Dear Parents and Carers,

You Can Do It Assembly – On Thursday 6th November we celebrated the completion of the explicit teaching of resilience strategies with a whole school assembly. This assembly reinforced the key ideas that had been presented to the students throughout the term and identified people in the community who had demonstrated resilience. We enjoyed a djembe drumming performance and the kindergarten students led the school in singing the resilience song. Congratulations to the following students who received the awards on the day. K-2 award winners were Chloe, Cooper, Traevorne, Mia, Benjamin, Ford, Jayden, Megan, Jamie, Lars, Bella, Ben, Najwa, Tobby, Nixon, Danisha, Hera, Logan, Kathleen, Jayden, Aliya and Jacob. 3-6 award winners were Issac, Ryan, Rebecca, Seth, Bronson, Somer, Caitlyn, Annaylse, Haille, Travis, Jessica, O’Shae, Teniah, Dean, Candy, Samantha, James, Chloe, Olivia F and Olivia D.

2015 School Leaders’ Assembly – Congratulations to all the Year 5 students who put thought, care and effort into the preparation of their school leadership speeches over the past few weeks. The students who have made it through to the leadership team are as follows: Cameron N, Lachie R, Zac L, Seth G, Kaitlyn R, Mary C, Che W, Jessica H, Emma R and Paris W. These students will be presenting further speeches at the 2015 Leaders Assembly on Thursday 13th November at 11:35am in the school hall. The community is welcome to attend and light refreshments will be provided for the new leaders and their families afterwards. The official order of the 2015 student leadership team will be announced at the Presentation Day ceremony on Tuesday 9th December. Good luck to all involved.

2014 Central Coast Canteen Awards – On Tuesday 11th November, the 2014 Central Coast Canteen Awards Ceremony was held at Budgewoi PS. Schools complying with the NSW Fresh Tastes @ school strategy were recognised for being leaders in providing fresh and healthy food options to their school community. I am pleased to announce that we are one of these schools. Julie Salmon, our canteen manager was awarded with the Big Green Apple signage and certificate. Congratulations on achieving this award once again in 2014.

Interschool Chess Gala Day - On Wednesday 5th of November, three students represented our school at the Interschool Chess Gala Day at Valley View Public School. All three students played extremely well and achieved fantastic results. Braiden C (Year 4) was the overall winner of the competition and Noah C (Year 2) was second overall. Connor C (Year 5) played consistently well throughout the day, winning many games. Congratulations are extended to all three students.

Before and After School Care in 2015 – As I have explained previously, the current provider is stopping their service at the end of this term. I am currently exploring other options. The provider that I am negotiating with at present is called the Helping Hands Network. They are working with the school to potentially take over the running of the service in 2015. This company provides much more than child minding. Their afternoon session includes organised sport, craft activities, a homework club and leadership activities for the older children. All activities are included in the cost of the session, along with the provision of a healthy breakfast at before school care and fruit and other healthy snack options at afternoon tea. Prices (after CCB) would start from $4.27 in the morning and $6.02 in the afternoon. While several families have informed us that they would use the service if it remained on site, we would like to get an indication of potential numbers. For this reason a survey has been included with this newsletter. The surveys must be returned to the office by Friday 21 November 2014. Please respond to the survey if you want to see an on site service in 2015.

Remembrance Day – This year 11 November marked the 96th anniversary of the Armistice which ended the First World War (1914–18). Yesterday we commemorated Remembrance Day with a one minute’s silence at 11 am, in memory of those who died or suffered in all wars and armed conflicts. The flag was also flown at half-mast for part of the day as a mark of respect to remember the sacrifice of all those who have died for Australia.

Together we can make a difference.

Jesmond Zammit
Jesmond Zammit
Principal
Kindergarten News – Kim Lansdowne

Awards - Congratulations to the children who received Resilience Awards last Thursday.

Homework - This is the last week for written homework. Home reading will continue until later in the term.

Library - All library books should be returned as soon as possible. Mrs Carty will be doing a stocktake shortly.

Organisation - Please assist your child in being organised for school each day by ensuring they have their food, water and hat.

Stage 1 News – Supervisor – Cathy Behringer

Walk to the lake - Stage 1 will be having our ‘Walk to the Lake Day’ on Friday 28th November in week 8. Every child will be involved and we will be 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 this week.

Fruit and water breaks - Please send in a bottle of water each day with your child as we have regular water breaks to ensure your child is working to their maximum learning capacity at all times during the day. It is also important that your child brings fruit to school each day as every class has an allotted ‘fruit break’ time and it is part of our healthy kids program.

Class Awards:
1C – Jacinta, Kye 1H - Charlie
1B – Tarni, Liam 1S/A - Chloe, Mitchell

Stage 2 News – Relieving Supervisor Rebecca Ranse

Class supplies - As we are nearing the end of the year, we are starting to run out of tissues and paper towels. Donations of these items would be greatly appreciated.

Writing Tools - Just a reminder that all students need to come to school with a pencil. Please remind your child to have one in their bag each day.

