

Gosford East Public School



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Term 4 – Week 2

Wednesday 14th October 2015

FROM THE PRINCIPAL...

CARES Program

The Years 5 and 6 CARES road safety program at Palmdale has been postponed due to bad weather. New dates have been set, and notes gone home.

The Community and Road Education Scheme (CARES) Program is a road and bicycle education program for Years five, six and seven school groups. This is linked to NSW Department of Education and Training Personal Development, Health and Physical Education syllabus.

Students benefit from the expertise of two NSW Police Officers appointed to the Centre to teach the CARES Program. The classroom lesson covers safe cycling, road rules, hand signaling and safe use of helmets. Outdoor lessons include bicycle safety checks, basic riding skills and obstacle course, riding on the road environment training track which features a roundabout, traffic lights and other 'real life' road characteristics. This will be a great opportunity for our students to learn some skills and become safer road users.

Selective Schools 2017

Applications for a placement in a Selective School in 2017 are now open for students who are currently in Year 5. Selective schools, such as Gosford High School, are for high achieving academically gifted students. Parents must apply online from with applications being submitted between the 13th October and 16th November. Students sit the Selective High School test on the 10th March next year. A letter has been sent home to each Year 5 student with information about this process. If you require any further information please contact your child's teacher or Jodie Campbell, Stage 3 Assistant Principal.

Guided Readers and Charging/ Syncing Unit for IPADS

Thanks to the P & C we have just received 240 readers that are used, mainly in Kindergarten and Stage 1 for Guided Reading. These resources are integral to the teaching of Reading and I can't thank the P & C enough for purchasing these for us. They also purchased a unit so we can charge all of the Ipads and sync new programs at once. Technology is a very important part of what we do in classrooms today and this will help save us a lot of time.

Graeme McLeod

Principal

DATES FOR YOUR CALENDER

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20th Oct - Kindi Farm Excursion

20th Oct – CCCF Final Rehearsal

28th Oct – CARES Year 5

28th Oct- Yr 6 Little Day Out EHS

3rd Nov - Author Visit Stage 3

4th Nov - Yr 5 Little Day Out EHS

5th Nov - CARES yr 6

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

Reminders of important information:

- Performance date is Tuesday 20th October
- Meet at school in primary quadrangle for bus pick up at 8:15am.
- Bring recess, lunch and 2 bottles of water in a plastic bag labelled with names in marker.
- Bring a jumper.
- Wear; choral festival t-shirt, another shirt or jumper to put over the top when eating, black pants, black shoes and black socks.
- Have dinner arrangements and end of concert collection arrangements organised.
- Green permission note returned to Ms Connell.

For more detailed information please refer to the green note handed out at the end of Term 3. If you missed out on evening tickets, tickets are still available for the matinee performance.

This is getting exciting!

Linden Connell



POWERHOUSE EXCURSION STAGE 1

On Thursday 8th October, 1ST, 1P, 1/2M, 2T, 2S and K-5B went on an excursion to the Powerhouse Museum in Sydney. We needed to catch the bus to get there.

When we got there, we discovered all the interesting things with our parent leader, such as inventions, big long trains and stuff from the old days. There was so much to see in the museum.

There was a fun Wiggles playground and iPods you could play with. We met Dr. Curly Fries, who led our tour, he was so funny! At the Mars Rover display we got to touch a rock from Mars which was interesting because it came from outer space! The last invention 1ST saw was the dancing robot which we all really liked.

We learned so much about everything we saw in the museum. The bus trip was fantastic and all of us had so much fun. We can't wait till we have another excursion.

By Melanie 1ST

JUMP ROPE FOR HEART

Congratulations to all the wonderful boys and girls at GEPS. Together we have raised a massive total of \$5,574.19 for the Heart Foundation. We have a very generous community and rose well above our goal of \$3000.

During the six weeks Jump Rope for Heart was run at our school, students had the opportunity to skip at lunch times, participated in skipping lessons for sport and skipping skill programs ran for stage two and three. All of this leading up to our 'Jump Off' day at the end of Term 3 where a fantastic time was had by all as students participated in skipping rotations.

