



GOROKAN PUBLIC SCHOOL

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Wednesday 28th November 2018

Dear Parents and Carers,

At Gorokan Public School we believe that the creative and performing arts provide children with an opportunity for enjoyment and an outlet for personal expression and creativity. For this reason, we strive to provide a multitude of experiences that allow students to explore their potential and talents.

Schools Spectacular - A truly amazing opportunity was provided for our students who took part in this year's show – *The Greatest*. I attended the Friday night performance at Sydney Olympic Park and it truly was the greatest! It was clear to me how the show gets its name as it really was spectacular to see such a remarkable experience for all involved including the five thousand plus NSW Public School students who sang, played instruments or danced.

It was a huge week for the students and teachers who were involved. They had many early mornings and late nights travelling to Sydney and back for rehearsals and performances. I congratulate Ava, Aimee, Cassie May, Capri, Chloe, Kyrone, Madison, Maddison, Pahal, Riley, Rochelle, Tabatha and Tani who successfully auditioned for a place in the massed choir and who performed with confidence and talent. I also express sincere gratitude and appreciation to our dedicated teachers - Mrs Morrow, Mrs Coote, and Mr Holley for encouraging, supporting and supervising our students, effectively enabling this opportunity for the students involved. The show will be televised on Channel 7 shortly. Our students will never forget this incredible experience where they truly were the greatest!



Bright and Bold Disco - What a wonderful way to end Week 6. Thank you for supporting this Year 6 fundraising event and a special THANK YOU to Mrs Duke for volunteering to lead the discos in her own time. The children (and staff) really enjoyed themselves at this highly successful school event.

Student Reports - Please remember to let us know what you think about our current reporting practices by completing the short survey which you can access by using the following link: <https://tinyurl.com/y9qt8964>

Enrolment in 2019 - We are currently planning for next year, so if you have a child who will not be returning to our school next year (excluding Year 6) we ask that you inform the ladies in the office. The number of students we have plays a vital role in our organisation of class structures.

As in previous years our classes will commence the new year with the students returning to their 2018 classes where they will remain for the shortest time possible until our student numbers are confirmed. We have found this to be the best approach for the students as it can be unsettling if students are placed in new classes with a new teacher, only to have to change classes again because enrolment numbers change. All students will commence the new year being engaged in their grade appropriate work for 2019. If you have any queries regarding this please do not hesitate to contact me.

Thank You Morning Tea - Last Thursday we said 'THANK YOU' to our wonderful community helpers who volunteer throughout the year to help make Gorokan the great school it is. We appreciate every single one of our helpers, banking ladies, religious education teachers, knitting ladies, breakfast club helpers, classroom and excursion helpers. THANK YOU! If you would like to help please contact the school on 4392 4200.

Together we can make a difference.

Jermond Zammit

Principal

Dates to Remember

Tuesday 4 th December	Year 6 High School Orientation Day
Friday 7 th December	Year 6 Sports Day – Gorokan High School
Monday 10 th December	Year 6 Rewards Day – Mingara
Tuesday 11 th December	Presentation Day – School Hall
Wednesday 12 th December	Year 6 Farewell – Wallarah Bay Recreation Club
Friday 14 th December	Christmas Sing-a-Long – K to 6
Tuesday 18 th December	Gorokan's Got Talent
Wednesday 19 th December	Last day of the year for students
Wednesday 30 th January 2019	First day of 2019 for students
Thursday 31 st January 2019	Swimming Carnival - Mingara

Kindergarten Supervisor – Mrs T Coote

Class Awards - KC – Drew, Holly , KE – Alira, Leilani, KF/L – Chase, Grace, KD/T – Oliver, Tracey, KL – Isabella, Levi.

Party Day - End of year celebrations will be held towards the end of term 4 each year in the form of a 'Party Day' for students across K-6. Kindergarten students will receive a note shortly explaining what will take place on Party Day for our grade.

Blue Homework/Home Reader Bags - All blue homework/home reader bags need to be returned on Friday the 7th December. They will be collected and then sent on to Year 1 with your child so they can use their bag again next year. If your child's blue Homework/Home Reader bag has been lost or misplaced there is a cost of \$25.00 to have the bag replaced.

Kindergarten Parent/Family Helpers - The Kindergarten team would like to sincerely thank our wonderful parent/family helpers that have assisted in our classrooms and various areas of the school throughout the year. We truly appreciate your support and thank you dearly.

Stage 1 Supervisor – Mrs C Henderson

Year 2 Swimming - Our Special School Swimming Scheme started this week and many Year 2 students have taken up this wonderful opportunity to learn all about water safety and improve their swimming skills.

Remember to bring everything that you need each day and make sure that all items are labelled with names and classes, even socks!!

Jumpers and Hats - We have had a lot of lost property placed in the lost property box at the back of the hall. Unfortunately we have been unable to return items to owners as they are not labelled. Please check to ensure that your child's hats and jumpers still have names and class clearly labelled on them as they do fade with washing and time.

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

Year 3 and 4 Swimming - Well done to all students who are attending special swim scheme. Teachers have reported back that students are behaving well and learning fabulous new skills.

Absent Notes - If your child has been away from school, a note should be sent in on their return explaining the absence and the dates they were away. It is a legal requirement that absent notes are received by the school within seven days of your child's return to school.

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

Year 6 Fundraising - We wish to thank everyone who supported our Year 6 fundraising. The disco was a great success and enjoyed by all. A very special thank you must go to Mrs Duke who came in on her day off to run the discos. She was amazing!

Drama Group - Mrs Moon's drama group will be performing at our school assembly this Friday 30th November 2018. They have worked really hard in preparation for this performance.

