



GOROKAN PUBLIC SCHOOL

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Wednesday 15th May 2019

Dear Parents and Carers,

At Gorokan Public School we value the important role that mothers/mother figures play in the successful raising of children. I sincerely hope that our mothers, grandmothers and female carers had a wonderful Mother's Day last Sunday, enjoying quality family time with their children and loved ones. It was great to see our Mother's Day Breakfast being so well received last Friday and I thoroughly enjoyed my conversations with those who attended. Congratulations to Jasmine Daunt, our hardworking coordinator of this highly successful school event and the wonderful staff and volunteers who eagerly assisted on the day.

Book Bank - As explained in previous newsletters, this unique literacy support program aims to encourage students to cultivate a love for books and read every day. Our Primary students have selected their books from the Premier's Reading Challenge new release list, and received them last week following the Class Captains' Assembly. Last term's books should have been taken home to keep and share with family and friends. Sincere thanks are extended to Dymocks Children's Charities for their provision of this generous and engaging program for our students.

Before School Supervision - Parents, carers and visitors are reminded that the grounds are supervised from 8:30am. Please ensure when dropping your child/ren off in the morning that they must go to the large Primary COLA area. Parents wishing to stay with their children are welcome but must also go to this area as going elsewhere confuses the other students and compromises student safety.

School Uniforms - Thanks for the great effort that is being put into sending students to school neatly dressed and in the correct school uniform. Students wearing the correct uniform instill pride in their school and promote a sense of belonging. As the weather is changing, please ensure that school jumpers are labeled with your child's name so that they can be returned to them in the event that they are lost. New purchases can be made from the school uniform shop on Tuesdays from 2:30-3:00pm and Fridays from 8:30-9:00am or alternatively good quality second hand jumpers are available from the school for a gold coin donation.

NAPLAN - The students in Years 3 and 5 commenced their NAPLAN online testing yesterday.

School Policy on Refunds for Excursions and Other Student Funded Activities - Each year teachers plan a number of excursions, guest speakers and various activities which enhance the educational programs being offered in classrooms. These activities usually have a cost associated with them. Occasionally children are disappointed when they are unable to participate in the activity because they are sick on the day, or late to catch the bus etc. In such cases parents often request a refund of the fees that have been paid. In making a decision regarding a refund one issue has to be considered: **Has the school already spent money for the student to participate in the activity?** If the school has already had to pay for the activity then a refund cannot be given. Often, particularly in the case of larger excursions, venues and accommodation providers charge us on the numbers we provide in advance of the actual excursion. These venues hire staff, buy food, provide bedding etc based on those numbers therefore the costs still exist even if a student does not attend. With bus companies we are still charged for a booked seat even if it is not used. Therefore it is our policy that when a student is unable to attend an activity, due to a legitimate reason, the school will refund money paid less funds already committed or spent.

Walk Safely to School - Friday is Walk Safely to School day. This is an opportunity to promote a healthy lifestyle and road safety.



Together we can make a difference.

Jesmond Zammit

Principal

Dates to Remember

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| Tuesday 14 th - Friday 24 th May | Year 3 & Year 5 NAPLAN online |
| Tuesday 21 st May | Year 1 & Year 2 Excursion <i>Billionaire Boy</i> |
| Friday 5 th July | Athletics Carnival - Mingara |
| Wednesday 31 st July | Year 3 – Girrakool & Bulgandry Excursion |
| Thursday 1 st August | Year 4 – Girrakool & Bulgandry Excursion |
| Monday 26 th - Wednesday 28 th August | Year 5 - Bathurst Excursion |
| Tuesday 3 rd - Thursday 5 th September | Year 6 - Canberra Excursion |

Kindergarten Supervisor - Mrs D Jeanpierre

Class Awards - Congratulations to the following students for receiving class awards last week. **KC** –Azalea, Callum, **KD/T** – Zane, Jermaine, **KJ** – Connor, Tyler, **KL** – Tyrell, James, **KF/L** – Havana, Trevor.

