Dear Parents and Carers,

Stage 3 Great Aussie Bush Camp - This week the students in Stage 3 had the opportunity to attend the Great Aussie Bush Camp at Tea Gardens. I had the privilege of visiting the students on Tuesday afternoon and it was so great to see them enjoying this wonderful experience. These overnight excursions are aimed to provide the students with extra curricula activities, foster independence and promote positive social interactions between the students and with their teachers. Special thanks are extended to our dedicated teachers who gave up time with their own families to afford the children with this incredible experience.

School Self-evaluation - This year we have investigated areas of improvement for the next three-year planning cycle. Focus areas included the following:

- Improving student outcomes in writing;
- Evaluation of school culture – investigating attitudes and values towards the learning culture as perceived by teachers, students, parents and carers;
- School satisfaction – input from students, teachers and the community was collected via a random phone survey of 3 parents from each class, the P&C, all staff, and students across the years K-6.

The results have been very positive and will be published in the 2014 Annual School Report. Thank you to those who were involved in providing valuable information and supporting this process.

Before and After School Care in 2015 - As explained in last week’s newsletter I am currently working with the Helping Hands Network as a potential provider of before and after school care for Gorokan Public School students in 2015. The survey that was included with last week’s newsletter is required by this Friday 21st November.

Thank you to the families who have already returned surveys to the office. If you require another please contact the school office. All feedback is gratefully received.

Wallarah Local Schools Literacy Committee - Last Friday 14th November, teachers and school executive from local schools met at Gorokan Public School to plan for a curriculum focus on writing across our schools. NAPLAN writing data was investigated, teaching resources were explored and shared, professional learning coordinated, and school plans drafted to address this focus. It was a very productive day led by myself and well supported by our Instructional Leader, Myree Kent and literacy team leader, Cathie Behringer.

High School Sports Taster Day - Year 6 students who are planning on attending Gorokan High School participated in a sports taster day last Friday. I received an email from the coordinating teacher informing me that “the students were fabulous, showing respect to the teachers and Year 12 leaders, participating well in all activities.” This is not a surprise to me but it was great to receive such a positive report on our terrific students. The high school will be holding their orientation day on Wednesday 3rd December. A note will be sent home with further information this week.

2015 School Leaders' Assembly - Congratulations to our 2015 student leaders who presented their final speeches at last Thursday’s assembly. It was great to see these students delivering their speeches with such confidence and a deep level of understanding of the key aspects of the student leadership role. Thank you to the community members who supported our students through their attendance. Remember, the official order of the 2015 student leadership team will be formally announced at our Presentation Day ceremony on Tuesday 9th December. Good luck to all involved.

Together we can make a difference.

Jesmond Zammit
Principal

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Wallarah Local Schools Literacy Committee

High School Sports Taster Day

2015 School Leaders’ Assembly

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Dates to Remember

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1.12.14 – 2.12.14</td>
<td>Claymation (Yr 5)</td>
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<tr>
<td>9.12.14</td>
<td>Presentation Day</td>
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<td>10.12.14</td>
<td>Year 6 Farewell</td>
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<td>12.12.14</td>
<td>Reports sent home</td>
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<tr>
<td>17.12.14</td>
<td>Last day of Term 4</td>
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Can donations - Thank you to the families that have donated cans of food to their child’s class basket. We would like to collect as many cans as possible to those who need some help over the Christmas Season.

Water - Please ensure your child has a bottle of water in their bag each day. The weather is warming up quickly and it is important that the children are well hydrated.

Home Reading - Children are expected to be reading each day for homework. Books should be returned on Friday morning so they can be exchanged for new books.

KE/T - Aleisha, Makani
KL - Aimee, Daniel
KH - Deaken
KS - Stefron, Maddison

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 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:
1B - Breanna, Kealan
1C - Jacinta, Jamie
1H - Kianah
1S/A - Matilda, Mitchell
1/2T - Jye
2F - Luke, James
2V - Hunter, Cohen
2T - Lily
2G - Alyssa, Corey

Donations - Our supplies of tissues and paper towel are running low and donations would be greatly appreciated.

Students are currently focusing on their listening manners and reinforcing school rules. Please check behaviour cards and follow up with praise and reinforcement of school values.

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 Gorokan High School 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.

Canteen roster 2014 - Week 7 Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor</th>
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<tbody>
<tr>
<td>Thursday 20th November</td>
<td>Paul Tydeman, Sue King</td>
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<tr>
<td>Friday 21st November</td>
<td>Belinda Bermingham, Susan Cheney</td>
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<tr>
<td>Monday 24th November</td>
<td>Belinda Bermingham</td>
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<tr>
<td>Tuesday 25th November</td>
<td>Erica Richardson</td>
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<tr>
<td>Wed 26th November</td>
<td>Help Needed</td>
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<tr>
<td>Thursday 27th November</td>
<td>Paul Tydeman, Vicki Smith</td>
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<tr>
<td>Friday 28th November</td>
<td>Shayne Dodds, Tina Jones</td>
</tr>
</tbody>
</table>

Bookclub - Brochures for Scholastic Issue 8 have been sent home and orders with money must be returned by Friday 21st November, 2014.

Little Cake Day - This term’s little cake day will be held on Friday 28th November, 2014. Kindergarten and Year 5 are asked to make donations of cakes, toffees or biscuits to be sold at recess. The cost on the day will be 20c or 50c depending on the size. Any donations can be left at the canteen on the morning of the stall. Helpers will be needed from 10.30am to help set up and sell to the children.

Gorokan’s Great Garage Sale - To be held on Saturday 29th November, 2014. If you wish to book a spot for your boot sale or stall please phone 43924200 or email your details to julie.salmon2@det.nsw.edu.au. Please note there are no more tables for hire. Come along on the day to have some fun. The children will be able to go for a jeep ride or on the jumping castle while the parents have a look at our many stalls.

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 complete the form below and return to the office as soon as possible.
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 can 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.

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 during this time.

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).

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
There are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

1. Birth order matters
Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position.

2. Positive peers matter
Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors where at play.

3. Parent mental health matters
If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

4. Sibling relationships matter
Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds empathy.

5. Developmental matching matters
A number of studies have shown that much of what is considered ‘poor parenting’ has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

6. Good parenting matters
Permissive, laissez faire, autocratic or authoritative parenting? The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children’s happiness and wellbeing are well drawn.

7. Family dinners matter
Significant research links family strength and children’s wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

8. Fun matters
Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids’ cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

9. Helping others matters
The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual’s wellbeing. Helping others makes you happy over the long term.

10. Emotional intelligence matters
Emotional intelligence is a skill, not an inborn trait. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps).