



## GOROKAN PUBLIC SCHOOL

Dudley Street, Gorokan 2263  
 Phone: 4392 4200 Fax: 4393 1698  
 Email: [Gorokan-p.school@det.nsw.edu.au](mailto:Gorokan-p.school@det.nsw.edu.au)  
 Website: [www.gorokan-p.schools.nsw.edu.au](http://www.gorokan-p.schools.nsw.edu.au)

**Wednesday 6<sup>th</sup> March 2019**

Dear Parents and Carers,

At Gorokan Public School we believe attending school everyday ensures students build a solid foundation for learning and sustained academic success.

**Every Day Counts** - It is important that students attend school every day. Not only is it a legal requirement it is also important in consistency for learning and in maintaining and developing relationships.

Missing days at school quickly adds up.

If your child is absent for ...	That means over a year ...	Which is ...	That means from Kindy to Year 12
1 day a fortnight	20 days	4 weeks a year	Nearly 1 ½ years of learning missed
1 day a week	40 days	8 weeks a year	More than 2 ½ years of learning missed

If your child has a valid reason for being absent from school (being sick for example) then you need to inform the school. A family holiday is not a justified reason for missing school and requires approval from the Principal. Holidays should be organised for school holiday time where possible.

**National Day of Action** - The 2019 *National Day of Action against Bullying and Violence* is being held on Friday 15<sup>th</sup> March. This day provides a focus for schools and the wider community, including parents and carers, to strengthen their everyday messages against bullying and violence.

The NSW Department of Education provides a useful step-by-step guide for parents and carers when their child is involved with bullying. Please refer to the following link: <https://antibullying.nsw.gov.au/parents-and-carers>

**Breakfast Club** - The students can access this service between 8:30am and 8:50am on Monday to Friday each week. Breakfast is possibly the most important meal of the day yet one in four children in Australia skips breakfast. That is why we have set up this service for our students in order to assist their concentration in class and increase their energy for playtimes. Thank you to the Wyong Roos, Woolworths and Baker's Delight for their

ongoing generosity and support of this valuable program.

**Voluntary School Contributions** - Thank you to the many parents and carers who have already made payment. Your efforts are greatly appreciated.

**Sporting News** – The Zone Swimming Carnival will be held tomorrow at Mingara. Congratulations to the 15 students who will be competing. Further updates will be provided in next week's newsletter. Congratulations to Kingston S, Jaxon W, Logan S for being selected to represent the school at the upcoming Zone Rugby League Trials, we wish you every success.

**Debating** - Learning to present a logical argument to persuade others is an important and valuable life skill for students to learn. Our debating team members Sienna M, Chloe P, Kiah P, Chloe M, Mia K, and Hannah T participated in a debating workshop last week with other local schools. I wish the team well for the competition ahead and look forward to following their debating throughout the competition.



Photo 2019 Gorokan PS debating team

**Before and After School Care Expression of Interest** - If you are interested in accessing Before and After School Care, please fill in the EOI on page 3 of this newsletter so that the school can ascertain the level of need in our community in order to inform the Dept in trying to re-establish this important community service.

**Parking Around the School** - Please be considerate of local residents when parking near the school and not park across driveways of houses. This is an offence, which can result in costly fines if law-enforcing authorities catch offenders.

**Parents and Citizens Association** - A further reminder that the next P&C meeting will be the Annual General Meeting. This meeting was planned for Monday 4<sup>th</sup> March but due to unforeseen circumstances, the date has changed to Monday 11<sup>th</sup> March. The meeting will be held in the library at 3pm. All parents and carers are

warmly invited to attend. Come along and make a difference.

Together we can make a difference.

*Jesmond Zammit*

Principal

### **Dates to Remember**

Thursday 7 <sup>th</sup> March	Year 6 Fundraising Rewards & Spider Day
Monday 11 <sup>th</sup> March	P&C AGM - 3:15pm in Library
Tuesday 12 <sup>th</sup> March	Year 7- 2020 High School Forms returned
Thursday 14 <sup>th</sup> March	Selective High School Placement Test
Friday 15 <sup>th</sup> March	National Day of Action Against Bullying and Violence
Friday 5 <sup>th</sup> April	School Cross Country
Tuesday 21 <sup>st</sup> May	Year 1 & Year 2 Excursion Billionaire Boy
Tuesday 3 <sup>rd</sup> September - Thursday 5 <sup>th</sup> September	Year 6 - Canberra Excursion

### **Kindergarten Supervisor - Mrs D Jeanpierre**

**Parent/Teacher Interviews** - Thank you to the parents and carers who have attended an interview with your child's teacher. These meetings create opportunities for us to cooperatively plan for your child's success at school. If you haven't met with your child's teacher yet and would like an appointment, please contact your child's teacher by note or phone message to arrange a suitable time.

**Class Awards** - Congratulations to the following students for receiving class awards at our grade gathering last Friday. **KC** - Hunter O, Kevin S **KD/T** - Uilou U, Shayanne L **KF/L** - William E, Millie W **KJ** - Jasmine L, Bentley J . **KL**- Ben W, Tyrell C.

