

HopeTown Newsletter

Term 4 - 2016

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PRINCIPAL'S MESSAGE

This time of year is when school reports are handed out and parents respond to them with praise or other comments.

I'm reminded of an experiment a few years ago when, after a test, one group of school students were praised for being 'smart' and another praised for being hard workers; for 'effort'. Interestingly, when asked to take on a new and harder task, 90% of the 'effort' group were keen and only a few of the 'smart' group wanted to participate. Furthermore, the 'effort' group performed the new task significantly better than the 'smart' group. It appeared that not all praise was good or helpful.

Carol S Dwek, professor of psychology at Stanford University has researched this and similar phenomena and developed a theory of 'Mindset'.

She states that some people believe their success comes from innate, 'fixed' abilities (a **fixed mindset**) and other people believe success is based on hard work, persistence and learning (a **growth mindset**).

Those with a fixed mindset may have the following thoughts:

'I'll stick to what I know.' 'I don't like to be challenged.' 'If I get frustrated, it's better to just give up.' 'I can either do it or I can't.' 'Failure is the limit of my abilities.' 'I take feedback and criticism personally.' 'Don't risk looking stupid.'

Those with a growth mindset may think:

'I like to try new things.' 'Challenges help me to grow.' 'My effort and attitude determine my abilities.' 'Failure is an opportunity to grow.' 'Feedback is constructive.' 'Persistence can pay off.'

Dwek's research has found that those with a growth mindset have a much higher potential for success and satisfaction than those with a fixed mindset.

Comments by teachers and parents can have a profound effect on whether a student has a fixed or growth mindset. Well-intentioned praise can be counter-productive. A comment such as; 'Well done. I can see you are pretty smart.' encourages a fixed mindset when compared with a comment such as; 'Good effort. Keep working on it.' The latter comment implies that

persistence, resilience and courage can be keys to achievement and that the future is not pre-determined but something that young people can look forward to creating for themselves.

Now, what did you say about that school report?

Terry Taylor—Principal

Del Rio 2016

During term four, Hopetown held its annual summer camp for Hargraves, Flinders classes and several primary students going into high school next year.

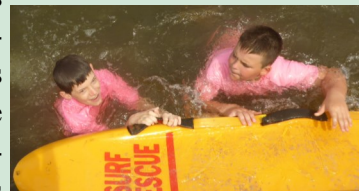
The camp grounds are situated on the Hawkesbury River near Wisemans Ferry. It was fantastic to observe



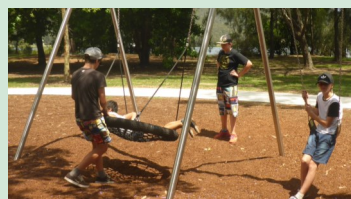
students enjoying a variety of activities including fishing, boating, tubing, swimming, bushwalking, bike riding, golf,

cricket and a crowd favourite, aerobatics on the two giant inflatable pillows. While the camp is physically demanding, most students lived up to the emotional challenges of being isolated away from any town, largely without power and away from home, a first for many. After very active days, most students overcame initial anxieties to have a good night's

sleep. It was a pleasure to see students having a good time at camp while showing respect towards



each other, staff, property and other campers at the campground. Well done boys and have a great holiday break.





Community Fishing Afternoon



This term, Hopetown hosted its annual community fishing afternoon which proved to be a very worthwhile event. Students had the opportunity to invite a parent, carer, neighbour, friend or significant person in their lives to the occasion. Teams of 2 set out for over an hour's fishing on Wyong River with a points system rewarding fishing of various sizes and species. Points were tabulated back at school and winners were rewarded with prizes and gift cards, generously supplied by BCF at Tuggerah. The afternoon, however, was about more than the fishing. The event provided an opportunity for parents, carers and the community to connect with the school and spend quality time with students and staff. The afternoon was celebrated with a seafood feast at the presentation. Many thanks to all who made this event a great success.



AUSTRALIAN REPTILE PARK

In Term 4, Primary Class 3 visited the Australian Reptile Park to study Australian animals. The students were treated to special shows that the Australian Reptile Park puts on for its visitors. We learnt many interesting facts about reptiles, mammals and spiders. Students were able to get up close and touch lizards and snakes. We saw a demonstration of snake venom milking. A highlight was seeing Elvis, a 500 kilogram crocodile and we were amazed by the giant Galapagos Tortoise being fed its lunch of salad and vegetables.

