



GOROKAN PUBLIC SCHOOL

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Wednesday 29th August 2018

Dear Parents and Carers,

At Gorokan Public School we believe that providing opportunities for community engagement forges strong partnerships between home and school and as a result, our students feel supported and encouraged in their learning.

Father's Day - It was great to see so many dads, relatives and carers enjoying our Father's Day breakfast last Friday. Thank you to everyone who was in attendance. We hope that the presents bought from the Father's Day stall are being kept in a safe place until Father's Day arrives. Special thanks are extended to our hardworking Community Liaison Officer, Jasmine Daunt, who has worked tirelessly to ensure the success of the day's events. I would also like express a vote of appreciation to the wonderful team of teachers and parent volunteers who gave their time and energy to support this highly successful community event – thank you.



STEM Camp - Congratulations to the students who participated in the STEM Youth Development Camp held at Lutanda Camp, Toukley last week. This camp is a combined project between the Department of Education and the NSW Aboriginal Education Consultative Group Inc and aims to provide opportunities to inspire and motivate students who may be thinking of a career in this field. The students enjoyed a multitude of cultural and STEM activities and had a wonderful time. Thank you to the teachers who supported this wonderful experience for the students.

Sport - Best wishes to the students who will be competing at the Zone Athletics Carnival at Mingara tomorrow.

Best wishes are also extended to our Touch Football teams who will compete against other schools at Doyalson in the Touch Football Gala Day.

Kindergarten 2019 - Enrolments are currently being taken for Kindergarten 2019 and the Kindergarten Transition Program started today. A warm welcome is extended to all who attended. We trust that you enjoyed our parent talk on the important subject of numeracy and it was great to see the children settling in so well at *big school*. An outline of the program has been included on page 3 of this newsletter for your information.

Swim School - Living so close to the water, it is very important that children have water safety confidence and can swim. The School Swimming and Water Safety Program provides students with the opportunity to develop water competency and confidence and will run for two weeks from Monday 26th November to Friday, 6th December 2018. Notes have been sent home to students in Years 2 and 3. Notes will go home next week to Years 4 to 6. Spaces are limited so please pay your \$10 deposit and return the permission note promptly if you wish to ensure your child's participation in the program.

Visitor Requirements - Gorokan Public School has a wonderful community of parents and carers who usually interact with each other, the students and staff in a safe and respectful manner. Entering upon the school site is a privilege that is valued by all and dependent upon this appropriate behaviour (Inclosed Lands Act - 1901). Apart from the regular dropping off or picking up of students, all visitors to the school must report to the office to state the purpose of their visit before proceeding to other parts of the school. **Safety regulations prevent any visitor from going directly to classrooms.** All volunteers must sign in on their arrival and out on their departure, read the safety pamphlet on their initial visit and wear a visitor's badge at all times.

In closing, I would like to wish all dads and male carers a wonderful Father's Day for Sunday.

Together we can make a difference.

Jermond Zammit

Principal

Dates to Remember

Thursday 30 th August	Zone Athletics Carnival – Mingara Catch up Father's Day Stall
Friday 31 st August	Stage 2 & 3 – Touch Football Gala Day Kindifarm visit Premier's Reading Challenge finishes Year 4 – Taronga Zoo Excursion
Wednesday 5 th September	Kindy 2019 Transition #2 – 9:30am to 10:30am
Friday 7 th September	Year 6 - Gorokan High School Taster Day

Kindergarten Supervisor – Mrs T Coote

Class Awards - **KL:** Edward, Jasmine, **KFL:** Grace, Jackson, **KC:** Cooper, Ivy, **KE:** Rylee, Beau, **KDT:** Isabella, Charlie.

Kindifarm – This excursion is on **Friday 31st August**, the day after tomorrow. We thank the families who have already paid for their child to attend. If you have not yet paid, please do so to ensure your child doesn't miss out. If you need another permission note please contact the office. Our Kindergarten classes are looking forward to meeting our visiting farmyard friends!



Water Bottles - Whilst the weather is still quite cool, we do encourage our Kindergarten students to stay hydrated throughout the day. Please send your child with a clearly labelled drink bottle filled with water to sip on throughout the day.

Head Lice - Please be vigilant with checking and treating your child's hair with regards to head lice. A note was sent home earlier this week to remind parents to check your child's hair for head lice, treatment given if necessary and the information slip to be returned to your child's teacher. Please treat your child's hair promptly if need be to prevent further spreading of head lice to other children in their class and in the playground. Applying a deterrent like a recommended tea tree oil blend spray and/or hairspray can assist to keep head lice at bay once your child's hair has been treated. We do recommend that long hair be tied back off the neck in a plait or ponytail. Let's work together to keep head lice at bay for our Kindergarten students.

