

Gosford East Public School

Cnr York & Webb St's East Gosford NSW 2250

Tel: (02) 4325 2178 Fax: (02) 4323 6930 Email: gosfordest-p.school@det.nsw.edu.au



Term 1 – Week 9

Wednesday 23rd March 2016

FROM THE PRINCIPAL...

Easter and Autumn Vacation

As you are aware school breaks for Easter this Thursday with children and staff returning on Tuesday 29th of March. Our Autumn vacation begin on Friday 8th of April. Staff return for Training and Development on Tuesday 26th with students returning on Wednesday 27th of April. It has been a big term and I am sure that both our students and teachers will enjoy their break.

Canberra Excursion

Our Year 5 and 6 students are attending our biannual Canberra excursion to reinforce their studies on Government. It is a great excursion that I am sure that the kids will all enjoy. The three days are packed with activities and I am sure that they will return very tired. I would like to thank the staff in advance for giving up time away from their families to ensure that our students have a quality experience. Taking 80 students away is a big task and Jodie Campbell has spent countless hours organising this excursion. The paperwork that is involved in such an excursion is immense but I am sure that with what the children get out of the excursion is worth all of the effort. We are sending 6 staff on this excursion and I do hope they do get some sleep. I look forward to hearing of their adventures when they return.

Newsletter

Next Term we are going to trial sending out the newsletter each fortnight rather than weekly. For urgent matters we will continue to send out individual notes to ensure that these are communicated. We will canvas your views on how this change is going at the end of the term.

Graeme McLeod

Principal

NOTES HOME

- Cross Country K-2
- Easter Hat Parade



DATES FOR YOUR CALENDER

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14 th – 24 th Mar	Support Swim Scheme
24 th Mar	Purple Day
25 th Mar	Good Friday Public Holiday
28 th Mar	Easter Monday Public Holiday
30 th Mar – 1 st Apr	Canberra Excursion Stage 3

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
EASTER HOLIDAY 25 TH – 28 TH MARCH 2016

STUDENT CORNER ASSEMBLY NEWS

CAUGHT YOU BEING GOOD -

Caitlyn, Lily, Francis, Nicholas, Cash, Alex, Joel, Zane, Macauley.

QUALITY WORK -

Joshua, Joshua, Jay, Isaac, Kimberley, Sienna, Evelyn, Alesha, Zach, Jocelyn, Kaden, Riley, Chloe, Luca, Zac, Lachlan.

HOUSE OF THE WEEK -

WARRIMOO

MERIT AWARDS -

Kai KM, Riley KF, Jake KR, Hamish 1/2P, Byron 1T, Ansh 1H, Matthew 2E, Lily-Rose 2-3T, Sophia 3M, Amelia 4/5B, Summer 3/4S, Billy 5/6M, Ella 5/6C, Hailee 3-6S, Max K-5B



3-6S SWIM SCHEME

We would like to say a big THANK YOU to the wonderful students of 3-6S for their participation and fantastic behaviour in the School Swim Scheme!

We have seen huge improvements from each student and we have enjoyed our walks to and from the pool...even in the pouring rain! We have counted cars, trucks, buses, animals, junk mail and we have even spotted some Tawny Frogmouths!

We have also figured out that although the students are very keen to learn the name of plants their teachers clearly are NOT gardeners and were no help to them at all!

Thank you to the lovely pool staff and Learn to Swim teachers...we look forward to coming back again next year!

Well done 3-6S,

Miss Scott and Mrs Jenkins



SCHOOL DISCO

P & C News

School Disco

This term the school disco will be held on Wednesday 6th April.

The theme is **"DRESS UP"**, so we encourage everyone to dress up as whatever character or theme they like as it's all about having fun!

Kindy & Stage 1	5:00 – 6:00pm	\$4.00
Stage 2 & 3	6:15 – 7:30pm	\$4.50

The P & C are holding a sausage sizzle selling sausage sandwiches, drinks and coffee. Volunteers needed to help run the BBQ and disco please. Text Mel if you're able to help on 0413 199 647.

Mel Hogston
P & C Committee member

The staff at Gosford East Public School are happy to support School Discos by providing supervision during these events. Your co-operation would greatly assist us with providing a safe and enjoyable disco for your child.

- The discos are for current GEP students only. Students are to arrive no more than 10 minutes prior to their disco session and are to be collected promptly at the finish of their Disco session.
- No child will be permitted to play in the playground at any time during the disco evening.
- No parents are allowed into Hall until the Disco Finishes.
- If a child is not able to separate from their parents and happily attend the Disco under teacher supervision then they should not attend until they can.
- Children must wear suitable dancing shoes at all times and are not to bring balloons, toys or lollies.
- At the conclusion of the Disco, parents will be permitted into the Hall to collect their child. If another person other than their parent is collecting a child, then a note written by the child's parents authorising this arrangement, must be given to a supervising teacher.

The Teachers enjoy supporting the P&C with this Fundraising event and would appreciate parent's co-operation to ensure the Disco is fun and safe for all students. We hope that with P&C support we can continue to help provide a safe and successful event.

The staff of Gosford East Public School

P & C NEWS

This year for the P & C we're focusing on Fundraising so we've set up a Fundraising sub-committee and would love some help.

We need some fresh ideas and people willing to help out with making these ideas happen.

We aim to have one informal meeting a month to discuss ideas to then be brought to the monthly P & C meetings.

So come along to the next meeting on Tuesday 12th April at 7:30pm or send me a text to let me know if you're interested in joining the Fundraising sub-committee and volunteering your time.

