Dear Gosford East Families,

Welcome back to 2013 school year!

I hope you received my letter last week and hope your children have now settled into what we hope is their permanent class for 2013. I daily walk around the school and find it a calm and busy place of learning. Many friendly, smiling children across all stages K-6.

For your information:

Changing beginning of the year challenges to opportunities to learn

The beginning of the school year always brings with it changes and with that challenges. Changes can cause anxiety for children as well as for parents. Sometimes children are disappointed at the beginning of the school year when they are separated from close friends or are allocated a teacher they aren’t familiar with.

As parents we often get drawn into fixing things for them and trying to negotiate with schools to make things right.

However changes and challenges are not all bad. There is another way that we can view these. They are opportunities for your child to grow and develop a keener awareness of how he/she interacts with adults who may have a style that they are not familiar with.

It is also an opportunity for them to use their social skills and develop new relationships. It’s true that sometimes these new relationships cannot replace that special friend from last year, however it’s important for children to learn that the nature of relationships differ and that it’s important to make space in our lives for all kinds of friends. This may include ones we have fun with, ones we share interests with, ones we work well with and ones we can learn from because they challenge us.

So how do we as parents go about doing this without downplaying the difficulty of these changes for your child?

1. Name the feeling the child is experiencing (disappointment, fear, anxiety, unsettledness, loneliness)

2. Normalise that feeling and let the child know that people often have those feelings when things are unfamiliar and changing. You can give some examples of when you might have felt like that.

3. Give the child some space to think about how they might work through the issue themselves (How would they problem solve that issue?)
4. Help the child identify what they would like to work on to manage the situation better and help them break it down into small manageable tasks (For example looking at the other person, using their name and starting a conversation)

5. Plan for setbacks (what will happen if the other child says something rude back or ignores them?) Talk through the things that could go wrong.

6. Let other people know that your child is working on this skill. You might even tell the teacher that your child is learning to manage meeting new friends and that they are practicing a specific skill (For example using a person's name to greet them). You can even recruit the teacher to be their supporter in this. When they notice your child practicing the skill they could praise them or let them know that they have noticed.

7. Ask your child about how they practiced the skill today, what worked and what they found challenging.

8. Once they have some success, let the people you recruited to be their supporters (dad, grandma, teacher, sibling etc) know and celebrate with them by having a special dinner, inviting the new friend for a play date, going to the park with the new friend after school etc.

It is always important to find the right time to attempt to have these conversations with your child. All children are different and it’s good to find a time when things are calm, you feel close to your child and they feel like talking.

Childhood is all about learning and growing so that one day our children will be independent and capable young adults. The challenges that come our way are great tools for learning. At the same time, if the circumstances are too challenging for your child and you feel that they are being impacted socially, behaviourally, physically or academically it’s good to talk to your school and to seek professional help.

Parent Line NSW is a state funded 24 hour professional counselling, support and information service to parents of children 0 – 18 across NSW.

www.parentline.org.au

Warm regards

Cherie Bourke
Gosford East P.S. Principal (Acting)
**Dates for your calendar**

*REMEMBER - Canteen is always closed on Tuesdays*

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Every week</td>
<td>Student Banking</td>
</tr>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; Wednesday</td>
<td>Every month</td>
<td>P &amp; C meeting in staffroom 7:30pm – All Welcome!</td>
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<tr>
<td>Wednesday &amp; Friday</td>
<td>Every week</td>
<td>Uniform Shop</td>
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<td></td>
<td><strong>Wednesday</strong> 8:45am – 9:15am <strong>Week 3 only</strong> – see item</td>
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<td><strong>Friday</strong> 2:30pm – 3:00pm</td>
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<td><strong>From Friday 22&lt;sup&gt;nd&lt;/sup&gt; February the uniform shop will only be</strong></td>
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<td><strong>open on Fridays from 8:30am to 9:30 am.</strong></td>
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<tr>
<td>Thursday</td>
<td>Every week</td>
<td>School Counsellor</td>
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<tr>
<td>Friday</td>
<td>Every week</td>
<td>School Assembly</td>
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**TERM 1**

