



## 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 13<sup>th</sup> March 2019**

Dear Parents and Carers,

At Gorokan Public School we are striving to create a safe and supportive school community for everyone. You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child.

### **If your child talks to you about bullying:**

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

Additional information about bullying is on the school's website at <https://gorokan-p.schools.nsw.gov.au/> If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make Gorokan Public School a great school for everyone.

**Sporting News** - The Zone Swimming Carnival was held last Wednesday at Mingara. Congratulations to Evie DF who came first in the ... *Girls' Senior Medley, Girls' 12 Freestyle 50m, Girls' 12/13 Breaststroke, Girls' 12/13 Backstroke, Girls' All Age 100m Freestyle* and second in *Girls' 12/13 Butterfly*. Amelia K was also successful on the day coming first in the *Girls' Junior Medley*. Congratulations to these talented students and we wish them every success when they compete at the Sydney North competition.

**Staffing Update** – Congratulations to Elizabeth McMinn who was the successful applicant for the SaCC Facilitator position. I look forward to introducing Liz to the community in the coming weeks. Congratulations are also extended to Shauna Crook who was appointed to the school as Assistant Principal Special Education.

**Before and After School Care Expression of Interest** - Just in case you missed my invitation to express an interest 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.

**Parents and Citizens Association** - The P&C Annual General Meeting was held on Monday 11<sup>th</sup> March. Thank you to those who attended and congratulations to the newly elected 2019 P&C executive team:

- ☆ President - Jasmine Daunt
- ☆ Vice President - Angela Drury
- ☆ Secretary – Belinda Birmingham
- ☆ Treasurer - April Grant
- ☆ Assistant Treasurer – Cindy Bur

Together we can make a difference.

*Jesmond Zammit*

Principal

### Dates to Remember

Thursday 14 <sup>th</sup> March	Selective High School Placement Test 9:00am to 1:30pm
Friday 15 <sup>th</sup> March	National Day of Action Against Bullying and Violence
Friday 15 <sup>th</sup> March	Year 6 Expression of Interest High School enrolment forms to be returned
Wednesday 27 <sup>th</sup> March	Year 5 CARES Excursion
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	Year 6 - Canberra Excursion

### Kindergarten Supervisor - Mrs D Jeanpierre

**Class Awards** - Congratulations to the following students for receiving class awards at our grade gathering last Friday. **KC** - Indigo F, Sierra M **KD/T** - Lorana B, Zane B **KF/L** - Jasmine M, Kal-El M **KJ** - Aleeyah L-B, Ava R **KL** - Liam C, Yasmin G.

**Behaviour Monitoring Cards** - Please continue to sign your child's behaviour card and return it to school every Monday for consistent monitoring of student behaviour. A rating of 4 is a reasonable achievement for behaviour. Receiving a 5 or 6 indicates that your child's behaviour is more desirable.

**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 if they are lost or misplaced.

**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.

**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 KFL classroom.

### Stage 1 Supervisor - Mrs C Henderson

**Toy Donations** - At recess and lunch playtimes we run a playgroup for students. We would love for our playgroup to have a variety of toys available for children to play with. If you or family or friends have any toys that are in

good condition but no longer used we would happily take them off your hands and put them to good use in our playgroup. We are looking for toys such as cars, trucks, construction toys and games suitable for 4 to 7 year old children. If you have any just send them in to your child's teacher and they will get a big "THANK YOU" from us all!

**Year 1 and Year 2 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 Friday 12<sup>th</sup> April, the last week of this term. If you have not received this note please let your child's teacher know so that a new one can be sent home.

**Absent Notes** - If your child has been away from school please send in a note to your child's teacher on their return to school. It is a legal requirement that notes are received within seven days of a student's absence. The note must state the dates your child was absent and the reason for the absence. If your child will be absent for more than two days please contact the school by phone or via the school app to let us know.

### Stage 2 Supervisor - Mrs R Ranse

**Behaviour Cards** - Behaviour cards are sent home on Friday. If your child has misplaced their card, an interim card is sent home. Behaviour cards need to be returned to the class teacher on Monday.

**Years 3 and 4 Excursion** - Year 3 and 4 will be participating in an excursion to Bulgandry Aboriginal Art site and Girrakool picnic area in Term 3 as part of our studies in geography and history. Notes will be sent home early next term.

### Stage 3 Supervisor - Mrs G Farrell

**Expression of Interest High School Enrolment Forms** - Forms need to be returned completed by no later than this Friday 15<sup>th</sup> March. There are still 30 students who have not returned these important forms. Your address on our school records indicates your child's designated high school.

**Year 6 High School 2020** - Applicants for Year 7 placement in a selective high school for 2020 are required to take the Selective High School Placement Test to be held from 9:00am to 1:30pm tomorrow Thursday 14<sup>th</sup> March 2019 at Gorokan High School.

**Year 6 Fund Raising** - Thank you to all those parents and carers who sent in donations for our Spider Day. We raised just over \$600.

**Donations** - Years 5 and 6 are looking for old magazines and newspapers for art and craft activities. Any donations would be greatly appreciated.

**Year 6 Souvenir T-Shirt** - Students have been busy designing the front pocket and the back design at school. A note will come home in the next few weeks,

when all costs are finalised. The cost will be between \$30 and \$35.

