

Gosford East Public School

NEWS 'N' VIEWS

Term 3 Week 6

19th August 2015



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

Phone: (02) 4325 2178 Fax: (02) 4323 6930

Email: gosfordest-p.school@det.nsw.edu.au

Office hours: 8:30am – 3:15pm

Report any suspicious behaviour to School Security 1300 482 737

P & C Association

Meets on the 2nd Tuesday of each month 7:00pm – all welcome



From the Principal...

Dear Parents and Carers,

P & C Working Bee

The working Bee that was held last Sunday was a great success with about 30 people coming to help. So much was done especially on the Western Field which not many people have ever seen. The team has transformed this area in a few hours. We do have a number of fruit trees planted in this area and the P & C, with the help of Masters at West Gosford, will be planting 8 more this Thursday making this a mini orchard with each year responsible for a tree. The other gardens were mulched and a number of trees planted around the school. Thank you so much to our Garden Committee which is led by Anibal Zarate with the help of many other parents. They have many more things planned for the school including the herb and vegetable garden. Thank you also to the many families and the staff that attended on the day.

School Swimming Scheme

The children that are attending the swimming scheme are in their second week and are making amazing gains with their swimming. We are so lucky that although the weather has been cool it has not rained.

Northcott Athletics Carnival

Our students from our Physical Class attended the Northcott Athletics Carnival on Tuesday. We have only a small number of students in this class now but they represent our school with pride. They always try their best and always come back with a number of ribbons from the day. We look forward to hearing of their achievements and will provide a full report very soon.

NAPLAN Results

The students NAPLAN results from the test that was done in May will be sent home this week. NAPLAN is just one test on one day, although they do give us lots of useful information. We had some very good results and will give a report on these when we have a deeper look at them. Please do not hesitate to contact your child's class teacher if you would like to discuss your child's results.

Graeme McLeod

Principal

Notes out this week

Interrelate Year 3-6

Virtual Excursion 4/5S

Farm Excursion – Kindergarten

Yr 6 Fundraiser – Morning Tea

Green Living Workshop

Dates for your Calendar...

10-21st Aug – Swimming Scheme

26th Aug – Book Character Parade

1st Sept - Father's Day Stall

3rd Sept - Indigenous Fun Day

9th-11th Sept - Bathurst Excursion

14th Sept - Interrelate

Regular Events...

Student Banking - Wednesday

School Assembly 1:45pm – Friday

Uniform Shop – See Jo in canteen

TERM 3

14/07/2015 — 18/09/2015

TERM 4

6/10/2015 – 16/12/2015

Student Corner Assembly News...

Caught You Being Good... Jimmi, Brian, Lucy, Tania, Alesha, Lachlan, Noah, Jonas, Sophie, Jude, Bronte, Dylan, Tanishka, Darcy.

House of the Week... Carathool

Merit Awards... Shay-Leigh KE, Matilda KF, Skarlett 1ST, Jayden 1/2B, Luca 2S, Dylan 2T, Jackson 3/4E, Zara 3/4R, Hayley 4/5S, Cameron 5-6M, Thalia 5-6C, Joseph 3-6M, Mark K-5B, Blair K-6W.

Quality Work... Madison, Trae, Tanishka, Danny, Mia, Kayla, Emily, Ryan, Ellie-Rose, Liam, Abbie, Jamie, Mitchell, Riley, Chelsey, Tahlia, Talia.

Other... Niamh 5/6M



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Kindergarten Enrolments...

We are now taking enrolments for Kindergarten 2016.

Some of our families may not be aware that they need to inform us now in the Front Office if they have a child starting next year. This can be done by the parent/caregiver on 4325 2178.



If you know of other families with no children currently at our school, would you please let them know to call the Office to enrol their child.

Our Kindergarten Transition program will be held in Term 4. It will commence on Friday 30th October and conclude on Friday 20th November. The sessions will run from 9:15am -10:45am on Friday mornings. More information will be sent home at the end of the term.



School Group Photos...

All Students should have received their school photos last week. On display outside the school office are the group photos available for purchase. If your child is in one of these group photos, you would have received an order form along with the school photos. Each photo is \$15.00. Please send orders and payment into office by Friday 28th August. The following group photos are available:

House Captains & Vice Captains, Dance Group, Captains & Prefects, PSSA Basketball, Library Monitors, Boys Soccer, PSSA Netball, PSSA Girls Soccer, PSSA Boccia, School Choir, PSSA Tennis, PSSA Rugby League.

Julie Griffith
School Admin Manager

Jump Rope For Heart...



Hi Kids! How are you're skipping tricks going?
Can you do double-unders and criss-cross yet? It's not long until your Jump Off day, so keep practising.
Have you got any sponsors yet? Why not get an adult to help you use the computer to get online sponsors.
It's easy and it's fun!! Log on to:
www.heartfoundation.org.au/jumpropeforheart
and follow the directions!

Heart Foundation
Jump Rope for Heart

Hayley Roberts

Operation Art...

Congratulations to Amelia 3/4E, Ashlyn 3/4E and Brock KH who received their official 'Operation Art' awards last week from The Children's Hospital at Westmead and in association with the NSW Department of Education.

The official opening of the exhibition at The Armory Gallery, Sydney Olympic Park is on Saturday 6th September at 11:00am. The exhibition runs from 5th September to 25th October 10am to 4pm (free entry).

Over 10000 visitors are expected to view the Operation Art 2015 entries at the Gallery. If you get the chance, go for a look as it is well worth the trip.

Gosford East Primary School is very proud of the 3 students representing our school this year.... and their AMAZING artworks.

Ms Connell

When kids ask "the" questions...
Interrelate has the answers!

Interrelate is a specialist organisation with over 85 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?
1-hour session: years 3-6

Session 2: Preparing for puberty
1-hour session: years 5-6
Years 3-4 can attend at parent's discretion

Specialty books are available for purchase on the night.
Keep a look out for flyers (coming home with your child before the program) outlining session content.





Spelling Bee...

On Thursday 27th August you are invited to attend our Year 3-6 Spelling Bee competition. Students from the primary years have been asked if they would like to participate in the school's spelling bee to find our best two spellers in Stage 2 and 3. These four students will then go on to represent our school at the regional final. We are all just buzz'n to find out who!

Year 6 will be running a cake stall following the spelling bee and you are invited to stay for our 'Spelling B Morning T'. Money raised by Yr6 will go towards purchasing their present to the school at the conclusion of their primary school education.

The competition will start at 10am in the school hall and will run for approximately 1 hour depending on how competitive our spelling champs are.

Thankzzzz again

Lorell Masters



Yr 6 Fundraiser...



Morning Tea

On Thursday 27th August Year 6 students are asked to bring in a pre-cut cake, cupcakes, biscuits or slice to sell to the whole school at recess after the

conclusion of the school's Spelling Bee. Parents will be invited to join us for morning tea so we have lots of mouths to feed ;) Money raised will be used to go towards the Year 6 Farewell present to the school. Cakes need to be brought to the computer room before school on Thursday 27th August.

Thank you for your support,

Lorell Masters



School Cricket & Soccer Rules...

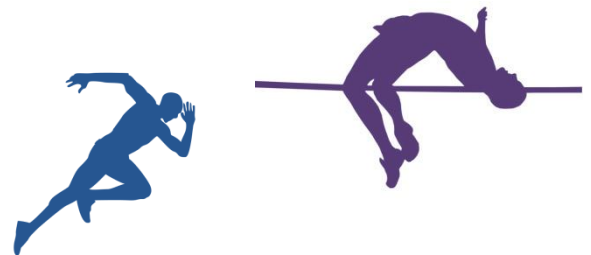


***Our school's playground cricket rules,
developed by students:***

- Only bowl 6 balls in an over
- Students joining game late, go to the end of the order to bowl
- Whoever gets the batter out (LBW, stumped, bowled, caught or run out) is the next batsman
- You cannot go from batter to bowler to bowler/ wicket keeper...
- When the bell rings, there is one last bowl
- If you hit the ball out of bounds you are out, bowler credit (they become the batter)
- No chances
- Bad sportsmanship (voted by everyone playing – majority rules) are asked to leave the game