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<thead>
<tr>
<th>Day</th>
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<th>Event</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>13&lt;sup&gt;th&lt;/sup&gt; February</td>
<td>Pancake Day – Canteen orders should already be in</td>
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<tr>
<td>Saturday</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; February</td>
<td>SAS Tree Cutting Day/Working Bee (volunteers needed 8am – 2pm)</td>
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<tr>
<td>Wednesday</td>
<td>20&lt;sup&gt;th&lt;/sup&gt; February</td>
<td>Parent Information Evening (see item in newsletter for times)</td>
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<tr>
<td>Friday</td>
<td>13&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>Brainstorm Years K – 6</td>
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<td></td>
<td></td>
<td>$6 due by Wednesday 8&lt;sup&gt;th&lt;/sup&gt; March</td>
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<tr>
<td>Sunday</td>
<td>24&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>Working Bee</td>
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<td>10am – 2pm</td>
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**NSW GOVERNMENT SCHOOLS**

**TERM DATES** (The first day of Terms 1, 2 & 3 are Staff Development Days)

<table>
<thead>
<tr>
<th></th>
<th>STUDENTS’ FIRST DAY</th>
<th>STUDENTS’ LAST DAY</th>
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<tr>
<td>Term 1 2013</td>
<td>Wed 30&lt;sup&gt;th&lt;/sup&gt; January 2013  Yrs 1 – 6</td>
<td>Fri 12&lt;sup&gt;th&lt;/sup&gt; April 2013</td>
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<td></td>
<td><em>Mon 4&lt;sup&gt;th&lt;/sup&gt; February 2013 for new Kindy</em></td>
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<tr>
<td>Term 2 2013</td>
<td>Wed 1&lt;sup&gt;st&lt;/sup&gt; May 2013</td>
<td>Fri 28&lt;sup&gt;th&lt;/sup&gt; June 2013</td>
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<tr>
<td>Term 3 2013</td>
<td>Tues 16&lt;sup&gt;th&lt;/sup&gt; July 2013</td>
<td>Fri 20&lt;sup&gt;th&lt;/sup&gt; September 2013</td>
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<tr>
<td>Term 4 2013</td>
<td>Tues 8&lt;sup&gt;th&lt;/sup&gt; October 2013</td>
<td>Wed 18&lt;sup&gt;th&lt;/sup&gt; December 2013</td>
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VOLUNTARY SCHOOL CONTRIBUTIONS
The voluntary school contribution has remained unchanged this year at $40.00.

While the school contribution is voluntary, these funds are used to purchase art, craft and other consumable items for individual use in classrooms. These items are not funded by the government but must come out of the school's budget.

This contribution can now be sent in via your child in a clearly marked envelope with your child’s name, class and what the payment is for. Envelopes are available outside the school office near the Payment Envelope Box.

Thank you to all the families who assist the school with this contribution.

PAYMENT ENVELOPES
Payment envelopes are available at the parent desk outside the school office. Please use these envelopes to send in payments for your child. These envelopes should be returned with the correct money/cheque and the note sealed inside, with your child by the due date. Please ensure you put the child’s full name as it appears on their enrolment form and their class name.

One envelope (and permission note) is required per child.

Envelopes are then handed by your child to their teacher in class and sent to the Office for receipting. Receipts are sent back to the class by the classroom teacher each day. Alternatively, envelopes can be deposited in our Payment Envelope Box located near the Office. A table has been set up with blank envelopes and pens for easier completion, and the envelopes may then be deposited directly into the box. The envelopes have a section for credit card payments to be sent in and processed manually as well.

EFTPOS is still available in the office between 9am and 3pm.

Julie Griffith
School Admin Manager

“SHAVE FOR A CURE” FUNDRAISER
I am one of our two “Lollipop Ladies” (School Crossing Assistants) and will be taking part in the Leukemia Foundation “Shave for a Cure” which runs from 14th to 17th March.

If you would like to give a donation or sponsor her, envelopes are available at the school office!

All donations of $2 and over are tax deductible.

Kerrie Hadley

PARENT INFORMATION EVENING
Our annual parent information evening is on Wednesday 20th February. Please be aware that this is a general information night and individual interviews are not available on this night. An interview with your child’s teacher can always be organised directly through the class teacher or by placing a call to our school office. Times for the night are as follows:

SUPPORT CLASSES 5:00 – 5:30pm
K-3BE, K-4W, 3-6M

ESI & STAGE 1 5:00 – 5:30pm
KE, KC, KS, 1F, 1-2BU, 2-3B

STAGE 2 5:30 – 6:00pm
34E, 3-4T

STAGE 3 6:00 – 6:30pm
4-5S, 5-6M, 5-6W

Thank you

Class Teachers

NEW HOUSE CAPTAINS
On Friday 1st February, we had elections for House Captains. Congratulations to the following people who have been successful in being elected.

