Dear Parents and Carers,

At Gorokan Public School we believe in teamwork at every level in order to achieve our ultimate goal of providing the students with a quality education in a caring environment.

SASS (School and Support Staff) Recognition Week - This week public schools all over NSW are recognising the valued work of their SASS teams. At Gorokan Public School we recognise the range of skills and expertise that our SASS have and know that our school, like all other schools, would not function without these wonderful people. Our SASS team includes Jenny Ehlers (School Administration Manager), Vicki Gainey and Sarah Bond (School Administration Officers) Patsy Young, Simon Morony, Rebecca Taylor-Smith, Leanne Laundess, Claudine Matthews and Carolyn Sullivan (School Learning Support Officers), Lyn Duncan (Aboriginal Education Officer) and Greg Harris (General Assistant). We also have a number of reliable casuals who fill these roles as required on a day-to-day basis who we also value and appreciate. Staff and students value and appreciate the significant contributions provided by these dedicated people.

Kindergarten 2016 – The Kindergarten transition program started last Wednesday and it was great to see both the children and parents engage in this important program. Today’s session was also well attended with parents learning about the Kindergarten Best Start Assessment program whilst the children participated in structured play activities in the Kindergarten classrooms. An outline of the program has been included on page 3 of this newsletter for your information.

P&C Meeting – The P&C met last Monday for yet another highly productive meeting. Thank you to those who were in attendance. I especially enjoyed presenting information relating to NAPLAN, sharing the successes of the students and the school as the result of effective school programs and strategic planning. Due to issues with technology our results will be revisited at the next meeting.

Before School Supervision – In the interest of the children’s safety, I would like to extend an important reminder to all parents and carers that students should not be at school before 8.30am. School starts at 9:00am but we allow students to arrive after 8.30am to reduce traffic congestion around the school. Playground supervision is provided from 8.30am and it is unsafe for students to be in the school grounds before then. Thank you for your anticipated assistance with this request.

Jump Rope for Heart – Funds raised so far are in excess of $4,047. We are well on the way to raising our school target of $5,000. The students have continued to train hard for the ‘jump off’ which is not far away now. The link to our fundraising page is https://jumprope.everydayhero.com.au/event/JumpRope2015-GorokanPublicSchool-109645.

Visitor Requirements – Gorokan Public School has a wonderful community of parents and carers who usually interact with each other, the students and staff in a safe and respectful manner. Entering upon the school site is a privilege that is valued by all and dependent upon this appropriate behaviour (Inclosed Lands Act - 1901). Apart from the regular dropping off or picking up of students, all visitors to the school must report to the office to sign in and state their business before proceeding to other parts of the school. Visitors must read the safety pamphlet and wear a visitor’s badge.

Zone Athletics Carnival – Congratulations to all our talented students who competed in the Zone Athletics Carnival at Mingara last Friday. Our athletes showed sustained effort and sportsmanship, representing themselves and our great school proudly. Congratulations to Breanna B, Mia O, Che W, Amelia C, Ryan H, Harrison G, Tyson T and Cameron C who have made it through to the Sydney North Carnival, to be held at Sydney Olympic Park Athletics Centre on Monday 7th September. Gorokan Public School achieved 5th place out of the 14 schools represented at the Wallarah Zone Carnival. Well done team Gorokan!

Planning Week – This week each stage team of teachers had a day to work collaboratively to plan and refine consistent, explicit and systematic delivery of the curriculum and extracurricular programs for next term. All teachers left thorough lesson plans for their substitutes to follow in their absence to ensure the continuation of maximised student learning outcomes and consistency in classroom routines. The outcome of these days is a clear direction for the term ahead for all students to benefit from.

Father’s Day – The annual Father’s Day stall will be held on Friday. I would like to wish all of the Gorokan Public School dads and significant father figures a wonderful Father’s Day for Sunday.

Together we can make a difference.

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

**Toys** - We have had some children bringing expensive toys to school recently. Please check your child’s bag in the morning to ensure that they are not bringing valuable toys to school which could cause distress if they are lost or broken.

**Behaviour Monitoring Cards** - Behaviour Monitoring cards are sent home each Friday. We ask that you check the card, sign it and return it on **Monday**.

**Public Speaking Competition** - The Kindergarten Public Speaking competition will take place from the beginning of Week 9 (7.9.15). The final will take place on Tuesday 15th September. Notes were sent home last week explaining the topic and requirements. We would encourage all students to participate.

**Photos** - There is a display of photos outside Mrs Flanagan’s and Mrs Lansdowne’s rooms. They depict the busy year Kindergarten have had so far. If you wish to purchase any of the photos envelopes are provided 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 - Savanna, Jack
- KL - Riley C, Samuel
- KH - Kiralee
- KS - Isaac, Lachlan

**Stage 1 Supervisor – Mrs C Behringer**

**Reptile Park** - This Thursday we will be taking all Year One students to the Reptile Park for their excursion on Australian animals. Your child will need a packed lunch, morning tea, hat and a bottle of water. There will be no lunch orders on the day.

