



**GOROKAN PUBLIC SCHOOL**

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**Wednesday 21<sup>st</sup> November 2018**

Dear Parents and Carers,

At Gorokan Public School we believe that leadership is more about action, attitude and example rather than the title. We strive to provide many leadership opportunities for our students and are proud of their achievements in this area in 2018.

**2019 Student Leadership Team** - Congratulations to the following students who have been elected as the 2019 student leadership team:

- |            |                |
|------------|----------------|
| James – 5H | Chelsea – 5/6M |
| Heath – 5C | Maddison – 5H  |
| Toby – 5C  | Tani – 5H      |
| Jye – 4/5R | Bella – 4/5R   |
| Ella – 5C  | Breanna – 4/5R |

Each one of these talented students presented their School Captain speeches this week at a special assembly of students from Years 2-6. The students, parents, teachers and I watched on whilst the contenders delivered their speeches with confidence and conviction. Pride filled the room as those present were informed and entertained. A deep level of understanding of the key aspects of the school captaincy role was clearly demonstrated throughout the assembly. Thank you to the community members who supported our students through their attendance. Remember, the official order of the 2019 student leadership team will be formally announced at our Presentation Day ceremony on Tuesday 11<sup>th</sup> December. Well done to all involved.

**2019 Classes** - A final reminder is extended for parents and carers to write to me if they feel there are special circumstances that need to be considered when placing students in classes for 2019. The task of forming classes is complex and all requests will be considered carefully. Requests must be received by Friday 30<sup>th</sup> November.

**Schools Spectacular** - I would like to wish the students who will be performing at Schools Spectacular this coming Friday and Saturday all the very best. I am looking forward to seeing our singers shine brightly on the big stage at Sydney Olympic Park and then watching them again when the show is televised for the world to see!

**Rotary Citizenship Awards** - Congratulations to Xavier C and Rochelle G who are the worthy recipients of this year’s Northlakes Toukley Rotary Club Citizenship Award. Both students have sustained exemplary

behaviour and have been outstanding role models to other students over several years at Gorokan Public School. Both students will celebrate this special event with their families at the Halekulani Bowling Club tonight. Thank you to the Northlakes Toukley Rotary Club for affording our students this special opportunity of recognition.

**Student Reports** - Semester Two student reports will be sent home on Friday 14<sup>th</sup> December. These reports aim to capture student performance over the last two school terms. The reports will include a five-point achievement scale that summarises the standard (or quality) of achievement associated with each grade and describes:

- *The depth of knowledge and understanding and*
- *The range of skills that students working at that standard typically show.*

Teachers are not limited to set numbers of each grade within their class or school.

Let us know what you think about our current reporting practices by completing the short survey which you can access via the following link: <https://tinyurl.com/y9qt8964>

**Celebrating Confidence** - Last Friday we celebrated the completion of the explicit teaching of the *Confidence* strand of the You Can Do It program with a whole school assembly. This assembly reinforced the key ideas that had been presented to the students throughout the term and celebrated student efforts in this important area of personal development. Emma McBride Federal Member for Dobell joined in the celebrations and presented Mervyn P from Year 6 with a prize for the school after winning second place in her recent competition.



Together we can make a difference.

*Jermond Zammit*

Principal

## Dates to Remember

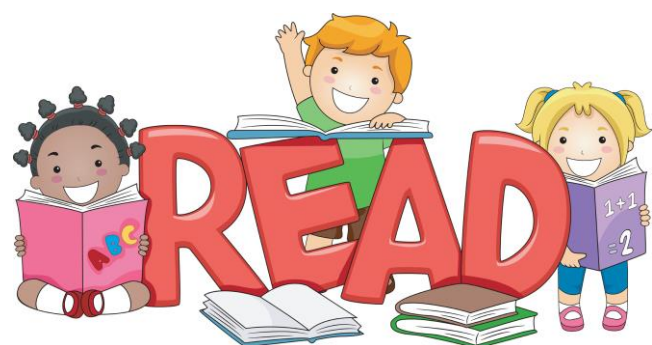
Thursday 22 <sup>nd</sup> November	Year 5 CARES Bike Safety Course – Palmdale Volunteers Morning Tea – 11:00am Chess Competition – Wyong Leagues Club Scripture Christmas Assembly – School Hall
Friday 23 <sup>rd</sup> November	Year 6 Fundraising Disco – K to 6
Monday 26 <sup>th</sup> November	Beginning of two week swimming scheme
Friday 30 <sup>th</sup> November	Year 6 Sports Day – Gorokan High School
Monday 10 <sup>th</sup> December	Year 6 Rewards Day – Mingara
Tuesday 11 <sup>th</sup> December	Presentation Day – School Hall
Wednesday 12 <sup>th</sup> December	Year 6 Farewell – Wallarah Bay Recreation Club
Friday 14 <sup>th</sup> December	Christmas Sing-a-Long – K to 6
Tuesday 18 <sup>th</sup> December	Gorokan's Got Talent
Wednesday 19 <sup>th</sup> December	<b>Last day of the year for students</b>

## Kindergarten Supervisor – Mrs T Coote

**Class Awards** - **KC** – Konner, Alessandra, **KE** – Ivy, Blake, **KF/L** – Angelina, Jackson, **KD/T** – Alicia, Jasper, **KL** – Kane, Lily.