**Behaviour Monitoring Cards** - Please sign your child's behaviour monitoring card and return it to school every Monday for consistent monitoring of student behaviour. It is important we work together to ensure similar messages are being delivered at school and at home.

**Home Readers** - Blue home reading folders have been sent home with a borrowed picture book for you to read and enjoy with your child. These books may be returned to school as often as desired and swapped for a new book. Replacement costs for lost blue folders are \$25.00.

**Headphones** - Please send in headphones for your child to use during technology lessons. Headphones should be

clearly labelled with your child's name and can be placed into a small bag for safe storage.

**Paint shirts** - If you have an old shirt that may be used to protect the children's uniform whilst painting, could you please send it to your child's classroom for use during art lessons.

**Labelling Items** - Please ensure all personal items are labelled clearly with your child's name. This includes shoes and socks as students take these off to play in the sand pit.

**Morning Routines** - Please take your child to the large COLA area in the morning where they will be supervised by a teacher and important messages relayed. You may stay with your child or leave them with the supervising teacher. Once the bell has rung at the commencement of each day, teachers will line their class up at the top of the steps outside the KFL classroom.

**Best Start Assessment** - Your child's Best Start assessment results have been sent home this week. Please remember this was a snap shot of what your child was able to complete on the day of assessment. It gives your child's teacher an indication of where to begin planning for your child's learning. Please see your child's teacher if you have any concerns regarding these results.

### **Stage 1 Supervisor - Mrs C Henderson**

**Parent/Teacher Interviews** - Thank you to all of the parents and carers who have made time to meet with their child's teacher. The teachers have found these meetings to be most beneficial in planning for each child. If you have not met with your child's teacher yet and you would like an appointment, please contact your child's teacher by note or phone message to arrange a suitable time.

**Excursion** - Notes for our Stage 1 excursion to see *Billionaire Boy* at The Art House Theatre on Tuesday 21<sup>st</sup> May have been sent home. The cost of the excursion is \$25.00 and payment is due in full by the end of the term. If you have not received this note please let your child's teacher know so that a new one can be sent home.

**Classroom Supplies** - The donations of classroom supplies such as tissues, paper towels and glue sticks have been much appreciated. Further donations will be gratefully accepted.

### **Stage 2 Supervisor - Mrs R Ranse**

**Years 3 and 4 Excursion** - We are currently organising our excursion to Bulgandry Aboriginal Art site and Girakool Loop walking track. Both places compliment our geography studies. Students in Years 3 and 4 will be offered the opportunity to attend this excursion in Term 3. Further details will be forthcoming.

### Stage 3 Supervisor - Mrs G Farrell

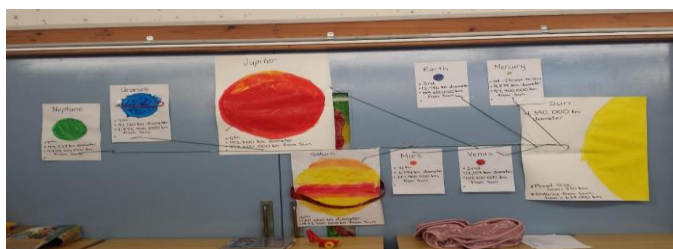
**Year 6 High School 2020** - Expression of Interest High School Enrolment forms need to be completed and returned by no later than Tuesday 12<sup>th</sup> March. Your address on our school records indicates your child's designated High School.

**Year 6 Fund Raising** - Rewards & Spider Day will be held this Thursday 7<sup>th</sup> March. Spider drinks will be \$1 and will be available at recess and lunchtime as well as during the rewards activity. Stalls will be set up under the primary and infants COLA.

### Special Education - Mrs S Crook

The students in all three of our special education classes have settled in well and are making good progress already this year. The children are so proud to bring me examples of their quality work each day, which is great to see.

**K-6S** - The children have been learning about the Solar System with Mrs Shoesmith. Below is a classroom display of information they have learned about the planets.



### Sport News

**Zone Swimming Carnival** - Fifteen swimmers - Evie D, Hannah B, Chelsea O, Vienna D, Bridget D, Olivia H, Jorjah C, Amelia K, Zayah D, Hudson L, Mitchell B, Joshua R, Jacob H, Zac T and Lincoln D have qualified for Zone and will be competing at Mingara on Wednesday 6<sup>th</sup> March.

**Sporting Trials for Wallarah Zone** - The following students were selected to attend the combined Tuggerah/Wallarah Zone Rugby League Trials Jaxon W, Logan S and Kingston S.

### P & C - Ms Jasmine Daunt

**P&C Annual General Meeting** - I'd like to warmly welcome families to the next P&C meeting to be held on Monday 11<sup>th</sup> March at 3:15pm. We will have a crèche' running for all who are interested.

### School News

**2019 NSW Premier's Reading Challenge** - Students in Years 3-6 are invited to start logging their book-bank books and reading for this year's NSW Premier's Reading Challenge. Students in Year 3 who completed the challenge in Kindergarten, Year 1 and Year 2 will be in the running to receive their Gold certificate!

