



# Gorokan Public School

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Principal: Jesmond Zammit

Term 1 | Week 6

Wednesday 4<sup>th</sup> March 2020

## NEWSLETTER

### Dates to Remember

Wednesday 4 <sup>th</sup> March	Zone Swimming Carnival
Thursday 12 <sup>th</sup> March	Year 6 Selective HS Tests
Friday 20 <sup>th</sup> March	Year 7 EOI due

### Principal's Report

Dear Parents and Carers,

At Gorokan Public School we believe it is important to develop a strong sense of shared responsibility in ensuring environmental awareness and sustainability within the school community.

**Garden Kitchen** - Mrs Voorwinde has done an amazing job in establishing our sustainability garden and outdoor kitchen over the past years. This has been a huge task and in order to support the effective implementation of further opportunities for our students in this important area of the curriculum, Mrs Kelly King, a highly motivated and experienced educator in this specialised field has been recruited. Mrs King is a teacher with a passion for teaching food, environmental and sustainability education programs. Both teachers are currently gathering resources for the introduction of the Stephanie Alexander Kitchen Garden Program (SAKG) in Term 2 this year. Students will learn to grow fresh seasonal produce, harvest and cook healthy meals using this produce. Each kitchen lesson will culminate in a shared dining experience where the children will sample a portion of each dish cooked. Lots of fun and lots of life-long learning is the aim of this highly engaging initiative. If you are interested in assisting with these lessons or any part of the program, please contact the office to register your interest. Please take a few minutes to complete our short parent survey at the following link:

<https://www.surveymonkey.com/r/CF9TPRX>

**Clean Up Australia Day** - In addition to the usual Clean up Australia Day activities that occurred last week to commemorate this annual environmental focus, the students have been inspired by the story of Arlian the *Plastic Free Boy*, who is making a huge difference in our world.

**Parents and Citizens Association (P&C)** - The first general meeting for 2020 was held on Monday 24<sup>th</sup> February. It was a great meeting where we welcomed interested parents and shared information including a community briefing on our refined behaviour programs by Mr Michael Pratt our new DP Wellbeing.

**Traffic and Parking around our School** - Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.

Police and Council Rangers patrol our school zones regularly and can issue fines to drivers who fail to abide by these rules.

**Rewards Day** - Congratulations to our safe, respectful learners who have earned the privilege of participating in this year's first rewards day activity which was a school funded magic show held on Monday.

**Student Representative Council (SRC)** - It was an absolute pleasure to attend last week's SRC meeting and listening to all of the great suggestions being put forward by our insightful and innovative students. 35 students represented their fellow students from across grades K-6 who prioritised the following suggestions:

1. Student restroom renovations;
2. Restoration of garden beds in the oval area;

3. Resurfacing of the basketball courts;
4. Installation of filtered water bubblers on the oval;
5. Repaint lines on playground areas;
6. Upgrade cabinetry in classroom wet areas;
7. Place silver lunch seats near the oval;
8. Purchase new pads for goalposts, and
9. The utilisation of solar batteries in learning spaces.

**Breakfast Club** - The students can access this service from between 8:30am and 8:50am each day. Breakfast is possibly the most important meal of the day yet one in four children in Australia skips breakfast. That is why we have set up this service for our students in order to assist their concentration in class and increase their energy for playtimes. Thank you to the Wyong Roos, Woolworths Lake Haven, Baker's Delight Lake Haven and Foodbank for their ongoing generosity and support this valuable program. We also extend a thank you to all our wonderful parent and community volunteers who support this valuable program.

**Behaviour Cards** - I would encourage all parents and carers to regularly monitor the behaviour card ratings. These cards are sent home with the students every Friday and must be returned the following Monday. The rating given by the teachers will capture the students overall behaviour according to their demonstrated classroom and playground efforts.

**Anti-Racism Contact Officer (ARCO)** - Mrs Sharon Flanagan and Mr Trent Richards are the school's anti-racism contact officers. They have undergone training for this role, which aims to resolve any unlikely issues of racism in the school and to help educate students in understanding the impact of racism.

**Visitors to the School** - Apart from parents dropping off or picking up students before and after school, all visitors to the school must report to the office in the interest of school security. All volunteers must sign in and wear a visitor's badge. On leaving the school they need to sign out and remove their badge.

Together we can make a difference.

