Dear Parents and Carers,

**Sporting News** – The Sydney North Region swimming carnival was held yesterday and our super fish Tyson M and Caitlin M competed with determination and skill. Congratulations to them both on their great effort.

Our rugby league players competed at the Zone trials last week with four players competing. Two of these players Bronson T and Cooper B have been selected to go to the Wallarah/Tuggerah PSSA Zones Combined Rugby League Trials. Good luck boys.

**Responsible Pet Program** – The K-2 children participated in the Responsible Pet Program that was held at school yesterday. This program provides children with stimulating activities to teach a wide range of concepts relating to responsible pet ownership. Whilst on this topic, a reminder is extended to all parents and carers that **dogs are not permitted on the school grounds**.

**Speech and Language Focus** – Thank you to the parents and carers who attended the speech and language information session last Thursday. The school is committed to supporting our students in this key area that underpins the foundation of all learning. In addition to providing this session, speech pathologist Jane Beale will also work with the staff later this term to enhance the learning experience of students with expressive language needs. The school has also employed Jane to assess targeted students and provide speech and language programs for them to assist them in their learning.

**Debating Team** - Several of our students will be attending a workshop at Mannering Park Public School this week to enhance their debating skills and confidence.

Staff Professional Learning – Last Tuesday the teachers completed online modules on differentiating learning for students with disabilities in the regular classroom, keeping them up to date in supporting these students.

**Sea FM Visit** – A further reminder that Sea FM’s Byron and Kristie will be doing a Breakfast Broadcast from our school on Tuesday 24th March. The broadcast will commence at 6am and finish by 9am. The Halekulani Bowling Club has kindly donated a sports pack valued at $500 to give to the school on the day. Sea FM will supply games and activities for the students as well as a healthy breakfast for all who attend. The Raw Challenge also comes to set up a little beep test and activities, which will be a lot of fun. It will be great to see everyone there.

**Voluntary School Contributions** – A big thank you to the many parents and carers who have already sent in their voluntary school contributions. As previously explained, the money collected will benefit the students directly by providing them with classroom items and subscriptions to **Mathletics** and **Reading Eggs**. Families have been asked to contribute **$15 per child or $25 per family**. Thank you for your anticipated support and prompt payment.

**Parents and Citizens Association** – The P&C Annual General Meeting was held on Monday 16th March. Thank you to all who attended and congratulations to the successful nominees who hold the following positions for the 2015 school year.

- President - Gail Farrell
- Vice Presidents - Claudine Matthews, Paul Tydeman
- Secretary - Belinda Bermingham
- Treasurer - Vicki Smith

**Second Hand Uniforms** - If your child has outgrown their uniform and they are in good condition, it would be greatly appreciated if you could donate these items to the school.

Together we can make a difference.

**Jesmond Zammit**
Principal
Kindergarten Supervisor – Mrs K Lansdowne

Donations - Thank you to the families that have donated craft items to share with their classmates to make their fancy hats for the parade on Thursday 2nd April.

Harmony Day - Will be on 20th March. This is a day where we celebrate Australia’s diversity. The children can wear multi clothes. The theme colour is orange but any colour will do. There is no coin donation.

Excursion - An excursion has been organised for Kindergarten next term to Rumbalara and is linked to the science unit on senses they have been looking at with Mrs Shoesmith. The cost will be approximately $20.00, as we will be travelling by coach.

Performance - An invitation will be sent home shortly inviting you to attend a performance by Kindergarten on Monday 30th March at 2.15pm in the hall.

KE/T - Oliver, Grace
KH - Tyrone
KL - Madisyn, Karne
KS - Charlie, Nicholas

Stage 1 Supervisor - Mrs C Behringer

Fruit Break - Don’t forget to pack fruit break each day for your child and a bottle of water.

Homework - One of the most important things you can do for your child is to read to them for at least 5-10 minutes each night. This provides them with a model of how to read, develops comprehension and helps them to understand and get into the world of books.

Grammar Books - Thank you also to the parents who have paid for their child’s grammar book. We have begun work in them and students are enjoying having their book to work in.

