



GOROKAN PUBLIC SCHOOL

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Wednesday 12th December 2018

Dear Parents and Carers,

At Gorokan Public School we believe in celebrating the successes and acknowledging the efforts and talents of our students. We also believe that opportunities for inspiration come from these celebrations.

Presentation Day – Our 2018 Presentation Day assemblies were held yesterday. Congratulations to our many award recipients and to the numerous other students who were acknowledged throughout the year for their efforts and achievements in learning, leadership, values, citizenship, sports and cultural ventures. Approximately 100 awards were handed out, witnessed by the students, parents, carers and special guests including: Emma McBride MP - Federal Member for Dobell, David Harris MP - State Member for Wyong, Sharryn Brownlee - President of the Central Coast P&C Council, Sam Ricketts - Principal Gorokan High and Ms Jasmine Daunt, President of Gorokan Public School P&C. During the proceedings next year's student leadership team was announced and inducted by their 2018 counterparts. Congratulations to our 2019 leadership team:

Girl School Captain – Breanna B.

Boy School Captain – Toby L.

Girl Vice Captain – Chelsea O.

Boy Vice Captain – Heath C.

Prefects – Tani B, Bella M, Maddison W, James H, Ella B, Jye H.

Yearly Reports – Progress reports for the second semester will be sent home this Friday, 14th December. Our aim with these reports is to provide parents and carers with detailed information about student academic progress and their efforts and achievements at school over the course of the past two terms. The teachers strive to report this information in a strength-based manner, capturing the personal successes of each student's efforts. Congratulations to our hardworking students for their fine efforts throughout the year and thank you to our dedicated teachers for their time and diligence in preparing these detailed reports.

End of Year / Beginning of 2019 - School concludes next Wednesday 19th December and resumes for students in Years 1 to 6 on Wednesday 30th January 2019. Kindergarten students will have a staggered start as outlined in a separate note that will be sent home to parents.

If you have a child who will not be returning to our school next year (excluding Year 6), please inform the ladies in the office. As mentioned in previous newsletters, the number of students we have plays a vital role in our planning of class structures.

As in previous years our classes will commence the new year with the students returning to their 2018 class, where they will remain for the shortest time possible until our final student numbers are confirmed. We have found this to be the best practice to ensure a smooth transition for the students. All students will commence the new year being engaged in their grade appropriate work for 2019.

Holiday Uniform Shop Purchases - Gorokan Public School Uniform Shop is now online www.gtschool.com.au Payment is through PayPal. The yellow house sports polo shirt has a coloured stripe to indicate the house your child belongs to. The coloured stripe is determined by your child's surname as follows Brooks - A-E (red), Buck - F-L (yellow), Gascoigne - M-Q (green) and Thwaite - R-Z (blue). Orders can be placed online at gtschool.com.au over the holiday break and can be picked up on 15th and/or 22nd January 2019 between 12-1 pm. The Uniform shop will be open for sales on these 2 days between 9.00am - 12.00pm and 29th January between 2:00pm - 4:00pm.

Finally, I would like to extend a sincere thank you to our loyal school community for your ongoing support. It has been another wonderful and highly productive year and I look forward to building on our school and community partnership in making a difference for our students in 2019.

Have a safe and Merry Christmas holiday break.

Together we can make a difference.

Jesmond Zammit

Principal

Dates to Remember

Wednesday 12 th December	Year 6 Farewell - Wallarah Bay Recreation Club
Thursday 13 th December	Christmas Sing-a-Long - K to 6 11:45am
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	2019 Swimming Carnival - Mingara

Kindergarten Supervisor – Mrs T Coote

Class Awards - KC - Konner D, Luke B, **KE** - Elliott P, Alexa W, **KF/L** - Summer G, Riley M, **KD/T** - Dakota M, Aaliyah K, **KL** - Harley O, Amelia E.

Reading - It is important for our Kindergarten students to continue reading in the holidays to develop the skills they have developed throughout the year.

Non-perishable Donations - A very big thankyou to the families that have supported our can drive during Week 7 and 8. We appreciate your kindness at this very busy time of the year.

Stage 1 Supervisor – Mrs C Henderson

Picnic Party - Our picnic party is on this Friday 14th December. Thank you to the families who have already sent their gold coin into their child's class, your donations will help us to have a fabulous picnic party! We are still accepting gold coins on Thursday!

