



Term 4 Week 6 Edition

One final celebration for our Year 12 students was the combined RAP Formal held in Leeton on Friday night. The evening was a great success for all of Year 12 across RAP and yet another platform for our HCS students success to be recognised.

Hannah Tong, class of 2017, was awarded Dux across RAP for 2017. This is the 3rd year in a row Dux has been awarded to a Hillston Central School student. Congratulations Hannah! Also amongst the students to be recognised were Timon Meyer for the Citizenship Award and Jen Maher for the Cultural Award. Congratulations ladies!

Thank you to the staff who took time out of their personal lives to attend the celebrations and a huge thank you to Ms Bellamy for driving the school bus.

Screen Time

Screen time is the time you spend each day using devices with screens, like TVs, video consoles, smartphones and tablets. There are benefits and risks to using these devices, so a healthy family lifestyle includes limits on daily screen time to provide a balance to all our lives.

While there are benefits to screen time there is also a down side to too much screen time. I have listed some strategies for you to utilise to help your child to have a healthy balance in their lives.

Physical problems: Using screens can cause physical problems. Looking at a screen intensely can cause sore, irritated and dry eyes, headaches and fatigue. Encouraging your child to regularly look away from the screen into the distance can reduce the risks. Being inactive for long periods using a screen can lead to a less active lifestyle, which could lead to obesity. **Reduce these risks** by encouraging your child to take regular breaks to get up and move around and to make physical activity part of their daily life.

Development issues: Too much screen time can

have an impact on children's language development and social skills. This is because children need real-life interactions to develop these skills. Too much screen time can also affect older children's development – for example, it can affect their ability to have conversations, maintain eye contact, pay attention in school or read body language.

You can reduce this risk by making sure your child balances time spent using screens with other activities.

Safety: Your child could encounter dangerous material or people on the internet. You can reduce this risk by taking some practical internet safety precautions, like checking the privacy settings on apps that your child uses. You can also help your child learn how to use the internet safely, responsibly and enjoyably – for example, by talking to your child about not sharing personal details online.

For more facts, ideas and strategies visit 'raisingchildren.net.au'.

Enjoy your week

Sandy Ryan

Principal



Hillston Central School

Upcoming Events

Primary Intensive Swimming
26th November - 7th December

St. Matthew's Visit
26th November - 28th November

SRC Primary Movie Night
28th November

Year 6 Formal
30th November

RAP Study Day
For Years 10 and 11
30th November

Year 10 Work Experience
3rd-7th December

Presentation Night
12th December

Whole School Pool Party
18th December

Last Day for Students
19th December

Starting Dates for 2019:

Years 1-12: Wednesday the 6th of February.

Kindergarten: Thursday the 7th of February.

PRIMARY AWARDS



CWA Awards: Charlotte, Veer, Hamish, Lily, Cienna, Ava and Ebony.



Student of the Week Awards: Aidan, Sally, Maddison, Kenzy and Maja



Sportmanship Awards: Angus, Mitchell, Tyler, Brendan, Ted, Summer, David, Nelson, Simon, Kaitlyn, Hamish, Maddison, Jessie, Aynslee, Kelvin and Christina.



100 Nights Reading: Brandi



150 Nights Reading: Christina



175 Nights Reading: Ava



200 Nights Reading: Veer and Maja.



Roadside Cleanup Awards: Emily, Ethan, Tegan, Maddison, Tyson, Breanna, Rebekah, Natalie, Baxter, Daniel, Wade, Isabelle, Lola, Ebony and Rhys.



Silver Awards: Tyson, Mitchell, Kayden, Kyron, Aynslee, Brayden, David, Lily, Maddison, Ethan, Christine, Rachel, Jack, Hayley, Lillian, Rhys, Thomas, Amber, Ronin, Japneet, Brandi, Ava, Baxter, Lane and Memphis.

