

# HopeTown Newsletter

**TERM 4, 2017** 

177 Pollock Avenue Wyong Postal Address: PO Box 805, WYONG 2259

Dhana, 4252252

Phone: 43532522

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

# PRINCIPAL'S MESSAGE

Term 4 at Hopetown School has been jammed packed full of exciting learning activities, excursions, camps and community activities. Teaching and learning programs that support and celebrate achievements have been delivered and students have been able to engage in all sorts of life skills development whether that has been helping to build our new BBQ, geocaching activities or vital swimming skills. Literacy and Numeracy have continued to be our focus of course and students have been offered a range of activities to support their individualised learning plans. Our Leadership Camp at Gilgandra and School Camp at Sandbar have been huge successes and I sincerely thank all staff who organised the camps and also spent unpaid time away from their own families during these excursions, on duty 24 hours a day!

This term we have evaluated our 2015-2017 School Plan and are in the process of writing the future directions for Hopetown School. Our 2018-2020 School Plan will be finalised next term and will include contributions from students, staff, parents/carers and the wider school community. As well as looking at new and innovative learning programs, we will continue to support our Social and Emotional,

Mindfulness and Music programs, look to upgrade our learning spaces and have a change in our timetable which will allow all students access to staff expertise across the school. There will be further information about the school plan available early in Term 1 and a parent forum held to discuss the plan before it is submitted.

Attendance will be a focus for us in 2018. A student placement at Hopetown School is highly sought after and we expect students to attend daily. Individual Education Plan meetings will be held in the middle of Term 1 to look at learning goals which will be developed collaboratively between the student, teacher and parent/carer. These will be regularly reviewed with students taking an active role in their education and making positive learning choices.

The end of the school year is always very busy and I take this opportunity to thank the hard working staff for consistently going over and above for every student at Hopetown. We celebrated World Teachers Day on 5th November, along with other schools across the Central Coast and our staff were recognised as a unique, talented and expert team who make a difference every day. thank you all for your support of Hopetown School throughout the year and wish you all a happy, healthy and safe Christmas, New Year and Summer break!!

See you in 2018!

Kirsty Reynolds Relieving Principal



In support of White Ribbon Day – Action against Domestic Violence, Hopetown School proudly walked as a united group to say no to domestic violence. On Friday, 24th of November, all Primary students, Secondary students and staff wore white ribbons and walked from The Entrance Police Station to Memorial Park. Once arriving, they respectfully sat and listened to the speakers on stage who shared their thoughts and experiences on the impact domestic violence has on individuals, families and the community. To support this cause, students also donated over \$60 to the Central Coast Domestic Violence Committee.





Wishing our families a very happy Christmas and a safe summer break



STUDENTS RETURN TO SCHOOL ON TUESDAY 30TH JANUARY

# **Farm to Plate Program**

In an effort to develop a greater appreciation of the food we eat, students have been growing chickens for meat consumption. Apart from undertaking daily routines to ensure the growth and welfare of the birds, students have also engaged in engineering projects to better accommodate the chickens. This included design and manufacture of automated feed and watering systems. These systems promote faster growth, better health and the need to tend to the chickens over weekends is no longer required. To enhance the program, students also observed best practice in regards to commercial chicken production on an industry visit to a chicken farm. This unit of work has proved highly engaging for students and provided learning outcomes across a range of subject areas. But as a good measure of success they say, "The proof is in the pudding". In this case the proof was in the chicken, which was delicious. Special thanks must go to our enthusiastic SLSO Chelsea, who was a great support throughout the program.





# **GEOCACHE UPDATE**

This term, all Primary classes were involved in the Geocaching program. Geocaching is an outdoor recreational activity where the students use a GPS (Global Positioning System) on a mobile phone or tablet device to 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. In a cache is usually a small logbook which the students enter the date in order



to prove that they found it, and signs it with their official Geocache name – HopetownSchool. And if they're lucky, there is sometimes a small trinket or toy which they able to take as long they replace it with something else.



in various subject areas, including Mathematics, Geography and PDHPE, while having a great time out treasure hunting!

A really exciting achievement this term was when the boys, led by Tyler Palmer, located a rare find – a Geocoin. According to the evidence attached, this particular Geocoin began in Australia, which then was taken to both the United States and in Europe, only to return to Australia – the Central Coast.



# Metalwork

Students have acquired a range of skills to prepare them for the metals and engineering industry. The major project this term was the Nutcracker. The construction of this project teaches student how to cut, bend and join using the school's oxy/acetylene equipment. Students also learnt how to manufacture matching male and female threads out of steal. The end result was a nutcracker which can open a variety of nuts.



# **Work Ready Program**

At the beginning of this term students participated in the ABBTF's (Australian Brick & Block Laying Training Foundations) work ready program. The aim of the program was to get students "site ready" for employers who may be considering taking on bricklaying apprentices.

Students thoroughly enjoyed working together over 3 days, and were able to complete building a BBQ area that will be used for future school initiatives.



# **2017 Athletics Carnival**

At the end of term three, Hopetown held its 2017 athletics carnival. The sun was out and it was a fantastic day for all those that attended and participated. Once again Hopetown students who attended demonstrated tremendous perseverance by competing in all events offered on the day. Students were well supported by their peers with positive encouragement. Students' getting along was the highlight of the day.

The morning session of events included the field events; high jump, shot put, discus and javelin. Not only was it impressive to see so many students attend on the day but the performances were of a high calibre, with most student achieving personal bests. Students were keen to demonstrate the skill and technique they had learnt throughout the year during their PE lessons. It was evident that not only students' abilities had improved but were enjoying themselves too.







