

HopeTown Newsletter

Term 3-2016

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PRINCIPAL'S MESSAGE

This term marks the 30th anniversary of the founding of Hopetown School. Hopetown hosted its first students on 8 September, 1986. The school was established by the businessman and philanthropist, Mr John Saunders as an independent, residential school for secondary students with mild intellectual disability and social/emotional disorders. Apart from day students, Hopetown had residential students on five or seven days a week programs. Students came from around Australia and even some from overseas. The residential program offered a wonderful opportunity to provide comprehensive support for our students and much-needed respite for some of their families.

At around the year 2000, Hopetown became a School for Specific Purposes (Emotional Disturbance) under the NSW Department of Education offering a day-school program for students on the Central Coast from Kindergarten to Year 12.

Three of Hopetown's original staff are still working at the school. One of them, Mrs Sue Donoghue, Assistant Principal, will teach her last classes at the end of this term prior to going on leave and eventual retirement. Mrs Donoghue has been a valuable, significant and dedicated part of Hopetown's development over the 30 years. She will be remembered by her many students, parents, carers and colleagues as a very dynamic and dedicated teacher with a strong focus on the individual needs and abilities of her students. She has always taken great care and a considerable amount of her own free time to prepare activities designed to engage her reluctant or insecure learners. She would doggedly persist when many teachers and students would give up and was able to achieve outcomes that have proven life-changing for many of her students. Mrs Donoghue's genuine, empathic and personalised concern for students and her loyalty to the development and cultural growth of Hopetown School have ensured an enduring legacy.



We thank her and wish her the very best for the next stage in her life.

Terry Taylor—Principal

Sydney International Boat Show

Students from Darcy class attended this year's Sydney International Boat Show. The excursion coincided with the Safe Boating Program where students completed a term's worth of study to obtain their Junior Boat Licence. The boat show was held at Darling Harbour and made for a great day out to Sydney. Exhibitors at the show were presenting the latest products from a range of companies including boat and engine manufacturers, marine recreational equipment and maritime study and career services. The show allowed students to interact with people from the marine industry and quiz them on potential career pathways. To celebrate a great day out, students enjoyed a ferry ride on the harbour and a sit down lunch at Yum Cha in Chinatown – a first for many students.



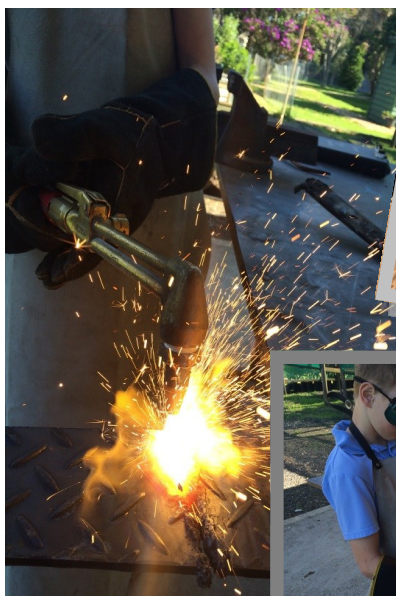
Dates to Remember Term 4 2016

Students return: Monday 10th October

Presentation Day: Tuesday 13th December

METALWORK

A younger cohort of students enjoyed their first taste of metalwork as part of the school's technology program. Initially students completed theory components of the program which included safety awareness activities and technical drawing tasks. In practical sessions, students enjoyed the construction of projects including a candelabra, metal man and sheet metal storage tray. The school recently invested further in the metalwork program. The purchase of a new MIG welding machine and sheet metal bench sheer are supporting further skills development and allow the construction of more complex projects. Greater access to a wider variety of tools and machines has also proven to promote interest in future career pathways.



FOOTY COLOURS DAY

On the first Friday in September Hopetown staff and students supported Footy Colours Day by wearing their team's colours and donating to Fight Childhood Cancer Foundation. Thank you to all families who supported our fundraising for this worthy cause.



