



HopeTown Newsletter

Term 2-2014

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PRINCIPAL'S MESSAGE

Thought about your locus of control lately?

Way back in the 1950's a man with the unfortunate name of Julian Rotter came up with a way to classify personalities. He saw people as having either an internal or external locus of control (or combinations of the two). What he meant was that some people believe that they can control their lives (internal locus of control) and other people believe their lives are controlled by the world around them (external locus of control). It is believed that a psychologically healthy person has a strong internal locus of control.

At any school, there is a world of difference between a student who says: "My teacher gave me 4 out of 10 for my assignment." And a student who says: "I got 4 out of 10 for my assignment."

The first student is focussed on the external world (the teacher) for an explanation. The second student is focussed on themselves for an explanation. The former student may feel that: they were unfairly treated, that the world is against them, there is nothing they can do about it and that they shouldn't even bother. The latter student may feel that: they themselves were responsible, they can change things and they can do better next time.

Similarly, people can blame the weather, the school, the boss, the work-mates, the classmates, the neighbours, the council, their upbringing or just bad luck for the way they feel and behave. Other people may be aware of all those factors but choose not to let it get them down and to do something about it.

People with an external locus of control believe, *Things happen to me*. They may say: 'Why bother....there is nothing I can do about my future... it's unfair that everything happens to me...'. They tend, to be negative, to give up easily, to feel victimised by illness and stress, to take less care of their health, to feel more anger and to see others as less friendly.

People with an internal locus of control believe, *I can make things happen*. They may say: 'See what I can do....I can create my future.....I can make good things happen....'. They tend, to believe they have a sense of control, to be optimistic, to be more health conscious, to be less prone to stress, anxiety or depression and to be more independent.

One of our goals at Hopetown is to develop an internal locus of control in our students. An attitude that they can make decisions about their lives, that they can control how much they will be affected by those around them, that they can make things happen rather than rely on chance and that life is full of choices and opportunities for change.

Terry Taylor PRINCIPAL

Dates to remember

First day back Term 3 2014 is Tuesday 15th July

School photos 18th August

NAIDOC week celebrations Wk 1 & 2

Digital Photography Program Term 1

Primary 1 has enjoyed experimenting with the new digital cameras that were purchased for the students. They have learned to take interesting photos both at school and in the broader community. We have had two excursions travelling to Norah Head Lighthouse and to Bateau Bay Beach to experiment with settings and techniques. The students also took their cameras into the school pool to combine their snorkelling skills with their photographic expertise.



Tocal Field Days Careers Excursion Paterson

Once again students made the trek to Paterson in the Hunter Valley to visit the rural field days held at Tocal Agricultural College. The students were treated to over 50 exhibits and hands-on displays from the rural sector, joining over 18,000 visitors to see the demonstrations, lectures, information stands and entertainment displaying all things country.

Agricultural production and land management are not something that we here on the coast are always familiar with. The field days give students an opportunity to consider careers and jobs outside of urban areas that they may not have necessarily considered. The students were able to see production and working animals, machinery, fire safety and billy boiling displays all the way through to solar power, fencing, craft and food demonstrations.

All students on the excursion were outstanding representatives of Hopetown School and took advantage of the beautiful sunny weather to learn a little more about the country life.....yeee ha!!

A sailor's life!

On Monday 5th May, Flinders class and several other secondary students were invited to participate in a Try-a-Sail Day with Sailors with Disabilities on board a yacht. Students travelled by bus to the Cruising Yacht Club at Rushcutters Bay in Sydney. It was a long drive, particularly for those students who were experiencing their first excursion to Sydney. Students coped well although at times were very anxious about the prospect of sailing on a yacht.

Upon arrival to Rushcutters Bay, students enjoyed some snacks whilst enjoying the picturesque views of Sydney Harbour. It was a short stroll back to the Yacht Club where we were promptly directed to the jetty where the yacht was moored. Students were amazed by the sheer size of the yacht when they were greeted by John, the Captain. John introduced his crew and took the time to greet each of the students. Students were then invited to board where they were each fitted with a life jacket and listened to the safety procedures.

