



# HopeTown Newsletter

**TERM 1, 2020**

177 Pollock Avenue Wyong  
Postal Address: PO Box 805, WYONG 2259  
Phone: 43532522  
Email: [hopetown-s.school@det.nsw.edu.au](mailto:hopetown-s.school@det.nsw.edu.au)  
Website: [www.hopetown-s.schools.nsw.edu.au](http://www.hopetown-s.schools.nsw.edu.au)

## Principal's Message



Well, what an enormous term it has been!

Our school community has managed some huge disruptions with floods early in the term, an extensive building work project at the school and now COVID-19. I thank you all for your extraordinary support, our parent/carers, our students and our incredible staff, working together each day to navigate this ever-changing situation.

We have done our best to deliver or post out work packages across the coast, prepare laptops for student use and send out information to families as we receive it. Staff have worked tirelessly to develop teaching and learning programs online and stay connected with students as well as support the families of essential workers on the school site.

It has been amazing to see so many students engaging online, especially our Stage 6 students daily 'zoom' meetings :) As a staff, we are currently working in a 3 team offsite/onsite model as requested by the government to further support social distancing and keep everyone as safe and well as possible.

In between all this we have managed to squeeze in a fantastic swim carnival, a highly competitive Raw Challenge, access to TAFE courses, work experience placements, Bullying No Way and Clean Up Australia day! We have welcomed new staff, a new baby, congratulated staff who have become permanent members of the Hopeschools team, welcomed new families and hosted staff from schools.

I wish you all a safe and relaxed Easter break and we look forward to reconnecting in a couple of weeks.

*Kirsty Reynolds*

PRINCIPAL

## Tradie BBQ

There have been some extensive building and constructions tasks happening at our school. Students from Bungaree class expressed their gratitude by providing a BBQ for all the workman on site. This was a great way of saying 'Thank You' for making our school a better place. It was well received by all the Tradie's and a good opportunity for students to have a bit a chat with them about their job.



# Primary School Swimming Scheme

The School Swimming and Water Safety Program was again successful this year.

This year the program was fortunate to provide individual lessons for each student. The swimming instructors were very knowledgeable and knew just what to say to help the students' progress. The students who participated all showed improvement with such expert attention.

While there were varying levels of enthusiasm, Kahn had both great attendance and also put in a great effort. Congratulations and well done to all the primary students who participated.

## Thursday Sport



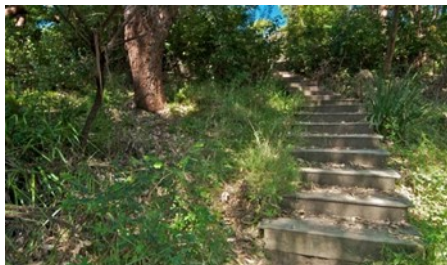
Students in Flinders and Hargraves have taken on a number of adventures for sport throughout Term One.

Students have taken part in many activities including swimming and walking at local beaches, skating at the local skate park, and enjoying Ten Pin Bowling at Bateau Bay.

Students also took on the challenge of completing the Crack Neck Lookout walk/run on warm Thursday morning. A number of students in the group took on a challenge offered by a local personal trainer to 'run the hill'. The personal trainer later emailed to school and offered the following about our students:

*"I would like to take this opportunity to say I was very impressed with the students of Hoptown School as they came and trained with us, ran, walked and talked and with a little bit of encouragement I think they secretly enjoyed it."*

It has been wonderful taking on some challenging sporting activities this term with the students from Flinders and Hargraves. We look forward to taking part in many more sporting activities next term.



[www.health.nsw.gov.au](http://www.health.nsw.gov.au)

### Practise simple hygiene by washing hands regularly

<b>1</b> Wet hands	<b>2</b> Apply soap	<b>3</b> Lather & scrub
		
<b>4</b> Rinse hands	<b>5</b> Turn off tap	<b>6</b> Dry hands
		

**Spend 20 seconds washing your hands.**

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Our next Staff Development Day is the first day back in Term 2, Monday 27th April. Staff will be engaged in a number of online learning professional development workshops on this day.

It is expected that schools will be back online on Tuesday 28th April following the same restrictions we are currently guided by. If we continue to be closed for an extended period of time, we will continue to provide

learning activities for your child to do at home and will communicate with you about their learning.

***Of course, if anything should change through the holidays, we will be in touch with you all.***



We are aware many of you have accessed support and advice from the Department of Education's "Learning from home" website. For those of you who may not know about it please follow this link

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers>

The website provides key information and advice on supporting your child's learning at home. It also provides top tips for supporting wellbeing. Being confined to home for an extended period of time can cause stress and conflict.

