Dear Parents and Carers,

Our new school year is in full swing and the staff and students are settling into their new classes well. It is great to see and hear the positivity and enthusiasm that is in abundance at our great school.

Welcome New Families - We welcomed approximately ninety kindergarten students last week. We have also had many new students start across the rest of the school. We sincerely welcome you all and encourage you to be involved in our great school.

School Swimming Carnival - The school swimming carnival will be held at Toukley pool on Tuesday 16th February for students in Years 2 (who turn 8 this year) to 6 who can competently swim 50 metres. Please ensure that permission notes are returned promptly. Parent support at the carnival is very much appreciated and valued.

P & C – The next meeting will be held on Monday 15th Feb in the library at 3:30. All welcome.

Staffing and Classes for 2016 – I would like to introduce and welcome our new staff members to the Gorokan Public School community. Welcome to the following staff members:

- Mark Densmore who is an established Assistant Principal and will be supervising Stage 3 this year;
- Deb Forrest is on a teacher exchange from Canada and will be teaching Year 4;
- Ashlee Mulligan who was appointed to Gorokan Public School at the end of 2015 and will be teaching Year 2;
- Richard Linnane who was appointed to the school over the Christmas holidays as a targeted graduate and will be teaching Kindergarten;
- Karen Morrow who will be teaching performing arts as part of the school’s RFF program, and
- Michelle Watson who will be assisting Mrs Yates in the newly established MC class.

I would also like to acknowledge the service of Hannah Hanrahan and Wendy Bridge and wish them well for the year ahead in their chosen pursuits.

Class | Teacher/s
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1. KST | C. Turner - Mon, Tues, Wed E. Young - Thurs, Fri
2. KL | K. Lansdowne (Act. AP Kindy)
3. KR | R. Linnane
4. KS | S. Flanagan - Mon to Thurs A. Duke - Fri
5. KY (MC) | K. Yates M. Watson SLSO
6. K’1M | K. Bates
7. 1AH | C. Henderson L. Anderson
8. 1T | T. Coote
9. 1/2V | E. Voorwinde
10. 1-3G (MC) | L. Greentree L. Laundess SLSO
11. 2H | S. Holley
12. 2M | A. Mulligan
13. 2S | S. Ponchard
14. 3C | C. Clarke
15. 3K | C. King
16. 3R | R. Ranse (Act. AP Stage 2)
17. 4F | D. Forrest
18. 4L | A. Lower
19. 4M | W. Moon
20. 5D | M. Densmore (AP Stage 3)
21. 5F | G. Farrell
22. 5/6W | R. Weyling
23. 6B | A. Bertram
24. 6F | C. Foley
25. 6T | R. Tyrrell

Additional Programs

| ES1 Science | J. Shoesmith – Mon to Thurs |
| S1-3 PDHPE | M. Gibbs |
| Technology | K. Morrow - Thurs, Fri |
| Music | |

Teacher Librarian

- M. Bailey - Mon, Tues, Wed
- D. Glencorse - Thurs, Fri

Learning Support

- R. Johnston
- E. Carty
- M. Everson

Instructional Leaders

- M. Kent
- C. Behringer (AP Stage 1)

Together we can make a difference.

Jesmond Zammit

Principal
Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 10th</td>
<td>School Banking started</td>
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<tr>
<td>Monday 15th Feb</td>
<td>P &amp; C Meeting 3.30pm</td>
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<tr>
<td>Monday 15th Feb</td>
<td>Parent info session Yr 5 &amp; 6</td>
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<tr>
<td>Tuesday 16th Feb</td>
<td>Swimming Carnival</td>
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<tr>
<td>Tuesday 16th Feb</td>
<td>Parent info session Yr 3 &amp; 4</td>
</tr>
<tr>
<td>Wednesday 17th</td>
<td>Parent info session Yr 1 &amp; 2</td>
</tr>
<tr>
<td>Thursday 18th</td>
<td>Parent info session - Kinder</td>
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Kindergarten Supervisor – Mrs K Lansdowne

First Week - Thank you for your support in ensuring your child’s first week of school was a smooth one.

Notes - Please check your child’s bag daily for notes that are being sent home.

Clothing - All your child’s belongings need to be labelled clearly with their name.

Photos - Last week the school photographer took a photo of your child’s first week at school. You will receive a free copy later in the term.

Behaviour Cards - A yellow behaviour card will be sent home with your child every Friday. Please read, sign and return on Monday mornings. The expectation is that your child is on a rating 4, 5 or 6 for them to attend a reward day later in the term.

Parent Information Session - The Kindergarten information afternoon will be held on Thursday 18th February in the school hall at 2.20pm. We would like to see as many parents and carers as possible.

Kindergarten Free Sight Assessments - Optometrist Bernard Tan will be coming to Gorokan PS on the 18th February to complete free sight assessments on students in Kindergarten. (See page 3 of this newsletter)

Stage 1 Supervisor - Mrs C Behringer

Welcome back to school to both students and parents.

Parent Information Session - We will be holding our Parent Information afternoon next Wednesday (Week 4). This will commence at 3.15pm and we will be holding a crèche for all the children including your school age children. All parents of Year 1 and 2 students are welcome.