*Jesmond Zammit*

Principal

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

**Class Awards** - Congratulations to the following students for receiving class awards. We celebrate the individual achievements of all students.

**KC** – Rose and Nixon, **KDT** – Taliah, Ethan, Ishmael and Harry, **KJ** – Lincoln, Latalea, Noah and Ava, **KL** – Noah, Gavin, Eric and Annabelle, **KF/L** – Byron and Ella.

**Nursery Rhyme Day** - All Kindergarten students are invited to dress up as their favourite nursery rhyme character for the day on Wednesday 1<sup>st</sup> April. The day

will begin with a parade of costumes at 9:15am. Following this will be a rotation of activities created around nursery rhyme themes. We invite all parents to join us from 9:15am - 11:00am on this day.

**Library Days** - Please return borrowed library books on your child's library day. Tuesday - KFL and KJ, Wednesday - KDT and KC and Friday – KL.

**Talk and Draw** - All students have been actively engaging in conversations about shared class experiences and drawing their responses. These drawings provide teachers with a valuable insight into each child's interpretations. They are enjoying these sessions. (See photo on page 4).

### **Stage 1 Supervisor – Ms L Anderson**

**Parent/Teacher Meetings** - Thank you to all of the parents and carers who have made time to meet with their child's teacher. The teachers have found these meetings to be most beneficial in planning for each child. If you have not met with your child's teacher yet and you would like an appointment, please contact your child's teacher by note or phone message to arrange a suitable time.

**Classroom Supplies** - The donations of classroom supplies such as tissues, paper towels and glue sticks have been most appreciated. Further donations will be gratefully accepted.

**Absent Notes** - If your child has been away from school please send in a note on their return to school. It is a legal requirement that notes are received within seven days of a student's absence. The note must state the dates your child was absent and the reason for the absence. If your child will be absent for more than two days please contact the school by phone or via the school app to let us know.

**Before School** - We respectfully remind parents to organise meetings with class teachers if needed. The time before school is critical in preparing your child's learning for the day and unless a previous appointment has been made, teachers are unavailable to discuss your child's learning at this time.

**Celebrations** - Year One and Two students have been learning and writing about regulating their emotions. Below are some wonderful Year One and Two pieces of writing.

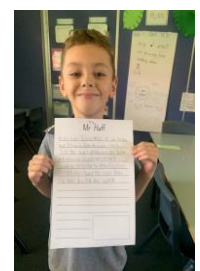


Photo: Holly and Noah in 1/2C

## Stage 2 Supervisor - Mrs R Ranse

**Parent/Teacher Interviews** - Thank you to those parents who were able to attend out parent/teacher interviews. The valuable information you shared with us about your child will help us to support your child at school. If you need to speak to your child's teacher please contact the school office for an appointment.

**Magic Show** - Well done to those students who achieved a level 4, 5 or 6 for the first half of the term and we able to attend the magic show earlier this week!

## Stage 3 Supervisor - Mrs K Day

**Start of Term** – It is Week 6 already and this term is flying. We have had a very busy fortnight with Stage 3 students being engaged in all classroom activities, Sports in School and school photos.

**Parent/Teacher Interviews** - Thank you to all our parents and carers who gave up their time to attend parent/teacher interviews over the past few weeks. It was fantastic to meet with you and discuss your child's learning needs.

**Selective High School Placement Tests Year 7** - The entry test to Selective High Schools in 2021 will be held on **Thursday 12<sup>th</sup> March 2020**.

**Year 7 2021 Expression of Interest Forms** - These forms were sent home last week. They need to be completed for all Year 6 students by parents/carers and returned to Year 6 class teachers by Friday **20<sup>th</sup> March 2020**.

**Year 6 Shirts** - Order forms for the Year 6 souvenir shirts have been sent home. They cost \$35 and students will need to try on sample shirts before they put their order in. Mrs Bates has shirt sample sizes, please make sure your child selects the correct size and gets their order in with payment by **Friday 6<sup>th</sup> March 2020**. Please note there will not be any other orders made and no spare shirts will be available after the final orders are submitted.

**Excursion to Canberra 4<sup>th</sup>- 6<sup>th</sup> August 2020** - Notes will go home soon requesting an expression of interest and deposit. The cost will be approximately between \$380-\$400.

