Dear Parents and Caregivers,

Education Week – Education Week has been a great opportunity for the children to shine in their classrooms, on the stage and in their Book Parade costumes. It was wonderful to see such great community support for the Education Week events. The staff, students and I were so pleased to have had this positive experience with you. I trust that those who attended were entertained and informed and enjoyed visiting the school – encouraging and supporting our students and their endeavours.

Leaders’ Day – Our Year 6 school leadership team was treated to an extra rewards day last week at the Outdoor Education NSW Morisset camp. They experienced personal challenge activities such as high ropes, the giant swing and flying fox. As evidenced in their leadership of this week’s school events, as well as ongoing sporting and student mentoring pursuits, these students do a great job. The staff and I acknowledge and appreciate their fine efforts in creating a positive culture for learning and for getting along with others in the school.

Debating – Our school debating team has continued to compete well in the recent round of the Premier’s Debating Challenge. This round’s topic was ‘Playing team sport should be compulsory at school’ and our team debated the negative. The students have developed their debating skills over the course of the program and produced some convincing arguments. Congratulations and well done to the team for their efforts and to Miss Bates for her skilful guidance of our debaters.

Class Captains – This term’s Class Captains were inducted on Monday and I look forward to seeing them thrive in the development of their leadership skills over the course of the term. It really is a great opportunity to assume added responsibilities and mentor other students. Congratulations to the students who have been elected from each class and I would encourage those who are aspiring to be Class Captains in Term 4 to show consistent effort in applying the school rules of **Being Respectful, Being Safe, and Being a Learner.**

Attendance - One of the most important and valuable things a parent can do for their child is to send them to school, each and every school day. Children who are six years old are required by law to attend school daily.

At Gorokan Public School, children are not only educated in the key learning areas, but they also develop friendships and learn how to socialise with others during their time at school. Being punctual for school sets the foundation for children to learn successfully throughout the rest of the day. We encourage all students to arrive at school between 8.30am and 8.55am, and to attend every day.

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

National Tree Day – Planet Ark’s National Tree Day began in 1996 and has grown to become one of Australia’s biggest community tree-planting and nature-care events. This year Brian Hilton Toyota provided the school with 100 plants to support National Tree Day. Each class planted trees last Friday and their efforts will rejuvenate the school grounds and reduce the effects of greenhouse gas emissions.

Canteen Week - This week we have been celebrating Canteen Week. On behalf of the school community I would like to thank Julie Salmon for doing such a great job in our canteen and a special thank you to the parents and carers who volunteer their time to help in the canteen. It is greatly appreciated.

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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<tbody>
<tr>
<td>Thursday 31st July</td>
<td>Gorokan High Transition Expo 6-7pm at Gorokan High School</td>
</tr>
<tr>
<td>Monday 4th August</td>
<td>3.10pm P &amp; C Meeting</td>
</tr>
<tr>
<td>Wednesday 6th August</td>
<td>Reptile Park Excursion Year 1</td>
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<tr>
<td>29.8.14 – 10.9.14</td>
<td>Life Education</td>
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<tr>
<td>20.10.14 – 31.10.14</td>
<td>School Swimming Scheme</td>
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**Kindergarten News – Kim Lansdowne**

Interviews - Thank you to the families that have arranged to come and speak to their child’s class.

National Tree Day - Last Friday the children participated in planting a tree. It will be interesting to watch it grow during their time at Gorokan Public School.
**Chickens** - Our chickens will be arriving next week. Kindergarten will be observing, collecting data and gaining factual information with this experience.

**Class Awards:**  
KE/T - Kaden, Henry  
KL - Aimee, Daniel  
KS - Rachel, Mia

**Stage 1 News – Cathie Behringer**

**Speeches** - Thank you to all the students who completed speeches last week and to the parents who helped and supported them. They all did a great job and we are now choosing two students from Stage 1 for the public speaking competition.

**Education Week** - We will be having an assembly on Wednesday of this week showcasing many of our students’ accomplishments so far this year. After the assembly parents are welcome to come into the classrooms and look at the students’ work and celebrate with us.

**Parent /Teacher interviews** - Thank you to all parents that have come to our Parent Teacher interviews, it has been so good to connect and discuss the positive things about your child with you.

**Reptile Park** - Notes are due back next Tuesday as all Year 1 will be going to the Reptile Park on Wednesday the 6th August.

**Newcastle Wetlands Excursion** - Year Two will be going on an excursion in week 8 to the Wetlands in Newcastle. Notes will be going out next week for this excursion.

**Volunteers** - If you know of anyone that wants to do any volunteer work please let me know, as we are trying to re organise our home reader system need lots of help.

**Stage 2 News – Supervisor – Belynda Gruden**

**Speeches** - Well done to all the students who presented their speech to their class last week. Class finalists were:  
Year 4: Braiden C, LillieN, Jaekob E, Brianna D, Tanayah S, Cameron C.

A special congratulations to our Stage 2 finalists Cailin, Cohen, Cameron and Jaekob who will speak at the Gorokan Public School finals this Friday.

**Supplies** - It would be greatly appreciated if you could send in some more tissues and paper towel. Thank you in advance.

**Education Day/Book Parade** - Thank you to all the parents, carers and community members who attended open day and the Book Parade. Well done to all the students for all their wonderful costumes.

**Swimming Scheme** - (Year 3 only at this point.) Notes regarding the swimming scheme have been sent home.

Year 3 students are encouraged to attend swimming scheme this year.

This is a great opportunity to learn to swim or strengthen current swimming ability. To secure a spot please pay your deposit as soon as possible. This program will run early in Term 4. Any leftover spots will be opened to years 4 – 6 next week.

**Class Awards:**  
3M - Issac, Ryan  
3G - Ryan F, Cohen  
3/4B - Hezekiah, James, Destiny  
4H - Brianna, Jaekob, Daniel, Mia  
4C - Tanayah, Cameron

**Stage 3 News – Supervisor – Charlie Corlett**

**School Leader Camp** - Our School Captains, Prefects and House Captains and Vice Captains enjoyed a fantastic opportunity to increase their leadership skills last Friday. They experienced a day camp ran by Active Education at their Morisset centre. On the day our leaders participated on a High Ropes course, the Giant Swing and Flying Fox. As well as having a great time they were in situations where they learned to face their fears, encourage others and work as a team. Well done to our School Leadership team!

**Reading for Careers Program** - Our Year 5 “Reading for Careers” program offered by Newcastle University is underway and students participated in their first session ran by university students on Monday. The program will run for another 3 weeks.

**Public Speaking** - Congratulations to our Stage 3 public speaking representatives. Finalists from each class presented their speeches on Monday afternoon in front of their Stage 3 peers. The top 2 students from each grade will be performing their speeches on Friday 1st August in the hall with an adjudicator deciding on 2 representatives from the stage to compete at the zone final to be held at Mannering Park PS on Thursday 14th August.

**Gorokan High School Transition / Expo Night** - To be held this Thursday at Gorokan High School’s gym from 6:00pm - 7:00pm.

**Canteen News**

**Canteen roster 2014 - Week 3 Term 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor</th>
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</thead>
<tbody>
<tr>
<td>Thursday 31st July</td>
<td>Sue King</td>
</tr>
<tr>
<td>Friday 1st August</td>
<td>Susan Cheney, Belinda Bermingham</td>
</tr>
<tr>
<td>Monday 4th August</td>
<td>Janine Vine</td>
</tr>
<tr>
<td>Tuesday 5th August</td>
<td>Belinda Bermingham</td>
</tr>
<tr>
<td>Wednesday 6th August</td>
<td>Samantha Beach</td>
</tr>
<tr>
<td>Thursday 7th August</td>
<td>Vicki Smith</td>
</tr>
<tr>
<td>Friday 8th August</td>
<td>Shane Dodds, Vicky Saville</td>
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</tbody>
</table>
Canteen Week - From 28th July to 1st August we are celebrating canteen week. Different lunch items are available each day.

