Principal’s Report

Dear Parents and Caregivers,

P & C Meeting – Our P&C meeting was held on Monday. Thank you to parents and caregivers who attended. It was great to share our success to date and to discuss progress on teaching and learning programs, school initiatives, school improvement projects, and resources. It was decided at the meeting that the major focus for fundraising in the immediate future will be on the purchasing of iPad Apps and more significantly the air-conditioning of classrooms.

School Council – After careful consideration and discussion with members of the School Council who attended the AGM, school staff and the P&C, it has been decided that the School Council will be put into recess until further notice. I would like to thank the School Council members for their valued contribution to the school.

Parenting Ideas – As of this week one page of the school newsletter will be dedicated to providing you with parenting articles. The topics covered will include such things as general parenting, cyber safety, building resilience, social challenges, building independence and supporting learning. The articles are written by one of Australia’s leading parenting educators, Michael Grose. I hope you find these articles helpful and interesting.

NAPLAN – Congratulations to our Year 3 and 5 students who tried their best during the NAPLAN tests last week. Results will be sent back to the school in Term 3 and I look forward to sharing the students’ collective successes with the community then. It is important to remember that these tests are designed to assess the students’ level of basic skills that have been accumulated since entry into school. So whilst the first tests occur when students are in Year 3, they are really being assessed on what has been learnt since Kindergarten. Providing there is enough interest, I would be happy to run a session at school with parents and carers on NAPLAN testing, covering topics such as test details, looking at test materials, supporting students and interpreting results. If you think this would be worthwhile, please contact the office to register your interest.

Walk Safely to School Day – Friday is Walk Safely to School Day, a day to encourage healthy exercise and teach road safety.

You are encouraged to walk to school with your child/ren and to talk about road safety along the way. It is also a great opportunity to talk about being healthy by walking rather than driving to school.

Premier’s Debating Challenge (PDC) – The PDC kicked off this week and our debating team competed against Kanwal Public School yesterday. The debate topic was “Teachers should have to wear school uniforms”. The debaters raised some strong arguments and worked well as a team but were defeated by a narrow margin. Congratulations to our students for their fine efforts and to Ms Bates for her excellent guidance and training of our Gorokan Public School debating team.

Semester 1 Student Reports - Student reports will be sent home at the end of term with parent/teacher interviews early next term for most classes. However, in the meantime if you have questions or concerns about your child’s progress I encourage you to make an appointment with your child’s teacher through the front office so that a suitable time can be made when you will have the teacher’s undivided attention and lessons will not be interrupted.

Director of Public Schools Visit – Yesterday Jason Baldwin, one of the Directors of Public Schools for the Wyong schools area visited the school. He was very impressed with the students, staff and the school, leaving with a very positive impression of Gorokan Public School.

Jesmond Zammit
Principal

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 23rd May</td>
<td>Sydney Writer’s Festival</td>
</tr>
<tr>
<td>Friday 6th June</td>
<td>Walk Safely to School Day</td>
</tr>
<tr>
<td>Tuesday 10th June</td>
<td>Pyjama Day</td>
</tr>
<tr>
<td>Thursday 12th June</td>
<td>Sydney Excursion Year 4</td>
</tr>
<tr>
<td>Friday 13th June</td>
<td>Sydney Excursion Years 3</td>
</tr>
<tr>
<td></td>
<td>Discover Uni Day 6</td>
</tr>
</tbody>
</table>

School News

If you have a child that will be enrolling in Kindergarten in 2015, please contact the office to commence enrolment procedures as soon as possible. It is important to enrol now so that your child may attend our Orientation Programme which will begin next term. To commence enrolment we require a Birth Certificate, Immunisation Certificate and Proof of Address.
Kindergarten News- Supervisor – Kim Lansdowne

Toys – If children are bringing toys to school please ensure they have their name clearly labelled on them.

Attendance - If your child is absent from school you need to send a note to their teacher on their return or use the free school app.

Hygiene - With many of the children having head colds at the moment please remind them to wash their hands and how to blow their nose.

Headphones - Thank you to the families who have sent in headphones for the children to use in the computer lab and classroom.

Class Awards:
KE/T - Shakayla, Manki K/1H - Charlee
KL - Daniel, Luke, Brodie, Ben
KS - Traevorne, Hannah

Stage 1 News - Supervisor - Cathie Behringer

Fitness - What beautiful weather we are having at the moment. The students in Stage 1 are all enjoying fitness on a daily basis. Please remember to send water to school each day with your children as it makes a big difference to their attention span and ability to concentrate.

