



# HopeTown Newsletter

Term 3— 2013

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## PRINCIPAL'S MESSAGE

This term saw the 50<sup>th</sup> anniversary of the death of Martin Luther King jnr and reminded me that he once said; *Life's most urgent question is what are you doing for others?*

Many of our students can display a 'Me....now' attitude which usually ends up with them or others feeling frustrated, helpless and even resentful. Multiply this across the student population and the culture of a school can be adversely affected.

It is important for students to consider the needs of others and to see what they can do to meet some of those needs. As the saying goes; *Happiness lies in the service of others.*

It is encouraging to see our students respond well to activities such as raising money for charity, caring for a hatchery, fundraising to support the Duke of Edinburgh Awards program, considering others when communally living in a chalet, serving customers and participating in co-operative games.

It is hoped that service learning, co-operative activities, the development of empathy and an increased awareness of the needs of others in the world will contribute to the emotional and ethical growth of our students.

Our staff are mindful of this process and strive to show Hoptown's students the skills and talents that each child possesses.

As Benjamin Disraeli said; *The greatest good you can do for another is not just share your riches but to reveal to him his own.*

We can easily and perhaps too often, point out the failings in others but true progress is made when we can encourage people to see their own strengths and to realise how these can be of benefit to others. Terry Taylor PRINCIPAL

### **Dates to remember**

First day for students Term 4 Tuesday 8th October

Webbs Creek outdoor Adventurous Journey camp for Bronze & Silver

Duke of Edinburgh participants 16th, 17th & 18th October

Year 7 & 9 HPV vaccination 22nd October

Sand Bar camp 25th –29th November

### **NAIDOC week**

Primary students celebrated NAIDOC week at the beginning of term three. Each class looked at the importance of Aboriginal culture and history. Classroom two made a mural of the rainbow serpent and read several Dreamtime stories. They also designed and painted wooden boomerangs before learning how to throw them. All primary classes participated in our traditional Indigenous Games day. The games the students played were Gorri, Taktyerrain and Buroinjin. These games focused on teaching skills such as throwing for accuracy and running. The students also had the opportunity to eat a variety of bush foods.

## **bstreetsmart**

Students from Years 10, 11 & 12 attended the 2013 **bstreetsmart** Youth and Road Trauma Forum held at Allphones Arena, Olympic Park, Homebush. Westmead Hospital organise this forum.

The purpose of **bstreetsmart** is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers. This forum complimented our work in personal development, health and physical education.

The forum provides a realistic look at trauma caused by road crashes and information and strategies to reduce injury. The day included an exciting combination of demonstrations, crash dynamics and rescue, vehicle stopping distances and active exhibits.

The behaviour of our students was exemplary. The content at times was quite graphic and confronting. Guest speakers shared their experiences of being involved in road trauma incidences and their recovery processes. Their stories emphasised and gave real life examples of key concepts dealt with in Hoptown's ongoing emotional literacy program.



### **SMIIGGIN HOLES SNOW TRIP**

Twenty students and staff travelled to the Snowy Mountains to spend a week at the Apex Children's Chalet in Smiggin Holes. Each day students completed a two -hour ski lesson from qualified instructors, had time to ski and practice new skills, played in the snow and finished up with well-earned relaxation/recovery time in the chalet.

Students returned home more confident having shown the resilience and confidence to exist outside their normal comfort zones and to handle living with and getting along with their peers and staff. They exhibited a developing persistence to accomplish the initially difficult task of skiing. They all had great fun and were extremely proud of being able to successfully ski.

As in previous years, Hopetown students were exemplary with the way they conducted themselves in unfamiliar and sometimes challenging situations. We have been invited back next winter and are looking forward to seeing more Hopetown students enjoying the snow.

### **SYDNEY INTERNATIONAL BOAT SHOW**

Students from Darcy and Hargraves classes attended this year's Sydney International Boat Show held at the Exhibition Centre at Darling Harbour. The excursion was organised as part of the school's marine studies and boating program.

Mr Callaghan has recently become a member of the NSW Marine Teacher's Association which was able to organise free entry for students to the event. Students visited a marine industry careers expo at the beginning of the day before visiting the hundreds of displays and boats which make up the show. Students were very impressed with the wide variety of stalls marketing a variety of boats, engines, fishing gear, boating accessories and marine industry services. The event also hosts guest speakers who cover topics such as safe boating, fishing, seafood cooking as well as anything else related to activities on the water.

This informative and enjoyable day gave students an opportunity to see the latest technology available in the boating market as well as inspire students to pursue employment in the marine industry.



### **INTERNSHIPS**

Two students from the University of Newcastle have spent the last 10 weeks at Hopetown completing an Internship as part of their final year of study as a Special Education teacher. Chris and Annie have been welcomed by students and staff and have worked hard to meet the demands associated with teaching on a day to day basis.

Hosting Interns is an important responsibility as it ensures beginning teachers are equipped with the necessary skills before embarking on their careers. The school also benefits from this relationship as Interns share with staff the most up-to-date knowledge which is delivered at University. Both Chris and Annie have proven to be exceptional educators and have been an asset to the school during term. We thank them for their hard work over the course of the term and wish them the very best for their futures.

### **Hopetown Snow camp 2013**

Hopetown School went to Smiggin Holes for our annual Snow camp. Smiggin Holes is a snow field. It has a magic carpet for beginners.

We had ski lessons each day. At the end of the day we had free skiing. Then on the last day we went to Perisher to ski.

I was very thankful for the opportunity to go there and can't wait to go again next year.