Thank you to everyone who supported this great cause. Students who raised money and are being gifted with prizes should receive these within the next couple of weeks.

Hayley Roberts



STUDENT CORNER ASSEMBLY NEWS

Caught You Being Good

Anne, Jayden, Luca, Brian, RJ, Kaylen.

Quality Work

Cameron, Phoenix, Tiger, Mackenzie, Alistair, Tahlia, Taitem, Elizabeth, Harmony, Alexis, Jaxon, Owen, Tianah, Corey, Leilani, Klay,, Alicia, Brodie, Hamish, Tariq, Zack, Martika, Liam.

House of the Week : Chakola

Merit Awards

KE – Charlie	KF – Byron	KH – Madison
1P – Gianni & Aiden	1/2M – Ruby	1ST – Skarlett
2S – Arthur	2T – Tyler	3/4E – Jay
3/4R – Ashlee	4/5S – Romy	5/6M – Jackson
5/6C – Daniel	3-6M – Thomas	K-5B – Will

NOTES HOME

- Selective High School 2017 Application
- EHS Little Day Out Year 6
- EHS Primary Fun Day
- Canteen Survey
- EHS Little Day Out Year 5
- CCCF Final Rehearsal
- Stage 3 Canberra Excursion
- CCCF Bus Time Change



SELECTIVE HIGH SCHOOL PLACEMENT IN 2017

Applications for selective high school placements in 2017 are now open. Parents must apply online at www.schools.nsw.edu.au/shsplacement . Applications for entry in 2017 can be made online between 13 October 2015 and 16 November 2015. Applications will not be accepted after 16 November 2015. All applicants are required to sit the Selective High School Placement Test to be held on Thursday 10 March 2016. Information booklets are available from the school.

YEAR 6 TO 7 ORIENTATION DAY EHS

Save this date!....Orientation day at Erina High School will be held on 3rd December 2015. The parent information session will be also held that evening. More information to follow.

ICAS MATHS 2015

Congratulations to the following students for their achievements in the ICAS Mathematics Assessment. The questions were a real challenge to the students' knowledge and skills in this subject area.

MERIT AWARD

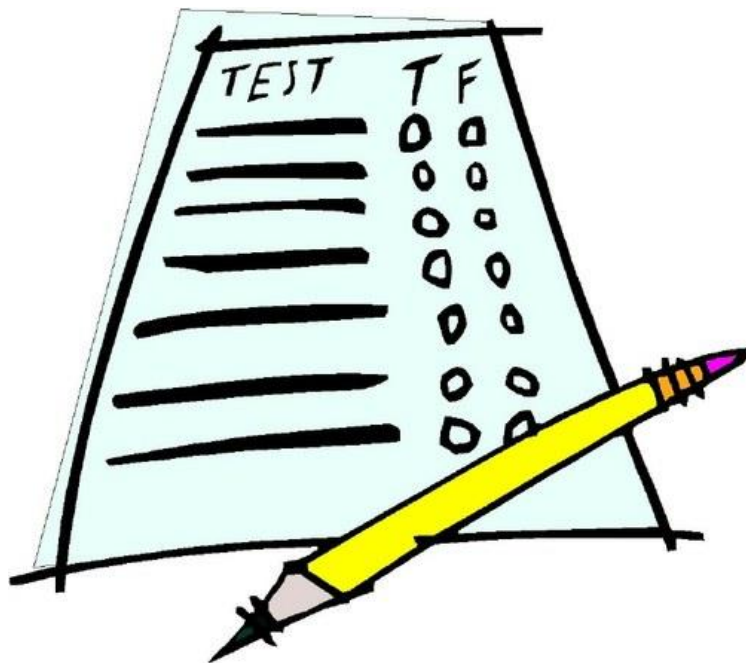
Chloe H – 3/4E Niamh D – 5/6M Judy K – 5/6C

CREDIT AWARD

Christina C – 4/5S	Haley C – 4/5S
Alistair S – 4/5S	Billy F – 4/5S
Kayla W – 5/6C	Stacey H – 5/6C

DISTINCTION AWARD

Finn F – 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

14 October - **Hijra/Muharran Islamic New Year (Muslim)** In the Islamic calendar New Year is celebrated on the first day of the first month, Muharram.

