Dear Parents and Carers,

Hunter Region Primary Mathematics Competition - Congratulations to all the students who participated in this annual competition. I am pleased to announce the following outstanding results:


**Music: Count Us In** (MCUI) – Last Thursday all Gorokan PS students participated in MCUI. This event brings teachers, parents, students and the music industry together in celebration, as more than half a million people unite to sing the same song at the same time, right across the country. The children watched the live streaming from the Great Hall in Parliament House, Canberra and sang in their best voices. The event was a great experience for the students and sounded amazing. Mr Holley did a great job in coordinating this event.

**Senior Touch Football Gala Day** – The senior girls and boys finally got to compete last week at Doyalson. Both teams played very well, winning many games. Their behaviour and sportsmanship were outstanding. Congratulations and well done to the players and to their super coach, Mr Foley. Sincere thanks to the parents who assisted in transporting the students to and from this event. Your efforts and support are valued and appreciated.

**Year 6 Surf Fun Day** – Our Year 6 students enjoyed a very successful excursion to Toowoon Bay last Monday. This Central Coast Life Saving Association program provided the students with opportunities to learn board riding skills, surf rescue techniques, beach hazard identification and many more surf survival skills. The students thoroughly enjoyed this special day of learning and represented the school in the highest order.

**C.A.R.E.S.** - The Community and Road Education Scheme (CARES) program is a road and bicycle education program for Years five, six and seven school groups. It is linked to the Personal Development, Health and Physical Education syllabus.

Our students benefited from the expertise of the police officers teaching the program. The classroom lesson covered safe cycling, road rules, hand signalling and safe use of helmets. The outdoor lessons included bicycle safety checks, basic riding skills and obstacle course, riding on the road environment training track which features a roundabout, traffic lights and other ‘real life’ road characteristics. The Year 5 students who participated thoroughly enjoyed their day of valuable, practical learning.

**Special thanks** – I would like to thank the canteen and P&C for the great efforts they went to in providing the students with a fun filled Halloween themed day last Friday. The children were served by Halloween characters, ate worms, broomsticks and lots more. On behalf of the staff, I would like to thank the P&C who provided our wonderful teaching staff with a special pizza lunch to celebrate World Teachers’ Day in appreciation of the effort, expertise and care they collectively provide for the students at Gorokan PS every day.

Together we can make a difference.

**Jesmond Zammit**

**Principal**
## Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>7.11.14</td>
<td>Payment for Claymation due $8.00</td>
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<tr>
<td>7.11.14</td>
<td>Mufti Day – Cystic Fibrosis</td>
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<tr>
<td>7.11.14</td>
<td>Final payment Great Aussie Bush Camp $270</td>
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<tr>
<td>17.11.14</td>
<td>Great Aussie Bush Camp</td>
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<tr>
<td>9.12.14</td>
<td>Presentation Day</td>
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<tr>
<td>10.12.14</td>
<td>Year 6 Farewell</td>
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<tr>
<td>17.12.14</td>
<td>Last Day of Term 4</td>
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## Kindergarten News – Kim Lansdowne

**Behaviour** - The term is already quite busy and some children have required reminders about following the school rules. We would ask that you help us to support your child with revising the rules at home.

**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.

**Hats** - Children should be bringing their wide brimmed school hat every day. All hats should be clearly labelled with your child’s name on it.

**Supplies** - Thank you to the families that have sent in extra paper towel and glue-sticks.

**Class Awards:**
- KE/T: Jack, Chloe
- KL: Isobel, Connor
- KH: Lily-Rose
- KS: Zachary, Kimi

## Stage 1 News – Supervisor – Cathy Behringer

**You Can Do It** - Our next ‘You Can Do it Assembly’ will be on Thursday afternoon at 2.00 pm. The students will receive awards for being ‘resilient’.

**Lake Walk** - Stage 1 will be having our ‘Walk to the Lake Day’ on Friday 28th November this will be 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 have to bring their own recess, lunch and drink bottle on this day. A permission note will be going home soon.

**Fruit Break** - Please ensure that your child has fruit each day as every class has an allotted ‘fruit break’ time.

**Class Awards:**
- 1C: Hayden and Mitchell
- 1B: Tami and John
- 1/2T: Maddison
- 1S/A: Michelle and Tyresse

## Stage 3 News – Supervisor – Charlie Corlett

**Gorokan High Sports Day** - Year 6 will be given the option to attend a Sports Day held at Gorokan High School on Friday 14th November. Students will meet under the Gorokan High School COLA at 9:30am. The day will end at 2pm.

Students are to be collected by their parents from the COLA. Students who need to wait for a sibling will be supervised in the school library until 2:35pm. A note has been sent home with your child with further information. If you have any questions about the day please contact the High School as they are organising this super event.