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

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

Year 6 - The next two weeks will be a busy time for our Year 6 students with their **High School Orientation Day** on Tuesday 4th December and the **Sports Day** at Gorokan High School on Friday 7th December. Both notes went home last Friday.

Year 6 Rewards Day - The Year 6 Rewards Day will be held at Mingara Aquatic Centre on Monday 10th December. Students must have had level 4, 5, and 6 on their weekly behaviour cards from week 6 to attend this event. Notes have gone out for this activity.

Year 6 Farewell - The Year 6 farewell will be held on Wednesday 12th December at Wallarah Bay Recreation Club. Year 6 will have a class party on Friday 14th which will finish off the week.

School News

Bunnings Christmas Family Night - Bring the family along for a great night of fun!

THURSDAY 6th December 6 – 8pm



Christmas Family Night FREE

Thursday 6th December 6–8pm

Bring the family along for a great night of fun!

- Santa's little helper workshops
- Gift wrapping station
- Meet Santa in store
- Light refreshments will be provided

For more information ask one of our team in store or visit www.bunnings.com.au

BUNNINGS warehouse LOWEST PRICES ARE JUST THE BEGINNING...

- Santa's little helper workshops
- Gift wrapping station
- Meet Santa in store
- Light refreshments will be provided

Sport News

Special Swimming Scheme - The Swimming Scheme started on Monday 26th November. Please make sure your child has all their swimming gear in a suitable, sturdy plastic bag or shopping bag to take to the pool each day. It is suggested that if your child is swimming in the last session that they avoid lunch orders for these two weeks and that they eat their lunch at recess time and have a light snack before/after their swim.

Session 1 - 11.15am - 12pm-2V, 3P, 4E, 5C, 4/5R

Session 2 - 12-1.45pm - 2J, 3C, 6F, 5/6M, 5H

Session 3 - 1-1.45pm - 2A, 2S, 3/4M, 6B, 6T, 4L

School Swimming Carnival - Our annual school swimming carnival for Years 3-6 will be held at Mingara Pool on Thursday 31st January. As this will be the second day back for students, we require notes and money to be returned by the end of this year. The cost will be \$5 as the school will be subsidising the remaining amount. Notes will be sent out next week.

Community Liason Office – Mrs J Daunt

Occupational Therapy - This term some children were identified as needing to be seen by an Occupational Therapist. To all the families that have paid, thank you. The Occupational Therapy will commence at the beginning of Term 1, 2019.

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 26th November until Friday 7th December. We are accepting any non-perishable items. The class that donates the most items will receive a complimentary pizza lunch.



Developing a resilience mindset

by Michael Grose

If you want your child or young person to be resilient enough to cope with the hardships that come his or her way, and in doing so build strengths for the future, consider fostering your own resilience first. Parents are in the best position to influence their children's resilience. Children watch our reactions to adverse events and view first hand how we look after – or neglect – our own mental health and wellbeing.

Focusing on our own resilience is not as difficult as it may seem. If you adapt a resilience mindset you'll find that resilient behaviour follows. Want to get fitter physically? You could take up a new fitness regime or you could simply adopt a fitness mindset. Adopt the former and there's a reasonable chance that you'll start off gung ho and run out of steam after a month. Adopt the latter and you'll more likely take small, sustainable steps such as walking or riding to work, taking stairs instead of escalators and playing active games rather than sitting on the couch on weekends.

The mindset approach works well with resilience. Take the sustainable approach of looking after your mental health, becoming conscious of the messages you send yourself and developing coping skills that allow you to respond rather than react to adverse events. These simple ideas will help:

Watch your self-talk

The little voice inside your head can have a catastrophic impact when you allow it to. It can talk you into the blues, lower your confidence and build mountainous problems out of molehills. Once you're aware of its impact, you can switch it off or change its negative chatter to something more positive and realistic. It takes practice but it's worth it. When you have a resilience mindset you'll start to check that chatter in your head.

Park the bad stuff

Ever had an argument with a family member at breakfast only to find it messed up your whole day? A common trait with resilient people is that they can compartmentalise their lives so

that difficult experiences in one domain won't interfere with their effectiveness elsewhere. When you have a resilience mindset you'll consciously park the negative stuff while you get on with the rest of the day, only revisiting it on your own terms.

Stay flexible in your thinking

People who lack resilience pepper their language with absolute, imperative statements such as 'I must always be on time,' 'They never do anything to help,' or 'They should always use good manners'. This shows inflexible, unrealistic thinking that leads to stress and anxiousness. When you have a resilience mindset you'll use more moderate language reflecting a flexible approach to life. The above statements become 'I'll always try to be on time but sometimes it's impossible,' 'They are sometimes helpful but they can be forgetful,' and 'I'd like it if they were well-mannered but sometimes they aren't'.

Make sleep a priority

We are only beginning to make solid links between sleep and resilience. Mothers of newborns know how debilitating sleep deprivation can be. They can't function effectively and depression is close at hand. Many people spend much of their lives experiencing some form of sleep deprivation, compensating by taking regular caffeine hits, self-medicating with alcohol and using other ineffective remedies. When you develop a resilience mindset, you make sleep a high priority, taking the necessary lifestyle steps to make sleep easy to attain.

Create a pressure valve

In a society that views busyness as a status symbol, it's tempting to keep working until you drop, neglecting to enjoy some downtime that releases the pressures of work. When you have a resilience mindset you value down-time and relaxation and understand the positive impact these have on your mental health and the wellbeing of people around you.

When you have a resilience mindset you have a greater understanding of what resilience is about and you're in a better position to develop a lasting sense of resilience in your kids. Developing resilience in kids is like jumping off a pier with some friends on a cold winter's day. In both instances you need to go first.