Home Readers - Please sign the Term 2 reading card nightly but keep the books for one week before returning them to school to swap. Please return the folder each Friday to swap books for the following week.

Headphones - Please send in a set of headphones for your child to use during technology sessions. Thank you to those who have already supplied their child's headphones. Remember to label these clearly with their name.

Henny Penny Chickens - The chickens have now all hatched and growing quickly. Please see your class teacher if you would like to adopt any chickens, free of charge, and take them home this Friday. There are starter kits available for purchase if you need them, please see your class teacher as soon as possible to secure the adoption of your feathered friends.



Stage 1 Supervisor – Miss L Anderson

Hats and Jumpers - As the weather is cooling down, please make sure names and classes are labelled clearly on school jumpers. Students still need to bring their school hat with them each day.

Nintendo Switch Workshop - Our Year 2 students participated in a Nintendo Switch workshop to kick start their STEAM project this term. Our students loved the hands-on, interactive learning and are excited to get creative with their projects.

Stage 2 Supervisor - Mrs R Ranse

Girrakool and Bulgandry Excursion - All students in Years 3 and 4 should have received a note about the Stage 2 excursion by now. If your child did not receive a note, please contact the school office. Please send payments as soon as possible for your child to attend this excursion.

NAPLAN - Year 3 are currently doing NAPLAN Online. For further information about the NAPLAN Online go to <http://www.nap.edu.au/naplan>

Year 5 2020 Selective School Applications - A note has gone home to current Year 4 students regarding selective school applications and testing for students going into Year 5 next year. Please note that if you are intending on your child sitting the exam, we need the 'intention to apply' returned to school. All applications are done online, by parents or carers. Applications close on Friday 17th May. <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Stage 3 Supervisor - Mrs G Farrell

Be Organised - We would like to ask that all Stage 3 students come organised for learning with their own pencils and pens.

Year 5 and 6 Expo - This event will be held at Gorokan High School on the evening of 22nd May from 5:00-6:30pm. It is a great chance to see what GHS has to offer your child.



Year 6 Canberra Excursion - 3rd September to 5th September - Please keep paying off the Canberra excursion. A total of \$250 is due by 12th June and the final payment is due by 4th July.

Year 5 Bathurst Excursion - 26th August - 28th August - Notes have been sent home and the non-refundable deposit of \$80 is due by 16th May. A total of \$250 is due by 12th June and the final payment totalling \$380 is due by 4th July.

NAPLAN - Year 5 will be currently NAPLAN. For further information about the NAPLAN Online go to <http://www.nap.edu.au/naplan>

Special Education - Mrs S Crook

Afternoon Pick Up - Just a quick reminder that all Multicat students will walk with their teacher to the Red Park area at the end of the day, so parents can pick their children up there. All students will be dismissed when the bell goes at 3:00pm. Thank you for your help in establishing this routine in order to keep our students safe at the end of the day.

Sick Children - The cold weather has brought lots of sickness. Please keep your child at home if they are not well to prevent the spread of germs. More than 3 days away from school will require a medical certificate to be sent in on your child's return.

Drink Bottles - Please ensure your child has a drink bottle filled with only water every day.

Sport News

Zone Cross-Country - Our students competed at the Zone Cross-Country last Friday and did an amazing job showing persistence. This was one of our most successful years for quite a while with seven students making it to Sydney North. Breanna B, Taleah M, Tyne H, Alizah B, Jorjah C, J J and Amelia K will compete at the Sydney North on 21st June.

Netball - Our school team will be competing in the school Knockout netball competition on Tuesday 28th May.

School News

School Fundraising - We are raising money for our school and are thrilled to be launching the NEW 2019/2020 Entertainment Memberships! 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 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.

Catholic Reconciliation - If your child is in Year 3 or older and you would like him/her to receive the Sacrament of Reconciliation (confession), a program is beginning at St Mary of the Cross MacKillop Parish at Warnervale. Enrolment forms are available at the school office. For more details contact the parish office on 8379 1740 or email warnervaleparish@bbccatholic.org.au.

