



## GOROKAN PUBLIC SCHOOL

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**Wednesday 30<sup>th</sup> October 2019**

**Term 4, Week 4 Newsletter**

Dear Parents and Carers,

At Gorokan Public School we believe that music education is an enriching and fundamental part of learning. There is much research, which has proven that music education provides a multitude of benefits for children, and at Gorokan we actively provide many opportunities for our students to engage in this life-enhancing subject.



*Photograph - School Spectacular*

**Schools Spectacular** - The Schools Spectacular is a world-class production and the largest annual schools' event of its kind anywhere in Australia. This year's show will involve 389 NSW schools, one of which is our very own Gorokan Public School. A show of this magnitude requires much preparation. The rehearsal process and the behind the scenes experience, in addition to the actual performances, will enrich our participating students greatly – it is such a privilege for them to be part of this experience. Rehearsals have commenced and I would like to take this opportunity to thank our dedicated staff and committed parents/carers who support and encourage the students involved. The 2019 *STARS Schools Spectacular* will be held at Qudos Bank Arena Sydney Olympic Park on Friday 22<sup>nd</sup> and Saturday 23<sup>rd</sup> November. Tickets for the 2019 *Schools Spectacular* are now available at [Schools Spectacular Tickets](#)

**Music Count Us In (MCUI)** - Our students have actively engaged in the great program over the past few years. The program's song is brand new each year and is always written by students, with the assistance of program ambassador John Foreman and a guest mentor. The song is then recorded by students with the assistance of professional musicians and then released to all registered schools. MCUI culminates in a celebration day, where right across the country – all registered schools sing the same song, on the same day, at the same time. The event is live streamed so that all participating schools can tune

in and feel connected to the rest of the country as they sing. The 2019 song is called 'We Are' and will be sung on Thursday at 2:00pm in the school hall with schools across Australia via the Internet. The song can be accessed at the following link: [2019 program song](#)

**Professional Learning** - In seeking to create productive learning experiences for their students, teachers and school executive constantly review and reflect on their professional knowledge and the effectiveness of their teaching and leadership practice. I encourage staff to utilise opportunities to expand their knowledge and develop further as practitioners and leaders. To this end, I attended the annual NSW Primary Principals' Conference in Sydney last week. The NSW Premier Gladys Berjiklian and Minister for Education Hon. Sarah Mitchell addressed the conference along with a high calibre of other guest speakers. This experience was very worthwhile as I gained much inspiration and information for innovative leadership of our great school into the future.

**Kindergarten Orientation** - This valuable program is well underway and providing support for our 2020 Kindergarten students and their families. I would encourage all to attend this important program to ensure a smooth transition to school. As we are almost at capacity, parents and carers of students starting school next year are urged to complete the enrolment process as a priority so that important school planning can occur.

**P&C** - A further reminder is extended informing the community of the next P&C meeting to be held on Monday 11<sup>th</sup> November in the school's library starting at 3:10pm. I will be sharing this year's NAPLAN school results and information about my trip to Harvard earlier this year, in addition to my Principal's report at this meeting. Afternoon tea and a crèche will be provided. Please come along and find out what's happening at our great school.

**2020 Classes** - We are currently organising classes for next year. I invite parents to write to me if they feel there are special needs that need to be considered when placing students in classes for 2020. The task of forming classes is complex and requests will be considered carefully. All requests must be received by Friday 22<sup>nd</sup> November.

Together we can make a difference.

*Jesmond Zammit*

Principal

## Dates to Remember

Tuesday 8 <sup>th</sup> October to 11 <sup>th</sup> November	Year 5 online Selective High School Applications for Year 7 in 2021 available
Wednesday 23 <sup>rd</sup> October to Wednesday 13 <sup>th</sup> November	Kindy Transition (Wednesday weekly)
Friday 8 <sup>th</sup> November	Musica Aviva
Monday 11 <sup>th</sup> November	P&C meeting 3:10pm
Tuesday 12 <sup>th</sup> November	Boys' Soccer Gala Day
Wednesday 13 <sup>th</sup> November	Kindergarten Teddy Bear Morning Tea 10:00am – 11:00
Friday 15 <sup>th</sup> November	Crazy Hair Day Fundraiser
25 <sup>th</sup> November to 6 <sup>th</sup> December	Life Education
Monday 9 <sup>th</sup> December	Year 6 Farewell
Wednesday 11 <sup>th</sup> December	Year 6 Rewards Day

## Early Stage 1 Supervisor - Mrs D Jeanpierre

**Girrakool Excursion** - KL, KFL and boys from KJ attended the excursion to Girrakool last Friday 1<sup>st</sup> November. They had a wonderful time and learnt many things about Aboriginal culture and animal survival. Thank you for allowing your children to participate in this worthy event.

