



HopeTown Newsletter

Term 3-2014

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PRINCIPAL'S MESSAGE

Raising children and teaching children involve complex issues and the need for fine balance. One point of balance is between our regard for the child and our expectations of that child. A recently published book: *Mindful Discipline: a loving approach to setting limits and raising an emotionally intelligent child* (2014). Calls these two elements *Responsiveness* and *Demandingness* (yes, it is an American book with its own invented word).

Responsiveness is a parent / teacher being able to recognise and sensitively respond to a child's feelings, desires, needs and beliefs. *Demandingness* is asking a child to do their best, to be respectful and responsible.

Wendy Grolnick in her book: *The Psychology of Parental Control* (2009), cites research by Diana Baumrind who studied children raised with balanced or imbalanced amounts of responsiveness and demandingness. Baumrind's findings were as follows.

Authoritarian parenting / teaching is low in responsiveness and high in demandingness. This results in preschool children being moody, unhappy, more aimless and awkward in getting on with other children. By age eight or nine and into their teens they were lower in achievement motivation and social assertiveness. As teens they were also high in seeking adult approval, lacked autonomy and had a higher rate of drug use than other children.

Permissive parenting / teaching is high in responsiveness and low in demandingness. Preschool children in this group lacked impulse control, were more self-centred and low in achievement motivation. By age eight or nine they scored lower in both cognitive and social competencies. As teenagers they continued to be low in achievement motivation, exhibited lower degrees of self-regulation and had higher rates of drug use than children in authoritarian or authoritative groups.

Authoritative parenting / teaching is high in both responsiveness and demandingness. Preschoolers in this group were energetic, socially outgoing and independent. The eight or nine year olds were high in achievement motivation, friendly and socially responsive. As teens they were strong in self-regulation, being independent, maturity and motivation towards achievement.

Of course there would be exceptions to these findings but the message here is that it is very important for the staff at Hoptown School to be attuned to the feelings, needs and beliefs of our students and to also have high expectations of our students. With the security of being understood and of knowing that boundaries will be sensitively maintained, our students' motivation and self-regulation will be enhanced. If the balance between regard for and expectation of our students is achieved we will optimise each student's social and emotional growth.

Terry Taylor PRINCIPAL



Awabakal Excursion

As part of our Aboriginal Studies, Primary 1 went on an excursion to the Awabakal Education Centre at Dudley. This excursion was organised by Miss Glover, a Trainee Teacher from Avondale Teaching College.

On the day the boys sampled bush tucker delights, built gunyahs and examined tools and weapons. The class took many interesting photos. As a follow-up activity they created a digital photo story with text and music.

During the following week the boys built gunyahs in the trees at the front of the school.

This was a team-building exercise that promoted fun and problem solving.



Dates to remember

First day back Term 4 2014 is Tuesday 7th October.

Secondary School Camp Week 8

Presentation Day Friday 12th December 2014

Little Big Shots – Film festival

Students from Years 7, 8 were fortunate enough to attend the Little Big Shots Short Film Festival at the Sydney Opera House in Term Three. The festival features the best in local and international children's shorts, animations, documentaries and child-produced films. The films inspired discussions about world cultures, different languages, cultural diversity, adolescence, finding happiness, imagination and friendship.

Little Big Shots was a fantastic experience for our students and staff and was made even more interesting by hearing two of the film-makers speak about their productions. Students were given the opportunity to ask and answer questions, which several of our students thoroughly enjoyed. I extend a big thankyou to those students who attended. They represented themselves and their school with great maturity and pride.

Little Big Shots

This term Kane, Sean, Michael, Aaron, Mr Small, Dave and I went to the Sydney Opera House to see the Little Big Shots short film festival.

When on the school bus, some of us listened to our music others read books or just chatted with each other.

We even got to see the Manly Warringah Sea Eagles bus. They were heading towards the airport to fly to Townsville, QLD to play the Cowboys.

As the bus drove over the Sydney Harbour Bridge we saw the Sydney Opera House.

When the bus stopped we all got off, except Dave. He went and parked the bus somewhere.

The closer we got to the Opera House the more amazing it was. It had a lot of glass.

It was an amazing opportunity to be able to go to such a famous and beautiful building.

