



## GOROKAN PUBLIC SCHOOL

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Wednesday 5<sup>th</sup> June 2019

Dear Parents and Carers,

At Gorokan Public School, we believe that Reconciliation involves building positive, respectful relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples for the benefit of all Australians.

**Reconciliation Week** – As explained in last week's newsletter, National Reconciliation Week is a time to celebrate and build upon the respectful relationships shared by Indigenous people and other Australians. At Gorokan Public School, we are committed to this process. As part of our *Getting Along* assembly that was held last Friday, the students learned about the importance of the reconciliation process in building a strong and united Australian society. Congratulations to Toby L who did a meaningful Acknowledgement of Country on the day and to the following students who were given recognition for their efforts in making Gorokan Public School a place where the students support and care for each other:

**K-2** Aliya M, Kevin S, Jermaine B, Shayanne L, Mikayla J, Jacob S, Kiara L, Tyrell C, Sadie G, Harrison J, Grace M, Mayah M, Lakyn J, Anna R, Logan D, Ivy L, Chase B, Leon S, Daniella C, Logan H, Charlize H, Ryder S, Leila T, Kayleb T, Max F, Charlie S, Tyson C and Jackson D.

**3-6** - Shanelle Z, Neisha O, Liliarnah W, Oliver S, Kaila B, Kale E, Toby O, Stefron L, Aliesha C, Tyler B, J J, Thomas M, Henry S, Anika M, Cody M, Casey G, Najwa M, Breanna B, Zamaya M, Tenika W, James H, Shakira C and Braydon S.

**GRIP Student Leadership** – The GRIP Student Leadership Conference was held last Monday at the Central Coast Leagues Club in Gosford and our Year 6 student leadership team were in attendance. This wonderful program concentrates specifically on training student leaders for their role as school leaders. The topics, and content of this conference all focus on what the students can do on returning to school. I look forward to observing our student leaders applying their newfound learning.

**Debating** - Well done to our senior debating team. The Year 6 team participated in two debates this week honing their skills against Toukley Public School and Gwandalan Public School. Their first topic was "That all unhealthy ads should be banned." Their second topic was "That all classes should adopt a dog or cat as a class pet".

In both instances, they were the negative team and provided amazing arguments, however were not successful in their debates.

Congratulations to Chelsea O, Ilsa C, Maddison W and Najwa M for your outstanding skills in debating, teamwork and representation of Gorokan Public School.

**Netball** - Our senior netball team played extremely well at the PSSA Gala Day knockout held last Tuesday. They displayed outstanding teamwork to win their second game 11-9 in extra time. The team looked very professional in their Gorokan Public School netball uniforms. Congratulations to all!



Netball Gala Day team *Jorja C, Haylie M, Maddison W, Maddison N, Lorrilai W, Chelsea O, Isla C and Breanna B.*

**Goalball Gala Day** - Goalball is a team sport designed specifically for athletes with vision impairment but anyone can play. Participants compete in teams of three, and try to throw a ball that has bells embedded in it into the opponents' goal. The ball is thrown by hand. Eyeshades allow sighted players to compete on an equal footing with blind and visually impaired players. Our team consisting of Liam C, Luke W, Jesse V, Lyana C, Brianna C and Daniel M competed at the Goalball Gala Day last week at Niagara Park. They were very excited to win their first competition game. Students have the opportunity to play Goalball in the hall at lunchtime every Wednesday. Congratulations and well done!

**Pyjama Day Fundraiser** - This Friday the students and staff will have the opportunity to participate in Pyjama Day to raise money for the children's wards at Wyong and Gosford hospitals. Apart from it being an extremely fun activity for all involved, we are hoping to raise money for

this worthwhile cause on the day. A gold coin is required from all who participate.

On behalf of the staff and students, heartfelt condolences are extended to the Makara family as they come to terms with the recent loss of Mr Makara. Our thoughts and prayers are with you all at this extremely difficult time.

Together we can make a difference.