ICAS Awards

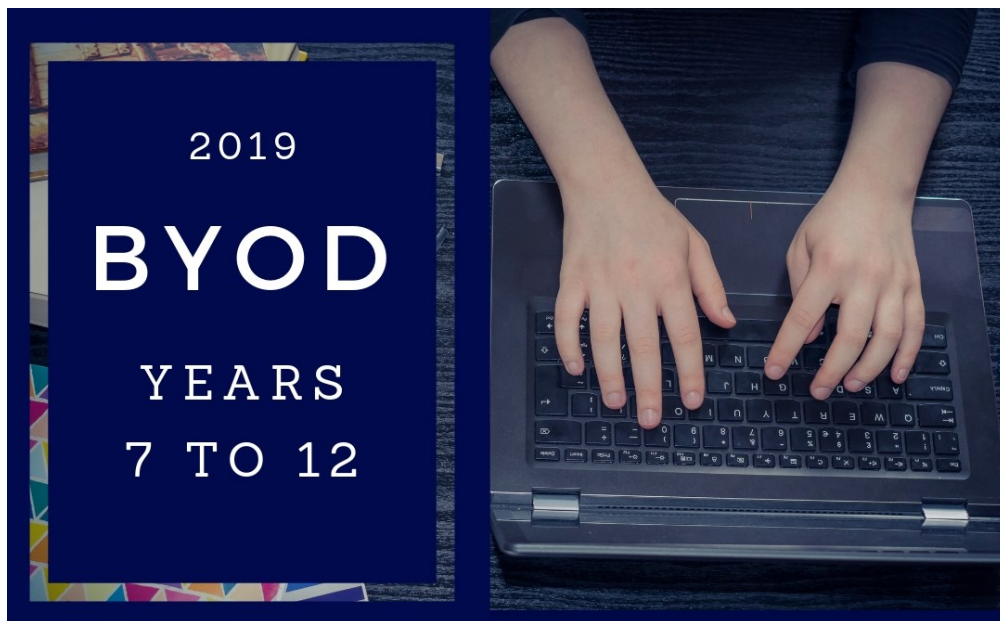


Congratulations on your achievement!

Ukaipo, Amelia, Priyanka, Nicholas, Veer, Tyson, Jorja and Tegan sat the English and Maths ICAS competition organised by the University of New South Wales. Some fantastic results from the students. The competition is open to all students from across Australia, the Pacific and Asia. Well done to all.

Absent: Jorja Dalton

SCHOOL NEWS



HCS is excited to extend the Bring Your Own Device (BYOD) program in 2019 for all secondary students. Information packs will be sent home with Years 7 and 8 this week. Extra packs can be collected from Mrs Harding.

Year 10 Work Experience

During Week 8 the Year 10 students will be undertaking work experience. The majority of students have been given their placements. Can parents please check with their children if they have paperwork and return it ASAP. No paperwork = no work experience.

Nikia Waters | Career Advisor

Singing for Smiles

3/4 visited the Hillston Hospital last week to share 3 songs with the residents. They sung about the worlds continents, an Irish melody and a song about a crazy crocodile. Both students and residents enjoyed the visit and there were smiles all round.

Sharni Scott | Teacher

FORWARD NOTICE
Newsletter Distribution 2019

Please note that from 2019 our school newsletter will be going paperless and will be distributed only in online format via email.

The newsletter will continue to be uploaded to both Skoolbag and the school website.

Please update the office with your current email address to ensure you will receive the newsletter in the new year.

