



HopeTown Newsletter

Term 3-2015

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PRINCIPAL'S MESSAGE

Try some gratitude in your attitude

During this term at Hopetown we have promoted the importance and practice of gratitude. Why gratitude? The ancient Roman philosopher Cicero believed 'gratitude is not only the greatest of virtues but the parent of all the others'.

Gratitude can be defined as the quality of being thankful and being ready to show appreciation for and to return kindness.

Many of our students have difficulties in experiencing or expressing gratitude and were curious as to why it was being promoted. Staff had noted that the efforts and kindness of many people in our students' lives seemed to be expected and to go unacknowledged by students. Students would get out of their taxis in the morning without thanking the drivers, favours and special considerations were demanded or many of the quality resources and facilities at Hopetown and in the community were being taken for granted.

The practice of gratitude can change the way we look at life. When considering some of the challenging conditions endured by millions of people in the wider world we realise our students have much for which to be grateful. Granted, many of our students' lives have been troubled and are difficult for them to navigate but every day presents each student with opportunities for enrichment. By purposely building a habit of looking for the best in yourself, in each day and in those around you, your world can seem a better place.

It is so easy to find fault, to blame and complain. When this becomes habitual it does nothing to develop your own integrity, your positive strengths and your capacity to better the lives of others.

Imagine if tomorrow consisted only of what you were grateful for today. What will await you when you wake up?

Terry Taylor

Principal

PRIMARY EXCURSION TO WYRRABALONG NATIONAL PARK



On the 7th August all the primary classes attended an excursion to Wyrabalong National Park at North Entrance. It was great weather for bushwalking and we were met at the park by Jake Cassar who is well known for his knowledge of bush tucker and bush survival skills.

Jake showed the students how traditionally Aborigines would start a fire using resources found in the bush and the importance of the flowering wattle indicating that the fish such as mullet and bream would be abundant during this time.

During the walk, the students learnt about how to find water in the bush and even how to "blow" water from a banksia root. There were many opportunities to learn about bush food such as those plants high in sugar and vitamin C.



Dates to Remember

Term 4

Public Holiday Monday 5th October

Students return Tuesday 6th October

Secondary Camp Week to —Sandbar

begins November 23rd

Presentation Day Friday 11th December



Students shared the lunch area with the emus and kan-



Gunyah made from sticks and paper-



Wyong High School students showed us around their agricultural plot.



Mats woven from Gynea lily leaves.



Artwork called Corroboree.



Jake Cassar showing the students ancient bush medicines.



Aboriginal Cultural Experience Primary 1

Primary 1 has had a very busy term learning about Aboriginal Culture. We joined the other primary classes on two major excursions. The first was to Wyrabalong National Park, on the North Entrance peninsula. Jake Cassar, a local bushman shared his extensive knowledge of bush craft with the boys as we walked among the angophoras.

We then went to Walkabout Park in Somersby. All primary classes enjoyed the bushwalk lead by Ranger Natasha. We discovered cave paintings and ate termites. We had lunch with the emus and kangaroos. Later the boys painted their faces with ochre and washed their hands with wattle leaves.

The class had a third excursion this term, to Wyong High School. The students from the high school showed our boys around their agricultural plot. They saw sheep and sheep shearing, cows, pigs, yabbies, eels, and trout. The indigenous high school students also performed a welcome dance which was accompanied by students playing didgeridoos. We saw a grinding rock that was used 40,000 years ago by the local Darkinjung people. In the classroom we have carefully built gunyahs using sticks and paperbark from the playground, we made woven mats using leaves from the Gynea lily and the boys created an individual artwork entitled "Corroboree" using multi-media.

Community Fishing Afternoon

Hopetown School hosted its first Community Fishing Afternoon on Friday the 28th August. The event was designed to strengthen ties with the local community as well as promote sustainable recreational fishing practices. Students were able to invite an adult to the school to team up with for the 1.5 hour tournament which took place on Wyong River. Prizes were supplied by BCF Tuggerah and were awarded to teams who caught the biggest fish, smallest fish and overall point's winner.