Christmas Sing-a-Long - We have been practising our Christmas songs and hope that you can come and sing along with us tomorrow, Thursday 13th December at 11:30am in the hall. Children can wear Christmas colours and tinsel for the day.

Rewards Day Activities - We will be having water play activities for children who have stayed on rating 4, 5 and 6 on their behaviour cards on Friday 14th December. They will need to bring shorts and a t-shirt to change into, a towel to dry off with, as well as a plastic bag to take wet clothes home in.

Home Readers and Maths Games - Thank you to the families who have returned their home readers and maths games. Please keep sending these school resources back to teachers so that we can begin the organisation process for next year.

Stage 2 Supervisor – Mrs R Ranse

Rewards Day - Congratulations to those students who attended our successful Stage 2 Rewards Day. We all had a wonderful time!

Sing-a-Long - We hope to see as many of our parents and carers at the sing-a-long tomorrow.

Stage 3 Supervisor – Mrs G Farrell

The teachers on Stage 3 would like to take this opportunity to wish you all a very Merry Christmas, a safe holiday and Happy New Year.

Year 6 Farewell - Tonight, Wednesday 12th December at Wallarah Bay Recreation Club we are holding the Year 6 farewell. It is time for us to say goodbye and wish them all the best for high school. They will be having a party day this Friday 14th December which will finish off the week .

Year 5 Rewards Day - The rewards day will be held at school next Monday 17th December.

2020 Selective High School - 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.

Sport News

Special Swimming Scheme - The swimming scheme finished last Friday. It was great to see the improvements made by all. Students certificates will be sent out this week informing you how well your child went after the intensive 2 week program.

Sports Leaders for 2019 - Elections were held last week. Congratulations to the following students:- **Brooks** - Captains - Isla C, and Jesse C; Vice Captain - Evie D, and Bayden E. **Buck** – Captains – Amelia L, and Dyrius L; Vice Captain - Isabell L, and Aiden H. **Gascoigne** - Captains - Taleah M, and Ty M; Vice Captain - Eberdeen M, and Harry N. **Thwaite** - Captains - Tenika W, and Jaxon W; Vice Captain - Lorrelai W, and Logan S.

2019 School Swimming Carnival Thursday 31st January - This will be the second day back at school next year. The carnival will be held at Mingara Aquatic Centre and all students who are in YEAR 3 - 6 in 2019 are expected to attend. We will be travelling by bus. Notes were sent out last week and will need to be returned with \$5 before the end of term. The school will be subsidising the rest of the costs. Please make sure you complete the permission note and swimming ability correctly. Swimming practice during the holidays would be beneficial for all our students so they can do their best at the carnival.

Community Liaison Office – Mrs J Daunt

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

Christmas Can Food Drive – Thank you to all families who donated towards the Christmas can food drive. We have managed to collect over 800 items.

Woolworths Christmas Carols – Thank you to Woolworths at Lake Haven for having our school choir sing Christmas Carols in store last week. The students' performance was amazing! Thank you to all families who came to support our students too.

I would like to wish all families a happy and safe holiday.



P & C

Lucky Dips & Show Bags - On Thursday 13th 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.

School News

Christmas Sing-a-Long - The annual Christmas sing-a-long will be held tomorrow, Thursday 13th December at 11:45am. The students really enjoy performing their favourite Christmas carols and parents and carers are warmly invited to attend this community event.

Yarn Up Community Meeting - A community meeting will be held in the SAC centre tomorrow afternoon Thursday 13th December commencing at 2:00pm. We are looking forward to welcoming those who attend, catching up with familiar faces and meeting new people on the day.

CAROLS with Fireworks

SATURDAY 15th December

5:30 – 9:30pm

THE DOYLO

80 Pacific Highway, Doyalson

Free: entry, carols, live music, fireworks.

A gold-coin collection will be taken on the night.

Bring some money for food, rides and candles.

This is an alcohol free event.



Nutrition Snippet

The simplest way

...to serve a fun-filled dinner.

Presentation is key to encouraging kids to eat more fruit and vegetables, and to entice fussy eaters to try new things.



The dinner table is a great place to try out fun-filled foods the whole family can enjoy.

Serve dishes that allow kids to take a hands-on approach.

Why not try **Sang choy bow** (pictured)?

Kids will love wrapping the mince and veg mixture in a lettuce cup and picking it up with their hands to eat.

Go to eatittobeatit.com.au for a recipe.

For more information visit
www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



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.