Dear Parents and Carers,

At Gorokan Public School we believe in fostering a sense of belonging and working with parents and carers to maximise school engagement for all our students.

Welcome to the new year at Gorokan Public School. The staff have been working hard over the holidays to prepare for the year ahead and there are many improvements that have been completed within the school including the library refurbishment, internal painting, the construction of a covered walkway, the new frog pond, the delivery of a demountable building to accommodate the relocation of the School As a Community Centre (SACC), the opening of the PCYC before and after school care facility and the establishment of another special education classroom to name a few. Thank you to all involved.

Classes for 2016 – The way in which the school is staffed is on a very strict formula. A change of only a few student enrolments can affect the entire class structure of the school. This is why students return to their old classes until we are confident the new class structure can be supported. This short period in their last year’s class also allows students to readjust to being back at school after their long holiday break in the care of a teacher that they are familiar with. After much careful consideration, planning and organisation, the students in Years 1 to 6 were put in their classes for 2016 on Monday.

Parent information sessions – These sessions will be a great opportunity to meet your child’s teacher and learn about what is planned for the year ahead. The meetings are scheduled as follows:

- Monday 15th Feb – Stage 3 (Years 5 and 6)
- Tuesday 16th Feb - Stage 2 (Years 3 and 4)
- Wednesday 17th Feb - Stage 1 (Years 1 and 2)
- Thursday 18th Feb – Kindergarten

Further information regarding these meetings is outlined in the Stage Supervisor Reports contained in this newsletter.

Safety around our school - As we begin the new year I must remind everyone that we all need to work together to keep students, staff and parents safe around our school. Please attend to the following:

- Do not enter the school car park.
- Use the “No Standing” drop off zone at the front of the school on Dudley Street to drop off and pick up students. Don’t stop in this area for longer than 2 minutes.
- Drive below 40km/h around the school.
- Take extra caution around the pedestrian crossing in Dudley Street.
- Avoid picking up and dropping off children in Suncrest Parade and nearby streets.

Giving your child a great start - Students and parents can work together to make sure that the start to the new school year is smooth and without stress. Here are some tips to help set your child up for a great year.

- Wear their correct uniform each day (including the correct school hat). Have it ready the night before school days.
- Be at school on time. Aim to be at school by 8:45 am each day.
- Establish a good routine for regularly completing homework. Home from school / change clothes / snack / do homework / play / read before bed.
- Pack healthy food for fruit break, recess and lunch. A water bottle is essential.
- Have a healthy breakfast at home or at breakfast club.
- Pack school bags the night before school.
- Have plenty of sleep on school nights.
- Talk to your child about the ways they can be safe, respectful learners at school.

Facebook – School events are regularly posted on the Gorokan Public School Facebook Page as an additional source of information for you. I would encourage the school community to utilise this great resource. Together we can make a difference.

Jesmond Zammit

Principal
**School News**

**School Uniforms** - If you have any school uniforms that no longer fit your child it would be greatly appreciated if they could be donated to the school clothing pool.

**Equipment** - Please ensure that your child has their hat, water and lunch packed daily. Please put your child’s name on all items of clothing, lunch boxes etc. If any items are lost they will be placed in the lost property box in the foyer.

**Kindergarten Supervisor – Mrs K Lansdowne**

Welcome to all our Kindergarten parents.

**Best Start** - Thank you for your support in attending school for your child’s Best Start assessment. We will be providing you with the feedback from this assessment shortly. Please remember it is a snapshot of your child’s ability on that day and gives the teachers knowledge of what your child already knows.

**Parent information meeting** - An information afternoon is being organised for you to attend in week 4 of this term. We ask that you attend so you can meet the Kindergarten team and we can continue to build a positive partnership in your child’s time at school. This meeting will be held in the library at 2.30pm on Thursday 18th February.

**Water** - Please ensure your child has a bottle of water each day so that they can hydrate themselves during this very hot weather.

Our Kindergarten classes for this year are:

- KT/S  Ms C Turner and Mrs E Smithson
- K/1B  Miss K Bates
- KS    Mrs S Flanagan & Mrs A Duke
- KL    Mrs K Lansdowne
- KR    Mr R Linnane

**Stage 1 Supervisor - Mrs C Behringer**

Parent information meeting - The Stage 1 parent information meeting will be held in Week 4 on Wednesday 17th February. This meeting will start at 8:00 in the 2H classroom and will run for approximately half an hour.

**Stage 2 Supervisor - Mrs R Ranse**

Stage 2 Classes this year are:

- 3C  Mrs C Clarke
- 3K  Miss C King
- 3R  Mrs R Ranse
- 4F  Ms D Forrest
- 4M  Mrs W Moon
- 4L  Mr A Lewer

Welcome to the new school year. I hope that everyone had a wonderful holiday break and that students are well rested and enthusiastic about returning to school. 2016 is shaping up to be a wonderful year for our Stage 2 students with teachers currently planning exciting learning opportunities both in and out of the classroom.

**School Hats** - Please ensure that your child has a school hat every day as the weather is quite warm and we need to follow our school sun safe policy. Any student without a hat will be asked to play under the cola area where it is shaded.

**Sport** - Stage 2 sport time is on Tuesday afternoons. Students are required to wear their yellow sports uniform, blue shorts, sneakers and school hat.

**Early leavers and late arrivals** - If you are picking your child up from school early for any reason, we ask that you go to the school office. The office ladies will then call the classroom and your child will be sent down with their school bag. If your child is late to school, we ask that you bring them to the office and sign them in. Thank you for your assistance.

**Parent information meeting** - The Stage 2 parent information meeting will be held in Week 4 on Tuesday 16th February. This meeting will start at 3:15 in the school library and will run for approximately half an hour. The parent information meeting will provide an opportunity to meet your child's teacher and see their classroom. Time for individual parent teacher interviews has not been allocated in this time, however if you would like an interview with your child's teacher, please see them for a specific, mutually convenient appointment time.
Welcome back everyone and welcome to all of our wonderful new students. We are so happy that you have joined the Gorokan Public School community.

**Stage 3 Supervisor – Mr M Densmore**

**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.

Stage 3 Classes this year are:

- 5D Mr M Densmore
- 5F Mrs G Farrell
- 5/6W Miss R Weyling
- 6B Miss A Bertram
- 6F Mr C Foley
- 6T Mr R Tyrrell

**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 3.15pm 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 1 Term 1**

<table>
<thead>
<tr>
<th>Thursday 4th Feb</th>
<th>Paul Tydeman</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 5th Feb</td>
<td>Shayne Dodds, Tina Jones</td>
</tr>
<tr>
<td>Monday 8th Feb</td>
<td>Kimberley Grant</td>
</tr>
<tr>
<td>Tuesday 9th Feb</td>
<td>Maria Poulos</td>
</tr>
<tr>
<td>Wednesday 10th</td>
<td>Kimberley Grant</td>
</tr>
<tr>
<td>Thursday 11th</td>
<td>Paul Tydeman</td>
</tr>
<tr>
<td>Friday 12th Feb</td>
<td>Shayne Dodds, Susan Cheney</td>
</tr>
</tbody>
</table>

**Breakfast Club** - Our breakfast club is in need of bread 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 will commence in Week 3 (Wednesday 10th February, 2016).

**Community News**

**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.
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:

A new school year means a fresh start for students. Regardless of your child’s performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven 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 to 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 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.