



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 3rd July 2019

Dear Parents and Carers,

As Term 2 draws to a close, I would like to sincerely thank the students for their sustained efforts as safe, respectful learners and hope that their school experience so far in 2019 has been a special time for them to remember. I also acknowledge the outstanding work and dedication of our caring and skilled teachers and staff who provide the students with a rich, dynamic and engaging education.

NAIDOC Week - This week Gorokan Public School is celebrating NAIDOC Week.

We had a special start to the week with a whole school assembly with student performances and visiting guest speaker Elder Ray McMinn who spoke to the students about Aboriginal language.

The students have also been engaging 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. All students are asked to pay a \$5 NAIDOC Week contribution towards these activities, which are heavily subsidised by the school. Tomorrow Thursday 4th July will be a mufti day where students may wear red, black and yellow clothing.

Central Coast Dance Festival - Congratulations to our dance groups who have been performing this week at the Central Coast Dance Festival at Laycock Street Theatre. On Monday night our Flashlight dancers performed. Tonight is our Dynamite group followed by our Waka Waka group on Thursday night. This has been a special experience for all involved and an absolute pleasure to watch for those who were able to obtain tickets. Our students have been outstanding representatives of Gorokan Public School. Congratulations to you all and to your dedicated teachers – Mrs Maiden and Miss Ponchard for their efforts in enabling such a positive experience for our students! We look forward to seeing them perform at our upcoming school events.



Public Speaking Finalists.

Multicultural Public Speaking Competition - Congratulations to our Public Speaking finalists who participated in the Multicultural Public Speaking Competition at Erina Public School last Friday. Fantastic effort girls.

Student Progress Reports - Congratulations to all our students on their many achievements during the first half of the year. Semester One reports will be sent home with your children this week.

Term 3 - Term 3 resumes at 9am on Tuesday 23rd July 2019. We wish all our families a safe and restful winter holiday break and look forward to welcoming you all back for a busy and exciting Term 3. Mr Zammit will also return at the start of Term 3 after he completes his study trip in Boston.

Together we can make a difference.

Jason Clenton

Relieving Principal



NAIDOC WEEK Performance.

Dates to Remember

NAIDOC Week	1 st July – 5 th July
Tuesday 2 nd July	NSW Netball Gala Day
Friday 5 th July	Athletics Carnival Years 2 - 6 at Mingara
Friday 5 th July	Last day of Term 2
Tuesday 23rd July	Students Return Term 3
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** – Eva, Kevin **KJ** – Tyler, Anna **KL** – Jacody, Andriel **KF/L** - Mikayla, Oliver **KD/T** – Lachlan, Mia.

Permission notes - Please return your child's permission note and \$15.00 for their excursion to Girrakool. Students in KL, KFL and the boys in KJ will be attending the excursion next term at a date to be confirmed. The remaining students from KC, KD/T and the girls from KJ will be attending the excursion on Monday 29th July week 2 of term 3. Please ensure your child wears their sports uniform to the excursion and has a packed lunch with water. They may also take a small Australian toy animal for their picnic lunch.

NAIDOC week - We celebrate NAIDOC this week. We have many fun activities planned for the students throughout the week.

Reports - Reports will be sent home at the end of this week. Please discuss the results with your child and focus on what learning goals they can set for next semester. We welcome you to arrange a time to see your child's teacher early next term regarding any areas of concern.

Holidays - Enjoy the two weeks holiday with your children. Try to make time to read with them and revise letter sounds and sight words as a fun activity. Rest and have fun. We will see you and your child again on Tuesday 23rd July. Thank you for your continued support this term.

Stage 1 Supervisor - Miss L Anderson

NAIDOC week - Students are enjoying the NAIDOC week celebrations. Thank you to our school's Aboriginal Committee who have organised such wonderful activities for us to enjoy.

Home Readers - Please return all school books that have been sent home as part of the Home Reading program. Teachers will sort these in the holidays and have them ready to send home again next term.

