



## GOROKAN PUBLIC SCHOOL

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**Wednesday 24<sup>th</sup> July 2019**

Dear Parents and Carers,

What a fabulous year we have had so far with so many wonderful learning experiences and special events. In Term 3, we will continue to provide students with a multitude of differentiated opportunities in learning and extra-curricular activities. I trust that a safe and happy holiday was had by all and that the students are well rested and ready to resume another term of meaningful learning. If you are new to our school, a warm welcome is extended to you and your family.

**My Trip to Harvard** - Last term I travelled to Cambridge, USA to attend a course at Harvard Graduate School of Education after being awarded a national scholarship provided by the Public Education Foundation. This proved to be a most valuable experience from which I have professionally gained immeasurably. Exposure to such a high standard of learning will enable me to further enhance the leadership of our great school into the future. I would like to thank Jason Clenton and the talented executive team for their diligent caretaking of the school in my absence.

**School Development Day** - Whilst the students were enjoying an extra day of holidays, the staff returned to school on Monday and spent the day engaged in professional learning relating to school organisation, behaviour management practices and formative assessment procedures. It was a highly productive day of professional development.

**Parent Teacher Interviews** - Please ensure that you take up the opportunity to meet with your child's teacher in the next few weeks to discuss progress and to collaborate with teachers to plan the best outcomes for the new semester. Notes will be sent home shortly.

**School Uniform** - It is very important that students take pride in their school uniform as it establishes a sense of belonging and team spirit. I would encourage the students to start the term well by wearing the correct Gorokan Public School uniform including a navy blue broad brimmed hat and jumper. New purchases can be made from the school uniform shop on Tuesdays from 2:30-3:00pm and Fridays from 8:30-9:30am. If you are unable to visit the uniform shop, an order form can be downloaded from the school website. Remember to label all garments so that they can be returned if lost.

**Attendance** - Attending school every day makes learning easier for your child and helps children to build and maintain friendships with other children. Students are strongly encouraged to be on time for school and to attend school every day. Establishing a consistent pattern of attendance is the right of every child and allows them to achieve to their capacity.

Arriving at school on time:

- ✓ ensures that your child doesn't miss out on the important learning activities scheduled early in the day when they are most alert,
- ✓ helps your child to learn the importance of punctuality and routine,
- ✓ gives your child time to greet their friends before class and therefore,
- ✓ reduces the opportunity for classroom disruption.

Lateness is recorded as a partial absence and must be explained to the school the same way as other forms of absence.

**Education Week** - The students and staff are looking forward to welcoming parents and carers to the school on Thursday 8<sup>th</sup> August. The annual book fair, book parade and open classrooms will be the highlights of the day. Further information will follow, however please mark this date in your diary in the meantime.

**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.

Together we can make a difference.

*Jesmond Zammit*

Principal

## ***Dates to Remember***

|  |   |
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| Monday 29 <sup>th</sup> July                                 | KDT, KC, KJ girls excursion to Girrakool    |
| Wednesday 31 <sup>st</sup> July                              | Year 3 - Girrakool & Bulgandry Excursion    |
| Thursday 1 <sup>st</sup> August                              | Year 4 - Girrakool & Bulgandry Excursion    |
| Friday 2 <sup>nd</sup> August                                | Year 2 Excursion – Woolworths Lake Haven    |
| Monday 5 <sup>th</sup> - Friday 9 <sup>th</sup> August       | Education Week and Book Week                |
| Thursday 8 <sup>th</sup> August                              | Education Day and Book Week Parade          |
| Monday 12 <sup>th</sup> - Friday 16 <sup>th</sup> August     | Science Week                                |
| Thursday 22 <sup>nd</sup> August                             | School Athletics Carnival                   |
| Friday 16 <sup>th</sup> August                               | PINK Mufti Day fundraiser for Breast Cancer |
| Monday 26 <sup>th</sup> - Wednesday 28 <sup>th</sup> August  | Year 5 - Bathurst Excursion                 |
| Friday 30 <sup>th</sup> August                               | KL, KFL, KJ boys excursion to Girrakool     |
| Tuesday 3 <sup>rd</sup> - Thursday 5 <sup>th</sup> September | Year 6 - Canberra Excursion                 |

### ***Early Stage 1 Supervisor - Mrs D Jeanpierre***

**Welcome Back** - I would like to extend a warm welcome back to our students and look forwards to an exciting Term 3. We hope you all enjoyed a restful holiday and are ready for the adventures ahead. Kindergarten students will be fortunate enough to attend two excursions this term. Firstly to Girrakool National Park and then to Laycock Street theatre in Wyoming on the last day.

**Class Awards** - Congratulations to the following students for receiving class awards in the last week of Term 2. **KC** – Paige, Sophie, **KJ** – Connor, Robert, **KL** – Sadie, Jacody, **KF/L** – Jacob, **KD/T** – Zane and Shayanne.

**Girrakool Excursion** - Please return your child's permission note and \$15 for their excursion to Girrakool promptly. The students in KC, KD/T and the girls from KJ will be attending the excursion next Monday 29<sup>th</sup> July in Week 2. The students in KF/L, KL and the boys from KJ will now be attending the excursion to Girrakool on Friday 30<sup>th</sup> August, Week 6. 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 stuffed toy animal for their picnic lunch.

