

Gosford East Public School

Cnr York & Webb St's East Gosford NSW 2250

Tel: (02) 4325 2178 Fax: (02) 4323 6930 Email: gosfordest-p.school@det.nsw.edu.au



Term 4 – Week 3

Wednesday 21st October 2015

FROM THE PRINCIPAL...

Maths Fun Day

Today, all classes participated in a range of activities with a Mathematics focus. Classes rotated through lessons in their Stage area and participated in some highly engaging activities. These lessons were devised by class teachers using our new syllabus and were designed to inspire students in this very important area of learning. Activities were focused on Number and Algebra; Measurement and Geometry; Statistics and Probability; and Working Mathematically. Thank you to Mr Travica and our school Mathematics Committee for their organisation. Keep an eye out for the work produced today on display throughout the school.

Kindy Orientation

Next Friday we will have our new Kindergarten students starting their Orientation and Transition Program at our school. We have about 55 students attending this program and we are very much looking forward to meeting them as a group. Stephanie Mellross has organised a very good program for our new Kindergarten students and their parents. We look forward to welcoming them to our school.

Max Ability Sports

One of our ex-students, Brayden, is holding a sports afternoon for some of the students in our Support Unit. This is part of the Max Ability program that he is involved in at school. It is great seeing one of our students returning to our school to help especially with our Support Unit. I am sure the students involved will have a great time and I thank Brayden for his interest and enthusiasm.

Kindergarten Excursion to Gosford High Farm

On Tuesday our Kindergarten students attended an excursion at Gosford High School Farm. This is a great excursion and supports the student's curriculum. It is a great farm with many animals and I am sure that the kids and teachers really got a lot out of the excursion.



PAVe

Last year our Stage 2 (this year's students from Y4 and Y5) students were invited to participate in an Australian wide survey to help reduce the incidence of anxiety and bullying. All students in years 3-6 have participated in some activities from the Friendly Schools PLUS program. Students, who received parental permission, also completed an online survey last year and throughout the next couple of weeks will be again completing an online survey about the lessons. Parents of these students will also be offered the opportunity to complete the survey again too. The lessons have been very well received in our classrooms.

Enjoy your week!

Graeme McLeod

Principal

DATES FOR YOUR CALENDER

DATES FOR YOUR CALENDER...

- 28th Oct – CARES Year 5
- 28th Oct- Yr 6 Little Day Out EHS
- 3rd Nov - Author Visit Stage 3
- 4th Nov - Year 5 Little Day Out EHS
- 5th Nov - CARES Year 6
- 11th Oct - Primary Fun Day EHS

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

CREATIVE ARTS SHOWCASE

Gosford East Public School will be holding a Creative Arts Showcase to show off our wonderful talented students. It will include our Dance groups, Choir, Zumba Class and some of our assembly items. This spectacular event will be held at Erina High School Hall on Wednesday 25th November 2015. Notes have gone home today, and tickets will be on sale from Thursday 22nd October. The P & C will be holding a fundraising BBQ at the event. Please don't miss out on this fantastic display of talent!



MULTICULTURAL MORNING TEA

Thank you to the parents and staff who made the Celebration of our Multicultural Community last term so enjoyable. We had a wide variety of languages represented from the school community: Tamil, Gujarati, Shona, Korean, Indonesian, Cantonese, Serbian, Thai, Italian, Bangla, Mandarin, French and Arabic. A big thank you to Jo in our canteen for the catering.

Our parents included those with students already enrolled in our school as well as families with students starting next year in Kindergarten. We celebrate the wide variety of languages represented in our school community and we hope to discover new languages.

Mrs Coles Teacher/Librarian and Mrs Callachor EAL Teacher



Ms Edwards, Mr and Mrs Fairley and Mrs Gharbi



Ms Sukasih, Mrs Golledge, Mrs Thongthun and Mrs Mathi

STUDENT CORNER ASSEMBLY NEWS

Caught You Being Good

Hayley, Zoe, Oliver, Finn, Anne, Nicholas, Molly, Owen, Savannah, Niamph, Dylan, Ashley, Mackenzie.

Quality Work

Esme, Brock, Olivia, Lila, Aila, Cohen, Owen, Yoel, Reagan, Jensen.

