

Gosford East Public School

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Term 1 – Week 3

Wednesday 10th February 2015

FROM THE PRINCIPAL...

KINDERGARTEN 2016 AND THEIR BUDDIES

Our Kindergarten has had a very settled start this year and we thank the staff and parents for helping this happen. The classes are so settled and it seems like they have always been here. Our Year 5 & 6 Kindergarten Buddies have taken some amazing care of our new students and there have been some very moving moments. Obviously there are some students that still require a high level of support where others just want to go and play with their friends. Thank you to our Senior Students that have given up their recesses and lunch times to be with our younger students.

SWIMMING CARNIVAL

Our Annual Swimming Carnival was held on Monday and once again it was a great success thanks to our amazing kids and staff, and through the support of the parents. A number of parents helped us on the day with timing etc and I thank them very much. Mr Emery did another great job in organising the carnival and the many hours of preparation obviously worked. Congratulations to all of our students who tried so hard going in so many races. The Manager of the pool came and saw Mr Emery to comment on what great kids we have and especially on their behaviour. We wish the swimmers that will be representing our school at the Zone Carnival on the 8th March the best of luck.

P & C

We had our first P & C meeting for the year last night. It was great to see a few new faces and we hope to have a few more at the next meeting which is the AGM. The P & C are a very dedicated group of people that assist the school in so many ways and I thank them for their support. The next meeting will be on Tuesday 8th March in the school Staff Room.

Graeme McLeod

Principal

DATES FOR YOUR CALENDER

DATES FOR YOUR CALENDER...

9 th Feb	P & C Meeting
17 th Feb	Parent Information Night
24 th Feb	World Read Aloud Day
1 st Mar	PET Program K-2

REGULAR EVENTS...

Student Banking - Monday
School Assembly – 1:45pm Friday in hall
Uniform Shop – see Jo in canteen
TERM 1 2016 – 28/1/2016 – 8/4/2016

SWIMMING CARNIVAL

Last Monday GEPS held the annual swimming carnival. It was a lovely day, and the students all tried their best in every event they competed in. The non-swimmers had a great time doing structured activities with Miss Scott. The behaviour on the day was excellent. In fact the pool supervisor came over to commend our school on this, so you should all be very proud of your children!

The big announcement of the swimming champion, and the winning sports house will come on Friday at the school assembly.

The district team (to be announced) will be going to the District carnival on Tuesday 8th March.



OFFICE NEWS

ADMINISTRATION OF FIRST AID

From time to time your child may present at the office for first aid treatment. The following is a list of what we may use on your child:

- Stingose – for stings or bites;
- EDP Antiseptic Powder – for minor skin grazes;
- Band-aids or HealBand Island Dressing – to cover graze;
- Sodium Chloride Irrigation Solution – to wash out eye from dust or dirt.

Other than these products we use warm water and cloth to clean graze. We do not have cream for burns or rashes and we cannot administer panadol to your child.

If you do not want your child to be treated with any of the above products, you need to advise us in writing. Please include your child's full name and class on the note.

Julie Griffith

School Admin Manager

NEWSLETTER BY EMAIL



The option to have the weekly newsletter and other information delivered direct to your inbox is now available.

If you wish to subscribe to this service please email:

geps.news@gmail.com

Your message should include the word **"ADD"** in the subject line and just **your first and second name** in the message area.

This email address is being managed by volunteers on behalf of the P&C and the school and is for information distribution only. No question, comments or requests will be answered by this means.

LIBRARY NEWS

World Read Aloud Day is celebrated across the world on Wednesday 24th February 2016. This year we will have a Secret Reader in the Library at recess and at lunch time our Library Monitors will be reading aloud in the playground to small groups of children.



See the full article using
this QR code

This year we also wish to encourage reading aloud in the home. In November 2015 the article *'Reading aloud has huge benefits for children but many parents stop to early'* by C. Ricci was published in the *Sydney Morning Herald* about the importance of reading aloud to children of all ages. Many parents stop reading to children once they can read for themselves; however evidence shows that reading aloud with all children is very beneficial.

Reading aloud enriches children's lives when they share books with adults, increases vocabulary, improves listening and gives children the opportunity to use their imagination and it's fun. So make it a daily event to read aloud to your child for ten minutes or more a day as this can have great benefits.

