



GOROKAN PUBLIC SCHOOL

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Wednesday 20th November 2019

Term 4, Week 6 Newsletter

Dear Parents and Carers,

At Gorokan Public School we believe that teaching and learning should be sustained until the very last day of the school year. With the Christmas holidays being such a long break, it is critical that students remain in their learning routines, particularly in the areas of English and Mathematics for as long as possible and that students read regularly over the holiday break to maintain current levels of competence for the new school year.

Student Reports - Semester Two student progress reports will be sent home on Friday 13th December. The feedback from the community regarding the new reporting format introduced in the previous reporting period has been well received. Recent surveys indicate a high level of satisfaction and therefore the reports will continue to be presented this way for this reporting period. These reports aim to capture student performance over the last two school terms. The reports will include a five-point achievement scale that summarises the standard (or quality) of achievement associated with each grade and describes:

- *The depth of knowledge and understanding and*
- *The range of skills that students working at that standard typically show.*

Teachers are not limited to set numbers of each grade within their class or school. I'm looking forward to reading the students' reports in the coming weeks.

Celebrating Confidence - Last Friday we celebrated the completion of the explicit teaching of the *Confidence* strand of the *You Can Do It* program with a whole school assembly. This assembly reinforced the key ideas that had been presented to the students throughout the term and celebrated student efforts in this important area of personal development.

Congratulations to the following students who received awards on the day:

K-2 Confidence Award recipients: Callum, Emily, Bronte, Ayla, Millie, William, Sophie, Robert, Shanae, Jacody, Marlon, Toby, Leilani, Zachery, Molly, Lucas, Jason, Jasmine, Summer, Bailey, Vienna, Kye, Noah, Lily, Bailey, Holly, Justin, Bailey, Charlie.

3-6 Confidence Award recipients: Olivia, Paige, Liam, Konrad, Jaspah, Ava, Tabatha, Kirsty, Taylor, Ryder, Domenic, Mileyjay, Lillian, Daniel, Jesse, Hannah, Gabriella, Maddison, Isla, Tani, Hayden, Rachel, Chloe, Logan.



Photo Crazy Hair Day

Bushfires - Our thoughts are with all affected by the bushfires. We send these families our love and support and we will do something to support schools and communities impacted by fire in the coming weeks. At the moment, these people are fully focussed on the ongoing danger and we will be in contact to see how we can best support them once things settle a little. Thank you to all of our families for understanding and supporting the school as we worked through the catastrophic bushfire conditions last week.

Schools Spectacular - I would like to wish the students who will be performing at Schools Spectacular this coming Friday and Saturday all the very best. I am looking forward to seeing our singers shine brightly on the big stage at Sydney Olympic Park and then watching them again when the show is televised for the world to see!

2020 Student Enrolment - We are currently planning for 2020, 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.

Further, a final reminder is extended to all parents and carers that 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 all requests will be considered carefully. **All requests must be received by this Friday 22nd November.**

Together we can make a difference.

Jesmond Zammit

Principal

Dates to Remember

Thursday 21 st November	Scripture Christmas Assembly Volunteers' Morning Tea
Friday 22 nd November	Year 6 Fundraising fluoro disco
Monday 25 th November to Friday 6 th December	Life Education
Friday 6 th December	Questacon Science Circus
Friday 9 th December	Year 6 Graduation Assembly 9:30 in hall
Monday 9 th December	Year 6 Farewell
Tuesday 10 th December	Presentation Day
Wednesday 11 th December	Year 6 Rewards Day
Thursday 12 th December	Stage 1 & Stage 2 Water Rewards Day
Friday 13 th December	Xmas Sing-a-Long
Tuesday 17 th December	Gorokan's Got Talent
Wednesday 18 th December	Last day of the year for students

Early Stage 1 Supervisor - Mrs D Jeanpierre

Class Awards - Congratulations to the following students for receiving class awards last week at our grade gathering: **KL** - Jye, Shanae, **KJ** - Loki, Anna, **KFL** - Sienna, William, **KDT** - Mohammad, Vilou, **KC** - Hunter, Hannah.

Kindergarten 2020 - Thank you for participating in the Teddy Bear morning tea last Wednesday. The students enjoyed meeting each other and connections are beginning to form. We look forward to welcoming the new families to Gorokan Public School next year.

