Dear Parents and Carers,

At Gorokan Public School great results are produced by sustained effort and a positive school culture. We look for the best in each other and celebrate successes on a daily basis.

Grandparents Day – The contributions that grandparents make to the lives of their grandchildren are immeasurable. Many of our grandparents are highly involved in their grandchildren’s lives and schooling. To celebrate Grandparents Day this year, the teachers, students and I would like to invite all grandparents to visit their grandchildren’s classes followed by a picnic afternoon tea on the oval on Friday 23rd October between 1:40 and 3 pm.

Stranger Danger – Unfortunately one of our Year 3 students was offered a lift by a stranger last Tuesday after school. The stranger was driving a white, older model sedan. Police are investigating and have asked for anyone who may have witnessed the incident to let the school know. This week’s Parenting Ideas article provides some useful stranger danger strategies for your information.

Kindergarten Orientation – I enjoyed speaking at last week’s meeting and welcoming new parents to our great school. Next Wednesday is the final day of this year’s program and parents will have the opportunity to gain useful information from local services whilst the preschoolers enjoy their final opportunity to participate in classroom activities. Thank you to all who participated in this valuable school program and I trust that our 2016 Kindergarten students are well prepared for their transition to Kindergarten.

School Improvements – A meeting was held with Department of Education representatives on Friday to plan significant playground upgrading that will include a designated Kindergarten play area, Remembrance Park, oval drainage, re-turfing and the refurbishment of the playground facilities. This meeting went extremely well and the green light was given for this project to commence early in the new year.

School Banking Launch – The School Banking program was launched on Monday. School Banking is a fun, interactive and engaging way for children to learn about money and develop good savings habits. Children who deposit money into their account through School Banking earn tokens, which they can redeem for exciting rewards. It’s also a great fundraising activity for the P&C, which receives 5% of every individual deposit made at school (up to $10), along with other benefits.

Once the program is up and running, school banking will be processed on Fridays. Another opportunity to organise your child’s School Banking will be offered between 2.30 and 3.30 tomorrow under the COLA. Your child’s birth certificate and parent photo identification is required to set up your child’s account.

Financial Literacy Lessons - The Commonwealth Bank Foundation will provide financial literacy lessons to our students this week and next, through their StartSmart Program. The program is offered free of charge to our students.

8 Ways Aboriginal Education Training – Five staff members will be attending this professional learning opportunity next week. This program trains teachers to include Aboriginal perspectives by embedding Aboriginal learning techniques in curriculum delivery. The program will be implemented across the school by these trained staff members over the course of this term.

Swim School – A final offer is extended for Year 2 to 6 students to participate in this important program as there are still a few spots left to be filled. Permission notes and payments must be finalised by Wednesday 14th October or sooner if possible. Please contact our friendly office staff for further information.

Sydney North Water Polo – Congratulations to Caitlin M who was selected to represent Sydney North in Water Polo later in the term. Caitlin works very hard at excelling in the pool, training at 4:30 am most days and is very deserving of her place in the team. Congratulations and well done!

Mufti Day Friday – This Friday the Environmental Education team is holding a mufti day to raise money for the school’s new frog pond. Students are asked to wear environmental colours – green, brown, blue, flower prints etc. and to bring a gold coin donation for the privilege. Remember, as with all mufti days, students must wear closed in shoes and covered shoulders.

Finally, our thoughts are with June Eggert who has been a long serving scripture teacher at our school. June underwent surgery on Monday and we wish her a full and speedy recovery.

Together we can make a difference.

Jesmond Zammit
Principal
Thursday 15th October | School Banking Stand Under Cola 2.30 – 3.30  
Friday 16th October | Class Captain Assembly  
Monday 19th October | Swim School  
Wednesday 21st October | Kindy Orientation Expo  
Wednesday 21st October | CC Choral Festival  
Friday 23rd October | Grandparents’ Day  
Friday 30th October | Yr 4 Aquarium/Wildlife Excursion

**Kindergarten Supervisor – Mrs K Lansdowne**

**Class Awards** - KL- Jordan, Cassie, Samuel and Karne. KS- Copper, Linn, Katelyn and Gregory.

**Home Readers** - Many children have not returned their home readers at the end of last term or last week. Please assist your child in looking for their readers and return them to school. Your child should be reading each night to help develop their fluency and confidence.

