Dear Parents and Caregivers,

**National Sorry Day** - This week started with the commemoration and remembrance of National Sorry Day. The students learned about and discussed the significance of this day and the Stolen Generation at an age appropriate level in their classrooms as a mark of respect and to raise awareness of this significant Australian historical event.

**Sydney Writers’ Festival** – Last Friday 47 of our students were privileged to attend the Sydney Writers’ Festival in Sydney Town Hall. The children had a wonderful day of entertainment and inspiration by some of their favourite authors. Gorokan stole the show with students Trey and Emma assisting on the stage. Congratulations to all the students who attended - their behaviour and author questions were outstanding. The Sydney Writers’ Festival is yet another quality learning experience offered to Gorokan students.

*Trey (Yr 6) with author Felice Arena.*

**School Leaders Day** – Last Wednesday our school leaders participated in the Leaders’ Day in Newcastle. The event aimed to develop leadership skills through inspiration provided by a number of guest speakers and interactive activities. As expected our students were exceptionally behaved and represented Gorokan Public School most favourably. I would like to extend a special thank you to our parent helper Jenny Dawson, who assisted Mr Corlett in transporting the students to and from the venue, supporting this highly worthwhile experience for our student leaders.

**You Can Do It Assembly** – This terms You Can Do It assembly will be held on Friday. All students will participate in this school event where the focus for learning and recognition will be on building confidence. Confidence is critical in life and learning and the students have been exposed to specific lessons over the term to help them develop and succeed in this significant area of personal development.

**Parenting Ideas** – Last week saw the introduction of a parenting article in the weekly newsletter. I hope that you found the article worthwhile and that reading it was made easier by the new larger size newsletter format. This week’s article is about “When things go wrong at school”.

**Head Lice and Nits** – Head lice is an ongoing problem in all schools. I have included a detailed fact sheet obtained from NSW Health in this week’s newsletter. It is a very worthwhile read, providing information on head lice and how to treat them. I would strongly recommend that you read it and encourage others to do so also. Consistent monitoring and treatment is the key to significantly reducing this ongoing problem. The article also dispels myths associated with the treatment of head lice. Did you know that cheap conditioner is the best way to treat head lice?

**Gorokan High 5** – The Gorokan High 5 was introduced earlier this term as a means of providing students with problem solving strategies for minor playground incidents. These 5 strategies have been reinforced across the school and are proving to be highly successful. Reinforcement of these strategies at home will further assist the students.

The Gorokan High 5:

1. Say “Stop it I don’t like it!”
2. Say “We don’t do that at our school”
3. Ignore.
4. Walk away and if the problem persists,
5. Tell a teacher.

Together we can and do make a difference.

**Jesmond Zammit**

Principal

**Dates to Remember**

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<th>Date</th>
<th>Event</th>
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<td>Friday 6th June</td>
<td>Pyjama Day – Egg &amp; Bacon Lunch</td>
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<td>Tuesday 24th June</td>
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<tr>
<td>Friday 27th June</td>
<td>Mufti Day (Red, yellow &amp; black)</td>
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<td>Tuesday 15th July</td>
<td>First day of term 3</td>
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Pyjama Day - Pyjama Day is Friday 6th June. Students are encouraged to wear their pyjamas to school and donate a gold coin. This money supports the Children’s ward at both Wyong and Gosford hospitals. No slippers or ugg boots are to be worn to school on this day. Pre-order bacon and egg rolls for lunch from the canteen. Order forms have been sent home for this special lunch and should be returned by Tuesday 3rd June.

Kindergarten 2015 enrolments - 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 your child’s Birth Certificate, Immunisation Certificate and proof of address.

NAIDOC Week - Gorokan Public School will be celebrating NAIDOC Week during the last week of Term 2 (23rd – 27th June, 2014). The theme this year is Serving Country: Centenary and Beyond. All Aboriginal parents and the broader community are invited to attend a special assembly on Monday 23rd June starting at 9.20am in the school hall. Activities for the week include a cultural performance by Fred Reid costing $4.00 per student on Tuesday 24th June, the relaunch of the Aboriginal Garden, an art competition, boomerang painting, animal designs, making bead or wristbands and Bush Tucker tasting. On the last day of term the students may wear mufti in colours red, yellow and black. Students are requested to make a gold coin donation on this day and all money raised will go towards the purchase of plants for the Aboriginal garden.