After the show, the students were able to explore the park and the many attractions. Our students were able to pat kangaroos that roam freely through the park. We were also able to see Tasmanian Devils and koalas. We then had lunch before heading back to school. The day was a great success in providing real-life experiences as part of our *Being Australian* topic.



HOPETOWN SCHOOL SPEED LIMIT



PLEASE KEEP OUR STUDENTS SAFE

Community Work Experience

At Hopetown School, we provide on-premises work experience opportunities for students to obtain a variety of practical skills to prepare them for the world of work. We also aim to provide community based work experience through local businesses. This form of work experience provides learning opportunities unavailable at school. As well as industry specific knowledge and skills, students learn how to conduct themselves in a public workplace.

Hopetown wishes to thank Bruce from B&M Tyres at Charmhaven for providing work experience for Brad White. We are also grateful for the opportunity Amarcon Group have offered Kane Lawrence for teaching him about pre-cast concrete products.



Please support local businesses that support our students.

HOPETOWN PARENT/CARER CONTRIBUTION 2017

Parents and Carers are requested to contribute to enhancing the educational and sporting programs made available to Hopetown students.

Primary—\$45.00 per term

Secondary—\$85.00 per term

We welcome payments by cheque or cash at our front office

**LYNN AND ANGIE WOULD LIKE TO WISH ALL FAMILIES A HAPPY AND HEALTHY
CHRISTMAS BREAK**



MINIBEASTS IN OUR GARDEN

Primary students have been exploring minibeasts found within our gardens. Inside the classroom they have studied the anatomy and lifecycle of various insects and the habitat in which they may be found. Students in Primary 3 nurtured a phasmid from infancy, which required daily care and regular habitat maintenance. With curious minds, the students observed the growth and changes taking place daily. Recognising the importance of fostering and maintaining a positive habitat for insects to thrive, the students explored the benefits of plants and how they are beneficial to humans. The students gained vital knowledge and understanding to assist them in caring for their gardens which were filled with plants to attract insects and beautify their surroundings.



PRIMARY BOATING EXCURSION

On Friday the 4th of November the two primary classes went on a boating and fishing trip to Tacoma. The weather was beautiful. It was warm and sunny with little wind. We were fortunate that Mr Callaghan, who works in high school, took the time to organise this special event for the primary students.

After arriving at our destination, the students helped Mr Callaghan put the boat in the water and then the first group put their lifejackets on and headed off. The remainder of the students tried their hand at fishing while the first group were taught some basic boating skills.

When the first group arrived back, the rest of the student had the opportunity to go out in the boat. The fishing continued and the students didn't catch any fish but had lots of bites. After having lunch the students returned to school.

It was great to see that the students were eager to help with cleaning the boat and washing all the salt water off it before it was put away. The students had exceptional behaviour during the day and I am sure have fond memories of their day boating.



Mariners Active

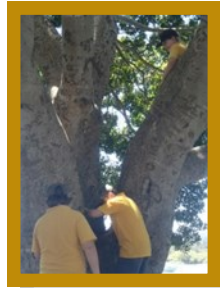
On Friday 2nd December, primary and secondary students participated in the Mariners Active program. They were divided into small teams before running onto the inflatable pitch. There were plenty of goals and students persevered in the heat. It was great to see students working as a team and following the rules of the game. At the end of the day, students took home a complimentary drink bottle, inflatable soccer ball and Mariners sticker.



Primary 1 - Empire Bay Excursion 16th November 2016

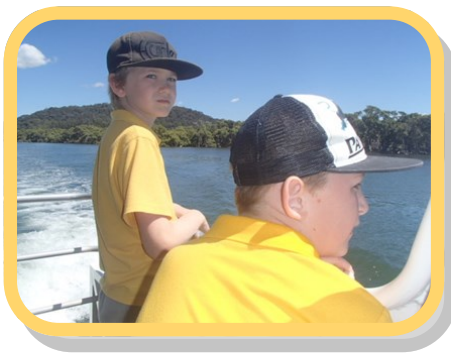
On Wednesday we caught a ferry. Firstly we went in the van. Then we caught a ferry to Empire Bay. We saw a stingray and held a jellyfish. Later we went to the park so we could play. Finally we went back on the ferry and went back in the van to school. It was a fun day!

