



# HopeTown Newsletter

Term 1— 2013

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## PRINCIPAL'S MESSAGE

Our school year began with a very positive agenda. All of Hope-town's staff received training in Response Ability Pathways (RAP) with the intention of increasing the levels of support and understanding we could offer our students. RAP was created in the USA and South Africa and is a strengths-based approach to connecting with children in need. Our students require positive and supportive adults who can respond to their needs rather than just react to their problem behaviours. All children need to be able to connect with others and gain positive support. They need to be able to clarify problems and cope with challenges and they need to develop courage and build bonds of mutual respect. One significant element of the RAP program is the *Circle of Courage* which provides a blueprint for the development of a child's resilience. The four quadrants of the *Circle of Courage* are: Belonging, Mastery, Independence and Generosity or: 'I am important to someone', 'I am able to solve problems', 'I am responsible' and 'I am considerate to others.' This simple model encompasses many goals and issues that are vitally important to both a student and the school. It was reassuring to note that many recommended practices taught in the RAP program were already in place at Hoptown and that our staff were able to show a strong and genuine sense of empathy towards the needs of our students and a determination to follow through on suggested strategies.

Life at Hoptown is a process of on-going learning for both students and staff and as such it continues to add meaning and motivation to what we do. Terry Taylor PRINCIPAL



## Flinders' World

This term the new Flinders class has been exploring the world in Geography. Students have been learning about the continents and their characteristics such as mountains, rivers and surrounding oceans. Incorporating aspects of Mathematics and English during the lessons, students are continuing to develop their atlas skills, in particular grid referencing and coordinates.

Flinders students have extended their learning by creatively constructing a 3D image of the world using plywood, papier-mache, paints and glue. This project has been an ongoing process and throughout the term the students have shown tremendous persistence in seeing the project out to its completion. The piece sits prominently in the classroom as all the boys had a hand in its creation and are rightly proud of their efforts.

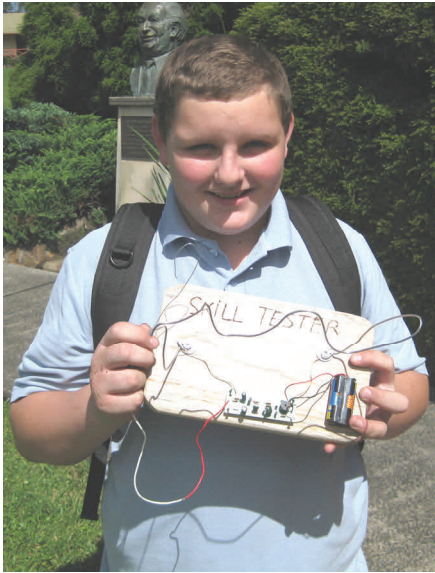
### **Dates to remember for Term 2**

School resumes Wednesday 1st May. Last day Friday 28th June

TOCAL Field Day Careers Expo 3rd May

NAPLAN Years 3, 5, 7 & 9 testing 14th-16th May

Queen's Birthday Weekend 10th June



### Electronics

Electronics has been introduced into the Industrial Technology program this term at Hopetown. Students have been learning about a variety of electronic components, circuit boards, schematics diagrams and soldering processes. As part of the program, each student developed an electronic skill

tester. The assembly of this project requires patience and fine motor skills. The same skills required during its construction are also necessary to complete the game. Well done to all students who persevered with this project and found that there were rewards for the effort.

### Distance Education

Some students with a strong academic focus are on a program of studies offered by the Sydney School of Distance Education. This keeps the students in touch with the expectations and demands of mainstream settings.

There are currently 11 secondary students completing their studies through Distance Education across two classes, Woodbury and Darcy.

These students have all worked steadily during Term One and between them have managed to obtain twenty four Achievement Awards for the work that they have completed.

It is a credit to participating students that they are able to cope with occasional setbacks, with a considerable workload and with other challenges that this program presents. Their persistence and growing confidence will be of benefit in future endeavours.

