

HopeTown Newsletter

Term 4— 2013

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PRINCIPAL'S MESSAGE

As the school year ends it is easy to have the impression that school is a cycle. Each school year has a beginning, its usual activities and an ending; to start all over again next year. I feel strongly that school should not be seen this way. Education is a progression, not a cycle. A progression requires change. Change in one's life is seen differently by different people. It can be seen as merely a dream or a concept by some people or as an essential reality by others. Quite a few of our students and families see change as something not really attainable in some areas of their lives and see life as a series of episodes or cycles to be survived from day to day, week to week or year to year. At Hopetown, our staff believe in the reality of change and strive to make change happen.

I heard one of our senior students say earlier in the year that "Life is just getting by." This struck me for its sadness and sense of resignation. This particular student had many skills and strengths but found it difficult to have a vision of a life pathway and lifestyle beyond his current one.

Staff at Hopetown are optimistic and see great potential in our students. Because we have witnessed it over and over again, we believe significant positive change can happen. We have seen this occur in a student's emotional development, in a student's growth in social participation and in the student's development of academic and vocational competencies. We try to impart our confidence in the student, particularly when a student lacks the vision that we share. We strive to convince our students that change is possible, that a 'reputation' can be improved, that a productive future is a realistic prospect, that their social contributions and acceptance can be significant and that life exists in a world of choices.

Our staff are also very mindful of their own influence as role models for our students. As Mahatma Gandhi said: 'Be the change you wish to see in the world'.

Each school year at Hopetown provides a very wide range of learning experiences, leisure pursuits, creative activities, challenges and rewards in the hope that our students can appreciate the richness of their own potential. Our promotion of character strengths such as resilience, persistence, confidence, empathy, respect and responsibility develops our students' aptitudes for positive change. Some of the content of this newsletter provides a testament to these goals.

I wish our staff, students, carers and families a safe, rewarding summer break and hope that it provides enjoyable choices, challenges and changes for the better. Terry Taylor PRINCIPAL

Dates to remember

First day back Term 1 2014 is Monday 3rd February

Secondary Swimming Carnival 7th March

Last day of Term 1 is 11th April

Student Volunteers NSW Rural Fire Service

A little known fact in our school community is that we have students who have worked hard alongside other brave volunteers fighting the severe bushfires that have recently threatened the Central Coast. Adam Lusted and Adam Clarke are involved with the NSW Rural Fire Service and were on the ground during the extreme fire conditions several weeks ago. Adam Lusted is with Chittaway station and Adam Clarke with Gwandalan.

We extend a special thank you to both these young men. They have spent many hours volunteering and in training. They are a wonderful example to other students giving of their own time to help others. The school is very proud of you.



Gwandalan / Summerland Point turnoff. Photo by Adam Lusted



Carters Road, Lake Munmorah. Photo by Adam Lusted

SECOND EFFORT LEADERSHIP PROGRAM

On Monday the 11th of November until Wednesday the 13th of November, five secondary students were specially selected to attend a leadership course run by Warren Manners and Tizzi Collins. This program included an intense physical workout including boxing, skipping, weight training, running and a complete workout circuit coupled with mental workouts afterwards.

The students were encouraged to reflect on life and really think hard about how the decisions you make can affect your life.

On the final day of the program Warren and Tizz approached the students with a choice and a challenge. The choice consisted of two envelopes one with an A one with a B. Without knowing what was inside either envelope, the group made a decision to choose B. Inside was a piece of paper with a few words (the words are a secret; very hush hush) and so started our four-hour group challenge. Our challenge was to undertake a long walk from The Entrance to the Terrigal Skillion.

We completed our challenge beating the record time by around 15 minutes. Unfortunately one student had pulled out the day before. He had tried his best but couldn't continue. Well done for giving it your best. We all enjoyed and benefited from this experience and learnt a lot about ourselves and others.

Written by David Yr 11



Freaky Flinders

On the 31st October, Flinders class decided to change their usual homeroom routine and celebrate Halloween. Students participated in a lengthy discussion about the spooky celebration and reminiscing about their trick or treat experiences in previous years. Classroom teacher, Mrs Grounsell read aloud a few facts about All Hallows Eve, with the boys being quite surprised to learn that Halloween originated from Ireland and Scotland over 2000 years ago.