The afternoon proved to be a great success and was celebrated with a seafood feast afterwards with a buffet of prawns, baked fish and sides to match. Thank you to all parents who attended and helped support the event.

Mobile Phones and Electronic Devices

The majority of students can be congratulated as they continue to be compliant in regards to the Mobile Phone and Electronic Device Policy at Hopetown School.

Playing with or using mobile phones and electronic devices during the lesson causes disruptions, makes teaching difficult and affects student learning.

Classes are not the appropriate time nor place to be sending or receiving phone calls or texts. If required during the course of the school day, communication between parent/carers and students is possible via the school phone located in the Administration office.

Each day on the morning assembly students are requested and have the opportunity to hand devices in for safe keeping. These are secured in the office for the day before being collected by students at home time.

It remains the students' responsibility to ensure that they do not breach the school's Mobile Phone and Electronic Device Policy.

Parent/carer support is greatly appreciated as it helps strengthen our combined effort to improve the students learning and emotional development.

“The Hook is still in the Fish!”

One of the themes for Hopetown's NAIDOC celebrations has been indigenous fishing methods. On one recent outing where a student caught a flathead, he was shouting to me from a distance saying “the hook is still in the fish!”. We've all helped young people retrieve the hook from the mouth of a fish when they are reluctant to touch a fish for the first time. So I made my way slowly up the beach to help with another release but to my surprise, as pictured, the hook was still indeed in the fish.

If you look carefully, you will notice this fish has a second hook which looks as if it has passed through its digestive system. Both hooks were retrieved and the fish was released happier and healthier.

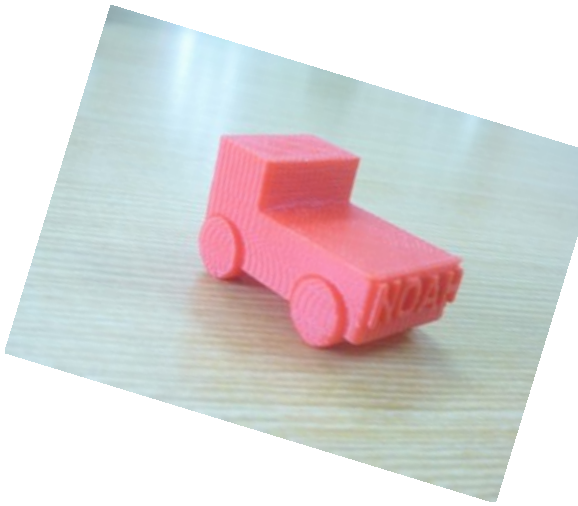


3D PRINTING

This term instructors from *Scope IT Education* were invited to Hopetown to introduce students, in Secondary and Primary, to 3D printing. For five weeks students operated and explored free online software, <https://www.tinkercad.com/>, to create basic designs for 3D printing. Students were guided in the different aspects of the program and were encouraged to explore their creativity.

Scope IT Education arrived at the school each week with Mac laptops, a 3D printer and experienced personnel to provide lessons that catered for needs of the students. It was a wonderful opportunity to provide our students with an even more enriched curriculum.

During each lesson students were actively engaged and waited patiently for computer glitches to be resolved. One student's effort was rewarded after just the first week with his own design being printed.



NATIONAL MARITIME MUSEUM - NAIDOC

As part of NAIDOC week celebrations selected students visited the National Maritime Museum which had two exhibitions on display highlighting the historical and cultural significance of Aboriginal and Torres Strait Islander people. The 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 exhibition 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 exhibition was 'East Coast Encounters' which was a series of artworks based on European settlement but from a contemporary Aboriginal perspective. It was impressive to see and listen to the students draw meaning from the pieces as well as appreciating the view-point of the artists. All students represented themselves and their school positively, demonstrating maturity and respect throughout the day.



New Handball Court

During Term 3 a new handball court was created within the Primary area for students to utilise throughout the day. With the help of the secondary students Mr Callaghan and Steve formed up the area to be concreted. All hands were on deck when the cement truck arrived and a team effort was put in by staff, students and the concreters. Primary students Hayden and Brad were an enormous help to the concreters and Brad demonstrated skills beyond his years when he stepped in and assisted with the final finish.