***Our school's playground soccer rules,
developed by the students:***

- Fair teams – agreeable by all (teacher directed if necessary)
- Safe play ONLY - No barging or rough play
- Displaying good sportsmanship at all times (everyone plays safely and fairly)...
- No handballs (except goalie)
- If you accidentally “handball” then it is a free kick
- Free kicks must be fair (no kicking away)
- Only one goalie
- All agreeable or the game is closed down



District Athletics...

Last Monday I had the pleasure of taking away about 40 students to the District Athletics Carnival at Mingara. Their behaviour was again a credit to the school, and all students gave a massive effort on the day. Three out of our 4 relay teams made the finals. Sione got second in the Junior Boys Shot Put, Theo came third in the 12 year old boys 100m, and Lara came first in the 11 year girls Discus. All of these students will go through to the next round at Sydney North.

A big thank you to all parents for transport and support, a but a very special thank you to Mrs Gunn who acted as team manager for the day!.

Mark Emery

Sports Coordinator

Library News...

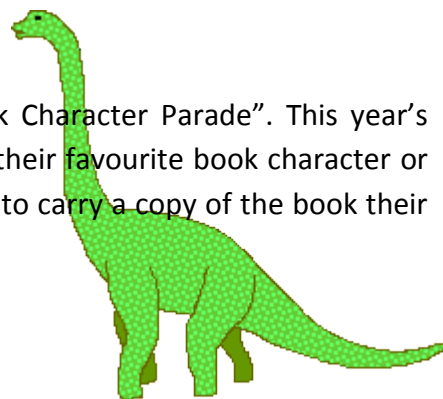
This week is Reading Hour week, if you read for 15 minutes a day with your child for 4 days you will have read for an hour. Reading with your child and also modelling reading as an enjoyable leisure activity is a great way to encourage your child to be a reader too. Why not have every adult in your home spend 10 minutes reading with children.



The**Reading**Hour

Book Week Character Parade...

On Wednesday 26th August the Library will be holding our “Book Week Character Parade”. This year’s theme is “Books Light Up Our Life”. Students may dress in a costume of their favourite book character or subject, such as Science, Dinosaurs, Space and Pets. I would like students to carry a copy of the book their character comes from, or a small poster of the cover.



Author Visit Book Orders...

Cameron Stelzer Author Visit Book orders will be available at school on Monday 24th August. Orders will be sent to child’s class on Monday. Please advise school office if you require an alternative book pickup arrangement.

Lyndall Coles

Teacher Librarian
Gosford East Public School



Celebrating the Multicultural Community of Gosford East Public School.

We are very proud of the many languages spoken within our school community. We have more than fifty students in our school whose families speak another language in addition to English, with more than twenty different languages being spoken.

We are keen to find out if more families speak languages which are not recorded. If a language in addition to English is spoken in your home, would you please let us know so that we can add to our impressive list.

If you have already advised us of languages spoken, you will receive an invitation to an informal get together for morning tea on Friday 18th September, the last day of term.

We hope to see as many parents as possible to celebrate the languages spoken.

Lyndall Coles (Teacher Librarian) and Sue Callachor (English as an Additional Language Teacher)

Harmony Corner...

21 – 29 August - Tweed Valley Banana Festival and Harvest Week, Murwillumbah This festival celebrates the banana industry in the Tweed Valley and has been held annually since 1956. It provides an opportunity for the community to celebrate, raise funds for charities and to promote its produce to the wider community.

23 August - International Day for the Remembrance of the Slave Trade and its Abolition The night of 22 August 1791, in Santo Domingo (today Haiti and the Dominican Republic) saw the beginning of the uprising that played a crucial role in the abolition of the transatlantic slave trade. International Day for the Remembrance of the Slave Trade and its Abolition is intended to inscribe the tragedy of the transatlantic slave trade in the memory of all peoples.



Canteen News...