Upcoming Events:

Under Orientation	23rd November
St. Matthew's Visit	24th November
Principal's Assembly	27th November
SAC Primary Service Night	28th November
Year 10 School Party	29th November
Year 11 School Party	30th November
Year 12 School Party	1st December
Year 13 School Party	2nd December
Year 14 School Party	3rd December
Year 15 School Party	4th December
Year 16 School Party	5th December
Year 17 School Party	6th December
Year 18 School Party	7th December
Year 19 School Party	8th December
Year 20 School Party	9th December
Year 21 School Party	10th December
Year 22 School Party	11th December
Year 23 School Party	12th December
Year 24 School Party	13th December
Year 25 School Party	14th December
Year 26 School Party	15th December
Year 27 School Party	16th December
Year 28 School Party	17th December
Year 29 School Party	18th December
Year 30 School Party	19th December
Year 31 School Party	20th December
Year 32 School Party	21st December
Year 33 School Party	22nd December
Year 34 School Party	23rd December
Year 35 School Party	24th December
Year 36 School Party	25th December
Year 37 School Party	26th December
Year 38 School Party	27th December
Year 39 School Party	28th December
Year 40 School Party	29th December
Year 41 School Party	30th December
Year 42 School Party	31st December

Primary and Secondary Movie Nights

Date: Wednesday 28th November (tomorrow night)

Start: Dinner 6:30pm, movie to start at 7pm

Finish: students to be collected from the library at 8:30-8:45pm

Where: HCS Library

Cost: \$5 entry (includes a drink, pizza and ice cream). Lolly bags will be for sale for \$1 per bag.

Movies:

Primary: The Emoji Movie

Secondary: The Greatest Showman



Scripture Christmas Assembly

Primary will be holding their annual Christmas Assembly next **Tuesday the 4th of December at 9:15am** in the school library.

Em Preston | Scripture Co-ordinator

Found

iPod: please claim from Front Office. We also have an assortment of lost school jumpers and jackets that can be claimed from the Front Office.



Eggs For Sale

The HCS Agriculture class is selling their very own free range eggs for \$4.50 per carton.



Outstanding Writing

Year Ten have been examining concepts of justice and inequality whilst studying the novel *"To Kill a Mockingbird"*. For their yearly exam, they were asked to compose a piece of writing using the phrase "we cannot walk alone" as a central element to their story. The following is an outstanding piece of writing composed under exam conditions by Priyanka Jatan.

Andree Bellamy | English Teacher

"We Cannot Walk Alone"

Sitting in the comfort of his living room, an adolescent boy lounges on an oversized, neon sofa and scrutinisingly stares at a black and white screen. Displayed through the aired grainy footage, amidst what looks like millions of people, a black man stands on a podium.

"Come on out, Joseph!" emerged a woman's voice from the cluttered kitchen. He merely acknowledged her presence and continued to survey the television, as if his eyes were glued to the screen.

The black man continued to powerfully speak as if in a sermon, causing a wave of response from the crowd. His deep voice echoed:

"The marvellous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is -"

"Joseph! What did I tell you about watching this nigger stuff?" A thin woman with extremely pale skin stared the boy down with her manicured nails placed meticulously on her hips. Behind her, nailed to the floral patterned wallpaper hung an enormous confederate flag.

She furiously stalked to the centre of the living room, high heels stabbing at the Moroccan styled rug.

The boy desperately lunged for the television and caught the last of the black man's words "...freedom is inextricably bound to our freedom. We cannot walk alone."

The television crackled and switched off.

A satisfied smile spread across her face, "that is the last of this nigger stuff, boy. No one under my roof will do such thing as glimpse in a nigger's direction." She smoothed the top of his blonde streaked hair and turned towards the kitchen. "Now go outside and be a regular boy. You best be outside by the time I'm done with this ham."

Joseph stood silently and repeated the four words echoing in his mind.

'We cannot walk alone'

He composed himself and grudgingly walked out the door into the warm afternoon.

He grabbed his silver bicycle strewn on the driveway and eased onto the road as he pedalled from his home. Rows of uniform and wealthy designer homes streaked by as he raced on his silver bicycle towards the neighbourhood park. Meanwhile, his mind kept on racing towards the man's words and his mother's warning. Why was his family so against people of colour? In fact, what had negroes done to deserve such treatment?

