mr Darren Clarke

Head Teacher Maths
Mrs Lil Aylett

Head Teacher Science
Mr James Mackintosh

Rel. Head Teacher HSIE
Mr James Coleman

Student School Counsellor
Carla Wickham

Learning and Support
Mrs Cathy Millyard

School Administrative Manager
Mrs Chris Huntly



Education

Canteen menu 2019

Fresh sandwiches

Salad sandwich	\$5.00	Berri pop tops—apple or orange	\$2.00
Chicken, lettuce & mayonnaise	\$3.00	Chill 'Is' cola	\$2.00
Ham, cheese & tomato	\$3.00	Nippy's flavoured milk x 4 flavours	\$2.50
Ham & cheese	\$2.50	Moove—chocolate	\$2.50
Egg & lettuce	\$2.50	✓ DARE—espresso	\$4.00

Wraps & rolls

Chicken & salad	\$6.00	Water	\$1.00
Ham & salad	\$6.00	Quelch fruit juice icy tubes x 4 flavours	.50
Tuna & salad	\$6.00	✓ Moosies	\$1.50
Salad box	\$6.50		

Hot food

		✓ Homemade biscuits	\$1.50
Bolognese roll	\$4.50	✓ Homemade muffins	\$2.00
Chicken & gravy roll	\$3.50	✓ Grain Waves	\$1.50
Hot cheese roll	\$2.50	Popcorn	\$1.50
Toasted cheese sandwich	\$2.00	Fruit salad	\$2.50
Toasted ham & cheese sandwich	\$2.50	Messy Monkeys whole grain bites	\$1.50
Toasted chicken & cheese sandwich	\$2.50	✓ Rotating menu—Monday to Friday (please enquire at the canteen)	
Toasted ham, cheese & tomato sandwich	\$3.00		

Key

✓ Occasional food items

Healthy canteen certified

Term 3, 2019

Week 9

Monday 16	• ICAS testing - English
Wednesday 18	• Hay High Ten assembly
Thursday 19	• ICAS testing - maths
Friday 20	• Captains induction - 9:45am • Ex-students day

Week 10

Wednesday 25	• Yr 12 community service day and luncheon
Thursday 26	• Year 12 farewell assembly - 9:45am • Year 12 dinner - 7:00pm
Friday 27	• PBL activities • Last day of Term 3



CONGRATULATIONS

Hay War Memorial High School

FOR OFFICIALLY OPERATING A
GREAT CHOICE
HEALTHY SCHOOL CANTEEN

18 June 2019

Jo Mitchell
Executive Director
Centre for Population Health

Mr Glenn King
Deputy Secretary
Department of Premier and Cabinet





Do you feel sleepy at school?

SLEEPY SCHOOL SURVEYS

Please remember to bring your surveys and consent sheets and put them in the boxes in Room 4. They are separate so no one will know your answers. You can also complete the survey in this newsletter!

❖ DO NOT WRITE YOUR NAME ON THE SURVEY! DO NOT WRITE YOUR NAME ON THE SURVEY!

FOR STUDENTS UNDER 18: PLEASE LET YOUR PARENT/CARER COMPLETE THE PERMISSION SLIP BELOW.

I give permission for my child _____
to participate in this research. (child's name)

Parent/ Guardian Signature _____ Date _____

Name (please print) _____

ALL STUDENTS PLEASE COMPLETE THE CONSENT FORM BELOW:

I _____ give my consent
(name and surname)
to participate in this research.

Signature _____

Date _____

Do not
write your
name.

Circle your Year:
7 8 9 10 11 12

Please answer the questions below. Circle the answers that best show your sleep habits:

On a school night, about what time do you usually go to bed?

8pm 9pm 10pm 11pm 12pm Later than 12pm

How long does it usually take you to fall asleep?

10-30 minutes An hour More than an hour

Once you are asleep, how often do you wake up during the night:

Never Once A few times

On school days, what time do you usually wake up in the morning?

In the morning:

6am 7am 8am 9am Later than 9 am

On school days, does anything disturb your sleep at night? YES / NO

IF YES, how often is your sleep usually disturbed?

1-2 nights 3-4 nights Every school night

If YES, please circle all answers for what you believe disturbs your sleep at night

Noises outside Noises inside Thoughts People

Temperature in my room Pets Electronic devices Other

We would like to know about when you might feel sleepy during a usual week. For each statement, mark the circle under the response that best fits with how often it applies to you. It's important to answer them yourself – don't have people help you. There are no right or wrong answers. For example, if we asked "I sleep with a pillow," and the response that best fit how often you sleep with a pillow was "often," you would mark the item as follows:

EXAMPLE	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
I sleep with a pillow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Sleepiness Questions

	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
1. I fall asleep during my morning classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I go through the whole school day without feeling tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I fall asleep during the last class of the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I feel drowsy if I ride in a car for longer than five minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel wide-awake the whole day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I fall asleep at school in my afternoon classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
7. I feel alert during my classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I feel sleepy in the evening after school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I feel sleepy when I ride in a bus to a school event like a field trip or sports game	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. In the morning when I am in school, I fall asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. When I am in class, I feel wide-awake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I feel sleepy when I do my homework in the evening after school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I feel wide-awake the last class of the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I fall asleep when I ride in a bus, car, or train	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. During the school day, there are times when I realize that I have just fallen asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I fall asleep when I do schoolwork at home in the evening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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To obtain permission for reproduction or use of the Cleveland Adolescent Sleepiness Questionnaire, send your request to Copyright Clearance Center via www.copyright.com. Please note permission is only granted for print use.

Spilsbury JC, Drotar D, Rosen CL et al. The cleveland adolescent sleepiness questionnaire: a new measure to assess excessive daytime sleepiness in adolescents. *J Clin Sleep Med* 2007;3(6):603-12.