Stage 2 Supervisor (Relieving) - Mrs R Ranse

Stage Excursions - Notes went home last Friday for the Taronga Zoo excursion for all Year 3 students. If your child did not get one, please see your child’s class teacher. Parent helpers will be chosen next term. The note regarding the Year 4 aquarium excursion will be given out early next term.

Stage 2 Showcase - Just a reminder that the Stage 2 showcase is on next Tuesday afternoon, beginning around 2pm. Parents and carers are invited to attend. Students will showcase some of the work they have been doing in their classrooms.

Rewards Day Supplies - Thank you for the donations of icing sugar, lollies and milk arrowroot biscuits for the Stage 2 rewards day which will be held on Tuesday 31st March. Teachers are busy planning some fun and exciting activities for those students who have maintained a Level 3 or above on their behaviour card this term.

Fancy Hat Parade - Students in Years 3-6 are reminded that they need to make their own ‘fancy hat’ at home this year. The fancy hat parade is on the last day of term and students are encouraged to make use of recycled materials where possible.

Stage 3 Supervisor – Mr C Corlett

Stage 3 Assembly - Next Wednesday 25th March
Stage 3 are hosting our special assembly showcasing some of the work that your children have been doing in class. You are welcome to come and join us in the school hall from 2:15pm until 3pm. We hope to see you all there!

Canberra Camp Y6 - There has been a positive reply with parents and carers returning deposits for our Canberra camp in term 3. Please keep bringing deposits and payments in to secure a place on the camp for your child.

Cares Excursion Y5 - Our CARES excursion takes place on Monday 30th March and Tuesday 31st March. We are looking forward to a great day learning about road and bicycle safety.

Canteen Roster 2015 - Week 8 Term 1

Thursday 19th March - Vicki Smith, Paul Tydeman
Friday 20th March - Shayne Dodds
Monday 23rd March - Belinda Bermingham
Tuesday 24th March - Deborah Bryce
Wednesday 25th March - Vicki Smith, Collette Edwards
Thursday 26th March - Paul Tydeman, Janette Vran
Friday 27th March - Susan Cheney

BOOKCLUB - Orders for Scholastic Issue 2 have been processed and books should be returned to the children next week.

FANCY HAT PARADE SAUSAGE SIZZLE - To be held on Thursday 2nd April, 2015. Order forms have been sent home and orders with money should be returned by Monday 30th March. Sausage on a roll ($2.50) and a juice or water ($1.50) will be available.

EASTER GUESSING COMPETITION - Tickets for this fundraiser have been sent home and should be returned by Friday 27th March. The draw will take place on Tuesday 31st March and winners notified that day. Donations of anything to do with Easter is needed and can be left in the basket in the office foyer.
Appointments - If you would like to make an appointment to see Mr Clenton or Mr Zammit could you please see the ladies in the front office. Our mornings are very busy preparing for the day ahead and we will endeavor to contact you as soon as possible.

Harmony Day - Gorokan Public School will be celebrating Harmony Day on Friday 20th March. Harmony Day is about celebrating Australia’s diversity. The children will be participating in a wide variety of activities across the curriculum. They are to wear mufti clothes and the theme is the colour orange, however any colour will do. There is no gold coin donation for this mufti day.

Fancy Hat Parade - We would like to invite you to our Fancy Hat Parade at the end of this term. The children will be encouraged to design and create their own hats using a variety of materials both new and recycled materials. We hope that you can come along and enjoy the end of a very busy and rewarding term 1.

When - Thursday 2nd April  
Time - 12.00

Students K-2 will make hats at school. We ask that you send a small donation of craft items such as cardboard, glitter, crepe paper, stickers etc. that they would like to use and share with their classmates to create their hats.

Students in years 3-6 should make their hats at home. Children are to wear school uniform on the day.

Internet safety presentation helps children stay safe online - Young people today are immersed in digital technologies. They use the internet and mobile phones to socialise, study, exchange ideas and play. While online activity has many benefits, there are also risks. To help your children stay safe online, Gorokan Public School is hosting a Cybersmart Outreach—Internet Safety Awareness presentation. Designed for parents, teachers and students, this presentation is provided by the Australian Communications and Media Authority (the ACMA) as part of a national program of cybersmart initiatives.

