

Gosford East Public School

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Term 4 – Week 9

Wednesday 2nd December 2015

FROM THE PRINCIPAL...

Creative Arts Showcase

As most people are aware our Showcase was on last Wednesday evening at Erina High. We had over 500 parents, 300 students and many staff. It was a huge night and I cannot thank everyone for attending and watching the many talents within our school. Our students were all fantastic and it did show the range of programs that we have. Our 7 Dance Groups, Zumba group, two choirs plus our other items all performed so well. Thank you to our P and C for running the BBQ on the night, they once again supported our school so well. A thank you to all of our staff that all worked together and put so many hours in to make it a success. The money raised from the night will go towards our Creative Arts programs next year.

Year 6 Transition

This Thursday most of our Year 6 students will be attending their 2016 high school. Attending High School is a major step in a child's life. We have been working very close with most schools, particularly Erina High, to ensure that every child's transition is as smooth as possible. Our students usually go to about 10 different high schools so this is a major task. Thank you to Jodie Campbell and her team for all the work that they do with our high schools to make this a success.

Christmas Concert

Our Christmas Concert is on this Friday at 1:45pm. I know parking is difficult but as those that have attended before know it is a very special afternoon. Our Presentation Assembly is on Friday 11th December commencing at 9:15 am. Your attendance at either or both of these events will be welcomed.

Reports

Your child's report will be sent home next Friday 11th December. If you have any questions in relation to your child's progress don't hesitate to discuss this with their teacher.

Graeme McLeod

Principal

DATES FOR YOUR CALENDER

DATES FOR YOUR CALENDER...

3 rd Dec	Yr6 Orientation EHS
4 th Dec	Christmas Concert
8 th Dec	Kindy Graduation Year 6 Graduation
11 th Dec	Presentation Day
15 th Dec	Year 6 Farewell
16 th Dec	Last day of school for students

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

COMMENTS FROM Year 5 & Year 6

** C.A.R.E.S. Y5 & Y6*****

- I loved the free time out on the track and the excellent behaviour of our students! – Mrs C
- I loved the well organised day and the excellent behaviour of our Yr 5 students – Ms Sansom
- I loved using the roundabout and traffic lights in free time. - Stacey H.
- I loved pointing out the dangerous hazards on the slide show-Mitchell.R
- I loved the roundabouts in free time! – Lara S
- I LOVED THE SLIDE SHOW IT WAS FUNNY Joshua.W
- I loved the free time on the gravel track it was fun_ Lachlan.B
- I liked having the free time on the track-Judy K
- I loved how it looked the same as the streets-Mia L
- I loved the free time on the course – Luca.B
- I liked the obstacle course – Romy and Tahlia R
- It taught me how to be safe on the road – Chelsey
- I liked learning all the road rules – Billy
- I enjoyed riding over the bumps on my bike – Eamon
- I liked the free time on the course –Jayden.L

I liked cars because you can break the law. Jake .M

I liked it when I had free time-Daina.K

I liked it when there was a wait for the traffic lights and I went on an alternative route –Thomas

I liked the free time-Riley B

I liked how realistic the track was-Oliver.B

***** Refugee visit*****

Rachel was really interesting to meet and S3 were an awesome audience! – Mrs C

Rachel's story was inspiring and she is delightful –Ms Sansom

I loved listening to Rachel's interesting story.-Stacey H.

I liked it how she loved coca cola –Mitchell R

I liked Rachel's story –Lara S

I really liked how interesting it was_ Lachlan.B

Racael's story was very interesting—Luca.B

Rachel's story was very interesting and I enjoyed it a lot-Daina.K

I liked listening to Rachel's stories about her past- Riley. L

***** Y5 Primary Fun Day EHS*****

I loved all the cool choices and our Y5 students' behaviour – Mrs C

I really loved the sport and soccer and vortex wars _ Lachlan.B

I loved the sport and the games they had—Luca.B

Erina High was really fun and I learnt a lot – Talia C

I liked working with clay – Tahlia R

Making draw string bags was so much fun – Fantasia

I really enjoyed the wacky science- Billy

It was fun seeing Santa running around the school – Eamon

I really enjoyed clay making - Jenna

***** Y6 Little Day Out EHS*****

I loved all the different sports. Erina High is a great school – Mrs C

I loved the Mariners. - Stacey H.

