



HopeTown Newsletter

Term 4-2015

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PRINCIPAL'S MESSAGE

This term has been one of progress, innovation and personal growth at Hopetown. The school's Mindfulness Program has become firmly embedded with class sessions, individual and small group sessions and the trial of a Mindfulness for Parents program. It has been pleasing to see students come to voluntary mindfulness sessions in their own free time. They attend, participate, are quietly respectful of each other and leave having further strengthened their capacities for awareness, self-control, sustained focus and self-calming. These can become life-long skills with scientifically proven benefits for those who choose to continue with the practice.

Our parent/carer groups have enjoyed getting together with a variety of items on the agenda. We are looking forward to hosting some very interesting social, learning and enjoyable activities for our parents and carers next year. Some activities will be 'sensible' and informative, some will be just for fun and socialisation and there will even be some sessions when parents and carers will be pampered...just because they deserve it. Nada, our wonderful counsellor is looking forward to hosting these events.

After nearly fourteen years of brilliant service at Hopetown School, Donna Lott, one of our assistant principals has decided to move on to another setting. Students and families who know and remember Donna will do so with unanimous affection and appreciation for her skills, her passion, compassion and incredible drive. Donna has been responsible for so many students not giving up on themselves, for ensuring they leave school with the best of preparation and on-going support, for opening students' eyes to the breadth of experiences life has to offer, for being a "teachers' teacher", for injecting mega-watts of energy into the school's culture, for leading by example, for showing each student they are genuinely valued and for celebrating student success, loudly and with great pride. Donna can be both flamboyant and self-effacing. There has been no justification for the latter. It has been a privilege to have had Donna as a colleague and for our school to have had such talent and commitment so freely given by a true professional.

I take this opportunity to wish all members of our school community a safe and happy holiday season.

Terry Taylor

Principal

Mixed Martial Arts

This term students from Hargraves class participated in Mixed Martial Arts as a component of their Social and Emotional Learning.

Students focussed on consistent participation throughout the 8 week program to enhance their ability to achieve set personal goals. All students that participated enjoyed the program and eagerly looked forward to the physical challenges set by Sensei Tony at Warrior MMA each week.



Dates to Remember Term 1 2016

Students return— as notified.

Secondary Swimming Carnival: Friday 4th March

Good Friday: 25th March

Easter Monday: 28th March

Flinders' Globe Theatre

Throughout this semester, Flinders class have been tirelessly working on a model of the Globe Theatre as part of their English unit *Introduction to Shakespeare*. William Shakespeare was a famous playwright who wrote some very well-known plays such as *Macbeth*, *Romeo and Juliet*, *Othello* and *A Midsummer Night's Dream*. The Globe Theatre was the place where William Shakespeare presented most of his plays. The original theatre



was constructed in 1593 in London, containing three tiers and a thatched roof. The theatre stage had a trap door and was often used to portray characters going to hell.

Flinders class have been studying numerous plays as a part of this unit. A suggestion was made to make a model of the theatre followed by several brainstorming sessions. Flinders class worked collaboratively to design and make this theatre, using their knowledge and creative talents.

Below is a list of the steps involved to complete the construction and some of the students that played an integral part in its development.

To begin the construction, we designed the base with paddle pop sticks, ensuring we had the correct number of sides. We carefully glued the base together, to make sure it did not lose its shape. As this was very fragile, it was deemed necessary to have a plywood base. Mr Callaghan kindly measured and cut a rectangular board to secure and display it on. and an incredible amount of patience, the tiers were completed.



Next Joel placed paddle pop sticks in a rectangular shape, creating the very important stage. Later he added more paddle pop sticks to help reinforce the stage and elevate it off the ground. Once the glue had dried, a watered down brown paint was applied to make it look more authentic. Logan was visiting our class last term and volunteered his assistance. He then measured and made the 4 pillars using his fantastic woodwork skills.

The whole class took turns and worked in pairs to construct the A-frame for the roof. Students then used garden clippings sourced from Hopetown grounds to create beams to support the roofing. To create a thatched roof that looked authentic, Mrs Grounsell found some recycled garden materials from her neighbour. Students carefully pulled apart this material and cut it to size. This was very time consuming and required a lot of patience.

Completing the roofing gave students further inspiration to enhance its design. Brock kindly donated some material to create the stage curtain. This was a brilliant addition to the stage area and required using a hole-punch to help secure it to the theatre.

