



GOROKAN PUBLIC SCHOOL

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Wednesday 5th September 2018

Dear Parents and Carers,

At Gorokan Public School we believe that the pursuit of excellence in teaching, learning and leadership will ensure the brightest possible future for our students and an overwhelming sense of confidence in our school across the broader community.

SASS (School Administrative and Support Staff) Recognition Week - This week public schools across NSW are recognising the important work of their SASS staff. At Gorokan Public School we appreciate and acknowledge the range of skills and expertise that our SASS have and know that our school, like all other schools, could not function effectively without these dedicated people.

Our SASS team includes:

- Sharon Quodling (School Administration Manager),
- Rebecca Taylor-Smith, Sarah Bond and Kellie Sarah (School Administration Officers),
- Simon Morony, Michelle Watson, Brooke Cranston, Carolyn Sullivan, Patsy Young, April Grant, Jasmine Daunt, Emma Sheehan, Nathan Rumbel, Margaret Tierney, Jenny Allen, Angela, Drury, Tanya James and Daniel Hughes (School Learning Support Officers),
- Lyn Duncan (Aboriginal Education Officer), and
- Greg Harris and John Mountfort (General Assistants).

We also have a number of reliable casuals who fill these roles as required on a day-to-day basis and whose significant contributions we also value and appreciate.

Kindergarten 2019 - It was an absolute delight to meet the bulk of our super-cute 2019 Kindergarten students and their parents at our first orientation session for the year last Wednesday. The children enjoyed playing in Remembrance Park whilst their parents attended a presentation on the teaching of mathematics at Gorokan Public School. The program will continue for several weeks providing the children with many opportunities to get to know each other, learn about school and interact with our wonderful staff. Today's parent talk was presented by Mr Gibbs on the topic of technology use for learning. Next week, Mrs Kent will talk about the Best Start program.

External Validation - Each year, a group of schools are nominated to participate in an external validation process. This provides an opportunity for schools to discuss their judgements about their practice and the evidence that underpins them with a panel consisting of two visiting principals from other schools. On Thursday 23rd August, our school participated in the External Validation process, allowing us to celebrate our successes and showcase our school's current achievements. The summary report on completion of this process is as follows:

The external validation process is an important component of a system-wide approach to school excellence. Schools regularly self-assess their improvement efforts using evidence to support their reflections and an external validation panel considers the school's evidence, providing assurance to the school and the system that the process being made either through the school plan or as part of their ongoing school focus areas, aligns with the standards articulated in the School Excellence Framework.	
Domain	Validation Panel Comments
Learning	In the domain of Learning, the school's self-assessment is consistent with the evidence presented and is validated using the School Excellence Framework.
Teaching	In the domain of Teaching, the school's self-assessment is consistent with the evidence presented in 3 element/s and is validated using the School Excellence Framework. In the element of Data skills and Use, the evidence presented indicates the school is operating at the Excelling stage.
Leading	In the domain of Leading, the school's self-assessment is consistent with the evidence presented in 1 element/s and is validated using the School Excellence Framework. In the element of Educational Leadership, the evidence presented indicates the school is operating at the Excelling stage. In the element of School Resources, the evidence presented indicates the school is operating at the Excelling stage. In the element of Management Practices and Processes, the evidence presented indicates the school is operating at the Excelling stage.

Staff at the school have worked very hard to achieve this stunning result and I would like to personally and genuinely thank them for their sustained efforts over the past years, in ensuring that the educational opportunities for students who attend our great school are of the highest standard. Congratulations team Gorokan!

Touch Football Gala Day - Congratulations to our Stage 2 and 3 boys and girls who competed in last week's Touch Football Gala Day at Doyalson. All students participated with skill and sportsmanship, winning several of the games played. The standard of behaviour displayed on the day was outstanding and made for a highly positive experience for all involved.

Zone Athletics Carnival - Congratulations to all our talented students who competed in the Zone Athletics Carnival at Mingara last Thursday. Our athletes showed sustained effort and sportsmanship, representing themselves and our great school proudly. Congratulations to Ariki L who placed 3rd in the 11 years Boys' discus, Alizah B who placed 3rd in the Girls' 9 years 800m, Kiara L who placed 3rd in the Girls' 12/13 years shot put. Chloe C who placed 2nd in the 11 years Girls' discus and Amarli W who placed 2nd in the Girls' 12/13 years discus will progress to the next stage of the competition.

Central Coast School's Showcase - Our very talented choir, didge and recorder groups performed at the Central Coast School's Showcase at Laycock Street Theatre last week. All students performed brilliantly on the night and participated with enthusiasm and skill. The reviews were outstanding – another proud moment in the broader community for Gorokan Public School.

Together we can make a difference.

Jermund Zammit

Principal

Dates to Remember

Friday 7 th September	Year 6 - Gorokan High School Taster Day
Wednesday 12 th September	Kindy 2019 Transition 3 – 9:30am - 10:30am
Thursday 13 th September	Central Coast Chess Competition – Wyong High School

Kindergarten Supervisor – Mrs T Coote

Class Awards - **KL:** Chloe, Joel, **KFL:** Riley, Serin, **KC:** Leilani, Harry, **KE:** Anna, Zachery, **KDT:** Elliee, Tracey.

Classroom Supplies - We would like to thank our Kindergarten families who have recently donated paper towels, tissues, handwash and glue sticks to their child's classroom. As these items are used on a daily basis, our classroom stocks of glue sticks, paper towel and tissues are continuing to run low at present. If you are able to help replenish any of these resources, please send such items in with your child. Your child's teacher and peers will be very appreciative of your support.