Online reading logs will be available for students in Years 3-6 from Monday 4<sup>th</sup> March. Students in Years 3-6 must enter their books onto their online reading log to successfully complete the challenge.

Students from Kindergarten to Year 2 will be completing this year's NSW Premier's Reading Challenge with their class. Students completing the K-2 challenge are not required to complete an online reading log unless they are reading books independently from the Year 3-6 booklists.

If you do not wish your child to participate in the challenge, please see your child's class teacher.

See Mrs Bailey in the library if you have any questions.

**Rules & Privacy Information** - The 2019 Challenge kicks off on Monday 4<sup>th</sup> March and closes on Friday 30<sup>th</sup> August (midnight) for students.

Challenge	Number of books needed to complete the Challenge	Minimum number of PRC books for your Challenge	Maximum number of personal choice books	PRC booklist selection
K-2	30	25	5	K-2, 3-4, 5-6, 7-9
3-4	20	15	5	3-4, 5-6, 7-9
5-6	20	15	5	5-6, 7-9

Two conditions of entering the Challenge are that students may receive a certificate and their name may appear on the Gold or Platinum Honour Roll. Certificates have the student's name and school printed on them. The Honour Roll lists student names in the PRC website only. Names are listed in alphabetical order (not by school) and no other identifying features are included.

Students who do not wish to receive a certificate or have their name published on the Gold or Platinum Honour Roll (or whose parents/carers do not wish them to) should not register for the Challenge. These students may take part in the Challenge unofficially - they may use the PRC booklists and can seek recognition in their school community - but they cannot add any books to an online Student Reading Record.

Go to the NSW Premier's Reading Challenge website at <https://online.det.nsw.edu.au/prc/home.html> for more information.

### Before and After School Care Expression of Interest

Please complete and return to Mr Zammit via the office.

I ....., require before and after school care for my child /ren .....

on: (please circle) Mon Tue Wed Thur Fri of each week of the school term.

I would also send my child /ren to vacation care if it were to be available: Yes / No

I understand and accept that this is a user pays service: Yes / No

## kids scripts for social and school success

by Michael Grose

Recently, I heard my adult daughter rebuke a male friend for telling her that she'd lost weight.

"You just can't say that," remarked my daughter.

Realising his mistake this young man said, "So what should say instead?"

"Tell me I look healthy."

"Hey, you look really healthy!"

"That's better," remarked my daughter, who's not backward in coming forwards.

This young man's scripting was askew. He knew that a male complimenting a female on losing weight maybe no compliment at all, however he didn't know what else to say. My daughter gave him a new script that he can use in similar situations in the future.

This scenario is relevant to parenting. Parents should always looking for opportunities to give their kids the social scripts to express themselves in different situations.

### Benefits of providing kids with social scripts

Social scripting wins the parenting trifecta. Giving kids the words to use helps them stay safe; become social and importantly, promotes their independence. Your job as a parent is to wean kids off you. Social scripting is a big part of this process.

So if keeping kids safe, while socialising and developing their independence is important then look for ways to give kids the right words to use. Here are some ideas to get you started.

### 1. Asking a teacher for help or assistance

Kids often coerces parents to do their bidding with teachers, coaches, siblings and other adults. It's easy to pick up the phone and arrange to meet a teacher or go into your child's room and ask for something on behalf of your child. Take a different approach. "Choose a time when your teacher is free, and then ask her if you can sit at the front of the classroom. You could say...."

### 2. Entering a game at school

Many kids struggle to enter into a game or activity at school, so they sit on the sidelines and miss out. Consider coaching a child about how he or she may approach a situation. Suggest that he or she looks for someone they know, and wait for a lull in the game before asking. Social scripting involves timing, not just the words to use.

### 3. Telling a sibling to stop annoying them

"Jessica, please stop flicking the ruler while I'm watching TV. I find it annoying." This may work. If not, this child could try, "Jessica, could you flick your rule elsewhere." It may work. It may not. But it's infinitely better than yelling, "Jessica, DDDOOOONNNN'TTTT!!!"

### 4. Saying No to a friend without losing face

Research shows that many teenagers struggle with peer pressure because they don't know how to say NO in a way that maintains their status. One strategy is to use an excuse rather than say give an outright NO. "I don't want to drink tonight because I've got football training in the morning."

### 5. Expressing their emotions

Both genders can struggle to express their feelings, particularly if they haven't been taught the words to use at home. Recently, I saw a mother prompt her three year old when he was clearly annoyed.

"Are you frustrated Maxie?"

"Yes, I fusttated!!"

"Would you like a hug?"

"Yesssss!"

You're never too young or too old to be hugged. Just as you're never too young or too old to receive a social script from a well-meaning parent or friend.

*Published by Michael Grose Presentations. All rights reserved. For more ideas, support and advice for all you're parenting challenges visit: [www.parentingideas.com](http://www.parentingideas.com)*