Family Holidays and Travel - Families are encouraged to travel or holiday during school holidays. If this is not possible, an Application for Extended Leave, or eligibility to enrol in Distance Education is required. Once the

application is received, the Principal considers that the travel is appropriate and a Certificate of Extended Leave will be issued. Absences relating to travel will then be marked as leave on the roll and contribute to your child's total absences for the year. The Application for Extended Leave can be obtained from the office and must be submitted in advance to the leave commencing otherwise the leave will be deemed unjustified.



Head Lice and Nits - Head lice is an ongoing problem in all schools. Please be vigilant in your treatment so this problem can be eradicated from the school. I would encourage parents and carers to check your child's hair regularly and if you notice lice or eggs please treat the whole family immediately. The lice are very small parasitic insects, about the size of a sesame seed. They are usually light brown in colour. Close inspection of the scalp may reveal whitish eggs (nits) firmly attached to the hair, especially at the back of the neck and above the ears. Hatched lice and itchy red marks may also be seen. There are a number of simple and effective head lice treatments available from your local chemist. Did you know that cheap conditioner is the best way to remove them?

P & C News - Ms J Daunt

P & C Meeting - Our next P & C Meeting will be held in Week 4, next Monday afternoon, 20th May at 3:00pm in the school library. There will be a crèche and afternoon tea available. We look forward to seeing some friendly faces.



Gorokan Public School Winter Uniform

Mum's the work

by Michael Grose

Watching my own children become parents is an unexpected parenting joy.

Not in the light-hearted 'your-turn-has-come' way where older generations delight in watching their own children endure the same sleepless nights, naughty toddler behaviour and teenage rebelliousness that they experienced as parents.

The joy for me lies in watching my adult kids protect, teach, nurture and support their children, in the time-honoured way that parents have done for generations. This work, also known as generative parenting, was outlined by American psychologists and researchers Dollahite, Hawkins and Brotherson in the 1990's.

Also known as mother work (and father work), generative parenting refers to the instinctive activities of parents that enable the next generation to survive and thrive. These activities range from providing kids with food and shelter and other basic needs through to developing more complex skills in their kids such as working with others, adapting to change and developing the resourcefulness needed for full independence.

Like most parents my daughters want to be the best parents they can be so they both devour parenting books, attend courses when they can and join online chat groups for support and ideas.

But it's their mother work, their instinctive work, that's their most potent parenting force. Here's why.

Mother work is protective

When my eldest daughter visits our house she does a quick reconnaissance trip through each room, lifting errant blind cords and removing heavy objects, to make our house safe for her two boys to move around. The protective side is strong.

Mother work is educative

When my youngest daughter patiently explains to her exuberant young three year old that she needs to allow other children to share her toys, she is doing important teaching work. That requires super patience.

Mother work is nurturant

The safety my daughters provide when they wrap their arms around their children when they've fallen and hurt themselves comes naturally to them.

Mother work is supportive

The emotional support these young women provide to their children when they've been upset by the thoughtless or rough behaviours of siblings and friends is often hard work. But they are up to the task.

My daughters' mother work will continue well into their children's teen years and beyond. The nature of the work will change with each developmental stage but the intent of the work – to nurture, protect, teach and support – will stay the same.

Men can do this work too, but they do it differently. When a mother instinctively protects she generally draws her child closer before searching out the source of fear. There'll be lots of cuddles before she puts a nightlight on to ease a child's fear of the dark.

When a father instinctively protects he's more likely to eliminate the source of fear, and skill his child up to fend for themselves. He'll prove there's nothing to be scared of when the light goes out, and show his child how to turn on the light when needed. Both are valid approaches, and are indicative of the gender differences in child-rearing.

This Mother's Day, it's my daughters' instinctive mother work that I'll celebrate, as that is real magic of parenting.

Happy Mother's Day.