



HopeTown Newsletter

TERM 2, 2018

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PRINCIPAL'S MESSAGE

This term at Hopetown has been busy and productive!

We have been working hard on our garden renovations, upgrading the music hub and we started our *From Paddock to Plate* programs. Our first ever Bunnings BBQ at Tuggerah raised \$600, we celebrated Reconciliation week and our *Work Crew* has been out and about helping in local schools including Kulnura PS and Wyong Creek PS.

Students have enjoyed a variety of whole school activities including the Athletics Carnival and acknowledging Sorry Day. Primary students have enjoyed bush walks, a trip to the local wetlands, involvement in PSSA events and lots of in school activities. High School students had the opportunity to be included in various activities including attending the 'Stand Tall' day in Darling Harbour, Try a Skill day and the School Leavers Expo at Mingara.

Staff have been involved in a variety of professional learning opportunities that support our teaching and learning programs and the milestones in our school plan for 2018. These have been both wellbeing and curriculum based to supporting the social, emotional and academic development of all our students.

Our parents/carers have met regularly throughout the term, they have cooked with Nona, learned about Mindfulness with Jennine and are now busy creating their own dedicated community room at the school. To find out more on how get involved in any of our parent/carer activities or programs just give us a call.

I would like to take this opportunity to warmly thank Ms Dudman for the wonderful work she has done at Hopetown this term. Not only on Bunji Class but across the school. We are lucky that she won't be far away and we look forward to welcoming her back to work with different classes.

Next term we welcome Mrs Leah Maryska to our team as a permanent member of the Hopetown staff. Leah comes to us from Rathmines Public School, bringing her expertise and experience in supporting students with additional learning and support needs. Welcome to Hopetown Leah!

I would like to thank everyone in the school community for their contributions to our programs this term and wish you all a safe and restful holiday.

Kirsty Reynolds

Relieving Principal

Term 3 Dates 2018

First day back at school for Students:	Tues 24th July
School Photos:	Mon 20th August
Last day of Term 3:	Fri 28th September

HOPETOWN'S WORK CREW & EQUINE THERAPY

This term, Hopetown students started a work crew program visiting other local schools on the Central Coast to lend a helping hand with repairs and odd jobs. We also had the opportunity to support an elderly member of the community helping out with much appreciated weeding in her garden.



Students also had an amazing opportunity this term to get involved with Equine Therapy, which involves interactions and activities with horses such as grooming, feeding and leading.



A special thank you to Danni from the Salvation Army who has supported our students with this wonderful program.

Australian Museum

This term Flinders and Muru classes went to The Australian Museum in Sydney as part of their Aboriginal programs. They went to view Mammoth: Giants of the Ice Age, and the Aboriginal and Torres Strait Islander exhibitions Garrigarrang: Sea Country and Bayala Nura: Yarning Country. The students enjoyed the diverse range of artefacts and the interactive exhibits.



HOPETOWN PARENT/CARER CONTRIBUTION

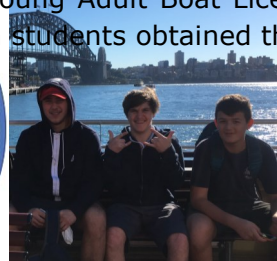
Primary \$45.00 per Term

Secondary \$85.00 per Term

We welcome payments by cheque or cash at our front office

Safe Boating Program

Students from Darcy and Flinders classes enjoyed this term's Safe Boating Program. Hopetown has been offering the program to students for close to 15 years with the aim of enhancing safety on the water and promoting social and emotional growth. Students learnt about all aspects of boating including vessel maintenance, engine operation, weather forecasting, emergency procedures and navigation. Apart from theory lessons in class, students spent a number of lessons on the water including operating the school's training vessel on local waterways, a career visit to Fenwick's Marina at Brooklyn and students looked at busier waterways during a day trip to Sydney Harbour. Successful completion of the program allows students to sit an exam for their NSW Government Young Adult Boat Licence. I am pleased to report that ten students obtained their licence this term.



HOPETOWN PARENTS AND CARERS GROUP HAS HAD ANOTHER GREAT TERM!

