



# Gosford East Public School

Corner of York Street and Webb Street, East Gosford, NSW 2250

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## NEWS 'N' VIEWS

Term 1 Week 5 25<sup>th</sup> February 2015

### *From The Principal*

Dear Parents and Caregivers,

### *Parent Information Evening*

Thank you to the many parents that attended our Parent Information Evening last Wednesday. It was by far the most parents that have attended these sessions in the time that I have been here and I hope you found it informative. If you ever require an interview with your child's teacher please do not hesitate to call our office or alternatively by a note to the teacher.

### *Absences*

This year the rules have changed for exemptions from school. In the past, parents were able to apply for an exemption from school for such things as holidays. This year an exemption cannot be granted for holidays and the child is marked absent. I can however grant extended leave although this will be counted as an absence.

If your child is ever absent from school could you please ensure that you send in a note within seven days explaining the absence or your child will be marked as having an absence that is unexplained or unjustified.

Students are expected to be at school except when they are sick and students that have a large number of absences are referred to our Home School Liaison Officers for follow up.

### *Swimming Awards*

Congratulations to all of our award winners from our recent swimming carnival. Ribbons for this were given out at last week's assembly. Thanks once more to the parents that attended this assembly and to mark Emery

Graeme McLeod

Principal

# Dates for your Calendar

**REMEMBER - Canteen is always closed on Tuesdays**

Day	Date	Event
Wednesday	Every week	Student Banking
2 <sup>nd</sup> Wednesday	Every month	P & C meeting in staffroom 7:00pm – All Welcome!
Friday	Every week	School Assembly from 1:45pm
Friday	Every week	Uniform Shop 2:30pm – 3:30pm

## TERM 1

Week	2 <sup>nd</sup> – 6 <sup>th</sup> March	Book Fair Week
Wednesday	4 <sup>th</sup> March	World Read Aloud Day
Tuesday	10 <sup>th</sup> March	Zone Swimming Carnival
Fortnight	9 <sup>th</sup> -20 <sup>th</sup> March	Swim Scheme – Support Classes

## NSW GOVERNMENT SCHOOLS TERM DATES

	STUDENTS' FIRST DAY	STUDENTS' LAST DAY
Term 1 2015	28 <sup>th</sup> January 2015	2 <sup>nd</sup> April 2015
Term 2 2015	21 <sup>st</sup> April 2015	26 <sup>th</sup> June 2015

## NOTES HOME THIS WEEK

Choir - Anzac Day Dawn Service

Choral Festival - Boys Workshop

Text Book Note

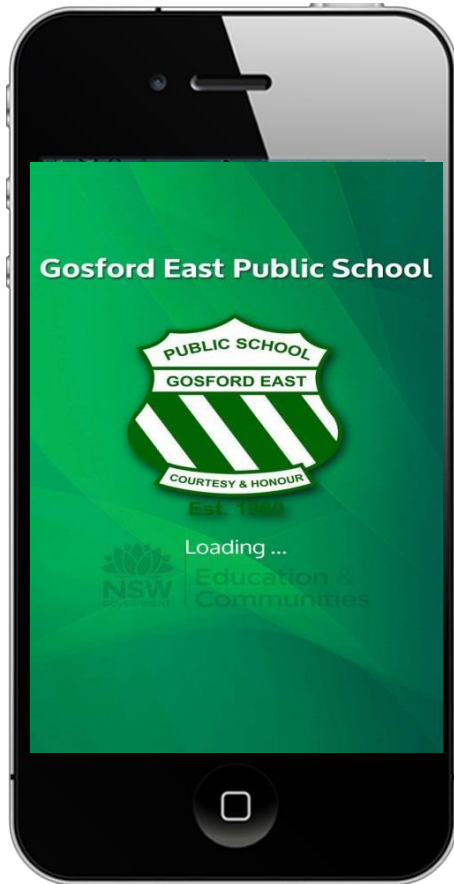
Stage 2 - Excursion

Zone Swimming

Carnival



# NEWS FROM THE OFFICE



Dear Parents/Caregivers,

We are pleased to inform you that as of the beginning of Term 2 this year, all newsletters will be available on our school website and school app.

We would prefer you to receive the newsletters electronically. There are many advantages to this:

- Simple to use mobile apps and website
- Your child can't forget or lose the newsletter
- Access to newsletter and information if your child is absent
- Reduced administration costs to the school
- Supports our environmental initiatives

APP - Go to app store and search for Gosford East Public School then download.

WEBSITE - [www.gosfordest-p.schools.nsw.edu.au](http://www.gosfordest-p.schools.nsw.edu.au)

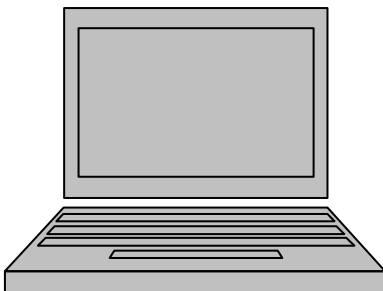
Newsletters will not be sent home as a hard copy from Term 2. However, if you do not have access to the internet at home or work, please send a note to the school office if you require a printed newsletter.

