



# HOPETOWN HERALD



## WELL BEING WEEK!

Term 3 Week 6 2021

### HOW'S THE WEATHER?

This week is wellbeing week. Even though every week at Hopetown we consider to be a wellbeing week, we are going to make it an extra focus with even more fun activities and even some surprises! There are many definitions of WELLBEING, **including the state of being comfortable, healthy, or happy, or a condition where a person is living their life with happiness, engagement, and meaning.** Or even **having good mental health, a sense of meaning or purpose, and the ability to manage stress.** More generally however, well-being is **just feeling well.**



So this week make the decision to really focus on your own wellbeing. Discuss with your family your friends what wellbeing activities you could do. Maybe come up with a timetable for the week? - with healthy wellbeing practices. Even being aware of your own wellbeing is a huge step in the right direction!

Monday	22	
Tuesday	19	
Wednesday	19	
Thursday	21	
Friday	21	



## COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



### ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

### THE ZOOM ROOM

Tuesday will be : **SCIENCE** with Miss Paige. No lab coat required!

On Wednesday it will be a test of people artistic skill with



And on Thursday will be a staff edition of **WHO AM I?**

Links and updates on the **ZOOM ROOM** are found in your Google Classroom!

# SILVER LININGS

The world population at some point has been, or is still currently, in a lockdown situation. And it's not fun. But have you thought about the impact humans not being able to travel too far, staying indoors is having on the natural environment?



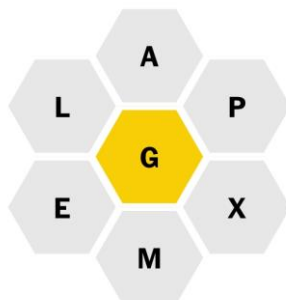
There is a lot of evidence which shows how the Earth is a little bit cleaner, healthier. The planet has had a chance to rejuvenate.



As the coronavirus pandemic unfolds across the globe, an unexpected side effect has been a decrease in greenhouse gas emissions, meaning that the air quality is cleaner. This has encouraged much of the natural world to thrive. Wildlife is now being seen in areas where they have not been for years. There seems to be more insects and birds which also means that flowers, plants and trees are also smiling!

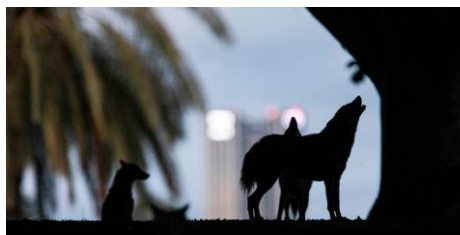


Who is this staff member? Whether it is her first day of school or any day at Hopetown, she always wears that same "Bee here now" smile. And of course that school bag is made from reusable materials!



Identify as many words you can using the following rules:

- ❖ the word must be at least four letters long.
- ❖ the word cannot include any letter beyond the seven given letters
- ❖ try and use the central letter



Time for some jokes which are **NATURALLY** funny!



What kind of shorts to clouds wear? **Thunderwear!**

What happens when it rains cats and dogs? **You have to be careful not to step in a poodle!**

What does seaweed say when it's stuck at the bottom of the sea? **"Kelp!"**

What did the limestone say to the geologist? **Don't take me for granite!**

Why don't oysters give to charity? **Because they're shellfish!**

What goes up when the rain comes down? **An umbrella!**

Why are A's like flowers? **Because bee's come after them!**

A man was looking out his window when he noticed that there was a snail on one of his plants. So he took the snail and threw him as far as he could. Ten years later the old man heard a tap tap tap on his window, and when he looked up he saw a very cross snail who looked at him and said, "Hey, what did you do that for?"

## BUY NOW!

Portable battery charger!  
All you need are 4  
batteries to charge it!

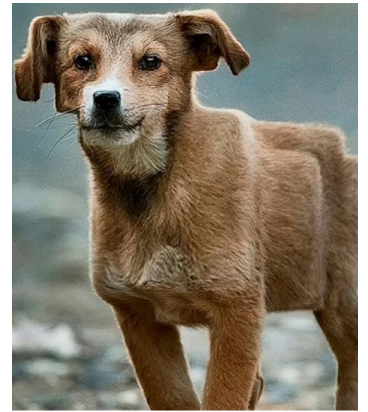
**ONLY \$89.99**





# MINECRAFT ANIMALS SPOTTED! THIS IS REAL!!!

There has been a strange occurrence which has been reported by people around the world. Authorities say that this phenomenon is only recent and stress the public not to be concerned.



## IT IS OFFICIAL MINECRAFT MOVIE IS IN THE MAKING

Minecraft: The Movie is an upcoming live-action film based on the video game Minecraft.

It was said to be released in March 2022 by Warner Bros. Pictures, however the release date is possibly pushed back due to the ongoing COVID-19 pandemic.

### The Plot

A teenage girl and her unlikely group of adventurers must save their beautiful, blocky Overworld after the malevolent Ender Dragon sets out on a path of destruction



# national science week

This week is National Science Week! It is a week where schools can promote science-related events to engage and inspire people of all ages with science, engineering and technology.

Here you will find activities and ideas to get down with science – in the comfort (and mess) of your own homes. Some of these are due to student requests – so enjoy!

Remember to drop by to the Zoom Room on Tuesday for Miss Paige's science & magic lesson!

