Dear Parents and Carers,

At Gorokan Public School we encourage our students to be themselves and to build on their own unique talents and skills through persistence.

Choral Festival - The Central Coast Choral Festival is a biennial event. The festival featured a massed choir of between 300-400 students per performance and our very own choir was fortunate to be a part of this incredible experience at Mingara on Wednesday night. Our talented students had a great time performing - building their confidence and developing their performance skills whilst shining brightly on the big stage. Another proud Gorokan Public School moment.

Grandparents’ Day – Thank you to the wonderful grandparents who visited the school last Friday afternoon. The feedback that I have received from the students, staff and school community has been very positive. Such a brilliant turn out confirms what a supportive school community we have.

World Teachers’ Day - Internationally World Teachers’ Day is celebrated on the first Friday in October. However, as this is usually during Australian school holidays, Australia celebrates the day on the last Friday in October of each year. The P&C will acknowledge the outstanding service provided by our skilled and caring teachers by providing lunch for them on Monday due to the Yr 4 excursion on Friday. Random acts of kindness towards our great teachers on Friday are highly recommended.

Swim School – Last week saw the commencement of swim school. Congratulations to our swimmers for their outstanding organisation in being prepared for their swimming lessons each day, their positive attitude whilst at the pool and great behaviour on the bus and at the pool. Lessons conclude at the end of the week.

P & C – Unfortunately due to the severe weather conditions the P & C meeting to be held last Monday was cancelled. The next meeting will be on Monday 23rd November at 3:15 in the school library. All parents and carers are invited to attend.

Professional Learning - In seeking to create productive learning experiences for their students, teachers and school executive constantly review and reflect on their professional knowledge and the effectiveness of their teaching and leadership practice.

I encourage staff to utilise opportunities to expand their knowledge and develop further as practitioners and leaders. To this end I attended the annual NSW Primary Principals’ conference in Sydney last week. The NSW Premier Mike Baird and Minister for Education Adrian Piccoli addressed the conference along with a high calibre of other guest speakers. This experience was very worthwhile as I gained much inspiration and information for innovative leadership of our great school into the future.

School Self-evaluation – School self-evaluation provides an opportunity for the whole school community, including students, parents and all staff, to reflect on student outcomes in light of their goals, targets and key improvement strategies from the previous planning cycle. This includes examining teaching and learning strategies and other aspects of school operations so they can be strengthened and supported to improve student outcomes. In addition to the evaluation of implemented programs and initiatives, the following areas will be investigated in the coming weeks:

- Self-assessment of the school’s identified strategic directions using the School Excellence Framework, and
- Parent, student and staff satisfaction.

Kindergarten Orientation – This valuable program concluded last Wednesday with a mini expo. The feedback has been overwhelmingly positive, and participation very high. Thank you to the parents who have attended regularly. We really appreciate your efforts and look forward to working in partnership with you when your child starts school next year.

School Banking – Many families have shown a keen interest in the School Banking program. A further reminder is extended that bankbooks are collected and processed on Fridays.

Finally, our thoughts are with Mrs Flanagan and her family who have flown to Ireland to attend the funeral of a close family member. Mrs Flanagan will return to school on Monday 9th November.

Together we can make a difference.

Jesmond Zammit
Principal
Grandparents’ Day - It was wonderful to see so many grandparents at school last week at our first Grandparents Day. The children were very proud to have the opportunity to show you what they have achieved.

School Rules - Please revise our school rules at home with your child as we do regularly. We have had to talk to the children recently about how to get along in an appropriate manner. We would appreciate your support with this matter so that everyone can have a happy and safe time at school.

Home Reading - Books need to be returned every Friday so they can be exchanged. Your child should be reading every night to assist with strategies they are learning in guided reading each day.

Change of Supervision - This Friday I will be going on Long Service Leave for 3 weeks. During this time Mrs Henderson will be supervising Kindergarten.

Class Awards:
KE/T - Milly, Elissa
KS - Bonnie, Cooper B
KL - Cassie-May, Jack
KH - Jye

Canberra Excursion - Many of our Stage 3 students recently undertook an educational tour of the national capital on our excursion to Canberra last term. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of the Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed funding under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Grandparents’ Day - Thank you to all of the parents and grandparents who attended our celebration for grandparents’ day last Friday. It was fantastic to see so many visitors in our classroom and the Year 5 and 6 students certainly enjoyed showing not only the work they do in class but also our beautiful school environment.

H.S.I.E. Project - Well done to those students who completed the H.S.I.E. project set last term and presented this term. The Stage 2 teachers have been amazed and delighted with the very high quality work that has been brought in. We have had a wide range of presentations and are hoping to display some of them in our school foyer, so please have a look next time you are visiting.