## Our school Website

On our school website, you will find important information, newsletters, up to date calendar of events, copies of all notes sent home which you can print off, P&C News, Canteen price lists and lots more. It is very user friendly, and easy to read.

## Our School App

The school app has newsletters, calendar, and instant updates. You can also send in absent notes for your child, submit change of details form, and access copies of all notes. Have it on your phone (Iphone or Android) or Ipad, and be up to date on all the latest information. Messages will also be made available on the app, informing you of changes to events if and when they occur.



# *School's Clean Up Day*

## *27<sup>th</sup> February 2015*



### **What is School's Clean Up Day?**

Since 1992, children all around Australia have turned out in their hundreds of thousands to help clean up Australia. School's Clean Up Day is specifically designed to allow students to participate in Clean Up Australia Day as part of a school activity.

### **What Will our Students be Doing?**

This Friday, each class will be allocated an area of our school to clean up all man-made materials. (Year 6 will clean up outside the school along the perimeter of the fence line.) Students will be under direct supervision of teachers. No child is to handle any glass, sharp objects, insects, spiders or animals.

### **What Should Students Bring?**

Students should bring plastic gloves, tongs and a plastic bag for the safe, hygienic collection of litter.

**Lauren Flynn**

## **Operation Art - Calling all Operation Art entries!!!!!!**

It's that exciting time of year again when you get creative.

Operation Art is an initiative to encourage and showcase the visual arts talents of students ranging from Kindergarten to Year 10. Submitted student artworks are professionally framed and exhibited at the Armory Gallery, Sydney Olympic Park in September. From there 50 artworks are selected and tour the AGNSW and regional galleries before they are donated to and displayed at the Children's Hospital at Westmead, helping to create a positive healing environment.

Last year a very talented GEPS student had her piece of artwork selected for a 'Royal Commission Award'. Her artwork was given to the Royal Commission to be exhibited in their offices for a year and then later assigned to a regional hospital in NSW for exhibition. Kindergarten through to Year 6, now is the time to start thinking about and planning your artwork. (The theme is; Cheerful and uplifting works appropriate for display in hospitals).

A note with the details on how to participate will be sent home soon.

Entries close: 20<sup>th</sup> April 2015.

Please don't hesitate to contact me if you have any further questions.

Kind Regards, **Linden Connell**

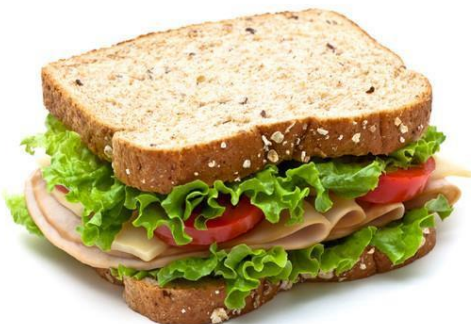
# CANTEEN NEWS

Hi Everyone

A huge thank you to all who helped with Pancake Day last Wednesday - couldn't have done it without you. There were 240 separate orders with over 400 pancakes sold!! I hope everyone enjoyed them.

The new menu is up and running and I hope to have it on the Facebook page, GEPS web-page And school APP soon.

Thanks  
Jo C



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CANTEEN ROSTER		
Thursday 26 <sup>th</sup> February	Carmen McDonald	Help please 0414907968
Friday 27 <sup>th</sup> February	Suzanne Piggott	Help please 0414907968
Monday 2 <sup>nd</sup> March	Help please 0414907968	Help please 0414907968
<b>TUESDAY - CLOSED</b>		
Wednesday 4 <sup>th</sup> March	Help please 0414907968	Help please 0414907968
Thursday 5 <sup>th</sup> March	Help please 0414907968	Help please 0414907968
Friday 6 <sup>th</sup> March	Kylie Ogston	Help please 0414907968
Monday 9 <sup>th</sup> March	Help please 0414907968	Help please 0414907968
<b>TUESDAY - CLOSED</b>		
Wednesday 11 <sup>th</sup> March	Help please 0414907968	Help please 0414907968
Thursday 12 <sup>th</sup> March	Mel Hogston	Help please 0414907968
Friday 13 <sup>th</sup> March	Tracey Hill	Help please 0414907968
Monday 16 <sup>th</sup> March	Wendy Whitmore	Anne Sykes- Hollowed
<b>TUESDAY - CLOSED</b>		
Wednesday 18 <sup>th</sup> March	Help please 0414907968	Help please 0414907968
Thursday 19 <sup>th</sup> March	Help please 0414907968	Help please 0414907968
Friday 20 <sup>th</sup> March	Help please 0414907968	Help please 0414907968



# STUDENT CORNER

## *CAUGHT YOU BEING GOOD*

Piper, Dylan, Billy, Liam, Klay, Ethan

## QUALITY WORK

Joshua K-6W, Kira 3/4R, Mackenzie 3/4R, Zara 3/4R, Samuel 3/4R, Aaron 3/4R, Samuel K-W, Zahlia 3/4E, Tahmana 3/4E, Lucy 3/4E, Sam 3/4E, Kieran 3/4E, Daemon 3-6M, Tyler 3-6M, Logan 3-6M, Connor 3-6M, Noah 3-6M, Alistair 4/5S, Stevie 4/5S