Holidays - Have a safe and healthy winter break and we look forward to seeing everyone back at school on Tuesday 22nd July for the beginning of Term 3.

Stage 2 Supervisor - Mrs A Maiden

Stage 2 Excursion - Our excursion for Year 3 and Year 4 excursion to Bulgandry and Girrakool is fast approaching. There is still time left to pay this excellent opportunity to engage with some local Aboriginal culture. Please see the office or your child's teacher if you need a replacement note.

Rewards Day - Our movie rewards day was held on Tuesday afternoon for all students who have received a rating of 4, 5 or 6 on their behaviour card. Well done to those students who attended due to their consistent positive behaviour.

Spelling Bee - Congratulations to all Stage 2 students who competed in the school Spelling Bee last Friday. We are astounded by your abilities and wish our winners Noah S and Isaac N good luck as they enter the next stage of the competition.

NAIDOC Week fun - Our NAIDOC Week celebrations and activities have been a wonderful experience so far with our red, black and yellow Mufti Day on tomorrow. Please remember to send your child's \$5.00 participation payment into the school office or make your payment online before the end of the week.

Stage 3 Supervisor - Mrs G Farrell

Holidays - We hope that all students and families have a restful and enjoyable break and that students come back refreshed and ready to learn. We finished the term with lots of exciting events during NAIDOC week.

NAIDOC week - All students will be participating in an Indigenous Games Event tomorrow. Remember its red, black and yellow mufti day as well.

Year 6 Canberra Excursion - 3rd September to 5th September and Year 5 Bathurst Excursion - 26th August - 28th August - Please complete your child's medical forms and return them by Week 1 Term 2. Final payments are due this week but we are able to give an extension until Week 1 Term 3. We need to finalise bookings and payment with our tour companies then.

7C-Test - EOI forms need to be returned ASAP. The exam will be held early in Term 3.

Special Education - Mrs S Crook

Reappraisal and Review Meetings - Early in Term 3 we will be completing our Reappraisal and Review meetings for all of the students in the Special Education Unit. These meetings give us a good chance to discuss the progress of our students and to make decisions about their learning moving forward into Semester 2. Mr Sims, our school psychologist, will also discuss any reports or documentation needed to keep your child's enrolment in the Special Education Unit up to date. A separate note will go home early next term to organise dates and times.



Grade Gathering - The following students received awards this week. **K-6Y** – Malaqui, Johnny, **K-6 G** – Kaia, **K-6S** – Leo, Bailey. Good job kids!



Student Reports - Just a reminder that reports will be going home on Thursday. The reports for our students in the Special Education Unit are designed to show the skills of your child at the beginning of the semester and how they have improved by the end of Term 2.

School Holidays - We have had another exciting term. On behalf of the lovely teachers and SLSOs in the support unit, I would like to wish you all a happy and safe holiday. Please take time to relax and recharge ready for an exciting term of learning coming up in Term 3.



Sport News

Basketball - Our boys competed in a Gala Day last Friday. They tried their best, showed skill, teamwork and good sportsmanship.

Netball - Our school Stage 3 teams will be competing in the NSW Netball Gala Day on Tuesday 2nd July at Adcock Park, West Gosford.

School Athletics Carnival - This is being held on the last day of Term 2, Friday 5th July, at Mingara Athletics Centre. The cost is \$10.00.

Special Swimming Scheme - This will take place in Weeks 7 and 8, Term 4. All Year 2 students are encouraged to attend this program. Lessons are free. The cost for the 10 day program includes bus travel and pool entry. It is a great opportunity for your child to learn how to swim, improve their swimming skills and learn water safety skills.

Oz tag and Cricket Gala Day - Both boys and girls in Stage 2 and 3 will be given the opportunity to try out for our school teams to compete in these sports.