15 October - **International White Cane Day** promotes the rights of those who are visually impaired to independent travel and movement. It also focuses on the responsibilities of the visually able to assist those who are visually impaired to travel with safety and confidence.

16 October - **World Food Day** is a worldwide event designed to increase awareness, understanding and informed year-round action to alleviate hunger. The first World Food Day was held in 1981.



CANTEEN NEWS

Hi Everyone

As many may have seen on Facebook we are now making our own pizzas on Monday, Wednesday & Thursday. You have the choice of cheese, ham & cheese or ham & pineapple. Due to the amount of lunch orders on Friday it is not possible, time wise, to make our own so the Canteen approved McCains frozen ham & cheese or ham & pineapple will be available. If your child prefers the McCains pizzas during the rest of the week please just write "boxed pizza" on the bag. Thanks.

The new menu is now available on the School, Community & P&C Facebook pages as well as the school web page and hopefully ap soon.

Unfortunately we, due to circumstances beyond my control, we no longer have our popcorn machine so we will only be selling packaged popcorn for now.

Thanks

Jo

ROSTER:

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
Thursday 22 nd October	Mel Hogston
Friday 23 rd October	Tracey Hill
Monday 26 th October	Carlie Belgre
Wednesday 28 th October	HELP PLEASE 0414 907 968



School Banking is preparing for touchdown.

As we launch into the final term of School Banking, students are one small step away from completing their savings mission on Planet Savings.

Two new out-of-this-world reward items
For every 10 deposits made through the School Banking program, students can redeem a reward from our Outer Space Savers range. With the withdrawal of the Lunar Light Band this term, we are releasing an alternative reward item in Term 4, together with the new Outer Space Savers Money Box. Students will be able to test their skills with a game of frisbee with the new Galaxy Glider reward item which will be available for order while stocks last.

You could be taking one giant leap to California's Disneyland
Don't forget, students who make 25 or more School Banking deposits this year will automatically go into the draw at the end of the year to win a family trip to California's Disneyland. If you haven't already reached 25 or more deposits, now is the last chance before we touch down!

For more information visit commbank.com.au/schoolbanking

CAN

P & C NEWS

Here are some great ways to raise funds for our school:

1. Book Club Order from issue 7 are due back October 26th – 20% of sales go back to the school. Lots of Christmas present ideas.
2. A-Mart Sportz in West Gosford (opposite Masters) gives a 5% community kickback.
3. “Stuck on You” labels for all your labels/drink bottles/bags etc. Order online and use our School Fundraiser code: GosfordEastPublicSchool.
4. New fundraising ideas that the school could organise with more helpers eg: Sunscreen fundraiser, Xmas cards, School Cookbook, GEPS Calender, Tea towels.

Also the GEPS Green Team are busily working in the school gardens, anyone can help on Fridays from 2:00-3:00pm. Meet by the shed on left hand side of canteen.

School garden Working Bee will be happening in a few weeks – watch this space.

- Reminder that you can have the newsletter sent to your email.
- Please join our P&C facebook group for more information and an opportunity to get in touch with P&C members.
- The 2015 Canteen Survey has been sent home this week. Please take the time (5 mins) to complete and return it to school before the 30th October 2015.

Thanks

Wendy Whitmore

P&C Secretary





USE FUNDRAISER CODE:

GOSFORDEASTPUBLICSCHOOL



PERSONALISED
DRINK BOTTLES



PERSONALISED

TO SUPPORT OUR FUNDRAISER

- 1 Simply create a personal account and place your order online.
- 2 Enter our fundraising code or name at the checkout for your points to transfer to our fundraiser.

WE WILL EARN UP TO 20% COMMISSION

Shop online at stuckonyou.com.au

Call 1800 645 849

Celebrating **20 YEARS**

Shop Quality Fast



Barefoot kids (School Aged)

– Encouraging natural development or just bad parenting?

There has been a lot written over the years about barefoot children and the effect of footwear on the developing foot. There are groups holding very strong opinions that everyone should go bare foot all of the time and that shoes are destroying our feet, as well as those who believe we should all be wearing the most supportive shoe possible, preferably with orthotics. In reality, everyone is different and the answer usually lies somewhere in the middle. Below are a few points to consider.