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

Hawaiian + Stuffed Monday - 4th August (due to book parade and a mix up in last week’s newsletter) Hawaiian chicken burger + LOL and stuffed potato (Bolognese sauce topped with sweet chilli sauce and sour cream) will be available on this day. All of the above have to be ordered on the day of availability. Only other lunch items available on these days are pies, sausages rolls and pizzas.

Book Club - Orders for Scholastic Issue 5 have been processed and books should be returned to the children next week.

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.

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.

You’re invited to
Young Black and Ready for School
To a Yarn Up
Transition to Kindy

Let's talk about what you and your little one will be experiencing when starting big school. The Benevolent Society and Department of Education and Communities will be hosting an information session on Transition to Kindy.

Venue - Gorokan Public School
Tuesday 19th August, 2014 10.00am – 12.30pm

Transition Yarn Ups will provide information on:

- Enrolment
- Birth Certificate
- 4 year old Health Checks
- Aboriginal Education Consultative Group
- Morning Tea will be provided

For more information please call Cassa Hinton on 0410220937

RSVP Lyn Duncan at Gorokan Public School 43924642
Understanding Separation Anxiety - Although the average age range for developing an anxiety disorder is between six and 11 years, the typical age of onset varies between different disorders. Parenting ideas writer Lakshmi Singh looks at one of the more common disorders that may start at any time: separation anxiety.

A collection of fears and worries about being separated from loved ones can manifest anytime: in a child from as young as a few months old right through to a fully grown adult. It can happen after a traumatic event or seemingly for no apparent reason.

To understand why your child is clingy, appears worried or obsesses with thoughts depicting doom, a lesson in identifying the important factors at play is in order.

THE UNDERLYING FEAR - "Children with separation anxiety disorder feel constantly worried or fearful about separation," says Rebecca Swinbourne, a child and adolescent psychologist at Sydney South Child Psychology. She describes a chain of thoughts that involves one or more of the following:

- Fear that something terrible will happen to a loved one.
- Worry that an unpredicted event will lead to permanent separation.
- Nightmares about separation.

Cindy Russell, a life skills educator who coaches children and adults to manage their anxiety, suffered from separation anxiety herself while in primary school.

“I used to describe separation anxiety as the most intense fear you can imagine. Like hearing over a loud speaker the world will be ending in 60 seconds,” she says.

Over the years, Russell recognised that her fear was brought on by the unconscious mind feeding on irrational thoughts – thoughts that in fact posed no real threat. But her mind would react with severe panic, as if there was a detrimental threat, including symptoms such as a lack of oxygen.

DEVELOPMENTALLY APPROPRIATE - Although only about three to four per cent of children will be diagnosed with separation anxiety, it is not uncommon for a child to feel anxious at the thought of being physically separated from a primary caregiver, says Swinbourne.

“It is developmentally appropriate for ‘stranger anxiety’ to appear between eight and 10 months of age, and separation anxiety between 14 and 18 months. Usually stranger anxiety tapers off around age two. Separation anxiety tapers off more slowly and may last until the child is five years old.”

Though less commonly seen in adolescents, Swinbourne explains that anxiety around separation may be ‘carried’ into the later years and may manifest as other disorders, particularly if there has been no intervention.

THE TRIGGERS - Like any other type of anxiety, separation anxiety is caused by the interplay of biological, cognitive, genetic, environmental, temperament and behavioural factors, says Swinbourne.

Stressful or traumatic events like a stay in hospital, the death of a loved one or a change in environment could all trigger the condition.

Russell believes that her curious nature and habit of questioning as well as analysing life and death contributed to her developing a “fear of the unknown”.

“I would get thoughts about bad things happening to my parents. I felt safe when I was with them,” she says.

She also believes that her anxiety played a part in her own daughter displaying signs and symptoms of the condition. This link is not uncommon, says Swinbourne.

“In fact, it may not necessarily be a disease of the child but a manifestation of parental separation anxiety as well – parent and child can feed each other’s anxiety. In addition, the fact that children with separation anxiety often have family members with anxiety or other mental disorders suggests that a vulnerability to the disorder may be inherited.”