The short films we saw were:

Flamingo

Recently In The Woods

One Way Ticket To Bussum

The Butterfly Effect

A Shadow Of Blue

The Centipede and the Toad

Batz

My favourite film was **One Way Ticket to Bussum**

One Way Ticket To Bussum is about a teenage boy who wants to visit his home town to learn about his culture and also try to meet his parents, since he had never even seen his parents.

The Butterfly Effect is about a boy struggling to connect with the world around him and who searches for the key to reconnecting.

Recently in the Woods is a short tale about acceptance, tolerance and unicorns.

Flamingo is a surreal animated music video about depression and finding happiness again. It is set in an underground world full of magical characters.

A Shadow of Blue is about a fragile world of lights and shadows.

The Centipede and the Toad are in a faraway forest. The centipede is admired by all the other creatures, except for an old toad, haughty and jealous, who decides to get rid of the centipede.

Batz is about two bats, Vamp and Rouss. They are an odd couple who are propelled into a crazy slapstick adventure.

By Joel Stoddart – Woodbury Class

MY LITTLE BIG SHOTS SHORT FILM CHOICE

I have to go for **BATZ** for the best short film in the festival for it. It's a great short-film and it is funny-ish. Let me explain.

It starts out with a bat colony going out and hunting mosquitoes, but one bat had a sleep-in, so it didn't go out and hunt for mosquitoes. It tried to find the colony, but instead found a mosquito and chased after it.

Next we cut to a loner bat who has a phobia of mosquitoes because they destroyed almost all his colony (hooooow?). A few seconds or mins later, the sleep-in bat arrived but he had lost the mosquito.

The mosquito went inside the loner bat's lair and the loner bat got scared and ran away. Then after some parts I do not remember... they were in a train - the loner bat got trapped in a room filled with mosquitoes, (Explain how that makes sense, a train filled with mosquitoes, with a bat that's afraid of mosquitoes, at the same time and place, how did the mosquitoes get in there anyway? Is it some sort of blood bank?)

The loner bat attempted to run, or fly away from them, but the exit of the train was too small for it to fit through, so the mosquitoes ended up sucking his blood. The sleep-in bat comes and drags the loner bat out of the train. The mosquitoes buzz out and try to suck their blood! The bats then got away from the missile-like mosquitoes and the mosquitoes became best friends with the ground. All of the mosquitoes died by friction and force. The sleep-in bat had an all you can eat buffet, while the loner bat almost got rid of his mosquito fear... almost...

By Aaron Todd – Woodbury Class

Music in the Primary

All primary students have access to music lessons. These lessons combine learning and enjoyment. The students have learnt musical notation through games and they can identify musical instruments by sound and sight. They are working towards interpreting all types of music. Most lessons include beating out a rhythm with drumsticks and exploring a wide variety of musical instruments.



Taronga Zoo

As part of our science program on mammals, students from Woodbury, Hargraves and Darcy Classes spent the day at Taronga Zoo. The day started with an educational workshop which introduced students to a variety of native Australian animals. Students were provided with information on each of the animals introduced and then were invited to pat the animals. After the educational workshop the students then had the opportunity to explore the zoo before catching the sky safari to the car park for our return trip home.

Animals going to see animals

On Thursday, Hopetown School travelled to Sydney to go to Taronga Zoo. In a room where we started off our day at the zoo the students were given a small pep talk on some animals. A lady, by the name of Kate, opened a box and pulled out a ring-tailed possum that was sleeping and brought it around so we all could pat it. Kate then got out a shingle-backed lizard. When she got the lizard out it was scared and relieved itself on her arm. We all laughed. Kate brought the lizard around so we could touch it. She then tried to get a Diamond Python out of its enclosure but he was enjoying the heat lamp too much. She had to ask one of the keepers to come and get the snake out. After the snake was taken out, Kate put it around herself and walked around with it so we could all see it and touch it. The last creature that we were shown in the room was a stick insect. I thought that it was pretty cool! Kate took us out of the room and showed us some echidnas, they were really nice and had very cute feet.

After seeing the echidna, we split up into groups to explore what the zoo had to offer. The first animals I went and saw were the apes. Two were mating. I then went and saw the male elephant. He was huge and came over to the fence where I was standing. I saw that he had some hay stuck behind his tusk. I said; 'That must be so frustrating having food stuck so close to your mouth and not to be able to get it.' As soon as I said that, the elephant used his trunk to grab the hay and ate it. I was amazed by what I had just seen, and thought to myself that that this is a very smart animal.

