

Gosford East Public School



Cnr York & Webb St's East Gosford NSW 2250

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Term 4 – Week 1

Wednesday 7th October 2015

FROM THE PRINCIPAL...

Welcome back to Term 4, which is traditionally very busy with the end of the term filled with presentations and celebrations and lots of work for the kids being completed before the end of the year. It is Year 6's final term at Primary School and so it is a very important term for them. It is also when our new Kindergartens start visiting us and we welcome them to our school. Our Transition program starts in a few weeks so if you know of any new Kindergarten children that will be starting next year and they have not contacted the school please do so as soon as possible.

P & C Green Team/ Gardens and Grounds Committee

As you would be aware our P & C Garden Committee/ Green Team have spent many, many hours not only cleaning up our gardens, planting an orchard in our western field, and revitalising our existing garden bed, but also have put in six garden beds near the canteen with a watering system where the children will be able to plant vegetables, watch them grow and eat the produce. This has been a huge task that has been undertaken by a very small group of parents. Our working bee earlier in the year made a difference but over the past few weeks there has been a transformation of the grounds, along with the help of the SES that I have mentioned below. This small team, led by Anibel Zarate, has accomplished so much in such a short period.

On behalf of the school community I thank them for their dedication, enthusiasm and efforts in making a difference and creating a resource that can be used by teachers in their teaching and learning so that kids can see where food comes from. We also hope that more members of our community become involved in this project.

Gosford SES

Last term we engaged an arborist to check the trees at our school so we could identify any trees that may be a danger to our kids, although this is not an exact science, he identified a few trees that we had to get removed. Thanks to Wendy Whitmore, our P & C Secretary and her husband Phil, who is a member of Gosford SES, the SES has cut down some trees, cleared many dead or dangerous branches, cleared out many gardens of debris and generally cleaned up our gardens. They were well supported by our P & C garden committee who helped on the day. Thank you to Gosford SES. They are an amazing volunteer community support that are usually called upon when we have the most horrible of weather to help those in need. Thank you from our school community to the members of Gosford SES for the work that they did at our school.

P & C Meeting

Our next P & C meeting is on next Tuesday 13th October at 7:00pm in the school staff room. It is a great opportunity to see what is happening in the school, see the support that the school receives by the P & C and meet some enthusiastic parents.

Graeme McLeod

Principal

DATES FOR YOUR CALENDER

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8th Oct – Powerhouse Exc Stage 1
9th Oct – CCC Festival Rehearsal #3
13th Oct – CARES Year 5
14th Oct - CARES Year 6
30th Oct - Kindi Orientation starts
3rd Nov - Author Visit Stage 3

REGULAR EVENTS...

Student Banking - Wednesday
School Assembly – 1:45pm Friday in hall
Uniform Shop – see Jo in canteen
TERM 4 – 6/10/2015 – 16/12/2015
TERM 1 2016 – 28/1/2016 – 8/4/2016

CENTRAL COAST CHORAL FESTIVAL

The GEPS Central Coast Choral Festival Group will be attending their 3rd and final rehearsal this Friday 9th October at Point Clare.

Things are hotting up ready for the concert in at Mingara in two weeks!
Exciting Times!!

Linden Connell

THANK YOU GEPS P&C

Recently the school English Committee purchased 104 guided reading book packs to support the teaching of guided reading in the classroom. This added up to being over 600 books purchased in total.

This significant update to our school reading resources would not have been possible without the support of the school P&C. Thank you P & C for all of your hard work fundraising throughout the year and thank you parents/carers for supporting the school funding raising efforts of the P&C.

We are all so excited about this large addition to our reading resources and can't wait to start using the new guided reading packs this Term.

GEPS English Committee and GEPS Staff



STUDENT CORNER ASSEMBLY NEWS

Caught You Being Good

Niamh, Eliza, Ava, Kira, Ayden, Riley, Finn, Eliza, Jonas, Jimmy, Tanaka, Dylan, Tiana, Lillyara, Lucy, Sarah, Mischa, Zoe, Sarah, Emily, Eliza, Piper, Hannah, Zoe, Lucinda, Kiara, Summer, Kyra, Sienna, Abbie, Matilda, Zhalia.