By Andrew Nicholson

### **WESTPAC HELICOPTER FUNDRAISING**

Each term, one of our secondary classes takes on the responsibility of fundraising for a charity of their choice. In term 3 Hargraves class chose to support the Westpac Rescue Helicopter. Students chose this charity as it provides a valuable service to the Central Coast as a part of our emergency services.



Students collected loose change each week at our Junior Cafe and held a "pay to park" day for staff. Staff, parents and transport providers were very generous with their gold coin donations and Logan Price manned the gate like a true professional. The impressive total of around \$75.00 will be handed over to the charity.



### TEXTILE TECHNOLOGY

This term Saunders class have had the opportunity to create a variety of items using textiles technology. The students were tentative at first, however they were proud of their achievements as their items took shape. Creations included tie dyed aprons, iPad covers and patchwork cushions. Well done boys, your efforts are amazing.

Flinders and Hargraves classes have been mastering patchwork this term. These secondary students coupled previously learnt sewing skills, both hand and machine, with overlocker skills to create professional looking patchwork cushions. Any seasoned patch worker would recognise the quality these students achieved.



### DRUMBALA

Drumbala's objective is connecting people with rhythm while having fun with a drum. They successfully achieved this on Monday September 17, when they visited Hopetown School and provided both secondary and primary students the experience of playing djembe hand drums. Some students were initially hesitant to participate but after watching the rest of the group became active participants and thoroughly enjoyed themselves.



### GARDEN BED

Over the previous two terms Saunders class have undertaken the task of creating a garden bed outside their classroom. The students explored various ways of constructing a garden bed before collecting the materials required. A combined effort was required and all students contributed using skills such as drilling, screwing, shovelling and planting. As the weather is warming it is great to see the students watering the garden as the plants flourish.

### 2013 ATHLETICS CARNIVAL

The much anticipated Hopetown athletics carnival was held at the end of term three. The weather was warm and this provided optimal conditions for a fast track. The day surpassed all expectations and was enormously entertaining for all students and staff. Big thanks must go to all parents, carers and family members who were there in force to rally behind the students and promote a positive atmosphere throughout the day.

The morning session of events included the field events; high jump, shot put, discus and javelin. Not only was it impressive to see so many students attend the day but the participation levels were practically at 100%. Students were keen to demonstrate the skill and technique they had learnt throughout the year during their PE lessons. It was clearly evident that students' abilities had improved.

Track events were held after lunch and student energy levels remained high. All students who started an event finished the event which is a testament to the boys' character and the perseverance they showed. The hundred metre, four hundred metre and marathon events had many impressive performances. The sack race and whole school tug-o-war competitions were enjoyed by all and a fun way to see out the carnival. Students should be proud of their behaviour and achievements. Once again a big thank you goes out to staff, students and supporters for the continued enthusiasm throughout the day. Well done everyone!





### Bahtabah Local Aboriginal Land Council

As part of NAIDOC week activities the students from Woodbury and Hargraves classes went to Bahtabah Local Aboriginal Land Council at Blacksmiths, on Friday July 19.

On arrival at Bahtabah Local Aboriginal Land Council students were greeted by a local Elder, Scott, who took them through the Keeping Place. The significance of the various tools and artefacts and their origins were explained to the students.

After visiting the Keeping Place everyone enjoyed morning tea, which was prepared by the students of Hargraves. Morning tea included wattleseed damper, lemon myrtle biscuits, wattleseed Anzac biscuits and lilli pilli jam. At the end of morning tea Scott took us on a bushwalk tour of the area being rejuvenated by the

Bahtabah Local Aboriginal Land Council. Native flora was pointed out to students and students were given the opportunity to taste some of the berries. The students finished the day by assisting in planting some bush tucker plants.

### CHICKENS AT SCHOOL

For two weeks of this term Primary 1 had chickens in the room. Initially we had three chicks in our pen with fifteen eggs in an incubator close by. Gradually the eggs hatched and the new chicks were placed into the pen. The students wrote a daily diary about the chickens, they checked their weight and monitored their food and water. We did experiments using eggs, we wrote reports and learned about the life cycle of a hen. The students were required to earn their "Chicken Handler's Licence" before they were allowed to gently hold the baby chicks. Some students took the chickens home at the end of the two week period.



### Tin Whistles with Mrs Mac

Primary 1 class have had a special guest in the classroom for seven weeks. Mrs Annie McLoughlin has been working with the class as she concludes her teacher training as a graduate from Newcastle University at the Ourimbah Campus. Mrs Mac has taught the boys to play several tunes on the tin whistle. We have a repertoire of four songs, "Old MacDonald" can be challenging. The boys have shown motivation and persistence. Some gave up their lunch playtime to continue their learning.



### Live Life Well @ School

We have been part of the "Live Life Well @ School" program for several years. This year it has funded our fruit program in room 7. Each morning the students can fill a bowl with fresh fruit, they usually take it to their desks to nibble on throughout the first learning session of the day. We offer a wide variety of seasonal fruits. Taking turns and sharing is encouraged. The program is often supplemented by our parents who have also donated fruit to the program.

### KIMNASTIX 2013

During term 3, our Primary students visited Kimnastix at Berkeley Vale for a series of gymnastics lessons. Cal, our enthusiastic new instructor, ensured that all students worked hard and had lots of fun too!

Activities started with warm-ups and stretches followed by physical challenges that really made our students work hard. Our students were able to develop climbing, balancing and trampoline skills over the course of the program. We also played novelty relays and other games to end each lesson.

Once again, the gymnastics program has provided additional opportunities for our younger Hopetown students to experience success while increasing confidence and persistence.