**Kindergarten 2020** - We warmly invite all current Kindergarten families to participate in a Teddy Bear morning tea on Wednesday 13<sup>th</sup> November from 10:00am - 11:00am on the infant's oval. We will be welcoming new families and students to Kindergarten for 2020 during this time. Please supply your own morning tea and teddy bear.

**Musica Aviva** - This Friday we have the wonderful opportunity to view Musica Aviva in the school hall. This talented group of musicians expose students to a wide variety of music. Please return permission notes and payment ASAP to avoid disappointment.

## Stage 1 Supervisor - Miss L Anderson

**Sun Safety** - All students need to have a school hat for sport, play times and to work in the garden. Please ensure your child has a hat each day that is clearly labelled with their name on it.

**Swim Scheme Notes** - Reminder to send your permission notes back for swim school.

## Stage 2 Supervisor - Mrs R Ranse

**Absences** - If your child is absent from school, the school must be notified in writing, explaining the absence. This can be done via text message or a brief note

addressed to the class teacher. If your child is absent for more than two days please phone the school so the information can be passed on to the class teacher.

## Stage 3 Supervisor - Mrs G Farrell

**Term 4** - This term is an extremely busy time for both Year 5 and Year 6, so please keep up to date by reading the newsletter and/or the school's Facebook page.

Year 5 Selective High School Applications for 2020 - Applications for Year 7 entry to selective high schools in 2021 must be made online between 8<sup>th</sup> October 2019 and 11<sup>th</sup> November 2019. Late applications will not be accepted.

- Parents must apply online at

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

- All applicants are required to sit the Selective High School Placement Test to be held on Thursday 12<sup>th</sup> March 2020.

**Student Leadership** - The process for next year is underway with nominations being made and speeches being written ready for presentation in front of the grade.

**Year 6 Rewards Day** - Our Mingara and Pizza Rewards Day will be held on Wednesday 11<sup>th</sup> December. Students who have maintained a ratings level of 4, 5 and 6 will be invited to attend. There is no cost for this activity as funds are taken from Year 6 fundraising. Students must maintain high standards of behaviour throughout Term 4.

The day includes bus travel to and from Mingara, two hours in the pool including the floating island and novelty activities, and Domino's pizza for lunch. Notes will be sent home in the next few weeks asking for pizza preferences, food allergies and number of slices.

**Year 6 Farewell** - The Year 6 Farewell will be held on Monday 9<sup>th</sup> December. We are looking at changing some of the organisation for this year's farewell, however it will still be held at Wallarah Bay Recreation Club and the cost will be partly subsidised by Year 6 fundraising. More details will follow in the coming weeks.

**Signature Bears** - We have a limited number of signature bears, soccerballs and footballs available to purchase at a cost of \$16.00 each. Notes have been sent home, however spare notes can be collected from Miss Bertram.

## Special Education - Mrs S Crook

**Sun Safety** - As it is getting warmer during the day it is important that your child comes to school prepared for hot conditions outside. Please make sure that your child brings their hat and plenty of water to school each day. Also it would be great if you



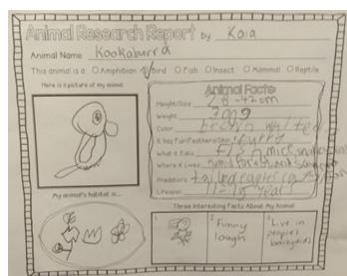
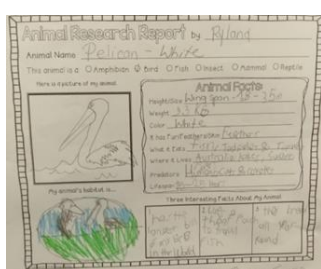
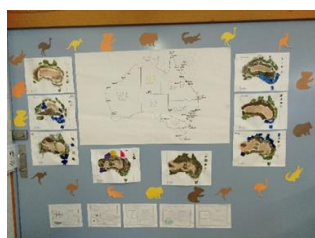


could apply sunscreen each morning to make sure that they are protected from the sun.

**Great Learners** - We have been learning about celebrations as they have come up during the year. This week, we have learned about Halloween. Did you know that Halloween as we celebrate it today is from lots of different cultures and times throughout history? For example people thought dressing up in costumes was once a way to hide from ghosts. Now we just enjoy it for fun. K-6S enjoyed some Halloween activities and had a great time on Thursday.