Quality Work

Tariq, Joseph, Stevie, Hamish, Liam, Liam B, Angel, Jayden, Tegan, Joshua, Thalia, Kayla, Luca, Piper, Martika, Jolie, Joshua.

House of the Week

Kiara

Congratulations To:

- Our Northcott Athletic Ribbon Winners!
- Mrs Schweikert for helping KE
- Mrs Pooley for becoming a teacher & helping Mr Emery
- 2T for a great item

Merit Awards

KE – Sophie

KF – Matilda & Kaylee

KH – Ahleyah

1P – Evie

1/2M – Michael

1ST – Daniel

2S – Isabella

2T – Yoanna

3/4E – Kimberley

3/4R – Thomas

4/5S – Brianna

5/6M – Riley

5/6C – Judy

3-6M – Jordan

K-5B – Mark

K-6W - Samuel



ICAS ENGLISH 2015

Congratulations to the following students for their achievements in this challenging assessment of their skills in English.

MERIT AWARD

Samuel W – 3/4R Aaron Mc – 3/4E

Jake H – 4/5S Billy F – 4/5S

CREDIT AWARD

William G – 3/4R Chloe H – 3/4E

Stevie B – 4/5S Christina C – 4/5S

Zoe D – 4/4S Kayla W – 5/6C

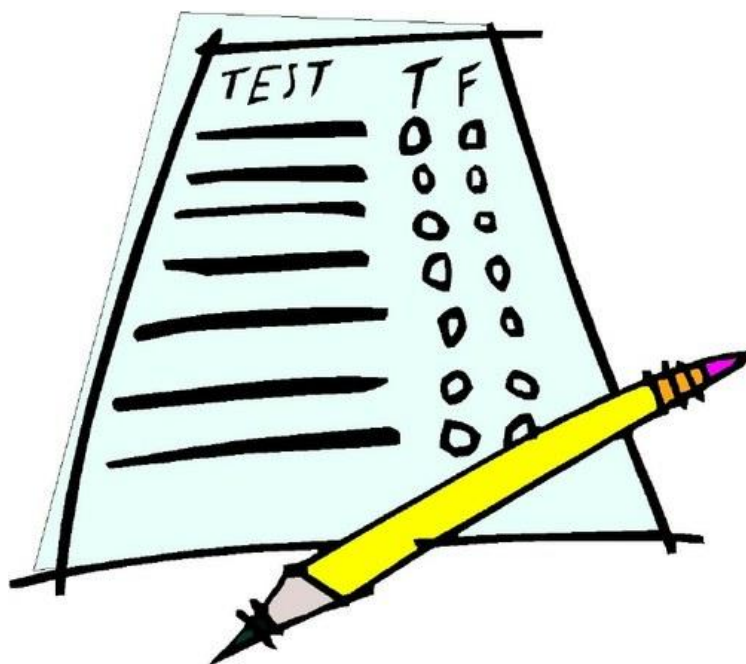
Niamh D – 5/6M Jamie R – 5/6M

DISTINCTION AWARD

Finn F – 3/4E

Ella T – 3/4E

Emma C – 4/5S



These special awards will be presented to the students at assembly on Friday.

Participation Certificates will be presented to students during Stage Assemblies.

Congratulations once again to all the students who were prepared to put their knowledge to the test.

Well Done!

Marg Sansom

HARMONY CORNER

8 October - **World Sight Day** World Sight Day focuses attention on the problem of global blindness and the fact that 80% of blindness could be prevented or cured.

9 October - **World Post Day** The Universal Postal Union (UPU) was established in 1875 to oversee the organisation of a worldwide postal service. The World Post Day is a reminder that the task of governments, postal administrations and associated bodies is to provide a universal postal service that is easily accessible, efficient and affordable.

10 October - **World Mental Health Day** The World Federation for Mental Health is an international non-profit advocacy organisation founded in 1948 to promote mental health and to advocate for the prevention of mental and emotional disorders and the proper treatment of people with such disorders. World Mental Health Day was first proclaimed in 1992 to assist with this advocacy role.



CANTEEN NEWS

Welcome back to Term 4. We have the new canteen menu out this term, with a few changes to products and prices. We are raising money for CanTeen, and are selling bandanas for \$4.00 and pens for \$3.00. Please remember this wonderful charity.