Library Visits

As part of Woodbury Class' morning program students spend the first 10 – 15 minutes reading quietly. To encourage participation, fortnightly visits to local libraries were organised to enable students to borrow books and magazines of interest. As the weeks progressed students became more competent in their use of the online catalogue system and were more motivated to find books of interest.

Inaugural Cross Country Event

At the start of this term, we saw the introduction of the Hopetown School Cross Country Carnival. The event was very successful with both students and staff overcoming a challenging 3km course. The event was held in Ourimbah State Forest, incorporating many of the mountain-biking tracks. After familiarising themselves with the track during the course walk-through, the students were eager to get the race under way. After an initial hill climb, the boys negotiated the uneven terrain snaking through the hillside, then onto a few river and bridge crossings. The final leg was up Red Hill road to the finish line. Once we had all caught our breath we returned to school on the bus for some well-deserved lunch and rehydration. Upon completion of the presentation ceremony, the students had more energy to burn and were extremely cooperative during a whole school game of OZ Tag. All students should be extremely proud of the determination they exhibited on the day. Well done everyone!

Smiggin Holes Snow Trip

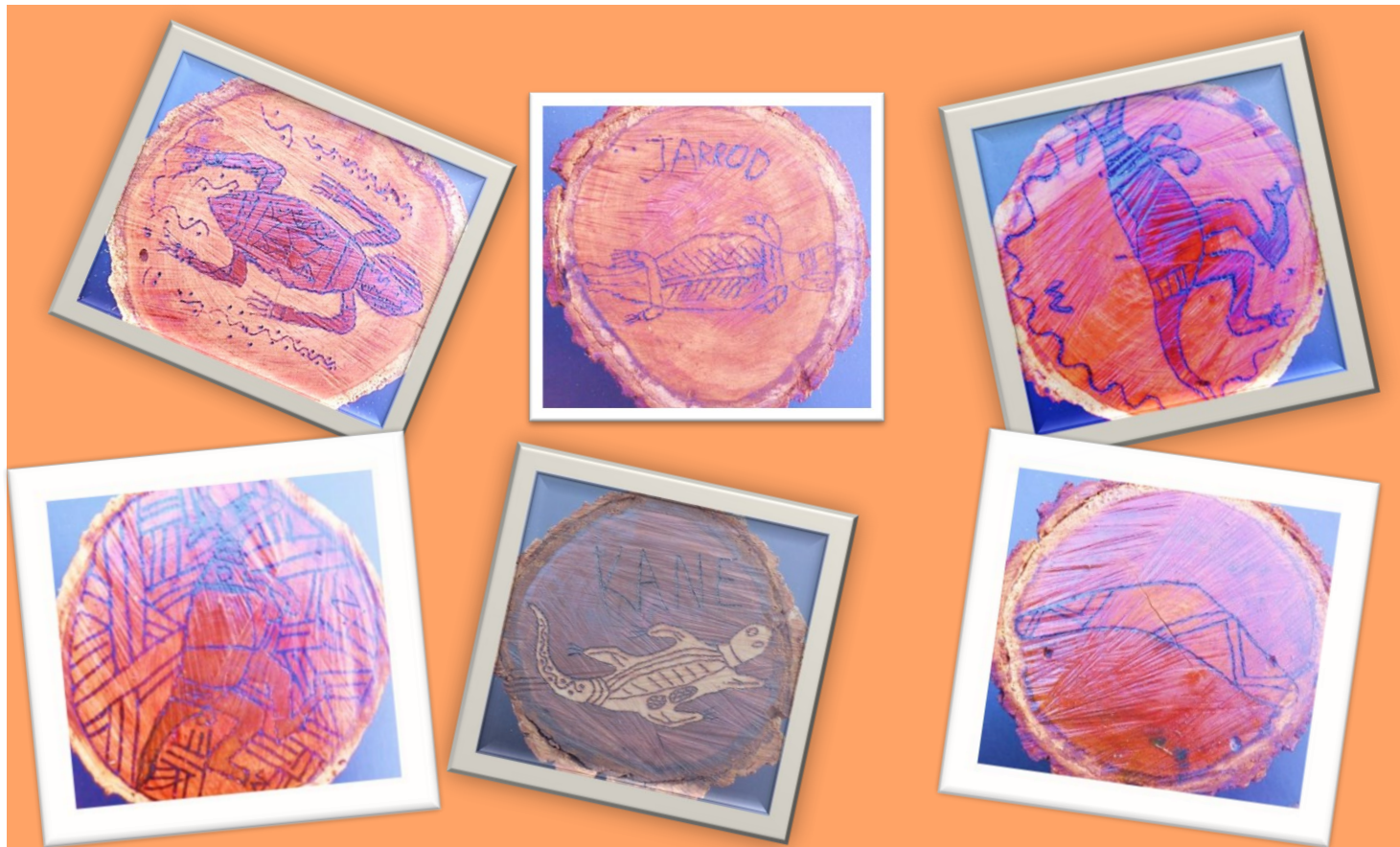
Twelve students and staff travelled to the Snowy Mountains to spend a week at the Apex Children's Chalet in Smiggin Holes. Each day students completed a two hour ski lesson from qualified instructors, had time to ski and practise new skills, played in the snow and finished up with well-earned relaxation/recovery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

