Dear Parents and Caregivers,

The term has started well and the children have settled back into their school routines extremely well. Thanks for supporting this smooth transition back to school by ensuring your child has the equipment that they need for learning, a healthy lunch packed each day, a good night’s rest each night and homework consistently completed. These simple things make such a difference to learning.

Education Week – A further reminder that next week is Education Week. The school will celebrate Education Day on Wednesday 30th July and the program for the day is as follows:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15</td>
<td>Community assembly showcasing the many talents of our students.</td>
</tr>
<tr>
<td>10:00</td>
<td>Open classrooms for parents and carers to visit.</td>
</tr>
<tr>
<td>11:00</td>
<td>Book Fair – books may be purchase for your child or the school.</td>
</tr>
<tr>
<td>11:30</td>
<td>Book Parade</td>
</tr>
<tr>
<td>1:00</td>
<td>Community barbecue and Book Fair continues.</td>
</tr>
</tbody>
</table>

Parent Teacher Meetings - Parent Teacher meetings are underway and have been pleasingly well attended. Thank you for making the time to engage in this very important aspect of your child’s education by building a strong partnership between home and school. Receiving and providing information about your child’s learning and development is very important for enhancing student learning. Please contact your child’s teacher if you still need to make an appointment time.

School Uniforms – I would like to encourage the correct uniform to be worn at school each day to consistently promote school pride and team spirit. It is very important that students are wearing the correct hat and jumper to school. If new clothing is required orders can be placed at the office or direct purchases can be made from the uniform shop on Tuesdays (2:30 to 3:00pm) and Fridays (8:30 to 9:30am). Another alternative is to purchase pre-owned clothing from our clothing pool. For further enquiries please contact the office.

School Hours - School hours are from 9 am till 3 pm each day. Teachers are on playground duty from 8:30 each morning.

I would urge you to ensure that your child/ren arrive after this time for their own safety and to ensure a pleasant start to the school day.

Class Captains – Congratulations to the students who have been elected from each class to be Class Captains for the term. It is through consistent effort in applying and modelling the school rules of Being Respectful, Being Safe, and Being a Learner that results in this honourable accolade. Congratulations and well done.

P&C – The next P&C meeting will be held on Monday 4th August at 3:10 in the SAC Centre. I would like to extend a welcoming invitation to all parents and carers to attend and become involved.

Enrol Now for 2015 - Do you have a child ready for kindergarten in 2015 or do you know someone with a child due to start school next year? If so please encourage them to drop into school and pick up an enrolment package. It is important that we get our new enrolments in soon so that we can plan for 2015. New families can also book in for a tour of the school. Please contact the school office for further information.

Together we can make a difference.

Jesmond Zammit
Principal

Dates to Remember

Monday 28th July - Friday 1st August - Education Week
Wednesday 30th July - Education Week Book Parade
Thursday 31st July - Gorokan High Transition Expo

Monday 4th August - 3.10pm P & C Meeting
Wednesday 6th August - Reptile Park Excursion Year 1

Kindergarten Supervisor - Kim Lansdowne

Child Protection Lessons - This term the children will be participating in child protection lessons. The following concepts are what will be taught.

Week 1- Relationships and Trust
Week 2- Rights and Responsibilities
Week 3- Protection of body parts
Week 4 - Yes and no feelings and warning signals
Week 5 - Safe and unsafe situations and touching
Week 6 - Safety strategies- NO GO TELL and networks
Week 7 - Standing strong saying No
Week 8 - Happy and unhappy secrets
Week 9- My strategies for keeping safe
Home reading - Home reading is important for children to develop confidence and fluency. We would appreciate books being returned every Friday so they can be exchanged.

Clothing - Please ensure all of your child’s clothing is clearly labelled.

Class Awards:
KE/T - Aliesha, Indie, Emily
KL - Talia, Luke
KS - Bailey, Hunter

Stage 1 News – Cathie Behringer

Speeches - This week, we will be listening to the speeches that have been planned at home by each student. They will go for no longer than 2 minutes and be on a topic of the student’s choice. Two students from each class will be chosen to represent their class in the next round of speeches.

Education Week - will be next week (Week 3) and we will be having an assembly on Wednesday of this week, showcasing many of our student’s accomplishments so far this year. After the assembly parents are welcome to come into our classrooms to look at some of your child’s work and celebrate with us.

