



HopeTown Newsletter

Term 1-2015

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PRINCIPAL'S MESSAGE

We can all benefit from increased abilities to focus our attention, become aware of our thoughts and emotions, to regulate our behaviour and to choose to respond to situations rather than blindly react.

Of course this can be easier said than done. These are skills and as such they can be learnt and strengthened through practice. One range of practices can be found in Mindful activities. Mindfulness is becoming increasingly accepted as scientific research continues to verify its benefits and as schools, corporations, hospitals, government agencies and clinicians see how it can help people from all walks of life.

Mindfulness is a way of learning to become aware of how you are at any time in the day. How your body feels, what's going through your mind and any emotions you can identify. This sounds simple but it is not long before your attention strays to thoughts of the past or future or just gets hijacked by any stream of fanciful thoughts. By noticing when your attention has strayed away from the present and by gently bringing your attention back to your body, thoughts and feelings, you can strengthen your ability to be fully aware of what is going on inside you.

It is said that 'if you can name it you can tame it'. If your mindful attention can identify your thoughts and emotions, you may be better able to manage them. This is a skill that we hope our students can develop. At Hopeschool, this term, each class has tried a range of Mindfulness activities that provide interesting and fun ways to practice paying attention. It is a long process, requiring a lot of regular activities. The good news is that it is neither boring nor difficult. If you would like to find out more, there are many websites addressing the subject of mindfulness in schools. Have a look...and pay attention. Terry Taylor PRINCIPAL



Mrs Addison introducing students to Mindfulness.

Lions Club of Wyong

Staff and students at the school would like to express their gratitude for the generous donation made by the Lions Club of Wyong to help us purchase an Automatic External Defibrillator (AED). This device has been purchased and is now ready for use if somebody happens to suffer sudden cardiac arrest. These devices have proven to be vital in saving people's lives and the purchase of our own AED makes Hopeschool a safer place for anyone on campus. So if you see the Lions Club of Wyong in the area fundraising, say 'Hello!' and dig deep as they are a commendable organisation looking after our local community.



Dates to Remember

Term 2 return of students Tuesday 21st April.

Last day of Term 2 Friday 26th June.

NAPLAN Yrs 3, 5, 7 & 9 12th, 13th and 14th May.

Vaccinations 18th May.

School Leavers Expo Mingara 25th June.

Ngara AECG meeting dates/venues:

4th May 4pm Kanwal Public School

22nd June 4pm Warnervale Public School

24th August 4pm Tuggerah Public School

26th October 4pm Tacoma Public School

A Class of Superheroes

The students in Primary 1 made a “Superhero Pledge” at the beginning of the term. Each student selected someone that they admired and pledged to work towards achieving some of their good qualities. Students selected qualities such as:

- To play fair
- To follow the rules
- To make good choices
- To speak with respect
- To make people feel safe
- To stop myself from being angry

Each student completed a life-sized artwork which combined digital and traditional techniques.



Welcome to Our New Students

With several new students in the class we have spent Term 1 exploring classroom rules and procedures. Students have met the staff and carried out interviews. They have been taught the rules that keep us safe at the pool, in the gym and while being transported. We have tested the transport rules with several small excursions which have included shopping and the park.



Landcare

Woodbury class this term have been volunteering their time to participate in a Landcare program at Pioneer Dairy, South Tacoma, as part of a community participation program. They have partaken in a variety of activities, organised by the Landcare co-ordinators, such as land clearing, propagation and planting.

Bodhi and Mitchell have been actively involved each week and their enthusiasm has encouraged their peers to be less passive.

All the students participating have become more aware of the native plants in the area and the benefits of maintaining areas to encourage the growth of native plants.

World's Greatest Shave / Crazy Hair Day

Friday 13th March saw many crazy hair designs arrive at school.

Students and staff went to great efforts to participate in this fantastic fundraising event for the Leukaemia Foundation.

Many sausage sandwiches were devoured by the students at lunch as they encouraged those willing to participate in the shave. Students were invited to assist in shaving off the beard of Principal Terry Taylor, the hair off Ms O'Donoghue, as well as participating in their own hair being shaved off. An enjoyable day was had by all and an amazing \$245.00 was raised to help fund research to beat blood cancer, and provide support to help Australian families affected by this disease.





Visual Art The Middle Ages

As a part of their history studies, senior visual art students have been recreating the frightening gargoyles found on churches during the Middle Ages. Students are working in clay and are sculpting large gargoyles in an attempt to replicate the scary but sometimes humorous images seen on the top of buildings. Gargoyles were originally designed as water spouts but quickly became used by the church

to remind ordinary people that the devil was everywhere and sin was close by.

