



# HopeTown Newsletter

**TERM 3, 2017**

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## PRINCIPAL'S MESSAGE

Wow! What a fabulous term at Hopetown!

I would like to take this opportunity to formally introduce myself. I have been relieving as Principal at Hopetown in Mr Taylor's absence and will continue to do so until the end of the year. I have already spoken with many of you through the course of the term, whether that has been by phone, in meetings, parent groups, cooking with Nona or just when you have been dropping off or collecting your children and look forward to continuing to work with you in support of your children.

Term 3 has been action packed with activities for students and we have enjoyed some fantastic achievements. We started the term celebrating NAIDOC day with partner schools and winning the 'cook off' at the National Aboriginal and Torres Strait Islander Children's Day. By all accounts the annual Snow Trip to Smiggins Hole was a huge success and Hopetown has offered a wide range of activities to support student learning outcomes across the curriculum, including our Mindfulness program and further development of our Music program. We have celebrated School Administrative Staff Recognition Week and shown our appreciation to such a professional group of Hopetown staff who regularly work 'behind the scenes' in support of students, teachers and parents. Their hard work, effort and dedication allows us offer the learning experiences we do for our students.

This term we have also successfully completed a Department of Education External Validation process, which gave us the opportunity to reflect on the positive programs and practices at Hopetown and celebrate the hard work of staff and achievements of students. The process gave us the chance to look at the future directions for Hopetown as we develop our School Plan for 2018 – 2020, along with all other schools in NSW. Remember you can also get involved in this process through our parent surveys and I encourage you to return those to school as soon as possible.

In closing, I would like to acknowledge each and every member of the staff and thank them for their proactive approach to teaching and supporting every student at Hopetown.

I wish our whole school community a safe and happy holiday and look forward to seeing you next term.

Kirsty Reynolds  
Relieving Principal

## Little Big Shots – Film Festival

Students from Years 7 and 8 were fortunate enough to attend the Little Big Shots Short Film Festival at the Sydney Opera House in Term Three. The festival features the best in local and international children's shorts, animations, documentaries and child-produced films.

The films inspired discussions about world cultures, different languages, cultural diversity, adolescence, finding happiness, imagination and friendship.

Little Big Shots was a fantastic experience for our students as not only were they able to sit inside one of the concert halls inside the Opera House but also explore the many sites of the harbour and Sydney Botanical gardens. A big thank you must go out to those students who attended. They represented themselves and their school with great maturity and pride.



**HAVE A SAFE AND RESTFUL BREAK**

**STUDENTS RETURN TO SCHOOL ON MONDAY 9TH OCTOBER**



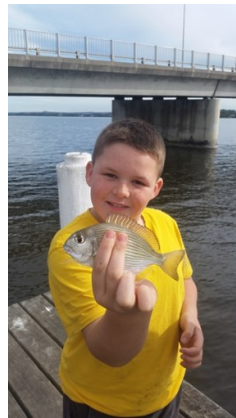
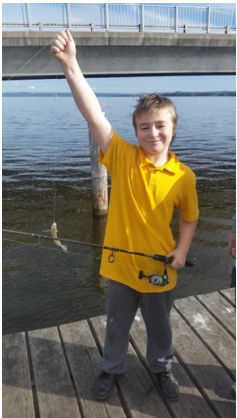
## Sydney Fish Markets

Students from Darcy class have been studying a unit of work on *Sustainable Fishing* as part of the school's PDHPE and Science program. As well as in class and on the water activities, students engaged in an industry visit to Sydney Fish Markets. The markets are the largest market of its kind in the Southern Hemisphere and the third largest seafood market in terms of variety in the world. The markets source product both nationally and internationally and trades over 13,500 tonnes from 500 species annually. The boys were intrigued by the variety and price of the seafood available. They enjoyed a seafood lunch as part of the visit where they sampled a variety of new produce. To enhance the day, students utilised a variety of public transport options including train and light rail to access the markets. This proved a valuable experience for many of our students learning how to manage timetables, use OPAL cards and other skills necessary to utilise public transport effectively.