The next stage required adding more detail to the base to resemble the ground cover in Shakespearean times. To do this, we used a mixture of paint and dirt. This became quite challenging as we had not discovered the best technique to apply it. Eventually we came to the conclusion that first we needed to put a little paint down and dab it with a bit of dirt creating a realistic effect.

Thomas assisted staff in placing the cardboard in the structure to create exterior walls. He also completed repairs to the structure, making sure it was stable enough to transport. Finally for the finishing touches, Joel and Eli researched famous quotes from Shakespeare's plays. The quotes were printed out and then glued on the interior of the Globe. Bailey and Nicole worked collaboratively to find some pictures of his plays and of the actual theatre.

Congratulations to all the students in Flinders class for persisting with this task. They have demonstrated that they can work together to achieve a common goal and should be proud of their efforts.



Primary Triathlon

The primary triathlon was held on Friday 6th November . The day started out sunny and the students were eager to participate. The three primary classes rotated around swimming, riding bikes and running. The age of the student determined how many laps the student was required to complete. It was good to see the determination of the students as they persisted with achieving their goals. I was also heartening to notice some of the students who had completed their laps helping other students.



As the triathlon progressed the clouds started to become dark and just as the students had finished the triathlon it started to hail! Just as quickly as the storm had started it disappeared leaving everyone to enjoy their sausage sandwich for lunch as well as the large chunks of hail to marvel at. It was a very unusual but enjoyable day.

Sandbar Camp

This year's end of year camp was held at Sandbar which is located about 30 minutes south of Forster. We were in for a good camp right from the beginning with perfect weather forecast for our stay. As the camp coordinator, it was my personal mission show the kids a great time as well as wear them out to ensure a good night's rest. I'm happy to say, mission accomplished! I had a great night's rest each evening but other staff said they were woken by the odd animal (or student) walking past their tent in the evening. Students spent most of their days in the water whether that be fishing, surfing, boating, swimming, sailing and canoeing. With access to both a lake and ocean from the one campground, it is an idyllic location to celebrate the end of year. Apart from the fantastic facility, it was a real pleasure to spend a few days away with this year's campers. All students were seen enjoying each other's company and were always willing to help out around the campsite.

Thanks to all staff, students and parents for making this year's camp one of the best we've had in years.

Mr Callaghan

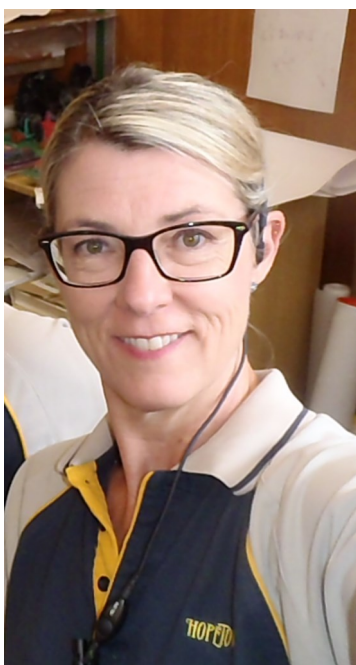


Balance Exercise Physiology Activities

During Term 4 the students have had an opportunity to experience a variety of activities delivered by James Cummins. James has worked with our boys to promote healthy lifestyles and to develop key personal skills. This program was developed to improve balance and coordination, improve and maintain flexibility and increase relaxation, focus and concentration skills.

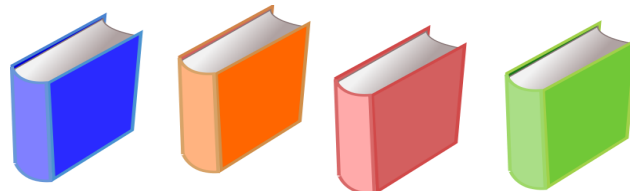


Many thanks and best wishes Donna ...
you've given so much!



Local Library Visits

This term the students from Woodbury class continued their fortnightly visits to Wyong Council libraries, located at Lake Haven or Tuggerah. The students became familiar with the computerised catalogue system and were able to independently locate required books. These visits introduced the students to a wide range of books and authors which has been reflected in the variety of books that have been borrowed. Students explored these books during reading time in English.



Labyrinth on the Tennis Court

Our aging hard court had a recent face-lift with a coat of paving paint and the addition of a labyrinth. The aim of the labyrinth is to follow the path, using it as a tool for training attention, for calming or just enjoying the experience.



As often happens, the boys found another use for the labyrinth.