After the elephant I went and saw the seals. They weren't doing much, other than relaxing. I soon got bored with the seals and went to see the tigers. The tigers were absolutely amazing. They were so beautiful! The lions were right next door. The lion was sleeping and the lionesses were pampering one another.

Once I was done looking at the big cats, I started to make my way to the sky safari. It was pretty slow and we didn't get to see much. After all of the students and teachers met at the entrance, we left.

I had a wonderful day and I'm sure everyone else did as well!

By Les – Darcy Class

Good Weather for Ducks

We had a new family visit the school during "the big wet". The proud parents took their family of eight ducklings for a walk across the playground, and then they went for a swim in the large puddle near the main carpark.



National Maritime Museum - NAIDOC

As part of NAIDOC week celebrations selected students visited the National Maritime Museum which had two exhibits on display highlighting the historical and cultural significance of Aboriginal and Torres Strait Islander people. The large group of students had the responsibility of ensuring they made it to school on time for an early departure and all were present and raring to go. The students thoroughly enjoyed the day and were very inquisitive, asking lots of questions about the relics and artworks. The first exhibit was

EORA, Eora means 'first people' in the language of the Darug, traditional owners of the land on which the museum now stands. These included traditional artworks from the Yolngu people of Arnhem Land in the Northern Territory. The various artworks explain the spiritual and legal basis of the Yolngu's claim on the Saltwater Country of north-east Arnhem Land.

The second exhibit was 'East Coast Encounters' which was a series of artworks based on European settlement but from an Aboriginal perspective. It was impressive to see and listen to the students draw meaning from the pieces as well as appreciating the irony in some of the artworks.



MarinersACTIVE SCHOOLS PROGRAM



On Thursday 14th August, Flinders class and Primary classes participated in the Mariners Active Schools Program. Mariners Active is a program that focuses on getting kids active by encouraging sports participation. Community Coach and retired Mariners player Adam Kwasnik arrived at Hopetown in the morning to set up the inflatable pitch. Students were eager to begin playing a game of continuous soccer and quickly put on the bibs to identify which team they were on. They had a great time running around, only allowed to make contact with the ball with their feet. Flinders class enjoyed the experience, playing non-stop for 22 minutes! This may seem like a small amount of time, however playing without any breaks was exhausting! It was fantastic to see students demonstrating persistence when tired and getting along with their classmates. All students displayed great sportsmanship and were very appreciative when they received a little goody bag for their efforts. Well done boys!



Bstreetsmart

During Term Three students from Years 10, 11 and 12 attended the 2014 **bstreetsmart** Youth and Road Trauma Forum held at Allphones Arena, Olympic Park, Homebush. The purpose of *bstreetsmart* is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers. The forum provided some concrete examples of what the students have been covering in Road Safety as part of their personal development, health and physical education program.

The forum is designed to portray a graphic yet sadly, common and realistic look at trauma caused by road crashes and provide information and strategies to reduce injury. The day included a captivating combination of demonstrations, crash dynamics and rescue procedures and other interactive exhibits. The students' behaviour for the trip down and throughout the day was commendable as the content was quite graphic and confronting at times.

Guest speakers shared their experiences of being involved in road trauma incidents and their recovery process. Their stories emphasised and gave real-life examples of key concepts dealt with in Hopetown's ongoing emotional literacy program.



Big Day In at the University of Newcastle

Three secondary students had the opportunity to go to the University of Newcastle for a careers expo on Information Technology. It was valuable for the students to see what is available and to experience new forms of technology. The students watched robots play soccer and tried the new 3D goggles.

During lunch the students explored the university grounds. All were surprised and encouraged by how different university was to their initial expectations.

Townies

Hopetown continues to acknowledge and reward the positive behaviour shown by students. In the Secondary school, "Townies" are accumulated enabling students to reach Green (25), Red (50) or Gold (100) levels. At present we have six Red card holders. Congratulations Anton, Cameron, Bailey, Kane, Logan and Joel. Positive effort on the playground or in the classroom can earn "Townies". All students seem to enjoy the status, rewards, certificates outings and privileges that result.

Primary 1 travelled to Yarramalong to photograph the display of the very creative scarecrows. The display was part of the Yarramalong Spring Festival scarecrow competition. The scarecrows came in all shapes and sizes; Emmet from the LEGO movie was one of the favourites. Yoda, Steve Erwin and Miley Cyrus were also on display.