At approximately 12:30, the yacht headed out into the harbour. We sailed past many historic monuments, including the Royal Naval Sailing Association. Students were very interested in reading the clearly marked buoys which marked a safe zone for naval divers. Once we were out into the wider harbour, students were encouraged to actively take part in the sailing experience. Each student had a turn of steering the boat whilst on the harbour, ensuring that they give way to other boats / ferries when necessary. Several students worked as a team to pull up the main sail and secure it. It was amazing to see how much speed the yacht picked up with even a gentle breeze.

Although students had taken part in some theory and practical work prior to their sailing, they absorbed a great deal more from actively participating in this experience. Students became familiar with the terms "starboard" (right) and "port" (left), demonstrating their understanding by following the Captain's instructions. Many students also enjoyed taking in the scenery by sitting on the deck at the bow (front) of the yacht. They were able to identify Taronga Zoo, the Opera House and Luna Park. Students listened attentively throughout the sailing experience for instructions given by the Captain and his crew. When the Captain yelled "Ready to Tack", students sitting on the deck quickly laid flat with their heads down. Tacking is used to bring the wind from one side to the other around a bow, by swinging the boom to the other side. Students held their horizontal positions until instructed, casually returning to their seated positions. It was a quiet and relaxing experience on board the yacht, until we sailed directly under the Sydney Harbour Bridge. Students began yelling with all their might, in an attempt to hear their echoes. We're surprised that they still had any voice left!

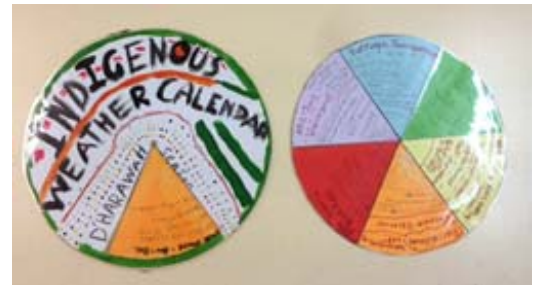
Shortly afterwards the yacht turned around and headed back towards the dock. Students



watched the fast-paced teamwork demonstrated by the crew as they pulled down the main sail. Upon mooring the yacht, students used good manners to thank the crew for the experience. The crew's friendly and welcoming attitude had a positive effect on students' behaviour. Most students enjoyed the day recognising the historical monuments around harbour, all from the comfort of a luxurious yacht. It was amazing to witness students confronting their anxieties and trying something new. This was an important part of their growth as an individual and an integral part of their Social and Emotional Learning program at Hopetown.

Indigenous Weather Calendars

The science unit of work for Term 2 focused on sustainability. Students in Hargraves and Flinders class have had a closer look at how Aboriginal people used the land in a sustainable manner before the arrival of British settlers. Students constructed colour wheel calendars based on research students conducted through the Bureau of Metrology's Indigenous Weather Knowledge resource <http://www.bom.gov.au/iwkw/>. The calendars work by looking at the relationship between indicators in the environment and how people should manage the land accordingly. For example, when the acacia begins to flower it's time to start fishing as fish are healthy and running in the river. Students enjoyed learning about the various indicators in the environment and what they represent. The project took a fresh look at what it means to live sustainably from those that have done so successfully for thousands of years.



School Sport

Hargraves and Woodbury classes have continued their highly positive and motivated attitude towards school sport during Term Two. Students have revelled in the varied activities, while being confident to explore new and uncharted destinations. The boys have had the enjoyment of participating in activities covering a wide breadth of the Central Coast including Frazer Beach in Lake Munmorah State Park, the temperate rainforest of Strickland forest at Narara, the walking trails of Katandra in Matcham, the coastal walk along the scenic Crack Neck lookout site, the numerous mountain biking trails in Ourimbah forest as well as other biking activities including the Long Jetty foreshore and the challenging Terrigal BMX track. Most pleasing to note is that at all destinations, the students were cooperative and supportive of one another especially when there was some apprehension in new or younger students. The realisation of the need for safety was consistent throughout all the venues and demonstrated the students' ability to not only think about their personal safety but the safety of the group as a whole. Many of the students' own fitness levels have greatly increased as they have been persistent in accepting the challenges and better health is a result of this. It has also been rewarding for all staff involved with this group as we have consistently witnessed the students' enthusiasm and love for the outdoors flourish during the school sport sessions. Well done everyone.