Parent /Teacher Interviews - Will be held over the next two weeks. Please return all notes with a time to see your child’s teacher. It is important for your child to know that you are celebrating their learning with them and the teacher.

Reptile Park - Notes will go home this week for all Year One students explaining the details for permission, cost, time and date.

Class Awards:
K1/H - Harry
1S/A - Keenan, Najwah
1C - Dyrius, Tiarna
1B - Bella, Kealan

Stage 2 News – Supervisor – Belinda Gruden

Education Week/Book Parade - Week 3 is Education Week. We will be celebrating with a special assembly, open classrooms and our fabulous book parade on Wednesday 30th July. All parents, carers, family and friends will be invited to attend these celebrations. The 2014 Book Week theme is ‘Connect to Reading’. We are looking forward to seeing your children’s great costumes.

Speeches - Well done to all students who have presented their speeches. Finalists will be informed this Friday.

Home Reading - Please encourage your child to read daily and return their reading log to the teacher.

3/4B PE - Mrs Carty will be doing PE on Friday afternoons with 3/4B. Please send your child to school in their joggers on Fridays this term.

Interviews - If you would like an interview with your child’s teacher please make sure you have filled in and returned the half yearly interview times note. Your child’s teacher will send a confirmation note with the date and time. If you cannot make it please call the school on 43924200 and leave a message for that teacher.

Class Awards:
3M - Chelsea, Chevy
3G - Dallas, Charmaine
3/4B - Ryan N, Dylan R, Chloe B
4H - Nathan, Brianna
4C - Mackenzie, Tyson

Stage 3 News – Supervisor – Charlie Corlett

Newcastle Uni Program - This term Year 5 will be participating in a program offered by the University of Newcastle that explores different careers with an emphasis placed on reading. Students from the university will lead sessions based on their subjects they are studying and students will be able to learn about these subjects. The program goes for 5 weeks and will start shortly.

Gorokan High Transition Program - Y6 transition to Gorokan High School program commences this term. Today Y6 had the chance to meet their Y7 school advisor, Ms. Tracey Wells, and were accompanied by school leaders from Gorokan High School.

Gorokan High School Transition / Expo Night - Notes have been sent home giving Parents and Carers information for you and your child for next year when they start High School. The session is in Gorokan High School’s Gym on Thursday 31st July at 6-7pm.

Canteen News

Canteen roster 2014 - Week 2 Term 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 24th July</td>
<td>Vicki Smith, Paul Tydeman</td>
</tr>
<tr>
<td>Friday 25th July</td>
<td>Shayne Dodds, Tina Jones</td>
</tr>
<tr>
<td>Monday 28th July</td>
<td>Janine Vine</td>
</tr>
<tr>
<td>Tuesday 29th July</td>
<td>Jade Carberry</td>
</tr>
<tr>
<td>Wednesday 30th July</td>
<td>Collette Edwards, Vicki Smith</td>
</tr>
<tr>
<td>Thursday 31st July</td>
<td>Sue King, Paul Tydeman</td>
</tr>
<tr>
<td>Friday 1st August</td>
<td>Belinda Bermingham, Susan Cheney</td>
</tr>
</tbody>
</table>

Canteen Week - From 28th July to 1st August we will be celebrating Canteen Week. To mark this occasion each day there will be a different meal deal available. Also on these days the only other items that can be ordered from the menu will be pies, sausage rolls or pizzas.

Stuffed Monday - 28th July Stuffed potato with bolognaise, shredded cheese topped with sweet chilli sauce, sour cream and Glee drink $5.00

Wrap It Up Tuesday - 29th July Wrap with chicken chips, tomato, lettuce, shredded cheese and Glee drink $5.00
Wednesday - Only pies and sausage rolls will be available in the canteen on Wednesday 30th July, 2014.

Big Crunch Thursday - 31st July Red Rock Deli chips (honey, soy or plain) with a buttered bread roll, Glee drink and vanilla ice cream cup $5.00.

Freaky Friday - 1st August bacon and cheese bun, Glee drink and raspberry mini Callipo $5.00

All of the above lunches may only be ordered on the day of availability.

Fruit and Vegie Friday - This term’s Fruit and Vegie Friday will be held on Friday 8th August, 2014. Menu for this day will be advertised outside the canteen.