We are in the process of putting together our fundraising goals for this year as we await the teachers' wish lists. It has also been discussed that we will extend this to the parents soon, asking for ideas on areas we can allocate the funds raised throughout the year.

Thanks

Mel Hogston mob: 0413 199 647

Fundraising Coordinator

A huge thank you to all that attended our Annual General Meeting on 8th March and sincere thanks to the outgoing executive. For the year ahead we welcome our new members and the newly elected executives –

Anibal Zarate, President

Jenny White, Vice-President

Allison Brown, Treasurer

Michael Renton, Secretary

The P&C voted the establishment of the Sub-Committees for 2016 - Canteen & Uniform Shop, Fundraising and the Gardening team (Sub-Committee leader notice and meet & greet times to come). We welcome anyone to come along to help with any or all of these. Fundraising will be a major focus for the P&C in 2016 and anyone with ideas, time to help or even a means of donating are invited to contribute.

For those of you who wish to receive the school newsletter via email, a friendly reminder that you will need to email SUBSCRIBE to geps.news@gmail.com – If you are already a subscriber please ensure you resubscribe for this year. Anyone wishing to remove themselves, please email UNSUBSCRIBE to geps.news@gmail.com.

We look forward to a happy and productive 2016 and extend an invitation to all of our community to join and share the benefits of being a part of the P&C in helping our beautiful school.

Warm regards, GEPS P&C.

OPERATION ART

Calling all Operation Art entries, it's time to 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 two very talented students had their artworks selected for ArtBank awards. Artworks selected for ArtBank awards are either donated to regional hospitals or displayed in Department of Education offices. Over 800 artworks were submitted last year to the NSW competition but only 50 are selected for ArtBank awards. WELL DONE GIRLS!!!!

In 2014 a GEPS student had her 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.

This year we have an exciting addition to the GEPS Operation Art competition. Each of the 3 winners of our school competition will receive a free Jimmy Halfpenny Deluxe Art Book valued at \$140 compliments of Jimmy Halfpenny. More information regarding this wonderful addition to the competition will be provided in the Operation Art Information Note which will be sent home soon.

Kindergarten through to Year 6, now is the time to start thinking about and planning your artwork. **The theme is; Cheerful and uplifting artworks appropriate for display in hospitals.**

Entries close: Wednesday 30th March 2016.

Please don't hesitate to contact me on 43252178 if you have any further questions.

Kind Regards,

Linden Connell

JIMMY  PENNY

HARMONY CORNER

23 March [Magha Puja](#)

(Buddhist) is a Buddhist celebration of the presentation of teachings by Lord Buddha to an assembly of 1,250 monks.

24 March [Maundy Thursday](#)

(Christian) Maundy Thursday commemorates the Last Supper when Jesus shared the Passover meal with his disciples on the night before he was crucified. Before the Passover meal, Jesus washed the feet of his disciples. The meal during which Jesus breaks, asks for blessing and shares bread forms the biblical basis for the Christian practice of Holy Communion.

25 March [Good Friday](#)

(Christian) The crucifixion of Jesus Christ is commemorated on this day. Many Christians eat fish rather than meat on this day. Others fast and observe dietary restrictions. Hot cross buns have become associated with Good Friday.



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.

FUN HOLIDAY ACTIVITIES

April 2016



	AGE+COST	DATE+LOCATION
ARCHERY INDOOR - Get on target & challenge the kids with this great Olympic sport. 10am-12pm or 1pm-3pm. If program fills, another date may become available for those waitlisted depending on numbers.	8-15 years \$20	12 April, Gosford
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	18 April, 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	15 April, 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	15 April, 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	11 and 12 April, 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. 3-5pm (2 hour program in total)	7-13 years \$20	11 April or 18 April, Berkeley Vale
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	19 April, Avoca Lagoon
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	13, 14 & 15 April and 20, 21 & 22 April at Umina or Avoca Beaches (times vary at both beaches, please check on booking)
TENNIS WYONG - 3 day program. This clinic caters for all levels. It covers all aspects of the game including court etiquette, technique and rules of the game. Play games, mini-tournament and a small party on the last day. 9am-11.30am (7.5 hours in total) & includes a small party on the last day.	5-16 years \$67 (third sibling free)	11, 12 and 13 April, Wyong
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. If torrential rain or extreme heat (38 degrees & above) is predicted, the program will go ahead, however, we will do our best to contact clients beforehand to see if they would like to still attend on that day of the extreme weather event. If not, a partial refund may be offered. 9am-3pm (13-15 April - 18 hours in total for 3 day program or 21-22 April - 12 hours in total for 2 day program).	5-16 years \$130 (3 day 13-15 April) Or \$90 (2 day 21-22 April)	13, 14 & 15 April or 21 & 22 April, Gosford Tennis Centre



1-2-3 MAGIC[®] & EMOTION COACHING PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years
Wednesdays 11, 18 & 25 May 2016
10am-12pm

A three-session program for parents and carers
 Facilitated by Schools as Community Centres Program (SaCC)

VENUE: PENINSULA COMMUNITY CENTRE, 93 McMasters Road, Woy Woy

Learn:

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

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realised quickly that 1-2-3 Magic can be a great preventative measure that any parent use.

The presenter for this course is Suzanne McCaskie . who has completed the Parentshop's 1-2-3 Magic[®] & Emotion Coaching practitioner training.

Fee: \$20 per person

Child Care available through Occasional Care Woy Woy
 PLEASE CONTACT ON 02 4341 9333 for availability and prices.

Registrations essential.

**To register for this course contact Philippa Skipper, Facilitator (SaCC)
 on 0477 317 862**

email: philippa.skipper@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