"This term Primary 1 had fun at gymnastics. We learnt to stretch, roll, balance, jump and swing. Callum was a great instructor and he let us do tricks on the big tramp. We now know how to use our bodies properly when we do gymnastics."



## Primary 1 News



We also went fishing with Mr Liddle for a relaxing afternoon. Mr Liddle taught us how to tackle our line, bait our hook and cast. The results speak for themselves!

Thank you Mr Liddle."

## Community Contact ..... A message from Jennine Addison

### Touching base.....

Each week I send a quick group text to every parent/carer from Hopetown to let you know about the upcoming activities – and also to let you know that we care about you and want you to feel welcomed and supported by the school.

A big thank you for your patience with me in doing this.... and those few "all thumbs" errors ...yes, especially those 4 blank messages in a row! (with a few emoji's thrown in I think?) 🤔

If you would prefer not to receive these group texts please just let the school office know and I can remove you from the group listing.

Jennine





## NAIDOC

At the beginning of Term 3, Hopetown was heavily involved with all things Aboriginal as we celebrated our NAIDOC weeks. These festivities culminated in a large celebration, demonstrating the traditional Aboriginal skills and knowledge we had all learnt. Hopetown extended an invitation to students, staff, parents and the wider community of our school and others, many of which accepted and participated in the celebrations.

After the Welcome to Country and opening addresses proudly performed by our students, the crowd were entertained by Walan Booris, the cultural group from Wongarrah Public School, who artistically depicted a few Dreamtime stories. Then the activities for the day were underway. These were set out across multiple stations where participants engaged in Aboriginal artefacts design and history, Spear and Nulla Nulla throwing, artwork creation, dance group, boomerang throwing, bush meat tasting and much more. Students spent approximately 20 minutes at each station before transitioning to the next and should be proud of how they conducted themselves throughout the day. The celebration finished with a BBQ lunch for all students and their guests. A big thanks goes out to everyone involved with the preparation and organisation of such a successful day. We all look forward to next year's event.



## Snow Camp

This year's annual snow camp was a real treat for all students and staff. We were lucky enough to experience all seasons which Australia's alpine region can produce from warm blue skies to a complete blizzard. A sunny start to the week allowed all students to find their feet. Students progressed very quickly, making their way from the beginners 'magic carpet' runs to more advanced chair lift runs within hours. This was a testament to the level of perseverance and resilience students demonstrated during their first lessons. Part way through the week, the weather turned ugly. Heavy rain and wind moved in which eventually fell as snow by the end of the week. On the last night alone, we had a considerable dump of snow at around 80cm. This was enough to completely bury the school bus which was due to leave the next day for the return journey home. With some hard work from a couple of keen students in freezing conditions, we managed to move a few tonne of snow and got the bus free. The camp again proved to be more than just an opportunity to advance students alpine snow sports skills. The week fosters positive social and emotional growth both on the ski fields and during time spent in the chalet. A big thank you must go out to all students, staff, parents and Apex Australia for making this experience possible.





# COMMUNITY CONNECTIONS



## Parent and Carer Casual Morning Teas

During this term a number of us have been getting together once a week to catch up casually over morning tea, whether that has been at school or at local cafés. It's a great time to connect with other parents with similar life experiences and real understanding of the challenges we face in raising children with high emotional needs. It is always a very positive environment and a place you can feel supported. This term we really enjoyed listening to

Julie, a parent of a past student, sharing her difficult journey over many years but encouraging us all that there is hope on the "other side" of the school years and talking with us about her son's current success as a young adult.