Rabbitohs July school holiday Footy and Dance clinic - Clinic is on Wednesday 17th July the Central Coast Stadium 10.30-2.30.

Each child that attends can either choose to do the footy clinic or the dance clinic on the day. The cost is \$50.00.

They will be bringing some Rabbitohs Ambassadors up to Central Coast to partake in the day and each child also receives a gift pack!

Phone (02)83069922 or

email: rabbitohs.com.au/juniorclinicWednesday

School News

Spelling Bee - The Gorokan Public School Spelling Bee was last Friday and what an exciting event it was! All students participated with enthusiasm and great spelling knowledge. Both junior and senior competitions were so exciting with competitors being asked to spell some unusual and challenging words. Congratulations to all our wonderful spellers.

The Spelling Bee winners from Stage 2 were Isaac N and Oliver S the Stage 3 winners were Deaken P and Hudson L. These spellers will now represent Gorokan Public School at a regional final of the NSW Spelling Bee next term.

Earn and Learn - Now that Earn and Learn has ended at Woolworths can families please send their Earn and Learn stickers to school ASAP if they haven't already. Thank you for all of your support with the valuable Earn and Learn program.

Wishing all families a very happy and safe holidays! See you in Term 3

P & C News

Save the Date - Pink Day - On Friday 23rd August the P&C will be holding a fundraiser for Breast Cancer NSW. Students will be invited to wear pink to school in exchange for a gold coin donation. As well as this, pink cakes and biscuits will be sold during recess and lunch and students will also be able to participate in a pink jellybean guessing competition. Please join us in raising some much needed funds to support those who have been affected by breast cancer. A note will be sent home next term with more information.

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.

Anxiety -

My child is anxious, what do I do? PART 2

by Michael Grose

If you're the parent of an anxious child, you're most certainly not alone. Millions of families all over the world are right there with you. Though it's helpful to know, we understand that it doesn't make the challenging role of parenting an anxious child any easier. What will be developing and deepening your understanding of childhood anxiety and the important role you play in helping them manage it.

While at first parenting an anxious child can feel overwhelming and difficult, I want you to think about it differently. Take a moment to recognise that you, your anxious child and your family have been presented with an opportunity. You can't change what is happening right in front of you. You can't undo it. What will help your anxious child to flourish, despite their anxiety, is first and foremost someone recognising they need assistance.

How to help

There is so much you can do as a parent or teacher to assist your child to better manage their anxiousness. Start with the following three approaches:

1. Learn how anxiety works

A thorough understanding of the physiology and psychology of anxiety, the events that trigger anxiety in your child and how your child typically responds is the most important step you can take. This knowledge will increase your confidence which, in itself, will be a considerable source of calm for your a child.

2. Give your child the tools to self-regulate

Anxiety won't disappear on its own. Children and young people need tools to recognise and regulate their emotions so they are able to function when anxious moments appear. Self-management tools such as exercise, deep breathing and mindfulness will reduce their dependence on you, allowing them to manage their anxious states. These lifelong skills are invaluable for anyone who worries or who has a tendency towards anxiety.

3. Develop a lifestyle that minimises anxiety

A child's lifestyle also impacts massively on their anxiety. Anxiety management tools will never be totally effective until it's supported by a lifestyle that promotes a healthy mind and body. These seven lifestyle factors in their own way decrease the likelihood of a child experiencing anxiety: sleep, nutrition and gut health, play and movement, green time, knowing their values, volunteering and fostering healthy relationships.

While parenting an anxious child is an emotional rollercoaster, try to see each day as an opportunity to build greater awareness and resilience in your child.

Each day is peppered with pockets of time in which you can extend your child's understanding of anxiety, where it comes from and why, as well as guiding them to practise the skills that show their amygdala they're safe, calm their nervous system and restore their thinking brain back into action.

Published by Michael Grose Presentations. All rights reserved. For more ideas, support and advice for all your parenting challenges visit: www.parentingideas.com