Dear Parents and Carers,

**Staffing Update** - Miss Gruden will be working at Mannering Park Public School as their new Instructional Leader for the remainder of the year, starting Monday. This is a great career opportunity for Miss Gruden and one she has worked hard towards achieving. Please join me in welcoming Miss Amanda Hayes who will be teaching 3/4B for the remainder of the year. Both teachers have worked closely together to ensure a successful and smooth transition for the students.

**Professional Learning** - In seeking to create productive learning experiences for their students, teachers and school executive constantly review and reflect on their professional knowledge and the effectiveness of their teaching and leadership practice. I encourage the Gorokan PS staff to utilise opportunities to expand their knowledge and develop further as practitioners and leaders.

I was fortunate to attend the annual Australian Primary Principals’ Association Conference in Sydney last week – *Creating The Future Together*. Speakers at the conference included NSW Premier Mike Baird, Minister for Education Adrian Piccoli, John Maclean OAM and former Queensland Premier Anna Bligh. This experience was very rewarding and I gained many new insights into leading our great school in the 21st century.

In the coming weeks all members of the school executive will participate in a four day internal psychology training course - *Choice Theory, Reality Therapy and Lead Management*.

**Swim School** – Last week saw the commencement of swim school. Congratulations to our swimmers for their outstanding organisation and great behaviour. Lessons conclude at the end of the week. Apologies to the stage 3 students who had a clash in activities with swim school this week. This occurred because swim school was originally planned for the younger students when the C.A.R.E.S. and Beach Fun Day were organised.

**Term 4 Calendar** – The school term 4 calendar was sent home with last week’s newsletter to assist in the planning and budgeting for upcoming school events. If you missed out please contact the office staff to organise another one to be sent home.

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**World Teachers’ Day** - Internationally World Teachers’ Day is celebrated on the first Friday in October. However, as this is usually during Australian school holidays, Australia celebrates the day on the last Friday in October of each year. Our teachers will be spoilt with a special lunch courtesy of the P & C this Friday to acknowledge their significant efforts and achievements in educating and nurturing our students. Random acts of kindness towards our great teachers on Friday are highly recommended.

**Macquarie University Schools Chess Challenge** - Congratulations to Braiden C – Year 4, Connor C – Year 5, and Noah C – Year 2 who participated in the Schools Chess Challenge in Sydney on the weekend. They collectively won 10 out of 21 matches. There were only two schools from the Central Coast represented and our school came 75th out of 123 government and private schools. Well done boys!

**Thankyou** - Special thanks to Mr Bernard Tan, Optometrist for his generous support of our students by providing free eye checks. Each year the Optometry Association conducts a Child Vision Week campaign to raise public awareness about the importance of good vision for the educational and personal development of school children. I would encourage the community to support Bernard and other community services who support our school.

Together we can make a difference.

**Jesmond Zammit**

Jesmond Zammit
Principal
**Kindergarten News – Kim Lansdowne**

**Health** - Please revise with your children when and how to wash their hands. We have had a nasty stomach bug in Kindergarten over the past week.

**Drinks** - As the hot weather increases it is important for the children to have easy access to water in their bag for extra drink times.

**Fruit Break** - Kindergarten have fruit break daily. We encourage all students to have a piece of fruit at that time.

**Supplies** - We are very quickly running out of paper towel and glue sticks. We would appreciate any donations.

**Class Awards:**
- KE/T - Lachlan, Nathan
- KL - Luke, Logan
- KS - Zoe, Hunter

**Stage 1 News – Supervisor – Cathy Behringer**

**Swimming Scheme** – The special Swimming Scheme ends this week. The students have enjoyed their time at the pool and have learnt many new swimming skills.

**Speeches** - The students have been working hard on their speeches and we have heard some excellent presentation of speeches from students in each class.

**Behaviour** - It is a busy time of year for both students and teachers, as we are getting ready for end of year assessments and reports. Please keep speaking to your children concerning their behaviour and attitude in both the playground and classroom, as we want our students to consistently model behaviour of a high standard.

**Walk to the lake** - Stage 1 will be having our ‘Walk to the Lake Day’ on Friday 14th November. Every child will participate in walking down to the lake for the day for some great summer fun activities. All students will need to bring their own recess, lunch and drink bottle on this day. A permission note will be going home next week.

**Class Awards:**
- 1C - Jamie, Felicity
- 1B - Ryder, Bianca
- 1S/A - Grace, Toby
- 1H - Isabella
- 2T - Mathew, Evie

**Stage 2 News – Supervisor – Belynda Gruden**

**Swimming Scheme** - Swimming scheme continues this week. Please remember to pack dry underpants and a towel each day. Please label all your child’s clothing with their name and class.

Well done to all the students who have participated in the swimming scheme. They are displaying safe, respectful behaviour and are having fun whilst improving their skills.

**Public Speaking** - Well done to all the students who prepared and presented a speech last week. Grade finals will be this Friday during grade gathering. Good luck to those students.

**Welcome** - A warm welcome is extended to Miss Hayes who will be teaching 3/4B for the remainder of the year. She is looking forward to working with 3/4B and the rest of Stage 2. Welcome also to Mr Adam Luer who will be teaching 3M for the next two weeks while Mrs Moon is on leave.

**Behaviour Cards** - Behaviour rating cards are sent home each week to be signed and returned to school. If you have any concerns please do not hesitate to make an appointment to discuss them with your child’s teacher.