Hopetown School acknowledged the National Schools Day of Action Against Bullying and Violence on Friday 15 March. The annual day provided a focus for schools who want to say 'Bullying. No way!' and to strengthen their everyday messages that bullying and violence at school are not okay at any time. Hopetown students looked at what bullying is, the various types of bullying, how it effects themselves and others and strategies and resources they can use if they or others are being bullied. Parents are encouraged to explore the 'Bullying, No Way!' website in order to strengthen its message and get ideas on how to support your child as a target or bystander of bullying, or if they are displaying bullying behaviour. [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) or [www.takeastandtogether.gov.au](http://www.takeastandtogether.gov.au)

### High School Swimming Carnival

Hopetown's annual swimming carnival was held this term at Wyong Pool on Friday 8<sup>th</sup> March 2013. The carnival for the high school students was fortunately held on a day with warm sunny weather. Students competed in a variety of events including the 50 metre freestyle, back stroke and breast stroke as well as a number of novelty events including the surfboard race, cork scramble and relay races. Attendance at the carnival was slightly down from previous years but a high level of student participation made the carnival a great success. It was pleasing to see students encouraging each other and good sportsmanship throughout the carnival.



Thank you to the parents and carers who came along and supported the students on the day and to the students who participated in this year's carnival.



# Saunders Sport

This term Saunders class have had the opportunity to participate in numerous sporting activities outside of school. These have included multiple ball sports, fishing, ocean bath swimming, cricket, golf, bike riding, ten pin bowling and Mingara Pool. Last week the sporting activity was bike riding, the journey began at the Chittaway end of the bike track and we headed east. There were races along sections to determine the fastest rider, detours along the jetty and a stop at the park for an all important swing before turning back to the start. Despite burning muscles that had not been used for some time, fun was had by all.



## Bunnings Vegetable Garden

We have our vegetable garden thanks to Bunnings at Tuggerah. Students from both the high school and the primary school combined to construct the above ground vegetable garden that is situated near the primary car park.

With the help of Ms Karen Degan, the Tuggerah Activities Organiser from Bunnings,

the students confidently completed the construction of the "modular vegi bed".



Bunnings also donated seedlings, mulch and manure for the project.

The primary students have the responsibility of watering and weeding the garden.



### Lion's Park Long Jetty

Primary 1 students took a well-earned break from the classroom on Friday 22<sup>nd</sup> March. The class went to the Lion's Park at Long Jetty to relax and practice the "getting along" techniques we have discussed in the classroom. The boys consistently followed the rules, showed respect to those around them and played in a safe manner.



### School Swimming Scheme

During Week 8 and 9 of Term 1 the Primary School students took part in the DEC School Swimming Scheme. All primary students were eligible to participate in the intensive program presented by the three instructors. Students successfully completed activities designed to meet their needs and abilities.

The varied program includes learn to swim, stroke correction, rescues and increased endurance. All students who persisted with the swimming school experienced success.

### Gala Day

On Wednesday 10<sup>th</sup> April, a group of students from Flinders, Darcy and Woodbury classes attended a Sports Gala Day.

The day was organised by The Entrance Annex special unit and was held in the grounds of Glenvale School at North Entrance.

Students arrived at the grounds at around 11am. There was a brief meet and greet between students and staff, before preparing for a game of soccer. It was an exciting game with students displaying great teamwork on the field, with some fantastic footwork. The boys enjoyed having a few substitute players which were very supportive of their team. Hopetown won the game 4-2 and showed excellent sportsmanship.



Students then enjoyed a short break to have a drink and eat some fruit. It was pleasing to see our students socialising with students from The Annex, even joining in a game of handball.

The final sport to be played was Oz Tag. Students divided up into their school teams to count the number of participants. Hopetown had a few more players, so a few students volunteered to swap teams to ensure a fair game. After some impressive running and dodging skills, The Annex won the game. Students from both teams shook hands and congratulated each other on a good game.

Whilst waiting for a sausage sizzle for lunch, students walked over to North Entrance beach to enjoy a refreshing dip in the surf. The boys all had a great time swimming and playing around in the shore break, before heading back for some lunch.