*Jesmond Zammit*

Principal

### **Dates to Remember**

Friday 7 <sup>th</sup> June	Pyjama Day – Give Me 5 for Kids – Gold coin donation
Friday 5 <sup>th</sup> July	Athletics Carnival Years 2 - 6 - Mingara
Wednesday 31 <sup>st</sup> July	Year 3 - Girrakool & Bulgandry Excursion
Thursday 1 <sup>st</sup> August	Year 4 - Girrakool & Bulgandry Excursion
Monday 26 <sup>th</sup> - Wednesday 28 <sup>th</sup> August	Year 5 - Bathurst Excursion
Tuesday 3 <sup>rd</sup> - Thursday 5 <sup>th</sup> September	Year 6 - Canberra Excursion

### **Early Stage 1 Supervisor – Mrs D**

**Class Awards** - Congratulations to the following students for receiving class awards last week. **KC** - Ola T, Emily K **KJ** - Eric G, Kade S **KL** - Felicity L, Ben W **KFL** - Jasmine M, Phoenix O. **KTD** - Aliyah Y, Hunter P.

**Donations** - Thank you for kindly donating items to your child's classroom. We warmly welcome paper towels and boxes of tissues in this cold weather.

**Excursion** - Please return your child's excursion permission note including the \$15 required for them to attend. This excursion to Girrakool is well supervised and will be an exciting opportunity for all students. Please see your child's teacher if you have any questions regarding our first Kindergarten excursion together.

**Being at School on Time** - Please endeavour to get your child to school each day on time. The morning routines are an essential part of the day to set your child up for success. Thank you for your support in this area.

**Winter Colds** - Please remind your child to wash their hands regularly, use tissues and cover their nose and mouth when sneezing to reduce the spread of germs. Please send a labelled jumper with your child to school every day and a water bottle to remain hydrated.

### **Stage 1 Supervisor - Miss L Anderson**

**Play Group** - Our students have been enjoying the playgroup at recess and lunch. Hands on activities and toys are available for students to play with while practising safe and respectful play. If your child does not have someone to play with at recess and/or lunch, please encourage them to come to playgroup located at the infants synthetic grass area, where they can connect with other children.

**Belongings** - As the weather is cooling down, many jumpers and belongings are left at school. Please make sure your child's name and class is labelled clearly on school jumpers and hats so they can be returned safely if lost. Encourage your child to be organised and take responsibility of their belongings.

**Attendance** - If your child is absent, please send absentee notes in with your child when they return to school. 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**

**Year 3 - Year 4 Girrakool and Bulgandry Excursion** - Thank you to those parents who have paid for the Stage 2 excursion to Bulgandry and Girrakool. There is still plenty of time left to pay if you still want your child to attend.

**School Uniform** - With the cooler weather now well and truly here, it is important that students have a school jumper. Please make sure that jumpers are labelled with your child's name and class as this makes it easier to return if it becomes misplaced.

**Behaviour Cards** - Congratulations to those students who have been returning their behaviour cards each Monday and have achieved a level 4, 5 or 6 so far this term. We celebrate our midterm success by having extra playtime this week. Our next rewards day is in Week 10. We would love to see all of our Stage 2 students there.

### **Stage 3 Supervisor - Mrs G Farrell**

**School Uniform** - We would like all Stage 3 students to be part of the Gorokan team and wear the correct school uniform. The Year 6 shirts are in the process of being designed and made. We can't wait for them to be printed and see our students wearing them later this term.

**Year 6 Canberra Excursion - 3<sup>rd</sup> September to 5<sup>th</sup> September** - Medical notes have been sent home to all students who will be attending the Canberra excursion. Please keep making payments on this excursion. A minimum payment of \$250 is due by 12<sup>th</sup> June, which is only two weeks away and the final payment is due by 4<sup>th</sup> July.

**Year 5 Bathurst Excursion - 26<sup>th</sup> August - 28<sup>th</sup> August -**  
The next instalment giving you a total of \$250 paid is due by 12/6 and the final payment totalling \$380 is due by 4<sup>th</sup> July.

**School Leadership Team** - Our school student leadership team will be attending a Young Leaders Conference on Monday 3<sup>rd</sup> June at Gosford Leagues Club.

**Gorokan High School Sports Day** - Year 5 will be given the opportunity to participate in a sports day run by Gorokan High School as part of the Physical Sporting Challenge Program. This will be held on Tuesday 18<sup>th</sup> June. Notes will be sent home soon.

## Special Education - Mrs S Crook

**Changes to Pick up** - After trialling the new system where students have been picked up at Remembrance Park at the end of day, the overwhelming reaction has been that students have not coped with the added pressure of leaving the school grounds at the same time as the rest of the students. Mr Zammit and I have discussed this and have decided that the students will now be able to leave from the back gate at the back of Mrs Greentree's (ED classroom) break out space. Class teachers will pack students up and have them there at the back of Mrs Greentree's room at 2:45pm so that the students can leave the school grounds before the rest of the classes are released.

