Dear Parents and Carers,

At Gorokan Public School great lengths are taken to provide the students with a wide variety of opportunities in learning, sports, cultural activities and creative arts in order to develop the whole child.

Grandparents’ Day – A further reminder that we will be celebrating Grandparents’ Day on Friday 23rd October between 1:40 and 3pm. The students, teachers and I would like to invite all grandparents to visit their grandchildren’s classes followed by afternoon tea on the oval. Personalised invitations were sent home with the students last week.

Write 4 Fun Competition – Congratulations to Lillie N, Daniel S, Braiden C, Jake E, Tyson L, Dakota W and Tyler H who all had their short stories published in a hardcover book titled Write on Track. The school has purchased a copy of this book for the school library to commemorate this excellent achievement.

Bilby Bash – Our Aboriginal students from Years 3-6 participated in the Bilby Bash activities day on Friday 9th October, joining students from eight other schools in the Muru Bulbi at Budgewoi Public School. The day focused on a variety of sporting, craft and cultural workshops for the students. Activities included Aboriginal games, Aboriginal craft, nature activities, Aboriginal cultural presentation and didge and dance performances. The students had an enjoyable day celebrating their Aboriginal identity and building their cultural competence.

Swim School – On Monday the students who are participating in this very important program commenced their lessons. The program will conclude on Friday 30th October.

Mufti Day – Last Friday the Environmental Education team held a mufti day to raise money for the school’s new frog pond. Thank you to everyone who supported this event - $378 was raised.

Mariners’ Visit – Our fortunate students received expert soccer skills coaching provided by members of the Central Coast Mariners last week. Video footage is available for viewing on the school’s Facebook page.

Kindergarten Orientation – Today was the final day of this year’s Kindergarten Orientation program. At present, approximately 70 Kindergarten students will be starting at Gorokan Public School next year.

Class Captains’ Assembly – Congratulations to our recently inducted Term 4 Class Captains. Thank you to the parents, carers, relatives and friends who came to the induction assembly to celebrate this special event.

Chickenpox – Following up on the separate note that was sent home last week informing parents and carers that confirmed cases of chickenpox had been brought to the school’s attention, please seek medical advice if your child displays symptoms. The symptoms of chickenpox include low-grade fever, general discomfort, intensely itchy skin rash which appears as small blisters surrounded by irregularly-shaped patches of inflamed skin and ulcers. Children with chickenpox should not attend school.

School Improvements – The refurbishment of the school library is well underway. The fixing of display boards and painting has begun. The new shelving and furniture have been ordered and will arrive in the coming weeks. Watch this space for further progress reports.

School Banking – The School Banking program was successfully launched last week and our first School Banking day occurred on Friday. Bankbooks should be sent into school on Fridays. Thank you to our parent volunteers who support this program.

P & C – The next P & C meeting will be held on Monday 26th October at 3:15 pm in the library. An invitation is extended to all parents and carers to attend.

Finally, I would like to encourage all parents and carers to ensure the safety of our students by adhering to the road signs in the bus bay area on Dudley Street.

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>Friday 23rd October</td>
<td>Grandparents Day</td>
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<tr>
<td>Friday 30th October</td>
<td>Yr. 4 Aquarium/Wildlife Excursion</td>
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<tr>
<td>Wed 4th November</td>
<td>Yr. 5 High School Visit</td>
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<tr>
<td>Friday 6th November</td>
<td>Crazy Hair Mufti Day</td>
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<tr>
<td>Friday 6th November</td>
<td>Gorokan’s Got Talent Final</td>
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<tr>
<td>Wed 18th November</td>
<td>Yr. 6 Sports Day G.H.S.</td>
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<tr>
<td>Thurs 26th November</td>
<td>Aboriginal Students Morning Tea Gorokan H.S.</td>
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### Change of Routine
- To assist the children in preparing for next year, Kindergarten will be participating in rotating groups on Thursday afternoons. This will mean they may not be exiting from their own classroom on Thursdays.

### Safety
- If your child is going home with a person other than yourself please inform the classroom teacher of this arrangement in advance.

### Lost Property
- We have a large amount of lost property in our foyer area. If your child has lost a jumper please check that it is not in this collection. All clothing and belongings should be clearly marked with your child’s name.

### Change of Address or Phone Number
- If you have moved or have a new phone number, please inform the school office so that our information is correct. It is important for us to have this information, especially in times of emergencies.

### Grade Gathering Awards
- K/1H Carlo, 1B Gabby and Riley 1C Tearni and Zoe 1T Maya and Noah

### Resilience
- In Stage One we are speaking about the importance of practising “resilience” on a daily basis as it is part of our You Can Do It program for Term 4.