**School Leader Nominations** - Year 5 students have been busy reading their speeches for the nomination process of becoming a part of the school leadership team in 2015. If your child has been successful in making it to the next stage you will be notified this week and invited to attend a School Captain assembly on Thursday 13th November at 11:30am in the school hall.

**Great Aussie Bush Camp** - 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 this Friday.

## Canteen News

**Canteen roster 2014 - Week 5 Term 4**

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor</th>
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</thead>
<tbody>
<tr>
<td>Thursday 6th November</td>
<td>Sue King, Paul Tydeman</td>
</tr>
<tr>
<td>Friday 7th November</td>
<td>Belinda Bermingham, Susan Cheney</td>
</tr>
<tr>
<td>Monday 10th November</td>
<td>Belinda Bermingham</td>
</tr>
<tr>
<td>Tuesday 11th November</td>
<td>Janine Vine</td>
</tr>
<tr>
<td>Wednesday 12th November</td>
<td>Vicky Saville</td>
</tr>
<tr>
<td>Thursday 13th November</td>
<td>Vicki Smith, Paul Tydeman</td>
</tr>
<tr>
<td>Friday 14th November</td>
<td>Shayne Dodds, Tina Jones</td>
</tr>
</tbody>
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## P & C News

**Fruit And Veggie Friday** - This term’s fruit and veggie day will be held this Friday 7th November, 2014. Menu for this day is being advertised outside the canteen. Lunch orders will be as normal.

**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

## School News

Recently we have had quite a number of staff and students falling ill with a stomach bug which is very contagious. If your child is not feeling well please keep them at home so that we may try to prevent other students catching the illness.

**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.
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

Crazy Sock Mufti Day - This Friday is mufti day. Please wear your mufti clothes and crazy socks. Gold coin donations will be collected for the Cystic Fibrosis Society.

World Festival of Magic Show - Thanks to the Lions Club of Wyoming and the Smith Family we have a limited supply of tickets to this Saturday’s shows at Niagara Park. There will be a show held at 2pm and also 5pm. Please collect tickets from front office if interested.

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.

Nutrition Snippet

The simplest way
to see if you’re eating enough fruit & veg.

Take the Fruit & Veg Challenge!
Write down everything you ate and drank yesterday and see if you got the 2 serves of fruit and 5 serves of veg you need:

Here is an example:

Drinks: 2 cups of tea, 2 x 125ml glasses of OJ, 3 glasses of water
Snacks: 1 tub yoghurt, 1 banana, 2 biscuits
Breakfast: 2 slices toast with butter and jam
Lunch: 1 medium potato with tuna and cheese, 1 apple
Dinner: Macaroni cheese, ½ cup peas, 2 slices garlic bread

This person ate 3 serves of fruit (juice only counts as one serve) but only 3 serves of veg. If you’re eating less fruit or veg than you need, have a think now about how you can eat more.

For more information visit www.eattobeatit.com.au
or join us at facebook.com/eattobeatit

Eat It To Beat It
Is it normal? Dealing with sexual behaviours in children and young people

Every parent wants their children to grow up with a healthy and open attitude to their sexuality. You can support this by being able to identify, understand and respond to your children’s sexual behaviours.

Displays of any form of sexual behaviour in a child or young person can be highly confronting for a parent.

It’s important to understand that some level of sexual behaviour – which includes everything from questions about sexuality and relationships to touching and fondling – is quite normal, even from quite young ages. Most sexual behaviours are simply expressions of a natural interest in sexuality.

However, that doesn’t mean that all of these behaviours are normal or healthy.

Family Planning Queensland (FPQ) has put together a clear guide to managing sexual behaviours in children and young people.

There are three steps involved in management of these behaviours:

1. **Identify**: Many factors can affect the behaviours exhibited by a particular child, so it’s important to consider the child’s context, including their social and family situation and the culture in which they have been brought up.

2. **Understand**: The same applies to a sexual behaviour as any other behaviour in a child or young person: it is a reflection of their needs or wants. Often, when language and social skills are still nascent, ‘acting out’ is the only way a child can express themselves.

Understanding a sexual behaviour means trying to get behind what is driving that behaviour. Is it an unsatisfied curiosity, boredom, challenging relationships? Could it be something more serious, such as an indication of abuse or neglect?

3. **Respond**: All sexual behaviours exhibited by a child or young person deserve some sort of action and support – ignoring is not a response.

‘Normal’ (green) behaviours provide an opening to talk, to explain and to provide support if needed. ‘Beyond normal’ (orange) behaviours will often need more intervention, including ongoing monitoring. This could include supervision during times of risk, making stricter rules or removing the child from a potentially harmful situation.

‘Harmful’ (red) behaviours require an immediate and proactive response that protects the child and any others who may be in danger.

A pre-emptive response to sexual behavioural problems is education. It can take place at any age, and can be one-on-one with a parent or in a classroom situation.

Words: Michael Grose

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