



HopeTown Newsletter

TERM 2, 2019

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Principal's Message

Term 2 has been busy and positive with lots of opportunities across the whole school community. Students in Yrs 5, 7 and 9 put exceptional effort into completing NAPLAN, various Yr 10 students have excelled in our new work ready program, work experience placements and alternate education programs. Thank you to staff for their ongoing encouragement for all students to be the best that they can be. This term, Yrs 7, 8 and 9 have been lucky enough to be involved in a fabulous PDHPE/Sport program at Camp Toukley and we thank the staff out there for their support of Hopetown School. Primary students have enjoyed linking in with Rumbalara Environmental Centre this term in their Science programs and learning about all things bugs with Mr Borodin!

The S.E.A.T project has been supported by Bunji and Muru classes fundraising activities through Junior Café this term, check out our website for more information on this wonderful initiative. Breakfast Club has gone from strength to strength this term, especially on pancake Friday! Now open for high school students from 8.30am and primary after assembly. We are hoping for an upgrade to the dining room over the next 12 months too.

For the last 2 weeks of this term, as part of our SEL program, Hopetown School has highlighted the importance of understanding and accepting diversity and difference. We have worked to raise awareness and be respectful of our differences; in our society, our cultures our beliefs and our abilities. Please continue this conversation at home and support us in role modelling tolerance and acceptance.

End of semester reports are being sent out with this newsletter. Please do check in regularly with your child's class teacher to discuss achievement of IEP goals as well as social, emotional and academic progress. Further review meetings will be held throughout Term 3, including Yr 6 to Yr 7 transition to high school and Yr 10 to Yr 11 transition to HSC or alternate programs.

Staff have continued their professional learning journey with our Positive Partnerships project this term. They are currently working through a variety of action plans and look forward to working more with parents next term in further workshops based on the online modules from the Positive Partnerships website. Parent group continues to meet every Thursday at 9.30am, please come along and join us for a chat and a cuppa or call Sue on 4353 2522 for more information.

Hopetown School's website is continually updated with what's happening at school so keep a look out for upcoming activities and events. Term 3 includes our NAIDOC celebrations (week 2), Education Week activities (week 3), Snow Trip (week 6), RUOK? Day and bstreetsmart (week 8) and the Life Education van will visit Primary classes in week 10.

Thank you to everyone for their support through such a busy term! We wish you all a safe and relaxing break and look forward to seeing you back on Tuesday 23rd July.

Kirsty Reynolds
Relieving Principal



This term, Hopetown School joined in with many other school and community groups across the Central Coast in raising money for GIVE ME 5 FOR KIDS, an initiative run by FM Radio Station 107.7 2GO

GIVE ME 5 FOR KIDS raises money to help with sick children in our local hospitals, purchasing equipment and necessary supplies.

Students and staff were asked to donate a gold coin for the cause, and encouraged to wear clothes which they considered comfortable, such as pyjamas, dressing robes, tracksuits and onesies.

It was a fun and very relaxed day with \$157 being raised. Well done.



Term 3 Dates 2019

First day back for Students: **Tues 23rd July**

Last day of Term 3: **Fri 27th September**



The Stand Tall Event inspires high school students to stand tall and make positive choices. This one day event featured inspirational speakers who addressed many of the critical issues confronting today's high school students. Senior students from Bungaree and Kendall class travelled to the International Convention Centre at Darling Harbour to attend the event, along with 8000 other students from across the state. After the event, students spoke about the impact some of the stories had on them. The standout presenter was a man by the name of Michael Crossland. He is one of Australia's most in-demand inspirational speakers. He is an extraordinary young man who has defied the odds to build a life of exceptional achievements. Check out his story at <https://michaelcrossland.com/>



Indigenous Cultural Group

The Hopetown Cultural Group program allows indigenous students each week to come together and connect to their culture through artefacts, dance, stories, music and food. This term indigenous students created story poles to represent their totem links. These poles have been placed in the Aboriginal cultural garden along the pathway to signify their journey here at Hopetown.



2019 Athletics Carnival

At the end of term 2, Hopetown held its 2019 athletics carnival. The rain stayed away long enough and 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 also some very determined performances by the boys. 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 later in the day 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-o-war competitions were enjoyed by all and a fun way to see out the carnival.

Once again a big thank you goes out to staff, students and supporters for the continued enthusiasm throughout the day. Well done everyone!





**Voice, Treaty, Truth
Hopetown School
NAIDOC Cultural Day 2019**



Hopetown School will be hosting a NAIDOC Cultural Day on **Thursday 1st August, (Term 3, Week 2).**

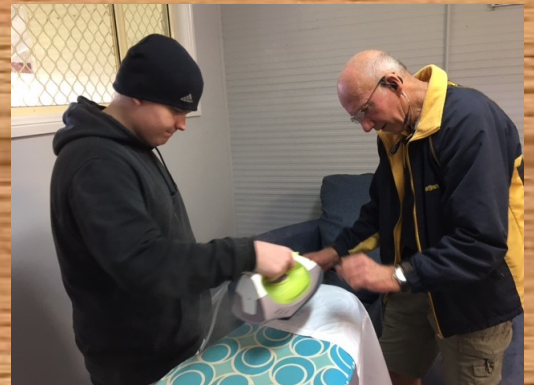
We would like to extend a warm invitation to parents, carers and the wider community of our school to participate in the celebrations.

The event will start at 10.00am with multiple stations set up for participants to engage in Virtual Reality, Aboriginal Artefacts/spear throwing, a Bush Tucker, Storytelling, Dance, the RYSS Bus, entertainment and much more. The event will conclude at around 1pm.

For further information please phone the school on 4353 2522.

We look forward to seeing you on the day.

