

Gosford East Public School

NEWS 'N' VIEWS



Term 3 Week 4
5th August 2015

Wheeling & Able
Est. 1932
making kids mobile



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,

Education Week

Thank you for all the support that our wonderful parents gave us last week during Education Week. It was a big week with the Erina Fair performances, our Athletics Carnival and our Open Day. It is a big ask getting parents to so many things in one week and the support that we had was amazing.

Trees

The trees that were damaged during the recent storms have finally been removed and we have lots of mulch that we will be able to use around our school gardens. The P & C Garden committee have been very busy helping around the school and developing plans for the new vegetable and herb gardens that will be built near the canteen. I thank them very much for their hard work and I am sure the kids will gain much benefit from them.

Central Coast Public Speaking

Good luck to our 8 students that will be representing the school at the Central Coast Public Speaking competition this Thursday at Chertsey Public School. Those who attended last Friday's assembly would have seen how very talented our students are. We wish them all the best and thank Mr Travica for leading and supporting our students.

P & C

The next meeting of the P & C will be next Tuesday 11th August at 7:00pm in the staff room. The P & C have a number of exciting projects going on and they are always looking for parents to support and help. We would love to see you come along.

Graeme McLeod

Principal

Notes out this week

Jump Rope for Heart – Author Visit Reminder

CARES Stage 3 – Yr 6-7 Reminder

Drumbala – Zumba Kindi & Yr 1

GEPS ThinkUKnow Presentation

Book Week Character Parade

Dates for your Calendar...

11th Aug - ICAS Maths

11th Aug - Author Visit

10-21st Aug – Swimming Scheme

26th Aug – Book Character Parade

3rd Sept - Indigenous Fun Day

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

Reminders...

Author Visit

Final payments are due for next week's author visit on Tuesday 11th August. Please send your \$3.00 in to school this week if you have not yet paid. Reminders notes went out this week.

Swimming Scheme

A reminder to all parents/carers that the swimming scheme starts next Monday 10th August and finishes Friday 21st August. Places are filling fast, so please have permission notes and payment in by Friday 7th August.

Bathurst

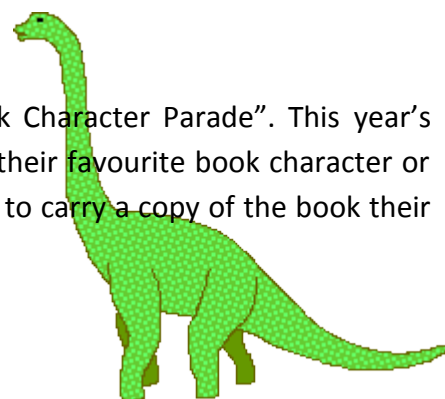
Numbers are now being finalised for the Bathurst excursion for Stage 3. Please note that full payment is due Friday 7th August. If you need extra time to pay, please call Julie in office to organise.

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.

Mrs Coles

Library



Canteen News...

Hi Everyone,

Breakfast is the most important meal of the day and sometimes it is also the one that is missed because of busy lives. To assist with this we have our before school menu. There is always toast, hot milo's and cereal available. We also have a gluten free cereal. Toast is only 50c a piece. Hot milo is 70c a cup. Weetbix, Honeybix or cornflakes in a cup is 70c.

Jo

Canteen Manager



Roster:

Wed 5 th Aug	Help Please 0414907968
Thurs 6 th Aug	Help Please 0414907968
Fri 7 th Aug	Help Please 0414907968
Mon 10 th Aug	Kelly Schultz
Wed 12 th Aug	Donna Ryan
Thurs 13 th Aug	Carmen MacDonald
Fri 14 th Aug	Suzanne Piggott Help Please 0414907968
Mon 17 th Aug	Wendy Whitmore Anne Sykes-Hollowed
Wed 19 th Aug	Sarah Hole

Athletics Carnival...

Last Wednesday, Gosford East PS had its annual Athletics Carnival. The weather was very kind to us and a great day was had by all. Again I enjoyed the infants having their races, and the Support Unit students had a fantastic time. Mrs Wright had been training over sand hills for weeks to prepare for this event!

A very big thank you must go to all my fellow staff members who all helped enormously to make the day run smoothly. A big thank you also to all the parents who came to support the children, and especially to those who gave up their time to help with timekeeping etc.

I have left the biggest thank you to Mr Terry who again spent many hours setting up a great running track. If it was not for his effort, we might have to go elsewhere with associated costs.

I will let you all know when ribbons are to be handed out, and the resulting district team. The district Athletics carnival will be held at Mingara on Monday 17th August 2015.

Mark Emery

Sports Coordinator







P & C News...

There's lots going on.....

GEPS Garden Bee is on Sunday August 16th from 9am til 1pm approx.

