



HopeTown Newsletter

Term 1-2017

177 Pollock Avenue Wyong

Postal Address: PO Box 805, WYONG 2259

Phone: 43532522 Fax: 43512381

Email: hopetown-s.school@det.nsw.edu.au

Website: www.hopetown-s.schools.nsw.edu.au

PRINCIPAL'S MESSAGE

Many of our students are overwhelmed by events in their past. As a result they may adopt ways of being in and seeing the world.

Some will become 'hard'. They develop a toughness, a rigidity, a protective shell to cope with the vulnerability they feel inside. Bullying, bravado, defiance, a closed, disinterested mind and a short fuse may evolve as a result.

Some students will become 'soft'. They develop a sense of helplessness, of victimhood and of reluctance to take on challenges such as learning or getting on with others.

Interestingly, both the 'hard' and 'soft' students may share a similar inner world of insecurity, mistrust, shame, loss and resentment. At Hopeschool we encourage students to find a middle way between the hard and soft, between the defiant and defenceless, between active and passive aggression, between foolhardiness and despair, between relying on fists or futility to cope with life's challenges. The middle way includes a sense of having a 'strong back and soft front'. This sounds strange but simply means the ability to be resilient and open at the same time.

The strong back is a sense of inner strength built on a positive idea of who one is and can become. The strong back can bounce back after a disappointment, it is supported by strengths of character, by a set of positive values, by looking ahead with confidence, by a belief in self-worth and by knowing that you can decide how you will feel and respond to any situation rather than let situations overwhelm you.

The soft front is an openness to new experiences, to learning, to being creative, to accepting the care and support of others and to caring for others in turn. It is being prepared to accept and process life events both good and bad. It is being prepared to see one's own vulnerabilities and be empathically aware of the vulnerabilities of others. Picture a yacht with a strong mast and soft sails. The sails can accept, use and adapt to variable wind conditions. The mast, hull and rudder can support the sails.

Still on the theme of yachting; freedom is not being taken in directions dictated by whatever currents and winds are blowing at the time. True freedom is deciding how you will harness the wind, setting the sails as you want and using strong and sensitive hands to direct the tiller.

With careful navigation we are then able avoid the dangerous shores of 'hard' and 'soft'.

Terry Taylor, Principal

CULTURAL CONNECTIONS



Following on from last year's highly successful Cultural Leadership Camp held in Gilgandra, Hopeschool has continued enriching its cultural program. It was such a positive "reality check" for the boys, which has seen several students step up and embrace their roles as mentors within the school community. High school students have been visiting the primary classes, supporting them with their own cultural connections and awareness as well as assisting literacy and numeracy groups.

With the assistance of Aboriginal educator Terry Hayek, several of our students have been participating in the 'Journey to Respect' program which explores such concepts as family, manhood and culture. Students examine what these concepts mean to them now, and how their perspectives will shift as they approach adulthood. Students involved have showed great confidence and perseverance already as they share their own life experiences while developing an understanding of what 'respect' means to them and how it is demonstrated within their communities.

Hopeschool would like to congratulate Joshua Newman. He was awarded the Cultural Leadership Certificate at last year's Aboriginal Assembly of Excellence. It was with great pride Josh accepted this award as he proudly embraces his cultural values and enthusiastically shares his passion with peers and younger students. Well done.

Dates to Remember Term 2 2017

Students return: Wednesday 26th April.

Queen's Birthday Public Holiday: Monday 12th June

Last day of Term 2: Friday 30th June

HOPETOWN SCHOOL SPEED LIMIT



PLEASE KEEP OUR STUDENTS SAFE

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

BASIN CAMP

A group of younger high school students this term visited the Basin Campgrounds. This overnight excursion was the first camping experience for some. We really got back to basics this time around where most of the food we ate was cooked over an open fire. Students cooked a leg of lamb in a Hāngi which is a traditional New Zealand Māori method of cooking food using heated rocks and sand buried in a pit oven. Damper was also cooked on the end of sticks to accompany the meal. Apart from the food, students partook in a variety of marine based activities including snorkelling, boating and fishing. Students really enjoyed their time away. As a teacher here at Hopetown, I think I've got the best job in the world.