**Illnesses** - Now that the weather is cooling down, many of our students seem to be coming down with colds and flu. Please do not send your child to school if they are not feeling well. We are trying to stop the spread of germs, but this is difficult to do, as children do not always manage their hygiene correctly. Please remember:

### Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based hand cleansers if you do not have access to soap and water

### Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- If you don't have a tissue, cough or sneeze into your elbow.

## Sport News

**Netball** - Congratulations to our competitive school netball team Jorjah C, Haylei M, Maddison W, Maddison N, Lorrilai W, Chelsea O, Isla C and Breanna B. They represented our school with pride winning two games, one in overtime at the PSSA Gala Day. Thank you also to our Gorokan High School Umpire Millie C for her skills on the day.

The team will compete again at the Netball NSW Gala Day which has been postponed. This date is to be advised.

**School Athletics Carnival** – The school Athletics carnival will be on Friday 5<sup>th</sup> July, the last day of Term 2, at Mingara Athletics Centre. Notes will go out in the near future.

## P & C News

**Entertainment Book Fundraiser** - 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.

## School News

**Pyjama Day** – On Friday 7<sup>th</sup> June, students will be allowed to wear their PJ's to school with a gold coin donation. We also have the Give Me 5 bucket in the office if you wish to start collecting your 5c coins to donate.



**PYJAMA DAY**

**Friday 7 June**

Wear your best Pyjamas and donate to Give Me 5 for Kids to show your support and join in the fun!

Money raised will go to Give Me 5 for Kids, an initiative that helps raise funds for sick kids on the Central Coast.



IMAGINE THE DIFFERENCE YOU CAN MAKE  
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### Encouraging healthy attitudes towards women

by Dr Rosina McAlpine

Recent events and current statistics highlight that as a nation we have a serious problem when it comes to domestic violence. While there's no easy solution, together, we can do our part to stop violence against women. If you're a parent or guardian, you can play an important role. Disrespect towards girls can begin in childhood, and we can break the cycle when we teach our children to be respectful and caring right from the start.

As parents, we have three main jobs:

- First, to love our children and build a strong lifetime bond
- Second, to keep them safe from harm until they can do that for themselves
- Third, to teach them all the skills they need to thrive in life and to make a positive difference in the world

#### *Life skills approach to raising children*

So what life skills do children need to learn when it comes to the issue of preventing violence against girls and women? As parents, we can talk with our kids about:

- Behaving respectfully towards others
- Communicating their needs using words and without the need to hit, snatch or shout
- Managing their emotions and their behaviours so as not to 'fly off the handle'

#### *Start the conversation about respect early*

Start by responding to your child calmly when they are disrespectful to others. The following three-step communication approach can be used from early childhood through to teen years. Let's put it into practice.

If a boy is making fun of his sister or a female friend:

**1. STOP:** Respond calmly rather than react asking him to stop the teasing.

**2. EMPATHISE:** Invite your son to see the behaviour through the eyes of his sister. 'How do you think your sister/friend feels right now?'

**3. EDUCATE:** Provide options such as ignoring his sister or friend if she's annoying him or providing an appropriate social script he can use to communicate his thoughts such as, "I find it annoying when you don't share the computer"

#### *It's a marathon, not a sprint*

When it comes to gaining academic knowledge and learning skills, parents know it takes years of consistent effort from childhood through to adolescence. In the same way, parents can take a long-term approach to teaching life skills beginning right from toddler to teen.

#### *Parents lead the way*

Parents are powerful teachers and role models for the next generation. We can teach our children how to be respectful and kind to each other. By stopping disrespect and violence at the start we can play a crucial role in putting an end to violence against girls and women.

#### *Resources you can use*

The Stop it at the Start campaign provides parents, family members and others with information and practical resources to self-reflect, and talk to boys and girls aged 10-17 about being respectful and caring. You can find videos, guides and other resources to help you have conversations with your children at [www.respect.gov.au/resources/talking-about-respect](http://www.respect.gov.au/resources/talking-about-respect).

There is so much we can do in families to develop healthy attitudes toward women. Through modelling and teaching we can change entrenched attitudes and behaviours that will put an end to the cycle of violence against women.