It was encouraging to witness our first timers, who were initially very much out of their comfort zones, show persistence and resilience to transform themselves into confident and able skiers. Students who had previously skied, quickly found their 'ski legs' and with tuition, progressed to more challenging skills and terrain.

Legendary performances and ever developing skills weren't confined to the slopes. Students were required to and happily obliged when asked to complete domestic tasks around the chalet. Rest assured parents and carers, Hopetown students can assist with food preparation, make their beds, clean rooms, vacuum floors and do the dishes. All life skills that require positive mindsets in relation to tolerance, getting along, being independent, risk taking, giving effort and setting and achieving goals.

All students had great fun and were extremely proud of being able to successfully be away from the comforts of home and with the added bonus of being able to ski.

As in previous years, Hopetown students were exemplary in 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.



Darcy Naidoc Artwork -Wood-burnt timber and stain

FATHER'S DAY

As Father's day rolled around, the students from Primary 3 ensured that the important male role models in their lives would receive a handmade gift. The boys took great care and persisted to ensure their technique was of a high standard. As they each found their own space to work, the students engaged in quiet conversations and offered tips to each other as to how to create the finest macramé knot.



FOOTY COLOURS DAY

Towards the end of term three, Hargraves class hosted the increasingly popular charity event, 'Footy Colours Day'. Each year, Fight Cancer Foundation asks all Australians to unite and wear their favourite football team's colours on the first Friday in September and help support the fight against cancer. It was extremely impressive to see so many students turn out in their footy colours and enjoy the BBQ lunch and football passing competitions on the day. A very big thank you must go out to all the families that helped contribute to this worthy cause, including some very generous donations. Due to selflessness and generosity shown by the students and their families, Hopetown School was able to raise around \$150 for this worthy cause. All money will go to supporting cancer patients and their families.

THANK YOU TO EVERYONE

PRIMARY EXCURSION TO WALKABOUT PARK

This term, Primary students have been exploring numerous aspects Aboriginal culture. As part of this exploration students were offered the opportunity to visit Australia Walkabout Wildlife Park at Calga. On arrival the students were met by Ranger Natasha who was to lead them on two Wild Walkabouts.

The students were extremely keen and in piper fashion all followed Ranger Natasha as they headed into the bush. The first Walkabout provided students with opportunities to view Aboriginal rock paintings within a cave, explore rock platforms with carvings of an emu, and taste termites straight from the tree. There were mixed reactions as to what the termites tasted like, some said eucalyptus while others thought they tasted like dirt. The students were a little shocked to realise that the hand painting often represented initiation into adulthood and at this time the boys may also have their front tooth removed to demonstrate that they are now adults.

Lunchtime saw the students guarding their food from the overly friendly emus that thought they might like to share a morsel or two. Mrs Donoghue did not guard hers well enough and as she put her sandwich to her mouth that persistent emu snatched that mouthful straight from her hand.