**Thank You** - A massive thanks to Toukley Netball Club for the donation of approximately 40 netballs to our school. These will be utilised at lunch play as well as class sport sessions.

## Special Education - Mrs S Crook

**Great Learners** - It has been great to see so many of our students working hard and learning lots! Award winners in Grade Gathering this fortnight are: Charlie, Tyson, Claudia, Sienna, Jackson, Noah, Isabelle, Eli and Leo.

**Great Attendance** - We have been speaking with our students about the importance of coming to school each day. Each school day your child misses leaves a gap in their learning and missed opportunities. Some of our students have received awards for attending consistently and also for improved attendance rates. Malachi and Noah received an award this week because they have come to school every day this year. Well done boys!

**Outdoor Learning** - Some of the teachers from our support unit attended a workshop about Outdoor Learning on Thursday night. They learned how working outdoors can engage students in their learning as well as give them a space that is both calming and thought provoking. The key speaker, Dr Amanda Lloyd, presented evidence based information that showed, when using the outdoors in daily learning, students can experience academic success and positive behavioural changes too. Our awesome teachers have already begun introducing more outdoor time into their lessons and our students are benefitting from these experiences greatly.



Photo: Students engaged in outdoor learning activities.

## School News

**Drum Corp Registration** – Good news!! The Drum Corp Registrations are still open. Students interested are welcome to try one lesson. Use your Creative Kids Voucher for the discount. Engaging in rhythm and movement activates students' minds and bodies, developing a mental agility that supports all of their learning in maths, science and all subjects. Registrations are still open via their website [www.thedrumcorp.com](http://www.thedrumcorp.com). How to register: <https://www.drumcorp.com.au/how-to-register>

**Parent Skills Register** – Do you have a special or unique skill or talent that can be tapped into by the school? Please complete the registration and return it to Jasmine Daunt so that we can enlist your assistance with upcoming school activities where appropriate.

Name: \_\_\_\_\_

Skill/talent: \_\_\_\_\_

Availability: \_\_\_\_\_

### Managing separation anxiety at school drop-offs

*Going to school for most children is a positive experience however some children can struggle making the transition from their home environment to school. It's naturally distressing to see your child upset at school drop-off but there is a great deal you can do to make school drop-offs easier for you and your child.*

### Breaking the cycle of separation anxiety at school

A child's clinginess, crying or tantrums at school drop-off can be disturbing for you as a parent. Despite putting on a brave face, you can feel guilty that somehow you're the cause of this behaviour. Unless something traumatic has occurred then leaving your child at school is a normal part of life, something your child will get used to. The following strategies may help eradicate your child's tears and fears when you take them to school:

- **Tell the story**

Prepare your child thoroughly each morning for what will happen when you leave your child at school. Repeat the story each morning before school so they can fully prepare for drop-off.

- **It takes two**

Involve your child's teacher in the drop-off process as they will be the person who must deal with an upset child. In extreme examples, at the start of term or after a long absence, a later starting time may give your child a chance to say goodbye in more relaxed circumstances.

- **Give me five**

Rituals are both personal and reassuring so develop a special goodbye ritual that you consistently use when you leave your child each morning. Your special ritual may be simple such as a special wave or kiss, or fun such as a high five, low five, fist pump bursting into a hand explosion. Then leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

- **Reduce the rush**

Is your child a morning star or night owl? Many children are slow starters in the morning, which can mean that they're frequently rushed and arrive at school in highly anxious states. Do all you can to reduce morning stress, which may include earlier bed and waking times; laying out school clothes the previous evening and making minimal demands on their time.

- **This is the place**

Location carries memory so choose carefully the place you say goodbye to your child. If a kiss or hug at the school-gate means a happy child, then you've probably found your goodbye place. Experiment with your goodbye location until you find one that works.

- **It's your job**

If goodbyes continue to cause tears, tantrums or clinginess consider, if possible, saying goodbye to your child at home and allowing another adult – your partner or another parent – to take your child to school.

### If separation anxiety continues

If your child's separation anxiety interferes with their concentration and learning, prevents them from making friends, is excessive and goes longer than a month, consider getting professional support. Separation anxiety left unchecked can lead to school refusal and other anxiety disorders later on.

For professional support consult with welfare teacher at your child's school, your local general practitioner or local council for suitable health care professionals in the area.

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*Photo: Kindergarten talk and draw learning*