Stage 1 Supervisor – Mrs C Henderson

Tissues and Paper Towels - As it is the season of sniffles we are asking for donations of tissues, paper hand towels and pump soap for our classrooms. We are running very low. Thank you for your help!

Students at School Before 8.30am - Please ensure that your child arrives at school after 8.30am as there are no teachers on duty before this time. Any students who arrive at school before this time are asked to sit on the seats in the Year 3-6 COLA until the 8.30am bell. This is when teacher supervision begins.

Year 1 Excursion - Notes have gone home for our Year 1 excursion to the Australian Reptile Park in Term 4. The cost is \$32. If you require a new note for this excursion please contact your child's teacher via the office.

Stage 2 Supervisor – Mrs R Ranse

Year 4 Excursion - A reminder that the Year 4 excursion to Taronga Zoo is on **THIS FRIDAY, 31st August**. Please see your child's class teacher if you have any questions.



Uniforms - Thank you to the parents and carers who ensure that their children are sent to school each day wearing the correct school uniform. If your child has lost their jumper or hat, please check the lost property tub which is located behind the hall stage. If further uniform items are required, the uniform shop is open on Tuesday afternoons from 2:30pm to 3:00pm and Friday mornings from 8:30am to 9:30am, or alternatively the school has a number of recycled uniform garments available for a gold coin donation.

Stage 3 Supervisor – Mrs G Farrell

Gorokan High School Taster Day - Our Year 6 students who will be going to Gorokan High School in 2019 are invited to attend the High School Taster Day on Friday 7th September. Notes should have been returned last week.

2019 High School Applications - Any **new students** to Gorokan Public School will need to complete an enrolment form for high school. Forms can be collected from the local high schools.

Stage 3 Bathurst Excursion - Final numbers have been sent through to the tour company. Any cancellations cannot be guaranteed a refund and are subject to the suppliers' terms and conditions. Lodges have been booked at Bathurst Goldfields. Students will need to bring sleeping bags/sheets and a towel with them. Bottom sheet, pillow and blanket is supplied for students. More information will be sent home soon.

School News

NSW Premier's Reading Challenge - The NSW Premier's Reading Challenge finishes this term. All students in Years 3-6 who wish to receive their certificate for completing the challenge must have all of their books read and recorded on their online reading record by Friday 31st August.

Kindergarten Transition – Our Kindergarten transition program started today with the first of six sessions to allow your child to experience 'big school' before they start Kindergarten in 2019. You and your child are invited to attend the following dates:

Transition 2 Wednesday 5 th September 9:30am - 10:30am	Children – Classroom activities Parents – Technology talk, Mr Gibbs in the hall
Transition 3 Wednesday 12 th September 9:30am - 10:30am	Children – Classroom activities Parents – Best Start talk, Mrs Kent in the hall
Transition 4 Wednesday 17 th October 9:30am - 11:00am	Children – Classroom activities Parents – Meet our Principal, Mr Zammit, and key staff in the hall
Transition 5 Wednesday 24 th October 9:30am - 11:00am	Children – Classroom activities Parents – Presentation in the hall, <i>Kindergarten: The first Year</i>
Transition 6 Wednesday 31 st October 9:30am - 11:00am	Children – Classroom activities Parents – Meet members of our school community organisations in the hall

If you haven't already RSVP'd, please let the school know if you and your child will be attending.

Foster Carers Needed – Catholic Care have reached out to our community because they desperately need your help. The Central Coast is unfortunately seeing an increase in the number of children and young people needing foster care. They simply don't have enough carers to help these children. They accept carers for all beliefs, backgrounds and cultures.

There will be an information evening on **Tuesday 11th September** at their West Gosford office, Suite 1, 32 Central Coast Highway, West Gosford starting at 6pm.

Ph: (02) 4320 7700

Email: heather.huff@catholiccareddb.org.au

Web: www.catholiccareddb.org.au/fostercare

They were recently featured on NBN news <https://www.nbnnews.com.au/2018/08/17/catholic-care-highlights-need-for-foster-carers-on-the-central-coast/> if you are interested in watching this short clip.

Sport News

Stage 2 Netball Gala Day – This event was held on Friday 24th August. All girls tried their best and enjoyed playing in the Gala Day.

Stage 2 and 3 Touch Footballers – Our touch footballers will be competing in another Gala Day on Friday 31st August. This will be held at Doyalson.

Zone Athletics Carnival – This event will be held at Mingara on Thursday 30th August. Notes should have been returned by now with payment of \$5.