**Australia** - We have also been learning about Australia in the Special Education Unit. K-6G have been working hard learning about the states and capital cities in our country, as well as the native flora and fauna. Great work guys!



## P & C News - Miss J Daunt

**P&C Meeting** - The next P&C meeting will be held on Monday 11<sup>th</sup> November at 3:10pm in the school's library.

**Crazy Hair Fundraiser** - On Friday 15<sup>th</sup> November the P&C are holding a Crazy Hair fundraiser. Students are invited to wear their hair in a crazy hair style or wear crazy socks for a gold coin donation. Full school uniform including enclosed shoes must be worn.

## Sport News

**Soccer Gala Day** - Our boys' soccer team will be participating in a Gala Day on Tuesday 12<sup>th</sup> November. Our girls attended their Gala Day on Monday and had a great day, showing good sportsmanship and teamwork.

**Special Swimming Scheme** - As part of our PDHPE Curriculum the Special Swimming Scheme will take place in Weeks 7 and 8, Term 4. The cost of \$50 is for the 10 day program and includes bus travel and pool entry. It is a great opportunity for your child to learn how to swim, improve their swimming skills and learn water safety skills. Get in early and pay a \$20 deposit to secure your child's spot.

If you wish your child to attend these lessons and you have not seen a note, please collect one from the office.



## SaC Centre News

**Programs for Term 4** - The following programs will be held in our SaCC this term:

**Monday** - FoodREDi Healthy Lifestyle program Bring a friend and have some fun – runs for 6 weeks on Monday afternoons - 12:30pm - 2:30pm Phone 0467 670 712 to register.

**Tuesday** - 'Little Murguwans' Aboriginal Supported Playgroup 0-6 Years - Tuesday mornings 9:30am - 11:30am.

**Wednesday** - Aboriginal Go for Fun - Culturally adapted 10 week healthy lifestyle program for 7-13 year Aboriginal children and their families. Wednesday afternoons 3:30pm - 5:30pm.

Contact Details: Liz McMinn, SaCC Facilitator

Phone: 0467 670 712

Email: [liz.mcminn@det.nsw.edu.au](mailto:liz.mcminn@det.nsw.edu.au)

Webpage: [CCSaCC](https://www.ccsa.cc)

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## The power of gratitude for a happier life

*More than just a nice feeling, gratitude is integral to happiness. If we can inspire and cultivate gratitude in our children, we're doing so much more than teaching them to be polite by saying 'thank-you'. We're helping them develop a strength that will positively affect their mental health and wellbeing over a lifetime. It's that powerful.*

Remember how many times you had to remind your kids to use their manners all those years ago? I know, probably too many! Still reminding? You're not alone! In the same way good manners eventually become a part of daily life, sincere gratitude will too. It's worth persevering.

### Benefits of a grateful mindset

The science tells us that compared with those who don't, people who practice gratitude are more enthusiastic, more determined, perform better at school, are more likely to avoid risky behaviours, experience less depression and envy, are more kind and helpful, sleep better and are 25 per cent happier.

Adolescents with a grateful mindset are more optimistic and experience greater social support, which is essential to their health and happiness. They experience more fulfilling friendships and family relationships, are more content in themselves and with their school, have higher grades and are less focused on material possessions.

There's simply no down side!

Practicing gratitude is a sure-fire way to boost happiness, something we absolutely want for ourselves and for our children. In addition, teaching our children genuine appreciation helps them develop strong relationships over the course of their lives, and we know that strong relationships are critical to our overall happiness.

Gratitude isn't just good for the giver either. It's wonderful for the recipient too. Do you remember how you felt the last time sincere gratitude was expressed to you? It lifts our spirits, boosts our mood and inevitably strengthens our relationship with the person expressing their thanks.

### Where do I start?

The best way to teach gratitude is for us as parents to role model it. When you're feeling grateful, tell your kids and explain why. If you do something kind for someone to thank them for helping you, share your story over the evening meal. Like all values we want for our kids to embrace, it's 'monkey see, monkey do'.

Different families teach gratitude in different ways. The trick is to introduce a gratitude practice that doesn't feel like a chore. Even if there's a little resistance at first, don't give up. It feels good to be grateful, so it should eventually become something that doesn't need too much of a nudge.

**Supporting your child to become more grateful begins with teaching three fundamental ideas:**

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

**There are loads of fun ways to practice gratitude. Here are a few to get you started:**

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.
- Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.
- Find the silver lining in difficult circumstances.
- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.

It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it everyday, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."

Knowing this we can also be on the lookout for opportunities to fan the flames of our childrens' passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.

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