A big thank you to all families who brought in the Woolworths Earn & Learn Stickers. We collected over 32,000 stickers! Well done!.

ROSTER:

Thursday 8 th October	Carmen MacDonald
Friday 9 th October	Suzanne Piggott
Monday 12 th October	W. Whitmore / A Sykes-Hollowed
Wednesday 14 th October	Sarah Hole
Thursday 15 th October	Michelle Cutting
Friday 16 th October	HELP PLEASE 0414 907 968
Monday 19 th October	Carlie Belgre
Wednesday 21 st October	HELP PLEASE 0414 907 968

P & C NEWS

Over the holidays the GEPS Green Team has been busily working around school. Gosford SES came to school and cut many trees and branches. A Big Thank you to Glen from Specialised Tree Services. He chipped a huge pile of branches on a very hot day and left the teachers carpark area looking pristine, just in time for the start of Term 4.

The awesome new school garden is ready for the kids to start learning. Although we still need many items to improve this area. Eg water tank, benches, sinks, rolls of netting and chicken wire etc.. Let me know if anyone can help purchasing these items. Many hands make light work.

The next P&C meeting is Tuesday October 13th from 6:45pm in the school staff room. Just call by and find out what's going on at school and bring any good school improvement suggestions. All welcome. Tea/coffee and biscuits too.

Don't forget that you can receive your school newsletter by email now. If you wish to subscribe to this service, please email: geps.news@gmail.com. Your message should include the word "ADD" in the subject line and just your first and second name in the message area.

Thanks

Wendy Whitmore

P&C Secretary





Growing Pains - part of normal development, or should you be concerned?

Growing pains are thought to affect 25-40% of children. While Symptoms can occur at any age, 2 primary age periods of 3-4yrs and 8-12 yrs have been identified as the most frequent. Despite the name 'growing pains', these symptoms have not been linked to growth spurts or times of rapid bone growth. They are considered more likely to be a result of muscle fatigue related to normal child activities such as running, jumping and playing. Children who have poor posture such as 'flat feet' or 'rolling in' often put more strain on their supporting muscles and may be more susceptible to growing pains.

What to look for?

The onset of growing pain symptoms usually occurs in the early evening, bed time or soon after falling asleep. Growing pain symptoms should have resolved by the morning, and should not effect you child's ability to run and play.

Growing pains usually occur in the longer muscles of the legs. Common sites for this 'hurting' or 'aching' include the front of the thigh or the calf muscles. Growing pains usually occur in both legs. Managing the symptoms of your child's growing pains should include lots of love and reassurance. A gentle massage, stretching and a warm heat pack should relieve the discomfort.

Growing pains should not:

- * Occur during the day, limiting you child's ability to run and play.
- * Consistently occur in only 1 leg.
- * Result in any joint pain or inflammation.
- * Progressively worsen over an extended period.
- * Have accompanying illness such as rashes, fever, loss of appetite, limping, tiredness, weakness or weight loss.

Should any of the symptoms occur, we suggest you seek a professional opinion. We hope this information has been helpful.



Central Coast Potters Society

10a Russell Drysdale Street, East Gosford www.cc-potters.org



Children's pottery classes

Learn hand building techniques to
create decorative & functional pieces

Suitable for 7 to 12 year olds
Day and afternoon classes

Contact Libby Bourke
info@ccpotters.org



Dodgers Baseball Club has been fielding Senior and Junior teams on the Central Coast for over 50 years. We pride ourselves on being a family orientated club and many of our past juniors have worked their way up into our senior ranks.



We are currently looking for Junior Players in the Under 8, 10, 12 divisions, for the up and coming season.

Training and games are played on Wednesday evenings at Adcock Park.



**BOOK YOUR FREE TRIAL CLASS
FOR NEXT WEEK ONLY**

Fun Language Clubs for Kids On the Central Coast

The 'Fun' way to help your child become bilingual

🎵 French 🎵 Italian 🎵 Mandarin
🎵 Spanish 🎵 German



Play-based programs: Games, songs, puppets, craft, drama/role-plays & other fun activities to get your child using the language quickly and naturally!

ENROLING NOW NEW Mandarin for Kids Club At East Gosford PS Every Monday from
4.00pm-4.45pm

Enquire now: ph 0430 286 590

e: nathalie.roy@lcfclubs.com.au