**Year 6 Canberra Excursion** - The Canberra excursion is to be held from Tuesday 3<sup>rd</sup> September to Thursday 5<sup>th</sup> September. Notes were sent out last week advising the cost is \$375. A deposit of \$75 will be required ASAP as we need to confirm our numbers for accommodation. We have booked for 90 students and want to avoid paying addition costs for incorrect numbers. A regular payment plan will be sent out once the deposit has been paid.

**Year 5 CARES Excursion** – The Community and Road Safety Education Scheme will be held on Wednesday 27<sup>th</sup> March. Students will learn about road rules, hazard perception, hand signals as well as helmet and bicycle safety in a practical way from the expertise of two NSW Police Officers. This excursion relates to our PDHPE syllabus. All equipment is provided for the students to participate on the day. There are only 60 spaces available and the cost is \$12.

**Year 5 Bathurst Excursion 26<sup>th</sup> - 28<sup>th</sup> August** - Notes will be sent out in the near future with costs and a suggested payment plan. Approximate cost will be \$380.

**Stage 3 Academic Olympics** - Last Friday 8<sup>th</sup> March, Stage 3 held an Academic Olympics where the students worked together in a group to complete and solve different challenges and activities. The 3 winning teams will compete at the Stage 3 Academic Olympics which will be held at Gorokan High on Tuesday 26<sup>th</sup> March starting at 8:30am and finishing at 2:00pm.

### **Special Education - Mrs S Crook**

We have had another great week in the Special Education Unit. It is my pleasure to see all of the great work that our students are producing and the lovely relationships that have formed between our teachers and their students.

**Parent/Teacher Interviews** - Thank you to all of the parents/carers who have made time to meet with their child's teacher. It has been great for our teachers to meet with you and share the planning of your child's Individual Education Plan (IEP). If you have been unable to the school for an appointment, we can arrange a time to chat over the phone if that is easier. Please contact your child's teacher via a note or phone message to arrange a time that suits both of you.

**Intensive Swimming Scheme** – Some of our students have participated in special swimming lessons at Toukley pool in Weeks 6 and 7. It has been fantastic to see the improvement in each child's confidence around the water and swimming ability over this time. Thank you to our beautiful teachers, Mrs Greentree and Miss Michelle for supporting our swimmers at the pool each day, and also to Mrs Yates and Miss Brooke who have stayed at school and continued class programs for the rest of the students. A great team effort!

### **Sport News**

**2019 Zone Swimming Carnival Results** - Our swimmers did their best and swam well coming in 6th overall. Well done everyone! Jorjah C, Amelia K and Evie DF all made the finals for their respective 50m freestyle age races. All other events were timed finals with the 2 fastest times qualifying for Sydney North.

A special thank you must go to Mrs Davies who acted as our team manager and April Farrell who acted as an official. Your time and efforts were greatly appreciated.

### **School News**

We are raising money for our school and are thrilled to be launching the NEW 2019|2020 Entertainment Memberships soon!

The book or app costs \$65 with 20% of every membership sold going to the school. There are great deals which include 2-for-1, special rates and up to 50% off on activities, dining, shopping, travel and leisure. There is a 2018/19 book in the office for you to look at as an example. It does not take you long to save the \$65 you spend. Anytime you use it, the savings are dollars in your pocket! Please help us achieve our goal by purchasing an Entertainment Membership online at <http://www.entbook.com.au/345h40> or contact the office for a form to complete.

### **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

## Daily lessons in resilience

by Michael Grose

Recently, I saw a mother give a simple, yet profound resilience lesson to her school-aged child, after he missed a much-anticipated excursion due to poor behaviour at school. Replying to the child's protests about teacher unfairness and his over-reaction to missing out on a learning opportunity his mum simply replied, "Oh well!" Then she busied herself with other tasks. The child stunned by her reaction, shrugged and headed off to complete his homework.

### Adult reactions matter

It's in our reactions to children's and young people's every day mistakes, mess-ups, muck-ups and hurts where the real lessons in resilience lay.

The lessons for this child were simple but profound. "Oh well" meant:

- *Stuff happens*
- *Don't look for fault or blame*
- *Keep your perspective*
- *Pick yourself off and continue with what you were doing*

### How to react

The resilience lesson for this mother were equally as profound. When a minor mishap with a child or teenager occurs:

- *Match your response to the incident*
- *Stay calm and be positive*
- *Don't look for fault or blame*
- *Remember, stuff happens*

### Resilience lesson for parents – "Oh well"

Every day there are opportunities for parents to give their children lessons in resilience.

A child misses being picked for a team that he had his heart set on joining. "Oh well. Let's see how you go next time"

When a boy experiences rejection in the playground at school. "Oh well. You'll find that some people don't want to be your friend."

When a teenage girl doesn't get the mark she thinks she deserves in an assignment. "Oh well. Sometimes we don't get the marks we think we deserve."

Match your response to the challenge to promote resilience

There are times when "Oh well" won't cut it. When a child is bullied he needs your continued support.

When a student's continuous efforts at improvement are constantly met with criticism then you may need to act on his behalf and meet with a teacher.

When a child always struggles to make the grade and is never picked for a team then you may need to help him make different choices.

These types of situations also present opportunities for daily lessons in resilience, but they require more parental support and teaching.

The resilience lessons learned are deeper and include concepts such as 'things will eventually go your way,' 'there are times when you need to seek help' and 'this too shall pass.'

Promoting personal resilience focuses on helping kids cope with life's hurts, disappointments and challenges in the present, while building strengths for the future.

Daily lessons in resilience are everywhere. You just need to be ready to make the most of these valuable lessons when they come your way.