

HopeTown Newsletter

Term 2— 2013

177 Pollock Avenue Wyong

Postal Address: PO Box 805, WYONG 2259

Phone: 43532522 Fax: 43512381

Email: hopetown-s.school@det.nsw.edu.au

Website: www.hopetown-s.schools.nsw.edu.au

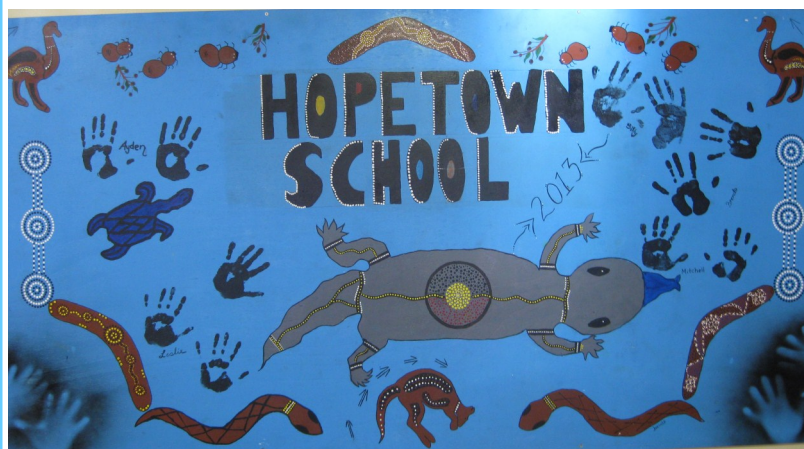
PRINCIPAL'S MESSAGE

'I just want my child to be happy.' This is a sentiment that most parents and carers would identify with. The question that this desire raises though is; 'What does it mean to be happy?' If happiness is laughing uncontrollably, I think it would wear a bit thin on observers and even the laughter as time went on. If happiness is experiencing pleasant things ('hedonism' if you want a fancy word), what happens when the beautiful sunset, love affair, song, ice-cream, sunny day, hot shower, new car, favourite meal come to an end? Or what happens if you have too much of these 'good things'? This hedonic happiness seems to fade or disappear and to not be the happiness one would wish for their child. If 'happiness' means contentment or a sense of fulfilment we might be getting closer to the mark. The ancient Greek word 'eudaimonia' was used in contrast to 'hedonism' and meant a rewarding life, well-lived and based on virtue, compassion, self-discipline, the consideration of and service to others and finding contentment within yourself rather than looking for it out in the material world.

At Hopetown we provide students the opportunity to develop a sense of inner structure and strength rather than an attitude which blames the world for how they feel. Crucial to this is the development of empathy and compassion for others. In valuing others, students will in turn see what is valuable within themselves. Considering and helping others has its own rewards. Service learning at Hopetown includes volunteering projects, some forms of work experience, self-reflection exercises, charity drives, co-operative activities and games, elements of our Social and Emotional Learning program and positive role modelling by staff.

The degree of a person's satisfaction is linked to the difference between a person's goals and achievements. We assist our students to set realistic and motivating goals and then support them in their attainment. We encourage student goals of self-acceptance, purpose in life, independence, personal growth, positive relationships, social responsibility, accepting challenges, generosity and persistence. This is not an exhaustive list or discussion but an indication of our own vision and goals as a school.

Terry Taylor PRINCIPAL



MURAL

Students from Darcy class have recently given their classroom a facelift. The centrepiece of the new-look loft is an Aboriginal artwork which was painted under the guidance of Jacinta Verity. Jacinta is an enthusiastic staff member from the local Aboriginal community who has been working with secondary and primary students as part of the *Norta Norta* program. The mural comprises traditional Aboriginal symbols and Australian native animals. The mural, through its development and place in the classroom, aims to communicate the message of reconciliation and belonging. The boys from Darcy enjoyed working on the project and appreciate the symbolic significance of the mural.

AQUARIUM

During Term 2 students from Hopetown travelled by bus to the Sydney Aquarium Darling Harbour to enhance their studies in the Human Society and its Environment program. They were working on the theme of oceanography. The aquarium visit stimulated the students understanding of how marine life and the characteristics of various ecosystems impact on our oceans. It was encouraging to hear the students voice their social conscience with regards to the destruction that pollution is having on our waterways and the effects on its inhabitants. All the students were appreciative of the visit and their manners and behaviour should be congratulated.