News from Primary 2 Classroom.

This term the students have focused on "Getting Along" with others. They have had many opportunities to practise what they have learnt during classroom games, during sport and when on excursions. Self-regulation is another skill the students have focused on. There has been a great improvement with the students remaining in the classroom and getting their work completed. Some of the students have gone out of their way to help others when they are experiencing difficulty, offering support and understanding. As a result there have been an increasing number of students going on the reward excursions on Wednesdays. Some of these excursions have been to ten-pin bowling, skate parks and fishing.

Cooking has continued to be popular with the class and their skills and knowledge of cooking is increasing. Their recipe books are also slowly getting bigger with new recipes added every two weeks. Music lessons have been a regular feature on Thursdays with the individual and small group lessons showing increased attendance.

Healthy eating at recess and lunch is progressing. Thanks to the parents and carers who send in fruit with their children. The apple slinky machine is getting a good workout. The students have also been able to cook air-popped popcorn as a healthy alternative to snack foods high in salt and oil. Wearing school uniform has also been a focus of this class this term and all students have made improvements. Thanks again to our parents and carers for their support.



SASS week

This term, teaching staff at Hopetown School acknowledged the hard work of our School Administrative and Support Staff (SAS Staff) as part of National Recognition Week. National Recognition Week ran from Monday 1st to Friday 5th September. It was important to thank all our wonderful SAS staff, as they are integral to the success of our school. They perform a multitude of tasks including assisting teachers with implementing educational programs, developing positive relationships with students, maintaining records and ensuring our school grounds are kept safe. On Wednesday 3rd September, teaching staff put on a surprise afternoon tea for our lovely SAS staff. Given the range of tasks that SAS staff complete every day, it was challenging to keep anything a secret... but we did it! Thank you again to all our SAS staff for all your hard work and dedication to ensuring our students can have the best education possible. Not all our SASS staff were in this photo.





Smiggin Holes Snow Trip 2014

During early August, Hopetown students were once again given and made the most of the opportunity to have a week away from the comforts of home and experience an unfamiliar snow bound life on the mountains at Smiggin Holes. From getting on board the bus early on Sunday morning through to our arrival back at school on the following Saturday afternoon, students displayed commendable behaviour. They were often challenged with having to call upon and utilize "positive habits of the mind" in order to make the week a successful adventure. Taking calculated risks, being tolerant, planning, showing independence, being motivated and getting along were skills that were exhibited and enabled all involved to have a great time. It was impressive to see students that had never seen the snow, nor skied, nor boarded, participate fully in the

lessons and develop into confident and competent skiers/boarders. Hopetown has been invited back to Smiggin Holes in 2015 and we are looking forward to taking as many students as we can.

Primary Girrakool Excursion

During Our Aboriginal Studies Program, Primary classes enjoyed an excursion to Brisbane waters National Park. This excursion was planned with the help of Rumbalara Environmental Education Centre. Our guide from Rumbalara, Mark, met us at Girrakool and gave us an introductory lesson about ancient Aboriginal lifestyles. He showed us a variety of weapons and other implements that were used by the local Aboriginal people. A practical session followed that allowed the students to experience the use of fire sticks in making fire.



We then went for a walk through the bush "supermarket" finding traditional bush foods, medicines and hardware. We were able to observe some ancient carvings and discuss their importance and the need for their preservation. Thanks to Mark from Rumbalara for making this excursion a valuable learning experience for the students.

Riley and Zeth demonstrated excellent persistence while using fire-sticks.

Riley and Zeth demonstrated excellent persistence while using fire-sticks.



Bunnings BBQ

This term a group of students conducted a fund-raising BBQ day at Bunnings - Tuggerah to raise money for an Automatic External Defibrillator (AED) for the school. These devices provide a far greater opportunity for survival if somebody suffers cardiac arrest. This initiative came as a result of staff and some students receiving training in First Aid and learning the benefits of having a defibrillator at school, particularly with a swimming pool on site. The students who participated in the BBQ enjoyed liaising with members of the public and preparing the large amount of food.

At final count, students sold approximately \$700 worth of food on the day. The BBQ gave an insight into the skills required in the retail and hospitality industry. Students had to ensure high standards of food preparation, cash handling and customer service skills. The boys were proud to know that their efforts will help contribute to making Hopetown a safer place in which to work and learn.



Ceramics and paintings from Primary and Secondary (left)