Dear Parents and Carers,

I hope that our mothers had a great Mother’s Day last Sunday, enjoying gifts and spoiling. The Mother’s Day stall certainly facilitated this and I would like to thank Julie Salmon for her coordination of this successful school event and the wonderful volunteers who helped on the day.

Before and After School Supervision - Parents, carers and visitors are reminded that the grounds are supervised from 8:30am to 3:00pm on school days. There is no teacher on duty before 8:30am. The teachers on duty at the end of the day ensure all students leave the grounds promptly and the bus duty teacher supervises the students leaving the school on the school buses. Thank you for your assistance in helping us to keep the children safe.

School Uniforms – Thanks for the great effort that has been put into sending your children to school neatly dressed this week. Wearing the correct school uniform (including hats and jumpers) instills pride in the school and a sense of belonging. As the weather is beginning to get colder please ensure that school jumpers and hats are labelled with your child’s name so that they can be returned to them in the event that they are lost.

Student Representative Council (SRC) – The role of the SRC for this term will be to maintain the Environmental program. The Class Captains from Years 2 – 6 will meet on a rostered basis each Tuesday, so that students will not be absent from class activities too often. The Class Captains will organise students from their classes to implement the following activities:

Year 2 – will maintain a weeding and planting program for each garden bed in the vegetable garden. This will include supervising the collection of food scraps for composting garden beds. Year One and Kindergarten children who want to help in the garden will also be encouraged to do so in this group, but will not be expected to attend SRC meetings.

Year 3 – will implement the Wyong Shire Council environment program in the school and will create an awareness of environmental highlights of the year for that program.

Year 4 – will organise Power Rangers to raise awareness of power and water usage and to create power and water audits.

Year 5 – will, with the help of Mr Holley, install the irrigation system in the vegetable garden in accordance with the requirements of the NSW Government grant.

Year 6 – will create a frog pond. Money will be allocated from the garden or environment club money to buy pool liner and other materials necessary. Year six will liaise with Rumbalara for expertise and we will try to use parental support to build a frog pond, which will be available for class lessons, in the corner of the vegetable garden.

School Captains and Prefects will be allocated to grades in order to provide leadership, advice and help in their areas. These leaders will only be expected to attend SRC meetings with the grade that they are working with.

Reminder to Parents – With 538 students interacting each day at school, occasionally problems between students occur. We encourage students to try to resolve issues positively themselves in the first instance. This helps them build resilience and skills in resolving issues. If they can’t solve a problem themselves we encourage students to seek teacher assistance. Parents should never speak to students (other than their own) directly about issues. I also ask that parents do not confront other parents about issues. Please speak to the class teacher rather than get involved. Sadly, parents who fail to abide by this request jeopardise their freedom to enter the school grounds.

School Cross-Country Carnival – Thank you to Mrs Farrell for organising this year’s Cross-Country Carnival. The sun shone brightly on the day and the students won with determination and skill. Congratulations to all the students who participated, many of whom achieved personal bests. Those going through to Zone will receive notes shortly and awards will be presented early next week.

Sport in Schools Program - School has a commitment towards developing student wellbeing as outlined in the recently published School Plan (Strategic Direction 2 – Ensuring the wellbeing of all students). Further to this the school will be providing specialist programs in social skills incorporating team building and fundamental skills development in term 2 at a minimal cost to parents.

The school with the support of the P&C will be funding the bulk of these programs but we request a small contribution of $5 per student for Term 2 (rather than the full cost of $30). Please complete the payment slip on the back page and return it with payment by Friday 22nd May.

Together we can make a difference.

Jesmond Zammit
Principal
14th May | NAPLAN Yr 3 and Yr 5 Numeracy
Friday 15th May | Opportunity Class applications close
Friday 15th May | Sport group photos
Friday 15th May | NAPLAN Catch up
Friday 15th May | Sport in Schools
Thursday 28th May | Cyber Safety Information Session

Attendance - If your child is absent from school please ensure a note is sent to their class teacher on their return to school. You can also use the school app.

Phone Numbers - Please contact the school office if your address or phone number has changed. It is important that we have the correct information.

Behaviour Cards - These cards should be returned to school every Monday.