Dates to remember

First day for students Term 3 Tuesday 16th July.
Staff Development Day 15th July—no students to attend.
Snow trip August 12th—18th.
School photos 19th August.
Last day Term 3 Friday 20th September.

BEACH CLEAN UP

On Friday 17th May, students from Flinders and Hargraves classes participated in a volunteer beach clean as part of their current science unit, *The Environment*. Students travelled by school bus to Pelican Beach, North Entrance. Upon arrival they walked through a short bush track to find the beach- what a fantastic view! Staff then briefed students on the safety precautions when picking up rubbish and also handed out sun-screen to protect students' skin. Each student was given a pair of gloves to wear and placed in small groups before beginning the clean- up.

At first glance, the beach and dunes area appeared relatively clean, however as groups progressed, a significant amount of pollution was found. Students quickly filled several garbage bags with rubbish, with lots of plastics being found. One of the senior students, Adam, took an active role in being responsible for the removing of broken glass and a fluorescent tube. He worked together with some younger students to ensure safety precautions were followed.

Students worked their way along the beach until they reached the rocks at the southern end of Soldiers Beach. After a tiring walk and removing a lot of pollution, Adam and BJ took a bit of time out at the rocks to enjoy the scenery whilst having a bite to eat. Most students from Flinders class were still walking along the beach and were amazed with some of the rubbish they discovered. Christian and Bill found squid traps that were washed up along the shoreline. Some of the other interesting discoveries were a fishing knife, plastic buoy and deflated helium balloon.

It was a long and tiring walk along the beach, which took over two hours! Students and staff felt exhausted after the clean-up, particularly on the way back to the bus. A total of five full rubbish bags were collected and removed from the beach. It was pleasing to see students helping clean up the local environment and discover that volunteering can not only be rewarding but also quite enjoyable.



Throughout the beach clean, a survey was taken of the different types of waste materials collected. This information was shown in a pie graph and presented to students as a follow up activity. They were asked to analyse the rubbish that was found, working out the percentage that could have been recycled. This was a massive 57%! Students were shocked by this figure and developed some strategies that could be used to help prevent pollution. It was encouraging to see students thinking about the impact that we, as humans have on the environment and how we can better care for our planet to preserve it for the future. Well done boys!



PRIMARY TRIATHLON

The primary school students participated in a triathlon that was held on the second week back at school during Term 2. The weather was fine and the students were enthusiastic as they moved between the three activities of bike riding, swimming and running. Each student had a card that had to be marked off to show how many laps they had achieved. Some students endured the whole course while other students encouraged their friends to help them by doing laps so they could complete their cards. Each student who participated received a certificate and many happy memories from the day.



School Signage

Recently it was announced that the State Government will provide electronic, flashing signs for all NSW schools. This is great news. But, our sign does not represent the needs of our students. This issue has been raised and championed by one of our concerned mothers. If you would like to know more about this issue please contact Michelle Hanlon PH: 0418 229 748.

