



## GOROKAN PUBLIC SCHOOL

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**Wednesday 5<sup>th</sup> December 2018**

Dear Parents and Carers,

At Gorokan Public School we believe that learning is enhanced through the provision of extracurricular activities on offer, including our ever growing chess club. Thank you to Mr Gibbs and Mr Gary Losh for your efforts in coaching the students throughout the year.

### Central Coast Primary Schools Chess Competition

- Well done to our team of nine students who competed so well in the recent competition held on Thursday 22<sup>nd</sup> November at Wyong Leagues Club. Noah C, Thomas M, Matthew S, Nixon E, Harry N, Oliver K, Jack P, Cody C and Mervyn P showed great sportsmanship and were great representatives of our school. All our teams performed well with one team achieving 4<sup>th</sup> place in a very strong field. The students were skilled in their play and very supportive of less able players. Special thanks to all the parents who helped with the event!



Photo - Three of our talented chess players

**Dealing with Issues** - Every now and again situations arise where students require adult guidance to resolve issues. Could I please remind all parents and carers that the school is the first point of contact in this process? The first person to talk to is always the class teacher who can usually assist with further information and assistance, followed by the school executive. Dealing directly with students other than your own is not acceptable and can lead to serious ramifications so I would urge all parents and carers to follow the correct process when issues arise.

**Maliga Art Showcase 2018** - Congratulations to Jai W, Shaylea B, Herminie K and Maddison M on their efforts which resulted in winning the Primary School Category award. *Darkinjung our land with the oceans and sand connecting. Our bush with bark trees and cultural caves with plentiful bush tucker. Our rivers connecting to all our land and care for our Country.*



Photo – Maliga 2018 Winner Primary School Category

**Student Reports** – The student Semester Two progress reports will be sent home on Friday 14<sup>th</sup> December. Please remember to let us know what you think about our current reporting practices by completing the short survey by clicking on the following link: [Parent Survey - GPS Reports](#)

**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.

**2019 School Swimming Carnival** - Our annual school swimming carnival for 2019 Years 3-6 will be held at Mingara Pool on Thursday 31<sup>st</sup> 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. A note will be sent home this week.

Together we can make a difference.

*Jesmond Zammit*

Principal



### **Dates to Remember**

Friday 7 <sup>th</sup> December	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 9.30 Years K-2    11.30 Years 3-6
Wednesday 12 <sup>th</sup> December	Year 6 Farewell – Wallarah Bay Recreation Club
Thursday 13 <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>
Wednesday 30 <sup>th</sup> January 2019	<b>First day of 2019 for students</b>
Thursday 31 <sup>st</sup> January 2019	2019 Swimming Carnival - Mingara

### **Kindergarten Supervisor – Mrs T Coote**

**Class Awards - KC** – Cody, Anna, **KE** – , Jack, Jae-Li **KF/L** – Jaylan, Serin, **KD/T**– Aaliyah, Chelsea **KL** – Aaliyah, Chelsea.

**Party Day** - On Wednesday 12<sup>th</sup> December, Kindergarten students will be having their end of year party day. Children will be allowed to wear mufti clothes with sensible running shoes as they will be participating in lots of fun activities. All children must bring a hat to participate in the outdoor activities. To make the day as enjoyable as possible we are planning on having a picnic lunch. Students are asked to bring their lunch in a decorated lunch box. Some suggestions for their lunch, besides their sandwiches, are fruit pieces, vegetable sticks, cheese, popcorn and cupcakes. Please send a drink of water or poppa. Please do not send any fizzy drinks or lollies. A note will be sent home regarding party day for Kindergarten later this week.

**Blue Homework/Home Reader Bags** - All blue homework/home reader bags need to be returned this Friday the 7<sup>th</sup> 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.

**Home Readers and Maths Games** - We will finish up our home reading and homework activities at the end of this week. Well done to all of the students who reached their goals with their home reading awards and to those who had some fun playing the maths games too. Please send all of the home readers and maths games back to your child's teacher so that we can start getting them sorted and organised for next year.

### **Stage 1 Supervisor – Mrs C Henderson**

**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 over time.

**Picnic Party** - Stage 1 is having a picnic party on Friday 14<sup>th</sup> December. We are asking students to bring in a gold coin so that teachers can buy some yummy party food for the picnic. A note has been sent home with more details. Thank you to the families who have already sent their gold coin in to their child's class. Your donations will help us to have a most fabulous picnic party! Please send your child's gold coin in as soon as possible so that teachers can start planning the picnic food and drinks.

**Blue Homework/Home Reader Bags** - All blue homework/home reader bags need to be returned this Friday the 7<sup>th</sup> 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.

### **Stage 3 Supervisor – Mrs G Farrell**

**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.

**Year 6 Sports Day** – Year 6 will be having a sports day to be held at Gorokan High School on Friday 7<sup>th</sup> December. Permission notes need to be returned ASAP.

**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 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 12<sup>th</sup> December at Wallarah Bay Recreation Club. Year 6 will have a class party on Friday 14<sup>th</sup> which will finish off the week.

**Sports Captain Elections** – The elections will be held this term due to the swimming carnival being on the second day back next year.

### School News

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

**THURSDAY 6<sup>th</sup> December 6 – 8pm**



- 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 finishes on Friday 7<sup>th</sup> December. Please make sure your child brings some old long sleeve button up top and long pants on Friday for the Water Safety Day activities. Winter PJ's are a good item also make sure they have an extra plastic bag to put the wet clothes in after their swim.

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

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### Community Liaison Office – Mrs J Daunt

**Occupational Therapy** - This term some children were identified for Occupational Therapist. To all the families that have paid, thank you. The therapy support will commence at the beginning of Term 1, 2019.

**School Choir** - On Friday 7<sup>th</sup> December our school choir will be performing Christmas Carols at Woolworths Lake Haven. The performance starts at 11am. Anyone that is interested in supporting our school please feel free to attend.

**Early Birds Transition** - This week will be the last session for the Early Birds Transition so it is still not too late to come along and meet other parents and students for next year.

**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 finish on Friday 7<sup>th</sup> December so please don't forget to donate. We are accepting any non-perishable items. The class that donates the most items will receive a complimentary pizza lunch.



### P & C

On Thursday 13<sup>th</sup> December the P&C will be selling show bags for \$8.00 and lucky dips for \$1.00 during the Christmas sing-a-long. If you are unable to attend, your child/ren will still be able to purchase lucky dips and show bags at lunch time.



# Technology holiday guide for parents

by Martine Oglethorpe

As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

## Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

## Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

## Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

## One console on one television...outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

## Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.