Dear Parents and Carers,

**You Can Do It Assembly** – The You Can Do It focus for this term has been on **persistence**. A special assembly was held today to acknowledge students from each class who have demonstrated proficiency and consistency in this important area of personal development. Congratulations to the following students:

<table>
<thead>
<tr>
<th>K-2</th>
<th>3-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aleisha C.</td>
<td>Cohen G.</td>
</tr>
<tr>
<td>Henry S.</td>
<td>Brooke T.</td>
</tr>
<tr>
<td>Benjamin B.</td>
<td>Kayla P.</td>
</tr>
<tr>
<td>Hunter P.</td>
<td>Dane S.</td>
</tr>
<tr>
<td>Gabrielle R.</td>
<td>Shianne M.</td>
</tr>
<tr>
<td>Owen F.</td>
<td>Hezekiah W.</td>
</tr>
<tr>
<td>Isabella A.</td>
<td>Jourdan M.</td>
</tr>
<tr>
<td>Thomas M.</td>
<td>Rachel B.</td>
</tr>
<tr>
<td>Ty M.</td>
<td>Elise M.</td>
</tr>
<tr>
<td>Reyghan K.</td>
<td>Gabriel T.</td>
</tr>
<tr>
<td>Lara K.</td>
<td>Adrian M.</td>
</tr>
<tr>
<td>John E.</td>
<td>Sara L.</td>
</tr>
<tr>
<td>Maddison K.</td>
<td>Bo G.</td>
</tr>
<tr>
<td>Jessica C.</td>
<td>John E.</td>
</tr>
<tr>
<td>Jack N.</td>
<td>Dylan P.</td>
</tr>
<tr>
<td>Gabby H.</td>
<td>Emma R.</td>
</tr>
<tr>
<td>Shannon E.</td>
<td>Phobe T.</td>
</tr>
<tr>
<td>Kaiya G.</td>
<td>Mitchell, Teniah I and Ashlee G.</td>
</tr>
<tr>
<td>Brent M.</td>
<td>Sharronette R.</td>
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<tr>
<td>Sharlotte R.</td>
<td>Jacob T and Alexandra M.</td>
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**Spelling Bee** - Congratulations to the dedicated students who participated in the school Spelling Bee that was held yesterday. Successful students will progress through to the Regional Premier’s Spelling Bee final. Mia and Cameron are our Stage 2 finalists and Madeline and Sarah will represent Stage 3. Well done! I would also like to congratulate our school leaders Cameron and Jayden, who did an exceptional job running the event with the guidance of Mrs Henderson and Mrs Moon.

**Central Coast Education Week Awards** – The Central Coast Public Education Awards of Appreciation ceremony was held on Tuesday at Northlakes High School. This annual event recognises the efforts and contributions made by staff and members of the school community. I am happy to announce that this year’s award recipients are Carolyn Sullivan – for Community Service, Ron Tyrrell for his effective leadership of Aboriginal Education and Gail Farrell for service to school and regional sport. Please join me in congratulating these worthy recipients.

**Senior Girls’ Touch Football** – Our senior girls’ team competed consistently well at last week’s Gala day, winning their second match 4 to 2. The girls displayed a great team spirit on the day and Mr Foley commented on the high level of sportsmanship that the girls displayed with their encouragement of each other and other teams.

**Senior Boys’ Basketball** – Our senior boys’ basketball team represented Gorokan Public School well at last Friday’s Gala day. The boys won the first game 26-14 and lost 28-27 in their second game. The team showed excellent sportsmanship, teamwork and skill throughout the competition and did themselves and our school proud.

**Public Speaking Competition** – The speeches prepared by the students were of a very high standard and choosing finalists was a very difficult task. All students spoke with confidence and skill, engaging their audience. The GPS Public Speaking finalists are Chloe M and Gabrielle R from Kindergarten, Nixon E and Pahal C from Stage 1, Callan R and Cameron C from Stage 2 and Madeline K and Rebecca D from Stage 3. The Regional Public Speaking final will be held at Mannering Park Public School this Thursday. Best of luck to all our finalists.

