



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.school

Wednesday 7th August 2019

Term 3, Week 3 Newsletter

Dear Parents and Carers,

At Gorokan Public School, we believe that opportunities for student leadership are important and should be provisioned for all. The school provides a multitude of opportunities for the students to develop their leadership skills and encouragement is provided for all students to explore their leadership potential.

Class Captains' Assembly - Congratulations to our newly inducted Term 3 Class Captains. Our Year 6 student leaders did an excellent job in running the induction assembly and their growing confidence was a pleasure to witness. It was great to see so many parents, carers, family members and friends supporting this school event. I wish our Class Captains every success in their role for the term ahead – leading by example and taking on their responsibilities (which includes their participation in the Student Representative Council) with pride and enthusiasm.

Education Week - As mentioned in last week's newsletter, the students and staff are looking forward to welcoming parents, carers, family and friends to the school on Thursday 8th August for Open Day. The schedule for the day is as follows:

Education Day Activities	
9:30am	Whole School Assembly
10:30am	Open Classrooms for parents and carers to visit
11:00am	Book Fair in the school library
11:30am	Book Parade Primary COLA
1:00pm	Book Fair continues

GPS Public Speaking Competition - I thoroughly enjoyed listening to the students' speeches as they competed in Friday's Gorokan Public School Public Speaking Finals. The students were confident in their delivery and inspiring to listen to. Whilst I know that many students independently planned their speeches, I sincerely thank parents and carers for encouraging and supporting the students. The standard of the speeches presented was very impressive and the scores very close. Congratulations to all the students who participated throughout the entire competition. The two students with the highest scores

from each stage who will progress to the Zone finals are as follows:

Kindergarten: Lucas M, Jasmine L.

Stage 1: Jasper M, Ryder S.

Stage 2: Tyler K, Lilah M.

Stage 3: Ellyse M, Bella M.



Photo: Our delighted Stage 3 public speaking champions

Athletics Carnival - A courtesy reminder is extended informing you that the new date for the school athletics carnival will be held on Thursday 22nd August at Mingara after it had to be postponed due to wet weather last term. All students in Years 2-6 are encouraged to attend. Parents and carers are also most welcome. A reminder note was sent home earlier this week.

Enrol Now for 2020 Kindergarten - We are taking enrolments for 2020 Kindergarten. Thank you to all of the families that have already enrolled their child. If you have a child starting in 2020 please contact the school office. If you know of someone out there in the school community with children ready to start school in 2020 please encourage them to contact our school office for an enrolment package. Information regarding our Kindergarten orientation program will be provided in upcoming newsletters so please watch this space for this important information.

P&C - The next meeting will be next Monday 12th August at 3:15pm in the library. A crèche will be available to assist in the supervision of students and afternoon tea will be provided. All welcome.

Together we can make a difference.

Jesmond Zammit

Principal

Dates to Remember

Thursday 8 th August	Education Week Open Day, Book Parade and Book Fair
Monday 12 th August	P & C Meeting
Monday 12 th - Friday 16 th August	Science Week
Thursday 22 nd August	School Athletics Carnival
Friday 16 th August	PINK Mufti Day fundraiser for Breast Cancer
Friday 23 rd August	Father's Day Stall
Monday 26 th - Wednesday 28 th August	Year 5 - Bathurst Excursion
Friday 30 th August	KL, KFL, KJ boys excursion to Girrakool Father's Day Breakfast
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** – Sophie and Callum, **KDT** – Ayla and Lachlan, **KJ** – Sophie and Braxton, **KL** – Molly and Yasmin, **KFL** - Sienna and William.

Public Speaking - Well done to all the students who participated in the public speaking competition this term. The students displayed great courage whilst presenting their speech to their peers. Congratulations to Yasmin, Sienna, Oliver, Jaida and Mikayla for reaching the semi-finals. And well done to Lucas and Jasmin for winning the ES1 competition. These two finalists will now compete against students from other schools. We wish them good luck.

Permission Notes - The students in KFL, KL and the boys from KJ will now be attending the excursion to Girrakool on Friday 30th 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.

Excursion to Laycock Street Theatre - All Kindergarten students will have the opportunity to view Roald Dahl's Revolting Rhymes Performance on Friday 27th 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 - Continues weekly each Monday. The students participate actively in many exciting, challenging activities. Please send your child in their sports uniform every Monday this term.

Parent Teacher Interviews - Will be held in Weeks 4 and 5. Please try to meet with your child's teacher during this time to discuss their progress made in Semester 1 and how to support your child further in Semester 2. A note has been sent home for you to indicate an appropriate time/day to meet.