As he approached the newly built playground, he noticed a sudden flurry of commotion. Joseph's friends, who were usually smoking cigarettes in the field, were now in the middle of a crowd of children, shouting and kicking at something.

He swiftly jumped off his bicycle and pushed his way through the crowd. There, trampled under the weight of four of his closest friends, was a negro girl. Begging for help. Other children who seemed to be against this brawl were also pinned and held back by more of his friends.

Joseph hesitated. The words of his mother burned in his mind but as he looked at the suffering girl, the four words from the righteous black man resurfaced.

"We cannot walk alone."

Without another thought, Joseph grabbed a hold of the ringleader and threw him to the ground. Tufts of grass stuck to his styled hair. The other children immediately stopped and stared at Joseph.

He swiftly walked towards the negro girl lying on the ground with tears streaking her face and offered his hand. The girl shakily accepted, and Joseph gingerly lifted her up. Together, they walked away from the group of children into the dying light.

In Joseph's heart, he knew that his action would have repercussions, but what mattered was to walk together to fight for justice, rather than walk alone.

THE HCS HAT ON HOLIDAY



BE PART OF THE FUN - ENTER OUR COMPETITION

1. Take a photo of you and the HCS hat on your holiday
2. Email your pic and name by 4.2.19 to thehatonholiday@gmail.com
3. PICS will be uploaded to HCS FB page on 4.2.19
4. WINNER of the \$50 LOWES VOUCHER is the person with the most 'LIKES' on HCS Facebook Page by 8AM 11.2.19

SANDWICHES, ROLLS & WRAPS

	S'WICH	ROLL	WRAP
Salad (No Meat)	\$ 3.50	\$ 4.50	\$ 4.00
Tuna / Salad	\$ 4.00	\$ 5.00	\$ 4.50
Ham or Corned Beef Salad	\$ 4.50	\$ 5.50	\$ 5.00
Chicken (fresh) & Salad	\$ 4.50	\$ 5.50	\$ 5.00
Cheese	\$ 2.00	\$ 3.00	\$ 2.50
Ham/Cheese	\$ 3.00	\$ 4.00	\$ 3.50
Ham/Cheese/Tomato	\$ 3.50	\$ 4.00	\$ 3.50
Cheese & Tomato	\$ 3.00	\$ 4.00	\$ 3.50
Sweet Chilli Chicken/Salad WRAP	Sm \$ 4.50	Lg \$ 6.00	

TOASTED Sandwiches and Wraps add **EXTRA 50 cents**

ALL sandwiches will be on grain bread unless otherwise specified. GLUTEN FREE BREAD available

SUMMER SALAD TUBS

	NO MEAT	HAM/CBEEF	CHICKEN
Garden Salad	\$ 5.00	\$ 6.00	\$ 6.00 (fresh chicken)
Sweet Chilli Chicken & Garden Salad			\$ 8.00 (2 x tenders)

Salad tubs have lettuce leaves, carrot, cucumber, tomato, cheese.
Dressing on canteen counter.

SNACKS

FRUIT SALAD	SM \$2.00 LG \$4.00
ADD YOGHURT	SM \$2.50 LG \$4.50
SNACK PACK	\$3.00
rice crackers, carrot, celery, so philly	
SEASONAL FRUIT FROM	50 CENTS
POPCORN	60 CENTS
JUMPIES	\$1.10
GRAINWAVES	\$1.40
sourcream & chives	
JELLY CUP	\$1.00
JJ'S Chicken	\$1.40
CHIPS	\$1.40
plain or honeysoy	

HOT FOODS

CHICKEN TENDERS	\$1.50 EA
CHICKEN CRACKLES	\$3.50 X 6
	\$4.50 X 8
BEEF BURGER	\$5.00
pattie, lettuce, cheese, tomato, beetroot	
CHICKEN BURGER	\$5.00
pattie, lettuce, cheese, mayo	
VEGGIE BURGER	\$5.00
veggie pattie, lettuce, cheese, tomato	
PIZZA SINGLE	\$3.00
ham & pineapple, supreme	
NOODLE CUPS	\$2.50
chicken or beef	