Labelling Toys - Whilst we do not necessarily *encourage* our students to bring toys from home to school each day due to items being broken or lost, should your child wish to bring a toy to school please ensure that they are labelled with your child's name and class. This will greatly assist in returning your child's belongings to them should they be misplaced or lost when they take their toy out during playtimes.

Stage 1 Supervisor – Mrs C Henderson

STEAM Showcase - Stage 1 classes are busy with the design process of their STEAM projects. STEAM incorporates Science, Technology, Engineering, Arts and Mathematics into one complete learning project. Students apply and extend their knowledge and skills in these areas as they work to solve real world problems. Feedback from the students tells us that they are engaged and excited about their class and grade STEAM projects. We will be displaying all of the school's STEAM projects in a showcase during Week 9 of this term. We hope you can make it to see what we have been doing!

Reptile Park Excursion - Thank you to the parents and carers who have finalised payment for our Year One excursion to the Australian Reptile Park next term. The cost is \$32.00, which needs to be paid by the end of this term. If you require a new note for this excursion please contact the front office.

Stage 2 Supervisor – Mrs R Ranse

Taronga Zoo Excursion - Thank you to the parent helpers who accompanied us on the Year 4 excursion to Taronga Zoo last Friday. We had a wonderful day and thankfully the rain stayed away until the end of the day. It was unfortunate that there was an accident on the M1 which delayed our journey back, but the students, teachers and parents had a fabulous time.



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. Students are to go directly to Gorokan High School.

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 supplier's terms and conditions. Accommodation has 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 this week.

School News

Kindergarten Transition – Our Kindergarten transition program continued today with the second 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 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.

Contact Details - A reminder is extended, asking parents and carers to ensure that contact details are kept up to date with the school. If you have moved, changed your address or phone number or wish to update any emergency contact details, please do so and ensure that the office has this updated information in writing.

Sport News

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.



Counsellor Corner

Have you noticed how your breathing tends to speed up when you're stressed or worried about something? Your heart rate also goes up, your muscles are tensing, there's a tightness or even nausea in your tummy, a headache? This is a very normal reaction to situations which happen unexpectedly and may cause us to think worry thoughts and feel stressed. As your arousal level – your level of reaction to the worrying event or thoughts – increases; your breathing rate also increases. However, if your arousal level goes up too high, your level of performance – that is, your ability to perform tasks at your optimum level – decreases. It's no wonder that people who report feeling stressed and anxious can't perform their usual daily tasks to the best of their ability.

One of the smartest things you can do to manage your stress is to be aware of your breathing and try to keep it to a calm, high-performance level. Research into stress levels and breathing rate shows that most adults take about 12 breaths per minute; and much more when under stress. Children's breath rate is generally faster – around 12–20 breaths per minute depending on age and size. Stop, take a minute, and count the number of breaths you take... During the day, do this again and notice what your rate is. If feeling a little stressed, try to stop and notice your breathing rate; then focus on having it return to your usual 'resting' rate.

Many people use apps to assist with breathing rate. Used during each day, they can be a gentle reminder to stop, take a minute to slow the breath rate; and return to baseline. There are many such apps available, including "Breathe Zone". As your breathing slows to a healthy rate, your arousal level decreases. Gradually, you feel calmer, safer and better... and your ability to perform tasks in a healthy state of mind returns.

Ruth Jenkins

Senior Psychologist, Education

Kids need good men in their lives

by Michael Grose

While rummaging through my bookshelves at home recently I stumbled across *Romulus, My Father* by Raimond Gaita, a book that had a huge impact on me as a father.

Romulus, My Father is a lovingly told memoir of a hard-working father who remained faithful to his family and friends despite his wife's affairs, her mental illness and dealing with the hardships of earning a living in 1950s and '60s rural Australia. It's a tale of love, friendship and character.

One line in the book, "*I know what a good man is because I saw it in my father,*" struck an instant chord with me. It was a reminder that kids need to have close experiences with men who have real depth of character and strength if they are to adopt those qualities themselves and also look for them in partners.

Role models of quality

Sadly, children and young people are less likely to see these qualities in many of our current political leaders and other public figures. Self-interest and shallowness of character, at least in a public sense, seems to be standard fare at present.

Like Gaita, I had the good fortune to have a father who was also a good man. He wasn't wealthy, famous or ambitious. Rather he was kind, considerate and generous. He had experienced an unhappy and – I suspect though he never spoke of it – abusive childhood but he was determined that his children would never experience the same treatment that he received.

As a disciplinarian he was soft but that didn't mean he was a pushover. He'd stand his ground with his children over issues that really mattered, such as how we siblings treated each other, displays of dishonesty and disrespect, and taking shortcuts in our studies or with work. He was a community-minded man who, through his example, taught his children the importance of serving and giving to

those who didn't have the same serving of luck that we did. He was also an involved father who, despite being busy, always had time to play cricket and football after work with my brother and me. He was never too busy for his children.

A compass and a map

Significantly, my father gave me my moral compass in the form of the value system that he lived by. His many sayings including his most popular mantra: "If you can't say a good word about anyone don't say anything at all". That still rattles around in my head today. Through his active community involvement, his devotion to family and his propensity to have a good laugh, he gave me a map to follow on how to live a good life.

I don't have a monopoly on being raised by a good man. If you were raised by a good man then count your blessings because you had a wonderful head start in life. Your task is to make sure your father's legacy lives on in your own children. You'll do that by being a man of strength and character, and by being a wise, loving presence in your children's lives whatever their age.

If, through whatever circumstance, you didn't have a good man close to you in your life as a child, then start the process with your own kids. Many men who have gone before you weren't close to their own fathers, or had fathers who were ineffectual, but they became great fathers despite their circumstances.

With public life increasingly producing male role models of dubious quality, it's up to dads and other significant males in the lives of children and young people to be good men, strong men and men of honour. That's the legacy that we leave.



Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.