I personally use to share books with my teenage son. We'd snuggle on the lounge and read a page each aloud. It was a fun and valuable time for sharing time together. Also remember, reading aloud can be any text. Factual texts are fabulous to share, why not try some *'Horrible Histories'*, Joke books, magazine articles or a recipe book and read and do the procedure.

Happy Reading,

Thanks,

Lyndall Coles

Teacher Librarian

For further reading see these sites,

<http://www.tenminutesaday.com.au/>

<http://memfox.com/>

<http://www.greatschools.org/gk/articles/read-aloud-to-children/>

P & C NEWS

P & C FUNDRAISER – WEST GOSFORD BUNNINGS BBQ

Saturday Feb 20th from 6:30am till 4pm.

This is a great fundraiser and we have made over \$1,000 before. We need plenty of helpers on the day to work in 2 hour shifts. A note will be sent home this week – so please keep an eye out for it in your kid's bags.

Check the "Gosford East Public School P&C" Facebook page, School App and P&C Information board in the Canteen Foyer for more info.



HARMONY CORNER

6 – 14 February [Chinese New Year Festival](#)

The City of Sydney's annual lunar festival is the largest Lunar New Year celebration outside Asia. The festival begins with a major street parade of international standard and hosts more than 60 associated events celebrating the Lunar New Year. Events include performances, exhibitions, film screenings, sport, tours, lectures, food events and social occasions.

10 February [Ash Wednesday](#)

This is the first day of Lent. In many churches ashes made from palms used in the previous year's Palm Sunday services are used to make the sign of the cross on the foreheads of parishioners.

12 - 14 February [National Multicultural Festival](#)

This festival aims to unite the community in a celebration and sharing of culturally diverse traditions, dance, food, performances, exhibitions, concerts and information.

CANTEEN NEWS

Hi Everyone,

Sorry but I am currently buried under a huge pile of pancake orders. Thank you all for your wonderful response.

New menu will start next Monday. See attached.

Sushi orders need to be in no later than Wednesday morning 9am each week. We need to have a minimum of 30 orders for the two days for this to be an ongoing lunch item on Thursdays and Fridays. You can let me know via the GEPS Canteen & Uniform shop group on Facebook or simply hand the orders in over the counter. If your child is ill on their pre-ordered day please contact me on 0414907968 to let me know they are away.

Lastly for this week – please do not send in food stuff from home for us to re-heat. This is not permitted under food handling rules. This also extends to the use of boiling water for noodles.

Thanks

Jo C



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.

Gosford Tigers

Home Ground Adcock Park, West Gosford

We Play Sunday Footy

Auskick (Boys and Girls 5-7 year olds)

Boys: U9's, U11's, U13's, U15's, U17's

Youth Girls: U16's

Special team for children with disabilities.

For further information please contact Kelly Mott on 0425 267 665

Or head to playafl.com.au

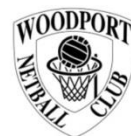


LEARN TO SWIM NOW!

★ Babies Programs	★ Learn to Swim	★ Squads
★ Surf Training	★ Adult Learn to Swim	★ Adult Squads
★ General Swimming	★ Aquarobics	

KINCUMBER SWIM CENTRE'S
Avoca Drive Kincumber 4369 1321
Hawke Street Kincumber 4368 2422
Bonnal Road Erina 43650024
Brookes avenue Wyoming 4328422

Leaders in Aquatic Education on the Coast



WE NEED YOU!

WE ARE LOOKING FOR NETBALL PLAYERS
FOR THE 2016 NETBALL SEASON

Under 7's - born 2009 to 2010

Under 11's - born 2005

Plus:

Mums/Senior Players - Div 10 to 11
looking to play for fun & fitness

To Register

If your daughter is interested in joining
a fun, friendly team based sport, we need you!

