



HopeTown Newsletter

Term 2-2016

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PRINCIPAL'S MESSAGE

What is character?

A simple definition of character is 'how we engage and behave in the world' Dr Martin Luther King Jnr once said; 'Intelligence plus character; that is the goal of true education.'

There are many opinions of which character strengths a school should promote and develop in its students.

The 'You can do it!' social and emotional learning program is used in many Australian schools including Hopetown. It emphasises the following five capacities: confidence, persistence, resilience, organisation and getting along. These are important but the first four are also character traits of cruel dictators and other nasty folk. Even getting along can have a negative form if it only applies to an exclusive group.

What is also required for these traits to be positive and valuable for society are the right motivation and values to drive them. So character seems to be a combination of character traits and values. Values have a moral component and can simply determine whether character traits end up being 'good' or 'bad'.

The Centre for Curriculum Redesign carried out an extensive study across many countries and cultures and came up with the following character traits that were most frequently emphasised: mindfulness, curiosity, courage, resilience, ethics and leadership.

This is quite a good list. Mindfulness practices are specifically taught at Hopetown and include self-awareness, self-regulation, attention, concentration, compassion, empathy and gratitude. Curiosity, courage and resilience are essential for a student to be able to learn. It takes curiosity to provide motivation, courage to cope with the prospect of failure and resilience to manage setbacks in the process of acquiring knowledge and skills. Ethics examines what is right, just and the essence of a 'good' character. Leadership means, in part, that each student becomes the leader of their own learning and life and takes responsibility for what sort of character they become.

Research done by Harvard and Stanford universities showed that 85% of job success came from having well-developed character and people skills and only 15% from technical skills and knowledge. Many successful businesses subscribe to the slogan: 'Hire character, teach skills.'

What is character? It can be the greatest predictor of one's future success, usefulness and fulfilment; provided the embedded values are sound.

Terry Taylor—Principal

Archery Tag

LAST FRIDAY ALL SECONDARY STUDENTS PARTICIPATED IN A GAME OF ARCHERY TAG FOR THEIR AFTERNOON ACTIVITY.

Meeting in the assembly area at the end of lunch, students listened attentively to the safety guidelines and demonstration given by the instructor. Students then made their way onto the oval where they chose their equipment and were divided into two teams. They played a range of games, each with different objectives. All students demonstrated fairness and respect towards others during these games. It was really impressive to witness students perfecting their bow and arrow techniques, while developing strategies as a team. There were a few students that were sharp shooters, regularly targeting less agile staff.



CONGRATULATIONS TO ALL STUDENTS ON PERSEVERING WITH THIS CHALLENGING ACTIVITY, IT WAS FANTASTIC TO SEE EVERYONE GETTING ALONG.



Dates to Remember Term 3 2016

Students return: Tuesday 19th July
School Photos: Monday 22nd August
Last day of Term 3: Friday 23rd September

Museum of Human Disease

As part of the science program, a group of students had the opportunity to travel to the University of New South Wales to visit the Museum of Human Disease during the first week of Term Two.

Arriving at the museum the students heard a presentation about the purpose of the museum. A manikin was used to show various body organs that they would see on display. It was impressive that all the students were able to answer questions asked and were able to identify various internal parts of the body. These had been studied in Term One.

Students were amazed by the various items on display. Volunteers were on hand offering information which was beneficial to everyone. The students, using a 3-D mask and a Wii remote were able to traverse through an aorta. All students wanted to have several goes at this activity. Another activity that the students enjoyed was the conduction of electricity thorough their hands to turn metal objects into musical instruments. A few students thought that they were going to be zapped and were hesitant to try but once a few brave boys showed that it played musical notes they were all keen to participate and try and create music.

All the students were impressed by the size of the university and the variety of people that attended. Some of the boys' attitudes about university changed after their visit.



CAMPING AT THE PINES

Students from Woodbury class spent two days and a night camping at The Pines, in Olney State Forest, as part of their social and emotional learning program. Two days without electricity, technology and running water. The boys also had to sacrifice the use of a flushing toilet for a long-pit toilet. The lack of luxuries was a hurdle that they quickly overcame. After setting up their tents, with much discussion and encouragement from each other, the boys set about the task of building a fire pit to cook their food. They were diligent in collecting rocks, to make the fire pit, and carefully cleared an area around their fire. As a team they collected firewood and realized the drier the wood the better. After many attempts, and some assistance and advice, they were able to keep their fire alight. Following a few burnt pieces of food the boys collaboratively worked out the best areas on the fire in which to cook their food. It was wonderful to see the support and encouragement that the boys gave each other ensuring that no-one was omitted in any activity.