Track events were held after lunch and student energy levels remained high. All students who started an event finished the event which is a testament to the boys' character and the perseverance they showed. The hundred metre, four hundred metre and marathon events had many impressive performances. The sack race and whole school tug-owar competitions were enjoyed by all and a fun way to see out the carnival.

A big thank you goes out to staff, students and supporters for the continued enthusiasm throughout the day.

Well done everyone!

# Flinders class arrives at Hogwarts

Throughout this semester, students from Flinders class have been studying an English unit on *Harry Potter and Fantastic Beasts*. Students enjoyed studying the text and comparing it to the films. To ensure they opened their imaginations to the world of witchcraft and wizardry, students participated in numerous hands on tasks. They carefully combined selected ingredients to make Snape's potion, made their own wands and designed a broomstick with unique qualities.





# **BOWTRUCKLE BEASTS**

After studying many magical creatures in the J.K Rowling text Fantastic Beats and where to find them, students created their own Bowtruckles. These small creatures live amongst the tress and are usually peaceful, providing no on attempts to harm their selected tree. Their green body and leaf-like hair provide the perfect camouflage. Be sure to look out for them next time you visit Hopetown.

### LEADERSHIP CAMP

Hopetown School held its second Annual Cultural Leadership Camp this term where 5 students and 3 staff travelled 6 hours to Balladoran which is 10 minutes from Gilgandra, Central New South Wales.

The 5 day camp was hosted by respected elder, Uncle Ralph, who is renowned for working with teenagers across NSW. Uncle Ralph provided many opportunities for our students to participate in quality learning experiences.

These included several bushwalks, sheep shearing, yabby fishing, didgeridoo making, a visit to Pilliga Nature Reserve cave site and actively participated in a traditional smoking ceremony.

Despite not having the comforts of home, the boys had a fantastic time, with regular displays of resilience, teamwork and peer support. 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.





# Newcastle ANZAC Memorial Walk

This term, Primary 2 learnt about Remembrance Day and the sacrifice that people have made in war over the years. In regards to learning this topic, we attended Newcastle ANZAC Memorial walk which commemorates the centenary of WW1. The boys explored the silhouettes of soldiers, nurses and horses that lined the Anzac bridge. Whilst exploring the boys were given the challenge to find their surname engraved on the silhouettes. The challenge was accepted and the students were intrigued at the variety of surnames similar to their own.







- \* Asthma & Respiratory Inflammation
- \* Allergies & Hay Fever Relief
- \* Throat Conditions & Coughs
- \* Acne & Skin Conditions
- \* Fatigue & Stress Relief
- \* Sports Performance / Recovery
- \* General Wellbeing Promotes Relaxation, Calmness & Better Sleeping Patterns



### **New Salt Therapy Clients BUY 1 Session**

**Get your 2nd session FREE** \*Free session is non transferable & can't be shared.

Phone: 02 4393 3273 1/8 O'Hart Close Charmhaven

# **JUST** SCENT SATIONAL SALT THERAPY ROOM

Salt Therapy is a 100% natural & non-invasive treatment. Salt Therapy utilizes the cleansing effects of dry salt aerosol within a controlled microclimate, a special machine is used to turn salt into tiny microscopic dry salt particles.

Salt Therapy can provide relief for people suffer~ ing respiratory conditions, skin conditions and more. Salt has natural anti-histamine, anti-bacterial & anti-inflammatory properties that in turn helps to

relieve inflammation and congestion in the airways. With each inhalation salt particles and negative ions travel through the sinuses and respiratory tract absorbing moisture and cleansing you from within whilst clearing mucus and killing bacteria.

Salt Therapy is not just for those with skin or breathing issues,it can also help with general health, stress relief and relaxation.

Our Salt Thrapy room is a high negative ion environment, negative ions help boost the immune system and gives you a better nights sleep and the

Book Your Relaxing Salt Therapy Session TODAY.

Phone: 02 4393 3273 1/8 O'Hart Close, Charmhaven, NSW

### **Counsellor Corner**

When you think about it, it's incredible how the words we use when speaking with other people can have such a huge impact – for good or bad. Saying something complimentary to someone can make him or her feel good, feel worthwhile; but saying something derogatory or negative can really hurt or even make a person feel worthless. When we speak to our children as parents, it's important to remember that our words will make an impact on them. Children look up to their parents and need their approval. They thrive on positive affirmation, even about the little things. Try to catch your child doing something – even a small thing – exactly as you want them to; then say something positive and see the effect it has on your child. Experts in children's behaviour have long held the view that for every negative statement you make to your child, it will take up to nine positive statements to rule out that bad feeling that comes from being criticised or verbally abused.

When setting rules, it's good to remember that rules which describe good behaviour e.g. "be gentle" or "stay close to me" are the easiest for children to understand. Rules that tell children to stop a behaviour e.g. "don't push" or "don't run off' are much harder for them to follow. And when your child does remember the rules, let him/her know you are pleased. Be positive and you will more likely see the rule being followed again!

> Ruth Jenkins Senior Psychologist, Education

# The RYSS Bus

This term students from HopeTown School were visited by the RYSS Bus. Regional Youth Support Services (RYSS) is a locally based youth specific organisation that delivers frontline youth support to young people between the ages of 12 and 25, and their families in communities throughout the Central Coast. The students were intrigued from the moment the bus arrived. The music was loud and the staff were motivated. Continuous interactive games on the bus and giant UNO, connect 4 and Jenga on the lawn were played by all. The most sought after activity was learning the art of scratching and other DJ tricks from a local DJ. There were smiles all round as students patiently waited their turn and encouraged others to have a go. A great experience for all involved.









# 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 KEEP OUR STUDENTS SAFE