KE/T - Taylor, Milly
KH - Jye
KL - Paige, Michael, Riley Z
KS - Nayeon, Daniel

Library Walk - Year One had a lovely time last week walking to the library and having story time and an informative session on the Lake Haven Community Library.

Absences - Please ensure that if your child is absent for any reason that a note is written outlining the reason and given to the teacher. It is a legal requirement that a reason is given for all students absences.

Head Lice - Head lice is a big problem at the moment so could you please check your child’s hair on a regular basis so that they are not getting re-infected. A good way to keep them at bay is to spray cheap hair conditioner onto your child’s hair each morning.

NAPLAN - Good luck to all of our Stage 2 (and Stage 3) students who are sitting the NAPLAN tests this week. I am sure they will do well. Parents, please ensure that children have had a good breakfast beforehand and encourage them to drink lots of water to keep their brain hydrated. Good luck everyone!

Head Lice - We are still experiencing the odd case of head lice across Stage 2. Please check your child’s hair and treat them if necessary.

Fruit Break - Most Stage 2 classes have fruit break each day at around 10am. Can you please ensure your child has a small piece of fruit to eat during this time? We find it fills the gap between breakfast and morning tea and helps the children to concentrate better. No sweets, cakes or biscuits during fruit break please.

School Uniform - I am so proud of the Stage 2 students and how fabulous they look in their uniform. It was particularly apparent last week on photo day.

Everyone looked so smart! Thank you for supporting us with this.

The cold weather is coming so it’s important that students are wearing their winter school uniform now.

Stage 3 Supervisor – Mr C Corlett

NAPLAN - This week our Year 3 and Year 5 students have been sitting NAPLAN assessments. The results of these National assessments will be available later in the year.

Semester 1 Reporting - Teachers are currently in the process of reporting on your child’s progress and reports will be sent home later in the term.

YEAR 5 CARES - Our rescheduled CARES bike excursion is on the 17th and 18th of June. Permission notes containing information will go home this week and need to be signed and returned to your child’s classroom teacher. No further payment is required. If you wish for your child to attend, and haven’t paid already, they will be able to do so and should ask their teacher for a note with payment details included.

Bathurst Excursion - A Year 5 camp excursion deposit of $40 deposit needs to be paid by Friday 22nd May to secure your child’s place on the camp.

YEAR 6 Fund Raising - Year 6 fundraising is going very well with the chocolate sales. Thank you for supporting your child.

School Photos - Student Sport’s group photos will be taken on Friday 15th May at 9.30am.
Applications for Year 5 Opportunity Class Placement in 2016 - A reminder that applications for OC class placement for Year 5 in 2016 close on Friday 15th May. Students need to come and see Mrs Ranse to get the relevant information if they are considering sitting the test.

Cyber Safety Information Sessions - Just a reminder that we will have a representative from the Australian Communications and Media Authority at our school on Thursday 28th May 2015. The parent session will start at 5:30 and will be held in the library. If your child uses any kind of tablet / phone device in conjunction with a social media tool such as Facebook or Instagram, this session will be useful to you. All parents and caregivers are invited to attend.

Kindergarten 2016 - If you have a child or know of someone that has a child that will start Kindergarten in 2016, please advise them to come to the school so that we may commence enrolment procedures. When enrolling for kindergarten it is necessary to provide proof of address, birth certificate and immunisation certificate so please bring them along with you. For more information please feel free to contact the school on 43924200.

Hearing Assessments - Audiologist Stephen Templar will be coming to Gorokan PS in Term 2 to complete hearing assessments on students K-6. Assessments will cost $15.00 per child & $10.00 for siblings. Permission notes will be forwarded to parents/caregivers in the coming weeks and once completed need to be returned to class teachers as soon as possible.

This is a wonderful opportunity to have your children’s hearing assessed by an expert at a very affordable cost. We urge parents and caregivers to support this initiative to ensure students at Gorokan PS are given every opportunity possible to enhance their learning.

Please contact Myree Kent at the school if you would like further information regarding any of the screenings.