Year 3 Awards
3G - Hannah, Dean

Year 4 Awards
3/4B - Odin, Kirra 4C - Dylan, Cheyenne
4H - Abi, Mia

Stage 3 News – Supervisor – Charlie Corlett

Great Aussie Bush Camp - Next Monday 17th November we are going camping! Please ensure that all medical forms have been handed back to the school and that if your child is medicated that it comes to school clearly labelled with instructions. There are still some outstanding balances that need to be paid as soon as possible. Please discuss with the office if an alternative payment plan needs to be made to ensure that your child can attend a great opportunity.

Students that are not attending camp will have schoolwork set for them and will be placed in other classrooms across the school and may provide assistance within that class if necessary.

Year 6 High School Orientation Day - Orientation Day for Gorokan High is on Wednesday 3rd December from 9:30am-1:30pm. Aboriginal students and their families are invited to meet with Aboriginal Unit Staff from 1:30pm-2:00pm after they have attended the regular program. On this day students will be placed into their classes for next year, together with students from other local Primary schools. Parents can also purchase book packs and uniforms. More information will be sent out closer to the time.

Selective High School Placement 2016 - If you are considering applying for a Selective High School Placement in 2016 the Government schools online applications will need to be made by Monday 17th November 2014. No paper application forms are printed - applications are online only.

Applications can be made on the following site: www.schools.nsw.edu.au/shsplacement

Applications close on Monday 7th November 2014.

All applicants are required to sit the Selective High School Placement Test to be held on Thursday 12th March 2015.

Canteen News

Canteen roster 2014 - Week 6 Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 13th Nov</td>
<td>Vicki Smith, Paul Tydeman</td>
</tr>
<tr>
<td>Friday 14th Nov</td>
<td>Shayne Dodds, Tina Jones</td>
</tr>
<tr>
<td>Monday 17th Nov</td>
<td>Jade Carberry</td>
</tr>
<tr>
<td>Tuesday 18th Nov</td>
<td>Janine Vine</td>
</tr>
<tr>
<td>Wed 19th Nov</td>
<td>Collette Edwards, Vicki Smith</td>
</tr>
<tr>
<td>Thursday 20th Nov</td>
<td>Sue King, Paul Tydeman</td>
</tr>
<tr>
<td>Friday 21st Nov</td>
<td>Belinda Bermingham, Susan Cheney</td>
</tr>
</tbody>
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P & C News

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 email julie.salmon2@det.nsw.edu.au or phone 43924200.
If you do not wish to have your own stall you can donate any unwanted goods to the school to be sold and these can be left at the canteen or the office.

**Little Cake Day** - This term's little cake day will be held on Friday 28th November, 2014. Kindergarten and Year 5 are asked to donate cakes, toffees or biscuits to go towards our stall. These will be sold at recess for 20c or 50c depending on the size of the cake. Any donations can be left at the canteen on the morning of the stall.

**School News**

**School contributions** - Thank you to the families that have paid their school contribution. If you would like to pay the school contribution ($15.00 for one child and $25.00 for a family) it would be appreciated if you could do so before our Annual Financial Rollover on 30th November. Although contributions are voluntary it enables us to provide exercise books, Mathletics, Reading Eggs subscription and pencils that the children use each day.

**New Enrolments** - If you know of anyone that will be moving to the area and enrolling at our school next year, please advise them to contact the office as soon as possible to commence enrolment procedures. If your child will be leaving us and not returning next year could you please advise the ladies in the office.

**School Reports** - If your family requires a second report for a parent that does not live with the child, please advise the office of the parent’s name and current address.

**Library Stocktake** - Once per year the library must perform a stocktake to account for every book in our system. This year it will be occurring during weeks 7 and 8. While students will still be having their library classes it does mean that they cannot borrow from week 6 onwards.

It would be appreciated if you could have a scout around your homes. Any book with a barcode on it belongs in the library and can be placed in the returns box at any time (no questions asked).

Next week overdue notices will be sent home just as a reminder of what may still be lurking in a hidden corner. Please encourage your child to return their book. Here are some tips to keep reading while our school library is closed:

* Join our local Lake Haven library. By joining the council library the children can not only borrow books, but also toys over the holidays and online books to read on their iPads or tablets.

* Share books with friends. Make a book circle of a few friends to circulate your books around so your child gets a new book to read every now and then without having to spend money all the time.

* Free book apps. These can be quite good for little ones as they are interactive.

Thank you for your understanding.

Emily Carty
Teacher Librarian

**Care for the Coast Christmas Can Collection** - Care for the Coast are community members on a quest to help struggling families on the Central Coast. Their main priority is to ease the financial burden of families on the coast whilst wishing to unite the coast in their cause by supporting and promoting community events.

At Gorokan Public School we would like to support the community by participating in a 3 week collection of non-perishable goods that will be collected by Care for the Coast and given to families in need on the Central Coast at Christmas time.

You can help by bringing in a can or something non-perishable for the next three weeks. During the week of 24th-28th November the P&C will help make up hampers from the generous donations to assist the homeless and those in need.

Maybe on one of the weeks you could buy something suitable for a child to give as a Christmas gift. Please send in all donations in their original packaging. Please send your donations in to your child’s classroom so that they also experience the impact that we can have when we work together as a community.
Resilience is a 21st Century parenting concept that every parent needs to understand.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids.

Resilient kids share four basic skill sets - independence, problem-solving, optimism and social connection.

Building Resilience

From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

1. Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.

2. Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

3. Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

4. Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for awhile, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

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