



HopeTown Newsletter

TERM 3, 2018

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PRINCIPAL'S MESSAGE

We all need a direction or a plan to ensure positive outcomes are met. Hopetown School is no different. Its school culture, community and learning environment is based on developing connections, empowering individuals to succeed and giving them the strategies to thrive not only whilst at Hopetown, but in post school life.

Milestones along that path continue to be reached. Connections have been developed and maintained. Most students want to be at school and are engaged with the programs on offer. The weekly Parent/carer activity calendar has been providing an interesting and varied program that is being utilised by a growing number of parents/carers and friends.

Student success in and outside of the classroom has been celebrated. NAPLAN and class based testing showed some positive trends and student work folios display work samples completed at a high standard. Hopetown entered a relay team in the Zone Athletics that successfully competed making Regional then State PSSA carnivals. The week long snow trip, STEM activities, NAIDOC week and class/program based excursions have enabled student success in a variety of settings.

Past Hopetown students and their families make contact to let us know how they are travelling post school. It continues to be gratifying to hear stories of gaining drivers' licences, buying cars, doing TAFE courses, living independently, having partners and securing employment.

The plan continues next Term as the Hopetown community *Connects, Succeeds and Thrives*.

Kirsty Reynolds

Relieving Principal

Term 4 Dates 2018

First day back for Students: Mon 15th October

Presentation Day: Tues 18th December

It's SNOW-TIME!

Secondary students recently had the opportunity to spend a week in the snow at Smiggin Holes, Perisher Valley. Many had never seen or been in the snow. Others were keen to improve on skills developed during previous snow visits. Others had never been away from home on a school excursion for seven days. The visit enabled all those involved the opportunity to set and achieve goals, take calculated risks with confidence, show varying levels of independence and to follow rules in a variety of settings. Fabulous to see students feeling safe and connected allowing them to practice learned strategies in order to have a successful week on and off the snow.

Once again the Chalet management commended the students' behaviour and extended Hopetown an invitation to visit in 2019. The week proved a positive, worthwhile and valuable experience for both students and staff.



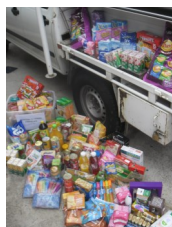


Sydney Olympic Park

A select group of students who are of driving age or who already hold their driver's licence attended bstreetsmart at Sydney Olympic Park. bstreetsmart is an initiative of the Trauma Service at Westmead Hospital. Westmead's Trauma Service is constantly reminded through their hands-on work that young people aged between 15–30 are disproportionately represented in road trauma. The purpose of bstreetsmart is to reduce the fatality and injury rates of young people by promoting safe behaviour as drivers, riders and passengers. Some aspects of the event were very confronting, including the re-enactment of a motor accident scene. This did however, show students the impact that irresponsible driving behaviour can have on a range of people. All students who attended were moved by the event and said that after witnessing the reality of a motor vehicle accident, they would reconsider their behaviour whilst driving a motor vehicle.



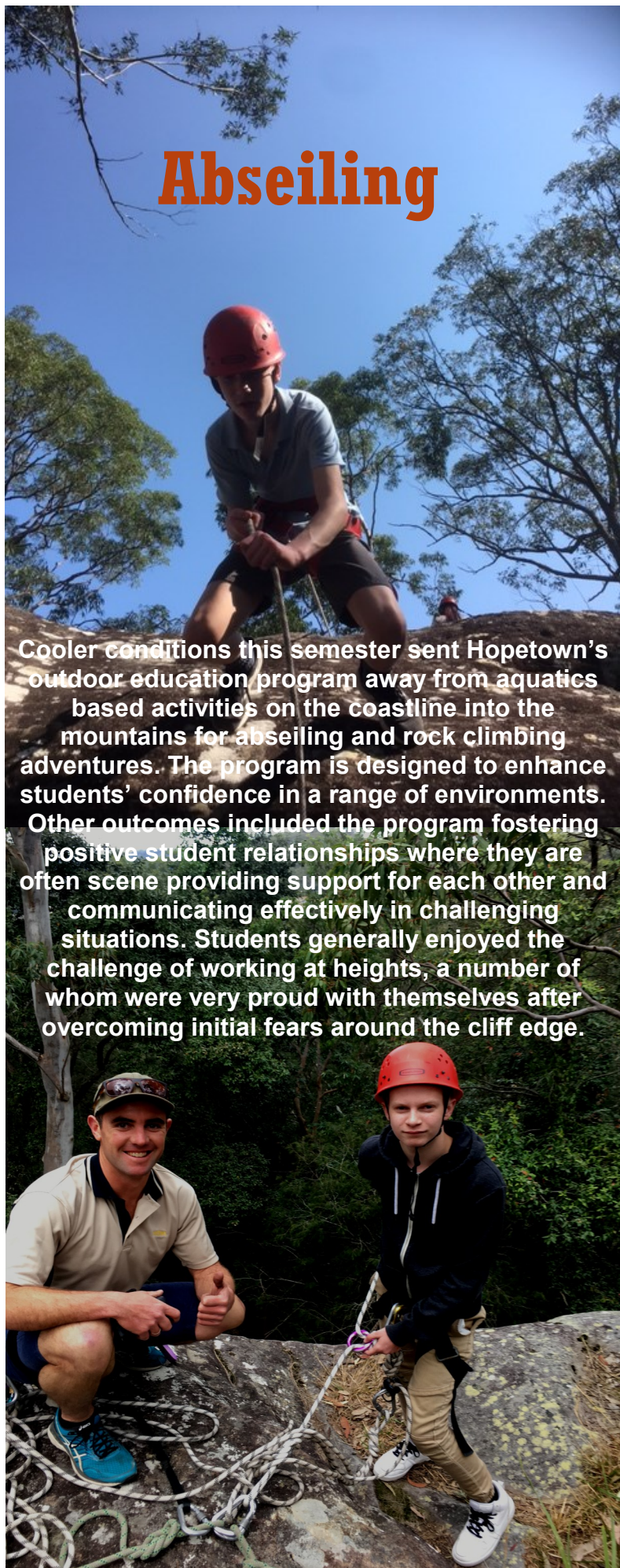
Thank you Hometown Community



It was wonderful to see the generosity of our school community when asked to donate to drought-relief charities. Angie from the office recently delivered a camper-load of goodies to the non-profit organisation "Communities for Children" at Narromine (a rural farming community 40km west of Dubbo). They were very grateful and will package up our food and other essential items to distribute to needy farming families in their area. It was surprising to see the vast dryness of outback NSW: even Emus seeking food in the main street of town, and a stray sheep being fed from a truckie's hay load. Let's hope the rain falls for our farmers soon.



Abseiling



Cooler conditions this semester sent Hometown's outdoor education program away from aquatics based activities on the coastline into the mountains for abseiling and rock climbing adventures. The program is designed to enhance students' confidence in a range of environments. Other outcomes included the program fostering positive student relationships where they are often scene providing support for each other and communicating effectively in challenging situations. Students generally enjoyed the challenge of working at heights, a number of whom were very proud with themselves after overcoming initial fears around the cliff edge.



Day Trip to Morpeth

A group of parents and carers enjoyed a day in beautiful Morpeth. The weather was lovely and the company fantastic. We spent most of our time remembering things from our childhood in the Campbell's Shop, trying to decide which lollies to put back (and not buy) and laughing together. It's amazing how quick a 1 hour bus trip can seem when Kym and Karen have stories to share!

Hopetown Parents and Carers casual morning tea Thursday mornings 9:30am -10:30am at Hopetown School Community Room

Come along and meet other parents who understand the joys and difficulties of raising children with emotional disturbances. Enjoy a laugh and being able to talk (or cry) with others in a supportive, non-judgemental setting with great food and a warm cup of coffee or tea.

See the school's website for the weekly happenings at this group or text/call Jennine on 0401065247. The group occasionally meets at local coffee shops/cafes with the cost generally covered by the school.



Need Help with Parenting?

This term Hopetown parents and carers have participated in two parenting courses.

Gayle from Central Coast Family Support Services ran a course which explained the importance of self-care and support in parenting. Kip from Samaritans ran a work shop focussing on ways to engage adolescents.