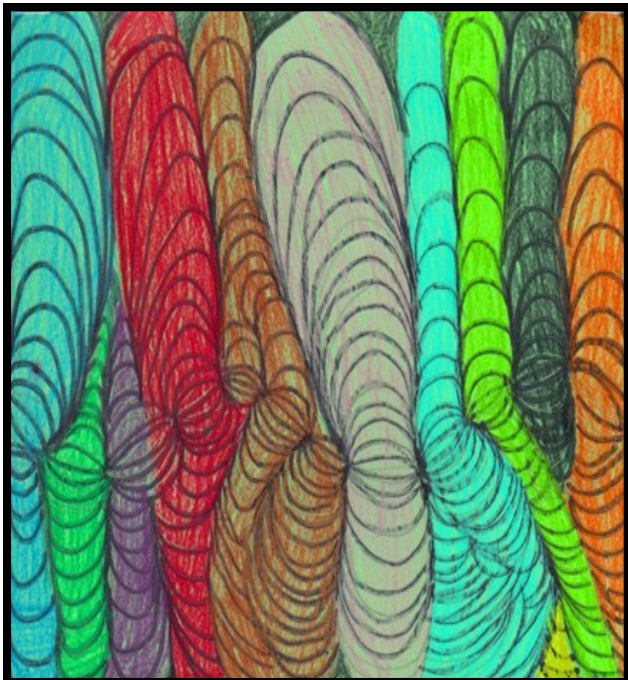
BOATING

Students from Flinders class have recently completed Hopetown's Safe Boating Program. Lessons have been taking place both in class and on the water. The program covers navigation skills, engine maintenance, boat handling, weather forecasting as well as many others skills required to safely operate a small-powered vessel.



Students who complete the program are eligible to then sit an examination to obtain their NSW Maritime Junior Boat Licence. Approximately 50% of secondary students at Hopetown now have their boat licence. It's not all hard work though with students fitting in a little fishing and skurfing while out on the water.

TORNADO DESIGN



2013 VOLUNTEER EXPO

Students attempting their Duke of Edinburgh's Award, all have to complete a project of voluntary service.

The Central Coast Volunteer Expo held at Niagra Park Community Centre was a great opportunity for students to investigate some options.

Many organisations had stalls which the students could access to discuss volunteering opportunities and gather information. Students were very proactive in approaching coordinators to collect flyers, age and training requirements and begin to consider what a valuable service volunteers play in the community.



Big Day In

On Wednesday 29th of May 2013 Woodbury class and Les travelled to Woolloomooloo Sydney, to the distance education high school.

We completed activities to get stickers to trade for rewards. Some of the rewards were wrist usbs, erasers, pencils and a watch.

The activity I liked best was the board game which involved four players playing a pinball game.

There was a baby duck, a calf, a goat and a cute little pig.

We all took turns in painting a stool which is going to be assembled and left at Sydney distance education.

We also participated in quizzes on a variety of topics.

There was a lady who liked my hair and asked if I wanted to do a quiz. I said "No", she said, "Yes" and pushed me into the room. In the room I completed an environmental quiz with Aidan. Aidan provided all the answers as I was unsure of what the correct answer would be.

Aidan, Ryan and I played Friska. We were unsure of the rules so we played it the way we thought it should be played.

The end

By student Michael Vickery Herbert and Sherbert

How to Make a Tornado Design

You need, pencil, crayons, black texta

Step 1: Draw a wavy line across a page

Step 2: Draw 5 or 6 dots on the line

Step 3: Draw loops between each two dots

Step 4: Just continue the pattern by adding more loops

Step 5: Colour your pattern with crayon and outline it with black texta

Step 6: Now you have a tornado pattern

Procedure and artwork by Cameron Gordon Year 4

Total Field Day

Blacksmith demonstrations, marching bands, piglet races and sheep dogs made for a fun and interesting day out for 10 Hopetown secondary students during Term 2.

Students were able to attend one of NSW's largest agricultural field days just near Maitland. Not only did this day give students an opportunity to learn about the lives of rural Australians, they were able to investigate careers and vocations that they had not perhaps considered before.

There was livestock of all descriptions, baking contests and food samples, army, police and Rural Fire Service demonstrations, plants, environmental care and lots of LARGE machinery!!

A great day out was had by all.

Living History War Tribute Display

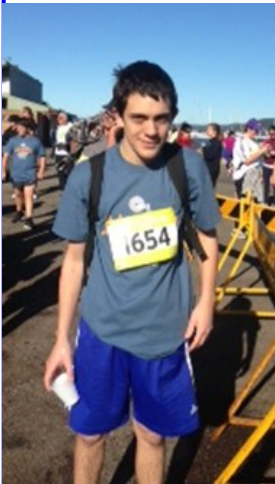
Our Primary classes visited the Living History-War tribute Display in the BER Library. The students were able to learn something about Australia's participation in conflicts ranging from World War 1 through to the Vietnam War.

Our presenter, Shane Blackman, discussed changes in uniforms and equipment over a long period of time. Hopetown students were able to handle items of equipment and learn how they changed as new materials were developed to meet the varied conditions in different regions of the world.