AUSTRALIAN REPTILE PARK

On Friday 16th September, Primary 1 went on an excursion to the Australian Reptile Park as part of their Connected Outcomes unit. Students have been studying native animals in class and were able to interact with some of these animals on the day. Students watched a reptile show where they were able to pat an Argentinian Tegu. Everyone enjoyed their day out, exploring the park and learning about the different animals.



PCYC

This term, several boys had the opportunity to participate in a program run by PCYC Bateau Bay. Each week a different workshop was presented to the boys. Some of the issues covered were anti-social behaviour, domestic violence, cyber bullying and drugs and alcohol. After each workshop the students participated in fitness sessions with a variety of trainers. Two special outings were provided by PCYC. One was to Treetops Adventure Park and the other was to Cessnock Gaol, where a Correctional Service Officer spoke about life in a prison. The boys were shocked that the reality of life in prison was vastly different to what is portrayed on television and in the movies.



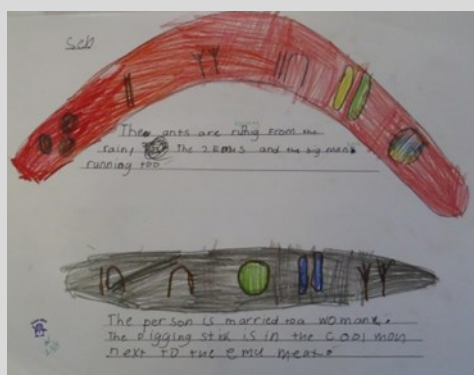
YMCA Gym

This term students from Woodbury class went to YMCA Gym for their sports program. Students used a variety of gym equipment to improve their cardio and muscular strength. Some of the students participated in boot camps which tested their resilience. The students who attended regularly gained an understanding that a consistent exercise regime was necessary to improve their fitness.



ABORIGINAL EDUCATION

For Term Three Primary 1 has been learning about *Our First Australians*. Terry, our Aboriginal educator, has been sharing his stories and cultural history with our boys. Terry brings along traditional tools and musical instruments. We have learnt Aboriginal dances and ancient painting techniques. The class has designed and painted boomerangs and bullroarers using traditional symbols.



HOPETOWN SCHOOL FEES

Hopetown Office would like to remind parents and carers of our fee schedule

Primary—\$45.00 per term

Secondary—\$85.00 per term

Term 4 fee payments are now welcome at our office by cash or cheque

Thank you to families who have already made payments



Gymnastics at Kimnastics

By the Students in Primary 1

During third term all primary classes took part in a gymnastics program at Kimnastics at Berkeley Vale. The program was varied and challenging.

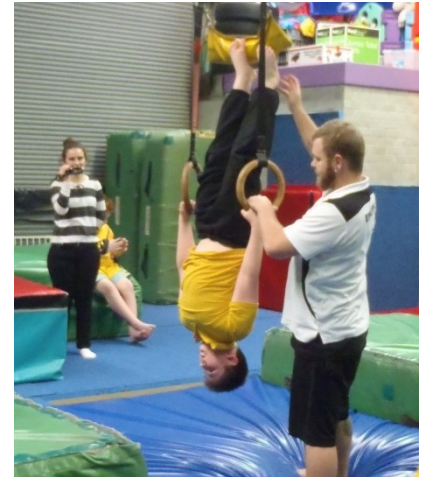
First we needed to listen to the instructions so we could all be safe. Then we did some warm-up activities. We did chasing games or bunny hops. Next, Tegan taught us how to stretch because it is good for our muscles. It was very hard to do, but it was worth it. We liked it because we did it together.

Then we were ready to begin the gymnastics. The first activity was walking on the balance beam. We needed to wait in line to have our turn. On the beam we followed the instructions. On the beam we did lots of activities. We walked forwards and backwards, we did dips and hops. At the end we needed to jump off onto a big mat.



Sometimes we did a circuit using the high and low bars. We would swing on the bars to make strong arms. We could pull ourselves up to test our strength. Some boys tried really hard. It was fun.