**Lost Property** - We are encouraging the students to take responsibility for their clothes and belongings. This week we are asking them to make a big effort to claim back all their lost jumpers, hats and jackets from the lost property box in the foyer area. Could you also encourage them to do the same as we are wanting them to excel in their organisational skills.

**Stage 2 Supervisor - Mrs R Ranse**

**Lost Property** - Last week there was a lot of clothing left both outside classrooms and in the playground. If the clothing was clearly labelled, we did our best to return it to the students but if it was unlabelled, it was placed in the lost property pile, just outside our school counsellors office. Please feel free to check there if your child is missing an article of clothing.

**Parent Contact Details** - Have you moved house? Has your phone number changed? Quite often we need to make contact with parents and caregivers to provide feedback on how students are going at school. In order to do this, we need your most up to date contact details. If any of your details have changed, can you please let the office staff know as soon as possible?

**Year 4 Excursion** - To ensure a spot on the excursion permission notes and a deposit must be paid by 11th September. We also require payment by this date so that buses can be booked. Final payment must be made by Friday 16th October. Mrs Moon is coordinating this excursion so please contact her at the school if you have any questions.

**Stage 3 Supervisor – Mr C Corlett**

**Personal Hygiene** - Spring is upon us and the weather is heating up. It is a good time to remind ourselves of some basic common hygiene, and how you can support your child. Send your child to school in a clean shirt as often as is possible. If it is your child’s sports day this is of particular importance but remember that your child may be physically active before school, at recess, lunch and during the day. Regular washing of bodies, with soap, with particular attention paid to washing our underarms. Apply an anti-perspirant deodorant daily (your child may bring to school a roll on deodorant to apply after physical activity if they wish).

**Homework** - Regular completion of homework can play an important role in establishing routines at home for your child and can aid their learning. Please support your child in the regular completion of homework by providing a designated homework space and establishing a set time to complete homework.

**Dates to Remember**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thursday 3rd September</td>
<td>Year 1 Reptile Park excursion</td>
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<td>Friday 4th September</td>
<td>Kindi Farm</td>
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<td>Friday 4th September</td>
<td>Father’s Day Stall</td>
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<td>Wednesday 9th September</td>
<td>Kinder Transition #3 – Speech and language info for parents</td>
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<td>Thursday 10th September</td>
<td>Regional Spelling Bee Final</td>
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<td>Thursday 10th September</td>
<td>Central Coast Chess Competition</td>
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<td>Friday 11th September</td>
<td>Jump Rope for Heart – Jump off</td>
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<td>14th – 16th September</td>
<td>Canberra Excursion</td>
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<td>Friday 18th September</td>
<td>Last day of Term 3</td>
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<td>Tuesday 6th October</td>
<td>First day of Term 4</td>
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<td>Friday 16th October</td>
<td>Final payment Yr Aquarium Excursion</td>
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<td>Monday 19th October</td>
<td>Swim School</td>
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<tr>
<td>Friday 30th October</td>
<td>Yr 4 Aquarium/Wildlife Excursion</td>
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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 # 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)
Orientation for parents will be in the hall. Children will participate in classroom activities.

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.

Book Club - Orders for Scholastic issue 6 have been processed and books should be returned to children next week.

Father’s Day Stall - To be held on this Friday 4th September, 2015. The last day to organise for your child to get Gorokan dollars is Tuesday 1st September. No money will be taken on the day of the stall. Could your child please bring a plastic bag to carry their gift home. Help will be needed on the stall from 9.10am in the hall.

Little Cake Day - This term’s little cake day will be held on Friday 11th September, 2015. Years 2 and 4 are asked to make a donation of cakes, toffees or biscuits to go towards little cake day. These can be left at the canteen in the morning. We do ask that items do not contain nuts as we do have a few children allergic to them.

Canteen News

Canteen Roster 2015 - Week 8 Term 3

<table>
<thead>
<tr>
<th>Thursday 3rd September</th>
<th>Paul Tydeman, Vicki Smith</th>
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<tr>
<td>Friday 4th September</td>
<td>Tina Jones, Shayne Dodds</td>
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<td>Monday 7th September</td>
<td>Help needed</td>
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<td>Tuesday 8th September</td>
<td>Deb Bryce</td>
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<td>Wednesday 9th September</td>
<td>Collette Edwards, Vicki Smith</td>
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<td>Thursday 10th September</td>
<td>Paul Tydeman, Sue King</td>
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<tr>
<td>Friday 11th September</td>
<td>Susan Cheney</td>
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Running Down Stock - We will be changing from the winter menu to the summer menu next term. A new menu will be sent home in week 10. For this reason we will begin to run down stock. Please make sure your child has a second choice when ordering their lunch.

SCHOOL BEANIES ARE AVAILABLE FROM THE CANTEEN FOR $10.00 EACH.
Exploring the New Frontier in Parenting – Emotions
By Michael Grose

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

So where do we start? Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first** When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

2. **Contain rather than manage (let your kids do the managing)** Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant** We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions** Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions** Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

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