The learning of students was stimulated by being able to try on different uniforms and handle other items of military kit. We learnt about some of the challenges and dangers that were faced by different generations of Australian soldiers.



Bay to Bay Fun Run



Congratulations to the 3 students who competed in the Terrigal Trotters Bay to Bay 12km Fun Run. Michael Vickery, Logan Price and Andrew Nicholson lined up with 3000 other coasties to brave the chilly 8am start to raise money for charity by running or walking the 12km course.

The course started at Woy Woy waterfront and followed the 12km of scenic bike track to the finish line at Gosford Sailing Club.

The boys made an outstanding effort and crossed the line in good time. These students were accompanied by staff and their families for a great cause. Well done everyone!

Laser learning

Experiential learning can be a great motivator. For example, students from Woodbury class and Saunders class enjoyed a visit to Laser Blast in Charmhaven as part of their Social Emotional Learning program.

The students participated in four games of laser tag. Each game was different and required students to work in variety of co-operative team situations that involved the use of stealth, creative problem solving, peer support, leadership, strategic planning, persistence, confidence and resilience.

All students enjoyed themselves and displayed great sportsmanship, co-operation and self-regulation throughout the day. The most talked about game of the day was the staff vs. students event in which the students won unquestionably.



Primary Reminders

- Supervision by Hopetown staff for primary students **begins at 9:10am**. Please keep this in mind if you are dropping students off in the mornings. Students should remain in your vehicle until 9:10am.
- For safety reasons **jewellery is not permitted** at school. Small religious icons, watches and discrete stud earrings are our only exception to this rule. No rings please. This rule is shared by many mainstream schools.
- **Head lice are in the school**. The holidays are an ideal time to eradicate these uncomfortable critters. If everyone could return to school head lice free we could break this cycle.
- With winter upon us the boys are wearing warm jumpers to school. If you could provide **a jumper without a hood** it would be appreciated. Hoods have become a safety issue when playing running games in the gym. We are now requesting that jumpers with hoods are taken off or the hood is tucked into the neck of the jumper. Jumpers should be all grey. The basic school jumper from uniform shops such as LOWES is preferable.
- Hats are fine, but they **must come off** when students are inside.
- When you are on the school property **drive slowly**. There is a signposted 10 km/hr speed limit in the school grounds. We have a school full of impulsive boys, predicting their movement is often difficult.

Crunch and Sip

Primary classes participated in a healthy eating program called "Crunch and Sip" at the beginning of Term 2. The majority of students were really enthusiastic and brought fruit, vegetable sticks and healthy sandwiches. They also focused on drinking more water and reducing the amount of juice they drank. Classroom teachers provided a variety of fruit for students to try during the morning fruit break. It was encouraging to see that some of the healthy eating choices are still making their way to school. Thank you to all the parents and carers who have taken the time to help pack those healthy lunch boxes.



Classroom 2 News

During Term 2 the primary classes were fortunate to have a retraining teacher who wanted to learn about Special Education. The teacher, Mr Meyer, taught in classroom two. He conducted many interesting lessons and in particular helped the students learn about fractions. He enjoyed his four weeks at our school and hopes to call in to see the students again when he gets time.

Students in classroom two have made a great effort to improve their behaviour. Each student has earned the Student of the Week Award during this term. Students who have consistently put in a good effort, were invited to go on a reward excursion to bowling. The students had a great time and were very impressive as their bowling skills improved with practice and persistence.

TRY A SKILL

Students from years 10, 11 and 12 were fortunate to be invited to the 2013 Try a Skill day held at the Ourimbah Campus of TAFE. Central Coast Group Training had limited places for students on the day and Hopetown School was well represented.

Each student participated in five hands on workshops with the aim of allowing students to experience firsthand, a variety of trades they may be interested in.

Each workshop was staffed by a qualified tradesperson who shared their expertise with the students. Students were able to ask questions regarding training, employment prospects and necessary skills for entry into the field.

The most popular workshops for our students were virtual welding, electrical, automotive, landscaping, painting and decorating and hospitality.

The students that participated were enthusiastically involved in the experience and gained insight into careers that they had not considered previously. It is reassuring to see students eagerly looking ahead and planning for their future work lives.

