



GOROKAN PUBLIC SCHOOL

Dudley Street, Gorokan 2263
Phone: 4392 4200 Fax: 4393 1698
Email: Gorokan-p.school@det.nsw.edu.au
Website: www.gorokan-p.schools.nsw.edu.au

Wednesday 19th June 2019

Dear Parents and Carers,

At Gorokan Public School we strive to generate excellence and high performance across the school community. Both staff and students are provided with opportunities for personal growth and development and encouraged to continually build upon their current skillset and achievements.

Principal Public Foundation Scholarship - I am about to embark upon an incredible opportunity to grow and learn in my Principal role as I attend a short Principal leadership course at Harvard University in Boston, USA next week. In my absence, Mr Clenton will relieve as Principal, Mrs Ranse will relieve as Deputy Principal and Mrs Maiden will relieve as the Stage 2 Assistant Principal. I look forward to sharing highlights of this experience with the school community on my return to school next term.



Photos - Scholarship Award recipients



Principal's Address at the Proudly Public Awards Ceremony, Sydney Town Hall

Public Speaking - We are extremely proud of the students' efforts in what can be such a challenging task for many people. The school has completed the stage finals and the high quality of our class finalists has been very impressive. The students who have reached this stage of the competition should be extremely proud of themselves. It is wonderful to see the confidence levels of our students grow through this process and we wish our finalist every success as they compete in the broader community.

NAIDOC Week - NAIDOC Week will be held during the last week of this term. It is a time to celebrate Aboriginal and Torres Strait Islander history, culture and achievements and an opportunity to recognise the contributions that Indigenous Australians make to our school, country and society.

Over the week, the students will participate in a dedicated whole school assembly with student performances and visiting guest speaker Elder Ray McMinn who will speak to the students about Aboriginal language. The students will also engage in art and craft activities, bush tucker tasting, an interactive cultural performance by Fred Reid, an Aboriginal Games Day and other culturally based activities throughout the week. Students are asked to pay a \$5 NAIDOC Week contribution towards these activities, which are heavily subsidised by the school. Thursday 4th July will be a mufti day where students may wear red, black and yellow clothing.

Parents and carers are warmly invited to attend the school's NAIDOC assembly on Monday 1st July at 9:30am in the school hall followed by a morning tea in the SaCC.

Student Progress Reports and Parent Teacher Interviews - Our teachers have been hard at work writing student reports for Semester One. The reports are due to be sent home on Friday 5th July. Parent teacher interviews will be held early next term. Information will be sent home about the scheduling of these meetings shortly.

Kindergarten 2020 - Do you have a child who will be starting Kindergarten in 2020 or do you know someone with a child due to start school next year? If so please encourage them to drop into school and pick up an enrolment package. It is important that we are aware of all students who will be starting school in order to effectively transition students and plan for the year ahead. Please contact the school office for further information.

Fundraising Update - Thanks for your generous gold coin donations for the recent Pyjama Mufti day. A total amount of \$488.15 was raised for our local hospitals' children's wards.

Together we can make a difference.

Jermund Zammit

Principal

Dates to Remember

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 at 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. **KJ** - Loki, Braxton, **KFL** - Jacob, Tyler, **KL** - Mikayla, Lachlan, **KC** - Athena-Olina, Adam, **KDT** - Shayanne, Noah.

Girrakool Excursion - Students in KL, KFL and boys from KJ will be attending the Kindergarten excursion to Girrakool next Monday 24th June. Please ensure you return your child's permission note and \$15 tomorrow. An additional note will be sent home this week containing further details. Please ensure your child wears their full sports uniform to this excursion.

K-2 Sports Afternoon - Students in Years K-2 will be participating in a sports afternoon this Friday 21st June. Please return the permission slip indicating your child's preference for activities.

Stage 1 Supervisor - Miss L Anderson

Lost Property - We have a number of lost property items which are building up in some of our classrooms. If your child is missing a jumper, hat or lunch container, please encourage them to check their classrooms each day before leaving. Ensure all your child's belongings including items of clothing, has a name clearly labelled so it can be returned if lost or misplaced.

Home Reading - Students have been very conscientious in completing their home reading logs each week. Students should be bringing home books which they are able to read with minimal support. The books that we send home have been carefully written to help early readers consolidate reading skills. The illustrations in the

books provide meaningful support to early readers and should always be visible for children while they read. The illustrations allow students to gather understanding of the story, to support their reading, while they read. If you would like more information about how to support your child's reading at home, please feel free to make a time to chat with your child's teacher. We are always happy to help!

Stage 2 Supervisor - Mrs R Ranse

Behaviour Cards - Please remind your child to return their behaviour card each Monday. Behaviour cards are sent home on Friday afternoon. Information regarding behaviour ratings can be found on the back of the card. Please contact your child's teacher if you have any further queries regarding behaviour cards.

Stage 3 Supervisor - Mrs G Farrell

Year 6 Canberra Excursion - 3rd September to 5th September - Please complete your child's medical forms and return them ASAP to the office. Please keep making payments on this excursion. The total payment of \$375 is due by 4th July.

Year 5 Bathurst Excursion - 26th August - 28th August - Please complete your child's medical forms and return them ASAP to the office. The total payment of \$380 is due by 4th July.

Gorokan High School Sports Day - The Year 5 sports day run by Gorokan High School which was scheduled for yesterday has been postponed due to the weather and ground conditions. You will be informed when a new date has been set.

