Dear Parents and Carers,

Gorokan Public School has continued to be a place of motivated teaching and enjoyable, relevant learning this week.

Central Coast Choral Festival (CCCF) – The CCCF is a celebration of music and involves over 1000 Central Coast Public School students. Last Thursday Gorokan Public School hosted the third and final rehearsal for the year. Our talented students will sing as part of a massed choir in one of three shows, ours being held on Wednesday the 21st October. Further information will be provided closer to the date.

School Spelling Bee Final – As mentioned in last week’s newsletter the Gorokan Public School Spelling Bee final was held last Wednesday. Each final was filled with suspense and anticipation. I was very proud of all the students who participated and amazed at their high level of confidence and spelling proficiency. Congratulations and well done to Nixon E and Josie H (from Stage 2) and to Harry C and James C (from Stage 3) who will represent Gorokan Public School at the Regional Spelling Bee final to be held at Wadalba Community School on Thursday, 10 September 2015.

Basketball Gala Day – Last Friday both our boys’ and girls’ basketball teams participated in the PSSA interschool Basketball Gala Day that was held at Niagara Park. Both teams played exceptionally well, winning most of their games. Here’s what one of our supportive parents posted about our students on the school’s Facebook page - “What a beautiful group of well mannered, well behaved, fantastic kids... It was awesome to watch their good sportsmanship and respect for each other... on and off the court. They all played so well.” Well done team Gorokan!

Year 3 Visit Taronga Zoo – Excursions provide students with a valuable opportunity to further their classroom learning and to gain a broader educational experience. This was certainly the case when our well-behaved Year 3 students visited Taronga Zoo on Friday. Thank you to the teachers and parent helpers who supported the students and provided them with this wonderful learning opportunity.

Life Education - For over 35 years, Life Education’s specially trained educators have visited schools around Australia in their mobile classrooms doing a fantastic job working with teachers to educate kids about really important health and safety topics that impact on them at different times of their lives. This valuable and engaging program started yesterday at the school.

Life Education now has a new online hub for parents and carers to continue this learning in the home and to contribute to the health of all Australian families. It’s filled with useful strategies, tools and tips to help parents raise healthy, happy kids.

Thank You – Sincere thanks are extended to local optometrist Bernard Tan for his generous support of our students. Bernard provided 50 of our students with vision screening tests last week with no charge to families or the school. Bernard’s practice is located at 17 Wallarah Rd, Gorokan (phone 43 92 3259).

Public Education Awards of Appreciation – The Department of Education, in partnership with the Central Coast Aboriginal Education Consultative Group, and the Primary Principals’ Association, will be presenting the Central Coast Public Education Awards of Appreciation on Monday 24th August at Lisarow High School. Congratulations to our three nominees– Mitchell Gibbs (for sustained dedication in the provision of technology innovation and support), Tammy Coote (for dedicated service in the areas of Aboriginal Education and Creative Arts), and to Julie Salmon (for her effective management of the school canteen and sustained involvement in the school’s P&C).

Kindergarten 2016 – Enrolments are currently being taken for Kindergarten 2016. The Kindergarten transition program starts next Wednesday and is outlined on page 3 of this newsletter. Please contact the school office for further information.

NAPLAN (National Assessment Program – Literacy and Numeracy) Results - NAPLAN is an annual assessment for all Year 3, 5, 7 and 9 students. NAPLAN is a skills test assessing accumulated literacy and numeracy skills from when students start school in Kindergarten. Results were sent home today to all Year 3 and 5 parents and carers. I will present a summary of the school’s overall performance at the next P&C meeting. I would like to extend an invitation to all interested parents and carers to attend. Further information on NAPLAN can be obtained from the school or from the NAPLAN website www.nap.edu.au. I commend the students on their individual effort and achievements.

Together we can make a difference.

Jesmond Zammit

Principal
**Kindergarten Supervisor – Mrs K Lansdowne**

**Absences**

We have had several cases of head lice last week. We ask that you check your child’s hair daily and treat immediately if there are any lice or eggs. We do not want this little pest spreading. Girls with long hair should have it tied back.