We will be tackling a few gardens areas around school including the out of bounds/orchard area.

It may not be suitable for families with small children, but older children who will help are welcome.

Bring your own gloves, hand tools etc. No skills needed just a bit of energy to weed, trim, water etc...

We are looking for assistance from gardeners/landscapers with brush cutters or trimmers to tidy up the gardens. Please get back to us if you have time to help, this could be on any day that suits you (outside school hours). If you have any spare garden tools gathering dust in the shed, please donate them to our new gardening team. Eg: hand tools, rakes, spade or forks etc..

Please drop any items off by the new garden shed door on the left of the canteen entrance, in the mornings before school, from now until Friday 14th. One of us will be there. Thanks.

There will be a "Garden Working Bee" flyer on the door.

On Friday this week P&C pick up the \$1500 cheque from NSW clubs grants for the new portable sunshade. That's great news and it will be ordered soon ready for summer events.

Next P&C meeting Tuesday August 11th 7pm in school staffroom. All welcome. New members welcome too. Use the P&C Facebook for more info.

Thanks

Wendy Whitmore

P & C



Crunch&Sip

We are very excited to become a Crunch&Sip school!

While many of our classrooms are already having fruit break, our school has not officially participated in the program.

Some scary facts:

Three out of five children do not eat enough vegetables

Two out of five children do not eat enough fruit

Nearly half do not meet their daily fluid requirements

So, what can we do about that?

The Crunch&Sip program is an easy way to help kids stay healthy and happy!

Crunch&Sip is a set break to eat fruit or vegetables and drink water in the classroom. Students re-fuel with fruit or vegetables during the morning or afternoon, assisting physical and mental performance and concentration in the classroom.

Through Crunch&Sip, schools demonstrate their commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment. The Crunch&Sip break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

To help support this program we are asking that each child has a drink bottle packed in their school bag each day along with a fresh piece of fruit or vegetables.

A Crunch&Sip Information for Parents flyer was sent home this week, which provides helpful tips and ideas on what to pack for Crunch&Sip.

Miss Roberts & Mrs Masters





St John has been invited to deliver our **First Aid in Schools Program** at your school. This is free program St John (NSW) is offering, to provide school aged children with first aid skills they can use in the event of an emergency

The First Aid in Schools Program is delivered at your school by St John (NSW) Volunteer Educators

Course Content		
Outcomes	Years 3 & 4	Years 5 & 6
• St John action plan DRSAB	✓	✓
• Calling and ambulance (triple 000)	✓	✓
• Recovery Position (practical session)	✓	✓
• Burns	✓	✓
• Manage Bleeding	✓	
• Managing bleeding & bandaging		✓
• Certificate of Attendance	✓	✓
• Take home quick help guide	Magnet	Wallet Card
45 minutes session / class ≈30 students.		

For more information please contact
97458740 or email
schoolsprogram@stjohnnsw.com.au

St John Ambulance Australia (NSW)
1300 360 455

www.stjohnnsw.com.au
ABN 84 001 738 370

Cookie Dough Fundraiser...

Thank you so much for your support towards our recent fundraiser Billy G's cookie dough (esp My helpers packing it all on the day Jo, Cymantha and Anne).

Hope everyone has been madly baking & enjoying the delicious cookies. We raised \$620 which will go towards Literacy Books- a much needed resource for the classrooms- so thanks again for your support.

The disco last term raised \$818 and this will also go towards items on the wish list. This will be decided at the P & C meeting next week and we will write up the outcome in the newsletter.

Mel Hogston

P & C

Jump Rope For Heart...

On Tuesday Jump Rope for Heart was kicked off at GEPS!

Not only does Jump Rope for Heart encourage our students to get active and improve their skipping skills, it also raises awareness and understanding of heart health issues. For the rest of the term students will have the opportunity to participate in skipping lessons and learn some very cool tricks! The best part about this program is that we are able to raise money for the Heart Foundation to fund essential research and health programs.

With over 330 students in our school we are aiming to raise \$3000. Sponsorship forms were sent home this week and students are encouraged to seek sponsors from family and friends, but not to door knock by themselves.

On **Thursday 17th September** we will have our 'Jump Off' day. It is the climax of the program giving students an opportunity to perform a variety of rope-jumping techniques they have learned throughout the program. The Jump Off day also marks the end of fundraising for students. Online fundraising is finalised and cash funds raised are returned to school on this date and forwarded to the Heart Foundation.

Happy Skipping!



Mitchell, Lachlan, Lara and Mia demonstrating some tricks at our launch assembly.

Lost Property...

We have a Pandora Bracelet that has been handed in to office if anyone has lost it.

Kindergarten Enrolments...