Book Parade (Education Week) - Families are warmly welcome to attend Education Week celebrations on Thursday 15th August. Students are encouraged to attend school dressed as a famous super hero or book character.

Late to School - Please try to get your child to school on time every day. If you happen to be late, please escort your child to the office and sign them in upon arrival. Alternatively, please send late notes into school the following day.

Stage 1 Supervisor - Miss L Anderson

Year Two Excursion - Year 2 had a wonderful time on their 'Fresh Food Tour' excursion to Woolworths Lake Haven. They thoroughly enjoyed the experience and their behaviour was outstanding. All students are to be congratulated on their safe, respectful choices whilst representing our school. Year 2 students are now hard at work studying nutrition and completing exciting projects.

Playgroup - Our students have been enjoying the playgroup at recess and lunch on the playground. 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 lunch, please encourage them to come to the playgroup where they can connect with other children and be supported in developing positive social skills.

Plant Donations - Year 2 students are beginning their STEAM project on nutrition and healthy eating. As part of this learning, we will be growing food in the garden to create recipes. We are looking for donations of herbs, seeds and food plants to assist us with this. We would greatly appreciate any donations.

Garden Helpers - We desperately need parent volunteers to help in the garden before school (while your children are in the hall) and after school. Please contact Erica Voorwinde for the details. Please see the front office to ensure you have completed the appropriate paperwork first.

Stage 2 Supervisor - Mrs R Ranse

Year 3 Excursion Postponed - We are currently in the process of re-scheduling the Year 3 excursion to Bulgandry and Girrakool. We will let parents and carers know via a note home as soon as a date is secured.

Parent Teacher Interviews - Parent Teacher Interviews are coming up in Week 4 and 5. Please make a time to chat with your child's teacher.

Stage 3 Supervisor - Mrs G Farrell

Education Week - Our Education Week assembly, open classrooms and book parade are on tomorrow, Thursday 8th August. Everyone is welcome to attend.

Parent Teacher Interviews - These are being organised for the next 2 weeks. Please make sure you make a time to have a chat with your child's teacher.

Year 5 Bathurst and Year 6 Canberra Excursions - We are counting down the weeks and days for our excursions. An itinerary and note informing you what your child needs to take on their excursion will be sent home soon.

Special Education - Mrs S Crook

Active Kids and Creative Kids - The NSW government has provided each family with children aged from 4 to 18 with vouchers of \$100 to help them with payment for creative and physical activities. These vouchers are downloaded from the Service NSW website. I have spoken to Cait at Ultimate Gymnastics and she is approved to accept the Creative Kids voucher for gymnastic lessons. This means that from this term, your Creative Kids voucher will cover the cost of the gymnastics lesson and all each family has to do is cover the \$2 each week for the bus trip there and back. A more detailed note regarding how to access and print out your voucher will be sent home later in the week.

School News

Term 3 Class Captains - Congratulations the following Class Captains for Term 3:

KFL – Phoenix O, Holly M, **KDT** – Jermaine B, Shayanne L, **KC** – Ola T, Emily K, **KL** – Maxon M, Felicity L, **KJ** – Tyler T, Aleeyah L, **K-6G** – Isabelle C, **K-6 Y** – Malaqui G. **K-6S** – Leo C, **1B** – Harrison J, Isabella L, **1L** – Logan D, Jasmine S, **1H** – Zacariah Y, Alessandra O, **1E** – Jackson L, Jae-Li W, **1/2V** – Levi S, Mahni P, **2A** – Logan H, Indianna D, **2L** – Perrin S, Lacey E, **2G** – Bodhie T, Matilda N, **3L** – Andrew G, Lilly-Rose H, **3P** – Konrad R, Jorja M, **3S** – Jaspah T, Isabella C, **4A** – Stefron L, Elissa N, **4J** – Tyler B, Kiralee P, **4/5M** – Riley C, Emmie M, **5F** – Henry S, Ruby H, **5R** – Nathan H, Tyalah R, **5/6W** – Sean C, Najwa M, **6B** – Jamie B, Isla C, **6H** – Ty M, Shakira C, **6C** – Aidan H, Tenika W.

2019 Gorokan Public Speaking Competition - All students are to be commended on their outstanding speeches presented last Friday 2nd August. Two students from each stage were selected to represent GPS in the Central Coast Public Speaking Competition at Mannering Park Public School on 15th August 2019. Outstanding effort and achievement.