Kindergarten News- Supervisor – Kim Lansdowne

School Rules - Please revise with your child at home our school rules. Be Respectful, Be a Learner and Be Safe. We have had to speak to several children recently about keeping their hands to themselves and to speak nicely to each other. We want school to be an enjoyable experience for all children.

Homework- It is important that books are returned each Friday as that is when we have helpers to assist with the exchange. Home reading should be done every night as this provides your child the opportunity to develop confidence with skills they are learning at school.

HSIE- We are looking at the topic of ‘Me’ this term. We would appreciate if you could send in 3 photos of how your child has changed since they were born. Please label photos with your child’s name so they can be returned.

Class Awards:
KE/T - Shaena, Casey K/1H - Eyllse
KL - Jorjah, Gabby KS - Gabrielle, Bailey

Stage 1 News - Supervisor - Cathie Behringer

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 ward at Wyong and Gosford hospital.

Reports will be sent home in week 8. We will be holding Parent Teacher Interviews early in Term 3. All teachers highly value this time with you to discuss the positive aspects of your child and their learning.

Supplies - Children need to make sure they bring a lead pencil to school so they are organised.

Donations of tissues and rolls of paper towel would be greatly appreciated as our supplies are running out.

Project - Don’t forget to send in the ‘Artifact Projects’. We have already had some great projects come in and we look forward to seeing more come in.

Class Awards:
1C - Kye K/1H - Toby
1B - Hayden and Bethany 1SA – Maddison and Mitchell
1/2T - Mia B
2F - Tenayah, Maddison, Luke, Masynn
2G - Alyssa D, Brent 2V - Hunter, Alana

Stage 2 News - Supervisor - Belynda Gruden

Excursion - Thank you to all the parents who volunteered to help on the Year 3 and 4 excursions. Only two or three parents per class were required and names were drawn from a hat. Selected parents have been notified, please ensure confirmation notes have been returned. Sorry if you missed out this time but we appreciated your support. Please continue to pay for the Sydney excursions as final payment is required by next Tuesday 3rd June.

Attendance - If your child is away, please remember to send them with a note when they return to school. Please include the date and a reason for their absence. Alternatively you can use the school app to explain absent days.

Home reading - Please encourage your child to read daily and return their home reading log regularly.

Spelling Bee - The Stage 2 Spelling Bee is fast approaching. Students will be given lists of words to practice if they are interested.

Class Awards:
3G - Dean S, Cohen G 3M - Xavier G, Sarah M
3/4B - Kirra L, Emma M
4H - Kiera F, Daniel S 4C - Rachael B, Cheyenne

Stage 3 News- Supervisor - Charlie Corlett

Stage 3 Assembly - We will be holding a Stage 3 assembly on Monday 23rd June at 2pm. All Parents and Carers are invited to be a part of our assembly.

Leadership Conference - Our student leaders were provided with the opportunity to participate with hundreds of other student leaders from places as far away as Sydney to Forster last Wednesday at a special Leadership Conference for students. They participated in a range of activities focusing on developing their own leadership qualities and skills in a school setting.
Year 6 Discover Uni Day - Thank you for returning your child's permission slip for the Discover Uni Day excursion taking place on Friday 13th June at Ourimbah Campus. We are departing at 9:00am and will return to school by 2:15pm. Students need to bring their morning tea, lunch and water as we have been advised that there will be no opportunity to buy food and drink on the day. Students need to wear full school uniform.

Canteen News

Canteen roster 2014 - Week 5 Term 2

| Thursday 29th May | Paul Tydeman, Sue King |
| Friday 30th May  | Shayne Dodds, Vicky Saville |
| Monday 2nd June  | Janine Vine |
| Tuesday 3rd June | Belinda Bermingham, Jade Carberry |
| Wednesday 4th June | Paul Tydeman |
| Thursday 5th June | Vicki Smith, Paul Tydeman |
| Friday 6th June  | Susan Cheney |

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.

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.

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.

PARENTING TIPS

When things go wrong at school

Your approach as a parent when your child has difficulty at school makes a huge difference to their resilience, and their future relationships with teachers and peers.