**Notes**

Notes for Life Education and the Kindifarm have been sent home recently. Please check your child’s bag if you have not received these notes or speak to your child’s teacher.

**Photos**

There is a display of photos outside Mrs Flanagan’s and Mrs Lansdowne’s classrooms. They depict the busy year Kindergarten have had so far. If you wish to purchase any of the photos, envelopes are provided so that you can write the number of the photos you would like and place your money inside before taking it to the office.

**Class Awards**

KE/T-Jacob, Dustyn, Elissa, Ryder, Bridget
KH- Noah, Ruby
KL- Samuel, Karne, Riley,Z, Madisyn, Capri, Lola
KS- Cooper B, Luccas, Nayeon, Stefron, Lily-Rose, Tyler

**Stage 1 Supervisor - Mrs C Behringer**

**Life Education** starts this week. All students will be going to the Healthy Harold Van at some time over the next two weeks. Don’t forget to ask your child what they learnt in the van!

**Science Week** is on this week. All students will be involved in special science activities all through the week.

**Jump Rope for Heart** - Sponsorship forms will be available and your child will be asked to practise their skipping skills. This program is a physical activity and fundraising program for schools. It is a great way to keep our kids hearts healthy while raising vital funds for the heart foundation. Check out Facebook for more details.

**Nutrition** - We are speaking to the children each day about the benefits of good nutrition. Please check that your child has a healthy lunch every day. A sandwich and a piece of fruit or yoghurt is a substantial and nutritious lunch each day. They will also require a bottle of water as well.

**Absences** - There have been a number of students that have been sick in the last few weeks. Please ensure that you send a note in to let the teacher know the reason your child has been away. This is a legal requirement and all schools are highly accountable in this area.

**Taronga Zoo Excursion**

Congratulations to the Year 3 students who enjoyed a fantastic day of learning at Taronga Zoo last Friday. The weather was glorious and the students were enthusiastic! The whole day ran smoothly with the highlights being the bird and seal shows. Our students proudly represented Gorokan Public School and we all learnt about the many different animals and habitats that can be found in Taronga Zoo. Our sincere thanks go to the wonderful parents who so willingly gave up their time to accompany us. Thank you so much for your cooperation and assistance. We are very appreciative of the ways in which you worked with us to ensure our students had a memorable, educational experience. Thank you!

**IXL Maths Online**

Over the next few weeks, students in Stage 2 will be trialling a new online Maths program called IXL. IXL’s maths skills are aligned to the Australian Curriculum, providing comprehensive coverage of maths concepts and applications. Parents and caregivers can view this program at [https://au.ixl.com/standards/math](https://au.ixl.com/standards/math). In addition to this program, all students have access to Mathletics and Reading eggs. Some classes also use Study Ladder. Please see your child’s class teacher if you need extra copies of usernames and passwords.

**Premier’s Sporting Challenge**

All students are participating in the Premier’s Sporting Challenge. Data on the amount of physical activity your child does during the week is recorded by students on an activity card in the classroom and logged online by the class teacher each week. Please see your child’s teacher if you have any questions regarding this.

**Life Education Visit**

A reminder that the Life Education van is visiting us during the next two weeks. If you are unsure what Life Education is about, please have a look at the website [http://www.lifeeducation.org.au/](http://www.lifeeducation.org.au/). Permission notes have gone home. Please see the office ladies if your child did not bring a note home.

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**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 28th August</td>
<td>Final payment Canberra</td>
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<tr>
<td>Thursday 3rd Sept</td>
<td>Year 1 Reptile Park excursion</td>
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<tr>
<td>Friday 4th Sept</td>
<td>Kindi Farm</td>
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<tr>
<td>Thursday 10th Sept</td>
<td>Regional Spelling Bee Final</td>
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<tr>
<td>Friday 11th Sept</td>
<td>Jump Rope for Heart</td>
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<tr>
<td>14th – 16th Sept</td>
<td>Canberra Excursion</td>
</tr>
<tr>
<td>Friday 30th Oct</td>
<td>Yr 4 Aquarium/Wildlife Excursion</td>
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**Stage 2 Supervisor - Mrs R Ranse**

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Overnight Canberra Excursion - Information regarding what to bring and medical forms will be sent out this week. Please ensure that all details on the medical form are filled out thoroughly and accurately as we need to be able to care for your child as best as we can. Ensuring their regular medical routines are adhered to is a part of this process. For students that are not attending our Canberra excursion school will proceed as normal. There will be some Stage 3 teachers remaining behind at school that will be teaching regular lessons.