### Basin Camp

Flinders class attended an overnight camp to the Basin Campground this term. The campgrounds are located on Pittwater which were accessed using the new school boat. Students were totally self-sufficient during the camp. They had to supply their own food, camping gear and bedding as well as do all their own cooking and setting up of tents on the overnight adventure. The camp aims to build independence and responsibility amongst younger students in the school. While it may all sound like hard work, students enjoyed a number of activities at the camp including fishing, boating, bonfires and swimming. Students showed great organisational skills throughout the camp and were a pleasure to take away overnight.

## Boating

On Friday the 23rd of March I went on the new school boat with Mr Callaghan, accompanied by Damien, Aidan, Michael, Leslie, Kyle, Ryan, Truman and Liz.

First we had to get the boat out of the shed (that shed is too small). Then we attached it to the van and drove around to pick everyone up. Next thing we were told the Primary Unit had booked the van (you should have checked that Mr Callaghan), so we had to unhook the boat from the van and hook it up to the school ute.

Eventually we were on our way. Truman was driving Mr Callaghan's car. There was also a roll of duct tape in his car. We went to Budgewoi and I went and got changed. When I came back we put the boat in and Michael, Les and Liz and I got in first.

Liz drove the boat (by 'drove' I mean 'was swerving everywhere'). We went under a bridge and we could see Damien and Aidan sitting under it playing games. Then we turned around and went back. When we got back Michael, Liz and I got out and Mr Callaghan got in with Les, Ryan and Kyle.

They disappeared behind the trees, in the boat, towing the tube. The tube was blown up with the exhaust from the school car. This was Mr Callaghan's awesome idea which worked really well, except the fact that if you open it and breathe in the fumes you'll die. As the boat rounded the corner and disappeared the tube came out from under the cover (it was pretty funny) so they came back for it then once again disappeared behind the trees.

While we were waiting for them to come back I started walking around the bank in the water. As I walked off the boat ramp this random little fish came swimming up really fast and jumped onto the land. It was really odd. It was like it was trying to get out of the water or something. I went to grab it and it jumped back into the water and swam away. I kept walking along the shore looking into the water. I could see lots of little fish. They were everywhere. Some were only about a millimetre long and others were about five centimetres. The bigger ones were too fast to catch but it was easier to catch the smaller ones, as they were in a larger school and slower. I was catching them and just letting them go back into the water.

After I showed Truman the fish I started walking again looking at the sand. It was full of crab holes and shells.

After a while the others came back in the boat and Ryan and Kyle jumped out of the boat and swam to land. Les got out at the wharf. Mr Callaghan, Truman, Michael and I got in and we took off. I was driving for a while, then Mr Callaghan took over. I got in the tube. Mr Callaghan floored it dragging me along in the tube. I was bouncing around. Then after a few turns it flipped and I bounced across the water. Laughing, I got back in the tube and Mr Callaghan took off once again. I was bouncing around and went into the air. I let go, hitting the water.

The third and final time in the tube I almost fell out but managed to stay on no matter what Mr Callaghan threw at me. I could take it. I wasn't going to let him win. Eventually he gave up and I got out of the tube and swam to the boat. Climbing up onto the boat, Michael got in the tube and Mr Callaghan took off slowly. Michael flipped. It was funny to watch. After he had had enough, Michael climbed back into the boat claiming a case of testicular assault. I laughed and we went back to where everyone else was. I got out and went to get changed.

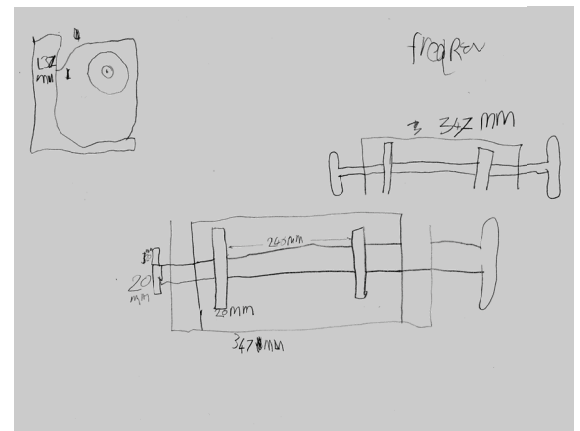
When I came back Mr Callaghan was trying to drive the boat onto the trailer, but he wasn't doing too well because the wind kept pushing the boat away. Eventually we got the boat on and packed up and left.