### Supplies
- As we are getting near the end of the year, we are starting to run out of classroom items like tissues. If you have any spare boxes at home, we would greatly appreciate the donation. Also, a reminder that as much of our learning is interactive and uses technology, students require their own set of headphones.

### Grandparents’ Day
- We are looking forward to seeing as many grandparents as possible this Friday. Students will be involved in completing interesting art and craft projects and grandparents are welcome to assist. A picnic will follow. It should be a great afternoon.

### Year 5 Selective High School Test Information
- If you wish for your child to gain placement into a Selective High School class you must apply online at [http://www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement). The application website closes on Monday 16th November 2015. Late applications will not be accepted. The test itself is on Thursday 10 March 2016.

### 2016 Kindergarten
- Enrolments for 2016 Kinder are still being taken. If you can contact the school as soon as possible so we can start organising classes for 2016 it would be appreciated.
- Please note when enrolling your child you need to bring their birth certificate and immunisation details.
Chess Club - Chess club is held under the guidance of Mr Gibbs and our volunteer coach Mr Losh on Mondays.

P&C Meeting - The next P & C meeting will be held on Monday 26th October, 2015 at 3.15 pm in the library. 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.

GRADUATION BEAR – The P & C have a good quality graduation bear available for $16.00. If you wish to purchase one or to just have a look please see the ladies in the canteen.

FRUIT & VEGGIE FRIDAY
To be held on Friday 5th November, 2015. Items that will be available at recess and lunch will be advertised outside the canteen. Lunch orders will be as normal.

DRINKS
During the holiday we changed our milk supplier and milk and juice items that will now be available are 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)

Canteen News

<table>
<thead>
<tr>
<th>Date</th>
<th>Staff Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 22nd October</td>
<td>Paul Tydeman, Sue King</td>
</tr>
<tr>
<td>Fri 23rd October</td>
<td>Susan Cheney, Shayne Dodds</td>
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<tr>
<td>Mon 26th October</td>
<td>Belinda Bermingham</td>
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<tr>
<td>Tues 27th October</td>
<td>Maria Poulos</td>
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<tr>
<td>Wed 28th October</td>
<td>Lisa Cook, Laura Ferguson</td>
</tr>
<tr>
<td>Thurs 29th October</td>
<td>Paul Tydeman</td>
</tr>
<tr>
<td>Fri 30th October</td>
<td>Tina Jones, Shayne Dodds</td>
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Cancer Council

Fruit & Veggie Friday

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The many faces of independence
By Michael Grose

Adults are the gatekeepers for children’s independence. And of course, independence takes many guises including:

1. Self-helps skills

The starting point for independence building is giving kids the skills, know-how and confidence to look after their own wellbeing and welfare. This is shown in the many everyday situations where parents model, teach and provide opportunities for children to look after themselves. Including toddlers undressing themselves, primary aged children preparing their own snacks, and teenagers organising their own transport to school and after school activities. Kids develop real confidence from being able to look after themselves and others.

2. Autonomy to make choices and mistakes

Without realising it, as parents we frequently make choices on our children’s behalf. We choose the food they eat; the games they play; their leisure activities and often the clothes they wear. When families are large (four or more children) parents usually give their children more space to make their own decisions as well as opportunities to learn from their poor choices. This may mean that children choose healthy interests and pursuits that parents are unfamiliar with, or even swim against the tide of their parents’ wishes. In small families parents often know so much about minutiae of children’s lives that inevitably we tend to impose greater well-intentioned control over children’s decisions.

3. Freedom to explore the neighbourhood

On a recent trip to Italy I was struck by how much freedom to wander their neighbourhoods Italian children had. It was a throwback to the type of childhood that many of today’s parents experienced, where we had the opportunity to navigate our neighbourhoods on our own without having to check in with our parents all the time.

4. Freedom to explore unpredictable and potentially risky environments

Independence is also built when children spend time in unpredictable, potentially risky environments such as the bush or new environments beyond their neighbourhood. There may be some risk involved but this is where real learning lies for children and young people. Eliminate the risk and you eliminate the learning.

5. Taking responsibility for your own problems and actions

There’s no doubt many kids are adept at shifting their problems and responsibilities to adults. One of my children would always blame me when they were late for school. Even though the child in question had an alarm clock and was more than capable of using it, any lack of punctuality was somehow shifted to me. Go figure! Independence comes when children take ownership of their responsibilities rather than using someone else as a scapegoat.

In order to grant children and young people the type of independence outlined parents need to be brave rather than fearful; work hard to develop the skills and know-how kids’ independence requires; and be willing to give kids the encouragement and support they need to step out of their comfort zones when independence seems to hard.