Driving back to school the students all voiced their approval of the camp and enquired as to when they could do it again.

Woodwork

As part of Hopetown's technology program, students get the opportunity to engage in woodwork activities. The woodwork program gives students a taste for the industry that may spark an interest in careers including carpentry and cabinet making. The program also supports other subject areas including mathematics and creative arts. Students are required to apply mathematical knowledge while interpreting technical drawings and learn to measure correctly using a variety of instruments. Creative arts outcomes are also supported when students learn about finishing projects using various varnishes, paints and waxes. Pictured are two projects that were of focus this term.



The pencil holder taught students how to use machines such as the drill press, router and sander.



The CO2 Dragster project taught students about effective design and aerodynamics. This project was popular with students as they had the opportunity to race their dragsters using compressed carbon dioxide as a form of highly efficient propulsion.

CROSS COUNTRY CARNIVAL

In the last week of Term Two, Hopetown School held their annual cross country carnival. The event was very successful with both students and staff overcoming the challenging 3km course. The event was held in Ourimbah State Forest, incorporating many of the traversing tracks. After familiarising themselves with the course doing a walk through, the students were eager to get the race under way. There was jostling for position in early stages then the students found their places as their endurance started to show. The boys negotiated the uneven terrain snaking through the hillside, then onto the river and bridge crossings, the final leg was up Red Hill road to the finish line. It was fantastic to see the boys displaying their determination right up to the end of the course, sprinting the last stages. 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, the students had more energy to burn and were extremely cooperative during a whole school sporting activity. All students should be extremely proud of the resilience they exhibited on the day. Well done everyone.



W.H.S WHITE CARD TRAINING - SENIOR STUDENTS HAVE BEEN WORKING TOWARDS OBTAINING THEIR WHITE CARD.



This is a pre-requisite for anyone wanting to work within the construction industry. Students who complete the training will have learnt valuable work, health and safety rules relating to the work place. This is a great opportunity for students who may go on to have a career in the building industry.



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

Thank you to families who have already made payments

The Local Environment

PRIMARY 1 HAS BEEN EXPLORING OUR LOCAL ENVIRONMENT THIS TERM. We have conducted an assessment of six local playgrounds. The assessment included safety factors, the condition of the equipment and then they applied a grading system to rank each park.



These are the findings of our research:-

1. *The Rocket Park at Long Jetty*
2. *The new Central Park in Wyong*
3. *Sohier Park at Ourimbah*
4. *Bluebell Park at Berkeley Vale*
5. *Toowoan Bay Park at Toowoan Bay*
6. *John's Road Park at North Wyong*



PRIMARY 1 ALSO TRAVELLED TO SOMERSBY FALLS TO EXPLORE ANOTHER ASPECT OF OUR LOCAL ENVIRONMENT.

We investigated this small pocket of beautiful rainforest vegetation. The class found caves and waterfalls, they climbed on moss-covered rocks and they discovered the resident family of Brush Turkeys.

INFORMATION REPORT By Primary 1

Brush Turkeys are big birds that live in Australia. They live in the rainforest.

Brush Turkeys look like a turkey with black feathers. They have a red and yellow head.

The male Brush Turkey builds a nest of twigs and leaves. It can be 4 metres wide and 1.5 metres high. The female lays the eggs in it. When the eggs hatch, the chicks immediately leave the nest.

Brush Turkeys have many predators. They raid the eggs from the nest. Snakes, dingoes and goannas all eat the eggs.

Brush Turkeys eat insects and fruit. If they live near houses they can raid the garbage bins and eat pet food.

I-Fly Downunder

On Wednesday 8th June, secondary students from Flinders and Hargraves classes ventured to I-fly Downunder at Penrith. I-fly is a vertical wind tunnel where you are able to skydive indoors. Students were very excited upon arrival. They displayed curiosity when engaging in an educational program that discussed the physics of flight and the different levels of skydiving qualifications. Afterwards, students and staff headed upstairs where they viewed the large wind-tunnel for the first time. It was a lot taller than expected! As staff and students looked down at the tunnel, many began to feel a little nervous. We were ushered into a small room where we learned hand signals to communicate with the instructor and the best body position for flying. Students and staff were then suited up with body suits, helmets and eye protection.