Hi Everyone,

I hope everyone is enjoying our Fruit & Veg promotion.

We have been having some fun with strange fruits & vegetables appearing in the Canteen for the children to check out! If they know what these are they will receive a sticker for the competition that Sydney Markets are running. Look out for them on the Community Facebook and hopefully the school Facebook page but please don't comment what it is.

Another way for the kids to receive a sticker is to purchase the \$5 meal deal on the menu. The \$5 meal deal was a new creation for the menu this year with the purpose being to 'GREEN UP' our popular 'AMBER' items. By incorporating a vege portion and a dairy portion with our hotdog or pizza order, we are edging over towards being more Green.

Since 2014 we have included salad as a standard order on all burgers. Parents of course may elect for this not to be included at their choice. We also have a mini salad for \$2 that can be added to any order to boost our kids fruit and vege intake.

Please take the time to have a look at the food chart below which explains the "Red, Amber, Green" food system.

Also a huge thank you to all of you bringing in the Woolworths Earn & Learn stickers. So far we have over 130 full sheets (60 stickers on each), and more coming in each day. Keep it up GEPS!!

Jo

Canteen Manager

Roster:

Thurs 20th Aug Michelle Cutting

Fri 21st Aug **URGENT HELP NEEDED**

Mon 24th Aug Carlie Belgre

Wed 26th Aug **Help Please 0414907968**

Thurs 27th Aug Mel Hogston

Fri 28th Aug Tracey Hill

Mon 31st Aug Carlie Belgre

Wed 2nd Sept **Help Please 0414907968**



Red, Amber and Green – what does it mean?

Under Smart Choices, foods and drinks have been classified into three categories according to their nutritional value: **Green**, **Amber** and **Red**.

| GREEN 'Have plenty' Encourage and promote these smart choices | AMBER 'Select carefully' Do not let these foods and drinks dominate the choices and avoid large serving sizes | RED 'Occasionally' Not to be supplied on more than two occasions per term |
|---|--|---|
| <p>GREEN foods and drinks are typically fresh or minimally processed.</p> <p>These foods and drinks:</p> <ul style="list-style-type: none"> • are excellent sources of important nutrients • are low in saturated fat and/or added sugar and/or added salt • are less likely to result in excess energy intake and reduce the risk of weight gain <p>GREEN foods and drinks should be promoted to students as the best available choice and should dominate the daily tuckshop/canteen menu.</p> | <p>AMBER foods and drinks have had some sugar, salt or fat added during processing.</p> <p>These foods and drinks:</p> <ul style="list-style-type: none"> • have some nutritional value • have moderate amounts of saturated fat and/or added sugar and/or added salt • can contribute to excess energy intake and weight gain <p>AMBER foods and drinks should not dominate the menu at the expense of healthier GREEN choices.</p> <p>If selecting AMBER foods and drinks, consider offering them only on certain days of the week and use small serving sizes.</p> | <p>RED foods and drinks are highly processed and have added sugar, salt or fat.</p> <p>These foods and drinks:</p> <ul style="list-style-type: none"> • lack nutritional value • are high in saturated fat and/or added sugar and/or added salt • can contribute to excess energy intake and weight gain <p>RED foods and drinks should not be supplied by the school on more than two occasions per term.</p> <p>Refer to the 'Occasional' RED food and drink criteria tables to determine if a food or drink fits into the RED category.</p> |

| Red | Amber | Green |
|--|---|--|
| Food to be eaten occasionally | Food that is good for you | Eat lots of these! Packed with vitamins |
| Crisps Muffins Cakes Biscuits | Bread Pasta Potatoes Rice Meat Fish Cheese Eggs Other Dairy Unsweetened fruit drinks | Fruit Vegetables Salad Water |

CANTEEN MENU PLANNER

'FILL THE MENU'

'OCCASIONALLY'

Do not sell these foods on more than two occasions per term

These foods:

- lack adequate nutritional value
- are high in saturated fat and/or added sugar and/or salt
- can contribute excess energy (kJ)

'SELECT CAREFULLY'

Do not let these foods dominate the menu. Avoid large serving sizes.