Hats - Please remember to send a hat and water bottle with your child to school every day. We would also appreciate any glue stick donations as these are used regularly in Kindergarten.

Stage 1 Supervisor - Miss L Anderson

Rewards Day - Congratulations to all our Stage 1 students who received a 4, 5 or 6 on their behaviour card this term. We are proud of your hard work and hope you enjoyed Rewards Day.

Stage 2 Stationery Requirements - A note came home this week outlining the stationery requirements for students going into Year 3 next year. Please make sure your child brings these items to school on their first day back next year.



Stage 2 Supervisor - Mrs R Ranse

Medication - Only our office staff are authorised to administer medication. All medicines are to be delivered to the office where you will be asked to sign a Permission to Administer Medication form. Please inform the school if your child is prone to asthma or allergies and provide a health care plan from your doctor.

Stage 3 Supervisor - Mrs G Farrell

Year 5 Selective High School Applications for 2020 - Applications for Year 7 entry to selective high schools in 2021 have now closed.

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

Student Leadership - Processes for next year are underway with nominations being made. Students who have progressed through to the final stage will need to prepare their speech and be ready to present it in front of Year 3- 6.

Year 6 Fundraising Activity - Our final fundraising activity will be a fluoro disco and spider day on this Friday 22nd November. Notes have been sent home for this activity.

Year 6 Rewards Day - Our Mingara and Pizza Rewards Day will be held on Wednesday 11th 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 pizza slices.

Year 6 Graduation Assembly - The Year 6 Graduation Assembly will be held on Monday 9th December at 9:30am in the school hall, followed by morning tea. All parents and cares are welcome to attend this assembly. Please mark this important event on your calendar so you can share this celebration with your child.



Year 6 Farewell - The Year 6 Farewell dinner and disco will be held on the evening of Monday 9th December commencing at 6:00pm at Wallarah Bay Recreation Club. Please note that no presentations will be made at this event.

Signature Bears - We have a number of signature bears, soccer balls 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

Swimming Program - The Support Unit swimming program will resume on Thursday 21st November. Students will need to bring swimmers, a towel and goggles all clearly marked with their name. Please refer to the permission note or see your child's classroom teacher for more information.



Warmer Weather - As the weather is warming up, it is important that every child has a water bottle and a hat with their name clearly marked. Children are encouraged to access their water bottle throughout the day to ensure they are drinking enough water. The recommended intake of water for school-aged children is approximately six glasses a day.



School News

Fundraising Activity - Year 6 will be holding their final fundraising activity on Friday 22nd November. It will be a fluoro disco, and cool spider drinks will be on sale. Notes advising more details have been sent out.



Community Liaison Officer – Ms J Daunt

Helpers' Thank You Morning Tea - I would like to extend an invite to our wonderful parents/carers and community helpers who have given their time throughout the year. Please join us in the school library tomorrow, Thursday 21st November at 11:00am for an appreciation morning tea from the staff at Gorokan Public School. Thank you to all helpers for your support throughout the year.



Sport News

Special Swimming Scheme - This 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. Even if your child can swim, it would be a great opportunity for them to improve their swimming skills and fitness in preparation for our school swimming carnival in 2020. Final payment needs to be made ASAP. If you wish your child to attend these lessons and you have not seen a note, please collect one from the office.

School Swimming Carnival 2020 - The carnival will be held at Mingara Aquatic Centre on Monday 3rd February 2020. All students in Years 3-5 in 2020, and any 8 year olds in Year 2 in 2020, who are capable of swimming 50m freestyle, can attend. There will be a cost of \$6 to cover bus travel, entry into the pool and hiring of the blow up water slide. Notes have gone home.



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 old Aboriginal children and their families. Wednesday afternoons 3:30pm - 5:30pm.

Wednesday - Early Birds playgroup for 4-6 year olds. Wednesday mornings 9:15am-11:15am - Please bring a piece of fruit and a drink for your child/ren.

This playgroup will help your child prepare for school through developing foundational skills for learning.

Contact Details: Liz McMinn, SaCC Facilitator

Phone: 0467 670 712

Email: liz.mcminn@det.nsw.edu.au

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

Like us on Facebook: [CCSaCC Facebook](https://www.facebook.com/ccsa.cc)

Why validation is the best parenting skill of all

At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that."

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.