Dear Parents and Carers,

Welcome back to what should be another wonderful term of learning and enjoyment at Gorokan Public School. I trust that everybody had a safe and pleasurable holiday. A warm welcome is extended to the new families who have recently joined our school community.

Re-establishing good routines for learning - I would encourage all parents and carers to take time early in the term to re-establish good school routines in order to maximise the learning potential of students. Early to bed on school nights is highly recommended. Being at school on time and every day is critically important for all students. The daily completion of homework including reading and spelling allows for the consolidation of literacy learning and remember that all students are able to access Mathletics and Reading Eggs from home to build numeracy and literacy skills in a fun and engaging way.

Absences – Attending school regularly will also ensure students have the opportunity to maximize their learning potential. Any whole day or partial absence must be explained to the child’s teacher in writing or via return SMS. The school will continue to notify parents of absences via SMS on any day that students are absent from class during roll call.

Keeping you informed – This newsletter is only one way in which we try to keep the school community informed. Other avenues of communication are available through the school website http://www.gorokan-p.schools.nsw.edu.au or the Gorokan Public School Facebook page. These sites are updated regularly and are a great source of information about what’s happening at school. Further to this, the Gorokan Public School App allows you to instantly access newsletters, allows parents and carers the option of explaining absences instead of writing a paper note, receive notifications of upcoming and current school events. Downloading is simple – go to Apple App Store or Android Google Play Market and search Gorokan Public School. The app is free to download.

Swim School – A final offer is extended for participation in this important program. There are 30 spots left to be filled. Notes and payment must be finalised by Wednesday 14th October or sooner if possible. Please contact our friendly office staff for further information.

Behaviour Cards – I would encourage all parents and carers to regularly monitor their child/ren’s behaviour card which is sent home at the end of each week. I have spoken to the students and encouraged them to set themselves achievable improvement goals for the term ahead and I would appreciate you supporting their efforts. Whilst the students are generally very well behaved, sustained and strategic effort will allow them to be the best that they can be.

Kindergarten Orientation – This valuable program resumed today. Key members of staff were introduced to the parents and the preschoolers were provided with yet another opportunity to participate in “big school” activities. An outline of the program has been included on page 3 of this newsletter for your information. I would extend a warm invitation to all 2016 Kindergarten children to attend.

School Improvements – During the school holidays the student toilets were fitted with new soap dispensers and hand dryers to ensure the provision of good hygiene. The school also had many new signs installed to reinforce the school values and further enhance the students learning environment. The signage in the COLA is very impressive. The school has a new “green room” in the library to assist students in their video productions. I will be meeting with Department of Education representatives on Friday plan significant playground upgrading that will include Remembrance Park, oval drainage, re-turfing and the refurbishment of the playground facilities.

Before And After School Care – Parents and carers who expressed an interest in accessing this service will be contacted by the end of the week to be informed of the commencement details. At this stage it looks like the program will begin in time for Christmas vacation care and before and after school care will start on day one of the new school year. Thank you for your patience in waiting for this program to begin. For further information please phone Cathy at PCYC on 0459 033 752.

Finally I would like thank Julie Salmon and Carolyn Sullivan who volunteered many hours during the holidays – gardening and painting. We appreciate your generosity and efforts.

Together we can make a difference.

Jesmond Zammit

Principal
Welcome back. We hope you have had an enjoyable time with your children. This term is already looking very busy.

**Jump Rope** - Thank you for your support with Jump Rope for Heart last term. We will continue to improve our skipping skills.

**Supplies** - As mentioned at the end of last term the Kindergarten team would appreciate if you could send in some extra paper towel and glue sticks. Our supplies have run very low.

**Hats** - Please check that your child has their school hat each day. We encourage the students to be able run around at recess and lunch on the oval but require their hat to do so. It is also part of sun safety program.

**Water** - The weather is beginning to get hotter and we would encourage you to ensure your child has a bottle of water each to keep them hydrated and that they can top up during the day.

Welcome back to all our parents and students. We are into the last term for 2015.

**Uniforms** - Please remember in the hot weather to ensure that your child has a bottle of water and appropriate summer uniform on each day. Many students are still coming in long pants on very hot days.

**Special Swimming Scheme** - This important program starts in Week 3. Please consider this fantastic program for your child as it encourages confidence and skills for safe behaviour around water. The program is ongoing for 2 weeks and is open for Year 2 students as well as students in years 3-6.
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 News

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.

Canteen News

Canteen Roster 2015 - Week 1 Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 8th October</td>
<td>Paul Tydeman, Sue King</td>
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<tr>
<td>Friday 9th October</td>
<td>Susan Cheney</td>
</tr>
<tr>
<td>Monday 12th October</td>
<td>Belinda Bermingham</td>
</tr>
<tr>
<td>Tuesday 13th October</td>
<td>Maria Poulos</td>
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<tr>
<td>Wednesday 14th October</td>
<td>Liisa Cook, Laura Ferguson</td>
</tr>
<tr>
<td>Thursday 15th October</td>
<td>Paul Tydeman, Vicki Smith</td>
</tr>
<tr>
<td>Friday 16th October</td>
<td>Tina Jones, Shayne Dodds</td>
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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)

Community News

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

Nutrition Snippet

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!

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
Developing your child’s social media scripts

By Michael Grose

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we’re not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There’s no guarantee they’ll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we’re not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we’re not around. Here are some ideas to get you started:

1. “Is this worth posting?” The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. ‘Is this accurate?’ and ‘Is this worth posting?’ are two valid questions children can ask when they read posts placed by others.

2. “Have you taken a big breath?” A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. ‘Think before you speak’ is the type of message that every child should have in mind. The same applies to social media. Just because they think something doesn’t mean they post it. ‘Take a big breath’ may just about be the most important message to give your kids about social media.

3. “Do you want the principal to see this?!” An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4. “How does this post make you feel?” We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they’ve calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people’s minds when they haphazardly post a message.

5. “How will you fix this?” Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it’s fair that they fix their mistakes, and apologise. It’s reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.