



## GOROKAN PUBLIC SCHOOL

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Wednesday 4<sup>th</sup> December 2019

Term 4, Week 8 Newsletter

Dear Parents and Carers,

At Gorokan Public School we believe that a rich creative arts program exposes students to many opportunities for self-expression and enhances their appreciation for the world around them.

**Operation Art** - Every year schools across New South Wales are invited to participate in *Operation Art*, an initiative of The Children's Hospital at Westmead in association with the New South Wales Department of Education. The Operation Art program provides a forum for schools and students to demonstrate their visual arts achievements through exhibitions at the Armory Gallery, Sydney Olympic Park and the Art Gallery of New South Wales.



Insert: This year's Gorokan PS Operation Art representatives Evie D-F Year 6 - *The Colours of the Midnight Sky*, Mayah M Year 1 - *Christmas Trolli*, Hope B-H Year 2 - *Super Mario*, Ella G Year 3 - *Sunflower Sky*.

**Stop Work Meeting** - Further to the note that was sent home on Monday, there will be a stop work meeting tomorrow Thursday 5<sup>th</sup> December from 8:30am to 11:00am. There will be minimal supervision for students during this time. It is advised that where possible, parents/carers seek alternate arrangements for their children during this time. The **Swim Scheme and Life Education** will run as normal on this day. We apologise for any inconvenience and thank you in advance for your co-operation and continued support.

**Dealing with Issues** - Every now and again situations arise where students require adult guidance to resolve issues. Could I please remind all parents and carers that the school is the first point of contact in this process. The first person to talk to is always the class teacher who can usually assist with further information and assistance, followed by the school executive. Dealing directly with students other than your own is not acceptable and can lead to serious ramifications so I would urge all parents and carers to follow the correct process when issues arise.

At Gorokan Public School we believe that regular and open communication between school and home is a very powerful way of ensuring the best for our students.

**Community Meeting** - Thank you to the dedicated parents and carers who attended last Friday's yarn up community meeting. The meeting was held in the SaCC. It was a great opportunity to connect and collaborate with the community on future directions as well as to celebrate our cultural achievements.

**Enrolment in 2020** - We are currently planning for next year, 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.

**2020 Classes** - As in previous years, our students will commence the new year by returning to their 2019 classes where they will remain for the shortest time possible until our student numbers are confirmed. At this stage our numbers continue to change weekly. We have found this to be the best approach for our students as it can be unsettling if they are placed in new classes with a new teacher, only to have to change classes again because enrolment numbers have changed. All students will commence the new year being engaged in their grade appropriate work for 2020. If you have any queries regarding this please do not hesitate to contact me.

Together we can make a difference.

*Jesmond Zammit*

Principal

## Dates to Remember

Monday 25 <sup>th</sup> November to Friday 6 <sup>th</sup> December	Life Education
Friday 6 <sup>th</sup> December	Questacon Science Circus Year 6 Gorokan High School Sports Day
Monday 9 <sup>th</sup> December	Year 6 Graduation Assembly 9:30am
Monday 9 <sup>th</sup> December	Year 6 Farewell
Tuesday 10 <sup>th</sup> December	Presentation Day
Wednesday 11 <sup>th</sup> December	Year 5 & 6 Rewards Day Mingara
Thursday 12 <sup>th</sup> December	Stage 1 & Stage 2 Water Rewards Day
Friday 13 <sup>th</sup> December	Xmas Sing-a-Long
Tuesday 17 <sup>th</sup> December	Gorokan's Got Talent
Wednesday 18 <sup>th</sup> December	<b>Last day of the year for students</b>

### Early Stage 1 Supervisor - Mrs D Jeanpierre

**Class Awards** - Congratulations to the following students for receiving class awards last week at our gathering: **KL** - Deon, Robert, **KJ** – Aleeyah, Ava, **KFL** - Oliver, Havana, **KDT** - Uilou, Aliyah **KC** - Adam, Azalea.

**Blue Reading Folders** - Please return the blue reading folders this week. These will be kept at school for your children to use next year.

**Special Events** - Please read the school newsletter and social media to keep up to date on all the events happening in the final few weeks of Kindergarten. It is amazing how quickly the year has gone and your children have nearly completed their first year of schooling. Thank you for your continued support.

### Stage 1 Supervisor – Miss L Anderson

**Picnic Party** - Stage 1 will be having a picnic party at the end of the term. We will be asking students to bring in a gold coin so that teachers can buy some yummy party food for the picnic. Keep an eye out for the note which will be coming home soon.

**Home Readers** - We will finish up our home reading at the end of this week. Well done to all of the students who reached their goals with their home reading awards. Please send all of the home readers back to your child's teacher so that we can start getting them sorted and organised for next year.

**Year 2 Swimming** - Our Special School Swimming Scheme started last week and many Year 2 students have taken up this wonderful opportunity to learn all about water safety and improve their swimming skills. Year 2 are to be commended on their outstanding behaviour while at the pool.

### Stage 2 Supervisor - Mrs R Ranse

**Rewards Day** - Our water Rewards Day will be held next week. Please refer to the note being sent home in regards to the requirements for student's participation.

### Stage 3 Supervisor - Mrs G Farrell

**Year 5 Rewards Day** - Rewards day is on Wednesday 11<sup>th</sup> December. Notes will be sent home soon.

**Gorokan High School Sports Day** - Year 6 will be attending this event on Friday 6<sup>th</sup> December. Students would have received information at the orientation.

**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 pizza slices.

**Year 6 Graduation Assembly** - The Year 6 Graduation Assembly will be held on Monday 9<sup>th</sup> 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 9<sup>th</sup> 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

**Grade Gathering Award Winners** - The following students received awards for their great learning and behaviour this week: Tyson, Kaia, Amelia and Nicole. Well done super stars!