**Kindergarten 2015** – The **Young Black and Ready for School** transition to school program for Aboriginal children starting school in 2015 will be held at school next Tuesday from 10 am. A warm invitation is extended to all our Aboriginal families to attend.

A further reminder to parents of students who will be starting Kindergarten next year to complete the student enrolment form as a priority. Please contact the school office for assistance or further information.

Together we can make a difference.

Jesmond Zammit
Principal
Kindergarten News – Kim Lansdowne

Chickens - We have been lucky to see the chickens peck their way out of their eggs. The children have demonstrated great interest in the chickens and have asked some very thoughtful questions in relation to them.

Kindifarm - The farm will be here on Tuesday, 2nd September. The cost is $11 and is to be paid before Friday 29th August.

Spelling Bee - We encourage the children to learn their words ready for our spelling bee.

Toys - If your child is bringing toys to school please ensure they have their name clearly labelled on them.

Class Awards:
KE/T - Shakayla, Zaine
KH - Jessie
KL - Logan, Benjamin
KS - Beau, Isabella

Stage 1 News – Cathie Behringer

Thank you to all of the parents that are well aware of the morning routine and are standing to the side near the footpath so that all students are able to hear the teacher’s instructions.

Fruit Break - Please remember to put a piece of fruit and some water into your child’s bag each day as they are given time for fruit break and drinking water.

Year Two - will be going on an excursion in week 8 to the Wetlands in Newcastle. Notes for this excursion have been sent home this week.

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 reading system and need lots of help.

Awards Assembly - Congratulations to all the award winners. The award for this term is for “Persistence”

Child protection - We have been teaching child protection lessons this term and so far have covered being safe, people we can trust, and healthy relationships.

Stage 2 News – Supervisor – Belynda Gruden

Swimming Scheme - is now open for all students from Year 2 to 6. Please pay a deposit to secure your child a place as positions are limited.

Athletics Carnival - Our school athletics carnival will be held this Friday. Please ensure you have returned your child’s note and money if they are attending.

Spelling Bee - congratulations to our Stage 2 spelling bee finalists. You all did a great job.

Child Protection - All year 3 and 4 students are currently participating in child protection lessons. These lessons cover power in relationships, recognising abuse and protective strategies. Lessons will be taught by class teachers.

Class Awards Week 4:
3G - Mackenzie A, Christopher T
3/4B - Anthony E, Odin R, Mia H
4H - Danielle W, Liam N
4C - Rachael B, Chelsea D

Class Awards Week 3:
3M - Ryan S, Anabel G, Corbyn
3/4B - Cooper, Ryan H, Lillie N
4H - Danielle W, Liam N
4C - Rachael B, Chelsea D

Stage 3 News – Supervisor – Charlie Corlett

Gorokan High Taster Day - Next Monday, 18th August Year 6 students that have returned their permission notes for the Taster Day at Gorokan High School, are to meet at the High School at 9:30am. Students need to be collected at 2:30pm. Parents are responsible for transporting their own children to and from the high school. There will be a free sausage sizzle available on the day and students are able to use the canteen. Students are to wear full school uniform on the day.

Behaviour Cards - Please ensure that behaviour cards are signed and returned with your child on a weekly basis.

Athletics Carnival - The athletics carnival will be held this Friday. Students are reminded to wear their sports uniform, runners and bring with them a school hat, jumper and plenty of water. There will also be food available at the oval.