We all had a fun day out on the boat enjoying ourselves.

By David Creaton

## Woodwork with Saunders Class

This year Saunders Class will be exploring in-depth a simplified version of the "Design Process": idea, design, making and evaluating. This term the focus has been on design, particularly technical drawings. Students have been drawing 2D representations of 3D objects, adding measurements and notes. The students have produced some great work so far. Here you can see Fred's 2D representation of a paper towel holder and some measurements.



All students are working at their levels of ability and sometimes working tough when they think they can't do it. The students are gaining confidence and experiencing success as a result.

## Textiles Technology

This term students from Flinders and Hargraves classes have enthusiastically participated in textile technology classes. The students have obtained numerous skills in hand and machine sewing. They produced a tomato shaped pincushion by hand and further developed their hand sewing skills embroidering motifs on the pockets of their aprons. The students went on to complete an apron that will be utilised as they participate in food technology classes throughout the year. It was great to see the enthusiasm that the students showed as they participated in this activity.



### Museum visit

On Friday 22<sup>nd</sup> March, a group of students from Hargraves, Flinders and Darcy classes visited the Australian Museum of Natural History in Sydney. The purpose of this excursion was to further their understanding of the Science and History topics studied throughout this term; Dinosaurs and Ancient Egypt.

Students travelled to the museum on the school bus, showing excellent patience whilst navigating our way through city traffic. Upon arrival at the museum, we split into small groups and began exploring the many levels. There was a fantastic dinosaur exhibition, with 10 complete dinosaur skeletons and 8 life-sized models of dinosaurs. Students were amazed with the sheer size of these dinosaurs and were able to look closely at fossilised teeth and claws. There were several interactive displays that engaged the different senses of touch, sight, hearing and smell. Students were able to smell what the environment would have smelt like at the different periods in the Mesozoic Era, although some found the scent of the Triassic Period to be very strong.

There were several other exhibitions that appealed to students during this visit. Students took great interest in the skeleton display, particularly the skeleton riding an exercise bike. Most students had a turn of riding the bike in an attempt to make the skeleton's legs move faster, as it mirrored their movements. Unfortunately, all their efforts in cycling fast did not make the skeleton move any faster, although it certainly took their breath away!

During our visit to the museum students were able to talk to elderly volunteers at tables stationed outside various exhibits. These volunteers encouraged students to have a closer look at their hands-on displays. One table had a variety of different rocks and minerals that students were able to closely investigate. Several students were fascinated by witnessing an iron meteorite, and were able to test its magnetic qualities using a small magnet. It was pleasing to see students listening attentively as these volunteers passed on their knowledge about the displays.

Unfortunately there was a very limited Ancient Egypt display, as the museum is currently lending their Egyptian pieces to another museum. However students were able to see a sarcophagus with a mummy inside it. The outside of the sarcophagus was covered with detailed hieroglyphs, showing the colours that would have been used by the Ancient Egyptians. This will be of great assistance to students who are currently designing their own sarcophagus and canopic jars, as a part of their History program.

This was a fantastic excursion that all students enjoyed and was beneficial for their Science and History studies. The behaviour shown throughout the museum was commendable, with students doing an excellent job representing our school.

Well-done boys!



*Three feet to one. Huge!*

### Coles Sports for Schools Program

2012 was our most successful year with the Coles Sports For Schools Program. We accumulated 61 000 points with the help of the Coles stores at Tuggerah and Wyong, plus the Tuggerah Public School community. The equipment has arrived at school. We have balls of all sizes and colours, indoor hockey, Stucko, bibs for basketball and soccer, cricket sets, a parachute, equipment for the pool and much more. During the next term these new and exciting games and activities will be introduced into our PDHPE and Sports programs.



### **Central Coast Grandparent Support Group**

If you are a grandparent raising your grandchild or a grandparent needing some support about issues impacting your grandchild PLEASE contact us.

4340 1585

**Salvos Counselling** has a new website where people can make bookings, access information and facts sheets about issues such as depression, trauma, stress, anxiety, anger issues, hurts from the past etc.

[salvoscounselling.salvos.org.au](http://salvoscounselling.salvos.org.au)