Contact our Registrar:

Leigh Irvine

0412 698 870

Or email: woodportnetball@gmail.com



The simplest way to improve the health of your kids

Come to our Healthy Lunch Box Session

Date: Tuesday 16th February 2016
Time: 9:30am until 10:00am
Venue: Cancer Council Office Erina
The Hive – Erina Fair



Eating enough fruit and veg every day can help protect your kids against diseases including some forms of cancer. This popular session run by Cancer Council NSW as part of the *Eat It To Beat It* program will give you:

-  New and exciting ideas for healthy lunch boxes your kids will love
-  A Show Bag including a great healthy lunch box kit and planner
-  Simple ways to get the whole family eating enough fruit & veg

Don't miss out – register now on 4923 0704 or email nayerrah@nswcc.org.au

**Eat It To
Beat It** 

Education Makes U

HOME CONTACT ORDAN UPS TIMETABLE KIDS TIMETABLE YOUR CREW

EMU School

A school that brings **Creativity and Learning** together with fabulous subjects such as -
Creative Writing - Knitting - Drawing - Project Research - Art - Power Point presentations

Check the **website** for the **timetable** of exciting subjects for kids 6 to 14 years and Grown Up's too!

makingu@emuschool.net
www.emuschool.net Call 0414 438238

310 The Entrance Road Erina
(opp NBN & next to Begin Bright)





Madam Wu
Gosford Chinese Performing Arts

Dance	Festive Red Ribbon	Choreography by Madam Wu Performed by the GCPA
Dance Solo	Peacock Princess	Choreography by Madam Wu Performed by Jade Jiang (GCPA)
Dance	Catching Butterflies	Choreography by Madam Wu Performed by the GCPA
Dance	Blossoms of Spring	Choreography by Madam Wu Performed by the GCPA
Piano Solo	Fantasia Impromptu	Composed by Frederic Chopin Performed by Warren Jiang (GCPA)
Dance	The Charming Pipa	Choreography by Madam Wu Performed by the GCPA
Dance	Kitten mischief	Choreography by Madam Wu Performed by the GCPA
Dance	A Sun for Us All	Choreography by Madam Wu Performed by the GCPA

MC: Warren Jiang and Helen Power

Thanks to all our sponsors

衷心感谢各位赞助者

Contact CCCA 联系中海岸 华人总会:

Website: www.nswccca.org

Email: nswccca@yahoo.com

Mobile: 0424256999

2016
Happy Chinese New Year



Presented by:

Central Coast Chinese Association

Madam Wu Gosford Chinese Performing Art



21 / 2 / 2016 Sunday

新春联欢会

1 Dane Drive, Gosford

Central Coast Leagues Club

Parkview Room

14:00 Games with prizes

有奖游戏

15:00 Performances

节目呈演

16:00 Raffle ticket draw

奖券抽奖

Secret gift for everyone

每人享有神秘礼品

主办: 中海岸 华人总会

协办: Madam Wu 高士福华人艺术团



ERINA HIGH SCHOOL Open Night 2016



A showcase of quality education; music and drama performances, art and design projects, technological innovation, sporting success and academic achievement

Securing your child's future

24th February, 6pm – Library

SENSATIONAL SUSHI!

THURSDAY's AND FRIDAY's STARTING FEB 18TH

BIG CRUNCH SUSHI ROLL

YOUR CHOICE OF EITHER

TERIYAKI CHICKEN

TUNA

TERIYAKI BEEF

VEGETARIAN

ONLY \$3.50 EACH

Small amount of assembly needed.



MEDIUM MUNCH BOX

YOUR CHOICE OF EITHER

TERIYAKI CHICKEN

CUCUMBER

TUNA

AVOCADO

MUST BE PREORDERED. PLEASE PLACE CHILDS NAME, CLASS AND CHOICE ON A BAG AND RETURN TO CANTEEN PREFERABLY BY THE **MONDAY BEFORE OR VIA GEPS CANTEEN GROUP FB MESSAGE OR TEXT TO JO 0414907968 BY 9AM WEDNESDAY BEFORE.**

ALL VARIETIES, EXCEPT TERIYAKI BEEF, ARE CERTIFIED BY COELIAC AUSTRALIA AS **GLUTEN FREE** AND ARE ALSO **DAIRY FREE.**

OTHER LUNCHES WILL BE AVAILABLE ON THE DAY.



positive partnerships

Working together to support school-aged students on the autism spectrum

Free one day workshop for parents and carers

Workshop: 15-16NSWPC1

Location: CENTRAL COAST, Wyoming

Like all school-age students, young people on the autism spectrum benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

What will you gain?

