



HopeTown Newsletter

TERM 4, 2019

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Principal's Message

2019 has been a year of great successes and achievements at Hopetown School with a special congratulations to our Year 12 students Joel and Bailey for completing their HSC. We have a number of senior students moving on this year into work opportunities, traineeships and alternate education centres and we wish them all every success in their future pathways. As always, we look forward to hearing how life post Hopetown is going for you.

Hopetown has offered an enormous range of learning opportunities throughout 2019. These have included excursions, incursions, collaborating with other schools, trialling new programs and assessments, raising money for charities, paying it forward, work experience, sports events and guest speakers to name a few. Everything we do is student focussed, addresses curriculum outcomes and supports achievement for our students.

Our amazing staff have accessed a range of innovative, evidenced based and current professional learning opportunities and have worked incredibly hard to also support other schools who have visited us to learn about Hopetown's forward thinking and specific teaching and learning programs.

Our families have worked with us and supported us all year to ensure together we get it right for their child. Many families have been involved in our Parent Group each Thursday and those who haven't been able to make it have been in close contact with Sue for the support she offers. This will continue in 2020.

Our local community partners have continued to support us through work experience opportunities for students, donations to support our Breakfast Club, school events and activities.

I take this opportunity to thank every person in the Hopetown School Community for their support throughout 2019. Working together as a team, we are able to make a difference every day for our students and their future aspirations.

I wish you all a safe, happy and rewarding summer break, time to reset and reconnect, to stop and be present in the moment. I look forward to seeing you all in 2020, there is an exciting year ahead for us all!

Kirsty Reynolds

RELIEVING PRINCIPAL



This term, students from Perry and Flinders class were invited to participate in the Winds of Joy, Sailors with disabilities (SWD) Sailing day in Rushcutters Bay.

The sailing program was held by the Cruising Yacht Club of Australia and SWD activities are aimed at helping people with a disability demonstrate their skills and change societies perception of what people with disabilities can achieve.

This program was open to all NSW schools but with only limited spaces available and Hopetown was very fortunate to be invited.

The students got to experience sailing in Sydney Harbour and seeing the city from the unique vantage point very few people get to see in their lifetime, passing by the various harbour landmarks such as Goat Island, Shark Island, Rose Bay, Double Bay and Fort Denison.

The boys were given a brief lesson in various sailing terms and techniques and were invited to take control of the vessel and instruments at different stages of the day. All students were extremely respectful of the crew and captain and thoroughly enjoyed the day.

It was a great experience for the boys, who were appreciative of the opportunity!



Wishing all Hopetown families a happy and restful holiday

The first day back at school for students is

Thursday 30th January 2020



Mental Health month

October was Mental Health month and Hopetown School took the opportunity to raise awareness about positive mental health and promote positive wellbeing across its community. Throughout the month students, staff and parents participated in a variety of activities, attentively listened to guest speakers and attended workshops.



Guest speakers included Matt Caruana – an inspirational speaker who shared his life story with honesty which the students responded positively to. Students were also provided with a talk from Silas from Central Coast Health – Headspace who spoke about anxiety and depression. Students were very responsive to the content and his warm approach to the topics. These presentations really did get the students and staff to open up about mental health, their approach to the subject and to begin conversations.

Hopetown also wanted to ensure that positive mental health was addressed, so the idea of “looking after your own mental wellbeing” and “having fun” was a common message throughout the month. To support this, students enjoyed joining in with a workshop conducted by Roundabout Circus; having a visit from our equine therapist Danni with a special visitor; playing a very physically demanding, yet highly enjoyable game of Archery Tag; the Hopetown Community Fishing Afternoon and ending the month with Hopetown’s first

Colour Run.



In class, students were encouraged to engage in conversations regarding a positive mental health, the importance of self-care and were provided lessons on mental health diagnoses by Nicki, our school psychologist.

The month was definitely a highlight of the year as it raised the school community’s awareness of positive mental health!

Generous Hopetown Students

Throughout this year students have been running our weekly café with all money raised going to various charities.

Students have proudly donated over \$1800 in total to these worthy causes:

The SEAT project
Rural Fire Brigade
Coast Shelter
Beyond Blue
Backpack Beds Australia
Central Coast Kids in Need
Give me 5 for Kids
RSPCA
Shave for a Cure



The money donated to SEAT project provided chairs and educational toys for a very poor school in the Solomon Islands. Some of the children don't even have chairs at home. They are so very thankful to all at Hopetown!

Hopetown School Community Fishing Afternoon

On Friday 1st November, Hopetown School hosted a community fishing afternoon. This tournament style event was designed to strengthen ties with the local community and promote sustainable fishing practices. The event also highlighted the benefits of recreation fishing including its ability to increase students' patience, resilience and communication skills. Teams comprised of one adult and one student and took place over 90 minutes at various locations on Wyong River. Prizes for the biggest fish, smallest fish and overall point's winner were generously supplied by BCF Tuggerah. The afternoon proved to be a great success and was celebrated with a seafood feast afterwards back at Hopetown School. Thank you to all students, parents and staff who supported the event. Dean Callaghan – Organising Teacher



Flinders Update

Students in Flinders have had a FANTASTIC Term 4. The first 3 weeks of term saw the boys enhancing their understanding about mental health as part of our Mental Health Month Program. Students took part in Equine Therapy, the Roundabout Circus morning, listened to some amazing guest speakers and enjoyed a Community Fishing Afternoon and Colour Run to celebrate their efforts at the end of the month.