Counsellor Corner

What does it mean to appreciate the little things in life?

Appreciating the little things in life involves focusing our attention on what is pleasurable, nurturing, and sustaining in our lives. It also means turning our focus away from those events that are annoying, frustrating, or hurtful. As well, it means showing our appreciation for those everyday things that are easy to take for granted or that we may miss altogether! Adopting this positive outlook won't stop bad things happening to us, but it may help us from focusing too greatly on them when they do happen.

Positive emotions have been shown to be linked to good physical health. According to some researchers, people who experience positive emotions are likely to live longer, enjoy better immune functioning, and recover quickly from major illness. It's not just our physical resilience that is affected by positive emotions; our psychological wellbeing can be enhanced also. Theory has it that when we experience positive emotions we are able to think and behave more creatively and flexibly than when we experience negative emotions. This "broadening" of the way we think and act builds resources for us that we are able to use in more difficult times. As the saying goes: ***Be positive! Not just a blood group, but a whole way of life!***

For more information about the benefits of positive thinking, visit these websites:

Changing minds: www.changingminds.org.au
 Authentic Happiness: www.authentichappiness.org
 The Happiness Institute: www.thehappinessinstitute.com

Ruth Jenkins

Senior Psychologist, Education

THE HOPETOWN HEN HOUSE

Students from Darcy are growing chickens for the purpose of food this term. The chicks arrived 2 days old and after 7 weeks will be sent to a professional processing facility. After this we will produce a variety of chicken-based recipes at school. In the meantime, the boys are busy watering, feeding, cleaning and attending to the general welfare of the birds. They receive the highest standards of wellbeing and care. Apart from learning about how to grow a chicken for the purpose of meat, students are learning about the commercial chicken industry, bird breeds and most importantly, developing a greater level of appreciation for the food we eat.

One positive but unexpected outcome of the program has been students engaging in rational thinking. Some students initially struggled with the thought of eating one of the chooks they've cared for. In reality though most of us have a diet which consists of chicken, so the internal argument persists. If one can maintain a rational thought process in this program, maybe one can think about other aspects of their day in a more logical way.



2 day old chicks kept warm in their coop

Art for Therapy

This term Primary 1 worked with the Iris Foundation in an art therapy project. Each week the boys would have a group chat and talk about different things such as their secret hiding place, what superhero they would like to be and what their super power would be. Activities promoted resilience in students. They used different media such as painting, drawing and collage to create some fantastic works. They finished the course with a celebration including great food and awesome certificates. **Well done boys!**



Term One 2017

Hey everyone, Tom here. Firstly I would like to say how great the beginning of the year has been. Starting off with a new teacher and a new class has been awesome.

This term Miss Simpson, Terry Hayek and Mr Small have been running a program called 'Journey to Respect'.

The 'Journey to Respect' program helps students to transform from boys into men.

Personally the program has helped me to understand how the words I use on a daily basis can be both positive and negative to others. I have also learnt a lot about myself and how to respect my peers.

Thank you to Miss Simpson, Mr Small and Terry Hayek for the experience and knowledge that you have passed on.

By Tom Eather Year 8

NEWS FROM FLINDERS AND HARGRAVES

This term, classes Hargraves and Flinders started an exciting program called Geocaching. Geocaching is an outdoor recreational activity where the students use a GPS (Global Positioning System) on a mobile phone or tablet device seek out containers out in the community. These containers are called "**geocaches**" or "**caches**", and are at specific locations marked by coordinates all over the world.

A typical cache is a small waterproof container containing a logbook and sometimes a trinket or toy.

Once a geocache is found students enter the date they found it and sign it with their official Geocache name – **HopetownSecondary**, in order to prove that they found it. After signing the log, the cache must be placed back exactly where the person found it.



Geocaching is a great way for students to learn skills in various subject areas, including Mathematics, Geography and PDHPE, while having a great afternoon out treasure hunting.



**KEEP
CALM
AND
GO
GEOCACHING**

