



HopeTown Newsletter

TERM 1, 2018

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PRINCIPAL'S MESSAGE

Wow! What a fabulous first term at Hopetown 2018!

The start of our new School Plan 2018-2020, some new staff, some new students, some new parents, a new timetable, new school hours, a whole school swimming carnival, a wonderful Harmony Day lunch, a stall at Wadalba CS Markets, a STEM day at Jilliby PS, a huge project to redesign our Aboriginal Gardens in partnership with Sydney Botanical Gardens and many other exciting activities and opportunities at Hopetown have meant we've had an amazing term! Great work by the staff, students and parents, thank you to you all!

Our new School Plan 2018-2020 is already underway. There are many exciting things on the horizon for Hopetown over the next three years and we encourage everyone to get involved! As we go through the year, we will keep you all updated with what we have done and will keep doing to continue to give students the support they need to be successful citizens.

A huge thank you to Jennine and all the parents who worked hard to organise our stall at Wadalba CS Markets in March. It was a wonderful day and great to see so many families come along and support Hopetown.

Thank you to all those parents who attended our IEP review meetings this term. They are vital part of our planning process for your child, so please keep in contact with the class teacher to chat about any new information we might need and how your child is going with achieving their goals.

Attendance is a focus for us next term. Teachers will be checking in with you if students are not at school. Please remember to let us know if your child is sick and also let ASTP know if they have access to transport.

I wish you all a wonderful break and look forward to seeing you all next term.

Kirsty Reynolds
Relieving Principal

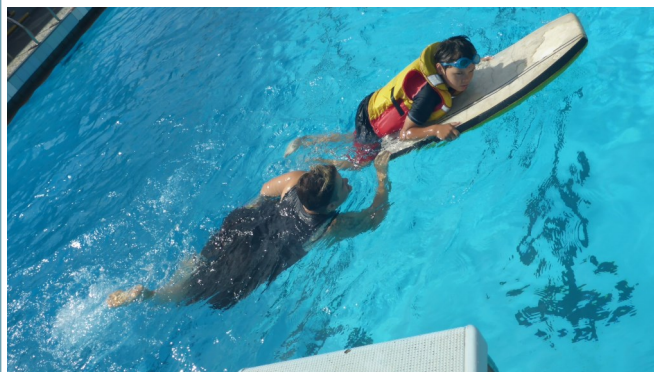
Term 2 Dates 2018

First day back at school for Students:	Tues 1st May
Queen's Birthday Public Holiday:	Mon 11th June
Last day of Term 2:	Fri 6th July



Swimming Carnival

This year's swimming carnival saw primary and high school students combine for a fun and competitive day out. Early rain did not dampen the mood with many students lining up on the blocks in the wet weather for the first events. After the rain passed and the sun came out, the students really began enjoy the day. It was pleasing to see primary students line up beside secondary students with confidence, often in the same event. Hopetown students should be proud of the level of participation they showed. This was noticed by pool attendants that see many other school carnivals over summer. They commended students on the level of enthusiasm they showed throughout the carnival. Well done to all who made the effort to get involved.



Visual Arts Program

This term, Hopetown classes have been working hard on several projects.

There has been great enthusiasm for the skateboard project where students design and paint their own skateboard decks. The boys have been demonstrating commitment, patience and excellent artist technique throughout the process resulting in some quality work.

Flinders have been working on masks. In this unit students explored masks throughout history and investigated the purposes of masks from different cultures. Students designed a mask and are currently painting their designs on paper-mache masks.

We are also in the process of developing a new school mural to coincide with NAIDOC week later this year. This year's theme "Because of her, we can!", focuses on Aboriginal and Torres Strait Islander women who have played and continue to play significant roles in Australian History. Those who have fought and continue to fight; for justice, equal rights, our rights to country, for law and justice, access to education, employment and to maintain and celebrate our culture, language, music and art. Students will be learning about significant female figures, hearing their stories, and taking part in painting a group mural.



This term Hopetown has been running an external Mindfulness program from "Mindful Schools" with all classes.

It has been an 8 week, 16 lesson program covering many aspects of how mindful awareness can help with emotional intelligence, reducing stress and finding greater calm and joy in each day.

The boys have responded warmly to Jennine coming in to their home rooms each Monday and Wednesday for a 20 minute session.

She has provided an opportunity for the boys to practice being mindful and to learn new skills.

Classroom teachers have also taken opportunities to create mindful moments each day in various lessons.

We hope your child may have come home and talked with you about these lessons and what mindfulness is and how they can use mindfulness skills to help in everyday events.