Head Lice - Could you check your child’s hair for head lice as we have a large number of children that are being reinfected?

Pyjama day - is on Friday the 6th of June. Please send your child to school in their Pyjamas on this day and a gold coin donation which will go towards funds for the children’s hospital.

Class Awards:
1C - Sienna K/1H- Kianah
1B- Tani and John 1SA – Eberdeen and Tye
1 /2T Kaitlyn

Stage 2 News - Supervisor - Belynda Gruden

Excursions - Please continue to make regular payments for the Year 3 and 4 excursions to Sydney. All deposits should be paid by now.

Supplies - Please make sure your child has a sharp lead pencil or pen (if they have a pen license) to use each day.

Class Awards:
3G - Hannah X, Chris T 3M - Eliza L, Tallis P
3/4B - Dekoda N, Ryan G
4H - Keziah W, Daniel S 4C Jacob P, Hayley C

Stage 3 News- Supervisor - Charlie Corlett

NAPLAN - Congratulations to our Year 5 students for their mature approach to NAPLAN. They conducted themselves very well throughout the testing and all tried their best.

Discover Uni - Please ensure that the 'Discover Uni Day Excursion' forms for Year 6 students are returned as soon as possible. It is important, where possible, to have a support person or family member attending the excursion as the excursion has been tailored towards students, families and carers.

Assembly - There will be a Stage 3 assembly in the hall on Monday 23rd June at 2pm. Each class will be showing an item of work that they have worked on or learned this term and you are invited to attend.

Canteen News

Canteen roster 2014 - Week 4 Term 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Paul Tydeman, Vicki Smith</td>
</tr>
<tr>
<td>Friday</td>
<td>Shayne Dodds, Vicky</td>
</tr>
<tr>
<td>Monday</td>
<td>Janine Vine</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Belinda Bermingham</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Collette Edwards, Vicki Smith</td>
</tr>
<tr>
<td>Thursday</td>
<td>Paul Tydeman, Sue King</td>
</tr>
<tr>
<td>Friday</td>
<td>Shayne Dodds, Vicky</td>
</tr>
</tbody>
</table>

Fruit & Vegie Friday - This term’s fruit & vegie Friday to be held on Friday 30th May, 2014. Menu will be advertised outside the canteen. Lunch orders are as normal.

Pyjama Day - egg and bacon lunch - To be held on Friday 6th June, 2014. Order forms have been sent home for this special lunch and should be returned by Tuesday 3rd June.

P & C NEWS

Thompson Pies Fundraiser - Help us raise money for new educational iPad apps for your children to use in class. Order forms have been sent home and should be returned by Friday 13th June, 2014. Orders will be available for pick up on Tuesday 24th June from 8.30am to 9.30am in the hall.

Little Cake Day - This term’s Little Cake Day will be held on Friday 20th June, 2014. Years 2 and 4 are asked to donate biscuits, cakes or toffees towards our stall. They will be sold at recess for 20c or 50c. Any donations can be left at the canteen on the morning of the stall.

COMMUNITY NEWS

Lakes Artest 2014 - The next Art workshop will be held on Wednesday 11th June - 4.30pm to 6.30pm at Lakes Anglican Church, 274 Wallarah Road, Kanwal Phone 4931333 (9am to 3pm). The Art Workshops are held to promote and display the artistic talent of our younger members in our local community. The workshops are led by experienced art teachers and artists. Places are limited so please ring to book.
Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn’t get much really constructive help at all. “Don’t worry! It will all turn out right!” was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that’s why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on to their children. Little wonder that anxiety, anger and apathy are commonplace among today’s children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it’s better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little ‘heady’, which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can’t help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you’ll better be able to manage your emotional response.

“This is a challenge, not a problem” is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you’ve even started? Maybe you’ve said something like: “I’ll never be able to do that” or “This will stress me out big time” or “I’m no good at….”? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like “I’ve done it in the past and I survived. So I should be able to do it again.” Repeat this a few times and your emotional state will shift to a better one.

5 Exercise

Exercise releases endorphins, nature’s feel-good chemical, which will move your mood to a better state. The paradox is that we often don’t feel like exercising when that’s exactly what we really need. Don’t let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It’s a highly recommended strategy for natural worriers! It’s amazing how much better a situation will seem after giving your mind a short break from it.

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes … well, it’s hard to hold it together if you are feeling stressed all the time.

It’s important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that’ll we’ll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from “15 right ways to manage emotions”, a special report available at Parentingideasclub.com.au