One of the primary arguments for encouraging children to run and play barefoot is that it strengthens the muscles and tendons in the feet. Playing barefoot allows the joints in the foot to move through their full range of motion, requiring the muscles to work just that little bit harder to stabilise the foot and keep everything under control. It's the same principle used by people who choose to add a barefoot beach run to their training routine. The flip side to this argument is that while deliberately making the muscles work harder can make them stronger, it can also increase the chance of developing injury. This may need to be considered for heavier kids, or kids who are just beginning to increase their activity levels.

Another point regularly made by the barefoot group is that kids must avoid footwear to allow the arch to develop. They very rarely expand on this to explain exactly how footwear hinders this process. Babies learning to walk at 12-18 months, and toddlers, generally have no developed bones in their feet, making them very mobile. The 26 bones found in the adult foot develop at different ages, into the child's early teens. By the age of about 6 years, a child should have a stronger well developed arch. The height of this arch and the general determined by the parents' foot shape. Your family many have broad feet or narrow heels, maybe a long 2nd toe, perhaps curly, under riding little toes or even partially webbed toes. It's just a part of who we are.

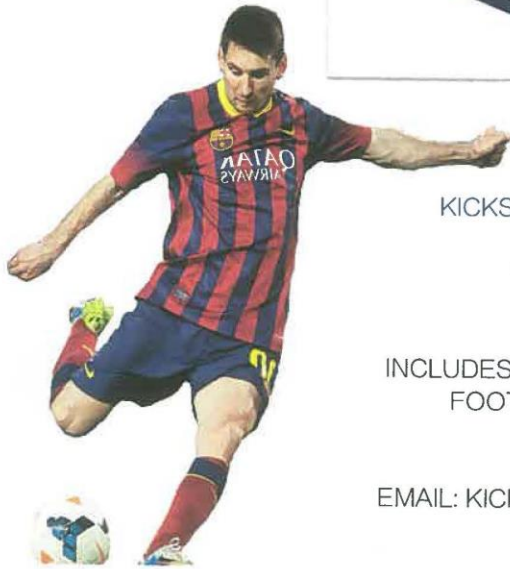
A key argument from the pro footwear group, is the need to keep our children safe in a society of hard surfaces, broken glass, oyster shells and dare I say it, needles. To this, I suggest you apply a little common sense, assessing the risk for yourself when you are in a public area. It would be a real shame for kids to miss out on running along the beach barefoot for a fear or the unseen. My kids spend most of the afternoon playing bare foot in the back yard and jumping on the trampoline. The biggest risk we have has usually been left by the dog and often offers a bit of comic relief, as long as it doesn't make its way inside.

There are no definitive answers as to the best shoe to barefoot balance for a healthy pain free child. We suggest you do whatever you need to, to keep your child happy, safe and active. All we really want to see are active kids having fun in a safe environment.

As with all things in life, there are exceptions to the rule. If you have a child with an underlying musculoskeletal disorder, a child with an injury or a child with foot pain, we suggest you seek a professional opinion regarding appropriate footwear options.

We wish you all a happy "Foot Health" Month this October.





KICKS4US FOOTBALL ACADEMY

10 WEEK PROGRAM
\$250

INCLUDES: 2 SESSIONS PER WEEK, FULL
FOOTBALL KIT, DRINK BOTTLE

PH:0487404551
EMAIL: KICKS4USCOACHING@GMAIL.COM

Free Triple P Parenting Group Program

Conducted by School Schools as Community Centre
Wyoming

Morning Tea provided

This 5 week program is for parents to
Learn how to change unwanted behaviour and to
encourage desirable behaviour in your children.

Program covers:

- The power of positive parenting
- Raising confident, competent children
- Raising resilient children

Venue:

Wingello Cottage - Schools as
Community Centres
In the grounds of Wyoming Public
School
41 Maidens Brush Road, Wyoming

When: 5 Thursday sessions in term 4

Dates : 22, 29 October, 5, 12, 19
November

Time: 10am-12pm

To register please call Philippa 0477 317 862 Wyoming SaCC