**Class Awards:**
- 3G - Dean, Fallon, Seth, Mitchell
- 3M - Shrre, Dane, Matilda, Osha, Jake
- 4C - Jourdan, Bronson, Jack, Katie
- 4H - Josh, Abi
- 3/4B - Cash, Krystal, Keden, Hayley

**Stage 3 News – Supervisor – Charlie Corlett**

**Surf Fun Day** - Year 6 enjoyed a successful excursion at Toowoon Bay on Monday which was run by Central Coast Surf Life Saving. They practised their board riding skills, rescue techniques, beach hazard identification and beach games in a highly supportive environment and great location.

**C.A.R.E.S.** – Year 5 participated in a highly engaging excursion at CARES Ourimbah where their cycle safety knowledge, riding skills and road awareness were put to the test by police officers.

Thank you for supporting your child and enabling them to participate in this educational experience.

**Great Aussie Bush Camp** - Camp is creeping up on us quickly and the excitement is building amongst Stage 3. This week medical forms and a clothing and requirements form have been sent home. Please return the completed medical form to school as soon as possible. **Final payments for the camp must be made by Friday 7th November.**
Canteen roster 2014 - Week 4 Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 30th Oct</td>
<td>Paul Tydeman</td>
</tr>
<tr>
<td>Friday 31st Oct</td>
<td>Tina Jones</td>
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<tr>
<td>Monday 3rd Nov</td>
<td>Jade Carberry</td>
</tr>
<tr>
<td>Tuesday 4th Nov</td>
<td>Janine Vine</td>
</tr>
<tr>
<td>Wed 5th Nov</td>
<td>Collette Edwards, Vicki Smith</td>
</tr>
<tr>
<td>Thursday 6th Nov</td>
<td>Su King, Paul Tydeman</td>
</tr>
<tr>
<td>Friday 7th Nov</td>
<td>Belinda Bermingham, Susan Cheney</td>
</tr>
</tbody>
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HALLOWEEN - FRIDAY 31ST OCTOBER, 2014

On this day the canteen will have some spooky treats available at recess and lunch. Menu is being advertised outside the canteen. Lunch orders will be as normal.

FRUIT AND VEGGIE FRIDAY - This term's Fruit and Veggie day will be held on Friday 7th November, 2014. Menu for this day will be advertised outside the canteen and will consist of only fruit and veggie items at recess and lunch. Lunch orders will be as normal.

P & C News

HALLOWEEN - FRIDAY 31ST OCTOBER, 2014 - On this day the P&C will have available for $7.00 Halloween, alien and monster show bags. These can be pre-ordered and will be taken to the children's classroom or can be picked up from the canteen. Also available are the Mostly Ghostly and Monster Munchies show bags for $4.00. These must be pre-ordered and will be taken to the child's classroom just before home time. All show bags are being advertised outside the canteen. Halloween show bags and novelties will be for sale at lunch time.

BOOK CLUB - Scholastic Issue 7 has been processed and books should be returned to the children this week.

GOROKAN'S GREAT GARAGE SALE - To be held on Saturday 29th November, 2014 from 8.00am. Sell your unwanted goods by having a car boot sale or stall. It is $20.00 for a site and $5.00 for a table. There is limited availability on tables so get in early. To book phone 43924200 or email julie.salmon2@det.nsw.edu.au

Active After School Sport - Just a reminder that active after school sport is on this term. We are running Cycling on Monday afternoons and Hockey on Thursday afternoons. There are currently 3 spots left in cycling and 5 spots left in hockey. This free program runs straight after school until 4:15pm. Please see Mrs Ranse if interested.

School News

Year 6 Students at the Surf Fun Day
Building deep relationships with kids

By Michael Grose

Building a strong relationship with their children is every parent’s dream. Here are some time-honoured ways of doing this ... if you can stick to them.

Every parent I know wants a great relationship with their children.

An effective way of promoting such relationships is through rituals and traditions. Rituals and traditions build close families.

For example, most strong families I know are underpinned by a strong food culture. In these families, every kid, no matter what their age, is expected to come to the meal table. Kids in these families are generally also expected to participate in other rituals and traditions.

This can require some parenting spine, but these rituals build wide relationships – that is, they gather the tribe together creating a wide relationship circle.

Individual parent–child relationships need to go deep. Deep relationships provide leverage. They also survive the potential storms of adolescence, during which relationships can become stormy and intense.

Certainly some ages are more amenable to positive relationship building than others. Developmentally, it’s easiest to build deep relationships in the opportunity years of latency: five through to ten years of age.

The easiest way to build a deep relationship between yourself and each of your kids is to spend regular one-on-one time together.

Go somewhere for a whole day with a child.

Go away for a weekend with just one child. Do things you enjoy.

If possible, go camping.


These shared experiences can have a magic impact on relationships. They can sometimes lead to vast improvements in children’s behaviour.

Another way to build deep relationships is to share an interest with a child. Having something in common, whether it’s a shared love of sport, books or a hobby, creates an individual bond that goes deep. A shared interest also creates ‘natural’ opportunities for one-on-one time.

Make it happen

One-on-one time needs to be organised. It generally won’t happen by accident.

It takes time. It takes energy. It takes a support mechanism to make it happen. Most of all takes permission.

But one-on-one time is so worth the effort.

One-on-one time is the coat hook upon which each of your children will hang their memories of you.

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