Students overcame their nerves to experience indoor skydiving and were very proud of this achievement. As each student entered the wind tunnel, they were cheered on by their peers and congratulated with a high five when they exited. All students followed the hand signals given by the instructors and attempted to get their body in the best position. This was an extremely hard task when being hit by winds of up to 180km/hr. Afterwards students and staff laughed as they exchanged stories of their experiences.



QUESTACON SCIENCE CIRCUS

This term, The Questacon National Science and Technology Centre, located in Canberra, provided an exciting experience for our students and staff when they presented the Questacon Science Circus. It allowed students in Primary and Secondary to watch live demonstrations and to participate in 'hands on' activities conducted by scientists in the school gym. There were a range of topics presented including the use of liquid nitrogen, experiments showing the different types of pressure involving heat and oxygen. With over an hour of fun-filled science experiments, students were highly engaged in this incursion and thoroughly enjoyed the lessons in Science. Hopetown staff and students are looking forward to more activities involving science in the future.

The Primary Experience



There were many experiments that the students were invited to participate in and use their problem solving skills as they tried to predict what would happen in each experiment. Some of the demonstrations

included an exploding film container, a glass of water held upside down using a sheet of paper, sucking a balloon into a glass jar with fire, polystyrene foam balls put under pressure, launching rockets and pouring liquid nitrogen over rubber balls and a balloon.



THE QUESTACON SCIENCE CIRCUS VISITED OUR SCHOOL ON THE 25TH MAY 2016. The primary students were all very enthusiastic and engaged in learning about science. The practical demonstrations provided the students with the opportunity to learn about pressure and the different ways liquids and gasses respond to it.



All the primary students enjoyed their time at the Science Circus and there were cheers of excitement throughout the show.

S.E.A.T PROJECT

TAKE A SEAT, LEND A HAND



This term secondary students from Flinders and Hargraves classes have been working on a S.E.A.T project as a part of their unit on Vietnam. The S.E.A.T project is a social initiative that educates students in social values, sustainability and raises funds for the REAL foundation through the sale of these educational kits.

The program involved students working together in small groups to construct a stool without teacher assistance. Students then learned about the significance of this project through a picture book and conducted their own research into the Hands That Shape Humanity movement. Some students were surprised by the individual stories of the contributors to this project and were inspired to participate in a famine challenge during week 9. This challenge involved students and staff being limited to 2 pieces of fruit and going without technology throughout the school day.

All funds raised during this challenge are being donated to Coast Shelter, a local charity. Students have almost finished painting their designs onto their stools. We will be displaying these at the front office next term so please come in and have a look.



Another life

If I could be on TV I'd be Bart Simpson because he is a menace.

If I could be an animal I'd be a lion because they're tough.

If I could be a car I'd be a McLaren F1 because they are super fast.

If I could be food I'd be a pineapple because it is yum.

If I could be a sports person I'd be Usain Bolt because he is fast

If I could be an insect I'd be an ant because they're strong.

If I could be elsewhere I'd be in Fiji because I love it.

If I could be my idol I'd be Steve because he is my hero.

By Wade Campbell
Primary 3



Another life

If I could be on TV I'd be Bart Simpson because he is cool.

If I could be an animal I'd be an American Staffy Blue because I have two at home.

If I could be a car I'd be a Nissan GTR because they are fast.

If I could be food I'd be a hamburger because they are delicious.

If I could be a sports person I'd be Benji Marshall because he is cool.

If I could be an insect I'd be an ant because they are strong.

If I could be elsewhere I'd be in the skate park because I love scooters.

If I could be my idol I'd be Eminem because he is the greatest rapper.

By Ethan Tohu
Primary 3



The Safe Boating Program

Hopetown's *Safe Boating Program* aims to enhance the social and emotional development of students through a variety of maritime based activities. Lessons take place both in the classroom and out on the water in the school's training vessel. Some of the locations visited this term included open water adventures off Norah Head and Swansea. Inland waterways explored included Tuggerah, Budgewoi and Munmorah lakes as well as various creeks and rivers. Students learnt about navigation, weather forecasting, boat handling, emergency equipment and engine maintenance. The program proves a great way to enhance team work amongst students as it takes a group effort to get out on the water. Students who successfully completed the program were eligible to sit the exam for the NSW Maritime Junior Boat Licence.