We have had some really enjoyable mornings of talking and supporting each other and never without a laugh or two. We had two great weeks of cooking with Nona, learning new simple recipes, as well as a lovely morning at the Wyong Milk Factory Café and lunch at Charming Thai. We found that by engaging in Mindfulness over a period of 4 weeks we can change the way we approach situations and process events in our own minds to help reduce our stress levels and enjoy life and our families more.

The big news of this term is the setting up of a dedicated **Community Room** at Hopetown School for parents and carers to access every Thursday from 9 am to 2pm. This room, which has parking right beside it, also has two computers for you to use. I will also be available to give support or just to have a coffee and chat. We would love you to come and have a look! Morning tea and other parent group programs will still run as usual from 9:30-10:30am in this room each week and we will still have our fun outings to coffee shops and local interests as well. We are also doing a whole day outing together on Saturday the 15th of September to Morpeth and we would love you to join us. This is an open group and we would love more parents, grandparents and carers to come along. You are always welcome. This group has been created for you as a place we hope you can find support and encouragement in the challenges of parenting and life.

A difficulty shared is always lighter and a joy shared always more enjoyable! Hope to see you next term.

Jennine



Please join us on our visit to Morpeth—contact Jennine at school

My Excursion to the Pound

By Ashton



A few weeks ago we went to the pound. We saw the dogs and cats. We got to play with a cat called Jango. He's a black cat. At school we made some toys for the cats to donate to the pound. We made some pom poms out of wool and some toys from pipe cleaners and bells. We also used some toilet paper rolls too. We took them to the pound and the ladies that work there took a photo of me with all the toys I made and put it on their Facebook page. They loved them and it made me feel good. Today we went back to the pound again and got to give the toys to cats. The lady Karen was so happy to see the cats liking the toys too. The cats thought they were great! They thought they were fun!! I was happy. I like ALL the cats but especially one called Kiri. She is little and grey and white. I played with a dog named Raff. He used to be cranky when he first went there but now he has settled down and is happy. Stephen came with us too. He liked the dogs best. He liked a dog called Holly. I'm going to make some more toys for the cats. I can't wait to go back and give them to them again.



Wednesday at the Ranch

By Noah



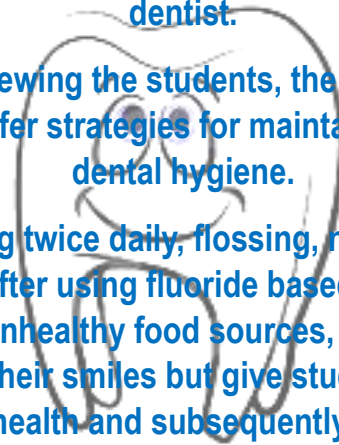
On Wednesday we went to the horses. We picked up their poo. We made their food in tubs and we brushed them, which is called grooming. Some of their names are Toby, Will and Monty. My favourite was Toby. He was a mixture of black and brown. I got to walk him around by a lead. Bailey was talking about Will all the way there because he was his favourite. He was black but a bit brown on his butt. It was beautiful out there. It rained a little off and on but nothing bad. The horses were beautiful. I would like to go again, so I decided that I'm going to knuckle down so I can. Thanks for reading.

Mobile Dentist

Mid June Hopetown had a visit from the mobile dentist.

Upon reviewing the students, the dentist was able to offer strategies for maintaining good dental hygiene.

Brushing twice daily, flossing, not rinsing straight after using fluoride based paste and avoiding unhealthy food sources, will not only enhance their smiles but give students better oral health and subsequently better general health.