## HOUSE OF THE WEEK

Kiara

## MERIT AWARDS



K/1H - Jack	1P - Aydin	1/2B - Daina	2S - Lucy
2T - Zac	3/4E - Zack	3/4R - Soraya	4/5S - Tammika
5/6M - Daina	5/6C - Lara	3-6M -	K-5B - Mark
K-6W - Charlotte			

**SCHOOL BANKING. Put a reminder in your student diary/calendar/mobile phone.**

***Get banking ready on Tuesday night because.....***

***WEDNESDAY = SCHOOL BANKING DAY***



School Banking has commenced, please bring your yellow bank books and hand to your class teacher. Be sure to update your bank book with your new class name for 2015.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

There is an exciting new range of rewards on offer for 2015.

Remember our school earns 5% commission on every deposit made (to a maximum of \$10 per individual deposit). Thank you for supporting the School Banking program at GEPS.

# HARMONY CORNER



27 February **Clean Up Australia Day** On this day, schools are encouraged to clean up their school grounds, a nearby park, creek or other local **for Schools** environmental area.

27 February **National 'Sunnies** On the last Friday in February the International Centre for Eyecare Education (ICEE) conducts National **for Sight' Day** 'Sunnies' for Sight Day. All funds raised go directly to supporting ICEE's East Timor and Western Pacific eye projects.

29 February **Leap Day** February 29, known as a leap day in the Gregorian calendar, is a date that occurs in most years that are evenly divisible by 4, such as 1976, 2004, and 2012. Years that are evenly divisible by 100 do not contain a leap day, with the exception of years that are evenly divisible by 400, which do contain a leap day; thus 1900 did not contain a leap day while 2000 did. A person born on February 29 may be called a 'leapling' or a 'leap year baby'.

1 March **St David's Day** St David (Dewi Sant), a Celtic monk, abbot and bishop who lived in the sixth century is the patron saint of (**Wales**) Wales. St David's Day dates back to 1120 when Dewi was canonised by Pope Callactus II.

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## Dr John Irvine

### Managing the Pre-School Years

"There's no more challenging time than the pre-school years. Get this part of children's lives under good management practices and it sets the pattern and tone for the rest of their growing years.

In Dr John's talk on 17 March at 6-7pm, he will give parents and carers practical tips, lots of reassurance and lots to laugh about. One of his key messages is if you want good kids you get there by training good behaviour rather than trying to tame bad behaviour. Dr John will also be referring to his latest book "Helping Young Worriers Beat the Worry Bug" and giving

parents some practical strategies to help you deal with your little "Worrybug"

**T** – teach the behaviour you want rather than yell at the behaviour you don't want

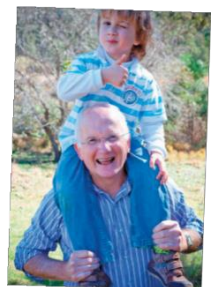
**R** – reflect the problem back to the kids – what can we do to fix the issue

**A** – assert what you want rather than becoming aggressive

**I** – infuse clear rules and routines – get the kids to help make them up so they have some ownership

**N** – nurture the kids with lots of cuddles, so when you need to discipline, they think remorse, not revenge."

Dr John Irvine will be talking at a free community event being held at the Green Point Christian College, on behalf of the Little Coasties Kindergarten.



Wyoming Narara Netball Club and Netball

Netball

There is still time to sign up!!

Come and have fun with Wyoming Narara Netball Club in a team of:

girls turning 8,  
girls turning 9, or  
girls turning 11, 12,  
13 or 14.

You will play from 29th March to early September. For more information and/or to register please contact either:

[wnnsec@gmail.com](mailto:wnnsec@gmail.com) or  
Cheryl Hogan on 0414 533 452



Come & join the blue & m!



## 1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

*Learn to manage difficult behaviour in children 2-12 years*

*Thursday evenings 5, 12, 19 March*

*5.30-7.30pm*

A three-session program for parents and carers  
Facilitated by Schools as Community Centres Program (SaCC)  
at Wyoming Schools as Community Centres - SaCC  
Maidens Brush Road, Wyoming (Public School)

Learn:

- ./ To engage your children's cooperation by positively noticing and encouraging them
- ./ To set clear expectations and help them to develop frustration tolerance
- v" To help children's brains to develop filters for behaving well
- v" To resolve family conflict quietly
- ./ some simple strategies to practise being a calm parent

What people

What a relief  
the dignity of  
both the parent  
remember with  
I realised quickly

... a program that preserves  
... maintains the self control of  
... child and is actually easy to  
... is the first thing to go!  
... Magic can be a great

Who is running

The presenter  
who has completed  
Emotion Coaching

Registrations essential.

To register for this course contact Philippa Skipper, Facilitator (SaCC)  
on 0477 317 862  
email: [philippaskipper@det.nsw.edu.au](mailto:philippaskipper@det.nsw.edu.au)

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)