I loved meeting the 'Mariners' boys 'and playing some good soccer-Mitchell. R

I loved playing oz tag – Lara S

I loved playing soccer – Josh W

I loved the Oztag because I'm good at it and wanted to verse other schools. –Reed H

I loved playing soccer with the mariners-Riley.H

I loved playing soccer with people at the day out - Cam.W

I liked all the sports- Kyan E

HARMONY CORNER

3 December - [International Day of People with a DisAbility](#). During October 1992 the United Nations General Assembly declared 3 December as International Day of Disabled Persons. In 1997, Australia renamed this observance as the International Day of People with a DisAbility in recognition of the abilities and achievements of people living with disabilities.

5 December - [World Soil Day](#) World Soil Day celebrates the importance of soil as a critical component of the natural system and as a vital contributor to human wellbeing.

P & C NEWS

Our BBQ at the Erina High Showcase last Wednesday raised \$812 which is a fantastic effort. We look forward to purchasing a few more items off our wish list next year. Thanks so much to all the people who helped make it such a success. These fundraisers take a lot of organising and coordinating and it wouldn't be possible without all the volunteers.

Mel Hogston

P & C



COUNSELLOR CORNER by Sue Negus

With the increased media coverage of upsetting world events, parents sometimes ask me about ways to talk to their children. Here are some tips below that have been compiled by the Australian Psychological Society that you may find useful.

GUIDELINES FOR TALKING TO CHILDREN ABOUT WORLD CONFLICT

What age should children be before we have these conversations?

1. **For pre-school and kindergarten children, it is best to try to protect them completely** from hearing about frightening or traumatic world events. This means not letting young children watch or hear media coverage of such events, as well as **being aware of how you talk in the presence of children**. Children can distort what they hear or see, especially when the information is received through indirect communication (for example, overheard adult conversations about worrying things).
2. **Primary school-aged children** are more exposed than pre-schoolers to hearing about events from peers, in the school yard, or through the media. It is often **helpful for a parent or carer to start the conversation so that you can clarify facts, correct misperceptions**, and set the emotional tone for the conversation. Just letting the child know that the door is open and that their questions are welcome is really valuable.
3. **Older children** are likely to **be very aware of the media coverage of events**, and may understand the political issues better. They need the chance for more in-depth discussions with parents and teachers to help them make sense of the events as well as process the feelings that arise.

Signs that children are feeling distressed

- Changes in their play, drawing, dreams or spontaneous conversations
- Regressive behaviour - children behaving younger than they normally do
- Nightmares
- Anxiety about sleeping alone
- Trouble getting to sleep
- Irritability or anger
- Tantrums, increased defiance
- Increased aggression, angry outbursts
- Fussy eating
- Increased somatic complaints (e.g., sore tummy, headaches)
- Withdrawing
- Wanting to stay close to a parent, becoming more clingy
- Decreased concentration or attention span
- Feelings of anxiety, fears, and worries about safety of self and others
- Questions about death and dying

What adults can do to help

- Encourage (but don't force) children to talk about their thoughts and feelings about the events.
- Let them know that it is normal to think and feel as they do.
- Provide children with opportunities to express their feelings
- Sometimes children can better express their feelings through play than through words, so make time to play with them.
- Let children be children. They may not want to think or talk a lot about these events. It is okay if they would rather just play!

Monitor media exposure

- Children can become distressed and fearful after watching repeated images of frightening events on the television, as well as other forms of media, and can come to believe that the world is a scary place. Many children retain longer-term recurrent disturbing memories **from viewing violence**. It is important to limit the amount of time children spend watching media coverage of tragedy and terror.
- If children are viewing media stories of distressing events, it is best to watch with them. They need your adult presence and perspective. Being able to talk about the material with a caring and reassuring adult can reduce these reactions.

Answer children's questions

- Expect that children might ask the same questions over and over as they attempt to make sense of events.
- Remain patient, and provide truthful but simple and thoughtful explanations that will help them to develop a realistic understanding of the event.

Reassure children

- Children need comfort, reassurance and support, and to know that they are safe and are being looked after, and that nothing bad will happen to them personally.
- Let children know that there are people all over the place working hard to make sure that people stay safe, and that these people are very good at their job.
- Do calming activities with children who are distressed.
- Reassure them that you are watching out for them.
- Try to spend more time with your children at times of heightened anxiety, and provide them with plenty of affection through cuddles and hugs.
- Let them be more dependent on you for a while.
- Maintain good routines – predictable family activity is very reassuring for children

Leave children with a sense of security but also hope

- Help children to see that their world is basically a safe place, people are usually good, and that life is worth living.
- Help children to see that people are amazing, and that humans have a strong spirit for survival.
- Look for the helpers and the heroes that help to make the world a better place and are inspiring role models

Pay attention to your own reactions

Remember that children learn from watching their parents and teachers. They are very interested in how you respond to events. They often see and hear far more than adults are aware of, and they will take their cues for how to respond from you.