The Positive Partnerships parent/carer workshop intends to:

- Increase understanding of the impact of autism on your young person, both at school and at home
- Assist in understanding how to develop or build on an effective home school partnership
- Increase knowledge of strategies that will help:
 - advocate for your young person
 - support your young person's participation at school
 - develop an awareness of ongoing learning needs
- Assist in understanding school and community supports and how to access them
- Provide an opportunity to network and share strategies with other parents/carers and discuss a range of topics relevant to students with ASD and their families

Workshop details

Venue: Quality Inn, The Willows
512 Pacific Hwy
Wyoming NSW 2250

When: One day workshop – Wednesday 24 February, 2016
9.15 am – 3.00 pm (Registration from 8.30 am)

Registration available from Friday 4 December, 2015 and closes two days prior.

We strongly recommend you register as soon as possible to secure your place. You will receive confirmation of your registration.

Online registrations are preferred directly through our secure website
www.positivepartnerships.com.au

If you have any enquiries phone the Positive Partnerships Infoline 1300 881 971 or email parentcarer@autismspectrum.org.au.

The Positive Partnerships Initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package.

The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.

Positive Partnerships is delivered nationally by Autism Spectrum Australia (Aspect).



All ice treats are Amber



ORDERING LUNCHES Orders MUST be brought to the Canteen BEFORE 9.00am

Please make sure lunch bags are an adequate size for your child's lunch with NAME & ROOM
If no bag is supplied, a charge of 10c will be incurred. Bags are to be returned to Canteen to receive frozen treats.



SANDWICHES

Made on wholemeal or white

BREAD & BUTTER

BUTTERED ROLL

VEGEMITE

EGG (sliced or mashed)

CHEESE

VEGEMITE & CHEESE

LEG HAM

ROAST CHICKEN

TUNA

SALMON

SALAD (no celery)

TOASTED CHEESE

TOASTED CHEESE /TOMATO

TOASTED HAM

TOASTED HAM/CHEESE

TOASTED HAM/CHEESE/TOM

TOASTED CHICKEN

TOASTED CHICKEN/MAYO

TOASTED CHICKEN/CHEESE/MAYO

EXTRAS

Wraps

Lettuce or Beetroot or Cucumber

Pineapple or Tomato

Egg or Cheese or Avocado

Salad

Mustard, Mayo or Sauce

Toasted

Roll

SENSATIONAL SALADS

SALAD BOX

Lettuce, tomato, celery, carrot, beetroot,
cucumber

SALAD BOX & EGG

SALAD BOX & CHICKEN or HAM

SALAD BOX & TUNA

SALAD BOX & SALMON

SALAD BOX HAWAIIAN

Pineapple & Cheese

SALAD BOX CAESAR

Chicken, Cheese & Egg

LENTIL SALAD BOX

MINI SALAD BOX

FRUIT SALAD

FRUIT SALAD & YOGHURT

FRUIT SALAD & CUSTARD

BURGERS

BEEF lettuce & tomato

no salad

CHEESE lettuce & tomato

no salad

CHICKEN lettuce & tomato

just lettuce

no salad

extra for cheese

LENTIL lettuce, carrot, tomato,

cucumber, sprouts, sour cream & sweet chilli

BURGERS ARE ALSO AVAILABLE ON A WRAP

INSTEAD OF A ROLL FOR AN EXTRA

\$ 1.00

SPECIAL \$5 LUNCH PACK

ANY \$2.50 ITEM (PIZZA, HOTDOG, SP/RICOTTA,
SAUSAGEROLL) PLUS CORN COB & MOOVE

HOT FOOD

SNACK PACKS

Lasagne, Fried Rice, Mac Cheese

HOT DOG

HOT DOG & CHEESE

HOT CHICKEN ROLL

PIZZA Ham/pine or Cheese/ham

COB OF CORN

YUMMIE DRUMMIES

PIE (low fat)

POTATO PIE (low fat)

SAUSAGE ROLL (low fat)

SPINACH & RICOTTA ROLL

SAUCE (Tomato or BBQ)

FORK/SPOON

AVAILABLE THURSDAY/FRIDAY ONLY

SUSHI ROLL

Teriyaki chicken/Teriyaki beef/tuna/vege

SUSHI BOX

Teriyaki chicken/Cucumber/Tuna/Avocado

G = GREEN CLASSIFIED FOOD

A = AMBER CLASSIFIED FOOD