HOPETOWN PARENTS AND CARERS have had a great term catching up and supporting each other. We had a nice time at Max Brenner and enjoyed a High Tea at The Secret Café. While our Shelly Beach walk was shorter than planned, we enjoyed a good laugh and catch up at Munches Café. It has been so fantastic this term to have parents and carers sharing their own positive and difficult experiences of parenting to encourage others. We have also had a few mornings gaining simple tips for raising boys and helping our children with anxiety. Having a fashion consult visit was also a bit of fun and laughter. We would love you to join us next term if you can make the time.



If you are feeling you need extra support please contact Jennine at Hopetown 43532522.

We also have Amanda and Sharon visiting from the Benevolent Society Family Referral Service regularly and they can also help with linking you into community agencies. You are very welcome to contact them as well. 4355 7500



This term HopeTown has been involved in the Coles Sports for Schools program. The program gives schools across Australia the opportunity to earn sports gear just by collecting vouchers from Coles. Through Sports for Schools, Coles has supplied over \$20 million worth of sports gear to over 7,500 schools across Australia. In term 3 it is expected that we will receive our delivery of sporting equipment that students will use throughout break times and within various programs.

HopeTown would like to thank all of the families that have been involved in collecting vouchers, as well as Toukley and San Remo Coles.

HARMONY DAY 2018

Hopetown School celebrated Harmony Day this term the best way possible – with a whole school sit down lunch, catered-for by the students themselves!

As the theme for this year's Harmony Day was **Everyone Belongs**, the school decided that each class would prepare a meal from a particular country and would be shared for all to try. And wow was there a lot of food!

The countries (and food) selected were:

- India (butter chicken and rice)
- China (san choy bao)
- Italy (lasagne)
- United States (pulled pork sliders)
- Japan (sushi)
- Mexico (nachos)
- England (scones with jam and cream)

On the day the school acknowledged that Australia is a multicultural nation and is considered one of the most successful multicultural countries on earth.

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.



Recipe Card—Nonna's Vegetables & Meatballs

This term parents and carers have enjoyed again having beautiful Nonna and Irene come and share some traditional Italian recipes with us. It has been great to take part in cooking and tasting the different dishes and to walk away with new skills and ideas for family meals. We are so grateful to both, as always, for giving so generously of their time and love to all of us.

Ingredients:

Your choice of mixed vegetables, such as potatoes, eggplant, zucchini, carrot, capsicum, roughly chopped.
 Olive or sunflower oil
 Oregano
 1 kg pork mince
 2 eggs
 Parsley
 Garlic
 1/2 cup Parmesan cheese
 1/2 cup bread crumbs
 Mozzarella cheese

Method:

1. Place the vegetables in a deep baking dish with salt, pepper and oregano. Cook for approx. 1 hour at 180 degrees.
2. While vegetables are cooking, make meatballs in a bowl by placing pork mince, eggs, bread-crumbs and then parsley, garlic and parmesan cheese. Mix together and roll into small balls.
3. Toll meatballs in some more breadcrumbs and fry in sunflower or olive oil.
4. Add meatballs to baked vegetables and cook for a further 10—15 minutes.
5. Sprinkle dish with mozzarella cheese and return to oven for a further 10 minutes.
6. Serve hot.



Delizioso!



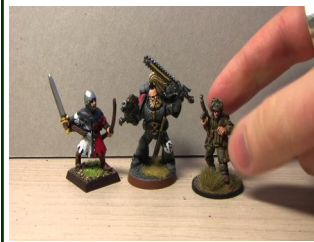
A new club has formed at Hopetown School - the **Hopetown Warhammer Club!**

Warhammer is a tabletop battle game where players (students) are in command of armies of valiant humans, noble elves, savage orcs or a variety of mythical and monstrous creatures.



Once a week, students participate as a group to build miniature plastic models which they then accurately paint, so that the game of Warhammer can be played.

These characters all come with different strengths and abilities which are then played out as clashes on a tabletop battlefield. Unlike a board game however, students' moves are not restricted to defined areas. Instead, Warhammer commanders freely manoeuvre their units set distances using rulers and resolve battles and hand-to-hand combat by rolling dice.



The students have been thoroughly enjoying this activity with interest expanding across the school. Next term students hope to participate in externally provided lessons to further develop their skills in the

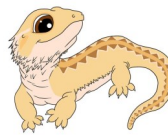
constructing, painting and playing of the game.

Special mention needs to be given to the Warhammer store in Erina, which has provided ongoing support, instruction and advice on the establishing of this activity, as well as the generous resource donation.

Hopetown looks forward to some fun times ahead!