Year 6 Transition - Our Year 6 students had a successful taster day at Gorokan High School on Monday. Thank you for supporting your child in dropping off and picking up your child at the High School on the day.

Letters have been sent home regarding the external entrance exam for the 7C enrichment class at Gorokan High School on Thursday 10th September. Please read the note carefully as parents and carers are responsible for dropping off and picking up their children on the day.

Transition # 6- Wednesday 21/10/15, Term 4- Week 3 (9.30-11.00am)
Orientation for parents will be in the hall. Children will participate in classroom activities.

RSVP the school by 24.8.15 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.

2015 Kindergarten Transition Program
Our aim is to allow your child to experience “big school” in an informal, supportive, caring environment. You and your child are invited to attend on the following dates:-

Transition # 1 -Wednesday 26/8/15, Term 3- Week 7 (9.30-10.30am)
Children and parents to visit the school at 9.30am, enjoying morning tea under the COLA (children to bring a drink and morning tea in a lunch box.) Locating and using “big school toilets” and use play equipment. Parents to attend technology talk with Mr Gibbs.

Transition # 2 - Wednesday 2/9/15, Term 3- Week 8 (9.30-10.30am)
Children will visit a Kindergarten classroom and participate in activities. Parents to attend Best Start Assessment talk with Mrs Myree Kent.

Transition # 3- Wednesday 9/9/15, Term 3- Week 9 (9.30-10.30am)
Children will visit a Kindergarten classroom and participate in activities. Parents to attend a talk about speech and language with Mrs Everson.

Transition # 4- Wednesday 7/10/15, Term 4- Week 1 (9.30-11.00am)
Orientation for parents will be in the hall. Children will participate in classroom activities.

Transition # 5- Wednesday 14/10/15, Term 4- Week 2 (9.30-11.00am)
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10 mindsets that will radically improve your parenting

By Michael Grose

The best intentions may not be enough to raise happy kids. Here are 10 mindsets to help you on the path to parenting success.

All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents’ mindsets, rather than their parenting skills and understandings.

Here are 10 mindsets for parenting success:

1. Believe in your child

This is easy if you have an early maturer, a child who has talents you value, or one who easily achieves anything he or she puts his mind to. But it’s a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child’s abilities is revealed through your expectations, your body language, even the expression on your face.

2. Look for the best

What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you’ll get more of those things. Set your antennae for children’s strengths, abilities and social behaviours and you’ll invariably get more of those.

3. Think long term

If you want your child to become independent then don’t do everything for him or her; you need to teach them some skills so they can become self-sufficient. Awareness, teaching and opportunity are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills- some take more teaching than others. They also need the opportunity to put things into practice.

4. Be brave

Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you’ve worked out what’s worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility; you need to be brave!

5. Think family

Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting ‘the gang’ rather than individual children. “What’s in the best interest of my child?” has replaced “What’s in the best interest of the family?” as the guiding family principle. This has partly come along as a result of small families, and partly it’s a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what’s best for each child as an individual, rather considering what may be in the best for the entire gang.

6. Accept challenges

There are always challenges raising kids. It’s important to embrace these challenges whether they are behavioural, or a child has struggles at school, or he is moving into puberty. It’s these challenges that will make you a better parent.

7. Build your community

Parents don’t raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven’t all the answers so they build a community of support and expertise around them.

8. Trust the process

Sometimes the desire to want the very best for our child can lead us to interfere at school, pre-school, childcare, even when kids are at their grandparents. It’s best to trust the process and allow people to educate, care for and look after your child in their own way.

9. Adversity builds character

It’s natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

10. This too shall pass

The hardest part of parenting is supporting kids when life doesn’t go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that “This hardship too shall pass.”