The Cybersmart Outreach—Internet Safety Awareness presentation is thorough and non-technical. It covers a range of issues including:

- the ways children use the internet and emerging technologies
- potential risks for children online, such as cyber bullying, identity theft, inappropriate contact and exposure to inappropriate content
- tips to help children stay safe online.

The presentation is conducted by an ACMA Cybersmart trainer and is free of charge.

Gorokan Public School is committed to helping students develop appropriate behaviours when using digital technologies, both at school and home.

The Cybersmart Outreach—Internet Safety Awareness presentation will be held in the Library on: Thursday 28th May 2015 at 5:30pm. This free presentation is available to all parents and friends of Gorokan Public School. To register your attendance, please contact Mrs Ranse or the school office as soon as possible.

Child Dental Benefits Schedule

An Australian Government Dental Scheme

YES WE BULK BILL
- Caters for ages 2 to 17 years
- $1000 free treatment over 2 years
- All families receiving Family Tax Benefit A are eligible for this service
- After school appointments available
- Treatment covered is fillings, extractions, dental x-rays, check-ups & root canal
- Happy gas available
- To check your eligibility please phone Medicare on 132011 and follow the prompts
- CDBS will not cover any orthodontic work or cosmetic dentistry

This scheme expires in 2015, PHONE NOW Call us on 02 43900445 for an appointment
Teach your kids to SHRUG!

The secret to having resilient, confident and optimistic children is to teach your kids to shrug!

It was so irritating, yet so effective. I’m talking about my boyhood mate Terry’s habit of shrugging his shoulders whenever anyone teased him or tried to persuade him to their way of thinking.

‘Hey Terry, you’re a **&E@@!’ Shrug.
‘Hey Terry, everyone says your.......*&&TR!’ Shrug.
‘Hey Terry, I’m going to tell on you!’ Shrug.

His nonchalance used to drive everyone nuts!

So much so that he was rarely targeted for teasing despite the fact that he wasn’t sporty, he wasn’t cool and he was late maturing – all of which back then, as now, would put a boy in the ‘to be picked on’ category.

I thought of Terry recently when I was coaching a young person about how to respond to some schoolyard taunts.

This young person wore his heart on his sleeve, taking taunts and even witticisms too seriously for his own good. Unfortunately, some of his so-called mates used to enjoy seeing him become angry.

The best way to break this toxic cycle of taunt-react-taunt was for him to change his reaction.

So we did some coaching in the art of shrugging and before long my young charge was shrugging his shoulders, as if to say ‘Whatever’, and walking away at the first sign of a taunt.

Eventually he was channelling Terry so well that his nonchalance even began to irritate me.

Some things can’t be ignored

Don’t get me wrong. Kids cannot and should not ignore all negative comments directed at them.

There are times when they need to stand up and be counted. They don’t need to be aggressive about it, but they do need to be assertive from time to time. Sticking up for a friend, rescuing someone who is being taunted or even looking out for a sibling’s best interests at school are times when children need to assert themselves rather than shrugging off a problem.

Kids practise on their siblings

Socially savvy kids know that some of the negative peer comments directed at them need to be ignored. However, this is quite a skill.

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings.

Those noisy sibling skirmishes that annoy the hell out of parents actually toughen kids up for the less-than-pleasant social interactions that take place in the schoolyard.

Interestingly, my boyhood mate Terry was the youngest of four brothers. I guess he would have perfected the art of shrugging out of sheer necessity.

So, if you have a sensitive child who wears his or her heart on their sleeve, or a child who reacts impulsively to both taunts and witticisms alike, you may wish to introduce the art of shrugging into their repertoire of responses.

How to create a good shrug

Kids can practise shrugging in front of the mirror so that they can see what a good shrug looks like. There are 4 ingredients:

2. A shrug of the shoulders.
3. A simple, non-combative, non-sarcastic line such as ‘You may be right’, ‘Whatever’ or ‘I hadn’t thought of that’.
4. A final breaking of eye contact that indicates that they are in control.

A word of warning

If you teach your kids to shrug, you need to be prepared for them to use this shrugging technique against you when you direct some criticism or constructive feedback their way. If they do, you’ll find out how damn infuriating nonchalance (even when it’s fake) can be.

Oh, and you’ll be seeing a child or young person who is exercising a degree of personal power that, when used smartly, will increase their overall social effectiveness.