Special Swimming Scheme - We are booked in for swimming lessons in Weeks 7 and 8 of Term 4. This is a great opportunity for your child to learn how to swim and survive in the water. Notes have gone out and a \$10 deposit is needed ASAP. The total cost of \$48 is for transport and pool entry. The ten swimming lessons are free. Please make sure you take advantage of this program, especially if your child is a non or weak swimmer. All Year 2 students should participate in this worthwhile water safety program.

P & C News

Entertainment Membership - Exciting news! For a limited time, everyone who purchases an Entertainment Membership through your Online Order Page until the end of August, will receive a \$10 Woolworths WISH eGift Card and FREE DELIVERY. Please continue to support us by purchasing the 2018/2019 Entertainment Membership.

[:http://www.entertainmentbook.com.au/orderbooks/345h40](http://www.entertainmentbook.com.au/orderbooks/345h40)

Community Liaison Officer – Ms J Daunt

Thank You - I would like to thank all of the wonderful volunteers who assisted with the Father's Day Breakfast and Father's Day Stall. Your support was invaluable and I appreciate all of your help which resulted in a successful day.

I hope all of our wonderful dad's/male carers enjoyed breakfast on Friday and I would like to wish you all a Happy Father's Day for this Sunday.

Catch up Father's Day Stall - Just a reminder that there will be a catch up Father's Day Stall tomorrow, Thursday 30th August for any students absent last Friday. Please send cash only with students to spend on the day.

How do you show up for your kids?

by Dr Jodi Richardson

Every now and again a meme pops up on social media from a mum who delights in sharing the joys of her trip to the shops alone. No kids. Just her and her handbag. The caption always reads something along the lines of 'You know you're a mum when going to Target alone feels like a holiday'. I always chuckle when I see those, because I can relate. A lot of us can. And not just the mums.

Parenting is incredibly fulfilling and the most important 'job' any of us will ever do, but it can also be demanding, frustrating and exhausting.

I can't tell you the number of times I've arrived home only to be bombarded with requests, questions, stories of what I missed – or all three – before I've even taken my key out of the door. I'm not joking. I tried to implement some sort of buffer for myself so I didn't feel so stretched within the first minute of getting home but it never worked. They'd always be so happy to see me and it didn't seem fair to not be immediately available, despite the fact that it was quite overwhelming. It's not as though I was ever gone that long either. I wasn't even working. I'd only ever been to the supermarket, or Target, lol.

I always found the contrast of time alone and all of the quiet that comes with that, and the – is chaos too harsh? – of walking in the door really difficult to manage, especially because the kids always had stuff absolutely everywhere by the time I got back. I knew they'd always had heaps of fun because the family room always resembled a toy shop. There was never any "Let's put things away as we're finished with them" on Dad's watch!

Whether our kids are little and jump on us the minute they see us or they're that bit older and don't necessarily even come to the door when we get home, it's worth taking time to think about how we want to show up when we see them. It never occurred to me all those years ago that I could better prepare myself for the homecoming. Not once. Sometimes we were just taking each day moment by moment. What I know now is that if we use the time between leaving one place and arriving at another, it can make an astounding difference to how we feel, and to what we bring to our family at the same time.

The Third Space

Dr Adam Fraser calls it the 'Third Space'. It's the space between two places or spaces such as between work and home, between being home alone and the kids arriving home after school, or even between going to the supermarket and home. Tuning into the Third Space is also a brilliant practice to incorporate into a work day, say between your desk and a meeting, or a meeting and an interview.

In the Third Space, we can do three things to ensure we show up the way we want to, every time: reflect, rest and reset.

Reflection is time spent looking back over the day and contemplating what you've achieved and what went well. It could be that you accomplished something you're proud of, or ticked off a few things on your list. It could be something big or small you reflect upon. It really doesn't matter, it's just about reflecting on a handful of good things about your day.

Rest is downtime. You can spend it how you like! You might have a long commute and decide to rest by listening to music, watching a movie, reading the paper or a book. Your rest time might be brief on some days and longer on others. It doesn't matter what you do or for how long, it's just about doing something that recharges your batteries and helps you feel relaxed.

Reset is all about how you're going to show up. How do you want to feel and act when you walk through the door to your home?

When Dr Fraser taught people to use the Third Space model as part of a research project, he measured a huge 41 per cent improvement in behaviours in the home, inevitably having a wonderful impact on relationships and the family as a whole.

In a recent presentation I heard Dr Fraser deliver, he told a story of a dad whose kids would make themselves scarce whenever they heard him come home. He was always like a tornado ripping through the house and they didn't want anything to do with him. When he found out, he was understandably devastated. He made a change and put the Third Space model into practice and turned things around.

It's so easy to let the events of the day affect our time with our family, but they don't have to. Our relationships with our kids and our partners play an important role in our kids' development, happiness and mental health. Let's do what we can to show up for them as our best possible selves. They deserve it, and we do too.