- Talk privately with trusted adults if you are needing to air your own feelings or explore your own reactions to the events.
- Share your own feelings, but show that you are in control of them.
- Learn and teach communication skills and non-violent ways of resolving conflict.
- Practice forgiveness and acts of kind

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UNIFORM SHOP

Beat the New Year rush!! The uniform shop is very well stocked, so come in and order your uniforms now. The uniform shop is open on Fridays from 2:30pm – 3:30pm, or you can send an order form in to Jo in the Canteen any day, and your order will be delivered to your child's class.

Unfortunately Michelle will not be able to assist next year so if anyone is interested in lending a hand on Fridays please contact Jo 0414907968.

STUDENT BUS PASSES

From Term 1 2016, School Bus Passes will be replaced by School Opal Cards. Transport NSW will be issuing School Opal Cards to students eligible for travel under the School Student Transport Scheme, via a new online application process.

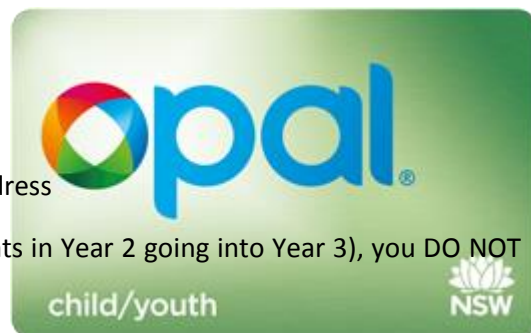
Parents and guardians will need to apply online if the student:

- Is just starting school and has not had a travel pass before
- **Is in a transition year (ie: year 2 to 3 or year 6 to 7)**
- Is changing schools, including moving to high school
- Or, if the students personal details have changed Eg: change of address

If you have already applied for a travel pass for 2016 (This will be students in Year 2 going into Year 3), you **DO NOT** have to do anything.

Please go to www.transportnsw.info/school-students for more information or to apply for your travel pass.

There are brochures in the school office if you would like one.



CANTEEN NEWS

Hi Everyone,

Please consider volunteering in the Canteen next year. If you have someone you want to work with grab them too. It is getting increasingly hard to make things fresh in the time we have without help. Even if you can only spare an hour or two it would be greatly appreciated.

As we wind down over the next 2 weeks some items may be in short supply so it is ideal to put a 2nd choice on the lunch order – we will try our best to keep the most popular items going till the end.

The Canteen Xmas party is Monday 14th December at Gosford RSL at 7pm – please let me know if you can attend.

Sushi will be available Thursday & Friday this week and next. Orders in by 9am Wednesday before please.

Thanks
Jo

ROSTER:

Thursday 3 rd December	Carmen MacDonald
Friday 4 th December	HELP PLEASE 0414 907 968
Monday 7 th December	Anne Sykes-Hollowed Wendy Whitmore
Wednesday 9 th December	HELP PLEASE 0414 907 968
Thursday 10 th December	Sarah Hole
Friday 11 th December	HELP PLEASE 0414 907 968
Monday 14 th December	Carlie Belgre
Wednesday 16 th December	Kelly Schultz



GOSFORD EAST PUBLIC SCHOOL P & C ASSOC

ANNUAL CHRISTMAS RAFFLE

The P & C Association will be holding our annual Christmas raffle to raise funds for much needed resources on next years wish list.

Due to time restraints, the raffle will be pre drawn in Mr McLeod's office with several witnesses and announced at the Presentation assembly on Friday 11th December. Tickets are \$2 each or 3 for \$5 and due back by Wednesday 9th December to the office. Each sold ticket book returned will receive a 2 for 1 ticket for Intensity Erina.

Below is the list so far of donations with many more to come. A complete list will be distributed one week prior to the raffle.