Canteen News

Canteen roster 2014 - Week 4 Term 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 14th August</td>
<td>Sue King, Shayne Dodds</td>
</tr>
<tr>
<td>Friday 15th August</td>
<td>Belinda Bermingham</td>
</tr>
<tr>
<td>Monday 18th August</td>
<td>Janine Vine</td>
</tr>
<tr>
<td>Tuesday 19th August</td>
<td>Belinda Bermingham</td>
</tr>
<tr>
<td>Wednesday 20th August</td>
<td>Samantha Beach</td>
</tr>
<tr>
<td>Thursday 21st August</td>
<td>Vicki Smith</td>
</tr>
<tr>
<td>Friday 22nd August</td>
<td>Shayne Dodds, Tina Jones</td>
</tr>
</tbody>
</table>

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 13.8.14</td>
<td>School Disco</td>
</tr>
<tr>
<td>Friday 15.8.14</td>
<td>School Athletics Carnival Y2-6</td>
</tr>
<tr>
<td>Tuesday 29.8.14</td>
<td>Kindifarm</td>
</tr>
<tr>
<td>Thursday 4.9.14</td>
<td>Wetlands Environment Excursion</td>
</tr>
<tr>
<td>Friday 5.9.14</td>
<td>Father’s Day</td>
</tr>
<tr>
<td>29.8.14 – 10.9.14</td>
<td>Life Education</td>
</tr>
<tr>
<td>20.10.14 – 31.10.14</td>
<td>School Swimming Scheme</td>
</tr>
</tbody>
</table>
Disco - The Canteen will have a snack pack available at the Disco on Wednesday 13th August, 2014 for $2.50. It will consist of a juice, packet of chips and a redskin or milko.

Athletics Carnival - A canteen will be available at the Athletics Carnival on Friday 15th August, 2014 and the following items will be available:
- Bacon Sandwich $3.00
- Large Pie $2.50
- Sausage Roll $2.00
- Sauce $0.30
- Assorted Cakes $1.20
- Coffee/Tea $1.50
- Chips $1.10
- JJs $1.00
- LOL/Glee $2.00
- Juice $1.50
- Water $1.50

Book Club - Brochures for Scholastic Issue 6 have been sent home. Orders with money should be returned by Friday 29th August, 2014.

Little Cake Day - This term’s Little Cake Day will be on Friday 22nd August, 2014. Years 1 and 3 are asked to make donations of cakes and biscuits which can be left at the canteen on the morning of the stall.

Father’s Day Stall - To be held on Friday 5th September, 2014. Your child must have Gorokan Dollars if they wish to buy a gift at the stall. You can make arrangements for Gorokan Dollars by sending money in an envelope marked with student’s name, class and amount enclosed or see the ladies in the canteen.

Graduation Bears - The P&C have a good quality Graduation Bear available for $16.00. If anyone is interested in seeing or purchasing this bear please see Julie in the canteen. We are offering a layby plan where the bear can be paid off over the last 2 terms of this year.

Heroes And Villains Disco (Year 6 Fundraiser)
Wednesday 13th August
Infants: 5.15-6pm $2.00 per child
Primary 6.15 to 7.30pm $3.00 per child.
Come as your favourite Super Hero or Dastardly Villain. Glow bands will be on sale outside the hall before the disco 50c each or 3 for $1.00
All children must be dropped off and collected from the hall by a responsible adult. No child will be allowed to leave the hall to go to the front or back gates. If your child is going home with another family, please give a note stating who your child is going home with, to one of the teachers.

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
- 4year 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
Ten common discipline mistakes

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you’ll be on your way to parenting easy street.

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.

It’s with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

Do any of these bloopers ring a bell?

1. Repeating yourself

If you do this, you are training your kids to become ‘parent deaf’. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2. Shouting to be heard

You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3. Setting limits too late

If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It’s better to set limits first then loosen them up later.

4. Setting no limits

Boundaries, rules, expectations and standards teach kids what’s expected. Boys love them. They also like to push against them, so you need a firm backbone.

5. Failing to follow through.

Talk! Threaten! Nag! No way! See No. 1 above.

6. Making consequences too harsh

“You’re grounded for a month, Mr 6-year-old” is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can’t go too far wrong.

7. Applying consequences when you, or they, are angry

When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8. Mixing discipline with counselling

Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time. Keep the two actions separate so they can both be effective.

9. Deferring discipline

Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don’t have real authority. Have the confidence to be the authority and take a lead.

10. One parent is always the bad guy

This gets wearing. Also it’s hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring sparents into the act.

We’ve all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

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