Both offered helpful ideas and encouragement as parents. It is amazing how hearing from others and sharing your own story can help you feel less alone or overwhelmed.

Gayle will be running another course next term. "From Surviving to Thriving" looks at how we can strengthen the bond between parent and child and deal with violence in the home.

All parents and carers are welcome at our meetings which are held Thursday mornings in the Community Room at school.

How are you going with NDIS?

Have you.....

- ...wondered if your child can get this funding?
- ...applied for NDIS and want to know how the application is going?
- ...received NDIS funding and wondering what to do with it?
- ...had your NDIS application rejected and wondering why and if it's worth trying again?

If you have any of these questions we are happy to help you. Contact Jennine at the school (43532522) and we can help you work with NDIS.



Needing to talk to someone? Needing Support?

Hopetown now have two support workers available for you at the school on most Thursday mornings. This is by appointment only with no cost to you. Gayle from Central Coast Family Support Services for primary students' families or Kip from Samaritans for high school students' families are happy to meet with you individually.

Please text or call Jennine 0401 065 247 by Tuesday mornings if you would like to book a time to meet with Gayle or Kip.

You must go for dinner here!!

Hopetown parent and carers had a great night out at Sirone's Pizza, Wyong.

I was in shock when they brought the 1 metre pizza to our table. Not sure what I thought it would be, but it was huge!

The service is amazing and the food unbelievably fresh and delicious!



Counsellor Corner

Have you noticed how your breathing tends to speed up when you're stressed or worried about something? Your heart rate also goes up, your muscles are tensing, there's a tightness or even nausea in your tummy, a headache? This is a very normal reaction to situations which happen unexpectedly and may cause us to think worry thoughts and feel stressed. As your arousal level – your level of reaction to the worrying event or thoughts – increases; your breathing rate also increases. However, if your arousal level goes up too high, your level of performance – that is, your ability to perform tasks at your optimum level – decreases. It's no wonder that people who report feeling stressed and anxious can't perform their usual daily tasks to the best of their ability.

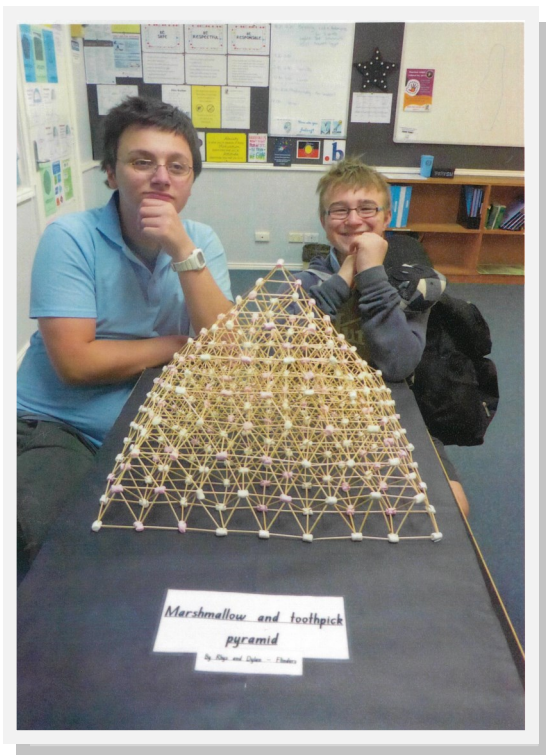
One of the smartest things you can do to manage your stress is to be aware of your breathing and try to keep it to a calm, high-performance level. Research into stress levels and breathing rate shows that most adults take about 12 breaths per minute; and much more when under stress. Children's breath rate is generally faster – around 12–20 breaths per minute depending on age and size. Stop, take a minute, and count the number of breaths you take... During the day, do this again and notice what your rate is. If feeling a little stressed, try to stop and notice your breathing rate; then focus on having it return to your usual 'resting' rate.

Many people use apps to assist with breathing rate. Used during each day, they can be a gentle reminder to stop, take a minute to slow the breath rate; and return to baseline. There are many such apps available, including "Breathe Zone". As your breathing slows to a healthy rate, your arousal level decreases. Gradually, you feel calmer, safer and better... and your ability to perform tasks in a healthy state of mind returns.