## MAKING YOUR OWN ICE CREAM

### MATERIALS

- 1/2 cup milk
- 1/2 cup whipping cream or heavy cream
- 1/4 cup white sugar
- 1/4 teaspoon vanilla extractor chocolate sauce
- 1/2 to 3/4 cup sodium chloride (table salt or rock salt)
- 2 cups of ice
- .95 litre sandwich bag (small)
- 3.7 litre sandwich bag (large)
- Measuring cups and spoons

### PROCEDURE

Add the following:

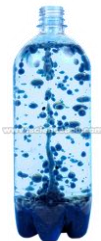
- 1/4 cup sugar
- 1/2 cup milk
- 1/2 cup cream
- 1/4 teaspoon vanilla to the smaller sandwich bag
- Zip that bag up so nothing leaks!
- Put the 2 cups of ice into the larger sandwich bag.
- Add 1/2 to 3/4 cup salt (sodium chloride) to the larger sandwich bag of ice.
- Place the sealed smaller sandwich bag inside the larger sandwich bag of ice and salt.
- Seal the larger sandwich bag securely. **DO THIS OUTSIDE!!!**
- Rock this sandwich bag from side to side. Hold it at the seal so that the cold ice doesn't freeze your hands instead of your ice cream!
- You can also use gloves or a cloth to protect your hands, just remember it will be colder than 0 degrees Celsius.
- Continue to rock the bag for 10-15 minutes or until the contents of the small bag have solidified, or until you can't wait for ice cream anymore.



## How to make a LAVA LAMP

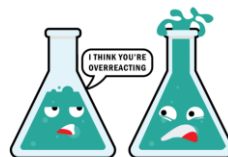
### What you will need:

- water
- a clear plastic bottle
- vegetable oil
- food colouring
- Alka-Seltzer



### What you need to do:

- pour water into the plastic bottle until it is around one quarter full
- pour in vegetable oil until the bottle is nearly full
- wait until the oil and water have separated
- add around a dozen drops of food colouring to the bottle (choose any colour you like)
- watch as the food colouring falls through the oil and mixes with the water
- cut an Alka-Seltzer tablet into smaller pieces (around 5 or 6) and drop one of them into the bottle, things should start getting a little crazy, just like a real lava lamp!
- When the bubbling stops, add another piece of Alka-Seltzer and enjoy the show!



## Observing the Formation of a Gas

**Materials Needed:** plastic bottle vinegar balloon funnel bakina soda

### What to do:

1. place a couple tablespoons of baking soda in the balloon using the funnel.
2. pour vinegar into the bottle so it is about half full
3. very carefully stretch the balloon around the top of the bottle, making sure you keep the balloon down so that the baking soda doesn't fall into the bottle just yet.
4. tip the balloon up to allow the baking soda to drop into the bottle, holding the top of the balloon so that it doesn't come off.



THINK LIKE A PROTON. ALWAYS POSITIVE. 



# Birds of Hometown

You thought we forgot about those feathered friends of ours. Never! We just had to adjust the content this week. This week we are looking at the very colourful, very noisy characters - the Rainbow Lorikeet.

Rainbow Lorikeets are widespread in eastern and northern Australia. The Rainbow Lorikeet is unmistakable with its bright red beak and colourful plumage. Both sexes look alike, with a blue (mauve) head and belly, green wings, tail and back, and an orange/yellow breast.

They are often seen in loud and fast-moving flocks, or in communal roosts.

The Rainbow Lorikeet mostly forages on the flowers of shrubs or trees to harvest nectar and pollen, but also eats fruits, seeds and some insects.

The eggs of the Rainbow Lorikeet are laid on chewed, decayed wood, usually in a hollow limb of a eucalypt tree. Both sexes prepare the nest cavity and feed the young, but only the female incubates the eggs.

Rainbow lorikeets are mostly monogamous and remain paired for long periods, if not for life. Ohhh how sweet!

**Did you know?** The rainbow lorikeet is the most commonly known, which also happens to be the biggest and brightest. However, you may not know that Australia is actually home to a total of seven species of lorikeet.



## FACTS ABOUT RAINBOWS

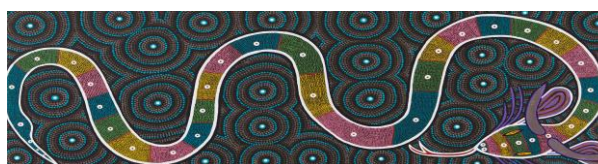
A rainbow is an optical illusion of light and water in the atmosphere. You can't physically touch a rainbow.

There are nine common types of rainbows.

A full-circle rainbow is viewable from an aircraft and lets you see the full shape of a rainbow.

There are seven colours that the human eye can see in a rainbow.

Astronomers think it's possible for rainbows to occur on Titan, one of Saturn's moons.



The **Rainbow Serpent** or **Rainbow Snake** is an immortal being and creating God in Aboriginal Dreaming. It is a popular image in the art of Indigenous Australia. It is the shape of a rainbow and a snake.

The connection between snake and rainbow suggests the cycle of the seasons and the significance of them and water in human life.

When a rainbow is seen in the sky, it is supposed to be the Rainbow Serpent traveling from one waterhole to another.

This is meant to explain why some waterholes never dry up when drought strikes. There are countless names and stories connected with the serpent. They all illustrate the importance and dominance of its presence within Aboriginal traditions.

It is said to be the giver of life, due to its connection to water, however it can be a destructive force if enraged.