*Tips for looking after your children during isolation include:*

- ♦ *talking to your whole family about the infection – understanding the situation will reduce anxiety*
- ♦ *helping your children to think about how they have coped with difficult situations in the past and reassuring them that they will cope with this situation too*
- ♦ *reminding them that the isolation won't last for long*
- ♦ *exercising regularly - exercise is a proven treatment for stress and depression.*
- ♦ *encouraging your children to keep in touch with family members and friends via telephone, email or social media (where appropriate).*

Dear parents and carers,

After what has been an extraordinary couple of weeks and now coming into the holidays it is important that you take time to look after the health and wellbeing of your children and of course yourselves.

We all have had to change the way we interact and live, the physical restrictions placed on us, the emotional stresses and challenges not be able to catch up with friends and family for some time.

So it is making it more important than ever to keep on top of your mental health, regularly checking in with yourselves and to be aware of some of the websites and apps which are available.

Suggested websites for you to access include:

**Black Dog Institute** - Coronavirus: Anxiety, Stress & Wellbeing

<https://www.blackdoginstitute.org.au/>



**Emerging Minds** - Supporting children during the Coronavirus (COVID-19) pandemic

<https://emergingminds.com.au>



**ReachOut** - Coping during coronavirus (COVID-19) is challenging and it is a stressful time for all and the uncertainty it brings. ReachOut has provided a wealth of resources to help you manage your wellbeing through all this.

<https://au.reachout.com/collections/coping-during-coronavirus>

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>



**eSafety Commissioner** - Tips on how to stay safe online during the COVID-19 pandemic

<https://www.esafety.gov.au/>



Given the changing environment, eSafety is focused on providing the most up to date material about maintaining online safety, developing more information, resources and webinars to support young people and parents during the COVID-19 pandemic

There are also some great apps which you can download on to your mobile phone or device, which can be useful to support you through the weeks ahead:

**Beyond Blue** - provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live



**Smiling Mind** - is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life. Highly recommended.

<https://www.smilingmind.com.au/>



**Thrive Inside** - is a special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.

They can help you remain inspired, stay connected and foster good mental habits during the Coronavirus crisis.





# HOPETOWN CAFÉ

Hopetown Café was brought to you by the Primary classes this term. Muru & Bunji decided to raise funds for the Rural Fire Service in recognition of the great work they did during our recent fires.

A total of \$300 was raised. Thank you to all who enjoyed this term's delicious and healthy food from the café

## NSW RFS

### HOPETOWN SNORKELLING PROGRAM



A select group of students have enjoyed a 5 week snorkelling program. The program involved students engaging in theory lessons on topics such as marine creatures, the effects the marine environment have on the human body and emergency rescue procedures. Students then progressed out into the ocean at various dives sites around Norah Head, Toowoona Bay and Terrigal.

Snorkelling has proven to be a therapeutic activity for students. Many reported feeling a sense of calm after spending time immersed in the ocean. It was also pleasing to see students working together to ensure each other's wellbeing while out in the water.



# Staying at home



**Stay** in touch with loved ones through phone, email and social media



**Take** it one day at a time



**Remember** to exercise



**Reach out** to someone you trust if you're feeling overwhelmed





**FACEBOOK:** Hopetown has launched a new **Facebook group** exclusively for current parents and carers to keep up to date with Hopetown happenings. You can find us under the groups section of Facebook, the group is called **Hopetown School**.

If you request to join, it will ask you a couple of questions regarding your current connection to the school. These are just for security and privacy regulations, the data is not kept, it is just for our admin to verify you.

Along with emails, phone calls and SMS, we will endeavour to provide regular updates to the group members through this media too.



As many of you are aware, our 2020 School Plan **'Yarn Up'** evening that was scheduled for 24th March had to be postponed. We continue to welcome your thoughts and ideas regarding the future directions for Hopetown and throughout Term 2 will be in touch asking you to share those thoughts via surveys, online meetings and phone calls.

## MAJOR WORKS:

Our exciting major building works this term will continue throughout the holiday period. These works include a dining room upgrade, creation of a wellbeing hub, a new art studio, new verandah decking, an external and internal painting upgrade, a toilet block upgrade, a woodwork room upgrade, a food technology room upgrade, new gutters and downpipes!

We thank the students for their patience this term whilst the work has been done, it is an incredible upgrade to Hopetown's facilities!



# COVID-19

## Dos & Don'ts



Health  
Western Sydney  
Local Health District



- ✓ Stay at home
- ✓ Practice physical distancing
- ✓ Connect via social media, texting and video chat
- ✗ Don't visit friends and family, including their houses

**Remember you are not stuck  
at home but safe at home**