**Attendance** - When your child is away from school, please send in a note regarding their absence. You can also contact the school office by phone or send an SMS when they are away.

**Homework Bags and Home Readers** - Thank you to our Kindergarten families who continue to send their child each Friday with their blue homework bag and home readers. This process ensures that your child has new readers to take home the following Monday.



**School Hats** - Now the weather is warmer and there are many new outdoor activities for our students to participate in at playtime, we encourage our students to wear their blue, wide brimmed school hat. Making sure that your child's name is clearly labelled will assist in returning their hat to them if it is misplaced or lost.

## Stage 1 Supervisor – Mrs C Henderson

**Gorokan's Got Talent** - Stage 1 has got talent! This is the last week for entries. Students can enter as individuals or as groups to show off their talents in our end of year whole school competition. The cost is \$2 for individuals and \$4 for groups. The audition notes are at the office. We are looking forward to seeing our talented students performing in Week 7.

**Home Reading** - It is important to continue home reading in Term 4. Please try to listen to your child read every night and encourage them to change their home reader regularly.

**Picnic Party** - Stage 1 will be having a picnic party at the end of the term. We will be asking students to bring in a gold coin so that teachers can buy some yummy party food for the picnic. Keep an eye out for the note which will be coming home soon.

## Stage 2 Supervisor – Mrs R Ranse

**Rewards Day** - Congratulations to those students who attended the Week 5 rewards day, which was made extra special by the Year 6 selling spider drinks to aid their fundraising.

**Uniforms** - If you have any spare uniforms that your children have grown out of and they are in good, clean condition, we would love to have them for our second hand uniform shop.

## Stage 3 Supervisor – Mrs G Farrell

**Ice Cream Spider Fundraiser** - Thank you to all the parents and carers who sent in donations of ice cream, soft drinks, cups and straws for our Year 6 Spider Fundraiser Day. It was an outstanding success and we raised \$907. All money raised will go towards the Year 6 Farewell to reduce costs, a gift to the school and the Rewards Day activity. Thank you for all your support. It was an amazing result!

**Bold and Bright Disco and Mufti Day** - Year 6 will be holding a 'Bold and Bright' disco and mufti day this Friday 23<sup>rd</sup> November. This is for all students K-6. Notes have been sent home with costs for entry. Don't forget to wear something 'Bold and Bright'.

**2019 Student Leadership Nominations** - Ten students presented their leadership speeches to the staff and students in Years 3-6 last week. Our new 2019 Captains and Vice Captains will be announced at the school presentation day on Tuesday 11<sup>th</sup> December.

**2020 Selective High School** - Applications are now closed. If you have already applied, here are some important dates for 2019:

- Thursday 28<sup>th</sup> February 2019 - Test authority advice sent to all applicants.
- Thursday 14<sup>th</sup> March 2019 - Selective High School Placement Test.
- Friday 5<sup>th</sup> July 2019 - Placement outcome information is sent out.

**CARES Excursion** - The CARES program is a bike safety program run by the police where Year 5 students participate in a variety of activities at the CARES venue at Palmdale. This excursion will take place on Thursday 22<sup>nd</sup> November. There will be a cost of \$15 and notes have already been sent home.

**High School Orientation Day** - On Tuesday 4<sup>th</sup> December there will be an orientation day held at Gorokan High School for all students starting Year 7 in 2019.

**Year 6 Rewards Day** - The Year 6 Rewards Day will be held at Mingara Aquatic Centre on Monday 10<sup>th</sup> December. Students must have had level 4, 5, and 6 on their weekly behaviour cards all term to attend this event.

**Year 6 Farewell** - The Year 6 farewell will be held on Wednesday 12<sup>th</sup> December at Wallarah Bay Recreation Club. Notes will be sent home soon.

### School News

**Disco** - This Friday, 23<sup>rd</sup> November, Year Six will be holding another fundraiser. Our 'Bold and Bright' disco and mufti day will be held during school hours, with K-2 at lunchtime and 3-6 in the afternoon session. The disco costs \$2 for entry and it is a gold coin donation for the mufti day. We look forward to seeing as many children as possible at the discos.



**Kindergarten 2019** - Thank you to the parents and carers who have finalised their child's enrolment. We really appreciate your efforts and look forward to working in partnership with you when your child starts school next year. If you know of other families who have a child starting school next year who have not been in contact with the school, please let them know that they need to do so.

**Confidence Award** - Congratulations to the following students who were acknowledged for their demonstrated confidence at Friday's whole school assembly:

K-2: Drew, Aleyce, Jasper, Aaliyah, Leilani, Zachery, Grace, Savannah, Lily, Molly, Lilly, Tyler, Indianna, Harmony, Alyssa-Rose, Logan, Harrison, Caleb, Tyler, Shanelle, Amelia, Jordan, Erin, Linkin, Kaia, Justin.  
3-6: Patrick, Indianna, Lachlan, Michael, Jacob, Luke, Zali, Kaden, Damian, Cooper, Jesse, Bella, Calais, Heath, Declain, Jack, Kahih, Chelsea, Maddison, J'mia, Gloria, Nixon, Matthew, Jessica.

