Dear Parents and Carers,

At Gorokan Public School we value the important contribution that volunteer helpers make every day. These special people work tirelessly to assist our students in their learning and we appreciate their efforts and commitment.

** Helpers’ Morning Tea –** All our wonderful school helpers are invited to attend a special Thank You morning tea tomorrow, Thursday 3rd December at 11:00am in the school hall. If you have helped in classrooms or at the school in anyway during 2015, please come along so that we can acknowledge and celebrate your efforts.

**Book Bank Project –** The Dymocks Children’s Charities Book Bank program was launched at Gorokan Public School in 2015. This unique literacy support program aims to encourage students to cultivate a love for books and read every day. Our Primary students selected a book each term from the Premier’s Reading Challenge new release list. Each student in the Primary years now has a “bank” of 4 quality books at home to enjoy and share with their friends and family. The lists for semester 1 2016 have arrived and the students who are currently in Years 2, 3, 4 and 5 will be ordering their books for the start of next year before the end of term. Thank you to Club Toukley RSL for their support of this valuable program.

**2016 School Leaders’ Assembly –** Congratulations to our successful 2016 student leaders who presented their final speeches at last Thursday’s assembly. It was great to see these students delivering their speeches with such confidence and a deep level of understanding of the key aspects of the student leadership role. Thank you to the community members who supported our students through their attendance. Remember, the official order of the 2016 student leadership team will be formally announced at our Presentation Day assembly on Tuesday 8th December. Good luck to all involved.

**Presentation Day –** This year’s Presentation Day assembly will be held next Tuesday, 8th December K – 2 at 9.30am and Grades 3 – 6 at 11.30am in the school hall. Please come along and help us celebrate our 2015 achievements.

**Deputy Principal Appointment –** Congratulations to Mr Jason Clenton who was successful in gaining the recently advertised Deputy Principal position at our great school. Increased student enrolment numbers at the beginning of 2015 warranted the re-establishment of this position and Mr Clenton was successful in gaining the position through the merit selection process. He brings a wealth of knowledge, experience and skills to the position.

**Sad News –** Margaret Evans who was employed as a temporary teacher over the past two years passed away last Thursday after a short battle with breast cancer. Our condolences are extended to her family and friends. Margaret was laid to rest today.

**School Satisfaction Survey –** Thank you to the parents and carers who gave up their time to participate in this year’s satisfaction survey. Your input is highly valued and will serve the school well in planning for the future. The results will be published in the 2015 Gorokan Public School Annual Report early in the new year.

**2016 Enrolments -** If you have a child who will not be returning to our school next year (excluding Year 6) could you please inform the ladies in the office. As mentioned in previous newsletters, the number of students we have plays a vital role in our planning of class structures. As in previous years our classes will commence the new year with the students returning to their 2015 class, where they will remain for the shortest time possible until our final student numbers are confirmed. We have found this to be the best practice to ensure a smooth transition for the students. All students will commence the new year being engaged in their grade appropriate work for 2016.

**Before and After School Care -** Parents who are interested in utilising the PCYC Before and After School Care program that will commence at school on the 26th January are invited to an information session on Thursday 10th December at 6:00pm in the SaCC room. An opportunity to enrol students in this great program will be offered during the session. For further information and to RSVP, please contact Renee Gillespie or Cath Ross on 0447 837 827.

Together we can make a difference.

Jesmond Zammit

Principal
Thank You - Thank you to the families that supported the Year 6 Mini fete. The children really enjoyed themselves and were well behaved.

Home Readers - This is the last week for home readers. We would appreciate all readers being returned on Friday so they can be sorted and organised for 2016. Please continue to listen to your child read over the school holidays so their confidence, fluency and strategies continue to develop.

Drink Bottles - Please ensure your child has a water bottle each day. We are experiencing some very hot days and the children need to keep hydrated. They can refill them if needed.

Hats - Many children are coming to school without their hats. Please check your child has their hat on before coming to school each day.

Christmas Party - A separate note will be sent home later in the week explaining details of our Kindergarten Party Day.

School Rules - Please revise with your child the school rules. At this time of year many children are excited and act without thinking of the consequences. We have our rewards afternoon coming up very soon.

Award Winners – Congratulations to the following class award winners:
KE/T - Ryder, Marcus 
KH - Leah, Noah
KL - Michael, Jordan 
KS - Isaac, Luccas

Special Helpers’ Morning Tea - If you have helped in any way this year at Gorokan Public School then you are invited to our morning tea on Thursday the 3rd of December. This starts at 11.00am in the school hall.

Walk to the Lake - We had a lovely day at the Lake on Friday. All students thoroughly enjoyed the day.

Christmas Sing Along - We will be having a sing along in the hall on Monday 14th December. The students can bring along a Christmas hat and parents are welcome to come and join in. Afterwards we will be holding the Stage 1 rewards day that will include fun activities and an ice-block for all students.

Stage 2 Rewards Day - Stage 2 rewards day will be on Friday 11th December 2015. Students will be walking down to the lake for an enjoyable day of fun games and activities. We request that students bring a healthy, packed lunch. Further information is to come.

Parent Helpers’ Morning Tea - Thank you to those parents or carers who have helped out in classrooms throughout the school year. Please remember that you are invited to our special helpers morning tea on December 3rd.

School Hats - Just a quick reminder that all students need a school hat every day. We cannot take students out for sport if they don’t have their hat as we don’t want them getting sunburnt. Similarly, they need it to keep them protected during their recess and lunch playtimes. Thank you for your support.

Year 5
Year 5 Rewards Day - This event will take place on Thursday 10th December. We will be going to the park and children can pre-order a sausage sizzle lunch and BBQ. Students may also bring a fishing rod with them and can start bringing them in for safe storage in their teacher’s storeroom until the day. More details will follow on a separate letter.