These foods:

- have some nutritional value
- have moderate levels of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kJ)

Encourage and promote these foods

These foods:

- are good sources of nutrients
- contain less saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kJ)



A healthy GREEN canteen:

1. Fills the menu with food and drink from the GREEN segment of the Canteen Menu Planner and actively promotes GREEN foods to students.
2. Adds GREEN foods to AMBER menu items to make them more healthy and does not let AMBER foods dominate the menu.
3. Only offers RED foods on special occasions (up to two occasions per term) and considers GREEN food promotion with RED day activities.

Sugar sweetened drinks with more than 300KJ or 100mg sodium are banned for sale from government school canteens and vending machines at all times.
The Catholic Education Commission and the Association of Independent Schools strongly support this ban and encourage it in their sectors.



Education
& Training

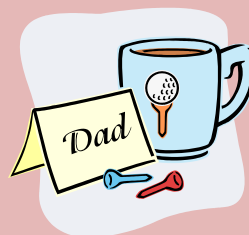


NSW HEALTH

FATHER'S DAY STALL

Father's Day Stall will be held Tuesday 1st September and again on Friday 4th at recess only (if there are gifts remaining).

Cost for presents will range from \$2, \$3 and \$5.



Children need to bring their money on the day.

I'd really appreciate any help selling the gifts or wrapping them please. You can text me on 0413 199 647 or just turn up on the day for a 9am start.

Thanks Mel Hogston

P & C News...

Last Tuesday was our P&C meeting. We finalized this year's donation to school for items on the teachers wish list. We have donated \$4600 to buy the iPad and tablet charge and sync units (6), and \$2600 toward the literacy readers needed. The new portable sunshade and school banner have been ordered.

That's all the available funds spent, so we are now thinking of ideas for fundraising for next year. We have a busy month coming up with the Father's Day stall on Tuesday 1st September and Friday 4th September (recess).

The school disco will be on Wednesday 16th September.

On Sunday we had our garden working bee and we would like to say a huge thank you to over 20 school families who attended. It was a very productive day, working around school and in the orchard (on side of canteen).

Every Friday between 2 and 3 pm we will be out and about gardening. We would love helpers if anyone is available.

A note is going home soon for our next event – the Green Living Workshop, which will be held on Saturday 12th September.

A canteen survey will be sent out soon to all families.

\$863.36 raised through School Banking!

Thanks to the fantastic efforts of our volunteer mums and student bankers we have raised **\$863.36** for our school through School Banking commissions for FY14-15. Our school receives \$5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of \$10 per individual deposit).

Thank you for supporting the School Banking program at GEPS!



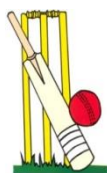
Wendy Whitmore

P & C

Terrigal Matcham Junior Cricket 2015/16 Season

Open to ages 5 to 16 years

Registration date:



Saturday 22nd August 2pm to 4pm at Breakers Country Club,

Or register online (except for family package) at www.tmcricquet.com.au



Wamberal

Want to know more? Contact Juniors Secretary on devans_2666@yahoo.com



Terrigal Surf Life Saving Club 2015 Registration Dates

Sundays September 6 and 13 from 9am – 11am upstairs in the surf club

New members will require proof of identity (birth certificate, licence etc).

Alternatively register online www.lifesavingonline.com.au Call 4385 6933 for information



www.terrighalsurfclub.com



Central Coast Wetlands - Pioneer Dairy

invites you for

Threatened Species Day

- + Hear about the history and wildlife on site
- + Visit the Dairy Cottage Tea Room
- + Sausage sizzle
- + Combat Archery
- + Jumping castle and face painting
- + Community Garden plots available
- + Market stalls
- + Live music
- + Australian Reptile Park presentation
- + Plus much more!

Proudly sponsored by:



Sunday, September 20th
10:30am - 3:00pm

1897 South Tacoma Rd, Tuggerah
(Approx. 20m on the right after going under Railway bridge)

Find us on Facebook or email
pioneer dairy@bigpond.com
for more information