Concreting Construction Projects

Darcy class have undertaken two major construction projects this term. The projects included the extension of a concrete slab as well as a 17 metre foot-path. The boys worked on all aspects of the projects from the preliminary phases of measuring and quoting right through to pouring the concrete. While promoting important life skills such as team work and organisation, the project also developed fundamental mathematics skills in a significant, real life context.



When the concrete truck arrived, the boys quickly learnt that concrete sets fast and waits for no one. The class worked very well together to get the concrete into the form work and finished to perfection. The end result was two projects completed to industry standards, numerous blistered hands from hard work on the tools and one very proud group of student. Well done boys!

Interrelate

On Wednesday 28/05/14 primary students were invited to attend the interrelate program on "Where Did I Come From?" that was held in the library. The students who attended learnt about the differences between male and female bodies and extended their knowledge of conception, fertilisation, foetal development and the birth process. The presenter made the session fun, factual and interactive. The students asked many questions especially on how twins form. Thank you to those parents and carers that could attend to make the session a family experience.



On Wednesday 30th April Term 2 the Primary classes had a visit from the Life Education Van. The Life Education Central Coast representative Natalie Stoten, along with Healthy Harold, introduced the "It's Your Call" program.

This program is designed to promote healthy life choices and help students recognise that **legal** drugs can affect all body systems resulting in short and long-term consequences.

The students joined in discussions regarding the positive and negative effects of various substances on the body e.g. sunblock, alcohol, analgesics, and tobacco.

Natalie was able to engage the students and impart this important information with the use of fun games, and of course, a visit from Healthy Harold. Healthy Harold had the children roaring with laughter and was definitely the star of the visit.

Primary Bicycle Safety Excursion

In May, Years 4, 5 and 6 students visited Palmdale to participate in bicycle and road safety activities. This program is run by the Community and Road Education Scheme (CARES). This is a joint program supported by both Wyong Shire Council and Gosford City Council. Students were taught skills in bicycle safety and maintenance. Bicycles and helmets were provided for the day by C.A.R.E.S.

A lesson in the CARES classroom helped our students gain a better understanding of general road rules. The importance of wearing approved helmets for safety was one of the key points. Our students were also shown how to do basic safety checks on their bikes.

The practical session also gave instruction on bicycle skills and coping with traffic. The course simulates a road system with traffic lights, roundabouts, road markings and signs. Obstacle course activities also helped our students refine their riding skills. Those students who showed persistence in riding to the rules were rewarded with the chance to enter a draw to win a brand new bike. Thanks to the police who presented this excellent learning experience for our students.





Hunter TAFE once again played host to Try'aSkill at Ourimbah Campus to various school students on the Central Coast. The displays were entertaining, informative and offered access to some of the basic skills involved within a range of fields. The displays seek to motivate school students, young people and others through a 'hands-on' experience and give them a taste of some of the skills required in a number of different careers.



Participants can interact with skilled trades people whilst seeking information about VET pathways from industry experts, apprentices, teachers, trainers and local business owners.

Nine students from Hometown School took advantage of the opportunity to connect with the experts and took part in a combined total of over 30 workshops. The enthusiasm shown by all students was outstanding and a testament to their confidence and motivation to seek out employment information.



Christian in The Shed

Hi, I'm Miss Hurst and as part of my university degree I've been spending some time at Hometown School. I've been lucky enough to spend the past 4 and half weeks working with Mr Turner, Jane and the wonderful boys of Primary 2.

We worked together to make delicious chicken nuggets. I've had a great time going out on community access with the boys. We've explored new parks, had barbeques, played together and helped each other learn how to use new equipment.

I was really impressed with the persistence the students demonstrated at Picnic Point. Jack, Adrien and Brayden worked really hard to catch a fish, while the other boys taught each other how to do tricks on the scooters.

Apart from going out on excursions and having adventures, we have also had a lot of fun in the classroom. The boys played pass the parcel as part of our celebrations unit. The boys were great sports and showed great resilience, not feeling disheartened if they didn't win a prize. Lucky for them there were enough prizes to go round.

The boys and I also got to have a go at preparing wool for spinning. Using both team work and turn taking we pulled and brushed (carded) the wool.

I've had a wonderful 4 and half weeks here at Hometown School! Thanks for having me .



Here are just three samples of the quality work produced by Darcy class in ceramics.



To our surprise, one of our resident peahens nested amongst the tomatoes and the zucchinis, in our vegetable garden. The hen layed four, large eggs and sat on them constantly.