The Art of Manliness Program



Every young man needs a repertoire of skills to navigate a challenging and demanding society. Students from Kendall class have enjoyed an alternative program called The Art of Manliness which aims to teach students fundamental skills to enhance their confidence. Some of the 40 competencies students have worked through included how to change a tyre, ask a women out on a date, shave, iron a shirt, clean a toilet, change a nappy and bake bread from scratch. These sessions were filled with lots of laughs while delivering essential life skills. Students who completed all competencies were rewarded with a 'man pack', full of items the modern day man requires for success. It has been a real pleasure to watch the group of boys I have worked with this term become respectable young men.

Tips on School Refusal from Montana Wood—School Counsellor

What is School Refusal?

Refusal to attend school and/or has problems remaining in class for an entire day

Anxiety-based

Extended absences from school, periodic absences from school, missed classes or chronic lateness

The child or young person experiences intense dread (or anxiety) about school that leads to pleas for future non-attendance



What you can do

Ensure that the reality of staying at home is an undesirable option for your child. This may involve banning television, computer games, internet and outings during school time.

Plan for a calm start to the day: establishing morning and evening routines e.g. get uniforms, lunches and school bags ready the night before, get your child to have a shower or bath in the evening.

Acknowledge your child's feelings e.g. 'I can see you're worried about going to school. I know it's hard, but you need to go. Your teacher and I will help you'.

Say 'when' rather than 'if' e.g. 'When you're at school tomorrow ...' instead of 'If you make it to school tomorrow ...'.

Reward your child for going to school. Make sure the reward is on the same day and your child knows what it's for.

Work with the school to set achievable goals to increase school attendance. If you are not able to get your child to school in the morning, attempt to get them to school later the same day. Remember the goal is to increase attendance.

Anxiety Tips

Acknowledge your child's fear – don't dismiss or ignore it.

Gently encourage your child to do the things that they are anxious about.

Wait until your child actually gets anxious before you step in to help.

Praise your child for doing something they feel anxious about.

Avoid labelling your child as 'shy' or 'anxious'. Try to refer to them as 'brave' or another positive term. After all, your child is trying to overcome difficulties.

Make a plan for how they'll respond if things don't go as they'd like.

For More Information

www.raisingchildren.net.au

<http://braveonline.psy.uq.edu.au>

www.parentline.org.au

www.blackdog.org.au

www.familyreferralservice.com.au

www.beyondblue.org.au

Equine Therapy

Equine Therapy continues to provide students with opportunities to interact with horses this term. Among the activities students have participated in (including new students) are washing, brushing, grooming, maintenance of the paddocks and observing veterinary dental treatment – which was really interesting.

Students have also been working towards riding the horses. This involves paying special attention to the instructions given, wearing all the relevant safety gear and building a close rapport with their horse. As some students have been accessing the program for some time, they begun this fun and at some times daunting experience.

Keep up the good work boys!
Mr Borodin, Ms Irene and Ms Chelsea



Primary Rumbalara Excursion

As part of Primary student's Science program this term on Food Webs and Habitats, students travelled to Rumbalara Education Centre to participate in learning experiences provided by Rumbalara staff.

Before arriving at the Rumbalara Education Centre, students first went to Yaruga Lookout Picnic Area where they were able to look down on the city of Gosford. It was so high and so cold!

Students later learnt about how different birds use their beaks to search and collect food and make nests, through book reading and problem solving STEM activities.

Next, students were also sent out to explore the local bush area and seek various types of insects to study and classify. This was followed by accessing a classroom where microscopes were able to be accessed amongst various preserved animals.

It was a great day out where students were fully engaged in learning about the Central Coast's local flora and fauna.

Mr Borodin and Ms Chelsea



Camp Toukley

Throughout term 2, students from Perry, Flinders and Hargreaves classes attended the Outdoor Education Program at Camp Toukley each Thursday as part of their PDHPE/Sport course.

Students were given the opportunity to enjoy this fun and interactive program taking part in a series of sporting activities as well as activities designed to enhance their social and emotional literacy. Each week, students participated in two activities. The first was an adrenaline based activity designed to challenge students and assist them to develop resilience. This activity was followed by an activity focused on emotional engagement and teamwork.

Students took the opportunity to speed things up in week 1 on the BMX track, taking on the challenges of the course at Camp Toukley. Students raced around the track, learned to control their bikes and enjoyed a ride down to the lake. Students also enjoyed the flying fox and archery during week two and in week three they took on the challenge of the raft building. These activities challenged the students in different ways and developed their confidence and teamwork.



Some of the most memorable activities occurred in weeks 4 through to 8 when students took on the giant swing, crate climb, the leap of faith and the high ropes course. The students who took part demonstrated their growing confidence and resilience while supporting each other and working as a team to achieve their goals.

The introduction of tougher challenges each week culminated in the students participating in abseiling and rock climbing. Week 8 saw them stepping off the edge and abseiling down the onsite wall at Camp Toukley. In week 9 those who participated in the program throughout term 2 attended Clip 'n' Climb and enjoyed the challenge of



climbing walls of differing difficulties in a fun filled wrap up activity.

The staff and students at Hopetown School would like to extend our gratitude and thanks to Mathew Hansen and those at Camp Toukley who have worked to ensure this wonderful program has been a success. We are looking forward to the celebrations of week 10 when we enjoy a team BBQ and wrap-up awards ceremony.



Future Choices

This month senior students had the opportunity to attend Future Choices: Expo for School Leavers, held at Mingara. Students from Hopetown enjoyed the busy event and connected with many organisations providing post-school options and support for local young people. Lots of fun was had by all! Any parents/carers who were unable to join on the day and would like the published list of contact details of service providers there on the day- please contact me at school.

Tina Ridgeway (Kendall Class Teacher)