Ruth Jenkins
Senior Psychologist, Education

HSIE – STEM Challenge

This term Flinders studied Ancient Egypt in History. As part of the topic students were required to plan and implement the construction of the largest possible pyramid only using toothpicks and marshmallows. Rhys and Dylan displayed patience and diligence, winning the challenge.



Primary PSSA Touch Football

On Friday 31st August a group of stage three students had the opportunity to participate in a PSSA Touch Football competition against local schools. It is the first time that Hopetown has participated in the competition. The boys showed resilience and persistence over the whole day. The boys met up with some friends from Woongarra Public School and split teams to field two super teams for the final game of the day. They all had fun and enjoyed the day and are looking forward to the next opportunity to represent their school.



HARGRAVES NEWS

Term three has been a busy time for Hargraves class. The students have been actively involved in their learning and participating in extracurricular programs such as work crew, music and equine therapy. This Term we have been exploring Ancient Egypt, from Pharaohs and Gods to rituals and daily life for a citizen of Ancient Egypt. The boys have showed an enquiring mind into the belief system and have created many symbols and artefacts using different mediums depicting the artworks of the time. The students have also been developing their mathematical skills covering the topics of statistics and probability. The boys have been collecting and tallying different data sets and graphing the results to show they understand and interpret meaning from the information collected. The term finished with an excursion to the Australian Museum in Sydney to visit in particular the Dinosaur exhibit, as this was our theme based unit for English. The boys had persevered with some challenging tasks and were rewarded for their efforts. Well done.



Arts Program

A lot of positive comments have been received from the community about the schools mural for 2018's NAIDOC celebrations. A big thanks to the group effort of students, staff and parents who made contributions.



Tie Dye Cushion Cover

This term Flinders enjoyed creating a Tie Dye cushion cover.

Materials:

cloth, elastic bands, dyes, brain

Method:

Cut out the pattern and iron it flat. Wet the fabric and squeeze the water out.

Create a spiral pattern and hold it together with elastic bands.

Put dye on the fabric and wrap in cling wrap and leave overnight.

Rinse it in water until the water runs clean. Let it dry. Sew it together.

Put a cushion in and hand sew the last side.

By Brodie Nicholas-Stewart



NAIDOC DAY

On Friday the 10th August, HopeTown held NAIDOC celebrations for local schools and the community to attend. The day started with an intimate and unforgettable private ceremony led by Uncle Ralph and Rikki. The whole HopeTown School Community and distinguished guests, were led by Uncle Ralph through a traditional Aboriginal smoking ceremony which also paid respect to the land on which the school is built.

At 10am, local schools arrived to join us in an opening ceremony dedicated to the theme of NAIDOC, *Because of Her We Can*. Students were also blessed to hear and see descendants of Australia's first people sharing traditional Aboriginal stories, dances and music performed by Brendan Moore and student Jake Barker.

Throughout the day HopeTown and visiting students participated in various cultural activities.

Thanks to EG Incursions, students experienced aspects of Aboriginal life and culture through virtual reality headsets.

Brendan Moore led a walk through the Hoptown bush track where the community were able to taste traditional Aboriginal berries and jams.

The RYSS bus provided for a relaxing and creative space where students could chill out, play a variety of games and mix new beats in their DJ booth.

Thanks to Uncle Ralph, students were educated on what Aboriginal life was like prior to settlement and the tools used by Aboriginal people to hunt and gather.

Everyone involved on the day contributed to a large-scale community mural to acknowledge, remember and pay their respects to the NAIDOC theme, *Because of her we can*.

HopeTown would like to thank North Gosford Learning Centre, Wyong Creek Public School, Tuggerah Public School, Wyong High School, Tuggerawong Public School, The Annex support unit for joining us for the activities; RYSS, Brendan Moore from the Sydney Botanical Gardens, Uncle Ralph and Rikki for running activity stations; Blue Haven PS for lending us a staff member and drone to film our celebrations and the wider community for joining us on a successful and memorable day.