**Swimming Program** - We are so proud of all the students who have participated in the Support Unit Swimming Program. They are learning new skills every week and being respectful and courteous to the instructors. Please remember to send your \$10 per week to cover the cost of swimming. If you are using an Active Kids Voucher to pay for swimming or have any questions please see Mrs Greentree.



### Sport News

**Special Swimming Scheme** - The special swimming scheme has already commenced and will be on until Friday 6<sup>th</sup> December.

**School Swimming Carnival 2020** - The carnival will be held at Mingara Aquatic Centre on Monday 3<sup>rd</sup> 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:

**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

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 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](http://eatittobeatit.com.au) for a recipe.

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



### Parenting behaviours even the best parents need to stop

As a parenting educator for more than 25 years, I've had many opportunities to observe and listen to parents in action. During this time I've learned some valuable lessons about raising children and managing families.

Usually, my advice is positive in that I try to focus on what you should be doing as a parent. Maintaining forward momentum has always been my aim. However it helps sometimes to be reminded of some of the behaviours we should stop or do less of, if we are to raise autonomous, emotionally-smart citizens of the future.

Here are some parenting behaviours you may consider stopping or doing less of, together with replacement behaviour as well:

#### **Doing too much**

Kids need to learn to fend for themselves and stand on their own two feet. Independence is the aim for parents. Learn to delegate.

#### **Winning arguments**

The need to win arguments and prove that you are right harms relationships and creates fertile ground for conflict. Focus on the things that matter.

#### **Expecting too little**

Expectations are tricky. Too high and kids can give up. Too low and kids will meet them. Pitch them at their own abilities and their developmental age.

#### **Speaking when angry**

Speaking tends to be a default mechanism regardless of your emotional state. When you're angry kids don't listen. They pick up your venom but not your words. Choose the time and the place to speak to kids.

#### **Failing to give proper recognition**

It's easy to take children's good behaviour and their contributions to the family for granted. The behaviours you focus on expand so catch kids doing the right thing.

#### **Playing favourites**

Children usually know who's the favoured or preferred child in their family. Your discipline and expectations give this away. Share the parenting with others so you share the favouritism.

#### **Letting kids drop out of the family**

In small families most children have their own bedroom, which means isolation is easy to achieve. Teenagers, in particular, tend to prefer their own company rather than the company of peers and parents. Put rituals in place and make sure everyone turns up to meal-time.

#### **Taking the easy way out**

It's a quirk of modern life that as parents get busier with work and other things there is a tremendous temptation to avoid arguments by giving into kids. Hang in there when you know it's the right thing to do.

#### **Judging yourself too harshly**

Parents are generally hard markers of themselves. Kids are more forgiving of their parents' blunders than their parents. Parent your family as if it's a large one.

#### **Solving too many problems**

It's tempting to try to solve our children's problems rather than leave some for them to solve. A forgotten school lunch is a child's problem not a parent's problem. Pose problems for kids rather than solve them.

#### **Confusing helping for responsibility**

We all love it when our children help at home, but this shouldn't be confused with taking responsibility. A child who gets himself up in the

morning is learning to take responsibility. If you want a child to be responsible give him real responsibility.

#### **Telling kids everything will be ok when they are anxious**

It's human nature to reassure your children when they are worried or anxious that everything will be ok. This however is not always true and also reassurance leads to dependence. Validate your child's worries so that they feel understood. Kids need to hear "I get it" rather than "Get over it".

#### **Taking yourself too seriously**

There is a lot of gravitas placed on parents' behaviours and on modelling that can weigh you down and take the joy from being a parent. Take time to enjoy the little things in family life.

#### **Parenting the individual**

Small family parenting is almost always an individual endeavour. It's worth remembering that sibling relationships (if children have siblings) can be just as influential as the parent-child relationship. It will almost certainly outlast the parent-child relationship. Lead the group, manage the child.

#### **Refusal to express regret**

Sometimes parents can work themselves into a tight corner after they've said something out of anger or desperation. One parent I know cancelled Christmas out of desperation, and refused to admit she was wrong. Sometimes you need to acknowledge your mistakes and start over again.

#### **Failing to use communication processes**

Establish communication processes and communication places well in advance of when you really need them. For example if you are about to talk to your children about sexuality and relationships, what process do you use? Where will you hold that conversation?

#### **Neglecting your own wellbeing**

Many families operate under a child-first mentality, which places a lot of pressure and stress on parents. We happily drive kids to their leisure activities at the expense of our own. Carve out some time for your own interests and leisure pursuits.

#### **Giving feedback at the wrong time**

Timing is everything when you give kids feedback. If you give negative feedback immediately after an event or action, you risk discouraging them. Use 'just in time prompts' to remind them how to do something. Pick your timing when you give feedback.

#### **Clinging to the past**

The ghosts from the past are strong indeed causing us to put some of our problems onto our children. The problems we may have experienced growing up won't necessarily be shared by our children. Re-tune your parenting antennae to your child's life and away from yours.

#### **Believing everything your children say**

As loving parents we want to trust our children and believe everything they tell us. Children are faulty observers and frequently only see one side of an issue. Help children process what happens to them and see issues from every side.

After reviewing this list, for those of you who still aren't sure what to stop, there is one habit that I've seen take precedence over all of the others. You may be part of the majority of people who partake in this bad habit. What is the number one problem of the successful parents I've worked with over the years? It is doing too much for their kids.

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[www.parentingideas.com](http://www.parentingideas.com)