DRINKS

MILK PLAIN 300 ML	\$1.80
MILK FLAVOURED 300 ML	\$2.85
98.5 % FAT FREE	
chocolate, strawberry	
JUICY POP TOP 250 ML	\$2.20
100% JUICE	
Apple, Orange, Apple & Blackcurrant	
WATER 600 ML	\$2.00

BREADS

COLD BREAD C & B	\$1.80
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ICE-BLOCKS

FROZEN YOGHURT	\$ 2.50
Mango or Strawberry	
FRUITY ICE	40 C
TNT	60 C
CRUNCHA - ORANGE	\$1.50
QUENCHER FRUIT JUICE	60 C
ICY POLE	

BEFORE SCHOOL 8.30-8.50 STUDENTS
MAY ONLY PURCHASE WATER, MILK, CHEESE &
BACON (C & B) BREAD FRESH NOT HOT. ALL
ORDERS IN BEFORE 9 AM.

COMMUNITY NEWS

Gingerbread House Night

27th NOV—TONIGHT • BAPTIST CHURCH
SS/ HOUSE • 6:30-8:30PM

PARENTS ARE WELCOME TO JOIN US FOR A BBQ DINNER
6PM • GOLD COIN DONATION



Hillston Amateur Swimming Club

"Fitness, fun and friends"

When: Swimming Club Race nights are held every Thursday night commencing at 5.15pm. Swimmers who can complete a minimum of 25m freestyle unassisted are also invited to participate in Squad training once a week held on a Tuesday afternoon from 4.15pm

Registration & Assessment of Swimmers: Rego will take place on Thursday evening the 8th of November at the Hillston 'Swimming Pool @ 5pm, this will be followed by an assessment of all swimmers between 5.30pm-6.30pm (in order to place swimmers into squad training groups). A free BBQ will also be held to welcome everyone back to the pool for the 2018-2019 season.

Swimming Club membership fees: \$80.00 per Family (includes swimmers insurance during swimming club activities- Club time trials and squads) **Registration does not cover pool entry, families/individuals must purchase a season ticket from the Carrathool shire council.**

Pool season Ticket: \$140 for family pass; single \$70

For More Information please contact Robin Bartholomew (Pres) on 69672999 or 0466972999

First Aid Course

When: Thursday 20th December
9:30am-4:00pm approx. (times dependent on course below)
\$155 full course OR \$125 Refresher OR \$45 CPR only

Places are filling fast. For more information please contact Robin Bartholomew on 6967 2999 or 0466 972 999

LOWES

HURRY, 2 WEEKS ONLY!

**20% OFF
SCHOOL SHOES**

ONLINE & AT SELECTED STORES - SHOP NOW

DISCOUNT APPLIED AT CHECKOUT. ENDS SUNDAY 2ND DECEMBER 2018.
Savings off original prices. While stocks last.



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RELIANCE VELCRO
SHOES



'CLARKS'
REWARD LACE UP
SHOES



'CLARKS'
RAPTURE
SHOES



NewAccess is an early intervention program developed by beyondblue to provide free, easily accessible and quality support for people with mild to moderate depression and anxiety. The program assists people who are not currently accessing mental health services. NewAccess can assist anyone 16 years and over with a variety of challenges related to mental health, is free and totally confidential.



TAKE ACTION. CHANGE THINGS.

When life pressures are causing you stress, you can take action. NewAccess is a FREE coaching program to help improve the way you think about things and get you back on track.

Call 02 6923 3195 or go to intereach.com.au

If you are a service enquiring about the program, call 1300 488 226.

Intereach proudly acknowledges the financial and other support from Meritaid (NSW), The Primary Health Networks Organisation in NSW, Australian Government, and others.

NewAccess
Developed by **beyondblue**

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