Special Education - Mrs S Crook

Grade Gatherings - Congratulations to the following students who received awards this week: **K-6Y** - Malaqui G, **K-6G** - Amelia H, Ryland M, **K-6S** - Leo C.

Kindness - We have been talking to our students about being kind to one another and acknowledging our students when we 'catch them being kind'. We encourage the children to be kind to one another and also to themselves. It would be great if you could let your child know how much you appreciate their kindness when they act in a kind way. Kindness is contagious! Spread the feeling!



NAIDOC Week - We have been practising singing 'My Island Home' for our NAIDOC Week celebrations. The children were in fine voice, especially Leo and Amelia who sang beautifully.

School News

YCDI Win Bin Winners - At our whole school assemblies, four student's names are drawn out and they receive a free lunch from the school canteen. Students earn win bins for the five keys - Getting Along, Resilience, Organisation, Persistence and Confidence. Congratulations to the following students who were drawn out last Friday – Lily-Anna R and Logan E from 3S, Chloe L from 4/5M and Noah M from 3L.

K-2 Sports Fundraising Event - K-2 students will be participating in a fundraising sports event on Friday 21st June. This event is being organised by some of our wonderful senior students, Hannah B, Isabell L, Evie D, Olivia H and Grace W, with all money raised being donated to The Stewart House Foundation. In addition to their school uniform, students can wear blue mufti accessories and bring a gold coin donation on the day.

New School Banking rewards! - Exciting new Polar Savers rewards are available, while stocks last!



Icicle Slapband Ruler



Yeti Fluffy Notebook

For every deposit made at school students will receive a silver Dollarmites token. Once students have collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are two new items released each term so be sure to keep an eye out for them.

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day. We will issue them with a replacement.

Thank you for supporting the School Banking program and remember, School Banking day is every Wednesday.

Sport News

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. It is a great opportunity for your children to learn

how to swim, improve their swimming skills and learn water safety skills.

Netball - Our school Stage 3 teams will be competing 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.

Goal Ball - Our Goal ball team were successful at their last carnival, qualifying for the finals. Primary school divisions will be held on 29th August at Sydney Olympic Park.

After School AFL - The AUSKICK program has started on our school oval on Wednesday afternoons. The students are having a fantastic time learning about AFL.

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 a 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. 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.

They also have an exciting competition for anyone who becomes a member before June 30th 2019. You will go into the draw to win 2 return flights to London, flying with British Airways plus a \$500 Westfield Gift Card courtesy of World2Cover Travel Insurance.

Children's birthday parties – cause for celebration or alienation?

by Michael Grose

It's funny how the seemingly small things cause the greatest angst for kids – a sneer from a sibling; a curt remark from a teacher or being left off a classmate's birthday party invitation list can leave a child feeling insecure, even sad.

While some issues such as sibling disputes are perennial others such as helping children manage the disappointment of missing a friend's birthday party is a more pressing concern for primary-aged children right now. In fact, according to many teachers and parents I meet many children's birthday parties are creating rifts between children, leading to alienation for those left off the party list.

Issue invitations with sensitivity

It's a good life lesson for a child to learn that they can't be invited to everything. But not being invited to a party shouldn't make a child feel isolated or humiliated. Disappointment is normal; humiliation and alienation are not acceptable. Which means children need to give out invitations while being mindful of the feelings of others. This is where good parenting comes in. We need to remind, and if necessary teach children, how to give out invitations sensitively being mindful of the possible disappointment that some children will experience. Likewise all children who are going to a party should be reminded of their social obligations to all classmates, not just those who are in the "in" crowd. Tolerance and social graces are the foundations of a civil society and these lessons start in primary school.

Helping kids handle disappointment

One of the keys to functioning socially and emotionally is the ability to deal with disappointment and rejection.

So whether it is a case of not receiving an invitation to a classmate's birthday party or a school playground snub, most children experience some type of rejection from their peers throughout childhood. Most children recover from such rejection. They move on and form constructive, worthwhile relationships but some children need help. They often take rejection personally, blaming themselves.

As a parent it is useful to challenge children's unhelpful thinking and encourage them to look for new friendship opportunities. Parents can help children understand that rejection may happen for any number of reasons that are unrelated to them.

In the course of a school day children will meet with a number of challenges and even setbacks. They may struggle with some schoolwork. They may not do well in a test and they may not be picked for a game that they wanted to play. Children grow stronger when they overcome their difficulties. The challenge for parents is to build and maintain children's confidence to help them get through the rough times.

One way to help children deal with rejection and disappointment is to talk through problems or difficulties, recognising and accepting their feelings. Talk about various scenarios, discussing possible outcomes. The age of the child will determine the amount of detail. Keep things simple and avoid burdening a younger child with concepts he or she doesn't understand.

Your attitude can make a huge difference to how a child reacts. If you see rejection or disappointments as problems then your child will be hamstrung by this view. See them as challenges then your child will, in all likelihood, pick up your upbeat view and deal with disappointments easily. After all, confidence is catching!

To help children handle rejection and disappointment try the following four strategies:

1. Model optimism. Watch how you present the world to children, as they will pick up your view.
2. Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.
3. Help children recognise times in the past when they bounced back from disappointment. Help them recognise those some strategies can be used again.
4. Laugh together. Humour is a great coping mechanism. It helps put disappointment in perspective. It helps them understand that things will get better. They always do.