**Family Holidays and Travel** - Families are encouraged to travel or holiday during school holidays. If this is not possible, an *Application for Extended Leave*, or eligibility to enrol in *Distance Education* is required. Once the application is received, the Principal considers that the travel is appropriate and a *Certificate of Extended Leave* will be issued. Absences relating to travel will then be marked as leave on the roll and contribute to your child's total absences for the year. The *Application for Extended Leave* can be obtained from the office and must be submitted in advance to the leave commencing otherwise the leave will be deemed unjustified.

### Sport News

**Special Swimming Scheme** - The Swimming Scheme starts on next Monday 26<sup>th</sup> November. If you have only paid the deposit, please complete your final payments this week.

### Community Liaison Officer – Ms J Daunt

**Volunteers Thank You Morning Tea** - I would like to extend an invite to our wonderful parents/carers and community volunteers who have given their time throughout the year. Please join us in the school library tomorrow, Thursday 22<sup>nd</sup> November at 11:00am for an appreciation morning tea from the staff at Gorokan Public School. Thank you to all helpers for your support throughout the year.

**Kindergarten 2019** - If you have a child starting Kindergarten in 2019, please don't forget we only have three weeks remaining of our 'Early Birds' transition to school playgroup sessions. The program runs from 1pm-2:30pm on Wednesdays in the SaCC. We hope to see you there.

**Christmas Food Drive** - In Weeks 7 and 8 we will be running a Can Food Drive for the Salvation Army to support families doing it tough over the Christmas period. The program will run from Monday 26<sup>th</sup> November until Friday 7<sup>th</sup> December. We are accepting any non-perishable items. The class that donates the most items will receive a complimentary pizza lunch.



# Making a smooth transition to secondary school

by Michael Grose

Going to secondary school is both exciting and scary for many kids. There's excitement about new friends, teachers and ventures, but this can be overshadowed by anxiety and stress.

The sheer size of a high school building can be overwhelming to the uninitiated. The potential loss of status when moving from big fish in a small pond to tiny minnow in a large ocean can be hard to swallow for some. Add the increased number of teachers and the hormonal changes that accompany puberty and drive emotional and cognitive development and it is little wonder the first year of secondary school often sees a plateauing in learning. Most kids are flat out making new friends and getting used to how secondary school works, so learning takes a back seat for a time.

While it's easier for those who have a brother or sister already there who can pass on some tips about how to survive secondary school, many don't have that luxury. Fortunately, there are number of strategies parents can use to make the transition to secondary school easier.

### 1. Know the school space

Familiarity helps reduce anxiety. Most secondary schools have familiarisation programs for incoming students but it helps to reinforce with your young person where the key spaces are – such as administration, toilets, the tuck shop and drinking taps. A trip to the school during the holidays, if possible, can help reassure a nervous secondary school starter.

### 2. Make the leap with friends

Negotiating new friendships can be stressful so it helps to identify some friends from primary school or outside school that your child can travel with or meet up before school, at lunch breaks and during times when classes aren't scheduled. This will give them the opportunity to share and compare experiences, which is therapeutic for kids who are experiencing change.

### 3. Help with planning and organisation

Some students can be overwhelmed by the organisational demands of secondary school. If your child fits this category, be prepared to be on hand to coach your young person in the finer arts of being on time to class, organising work in

folders, planning homework time, handing in multiple assignments and filling out forms.

### 4. Set up a designated study space in the home

Now that your young person has hit the big time it's important that they have a study space to call their own. Keep this outside the bedroom if possible – the bedroom is a space for sleeping and relaxing. Use any area that is reasonably quiet and well lit. Set up a desk with a computer, if possible, along with stationery items.

### 5. Establish a work schedule

If your child's primary school homework was given inconsistently then be prepared for a change. Most secondary schools try to coordinate homework between different teachers but there will be more times than not when your child will come home with multiple homework assignments to complete. Build the homework habit early and choose a regular time that allows for breaks. Encourage them to work quickly so that work does not drag on and become demotivating.

### 6. Stay patient and positive

The social and academic demands of going to secondary school can be mentally draining for young people. Some will miss old friends and the relative comfort of primary school. It's important for parents to be patient with their young person, to expect a few behaviour blowouts and to be prepared to listen and help them process their new experiences. If your young person has negative experiences, point them in the direction of the good things that may happen during the day.

Your young person's coping mechanisms are being tested during this time. They can change on a daily basis. If stress becomes overwhelming or persistent to the point that they don't want to go to school after the initial settling-in period, consider organising some extra assistance. A year-level coordinator, school counsellor or the local doctor can be good starting points should extra assistance be needed.

Starting secondary school is one of many transitions your young person will face in life. With planning and support, your child can make a positive start to secondary school and enjoy an amazing time at their new school.