



GOROKAN PUBLIC SCHOOL

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Wednesday 12th June 2019

GOROKAN PUBLIC SCHOOL

Dear Parents and Carers,

At Gorokan Public School we strive to create a positive environment for students, staff and the entire school community that supports student learning.

School Community Charter – The best education happens when students, parents and schools work together. We are fortunate at Gorokan, to have positive relationships with our families and community and we value the way parents and carers interact politely and respectfully with staff. To further enhance these relationships the NSW Department of Education has developed a school community charter to outline expectations and responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive. The charter can be found at the following link: [school-community-charter.pdf](#) and I would encourage all parents and carers to read this document.

Road Safety – Please remember that children are vulnerable road users and need assistance dealing with the traffic environment until at least the age of 10, as they are not equipped physically or developmentally to make the crucial decisions to keep them safe.

Children need to be accompanied and closely supervised by a parent or adult carer to keep them safe near roads and crossings. Parents and carers have a key role in educating their children about road safety and modelling safe crossing routines.

Parents and carers are asked to reinforce the school's road safety messages to their children and to drive with caution around the school. The students are asked to walk on the footpaths and to cross safely at the wombat crossing in Gleddon Avenue (rear entrance) or at the traffic lights on Dudley Street (main entrance) with caution when it is safe to do so – waiting for the green walk signal and looking both ways before crossing the road. Please remember that it is illegal and extremely dangerous stopping in the "no stopping" areas outside the school gates for both the Sunset Parade and Dudley Street entrances to the school.

Pyjama Day Fundraiser – Thank you for supporting the recent *pyjama mufti day* to raise money for *Give Me 5 for Kids*. The students and staff really enjoyed coming to school in their pyjamas. Thank you for your gold coin donation and I will advise in next week's newsletter how much the school raised for this worthy cause.

Smoke-free Schools – A reminder is extended to all visitors to the school that under *The Smoke-free Environment Act 2000* that schools are smoke-free areas. The Act stipulates that certain outdoor areas to be smoke-free including within 10 metres from children's playgrounds, public transport stops, spectator areas of sports grounds and within 4 metres from an entrance used by pedestrians to get into school gates where there is limited opportunity for people to avoid second hand tobacco smoke.

Dance Festival Dress Rehearsal – Our three dance troupes have been out at rehearsals at Laycock Street Theatre for the Central Coast Dance Festival. They will perform at the Festival in Week 10 on 3 separate nights. Flashlight is in Show D on Monday 1st July, Dynamite is in Show F on Wednesday 3rd July and Waka Waka perform in Show G on Thursday 4th July. Tickets can only be purchased from Laycock Street Theatre at www.laycockstreettheatre.com. Tickets are on sale now for Flashlight, with Dynamite tickets released on Wednesday 12th June and Waka Waka released on Thursday 13th June at 10:30am.

Schools Spectacular – I am pleased to announce that Gorokan Public School has been offered a place in the combined choir category at this year's show. Twenty-four of our talented students will perform at Qudos Bank Arena, Sydney Olympic Park in November.

2018 Annual School Report – It was an absolute pleasure writing this report and reflecting on all the positive achievements of the students, staff and school for 2018. The report has been uploaded to the school website and hard copies are available from the office on request.

Together we can make a difference.

Jesmond Zammit

Principal

Dates to Remember

Tuesday 18 th June	Year 5 Sports Day - GHS
Friday 21 st June	K-2 Sports afternoon
Monday 24 th June	KL, KFL, KJ boys excursion to Girrakool
NAIDOC Week	1 st July – 5 th July
Friday 5 th July	Athletics Carnival Years 2 - 6 - Mingara
Monday 29 th July	KDT, KC, KJ girls excursion to Girrakool
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

Early Stage 1 Supervisor – Mrs D Jeanpierre

Class Awards - Congratulations to the following students for receiving class awards last week. **KC** – Hunter, Victoria **KJ** – Kiara, Ava, **KL** – Liam, Jye, **KFL** – Henry, Mikayla, **KDT** – Ayla, Vilou.

Permission Notes - Please return your child's permission note and \$15 for their excursion to Girrakool. Could you also please return your child's permission note for the K-2 sports afternoon on Friday 21st June. Both events are well planned and supervised and will be a wonderful opportunity for all students.

Arriving at School - 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

Rewards Day - Congratulations to all of the students who participated in Rewards Day last week. Our Stage One students enjoyed a movie afternoon while cosy in their pyjamas for Pyjama Day.

School Supplies - We are running low on tissues, paper towels and glue sticks in the classrooms. It would be very much appreciated if parents and carers could donate some of these items to their child's classroom. Thank you in advance for your continued support!

Stage 2 Supervisor - Mrs R Ranse

Stage 2 Excursion - A reminder that payments are still being taken for our Year 3 and Year 4 excursion to Bulgandry and Girrakool. This excursion will be a fantastic opportunity for students to engage with Aboriginal culture. Please send payments and permission notes to the office as soon as possible.