School News

2014 Kindergarten Transition - We would love you to attend our 2014 Kindergarten Transition program. Our aim is to allow your child to experience “big school” in an informal, supportive and caring environment. You and your child are invited to attend on the following dates:

Transition 1 - Wednesday 27/8/14 (9.30 – 10.30am)
Children and parents to visit the school at 9.30am, enjoy morning tea under the COLA (children to bring a drink and morning tea in a lunch box). Locating and using “big school toilets” and use play equipment. Parents to attend technology talk with Mr Zammit and Mr Mitchell Gibbs in the KL Classroom.

Transition 2 - Wednesday 3/9/14 (9.30 – 10.30am)
Children will visit a Kindergarten classroom and participate in activities. Parents to attend Best Start Assessment talk with Mrs Myree Kent in the Before and After School Centre.

Transition 3 - Wednesday 10/9/14 (9.30 – 10.30am)
Children will visit a Kindergarten classroom and participate in activities. Parents to attend a talk about speech and language with Mrs Michelle Everson in the Before and After School Centre.

Transition 4 - Wednesday 8/10/14 (9.30 – 11.00am)
Orientation for parents will be in the hall. Children will participate in classroom activities.

Transition 5 - Wednesday 15/10/14 (9.30 – 11.00am)
Orientation for parents will be in the hall. Children will participate in classroom activities.

Transition 6 - Wednesday 22/10/14 (9.30 – 11.00am)
Orientation for parents will be in the hall. Children will participate in classroom activities.

RSVP by phoning the school on 43924200 by 22.8.14.

Please note that when enrolling your child you need to bring their birth certificate, proof of address and immunisation details.

P & C News

P & C Meeting - This term’s P & C meeting will be held on Monday 4th August, 2014 at 3.10pm in the SAAC Centre. At this meeting we have a representative from School Photography coming to discuss school photo options for next year, so if you want to have a say in this decision please come along to this meeting. All welcome.

Book Parade Sausage Sizzle - A sausage sizzle will be available on the day of the Book Parade, Wednesday 30th July. No pre-orders will be taken.

Book Club - Brochures for Scholastic Issue 5 have been sent home. Orders and money to be returned by Tuesday 29th July, 2014.

My child and I will be attending the following Transition sessions at Gorokan Public School.

Please circle the sessions below

Term 3
Transition 1- Wednesday 27th August Technology Talk (9.30 – 10.30am)
Transition 2- Wednesday 3rd September Best Start Assessment (9.30 – 10.30am)
Transition 3- Wednesday 10th September Speech and Language (9.30 – 10.30am)

Term 4
Transition 4- Wednesday 8th October (9.30 – 11.00am)
Transition 5- Wednesday 15th October (9.30 – 11.00am)
Transition 6- Wednesday 22nd October (9.30 – 11.00am)

All Sessions
Parent/Caregiver Name _________________________________ Child’s Name __________________________
Preschool ____________________________________________________________________________
Raising space cadets

Learning to stop and think before reacting is one of the most valuable life skills a child can develop.

Know someone with a hair trigger? The smallest thing sets them off. That ‘thing’ maybe a cutting comment from someone, a nasty look or a thoughtless remark. Whatever it is, not a moment is taken to think, consider or weigh up options. They simply explode. Anger exudes from every pore.

I know some adults like this. They are awful to live with. Their family walks on eggshells, not wanting to upset them. The trouble is, they’ve been like that since childhood.

I also know some kids like this. I wonder if their hair trigger will remain into adulthood. Such kids, who are usually highly strung, need to learn to put a space between an event (that leads to a reaction) and their response. They need to become space cadets, learning how to stop, think and act – all in a split second.

When a space cadet hears someone say something sarcastic he’ll pause for a split second while he thinks of different responses (ranging from doing nothing through to engaging in a bit of humorous banter) and only then choose the best of those responses. Some space cadets I know, who have been taught this skill, will call on their BEST SELF and choose the best response based on one that represents their values for that occasion.

Space cadets generally have healthier relationships, as they are predictable, more considerate and better able to match their responses to their own BEST self.

Anyone who has ever regretted a remark they made to a friend, loved one or workmate under duress will know what I mean. You felt that the remark ‘let yourself down’. Space cadets experience less of this guilt as they are more likely to make the right remark in the first place.

Space cadets have high emotional awareness which not only leads to better responses, but it also leads to better regulation of emotions and behaviour. That’s why the development of self-awareness in kids is probably more important to long-term wellbeing, success and happiness than the development of self-esteem. If not, it’s on a par because it’s such a valuable skill to possess.

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