Canteen News

Canteen Roster 2015 - Week 4 Term 2

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<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Teachers</th>
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<tbody>
<tr>
<td>Thursday 14th May</td>
<td>Paul Tydeman, Vicki Smith</td>
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<tr>
<td>Friday 15th May</td>
<td>Tina Jones, Shayne Dodds</td>
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<tr>
<td>Monday 18th May</td>
<td>Belinda Bermingham</td>
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<td>Tuesday 19th May</td>
<td>Deborah Bryce</td>
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<td>Wednesday 20th May</td>
<td>Vicki Smith, Collette Edwards</td>
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<tr>
<td>Thursday 21st May</td>
<td>Paul Tydeman</td>
<td></td>
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<tr>
<td>Friday 22nd May</td>
<td>Susan Cheney</td>
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P & C News

Mother’s Day Stall - Our Mother’s Day Stall was a great success. We hope all the mums enjoyed their gifts. Thank you to Shayne Dodds, Chloe Zonneveld, Mel Small, Vicki Smith, Linda Stewart, Belinda Bermingham, Jasmine Daunt, Mitali Contractor, Karen Gregory, Janet Brooks, Rachel Murray, Tina Jones, Paul Tydeman, Stacey Mitchell and Susan Cheney who all helped on the day.

All refunds or changing of Gorokan Dollars from our Mother’s Day stall must be finalised by Friday 15th May, 2015.

Book Club - Orders for Scholastic Issue 3 have been processed and books should be returned to the children this week.

Entertainment Book – The Entertainment Book is a new fundraiser at Gorokan Public School and we’re sure it will become one of our favourites. The Books sell for $60 and we keep $12 for every one we sell. The Entertainment Book gives you access to thousands of up to 50% off and 2 for 1 offers for Newcastle, the Hunter, the Central Coast and Port Stephens’s best restaurants, cafes, attractions and theme parks. Plus it has best in market prices for over 1,500 hotels and resorts that you can use whenever you like until 1st June, 2016. Please see the ladies in the canteen if you would like to purchase one of these books.

Sport in Schools Program

I hereby give permission for my child

To attend the specialist PE program in Term 2.

Payment of $5.00 for the term is attached.

Signed .................................. Date ..........................

... to add healthy snacks to lunch boxes

- Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child’s lunch box:
  - Plain air-popped popcorn (without salt or butter) mixed with sultanas + dried apple
  - Dried fruit snack packs: buy them ready made, or make your own at home in reusable containers
  - Fruit salads: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
  - Crackers + veg: Slice up some avocado or tomato + send with some rice crackers
  - Little vegie bags: cherry tomatoes, capsicum, carrot and celery sticks
  - Frozen fruit bags: freeze grapes, orange quarters or strawberries + then send to school!

Remember: kids love small portions, so cutting up fruit + veg will help make sure they don’t bring it home at the end of the day!
Do less, not more, for your kids

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

The basic task of parenting, whether you have a two year old or a twenty-two year old, is to work yourself out of a job at the first possible chance.

REDUNDANCY should be the aim of the game! We never become redundant in a relationship sense – the emotional connection between our children and us is never severed.

In a practical, physical way we need to make children less, rather than more, reliant on us.

Developing independence is really about stepping back to allow children in. Doing less rather than more!

We develop greater independence in our kids one job at a time.

We easily take on children’s responsibilities

It is easy as parents to take on the jobs and responsibilities that really should belong to our children. With toddlers it is so easy to dress, feed and clean up after them rather than give these jobs over to them.

With school-aged children we can find ourselves making lunches, getting kids out of bed and cleaning out schoolbags rather than giving these basic tasks of living over to them.

TIP NO. 1 for developing independence:

Be clear about who owns jobs or tasks in your family and never take on a child’s job, or part of a task, unless there is extenuating circumstances such as illness.

TIP NO. 2 for developing independence:

Never be more worried about a child’s job than they are, otherwise it becomes your job, not theirs.

The school holidays provide a good opportunity to reflect on the whole notion of job-sharing. It’s also a good time for kids to increase their job load when they are not burdened with schoolwork and extra-curricular activities.

Here’s my challenge for you: Think of a job that you regularly do for your child that he or she can do for him or herself. Then step back and enable your child to do that for themselves on a full-time basis. Do less not more for your kids.

If you do that, then you can congratulate yourself as you have moved one step more toward REDUNDANCY.