Grade Awards - Congratulations to the Stage 2 students who received awards at our grade gathering last week. We are having a big focus on kindness, not only across Stage 2 but also within our school. It is fabulous to see how many kind and caring students we have at Gorokan Public School. Well done everybody.

Stage 3 Supervisor - Mrs G Farrell

Gorokan High School Expression of Interest 7C Test - These forms will be sent out next week.

Year 6 Canberra Excursion - 3rd September to 5th 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 12th June, and the final payment is due by 4th July.

Year 5 Bathurst Excursion - 26th August - 28th August - The next instalment, giving you a total of \$250 paid, is due by 12th June and the final payment totalling \$380 is due by 4th July. Notes went home yesterday to those students attending the excursion.

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 18th June. Notes were handed out on Friday. Please return them this week.

Special Education - Mrs S Crook



Grade Gatherings - We have started Grade Gatherings this week and will be meeting as a whole support unit every week to help the children develop their listening skills and their ability to sit still and participate as part of a big group as well as other important social skills. The following students received awards at our first grade gathering.

K-6Y – Jackson D, Johnny C **K-6G** – Isabelle C, Noah A
K-6S – Tyson C, Leo C.

Amelia H read us a story that she wrote in class. It was very imaginative and interesting. It was about the moon and the sun swapping places.

Tips and Tricks for Managing Challenging Behaviours – Sue Larkey, a specialist in the field of Autism Spectrum Disorder (ASD), has lots of great ideas around managing the behaviour of children on the ASD spectrum. They are also great ideas for all children. She has a newsletter that you can subscribe to using the following link <https://suelarkey.com.au/newsletter/>

This week she discussed thinking about the language you use when talking to your child. Here are some suggestions if you find yourself saying the same thing over and over again. In special education classes, we find it always helps to tell your child what you want them to do rather than what you want them to stop.

 Instead of ...	 Try ...
No yelling. Be quiet.	Use a soft voice.
No running!	Please walk.
Don't swear.	Can you say that differently with safe words?
What a mess!	It looks like you had fun. How can we clean up?

Sport News

Netball - Our school Stage 3 teams will now be competed in the NSW Netball Gala Day on Tuesday 2nd July at Adcock Park, West Gosford. A new note will be sent out soon.

School Athletics Carnival - This will be held on the last day of Term 2, Friday 5th July, at Mingara Athletics' Centre. Notes will go out in the near future.

After School AFL - AUSKICK started on our school oval on Wednesday. The students had a fantastic time.

Special Swimming Scheme - This program will take place in Weeks 7 and 8 in Term 4. It is advised that all Year 2 students attend this program. The cost for the 10 day program includes bus travel and pool entry. The lessons are free. More information will be sent out closer to the commencement of the program.

Mighty Mariners Football Clinics - Looking for something exciting for your kids to do over the School Holidays? The Mighty Mariners Football Clinics are BACK in July 2019 at the Mariners Centre of Excellence, with a clinic session to suit any future football star! This July they have introduced a new Mini Striker School alongside their popular Holiday Clinics, specifically for those footballers looking to improve their goal scoring. The clinic involves; a visit from some of your favourite Mariners stars; a Mariners training shirt; a BBQ on Day 3, with parents welcome to join; a tour of the Mariners Centre of Excellence, and see where the first team trains!

Further details can be found in the link below.

<https://www.ccm Mariners.com.au/news/mighty-mariners-holiday-clinics-mini-striker-school>

Community Liaison Officer – Ms J Daunt

Yarn Up - I would like to invite our Aboriginal community members to join us for a Yarn Up on Thursday 20th June to be held at 2:00pm in the SaCC. Feel free to join us for afternoon tea and chat.

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!

From Tuesday 11th June to Friday 14th June, when you buy an Entertainment Membership you will also receive a bonus \$10 Caltex StarCash eGift Card. The book or app costs \$65 with 20% of every membership sold going to the school. There are great deals, which include 2-for1, 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.

Managing your child's anxiety

by Michael Grose

If your child feels anxious reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious they may struggle to explain how they feel. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the amygdala, the part of the brain that protects them, is always on high alert when they are anxious.
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Talk about the changes that happen in their body to power them up to fight or flee including; increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

Help recognise anxiety-inducing events

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise his feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather

than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as "I can see you're feeling worried about going to camp without your brother."

Managing anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness.
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – "Tell me five things you see, four things you hear and something you smell".
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future.
- Defusing their thoughts: Help your child to distance themselves from their thoughts by using distancing statements. Replace "I'm going to fail the test" with "I had a thought that I'm going to fail the test." Rather than changing their thinking, assist your child to distance themselves from unhelpful thoughts.

There's a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including Spoofed Generation and the best-selling Why First Borns Rule the World and Last Borns Want to Change It. His latest release Anxious Kids, was co-authored with Dr Jodi Richardson.