Every parent wants the best for their children, and that includes having great experiences at school. By and large, schools deliver on these expectations. They are generally safe places for kids, staffed by hard-working teachers who have the best interests of their students at heart. Achievement, discipline and student well-being are high on the list of priorities for most teachers.

Despite best teaching practice things do go wrong at school. Most kids experience learning difficulties from time to time. Conflict and peer rejection are a normal part of school-life. The developmental nature of childhood means that there will always be some turbulence, particularly around key transition ages, such as the start of adolescence.

During these times young people frequently experience a dip in their learning as well as significant relationship difficulties. Kids will often come home from school with grievances, and call on their parents for assistance.

Your approach as a parent when your child has difficulty at school makes a huge difference to their resilience, and their future relationships with teachers and peers.

Anecdotal evidence suggests that there's been a significant increase in aggressive incidents at schools involving parents reacting to their children's grievances. This not only presents a danger to teachers but also harms the all-important teacher-parent relationship.

Here's a six point checklist to help you stay focused and be effective if your child experiences difficulty at school.

1. Stay calm and rational

It's natural as a parent to protect, or defend your children, particularly when you think that they've come in for some unfair or poor treatment. But acting when you are full of emotion is not always smart. Rather than getting on the phone straight away to organise a meeting at school, take your time to think through how you might assist your child.

2. Get all the facts

Once you've calmed down, then get the facts about the situation. Kids are faulty observers and often only see one side of a story when there's a problem with a teacher or a fellow student. They sometimes can't see that perhaps they may have contributed inadvertently to a dispute at school, or perhaps said something that may have upset a teacher. It's the job of parents to help kids process what happens in an incident, so that all the facts emerge and understand their place in any problem. Ask good questions to help the full story emerge.

3. Assess whether to go to school or not

Kids, like adults, like to vent and will benefit from having told their side of a story to a trusted source. Often problems can be dealt with at home, simply by talking through an issue, and giving kids some common sense tips to help them cope. If your child has a recurring problem that he can’t solve himself, or you think adult intervention maybe needed to sort out a relationship issue with a teacher or peer, then consider meeting with your child's teacher or year level coordinator.

4. Go through the right channels

Approach the school calmly, going through the school office, or directly to your child’s teacher if that is the usual protocol. If you have already established a relationship with the teacher concerned, then it's often easier to approach them directly.

5. Look for solutions rather than blame

Parent-teacher meetings usually get nowhere when either party blames the other. State the problem as you see it and view your child's teacher as an ally, not a foe. “I'm really worried about Jeremy. He's been acting strangely lately and I need some help” is the type of approach that will elicit a helpful response. Talk about your concerns and keep the discussion focused firmly on what's best for your child. Listen to your teacher's viewpoint, valuing a different perspective.

Your approach as a parent when your child has difficulty at school makes a huge difference to their resilience, and their future relationships with teachers and peers.
6. Stay in touch
Be realistic with your expectations, remembering that some problems can't be solved to your satisfaction, nor will they be resolved straight away.
Be prepared to work alongside your child's teacher over the long-term, which means you need to keep communicating with each other. Parenting is easy when things are going well, but testing when your children struggle or experience difficulty. Stepping back and taking a long-term, reflective view is often the best approach when your child experiences difficulty at school.

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or facebook.com/michaelgroseparenting

Head Lice and Nits

At a glance:
- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year.

While head lice and nits, (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits.

Nitbusters' myth busters
- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.
- They are not found on family pets.
- Shaving your child's head is radical and unnecessary!
- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.
- Treating anything other than the human head does not get rid of head lice.
- There is no way to prevent your child from getting head lice.
- You may be able to help reduce transmission by tying girls' hair back and braiding it.
- Never use insecticides, methylated spirits or kerosene on your child's head.

• Some essential oils, including tea tree oil, can trigger a reaction in some people.
• Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.
• You don't need to use an expensive commercial product.
• If you do decide to use a commercial treatment on your child's head, read the instructions very carefully.

Removing head lice and nits
You'll need:
- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

Steps:
- Sit your child on a chair or stool in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
- Apply a cheap, pale coloured conditioner generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
- Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.
- After you've applied the conditioner, use a large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.
- When the hair is detangled and manageable, use a fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.
- After each comb out, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)
- Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
- Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
- Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.
- Repeat at least twice over the next few days, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

The information from this article comes from the NSW Health Department's Nitbuster Program.