Tracey from the Department of Education also visited and helped us to understand more about successfully accessing NDIS funding for our children. Our Term 4 calendar of activities will be up on the school website soon. Don't forget to have a look out for it under the Community Room tab. We would love you to come along when you are able and be encouraged by others. Jennine



Each fortnight we have either Sharon or Amanda from the Family Referral Service attending our Hopetown parent and carer activities. Their role is to help link our families with helpful services in the community that will make life easier and more positive for the whole family. If you are feeling you need some support, or help in accessing services, please don't hesitate to get in touch with them either through the school 43532522 or call them directly



## Nona's Cooking

Again this term, beautiful Nona came and along with Irene, who is an amazing school learning support officer in our high school and also Nona's grand daughter, and shared with parents and carers two wonderful mornings of **Authentic Italian** cooking in the school's dining room. It is amazing how she can take something simple (like a few vegetables) and turn it into something incredible! It is always a great time of laughter and enjoyment, of beautiful food, smells, tastes and good company. Copies of her wonderful recipes available at the school office if you are interested.

We hope you can join us next term.



## Parent and Carers Iris Foundation "Life Connections" course

For the first six Fridays of this term a number of parents enjoyed attending this wonderful free course run at the school. Most found it very helpful in thinking through ways to recognise and approach some of the more difficult things in life along with acknowledging and learning ways to help reduce stress and self care better. It was a great time of parents building friendships and encouraging and supporting each other. A big thank you to the facilitators, Mel and Kylie for their time and expertise.



# MINDFULNESS

In Mindfulness this term, students have been involved in a range of meditation practices exploring how to find more “balance” in their daily life and emotions. These great pictures show students “balancing” river stones -noticing how delicate that balance is and how quickly it can change and fall if not given attention, time and patience. Through lots of hands-on activities, classes have been looking at how we pay attention to our “balance” of emotions, learning how to recognise and name them and how they can be categorised into “zones”.

We have also been learning to honour all our emotions and to see that there are no bad emotions - each one has something important to tell us. If we can work out what an emotion is telling us we can better find a helpful way to express it with ourselves and those around us.

We have also been exploring how to be more aware in using our senses more fully –our sense of seeing, listening, tasting, smelling and touching - discovering if things are pleasant, unpleasant or neutral. In knowing ourselves better – knowing what we are feeling, thinking and sensing in our bodies, we can start to see patterns of how and why we are reacting and begin to explore other, perhaps more positive ways to respond to things.

If you, as a parent, grandparent or carer, are interested in knowing or learning more about mindfulness please contact Jennine Addison at Hopetown. We also run a few different mindfulness courses during the day and at night for adults as well!



## The ZONES of Regulation®

| BLUE ZONE                                      |  | GREEN ZONE   |  | YELLOW ZONE  |  | RED ZONE  |  |
|--|--|--|--|--|--|---|--|
|  |  |  |  |  |  |   |  |
|  |  |  |  |  |  |   |  |
| Sad<br>Sick<br>Tired<br>Bored<br>Moving Slowly |  | Happy<br>Calm<br>Feeling Okay<br>Focused<br>Ready to Learn |  | Frustrated<br>Worried<br>Silly/Wiggly<br>Excited<br>Loss of Some Control |  | Mad/Angry<br>Terrified<br>Yelling/Hitting<br>Elated<br>Out of Control |  |

## HOPETOWN SCHOOL SPEED LIMIT



**PLEASE KEEP OUR STUDENTS SAFE**

## TERM 4 HOPETOWN PARENT/CARER CONTRIBUTION

**Primary \$45.00**

**Secondary \$85.00**

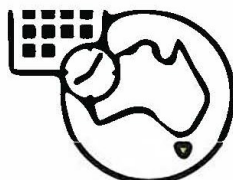
**We welcome payments by cheque or cash at our front office**

**THANK YOU TO FAMILIES WHO HAVE MADE THEIR CONTRIBUTION**



**Have you applied for the National Disability Insurance Scheme?  
You may be eligible. Go to [www.ndis.gov.au](http://www.ndis.gov.au)**

- 1.** Find out when the NDIS is coming to you.



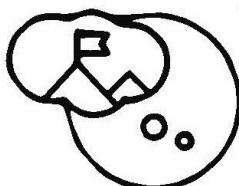
- 2.** Learn if you might be able to access the NDIS.



- 3.** Think about your life now, what is working, and what should change.



- 4.** Consider what you might like to achieve.



- 5.** Write these things down.



For more information visit [www.ndis.gov.au](http://www.ndis.gov.au)