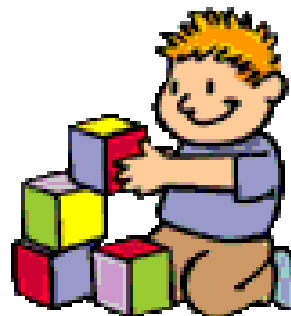
We are now taking enrolments for Kindergarten 2016.

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.

Julie Griffith
School Admin Manager



Harmony Corner...

6 August - [Hiroshima Day](#) On this day activities are held to reflect on the devastating atomic bombing of Hiroshima, Japan during World War II. Some 100,000 people were killed and many more died later from the effects of radiation.

7 August - [Jeans for Genes Day](#) Funds raised on Jeans for Genes Day are used to support the Children's Medical Research Institute. People who wear jeans on this day donate money for medical research.

9 August - [International Day for the World's Indigenous People](#) The General Assembly of the United Nations decided in 1994 that 9 August would be designated as the Day for the World's Indigenous People. This date marks the day of the first meeting, in 1992, of the Working Group on Indigenous Populations of the Sub-Commission on the Promotion and Protection of Human Rights.

This day serves to draw attention to the poverty suffered by many of the world's 350 million indigenous peoples.



GOSFORD EAST PUBLIC SCHOOL

WORKING BEE

- for our -

Come along and help us build
Something beautiful and productive for
our kids!!

DATE: Sunday August 16th 9am - 1pm

WHERE: meet by school canteen / cold area

RSVP: On facebook or on list in canteen area.
= New P+C noticeboard

BYO: Gardening gloves
and wear old clothes

Old fashioned lemonade, coffee,
tea and scones available!!



WE LOVE

OUR SCHOOL!!

Terrigal Wamberal Little Athletics Registration



Terrigal Wamberal Little Athletics will be holding their registration days for the 2015/16 season at Duffys Oval, Terrigal on:

Friday 4th September 6pm-7:30pm & Saturday 12th September 10am-11:30am.

Little Athletics is for children aged 5-16 years. It is based upon the sport of athletics (track and field), with a wide range of running, jumping, throwing and walking events conducted. The events are specially modified to suit the ages and abilities of children, with an emphasis on participation and personal improvement.

Registration is \$120 for the first child and \$110 for each child thereafter. Online registration is available; however you will still need to attend one of the above registration days. We do not have credit card facilities at Duffys Oval, so please have cash or cheque payable to: Terrigal Wamberal Little Athletics Centre.

For further information please go to our website: <http://terrighalwamberallittleathletics.wordpress.com/> or contact April Coles on 0405166503.

Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x iPad minis Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo³ Headphones
- 200 x \$30 Booktopia Gift Certificates

Help the Dollarmites activate the Prize Portal for a chance to win

To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize. (Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning).

Win books for your school library

We're also giving schools participating in the School Banking program a chance to win one of 75 sets of children's books for their school library, valued at \$200.

For more information, visit commbank.com.au/prizeportal

Things to know before you Can: Conditions apply, see commbank.com.au/prizeportal. Promotion starts 9.00am AEST 13/7/15 and ends 11.59pm AEST 25/9/15. Student Element: Entry is open to all Youthsaver customers aged 4-13 years. 1 entry received when 3 deposits are made through the School Banking Program. 1 bonus entry received when completing a Money Mission activity at commbank.com.au/prizeportal and submitting a fully completed entry form. Max. of 2 entries per person. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 400 prizes comprising 75 iPad mini Wi-Fi 16GB space grey tablets valued at \$299 each, 125 Beats by Dr. Dre Solo³ On-Ear Headphones valued at \$259.95 each, and 200 \$30 Booktopia Gift Certificates, will be distributed amongst the State/Territory groups. The winners' names will be published in the public notices section of The Australian on 23/10/15. School Element: Entry is open to all schools operating in Australia who participate in the School Banking Program and have at least 1 student entered into the Student Element of this promotion. Limit of 1 entry per school. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic, SA/NT, Tas, Qld and WA. A total of 75 prizes, of a selection of children's books to the value of \$200 for each winning school's library will be distributed amongst the State/Territory groups. Prize draws will take place at 12 noon AEST 13/10/15 at Commonwealth Bank, Level 3, 11 Harbour Street, Sydney. Total prize value \$75,918.75. Apple is not a participant or sponsor of this promotion. iPad mini and Beats by Dr. Dre are trademarks of Apple Inc., registered in the US and other countries. The Promoter is Commonwealth Bank of Australia ABN 48 123 123 124 of Level 2, 11 Harbour Street, Sydney NSW 2000. NSW Permit No LTPS/15/02906; ACT Permit No TP15/05517; VIC Permit No 15/820; SA Permit No T15/632.