- **Jimmy Halfpenny**- \$130 gift certificate (1 regular art book, up to 30 pieces of art)
- **Interiors by Chloe**- \$50 gift certificate
- **Powerhouse Museum Sydney**- 2 x 2 Adult passes
- **Taronga Zoo**- 2 x Adult passes
- **IGA East Gosford**- 4 x \$20 gift certificate
- **Liquor Stax East Gosford**- 4 x \$20 gift certificate
- **Intensity Erina**- 2 x \$128 party packs
- **Everything Cute East Gosford**- pack of 4 puzzles, craft activity and game
- **One Stop School Shop**- 2 x classroom Value Packs, one boy and one girl prize
- **Masterfoods** Goody Bag
- **Entertainment Book**- family donation
- **Myer** Voucher \$50- family donation
- Linda McTaggart textile Specialist.
- **Fahrenheit Café East Gosford** Lunch voucher for two
- **Bendigo Bank**- 6 x Goody Bags
- **Chemist Outlet East Gosford**- gift hamper
- **Subway Gosford**- Large Sandwich platter valued at \$55
- **TFE Hotels Gift Certificate**- One nights accommodation for two adults incl. breakfast
- **East Gosford Butchers** - \$30 Voucher
- **Commonwealth Bank** – Goody Bag

summer fest 2016

JAN 4-8
9-11:30AM

**ERINA
NIGHT PROGRAM**
7:00-9:30pm
Xtreme years 7-9
Eleven50
years 10-12

a school holiday event
that's fun for kids...
and relaxing &
informative for parents!

ONLY \$8
PER CHILD

\$15
PER FAMILY
PER DAY



**THIS GREAT BIBLE-BASED
HOLIDAY ENTERTAINMENT
PROGRAM INCLUDES:**

Games, drama, sports, singing,
friendships and lots and lots of fun.
All school aged children are provided with
morning tea and all kids are asked to
bring a hat and 'Slip, Slop, Slap'.

Kids program caters for creche,
preschoolers, and primary aged kids.

**JOIN US AT THE GETAWAY
THIS COMING JANUARY.**

While your kids have a
great morning of activities
and adventure with the
Summerfest kid's program,
you can sit down, relax and enjoy
coffee, fresh food, informative talks and
real life stories.

FEATURING THE
GETAWAY
PARENTS RETREAT



**Held onsite
at EV Church
331 Terrigal Dr
ERINA**

More info & rego online:

www.sfest.org

evchurch
solid hope - Jesus

School Holidays Ahead!

Will you need someone reliable to look after your children?

Contact Auntie Jay's Nanny Service

East Gosford and surrounding suburbs only

\$15 per hour between 8am and 6pm

\$20 per hour after 6pm till late (min 3 hours)

Sorry cannot work where there is a dog in the family

Cats are fine

Auntie Jay holds a current

*Working with Children Check Certificate

* First Aid Certificate.

*References available.

Phone 0408 240 035

Email zabet@ozemail.com.au

Community Notices and Paid Advertising:

This school newsletter contains paid advertisements which assist with the cost of publication. The publication of such advertisements does not imply endorsement of any product or service by the NSW DEC or Gosford East Public School.

CENTRAL COAST 2015 CHRISTMAS FAIR

THE COAST'S LARGEST OUTDOOR SHOPPING EXPERIENCE

The Central Coast's favourite Christmas event returns to the beautiful waterside and tranquil location of Mt Penang Gardens Kariong.

There you can enjoy the Coast's largest **FREE** outdoor Christmas shopping experience while chilling-out near the water or under the trees in a relaxing environment with plenty of **FREE** parking available across the whole location.

Now in its 8th year, the event features over 150 hand-picked, high-quality local arts and crafts stalls, international food zones and fresh seasonal produce areas, puddings, delicious cakes, the inaugural Six String Brewery Pop Up Bar and Wine Zone. Of course **Santa** will be there too and you can take photos with him on the water!

Entertainment & activities include The Ronald McDonald® Magic Show Show supporting The Family Room at Gosford Hospital, Live music all day on the stage & buskers from Fairplay Entertainment, roving magicians & Christmas characters, 9D Cinema Experience, Old Skool Arcade Machines, Little Puppet World, Wiggle and Giggle Show, Switcharoo Circus, **HUGE** amusement & rides zone, ponies, Mini Jeeps, The Big Yellow Bus, Interactive Music Studio, **FREE** face painting all day, jugglers, games under the trees and lots lots more!

Our favourite local foodie **Julie Goodwin** will make a special Appearance and book signing & **Sea FM** will be broadcasting live through the day and Channel 7 show My Kitchen Rules KR Australia will be there on the day so you might just be the next contestant!!

Come along and support the Coast's best Christmas community Experience with the whole family in the beautiful location of Kariong.