Stage 2 Supervisor - Mrs R Ranse

Congratulations to all of the Stage 2 students who have settled in so fantastically. Classes are very settled and there is some amazing learning happening across the Year 3 and 4 classes.

Parent Information Session - A reminder that our parent information session will be held next Tuesday in the library. The session will start at 3:15pm and will run for approximately half an hour. We look forward to meeting you.

Stage 3 Supervisor – Mr M Densmore

Stage 3 Information - The weekly newsletter is the best method of finding out what is happening within the school and in Stage 3. You can also download the school app or follow the school’s Facebook page for keeping up with school activities and events.

Parent Information Meeting - The Stage 3 parent information meeting will be held in Week 4 on Monday 15th February. This session will start at 3:15 in Mr Densmore’s classroom and will run for approximately half an hour.

P & C News

P&C Meetings Term 1 2016 - Our 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 3.30pm in the library. At this meeting all executive positions are vacated and nominations taken to fill those positions for 2016. The last general meeting for Term 1 will be held on Monday 14th March at 3.15pm.

Canteen News

Canteen Roster 2016 - Week 2 Term 1

<table>
<thead>
<tr>
<th>Date</th>
<th>Supervisor</th>
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<tbody>
<tr>
<td>Thursday 11th</td>
<td>Paul Tydeman</td>
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<tr>
<td>Friday 12th</td>
<td>Shayne Dodds, Susan Cheney</td>
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<tr>
<td>Monday 15th</td>
<td>Kimberly Grant</td>
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<tr>
<td>Tuesday 16th</td>
<td>Help needed</td>
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<tr>
<td>Wednesday 17th</td>
<td>Collette Edwards, Kimberly Grant</td>
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<tr>
<td>Thursday 18th</td>
<td>Paul Tydeman</td>
</tr>
<tr>
<td>Friday 19th</td>
<td>Shayne Dodds, Tina Jones</td>
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Breakfast Club - Our breakfast club is in need of bread and margarine so we can make toast in the morning. It would be appreciated if anyone could donate a couple of loaves of bread to please drop them off at the canteen.

School Banking - Student Banking will now be held on Wednesdays and commenced today.

Crane Academy of Dance - Dance classes are available at Gorokan Primary School in the school hall. All ages and standard of dance are welcomed. Hip Hop classes are available which is often appealing to the boys as well as the girls. We also have Cheerleading classes and many Jazz classes. So if you are looking for somewhere to dance come along and join us all. Please check out our website on www.craneacademy.com.au. For all enquiries please call Janelle Crane on 0425238695.

School News

Kindergarten Free Sight Assessments - Optometrist Bernard Tan will be coming to Gorokan PS on the 18th February to complete free sight assessments on students in Kindergarten. Please complete the consent form below and return it to your child’s class teacher by Tuesday 16th February if you wish to participate. This is a wonderful opportunity to have your children’s sight assessed by an experienced optometrist at no 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 the school if you would like further information regarding the sight assessments.

Sight Assessment Permission Slip (for class teacher)

I ____________________________, give permission for my child/children to have their sight assessed by optometrist Bernard Tan during school hours.

Name/s ______________________________________

Class/es ______________________________

Signed __________________________________

Parent/Guardian

Date _________________________________

COMMUNITY NEWS

Free lower limb assessment - The University of Newcastle Podiatry Clinic at Wyong hospital is offering children age 0-17 free lower limb assessments. Children will be assessed by final year students, supervised by a podiatrist. Children and their families can receive advice on footwear and normal development, and receive treatment of foot warts, foot and leg pain, walking problems, and night-time 'growing pains'.

When: Mondays from 3.15 to 5.00pm from 29th February to 30th May
To make a booking, or for more information, call 43947280
Make this year your child's best ever at school

By Michael Grose

A new school year means a clean slate for students. Here are 7 ideas to help you make the most of the fresh start and make this year your child’s best year ever at school:

1. **Commit to your child going to school every day on time.** One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. **Help kids start each day well.** A good night’s sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. **Establish work & study habits.** The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school’s expectations. Find out the work expectations from your child’s or young person’s school and help them establish a work routine that matches.

4. **Make sure your child gets enough sleep.** Many children and young people are sleep-deprived, which impacts on their wellbeing and their learning. A good night’s sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bedtime and get-up time each day. Have a 45-minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. **Insist kids exercise.** The old saying about ‘a healthy body and a healthy mind’ is so true. Exercise releases the chemicals needed for learning and wellbeing. Yet kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage your child to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. **Focus on being friendly.** Schools are very social places requiring kids to negotiate many different social situations each day. Yet we often only focus on academic learning. There are strong links between social success, and academic success and wellbeing. Encourage kids to be open and tolerant; to be friendly; to be sensitive to others; to be involved in plenty of activities and to be social risk-takers. These are all characteristics of socially successful kids. At the same time discourage anti-social behaviours such as over-competitiveness, self-centredness and lack of sharing.

7. **Develop self-help skills.** Successful students are often well organised, self-directed and self-motivated. Personal organisation seems to come more naturally to girls than boys, however both genders benefit from coaching in this important area. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you’ll find that the rest will fall into place.