**Laycock Street Theatre Excursion** - All Kindergarten students will have the opportunity to view Roald Dahl's Revolting Rhymes performance on Friday 27<sup>th</sup> August, this term. Permission notes and further details will be sent home shortly. This experience will be well supervised and provide a valuable experience for all students.

**Sports in Schools** - From Monday next week, 29<sup>th</sup> July, Kindergarten students will be participating in the Sports in Schools Program. Students are to wear their sport uniform on Mondays for this term. The school provides this program free of charge to students.



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

**Welcome Back** - A big welcome back to students, parents and carers to Term 3. We hope everyone has had a restful and safe break. We are all excited and looking forward to a happy and productive term. Please check your child's school bag daily for any important notes that have been sent home.

**Year Two Excursion** - Year 2 will be enjoying a Fresh Food Tour at Lake Haven Woolworths on Friday 2<sup>nd</sup> August. All Year 2 classes, including 1/2V will be participating in this excursion. This excursion is FREE and will kick start their STEAM project on nutrition. Notes have been sent home and extra notes will be sent home this week. Please send the signed permission note back to your child's teacher as soon as possible.

**Morning Drop Off** - Please encourage your children to drop their bags under the K-2 Cola in the mornings and go straight to the hall for their own safety and supervision.

### ***Stage 2 Supervisor - Mrs R Ranse***

**Welcome Back** - We hope everyone had a safe and relaxing holiday. We are looking forward providing our students with lots of amazing learning opportunities this term.

**Bulgandry and Girrakool Excursion** - Our Stage 2 excursion is next week. Year 3 will be going on Wednesday 31<sup>st</sup> July and Year 4 on Thursday 1<sup>st</sup> August. A note will be coming home in the next few days, detailing what the students are required to bring.

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

**Year 5 Bathurst Excursion - 26<sup>th</sup> August - 28<sup>th</sup> August and Year 6 Canberra Excursion - 3<sup>rd</sup> September to 5<sup>th</sup> September** - Please complete your child's medical forms and return them by end of this week. Final payments

should all be finalised by end of this week also. We need to finalise bookings and payment with our tour companies early next week.

**7C-Test** - EOI forms need to be returned ASAP. The exam will be held on Wednesday 31<sup>st</sup> July at Gorokan High School.

### ***Special Education - Mrs S Crook***

**Welcome Back** - On behalf of all of the support unit teachers and SLSOs, I would like to say how lovely it was to see your children back again after the holidays. They all look well rested, fit and healthy ready for another great term. Some of them have really grown taller and they all are keen to continue their work in class.

**Gymnastics** - We will be continuing the gymnastics program this term starting tomorrow. Please send your child to school with an extra drink of water as they really work hard balancing, tumbling, rolling and jumping. The cost continues to be \$7 - \$5 for the gym session and \$2 for the bus. You should have received an up to date figure of any money owing from last term. If you are not up to date please send in the money owed as soon as possible. It is really is a very valuable program and the children are benefitting greatly from it.

### ***School 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.entertainmentbook.com.au/orderbooks/345h40> or contact the office for a form to complete.

### ***Sport News***

**PSSA Touch Football Gala Day** - There is a Touch Football Gala Day for both our boys and girls teams on tomorrow. We wish our school teams good luck.

**School Athletics Carnival** - This has been postponed until Thursday 22<sup>nd</sup> August, at Mingara Athletics Centre.

**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 of \$50 is for bus travel and pool entry for the 10 day program. It is a great opportunity for your child to learn how to swim, improve their swimming skills and learn water safety skills. Notes went out to Year 2 students this week so get in early to secure your child's spot.

**Oztag 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. Try outs for Stage 3 will be held on Wednesday 7<sup>th</sup> August and Stage 2 will be held on Tuesday 13<sup>th</sup> August.

### ***P & C News***

**Welcome Back** - On behalf of the P&C, I would like to welcome back all of our wonderful GPS families and students. I trust you all had a lovely Winter break and students are bright and ready for a great Term 3 ahead.

**Save the Date for Pink Day** - On Friday 23<sup>rd</sup> 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 soon with more information.

### ***Counsellor Corner***

The beginning of the new school term is hopefully a time of excitement and positive expectation for children and young people, as they return to their usual classes and reconnect with friends and teachers. That's what parents and teachers would hope for anyhow! For some, however, beginning school again this term might be a daunting prospect: not knowing if their classes and teachers will be the same as before, not knowing perhaps where they stand with friends. If there are memories of negative times at school in the past, it could be a case of not even wanting to come to school at the start of the term.

In cases where children and adolescents are reluctant to begin at school again, it's a good idea to spend some time with your child and discuss his/her feelings about it all. Ask them how you could understand better what they are feeling and where the worry thoughts, about going back to school, are coming from. Often children have enjoyed their holiday break so much it's a case of not wanting to change the pattern of rest and relaxation. With a little encouragement and good humour from parents, most children will be motivated to reengage with school and hopefully look forward to commencing again.

If the situation is serious and causing your child genuine anxiety, it may be worthwhile to contact the school and speak with teachers and/or the school counsellor. In this way, parents and staff together can work to support your child so that he/she is able to make a happy start back at school.

Ruth Jenkins  
Senior Psychologist, Education



# Helping kids tolerate discomfort

by Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

## Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team;

getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

## Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

## It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.