By Reece



On Wednesday we went to Empire Bay by ferry. First we went there in the van. Then we saw the catamaran and we got on it. Next we saw more boats. Later we got to Empire Bay and we played at two parks. Finally we got on the ferry again and got on the van and went back to school.

By Orlando



On Wednesday we went to Empire Bay by ferry. Firstly we went there in the van. Then we got on the ferry. Next we went to the park. Later we went to another park. Finally we got an ice-cream from our lovely teacher.

By Sebastian



REMEMBRANCE DAY

On the 11th of November, Remembrance Day was commemorated by the primary students in a special assembly which was attended by Cadet Sergeant Xavier O'Donoghue from the 236 Army Cadet Unit. The students listened carefully as CDTSGT O'Donoghue spoke of his respect for those that have fought, died and continue to fight for Australia. They engaged in all aspects of the ceremony and demonstrated their respect for our soldiers as they marked a minute's silence.



TARDIS TRAVELS

This semester Flinders class have been studying a unit on time travel as a part of their English program. This unit has involved looking at different time periods and places around the world. Some of these time periods include the Mesozoic Era (when dinosaurs lived), Medieval Times and the 1980s. To represent our travels we have modified a version of the TARDIS. The TARDIS is a time machine from the Doctor Who series. Students have put a lot of effort into not only creating the TARDIS but also learning about these time periods. They have produced some outstanding work and should feel very proud of their achievements.



TEXTILES

This term Hargraves class made cushions covers. Students found a theme of interested and transferred this theme to material which they then painted and sewed together to form a cushion cover. They used a sewing machine and an overlocker with minimal assistance to make their finished products.



Tour of Fort Denison



On Monday morning four boys and staff from Woodbury class met at Wyong Station to catch a train to Central to get a connecting train to Circular Quay. Realising that they were sitting in a quiet carriage the students moved to find alternative seating arrangements. Unfortunately, four seats were not found together so they stood for the remainder of the trip. The students were amazed that

people made the trip regularly to work and that some people had to stand for long periods of time.

After walking around Circular Quay the class caught a ferry to Fort Denison, where they were given a guided history tour of the island. They were surprised that it was not a convict gaol but instead was built for protection of Sydney Harbour. Walking through narrow passageways, that were carved from the stone, and looking at the canons and guessing at how they were put in place made the students realise that a lot of hard work was done by people in the early days of Australia.

After the firing of the canon at 1 p.m. (which was extremely loud) the class caught the ferry back to Circular Quay and then a train to Town Hall. On the train they were entertained by a homeless man and his views on life. The boys politely engaged in conversation. At Town Hall they walked through Queen Victoria Building. Numerous comments were made about the variety of shops as well as the large number of people walking around. The students enjoyed the opportunity to see a bit of Sydney.



Cultural Leadership Camp

This term, 5 students and 2 staff in Secondary were selected to attend a Cultural Leadership Camp. The group travelled 6 hours to Balladorean which is 10 minutes from Gilgandra, Central New South Wales.

From Monday to Friday, students, Mr Small, Mr Borodin and Aboriginal Instructor Terry Hayek camped on a site where an aboriginal elder named Uncle Ralph lives. Uncle Ralph is renowned for working with teenagers across NSW and during the week, provided many opportunities for our students to participate in quality learning experiences.

Among the activities which students engaged in were several bushwalks, yabby fishing, a visit to Pilliga Nature Reserve cave site, a traditional smoking ceremony, spear throwing, instrument making and listening to many stories about Aboriginal history and The Dreaming. There was even time for the group to go Western Plains Zoo in Dubbo!



Being so close to nature and away from the comforts of home brought out the best in the boys, with regular displays of resilience, teamwork and peer support.



Camp Activities



Hopetown School were privileged to be a part of a traditional smoking ceremony.



It was a highly successful experience for everybody, with the theme of respect being demonstrated throughout the week. Respect for themselves as individuals, respect for each other and respect for elders.