NED's Mindset Mission Tour - The Ned tour came to our school today. There will be yo-yos for sale under the COLA over the next week. A yo-yo is both a mindset tool and tangible reminder of NED's message. While learning to yo,

children will make mistakes, try again, and improve. Read more at www.MindsetMission.com/yoyos.

School Fundraising - 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 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.

Sport News

School Athletics Carnival – This event will be on Thursday 22nd August at Mingara Athletics' Centre. New permission notes have been sent home, please sign and return asap.

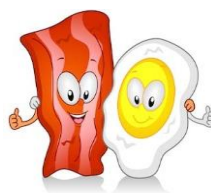
Girls' AFL Auskick - The Central Coast Region has organised our very own "Girls Only Auskick Centre" to be held at Lisarow Sport precinct starting this Friday 9th August. This program is designed to encourage more girls aged 5 - 12 to participate in AFL in a "female friendly" environment. This program was a huge success for a few years now so we are hoping for another great result. See attached flyer for more information.

P & C News - Ms J Daunt

Save the Date for Pink Day - On Friday 16th August, the P & C will be holding a fundraiser for Breast Cancer NSW. Students can wear pink mufti and are asked to bring a gold coin donation. There will be pink cakes and biscuits which will be sold during recess and lunch and a pink jellybean guessing competition. Please join us in raising some much needed funds to support those affected by breast cancer. A note will be sent home soon with more information.

Father's Day Stall - We will be having a Father's Day Stall on Friday 23rd August for students to purchase a variety of gifts for their dads, grandfathers, carers or special males in their lives. Gifts will range from \$1 to \$8. *Cash only on the day - PLEASE DO NOT PAY ONLINE.*

Father's Day Breakfast - We would like to welcome all dads, grandfathers, carers or special males to join us for our Father's Day Breakfast on Friday 30th August from 7:30am to 9am.



P&C Meeting - Parents and carers are invited to our Term 3 P & C meeting. It will be held in Week 4, on Monday 12th August at 3:15pm in the school library. Afternoon tea will be provided and a crèche will be available.

Refining your parenting style

by Michael Grose

Kids benefit from a mixture of two parenting approaches. On the one hand, they benefit from an approach that provides nurturance, builds strong relationships and offers strong emotional support. They also need a style that sets behavioural boundaries, challenges them to face their fears and promotes independence from an early age.

This combination of nurturance and firmness is known as an authoritative style according to the work of researcher Diane Baumrind who studied parenting styles in Western countries. A purely nurturant style is known as a permissive style, while a singularly firm style is known as authoritarian.

When discussing the authoritative approach, it's easiest to use a dog and cat metaphor. If you have a dog, you'll know it's usually friendly and wants to show love, affection and attention. The 'dog' style of parenting is relational, empathetic and warm. Cats, on the other hand, are different. They are usually self-sufficient and generally able to live quite happily without you. To develop the metaphor, a 'cat' style of parent is more able to set limits, more likely to challenge kids and encourage them to become self-sufficient. They can separate themselves from their kids, step back and not allow emotions to rule decision-making.

Warm cat, firm dog

Which of these two styles do you identify with? If you defer to one, then you may have to work a little harder on more consciously to bring the other to the table. In reality, many parents working in a partnership with each other will share the dog-cat loads, just as they sometimes play good cop, bad cop when they are less than perfect. Sole parents need to be firm cat and nurturant dog all in one package, which is challenging as we tend to default to one style over the other.

Don't mix the two approaches up

Get your cat and dog wrong and you'll be ineffective. If your first approach when a child is anxious is to be distant and unapproachable, then you're not meeting your child's emotional needs. If you meet poor behaviour with a friendly smile or an indecisive manner, then you will not be providing your child with the guidance they require. Get your response right – meet anxiety with dog-like warmth and poor behaviour with cat-like firmness – and you are giving your kids what's required in each situation.

Keep the approaches separate

A common mistake is the failure of adults to separate the two approaches. Imagine your son coming home from school very upset. You are not sure what's wrong, but you keep an eye out just the same. The next minute he hurls an insult at his younger sister, causing her to come to you for support. You remonstrate with your son, then sympathetically ask what's troubling him. Most likely you'll get a confused response from your son, as you've mixed management – a cat-like behaviour – with counselling – a dog-like trait. It's best to keep the two approaches separate.

In this example, it would be better for you to remonstrate with your son about his behaviour and perhaps send him to his room. Then, when things have calmed down, speak to him quietly about any problems or worries that he may have. This separation will ensure that the firmness of the cat is effective and then gives some time and a different space for the more dog-like approach to work its magic.

The cat-dog framework is a practical way to ensure that your child receives the type of parenting they need to suit different situations.