Hargraves – Fish Farming

FISH TANK AND FILTRATION SYSTEM SETUP

It was very exciting to start term two as the students knew that the rainbow trout would be arriving soon. Before they would arrive, students were offered the challenge of setting up a housing tank for the trout and integrated filtration system. The boys were quite creative in their thinking and plotted a few different blueprints before settling on an agreed approach. After several visits to local aquariums and established fish farmers, we had the materials and confidence to make it happen! We cut an opening at the top of the tank for viewing and feeding, created a 'water out' line and a 'water in' line, placed all the filtration components in correct position and inserted a pump, then we were ready, almost. The students have learnt how to perform various water tests such as PH, Ammonia, Nitrate and Nitrite. These tests began before the trout arrived and continue almost daily to ensure optimal water conditions for the fish. Students have been working through volume and capacity in class to determine amount of water required in the tanks and flow rates. The trout have been with us for six weeks now, being fed daily and monitored closely, they are currently healthy and enjoying their new home. The students know that they are now responsible for the trout's ongoing well-being and housing maintenance. *Good job boys!*



Automotive Program

Students from Darcy class have engaged in automotive repair and maintenance activities as part of the school's industrial technology program. We had a working vehicle generously donated to the school by a member of the community. Students have undertaken a full service on the vehicle and have undertaken body repair activities such as respraying the vehicle. The program is particularly relevant to a number of our older students who want to pursue a career in the automotive industry.



Farm to Plate

This term Flinders have been learning about all facets of chickens, particularly meat bird production. Students have raised chicks from 2 days old. This week the chickens will be processed by a professional processing facility and students will prepare chicken a variety of ways for consumption.



This term Flinders have been raising money for the RSPCA. They have been preparing food to sell at the Café on a Wednesday at recess. So far we have raised over \$360. We will continue to raise money for the RSPCA over the next two terms.



National Reconciliation Week

is an annual celebration and a time for all Australians to reflect on our shared histories, and the achievements of the Aboriginal and Torres Strait Islander Peoples. On Friday the 1st of June, students attended a whole school assembly to pay their respects and reflect upon the meaning of National Reconciliation week and Sorry Day. They also participated in a range of activities to close the week including cooking, Aboriginal games, art making and a movie.



Stand Tall

On the 13th June a group of senior students attended the Stand Tall event at the Sydney Convention Centre, Darling Harbour. The group listened to a number of motivational speakers from a variety of backgrounds.

The speakers included Michael Crossland, an extraordinary young man who has defied the odds of a life threatening cancer to build a life of exceptional achievements. We also listened to Glen Gerreyn, a champion athlete that overcame a debilitating illness that ended his Olympic dreams and sporting career. The students were inspired to dream big, be resilient and keep chasing their dreams. A wonderful day was had by all. Thank you to the students for an exciting day.



ART SESSIONS FOR PARENTS/CARERS AND STUDENTS OF HOPETOWN

Where: Art Shed - Hopetown School

When: Every Friday starting from 8th June. 1: 00pm - 2:00pm

What: Help us complete the school mural for NAIDOC week

Relaxed atmosphere, create and connect

WARHAMMER

THE WARHAMMER CLUB IS GOING STRONG! Students attend each week, continuing to build, paint and create their Stormcast Eternal figurines – ready for battle next term. These battles will take place in our new Warhammer room – decorated by Hopetown students for Hopetown students. Exciting times ahead!

The term also ended well with a group excursion to the Erina Warhammer store, where students were provided with explicit instruction and guidance in conducting a game by the store's manager, Tom. The boys, along with staff and parent thoroughly enjoyed the experience and look forward to another, longer visit next term.



COOKING WITH NONNA

COCONUT CHOCOLATE TRUFFLES



Ready in: 30 minutes

Makes: 30 truffles

INGREDIENTS:

- 1 packet of Arnott's Milk Arrowroot Biscuits
- 1/2 cup desiccated coconut
- 2 tablespoons Cocoa
- 1 tin Nestle Sweetened Condensed Milk
- Some more coconut to roll truffles

METHOD:

Crush the biscuits in a food processor until fine (like flour). In a large bowl, combine the crushed biscuits, 1/2 cup coconut and cocoa. Mix well. Stir in the tin of condensed milk—you might not need to add the whole tin though. The mixture should not be too runny. The truffles should be firm and able to be rolled into small balls about 1 inch thick. Put the extra coconut on a large plate and roll the balls into the coconut. Place in the fridge to firm up until you are ready to eat. *Enjoy!*