House of the Week : Kiara

Merit Awards

KE – Addison	KF – Lachlan	K-5B – Mark
1/2M – Lachlan	1P – Harmony	
2S – Kaden	2T – Tanishka	
3/4R – Sam	4/5S – Chelsea	
5/6C – Oliver	K-6W – Joshua	

NOTES HOME

- Sushi Day Canteen
- Creative Showcase costumes
- Creative Showcase Ticket Information



STAGE 2 HISTORY UNIT

Stage 2 are currently doing a history unit this term, on the history of the local area. To begin with, we were studying the life and times of the local Aboriginal tribes. To assist us, we had a visiting speaker Mr Brad Welsh. He gave a very interesting talk and there were some excellent comments and questions from the students. I would like to thank Mr Welsh for his time and knowledge.

Mr Emery 3/4E



SCHOOL CAPTAIN SELECTION PROCESS

We have been busy interviewing the candidates for school captains and prefects in 2016. I know the choice will again be very difficult. We should be finished the interviews early next week, and will then move on to the next step. This will involve all candidates wearing a provisional "P" badge! These will be presented at the Friday 23rd October assembly.

Mark Emery

HARMONY CORNER

21 October - [Chung Yeung Festival \(Chinese\)](#) is the second grave sweeping festival which is held in autumn. The first, Ching Ming, 5 April is held in spring (northern Hemisphere), this year on 5 April. Families pay respect to their deceased elders. They care for the graves and make offerings of incense, joss paper and food to their ancestors.

22 October – [Sculpture by the Sea](#) The first Sculpture by the Sea exhibition was a one day event in 1997. Since that time it has grown into an internationally recognised sculpture exhibition attracting work from sculptors from all over the world. The exhibition is outdoors, strategically located along Bondi to Tamarama coastal walk and on Tamarama beach. It now runs for 3 weeks and attracts some 500,000 visitors. Included in the activities is a schools education program. Low vision visitors, guided by experienced Sculpture by the Sea staff, are encouraged to engage with the sculpture through informed discussion and touch.



CANTEEN NEWS

Hi Everyone,

By now you should have received home your Special Sushi Day flyer. These will have to be pre-ordered please. Normal menu items will be available on the day for those who do not eat sushi. If it is popular we will then look at having sushi on Thursday and Fridays.

Fridays are getting very busy – which is wonderful – but we are really in need of an extra pair of hands between 11:30 and 1:00pm to help get the lunches out on time. If you can assist at this time any week can you please give me a call on the number below. Thanks in advance.

Please remember to send your surveys in to the school office.

Please remember if you have any questions about the menu or items we sell to either call in or give me a call on the number below.

Thanks

Jo

ROSTER:

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
Thursday 29 th October	Donna Ryan
Friday 30 th October	HELP PLEASE 0414 907 968
Monday 2 nd November	Kelly Schultz
Wednesday 4 th November	HELP PLEASE 0414 907 968



Volunteer graphic designer needed. For the newly introduced program PBL (Positive Behaviour for Learning) students have designed and voted on a school mascot. We are seeking any kind person who will volunteer their time to assist us, in drawing up our design. If you are that wonderful talented person or know of someone who could help could you please email contact the school office- 4325 2178

Kind Regards

Lorell Masters

P & C NEWS

Term 3 was very successful with fundraising. The disco & pizza raised \$963.15 which was a fantastic effort. Thank you to all my wonderful helpers and to Anibal for setting up and running the pizza, coffee & drinks. Thanks also to Micheal's Pizza at East Gosford for the delicious pizzas.

The Father's Day stall was enjoyed by all the children and we managed to raise \$502.45. Thanks again to all my helpers on the day, without you these events would not be possible.

I will be having a Christmas raffle in December and I'm in the process of finding businesses to donate prizes. If you have, or know of a business that would be able to donate, could you please contact me on 0413 199 647.

Mel Hogston

Fundraising Co-ordinator

Summary of P&C Meeting last week.

1. \$300 donated for Buddy Bench
2. A letter re parking problems has been sent to council
3. Term 3 disco raised over \$800, big thanks to Mel Hogston, Anibal Zarate and Michaels Restaurant for the pizza deal.
4. Jodi Campbell updated us on PAVE and PBL
5. Lara Middleton discussed the GEPS Performance Showcase on Wednesday 25th November. It was agreed that P&C run a BBQ, with drink, lolly bags and cupcakes with all profits going to GEPS Creative Arts program. BBQ from 5pm and Show from 6.30-8pm at Erina High School.
6. Canteen survey is out and due back 30th October.
7. Kindy Orientation – helpers needed to assist with uniform sales on 20th November, See Jo C.
8. Xmas raffle fundraising letters are being sent out, contact Mel H if you can help.
9. Only 30 families have joined the Newsletter by email, please remember this is a new list so you need to re-apply this year.
10. The New school garden is improving all the time – thanks to the Green Team for their work.