**Hats** - Many children are coming to school without their hat each day. Please check that your child has their hat in their bag before coming to school.

**Change of Routine** - To assist the children in preparing for next year Kindergarten will be participating in groups one afternoon a week. This will mean they may not be exiting from their own classroom on the nominated day.

**Stage 2 Supervisor - Mrs R Ranse**

**Swimming Scheme** - A reminder that the swimming scheme begins next week. This is a fantastic opportunity for students to develop their swimming skills and water confidence and runs for two weeks. If your child is attending, please ensure that all articles of clothing are clearly labelled with your child's name.

**School Hats** - With the warmer weather coming, we encourage all students to have a school hat that they can wear each day. Students without hats are required to play in the shaded area. School hats can be purchased from the uniform shop on Tuesdays and Thursdays.

**Sports in Schools** - This term we are running a sports program called Sports in Schools. This program takes place during sport time and is completely free for students. For Stage 2 students, the focus sport will be soccer and it will take place on Friday afternoons. Hats and a water bottle for rehydration are essential.

**Stage 3 Supervisor – Mr C Corlett**

**School Banking** - We launched our Commonwealth School Banking on Monday and followed this up with an informative lesson from a bank representative encouraging students to try and earn and save money for a realistic target. Our banking day at school will be every Friday and details about opening an account were made available last week.

**Year 6 High School Transition** - The dates that have been set for this term are:
- Wednesday 18th November 9:30am - 2pm Sports Day for all students at Gorokan High School.
- Wednesday 2nd December NSW Government Schools Orientation Day 9:30am - 1:30pm.

More details will be provided closer to the specific dates.

**Year 5** - Gorokan High School will be sending representatives to provide our Year 5 students with a High School Taster session that will be held at school. The aim is to provide students with details about life in High School and to answer any student questions.
2015 Kindergarten Transition Program

Our aim is to allow your child to experience “big school” in an informal, supportive, caring environment. You and your child are invited to attend on the following dates:

Transition # 6- Wednesday 21/10/15, Term 4- Week 3
(9.30-11.00am)

Orientation for parents will be in the hall. Children will participate in classroom activities. RSVP the school by phoning the school to inform us that you and your child will be attending - School Phone Number- 43924200

Please note when enrolling your child you need to bring their birth certificate and immunisation details.

P&C Meeting - The first of our meetings next term will be held on Monday 26th October, 2015 at 3.15 pm in the technology room. All welcome.

BOOK CLUB - Brochures for Scholastic Issue 7 have been sent home and orders with money are to be returned by Friday 23rd October, 2015.

Canteen News

Canteen Roster 2015 - Week 1 Term 4

<table>
<thead>
<tr>
<th>Thursday 15/10</th>
<th>Paul Tydeman, Vicki Smith</th>
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</thead>
<tbody>
<tr>
<td>Friday 16/10</td>
<td>Tina Jones, Shayne Dodds</td>
</tr>
<tr>
<td>Monday 19/10</td>
<td>Belinda Bermingham</td>
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<tr>
<td>Tuesday 20/10</td>
<td>Deb Bryce</td>
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<tr>
<td>Wednesday 21/10</td>
<td>Vicki Smith, Collette Edwards</td>
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<tr>
<td>Thursday 22/10</td>
<td>Paul Tydeman, Sue King</td>
</tr>
<tr>
<td>Friday 23/10</td>
<td>Susan Cheney, Shayne Dodds</td>
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</tbody>
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DRINKS

During the holiday we changed our milk supplier and milk and juice items that will now be available is listed below:

- 200ml pop top juice $1.50 (orange/apple/apple + blackcurrant / orange + passionfruit)
- 300ml screw top juice $2.00 (orange/apple)
- 250ml pop top milk $1.80 (chocolate/strawberry/banana)
- 300ml screw top juice $2.00 (chocolate/caramel)

Gorokan Preschool - Celebrating 40 Years

Past and present families are invited to join us in celebrating 40 years of Gorokan Preschool.