At the conclusion of the discussion, the students were set a mathematics challenge. Each student was given a piece of grid paper with both axes labeled and some coloured pencils. Students then had to listen carefully to the coordinates and verbal instructions given by the teacher. Some of these instructions were quite complicated and tested the boys' mathematical processing. It was pleasing to see students persevering with the task and putting in their best effort to reveal some fantastic Frankenstein monsters.

One student, Kane, decided to challenge staff member Belinda to a friendly competition whilst completing this task. It made the activity rather entertaining for other students when they were both attempting to "stitch" (get it?) each other up by suggesting different coordinates. At the conclusion of the lesson, Assistant Principal Mr Malone had the difficult task of judging the best Frankenstein. Much to Belinda's dismay, Kane took out the title and had the BIGGEST smile on his face for the rest of the day. These Frankenstein monsters and some rhyming Halloween word puzzles are currently being displayed on a large spider web in Flinders' classroom.

Saunders Class

As a component of Agricultural technology, Saunders class have visited a number of parks and gardens to view the many ways that plants and sculptures can be combined to create interesting features.

The students were in awe of the larger-than-life sculptures they came across at The Big Flower. They were amazed that the sculptures had been welded together from old parts of cars and other machinery. This experience linked with their studies on sustainability and recycling.

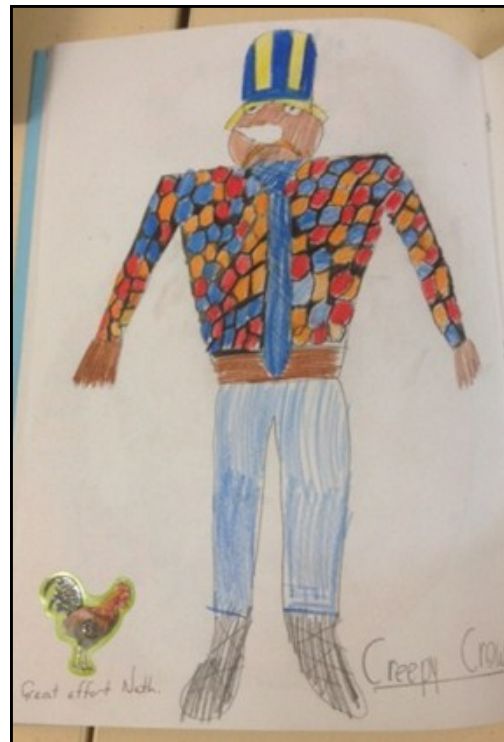
We visited the Edogawa Commemorative Gardens at East Gosford where the students were asked to consider how much time and perseverance it would take to keep the gardens looking so beautiful. Keian took time to feed the koi fish and ducks. The students have recognised that it takes continuous work and often a team of people to maintain a garden that can be enjoyed by the community.

The Creating of Rocky the Wizard

Throughout this semester Saunders class have researched "sustainability" and examined various ways in which they can contribute to the environment. As part of the unit the boys created a scarecrow to watch over their previously created vegetable garden, using a variety of recycled materials. Prior to constructing the scarecrow, the students visited the Yarramalong Valley to view the many scarecrows created and displayed by local families. The students planned their design and sourced pre-loved clothing from the Salvation Army Store.

Construction was a challenge. How do we stuff a scarecrow with recycled materials? Brainstorming came up with the solution. The school shreds paper every day and could be stuffed into used shopping bags and attached them to the main timber frame. The scarecrow was taking shape. Shoes and gloves were attached and he was given pride of place outside the classroom, looking over the vegetable patch.

Naming the scarecrow became a whole school activity. Students from other classes were asked to visit the unnamed scarecrow and suggest a name. Saunders class voted on the names, suggested by primary and high school students. The winning name "ROCKY THE WIZARD" was a combination of a primary student suggestion and a high school suggestion.



*Drawing of scarecrow.
By Nathan Primary 1*



Secondary Drumbala

A small group of secondary students had the opportunity to develop their drumming skills through lessons with Drumbala during Term Four.