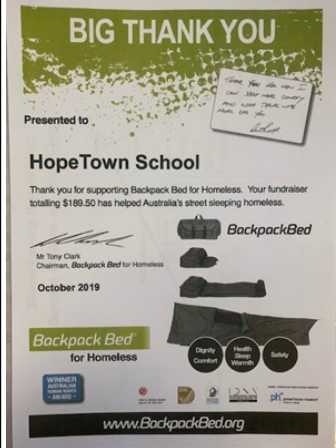
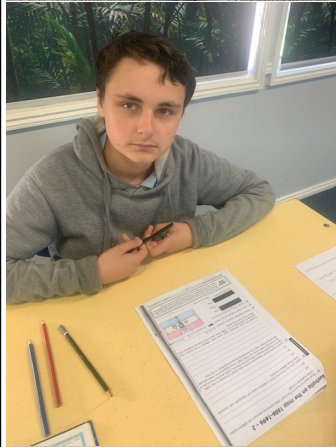
Flinders student also had the opportunity to enjoy a day on Sydney Harbour sailing with the crew from Sailors with Disabilities. The boys enjoyed an hour of sailing around the Harbour seeing the sights while also getting in and helping to crew the yacht. The day brought many smiles and also some insight in to the barriers that can be broken for those with disabilities.

The day also bought some insight for the students of Flinders in relation to the homeless. In Term 3, Flinders ran the Junior Café and money raised was used to purchase backpack beds for the homeless in Sydney. Students were witness to the difficulties faced by the homeless on our journey through Sydney for our sailing day, and were very proud to have contributed to this cause. Students received a letter of thanks from Backpack Beds Australia, acknowledging their contribution.

In class, students have been working toward their individual goals and doing their best to achieve their own personal best. It has been wonderful to see students striving to achieve their goals and working together to support one another each and every day.

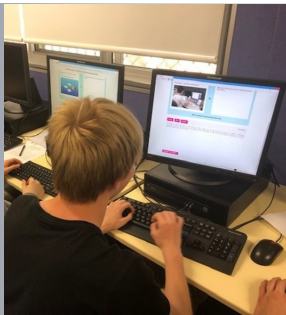
2019 has been a wonderful year for the students of Flinders. Teachers and Support Staff are very proud of the efforts and achievements of all students in the class.

We hope you all have a wonderful Christmas and a happy and safe new year



Senior Success!

Our Yr 10 students have been busy this term preparing for their HSC



Minimum Standard online tests. The new tests have been rolled out state wide and are designed to assess students' functional numeracy, reading and writing skills. All students are permitted six attempts over the course of their senior years and we are happy to report that students who have completed components of the test so far have passed with flying colours!

GYMNASTICS PROGRAM

At the beginning of this term primary students participated in a 5 week gymnastics program. The main objective for this program was for our students to gain strength, flexibility, coordination balance and control. The students gained all round physical, cognitive and social development through various movement sequences with an emphasis on Parkour. Overall the students had a fun time and enjoyed attending these lessons each week.



Summer Camp Smiths Lake

On Monday 2nd December, a number of students from Hopetown School set off on an adventure to Smiths Lake. The 2.5 hour bus trip was filled with happy chatter and the occasional sing along and of course, excitement as the bus pulled into the dirt road that took us to the camp ground.

The boys all worked well together to set up all student tents, and later everyone worked as a team to set up the kitchen and eating area.

The afternoon of Day 1 was all about exploring their surroundings. Some students went for a lengthy beach walk across the sandbar, while others chose to enjoy a paddle around the lake on the canoes. Students enjoyed collecting shells and looking at the local wildlife. As dinner was being prepared, students enjoyed a bike ride around the camp ground, and then settled in for a collective meal. A number of students also enjoyed watching the sun set from the sandbar later that evening.

Day 2 was filled with adventure. Students and staff enjoyed a bush walk around Treachery Point, enjoying the scenery and some challenging climbs along the way. This was followed by morning tea and a swim at Seal Rocks. When we returned to camp, students helped prepare lunch and enjoyed some down time at camp. Again, students explored the local area either by bike, bush or on water.

Day 3 saw an early start, with students working well together to pack up camp ready for the trip home. And the trip home was rather quiet, with a number of students snoozing for the majority of the trip.

Staff would like to extend their gratitude and thanks to the students who attended the camp. Both staff and students expressed that the camp was a huge success and wished they could have stayed for a few more nights.



Central Coast walk against Domestic Violence

For the third year in a row, Hopetown School staff and the Hopetown student voice representatives were united in attending the Central Coast Walk Against Domestic Violence – Standing Up to Violence Against Women and Children.

Walking alongside other school groups, community members and police from Local Area Commands the walk was to raise awareness in preventing, reducing and eliminating domestic and family violence on the Central Coast through education, advocacy & community engagement.

With a number of events being held on the Central Coast, students walked from The Entrance Police Station to Memorial Park, where they listened to speakers, watched performances and interacted with the various stalls and displays including the Police and other Domestic Violence services.

Being the Student Voice representatives, the boys understood the importance in recognising this day and represented Hopetown School with maturity and respect.

The

SEAT

PROJECT

2019



Year 5 & 6 students of Hopetown School in Wyong NSW have enjoyed their second S.E.A.T Project. After completing their SEAT build, investigating bamboo as a sustainable resource, building their own model bamboo homes, researching life in the Solomon Islands and gaining an insight into their lifestyle, students became interested in helping families and schools. Students be-friended a community in a village in the Malaita Province and fund-raised for their new Solomon Island friends including the sale of their decorated SEATs. Money raised was used to send directly to the school (as freight can be expensive) where basic needs (chairs, balls, blocks, learning charts) for the students could be purchased on home ground.