**SUNDAY
DECEMBER 6
MT PENANG
GARDENS
9am-2pm**



Proudly brought
to you by Fixx Events

fixxevents.com.au



FUN HOLIDAY ACTIVITIES

Dec 2015/Jan 2016



	AGE+COST	DATE+LOCATION
CANOEING/KAYAKING - Experienced guides will ensure safety is the number one priority, followed closely by lots of fun. Participants must be able to swim 50 metres. 10am-12:30pm	10-16 years \$33	14 January, Avoca Lagoon
CIRCUS SKILLS - Clown around! This action-packed workshop and, try riding a mini clown bike, spin a plate on a stick, use a flower stick, have a juggling lesson, walk the slackline, and more! Learn to make your own balloon animal or flower to take home.- 10am-1pm (3 hours).	6-12 years \$43	12 January, Niagara Park
CIRCUS AERIAL WORKSHOP - Aerial skills are great fun and in this workshop you will get to have a go on the aerial hoop, the static trapeze and the silks. All participants will need to arrive on time to join in a warm-up and basic tumbling skills before participating in the aerial skills.10am-11:30am (1.5 hours).	8-16 years \$34	12 January, Niagara Park
GYMNASTICS INTRODUCTION - 2 day program. This introductory program includes basic fundamental movement and gymnastic skills will be taught which would include specific apparatus safety in a fun and friendly environment with accredited coaches. 12pm-2pm both days (4 hours in total)	5-12 years \$30	12 & 13 January or 19 & 20 January, Berkeley Vale
PARKOUR - Parkour is a non competitive physical discipline of training to move freely over and through any terrain/surface using only the ability of the body principally running, jumping, climbing improving attributes required for movement which include functional strength, fitness, balance, spatial awareness, agility, co-ordination, precision, control and creative vision. When booking, please advise your child's experience (if any) with Parkour. (10am-12pm both days - 4 hour program in total)	7-13 years \$20	12 & 13 January or 19 & 20 January, Berkeley Vale
SAILING - Join in on the fun on the water and learn to sail. This program is taught Yachting Australia instructors on dinghies. Participants will be entered into the Yachting Australia Database going towards an accreditation. Participants must be able to swim 50m. 9:30am-3:30pm (18 hours in total).	7-16 years \$195	13, 14 & 15 January or 20, 21 & 22 January, Gosford Sailing Club
STAND UP PADDLE - It's fun and easier than you think. Within just one lesson, we will have you up and paddling. This program is jam-packed with useful tips and techniques so you quickly gain skill and confidence. 10:30am-12:30pm	11-16 years \$33	21 January, Avoca Lagoon
SURF LIFE SAVING - Kids will learn about beach and surf recreation whilst having loads of fun. 10am-2pm.	8-15 years \$20	18 January, Terrigal Beach
SURFING - Learn to surf with Central Coast Surf School in a fun, safe environment with professional experienced instructors. Soft surfboards, wetsuits, rash vests and sunscreen are supplied. You'll be stoked with your progress in our 3-day program. (4.5 hours in total).	7-16 years \$95	30, 31 Dec & 1 January or 20, 21 & 22 January at Umina or Avoca Beaches (times vary at both beaches, please check on booking)
SURFING WITH BJ - Hang 10! BJ's excellent 'learn to surf' program teaches you all you need to know to tear up the waves with the best surfers on the coast. Kids will learn the fundamentals of surfing, safety, rips, currents and reading the ocean. Spaces are limited in this popular activity, so book early to avoid disappointment. This program is for both beginner and intermediate surfers. Boards and rash shirts are provided. (3-day program, 4.5 hours in total). Venues may change according to beach conditions on the day. Parents are recommended to meet with BJ on the first day.	10-16 years for all dates except for Toowoona Bay Beach dates (7-10 yrs only) \$100	TERRIGAL BEACH 21, 22 & 23 December or 7, 8 & 9 January or 11, 12 & 13 January or 18, 19, 20 January SHELLY BEACH 11, 12 & 13 January or 14, 15 & 16 January TOOWOONA BAY BEACH (7-10s only) 21, 22 & 23 January (Check times on booking).
TENNIS GOSFORD - This great value clinic for 5 to 16 year olds is run by experienced coaches from Gosford Tennis Centre and caters for all levels. It doesn't matter whether you have never played or if you want to improve your skills. This clinic covers all aspects of the game including court etiquette, the different shots (forehand, backhand, volleying etc) and learning the rules, matchplay and scoring. Lunch is included each day. 9am-3pm (18 hours in total).	5-16 years \$130	6, 7 & 8 January or 13, 14 & 15 January, Gosford Tennis Centre



Office
of Sport
Sport & Recreation

All program fees include GST. For bookings and more information on each program, please phone 4362 3184, 13 13 02 or see www.sportandrecreation.nsw.gov.au