Initially the students were hesitant to express themselves artistically, via the drums, but as the weeks progressed, three students excelled in their drumming. Michael, Aidan and David quickly learnt new beats and rhythms and were able to perform complex pieces of drumming while the rest of the group kept the basic beat. The boys who participated in the program, enjoyed the opportunity to freely express their creativity through music.

Haiku Poems from Primary 2

Spring

New life, shady trees,
Flowers open, warm weather,
The smell of pollen.

By Alex

Spring

Blue flowers blossom,
New life, warm sunny weather,
Flowers start to smell.

By Hayden

Spring

Sunny days, cool breeze,
Green leaves, shady trees, new life,
Warm weather, fresh air.

By Brayden

Gosford TAFE is offering a course for women wanting to return to work or study. It runs over 18 weeks with attendance of about 20hrs a week. Cost is \$25. Topics covered include: English, Numeracy, Aged care, Computing, Horticulture project, Careers, Work Experience. Students who successfully complete this TAFE course will gain a Certificate II in Skills for Work and Training. For more information call Pauline Eade on 43 482282

V8 Supercars

On the first Friday in December fourteen students and four staff made the trip to Homebush to observe the V8 supercars in action. Everyone had the opportunity to watch the supercars do practice laps around the track as well as observing the pit crew do their work in jacking up cars, checking and replacing wheels, refueling and general maintenance. As the cars were only doing practice laps the pit crews were taking their time to ready the cars; to the disappointment of many of the students who were hoping for more action.

When wandering around the pavilions, students and staff saw many different types of cars and motorbikes exhibited. Quite a few photos were snapped and many dreams were expressed. Some students spent their time observing the Tuff trucks while other students braved the Ford 4wd climb where they sat in a car driven up and over tall and steep ramps. The rest of the students just enjoyed wandering around looking at all the exhibits.



Primary Drumbala

All primary students have had the opportunity to “find their groove” with Drumbala. Each class has had three drumming sessions in the library. The groups played games, they copied and invented rhythms and they have used their whole body to feel the different beats. The drumming teachers used minimal verbal instruction, as a result the students learned to listen and respond using their drums as well.

Painting of Woodbury's Classroom

Respect, responsibility, safety, getting along, team work and decision making were all practised when Woodbury's classroom was painted by the students and staff of Woodbury.

Ownership of the painting of the classroom was given to the students of Woodbury. They researched the best colour for the room, investigating the positive and negative effects of each colour. This resulted in several trips to the hardware, to select colour samples, and then class discussions on which colour would be best suited to the room. Finally a sky blue was chosen.

Before the painting could begin the students had to remove the furnishings off the wall, patch up holes in the walls, followed by sanding. The walls then had to be washed before the painting could commence. Each student in the class took on different responsibilities and was proud of the effort they put in.

Woodbury's classroom is now refreshed and the students are enjoying the results of their efforts and cooperation.

Textile Technology

Students in the junior secondary years were given the opportunity to acquire lifelong skills within textile technology this year. Semester one began with students learning hand sewing techniques which will enable them to undertake most basic mending requirements.

Following familiarisation with the sewing machine, students confidently went on to create hems and construct an apron. Each apron was individualised by the students with motifs that were hand sewn. These aprons are proudly worn by the students during their food technology lessons.

During semester two the students were able to put their mark on the traditional sewing technique of patchwork. Students organised their chosen fabrics to create a desired pattern before moving on to construction.

Persistence was required when creating the cushion as patchwork requires the students to be precise with their cutting and sewing. To assist with constructing the cushions, students were introduced to the overlocker to acquire a professional finish. The students were deservedly proud of their achievements and excited to take their completed projects home.



Primary Camp Toukley Excursion

Physical activity, personal challenges and excitement were all part of our recent excursion for primary students to Camp Toukley. It was held on the 15th November and the weather was perfect for the outdoor activities.

The two activities before lunch were abseiling and the flying fox. These high- adrenalin activities provided students with the opportunity to go outside of their comfort zone and gain the feeling of achievement in overcoming trepidation. Many students realised it was their own persistence at the challenging activity that enabled them to succeed. It was great to see students offering support and encouragement to others if they became fearful.