Swimming Scheme - The Special Swimming Scheme finishes at the end of this week.
This rebate was factored into the final cost to parents.

Year 5
Selective High Schools Test Information - If you wish for your child to gain placement into a Selective High School class you must apply online at the following website: 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.

School Leadership - We have begun the election process for the School Leadership team in 2016. Eligible students have been nominated by their peers to stand for election. Next Friday 30th October, students that have completed their nomination forms will present a 1 minute speech to their Y5 peers. The title for the speech is - "Why I am the best candidate for School Captain." Y5 students and Y5 teachers will vote and select the final 10 candidates that will form the School Leadership team next year. A letter will be handed out informing these students of the exciting news.

School News

Magic Show Tickets - The Lions Club of Wyoming has once again kindly donated tickets to the school for the World Festival of Magic Show. There are two shows to be held at Niagara Park Stadium on Sunday 8th November at 2.00pm or 5.00pm. Tickets will be distributed on a first in first served basis. For more information please contact the ladies in the office on 43924200.

P & C News

P&C Meeting - The next P&C meeting will be held on 23rd November, 2015 at 3.15pm in the library. All welcome.

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.

Canteen News

Fruit And Veggie Friday - To be held on Friday 6th November, 2015. Menu will be advertised outside the canteen.

Canteen Roster 2015 - Week 4 Term 4

<table>
<thead>
<tr>
<th>Day</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 29/10</td>
<td>Paul Tydeman, Kimberley Grant</td>
</tr>
<tr>
<td>Friday  30/10</td>
<td>Susan Cheney, Shayne Dodds</td>
</tr>
<tr>
<td>Monday  2/11</td>
<td>Belinda Bermingham</td>
</tr>
<tr>
<td>Tuesday  3/11</td>
<td>Deb Bryce</td>
</tr>
<tr>
<td>Wednesday 4/11</td>
<td>Collette Edwards, Kimberley Grant</td>
</tr>
<tr>
<td>Thursday 5/11</td>
<td>Paul Tydeman, Sue King</td>
</tr>
<tr>
<td>Friday  6/11</td>
<td>Shayne Dodds, Tina Jones</td>
</tr>
</tbody>
</table>

Pizza Meal Deal Day - Will be held on Friday 4th December, 2015. The meal will consist of Eagle Boys Pizza/Minion drink or large water/surprise at a cost of $6.00. Order forms for this meal deal will be sent home soon.

Little Cake Day - This term's little cake day will be held on Friday 13th November, 2015. Kindergarten and Year 3 are asked to make a donation towards this stall. Any donations can be left at the canteen on the morning of little cake day.

Gorokan's Garage Sale/Market Day - To be held on Saturday 21st November, 2015 from 8am to 1pm. If you would like to have a stall or can help out on the day please contact Julie in the canteen. Attractions will be farm animals from 10.30am to 12.pm, jeeps, jumping castle and face painting.

School Banking - Please be aware that you must complete the details of your deposit on both the deposit slip and the stub in your deposit book, this must also include your account number.

Little Cake Day
This term's little cake day will be held on Friday 13th November, 2015. Kindergarten and Year 3 are asked to make a donation towards this stall. Any donations can be left at the canteen on the morning of little cake day.

Gorokan's Garage Sale/Market Day - To be held on Saturday 21st November, 2015 from 8am to 1pm. If you would like to have a stall or can help out on the day please contact Julie in the canteen. Attractions will be farm animals from 10.30am to 12.pm, jeeps, jumping castle and face painting.

School Banking - Please be aware that you must complete the details of your deposit on both the deposit slip and the stub in your deposit book, this must also include your account number.
What to say when kids become anxious

By Michael Grose

7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It’s hard to know what to say when a child becomes overwhelmed with anxiety, but it’s most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they’ll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

When you see anxiousness take hold here are some things that you can say that will help your child cope:

‘You’re okay. I’m here and I won’t be going anywhere.’

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that’s okay; your presence will get the message across.

“You don’t have to do anything right now. Just breathe.”

A big part of the stress of anxiety comes when children don’t know what to do. They don’t have to fight the feeling of anxiousness, but let it pass. The less children fight anxiousness, the more likely it is that the feeling will go.

“Let’s go for a walk and see if we can take some big breaths.”

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child’s body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they’ve practised when they aren’t anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

“Take some big, deep breaths. I’ll do it with you.”

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn’t matter whether the threat is real or not, the brain thinks and acts as if it’s true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

“I’d like to understand what your worry feels like for you. Can you teach me?”

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to verbalise what their anxiety feels like. Greater self-awareness increases your child’s ability to manage their feelings.

“What would you say to a friend who was going through what you go through?”

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

“Your brain is amazing. Every time you breathe through your anxious feelings you’re teaching your brain how to manage your anxiousness.”

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.