Where: 8-12 Balmoral Drive Gorokan
When: 10am – 2.00pm on Sunday 18th October.

Fun, games, lucky dips, raffles, cake stall, BBQ, entertainment. Consider buying a Commemorative Paver details available from the Preschool. Phone 43922374

The simplest way

...to get organised for school lunches.

Over the course of your child’s school life, you will pack around 2,500 school lunches!

Follow our six-step method to make school lunches easy, healthy and eaten every day!

1. Always include a serve of fruit (cut up if your child is young)
2. Always include a serve of veggies (don’t forget legumes like baked beans count, too!)
3. Always include a drink of water
4. Always include a serve of wholegrains (bread, rice or pasta leftovers)
5. Always include a serve of reduced-fat dairy (cheese, yoghurt)
6. Always include a protein (egg, chicken, tuna).

See our website and facebook for more ideas!
Keep children safe in public with these 5 ideas

By Catherine Gerhardt

There is a strong shift away from the old rule of “never talk to strangers” to “never go anywhere with anyone without asking permission first”. A child who has been taught to never talk to strangers may feel they have nowhere to go if they find themselves lost in a shopping centre or other public place.

Five ways to enforce the new rule:

1. Never go anywhere with anyone without asking permission first
This is the new fundamental rule to keeping kids safe. This rule must NEVER be broken. Regardless of if it is a school, public or family function, work with your children to ensure they always ask an adult for permission before going off with ANYONE.

Classic “what if” scenarios are worth their weight in gold. “You are at school and walking back to class after snack when a man comes up to you and says he is looking for his son’s class. He asks you to go with him to show him where it is. Do you go?”

Use tempting scenarios that are relevant to your child, such as puppies or toys, and discuss safe options and strategies in each case.

2. Your personal alarm
Children have an innate sensitive personal alarm, which we can teach them to use. This is their natural defence system. Work with them to identify and recognise the physical and environmental signals that cause their alarm to sound. Knowing that a rush of adrenalin will cause physiological changes in our bodies and activate our personal alarm is a good start. A child’s personal alarm will present the same physical and emotional cues that an adult’s will.

3. Trust your instincts
Have you ever gotten “the creeps”? Maybe it’s the idea of snakes, mice or heights that does it for your child. Encourage them to draw on how it feels when they get the creeps. Instincts are those feelings you get when something or someone makes you feel uncomfortable. Instincts are the physiological changes that happen to our body when our personal alarm goes off.

4. Personal space vs. safety zone
Most kids understand the concept of personal space. How many times have we heard, “Stop invading my personal space!” Most people feel comfortable within an arm’s length of others. However, do your kids recognise their safety zone? Teach your child to be aware of their surroundings. If a “strange” person is too close, suggest they back away and maintain their safety zone. A safety zone is much bigger than your personal space – at least three giant steps bigger.

5. Safe places, safe people
There are times when a child must ask for help quickly and instinctively. We already know that not all strangers are bad, that most strangers will help a child who is lost or upset. It is situations that are safe, not places. Talk with your child and reinforce that he or she must ALWAYS use his or her skills with ALL people, including those presumed safe. Encourage your child to tell an adult they trust when someone or something has frightened them.

As parents we need to empower our children with self-confidence and trust in their ability to sense when something is just not right. It doesn’t matter if they can articulate it; they just have to feel it.

To find out more about Catherine Gerhardt's great work about keeping kids safe online and offline visit Kidproofsafety.com.au

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