Look out for new info on the P&C board in the Canteen foyer and on the P&C Facebook group.

At the end of this year all P&C executive positions (President/Vice President/Treasurer/Secretary) will be vacant and ready for 2016 members (old and new), please take the time to assist P&C and help improve our school. Contact one of us for more info. Next meeting Nov 10th.

Wendy Whitmore

P&C Secretary



Ingrown toe nails – sorting the myths from the facts.

Ingrown toe nails are a simple medical condition that if left untreated, can have a debilitating effect on people of all ages, including kids. It is surprising how misunderstood this condition is, and how many incorrect treatment options are being shared among the community. Many old remedies such as 'cutting a V in it', have been passed down through the generation with little effect.

Ingrown toe nails are simply a local irritation between the nail edge and the surrounding skin in the nail sulci. Once this irritation occurs, the surrounding skin becomes inflamed, getting tighter against the nail edge, resulting in greater irritation. In severe or prolonged cases, large sections of hypergranulation tissue or 'proud flesh' may develop over the nail edge. As this occurs, the nail is often unchanged, simply minding its own business but receiving the blame for the discomfort. If the ingrown nail site has a break in the skin, it is often only a matter of time before the bacteria found on many feet will cause an infection. This in turn, usually results in more inflammation and greater discomfort.

There are many factors that can contribute to the start of an ingrown nail including ;

1. A naturally involuted or curved nail shape. This is often a hereditary trait and is no fault of the unfortunate patient.
2. Some ingrown nails occur due to previous trauma to the nail, resulting in thickening, or a change to the position of the nail bed.
3. Often footwear can be a significant factor. Shoes that are too small, too narrow or too shallow in the toe box can begin the ingrown nail process.
4. Acute trauma such as kicking furniture or tripping on a step can often be enough to cause the initial irritation.
5. Poor nail cutting technique, such as leaving a nail spike in the edge is probably the most widely recognised.
6. 'Picking' or 'tearing' the nail is probably the number 1 cause in young kids and teenagers. Kids who develop this habit are almost guaranteed to have ingrown nail problems at some stage.

How can an ingrown nail be treated?

Treating an ingrown nail usually requires a small piece of the nail to be gently trimmed away to allow the soft tissue inflammation to subside. It is important to address the contributing factors to minimise the chance of the tenderness recurring. If an infection is present, antibiotics are often required. In some recurring cases, a minor surgical procedure may be required to permanently reduce the nail width. While the thought of surgery can be off putting for some people, the thought of a recurring ingrown nail for 30-40 years is also quite undesirable. Unfortunately cutting a 'v' in the end of the nail will not change the nail width, nor will it alter the direction the nail is growing.

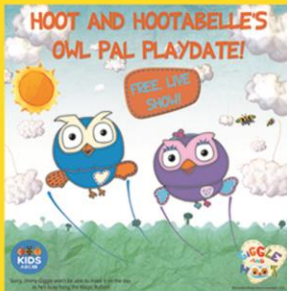
We hope that you found this information to be helpful, and wish you all a happy 'Foot Health' Month this October.



KIDS DAY OUT

Sunday 1st NOV
10 am - 3 pm

Kariong Mountains
HIGH SCHOOL

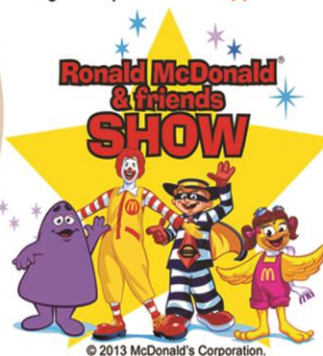


KEEPING OUR KIDS SAFE



www.cckdo.org

ENTRY adults \$5 kids \$2
gates open at 9.30am ★ tickets can be bought online



© 2013 McDonald's Corporation.

Live Shows
MEET & GREET
Entertainers
Animal Farm
sport
stalls
Rides
safety talks
Dr John Irvine
workshops
and much more

the KDO 2015 program may be subject to change

CENTRAL COAST COMMUNITIES KEEPING OUR KIDS SAFE