The rings were part of a circuit to increase our strength and flexibility. We had to hang up-side-down. It was hard at first but it was fun. We also had a rope swing. All of the apparatus had large mats underneath to protect us if we fell off.



Finally we had could go on the trampoline. The trampoline was long and bouncy. We did different types of jumps like star jumps and running. We could jump high and fast. Sometimes it was part of a circuit using two trampolines and a balance beam.

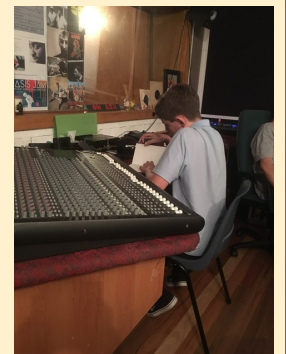
We all enjoyed the gymnastics program.



This term, selected secondary students participated in a weekly program at The OASIS Centre in Wyong where they developed their skills in writing their song lyrics, developing backing beats and melodic themes and performing in front of each other. Under the direction of OASIS staff, students are currently working towards recording their efforts. As part of the program, students were encouraged to work together and share their writings in a relaxed and supportive environment.

The success of this program so far has meant that The Hoptown School/OASIS Music Education program will continue in Term 4.

Well done boys!



2016 Athletics Carnival

Towards the end of term three, Hoptown held its 2016 Athletics Carnival. The weather was beautiful and produced a pleasant day for all those that attended and participated. All students in attendance demonstrated tremendous perseverance by competing in all events offered on the day. Students were well supported by their peers with positive encouragement and team work. Pleasantly and proudly, students' *getting along* was the highlight of the carnival.

Track events were held before lunch this year to ensure there were no overfilled bellies from the delicious lunch provided to all. Students who started an event finished the event which is a testament to the boys' character and the perseverance they showed. The hundred metres, four hundred metres and marathon events had many impressive performances.

The afternoon session of events included the field events; high jump, shot put, discus and javelin. Not only was it impressive to see so many students attend on the day but the performances were of a high calibre, with most student achieving personal bests. Students were keen to demonstrate the skill and technique they had learnt throughout the year during their PE lessons. It was clearly evident that students' abilities had improved from last year. The whole school tug-o-war competitions were enjoyed by all and a fun way to see out the carnival and ensure that any unused energy was well and truly exhausted for the weekend, staff included.



A big thank you goes out to staff, students and supporters for the continued enthusiasm throughout the day. Well done everyone!

COAT-OF-ARMS



This term Flinders have been learning about time travel. In weeks 5 7 they travelled back to medieval times and studied several aspects of being a knight. After researching their family coat of arms and learning about the various elements of them, they created their own that best reflected themselves.

Primary Girrakool Excursion

As part of our Aboriginal Studies Program, Primary classes travelled to Brisbane Waters National Park. This excursion was planned with the help of Rumbalara Environmental Education Centre. Our guide from Rumbalara, Christine, met us at Girrakool and led us on a bush walk.

As we walked through the bush "supermarket" we learned about finding traditional bush foods, medicines and materials. We were able to observe some ancient carvings and discuss their importance and the need for their preservation. We saw the Mother Tree that has bark that always seems to feel cool and we were introduced to plants such as the wattle whose leaves can be crushed to make a natural soap.

After lunch Christine showed us a variety of weapons and other implements that were traditionally used by the local indigenous people. A practical session followed that allowed the students to experience the use of fire sticks in making fire. Thanks to Christine from Rumbalara for making this excursion a valuable learning experience for the students and staff.





This term, Hopetown students had the opportunity to enjoy a week at Smiggin Holes in the Snowy Mountains. Our time in the snow was very enjoyable, where both students and staff improved on their skiing skills, as well as developing life skills that require positive mindsets in relation to tolerance, getting along, being independent, risk taking, giving effort and setting and achieving goals. Hopetown staff and students are looking forward to visiting the snow again in 2017.

