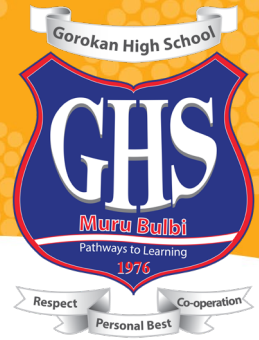


YEAR 7 BULLETIN

Term 1 Week 1



IMPORTANT UPCOMING DATES

06/02/23	Monday	School Photos (Full school uniform)
10/02/23	Friday	Year 7 Cultural Immersion Day at GHS
15/02/23	Wednesday	GHS Swimming Carnival - Wyong Pool
22/02/23	Wednesday	Year 7 Cyberia Performance
10/03/23	Friday	Year 7 Immunisations
15/03/23	Wednesday	GHS Athletics Carnival
22-24/03/23	Wednesday-Friday	Year 7 Camp – Great Aussie Bush Camp (Tea Gardens)

A MESSAGE FROM YOUR YEAR ADVISER

Gorokan High School welcomed our fantastic cohort of Year 7 2023 students this week. Students have begun building connections with their peers and staff and are getting into the routine of high school. I am pleased with Year 7's first week and look forward to seeing the momentum grow as we navigate our way through the first term. There are many exciting upcoming events and opportunities for students, and they are encouraged to take each opportunity to challenge themselves and grow from the experiences. Well done, Year 7. The journey has begun.

SCHOOL UNIFORM

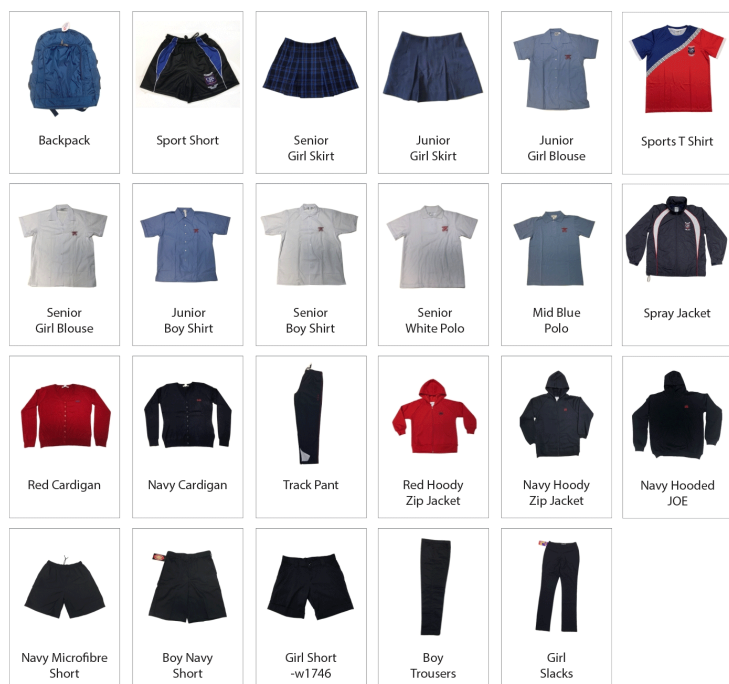
For information relating to school uniforms, please visit:

<https://gorokan-h.schools.nsw.gov.au/about-our-school/uniform.html>

We expect all students to have one full uniform (blue button-up shirt and navy shorts/skirt) to wear for formal events, excursions, and photos throughout the year.

School uniform shop – online ordering and current pricing:

gtschool.com.au



YEAR 7 CAMP – The Great Aussie Bush Camp

This is a 3-day camp where students get to experience camp life. The students are involved in a range of activities across the three days which take them outside their comfort zones and work on social development, team building, resilience, and a range of other skills. Information and permission notes will be sent home by the end of Week 2.



SCHOOL PHOTOS

Year 7 will have their school photos on Monday 6th February. Students will be sent home forms with instructions for parents/guardians to order photos next week.

CANTEEN

You can access the canteen menu and online ordering through the following web link:

☞ <https://www.flexischools.com.au/parents>

CYBER SAFETY TIP

Be aware of what you put online. It is on there forever and can be used to trace back to you at any time. Take control where you can with your privacy settings and block people who spam you. Then, report it to the website or app.

STUDENT WELLBEING FOCUS

SLEEP WELL – Sleep is important to your physical and mental health. Sleep improves memory, concentration, reduces stress and anxiety. Students should be aiming to sleep between seven and nine hours of sleep each night.

HELPFUL WEB LINKS

- ☞ eSafety: <https://www.esafety.gov.au/parents>
- ☞ [Ten tips for starting High School](#)
- ☞ [Getting ready for High School checklist](#)

SCHOOL CONTACT

If you have any questions, please do not hesitate to call the school on 4393 7000 or email me at mark.finlayson9@det.nsw.edu.au