Year 6
Mini Fete - Thank you to everybody who contributed their support towards making our mini fete a very successful fundraiser and learning experience for all who participated. We raised over $2600 on the day that will go towards reducing the cost of the Year 6 farewell, buying the school a gift and for our rewards day trip to Mingara pools on Monday 7th December.
Year 6 Yearbook - We have had extra Yearbooks printed this year. If you would like extra copies for family members as Christmas presents they will be available on the night of the farewell dinner or can be purchased after this date from the office at a cost of $5.00 per book.

Canteen Roster 2015 - Week 9 Term 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Thursday 3rd Dec</td>
<td>Paul Tydeman</td>
</tr>
<tr>
<td>Friday 4th Dec</td>
<td>Tina Jones, Shayne Dodds</td>
</tr>
<tr>
<td>Monday 7th Dec</td>
<td>Laura Ferguson</td>
</tr>
<tr>
<td>Tuesday 8th Dec</td>
<td>Maria Poulos</td>
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<tr>
<td>Wed 9th Dec</td>
<td>Lisa Cook</td>
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<tr>
<td>Thurs 10th Dec</td>
<td>Paul Tydeman, Sue King</td>
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<tr>
<td>Fri 11th Dec</td>
<td>Susan Cheney</td>
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Running Down Stock - As it close to the end of the year We will start to run down stock. Please make sure your child has a second choice when ordering their lunch. Pies, sausage rolls and sandwiches will always be available.

Christmas Pizza Meal Deal - Orders have now closed for this meal deal. The only other lunch items that will be available on Friday 4th December will be pies and sausage rolls.

Price List

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Junior Polo</td>
<td>$25</td>
</tr>
<tr>
<td>Senior Polo</td>
<td>$25</td>
</tr>
<tr>
<td>Sport Polo</td>
<td>$25</td>
</tr>
<tr>
<td>Boys’ Shorts</td>
<td>$20</td>
</tr>
<tr>
<td>Culottes</td>
<td>$20</td>
</tr>
<tr>
<td>Zip Jackets</td>
<td>$28</td>
</tr>
<tr>
<td>Hats</td>
<td>$10</td>
</tr>
</tbody>
</table>

Cash or eftpos accepted.

P & C News

Sausage Sizzle - The P&C will be holding a sausage sizzle on the last of term (16th December). Order forms have been sent home and must be returned by Friday 11th December, 2015.

P&C Meetings Term 1 2016 - Next year’s first general P&C meeting will be held on Monday 15th February, 2016 at 3.15pm in the library. Any parents who wish to join or hold a position on the committee should attend this meeting. The annual general meeting will be held on Monday 29th February at 3.15pm in

Christmas Stall - The P&C will be operating a Christmas stall on presentation day (Tuesday 8th December). It will be opened throughout the day and will consist of a variety of Christmas items and gifts. The children will be able to purchase from the stall gifts for their family at recess or lunch. Prices will range from $1.00 to $7.00.

Last Day Term 4 - There will be lucky dips for $1.00 or $2.00, dragonfly game for 50c a go and novelties from 50C available on the last day of this term and will be located under the canteen cola at lunch time.

Graduation Bears - If you wish to purchase a graduation bear for $16.00 please see the ladies in the canteen.

Uniform Shop - The uniform shop is located behind the hall. Holiday trading hours for 2016 are as follows: Thursday 7th, 14th and 21st January 9am - 12pm.

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Help your child conquer self-consciousness

Michael Grose

Self-consciousness can make school concerts and end of year events daunting for some students. Here are some ideas to help.

Self-consciousness can be awful. It’s the feeling you get that everyone is looking at you. Self-consciousness can come and go.

Often eldest boys when in early primary school are extremely shy and self-conscious. It can make them do silly things. Then self-consciousness revisits later in early adolescence for many boys. Early teen girls often suffer from it, particularly if they are early or late maturers.

Some kids just hate to do anything in public for fear of being noticed and perhaps laughed at. They think, quite wrongly, that everyone is looking at them. The truth of the matter is that most people aren’t looking at them. If they are performing in a school concert most adults have eyes only for their children. They won’t really take too much notice of any other children, unless of course, they fluff their lines badly or muck-up big time.

However logical you may be self-consciousness can still hold many kids back. Here are some ideas to help your child or young person conquer self-consciousness:

1. Help them prepare for public performance. They can practise a talk or even rehearse an opening line to help them break the ice in social situations. Practice leads to competence, which often alleviates self-consciousness.

2. Use baby steps in social situations. If they feel uncomfortable meeting a whole bunch of new people, then they can just meet one new friend at a party, rather than try to meet too many people, which can be overwhelming.

3. Practise strong self-talk. Self-conscious kids often have atrocious self-talk. They say everyone is watching them enter a room, when the reality is quite different. Help them develop some realistic and more assertive messages about themselves. “It will be fun going on stage at the concert with my friends” is far more helpful than “Everyone will be staring at me” or “What if I muck up?”. 

4. Catch kids being brave. What you focus on expands so make sure you highlight kids being brave and overcoming possibly embarrassing situations. Also, let them know that even though they may have stumbled or fluffed a line or two the room didn’t cave in. It wasn’t so bad.

5. Breathe in, breathe out. Some children and young people can be so debilitated by their self-consciousness that they work themselves into a frenzy with worry. Deep breathing where they count to 3 breathing in, but count to 6 when breathing out will help kids regain calm, control and hopefully perspective.

Self-consciousness is something that many adults suffer from too, so these ideas may hold true for you.

It may not be something we can completely eradicate but it is something we all can learn to control so it doesn’t stop us, or our kids, doing what we want to do.