The students then gathered for a barbeque lunch and had a well-deserved break before starting another two fun activities. These were riding quad bikes and archery. The students listened carefully to the Camp Toukley instructors as they discussed the safety aspects of the activities. The recent rain from previous days added more excitement to riding the quad bikes as the students had one section that was very muddy and slippery.

Archery was the other afternoon activity and was well liked by the students. There were many students who managed to hit the target with a little bit of practice. The students were very pleased with themselves as they noticed their skills improving.

The excursion was soon over and the students returned to school. I am sure there are many students who brought back with them happy memories and a sense of pride from their own personal achievements.



Sandbar Camp

The end of year camp this year was held at Sandbar, located approximately 30 minutes south of Forster. The camp grounds themselves are in an idyllic location with the ocean on one side and Smiths Lake on the other. Students spent their days surfing, fishing, boating, bush walking and bike riding. Students enjoyed day to day camp life which included BBQs, campfires and admiring the local wildlife such as possums, bush turkeys and goannas which some students were convinced were trying to make residence in their tents. We also went on day trips to Seal Rocks, Treachery Beach and visited the historic Sugar Loaf Point Lighthouse. The end of year camp aims to increase students' confidence and independence as a few days away from home, living outside and sleeping in tents is challenging for many. The camp also provides a great opportunity for staff and students to spend quality time with each other outside the classroom and reflect on the past year. Thanks to all the staff, parents and students who made this year's camp a great success.



Luna Park **by BJ, Andrew and Logan**

On Monday 18th November Hargraves class went to Luna Park Sydney for a physics excursion.

When we got there it was pouring down with rain.

First we went on the Tango Train, and then we went on The Rotor. After we had lunch Logan & Mrs Lott went on the Wild Mouse and Mrs Lott was scared because it was going to flip over.

We all drove the bumper cars. SLSO Steve was the worst driver.

The Ranger was fun and it went upside down. It was scary for some people but at the same time it felt exciting.

Even though it was raining it was a fantastic day.

Duke of Edinburgh's Award

The Duke of Edinburgh's Award program has continued during 2013 with great success. The candidates this year are a mixed group of bronze and silver award participants.

The four silver participants have the challenge of completing four sections to achieve their award. Fitness and recreation, volunteering and skill sections are



each 26 hours or six months long. The participants are also faced with the adventurous journey section consisting of a preparation and training module, a practice journey and an assessment journey each of three days and two nights.

The bronze participants also have four sections making up their award but with shorter time-frames; 13 hours or three months for each section. The bronze participants must choose one of those sections to be a longer 26 hour challenge. The majority of participants have completed the fitness section through the school gym and bushwalking programs. Their adventurous journey has the same components but over two days and one night.

The weather has been the source of frustration this year whilst trying to achieve our adventurous journey sections. Fire, flood and generally dangerous conditions have hampered our efforts. This however has been a learning experience for the candidates in that they must consider risks involved when setting out on outdoor activities. In addition it has highlighted that many situations in everyday life are out of our control. Students have generally handled this quite well and the level of maturity shown has been impressive. We will be attempting to recommence this section early term one, 2014.

Participants are also expected to manage an online record book in which their assessors for each section are invited, hours and activities are logged and completion of activities is registered and signed off. This is not an easy task and once again, students have shown persistence when they have become frustrated.

It has been a more low-key year with the majority of students choosing to complete one section of the award at a time. Students should now start planning their remaining sections for 2014.

Congratulations to those students who have completed sections this year, it is a great achievement.

Please check the website for further inspiration!! www.dukeofed.com.au

Sydney Fish Markets



Students from Flinders class visited the Sydney Fish Markets at Pyrmont this term. The excursion was organised as part of Hopetown's Self-Development Program which this term focused on all aspects of recreational and commercial fishing. Students were given a tour of the market which included the auction floor, commercial fishing vessels and retail outlets which sell over a 100 varieties of seafood on any given day. Students were also given a filleting demonstration by a professional fisherman who had many good stories to tell. After the tour, students enjoyed a seafood lunch on the water at Pyrmont. The fish market is an impressive facility which is the second largest in the world. Students found the tour very informative and provided a good insight into employment in the seafood industry. The school would like to thank the Sydney Fish Markets for their time and we recommend a visit if you are in the area.