Pygmy Bearded Dragon

This term has seen a new addition to Yindi's classroom. The students were extremely excited to explore what is needed to keep a reptile in the classroom. The students discussed the importance of a name and the variations of a name. As a result the students named their pygmy bearded dragon 'Lizabeth Minikin'. They have taken on the responsibility of feeding and cleaning the enclosure and have demonstrated a sense of calmness when she is being handled. Lizabeth Minikin has captured the hearts of many students across the school and often puts on a performance when being watched or talked about.



It was agreed by all students and staff that Harmony Day was a successful way of acknowledging that Hopetown does work hard in providing an environment where **getting along, inclusivity** and **respecting each others' individual differences** is extremely important.

As a school, Hopetown encourages students to support each other, so to help stamp out bullying incidents if, and when, they occur. This was evident in the lead up of events beginning on 16th March with **National Day of Action Against Bullying** where students engaged in discussions had in class, the playground and at assemblies; as well as activities conducted in classrooms.

Learn to Swim Program

This term students in primary participated in the Learn to Swim Program at school. The program provided two weeks of intensive swimming coaching and students learned vital water awareness and safety skills. The students that participated in the swimming program further developed their proficiency in all swimming strokes.

The instructors made the lessons fun and the students persevered through the more challenging tasks.



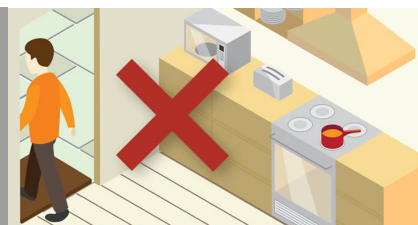
Bushfire Awareness

This term, primary classes have been studying bushfires in their Geography studies. As a part of this unit, students identified the causes of bushfires, where they occur in Australia and investigated a bushfire disaster. This unit involved conducting experiments such as checking how long a candle will stay alight by eliminating oxygen and cooking a steak on corn chips. Students drew conclusions from these tasks and recognised that to create fire you need three elements: fuel, heat and oxygen. To bring all the learning together, students were visited by the local Fire and Rescue NSW. They gave a talk about fire prevention and what to do when there is a fire. Students watched as the Firefighters put on their protective clothing / equipment and discussed how these items contribute to their safety. Afterwards, students were all able to have a climb inside the fire truck, have a turn of the fire hose and cool off under the water cannon.



KEEP LOOKING WHEN COOKING!

For more fire safety information, visit www.fire.nsw.gov.au



OPEN WATER SNORKELLING PROGRAM

Students from Hargraves and Kendall class have participated in snorkelling activities this term. Before making it into the water, students engaged in a number of theory lessons where they learnt about marine life, the effects snorkelling can have on the body and procedures for emergency situations. Students then progressed to the pool where they completed prerequisite activities such as a continuous 200m swim and 8 minute survival float. Once in the open ocean, students were in their element. Snorkelling has proven an excellent way for students to strengthen their social and emotional skills. Students have been observed working well together in buddy dive situations, assisting each other during challenging situations. Snorkelling has proven to have positive therapeutic effects where students have reported feeling 'majestical' and 'calm' when immersed in the marine environment. Weekly snorkelling activities have proven a great way of engaging our students and addressing outcomes across a number of subject areas.

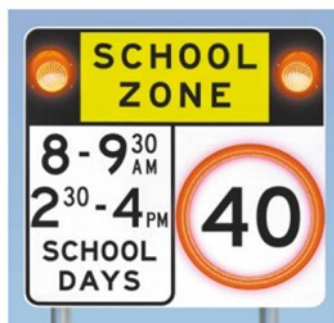


Concrete Slab

During term one Hargraves students went about preparing a concrete slab. The concrete foundation is needed as part of the STEM project that Hargraves class are undertaking this year which is, fish farming, and the concrete slab will be needed to support several large fish tanks. Before the concrete truck arrived there were several stages of preparation the students undertook to achieve the finish product. There was site clearance such as removal of large rocks, measurement of the area then lots of pain staking shovelling and grading to create a level depth. We purchased reinforced steel that had to be cut to size and placed on supports. On the day the concrete was poured students from Darcy class assisted Hargraves in wheelbarrowing the concrete into place and no-one gave up until the job was done. Thanks to all students and staff who assisted, it was an enjoyable day and great result.



Observe speed limits
around our school



Keep children safe

HOPETOWN PARENT/CARER CONTRIBUTION

Primary \$45.00 per Term

Secondary \$85.00 per Term

We welcome payments by cheque or cash at our front office

HOPETOWN SCHOOL SPEED LIMIT



PLEASE SLOW DOWN ON SCHOOL GROUNDS

MESSAGE FROM HOPETOWN OFFICE

Please phone the school office if any family contact details have changed.

PH: 43 532 522

Office hours:
8.30am – 3.00pm

Thank you