The students are making excellent progress and have to learn and combine many ceramic techniques. The gargoyles will be completed and painted term two, keep your eyes open for the finished sculptures because the gargoyles will be keeping an eye on you!!



RYDA Safe Driving Program

Getting behind the wheel of a car as a young driver is said to be the most dangerous thing that a person will do in their entire life. During Term 1, students from Years 11 and 12 attended the RYDA safe driving program at Wyong Race Course as part of their PDHPE program along with other schools.

The day addressed the dangers and risks for young drivers as well as the proactive measures passengers can take to reduce the likelihood of accidents. The sessions of the day included: Hazards Distractions and Risks, Effect of Personality on Driving, Road Choices, Crash Survivor Story and Safe Stopping Distances.

By participating in RYDA, each student has been given the opportunity to learn essential life skills that they will be able to put into practice for the rest of their lives. Students are encouraged to take greater responsibility for themselves and their friends before they face the challenges of driving solo or as passenger of a new driver.

Hopetown students featured prominently, making valuable contributions throughout the day. They eagerly answered questions asked by presenters as well investigating further themselves with probing questions and brainstorming hypothetical scenarios as a whole group.

All students conducted themselves with a high level of maturity and were extremely respectful of all presenters and volunteers throughout the day. Well done boys!

Chickens in the Classroom



As part of the COGs unit themed *The Living World* Primary 2 students have been studying the life-cycle of chickens. The class received 3 chicks and 12 eggs in an incubator. We had them for two weeks.

The eggs hatched during the first week. We observed how chicks hatched out of the eggs. We had to give the chickens clean water and food each day. The students played with the chickens in their free time and the chickens became very tame.

The students described the chickens as big, adorable and fluffy and gave names to all of them. The chickens started to grow wings and tail feathers by the last week and some started to try to fly. The students enjoyed making pens for the chickens out



of construction blocks. After two weeks the chickens were picked up by the hatchery company. Some children were allowed to take chickens home. Our class really enjoyed having chickens in the classroom.

Surf Survival Program

Students from Flinders class have been busy at the beach working through modules to achieve their surf survival certificate. The program and certification is issued by Surf Life Saving Australia and is run in mainstream schools across the country.

Students learnt about basic first aid procedures, CPR, aquatic life, surf culture and emergency rescue techniques. The course is comprised of both theoretical components in the classroom and practical activities which were held at beaches around the Central Coast.

Well done to students who achieved all the necessary outcomes to be issued with their Surf Survival Certificate.

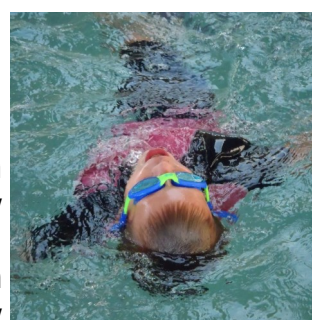
(right) Students from Flinders class practicing their board rescues.



Department of Education and Communities School Swimming and Water Safety Program 2015

Most students in the primary school have completed an intensive 2 weeks of swimming instruction, provided by DEC.

The swimming program was conducted in the Hopetown pool, with four unflappable instructors working tirelessly



each morning with our students.

The students learned Safety Survival Sequences and they worked to improve their swimming proficiency. While in the pool the boys used boards, noodles and flippers to increase confidence and complete laps.

Clean Up Australia Day

High school students participated in Clean Up Australia Day this term. Each class was assigned a different area of the Central Coast that was identified as an area in need of rehabilitation. The activity is part of the school's citizenship program which aims to increase student's respect for the local area and the benefits of giving back to the local community. Students' efforts were recognised with a certificate of appreciation and celebratory BBQ afterwards at the garbage 'weigh in'. Students put in a huge effort to remove 204kg of mixed waste from the rivers, parks and beaches in the community.



School Safety Update

Anaphylaxis is a severe and sometimes sudden allergic reaction. It occurs when a person is exposed to an allergen. Anaphylaxis is potentially life threatening and always requires an emergency response. Anaphylactic reactions are usually preventable by implementing strategies for avoiding contact with allergens. For students diagnosed at risk of anaphylaxis, their parent/carers in consultation with a doctor will develop a personal Anaphylaxis Management Plan to be followed by Hopetown School.

Peanuts and tree nuts have been responsible for the highest number of anaphylactic reactions in schools. Hopetown School doesn't claim to be peanut or nut free but does endeavour not to use peanuts, tree nuts or any nut products in curriculum or extracurricular activities including rewards and treats. Students are encouraged not to bring nut based food products to school.