Back to the Track the students went with Ranger Natasha, however, the first stop was to wash hands. Not with ordinary old soap, no the students were able to rub together the leaves of a soap tree in water and form bubbles to clean all the dirt away. All the students were eager to stand in line and wait as Ranger Sarah added water to an ochre stone and painted their faces with tribal markings. The students then were able to meet and pat a python and feed the wombat.

It was a great day of exploration in the natural environment of the local bushland for all involved.



Important Points to Remember

Kids need to be at school every day.

If your child is sick you need to;

phone the school, or

provide a note

for long absences it is a good idea to provide a Dr's certificate

Sometimes there are family issues; you will need to

let the school know your child will be away.

Don't argue with your child – Teenagers are expert arguers!

Don't take it personally – kids often use 'words as weapons'.

Don't try to be your child's friend; it's more special and much harder to be their parent.

Have consequences when your child breaks the rules, and follow through.

If you, or your child, have any concerns, you can speak to school staff, or the Year Advisor at school.

Home School Liaison Team 4348-9100



Education
Public Schools

Running late?

Yr 7 – Yr 12	A student misses
1 hr per week	Almost one term
½ hr per day	Almost 2 terms
1 hour per day	Almost 1 year of school

What are they missing?

Yr 7 – Yr 12	A student misses
1 day per week	1 year of school
1 ½ days per week	1 ½ years of school
2 days per week	2 ½ years of school

Planet Ark Tree Planting Day



A big thank you to Logan, Andrew, Dylan, Cameron, Anton and Joel for taking on the huge task of refurbishing the existing bush tucker gardens at Hopetown as well as adding some new plants and mulch.

Students planted a mixture of both native and exotic edible plants in our two established NAIDOC Sorry Gardens.

Not only do these plants make our school beautiful, it also ties in with Planet Ark Tree Day to help improve our environment by greening our school and attract-

ing native wildlife. We hope to be able to use the fruit we grow and taste some interesting bush tucker.



An exhausted gardener takes a break!!

"But soft, what light from yonder window breaks???"

That's right; it is Romeo and Juliet time again with Bell Shakespeare's performance at Sydney Opera House!!

Another beautiful day on Sydney Harbour was enjoyed by 6 lucky students. Students enjoyed the live performance and managed to squeeze in a quick tour at the Museum of Contemporary Art to see some of the latest artwork and a beautiful exhibition of indigenous art.

Thank you to all students, including our guests from Gorokan HS, it was a pleasure to be able to provide this experience for you.

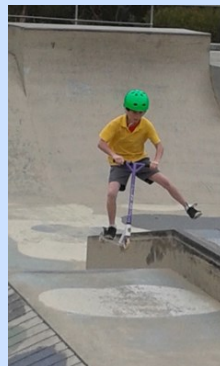


Primary 2 Creative Arts

Primary 2 finalised their Creative Arts unit of work where they explored how various liquid forms move to create shape and texture. During their final lesson, the students assembled solid crayons on a canvas and used heat to change a solid into a liquid. The crayons melted and each student manoeuvred the canvas until they created their desired effect. The boys took great care as they assisted each other and gave praise for their great achievement.



Primary 3 Skate Park



As a component of our Social and Emotional Learning program students within Primary 3 have been focusing on 'Getting Along' this term. The students have been working together to obtain class outings to the skate park. Whilst on these outings, the students encourage each other to persist at achieving difficult tasks and at times ventured to attempt more daring runs. With all students working together and getting along, these outings have proven to be popular with all students in the class.

TERM 3 PHOTO GALLERY



Tell Them From Me: Partners in Learning survey



You're invited to participate in the *Tell Them From Me* (TTFM) Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?

This online survey takes about 15 minutes to complete. It is anonymous and voluntary.

If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

How can I participate?

You can access the survey in your own time, between 17 August and 16 October 2015. Follow the link below on your computer or tablet:

https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent17047&j_password=Hop5755

More information on the Partners in Learning survey can be found on the NSW Department of Education's TTFM website: <http://surveys.cese.nsw.gov.au/>