Thank you to all the Year 5 students who stepped in when there were not enough Year 6 students to fill the positions. Badges were presented to the new Captains and Vice Captains at Assembly:

CHAKOLA
Captains John W & Lucy P
Vice Captains Austin B & Jorja D

CARATHOOL
Captains - Callum M & Waneeta A
Vice Captains Leightham C & Lena S

WARRIMOO
Captains Isaac N & Caitlyn P
Vice Captains James m & Ruby S

KIARA
Captains Ben I & Jacinta C
Vice Captains Jessey R & Katie G

Mark Emery
Teacher & Sports Coordinator
SCHOOL ASSEMBLY FRIDAY 8th February

Caught You Being Good:
These children were “Caught Being Good” – Corey, Summer, Rory, Sione, Peta, Keira, Lachlan, Lena and Reed.

“Caught Being Good” in the playground were – Tariq, Jimmy, Liam, Emma, Caitlyn, Jimmy and Stephanie.

Quality Work Awards:
Awards were given to Rory, Jorja, Sapphire, Riley, Lena, Ben, Jacob, Mohammad, Jessey, Madison, Harry, Laura and Deetya.

House of the Week:
Chakola is coming first. Warrimoo is in second place and Carathool and Kiara have tied in third place.

Other:
2T performed a fantastic item. There are new House Captains and Vice Captains. Make sure you are not out of bounds at recess and lunch.

No spraying water at recess or lunch. No skateboards are to be ridden at school.

From the students of 5-6W

SCHOOL BANKING
School Banking is every TUESDAY. You will soon receive a 2013 pack with information about the program and this year's new reward items. This program is run at the school by volunteer parents.

For all new parents to the school, if you would like your child to participate in our School Banking Program they will need a Youthsaver account from the Commonwealth Bank. You can open this account at any branch. Take with you your child's birth certificate and your own identification.

If you are an existing customer and have NetBank access you can open a School Banking account online. All existing bankers should remember to assist our volunteer mothers by writing your new class name on the front of your children's banking wallets.

A new range of rewards has been released for the new school year. Thank you for supporting the School Banking Program at GEPS.

Saving – a great habit to get into!

Mercedes Attwood
School Banking Coordinator

P & C News

WORKING BEE
We need ADULT HELPERS on SES Tree Cutting day, this Saturday 16th February from 8am to 2pm approximately. Phone Wendy on 0437 048 141.

If anyone has an empty trailer and wants firewood from the big branches text me to arrange.

Thank you
Wendy Whitmore

WORKING BEE - SAVE THE DATE
The P&C is holding another working bee on Sunday 24th March from 10:00am until 2:00pm. We will be doing a general garden tidy up, weeding, mulching, laying pavers, etc.

Please keep the date free and bring the kids along and help. Many hands make light work!!

UNIFORM SHOP NEWS
The uniform shop is changing its opening hours. This week's opening hours will be Wednesday morning and Friday afternoon as usual but commencing Friday 22nd February it will only be open on FRIDAY mornings from 8:30am until 9:30am.

If you can't get to the uniform shop during this time you are still able to send your order in to the office with your credit card details or telephone me (0427 915 085) or Donna Ryan (0414 891 210) to organise a time.

SCHOLASTIC BOOK CLUB
In the final order for 2012 there was one book without a name attached. If you ordered a “Geronimo Stilton” book and didn’t receive it please contact the Office.

IDENTIKID LABELS
For any families who are after labels for drink bottles, lunch boxes, pencils, etc, don’t forget that we have a fundraiser code with Identikid Labels. Once you order your labels and are at the very end at the payment details there is a box that will ask for a four digit code. Our fundraiser code is 1279. Please support this fundraiser if you are thinking of ordering labels now or throughout the year.

Thank you
Tracey Hill
P&C
Shrove Tuesday is the day for seeking repentance and forgiveness in preparation of Lent. It is also known as Pancake Day. The four basic ingredients symbolise significant aspects of Easter: eggs – creation; flour – staff of life; salt – wholesomeness; purity. Pancakes are believed to bring good luck as they are made using herbs and other ingredients associated with bringing prosperity.

This is the first day of Lent. 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.

On this day in 2008, Mr Rudd, Prime Minister of Australia, on behalf of Australian Government made a public apology to all Indigenous Australians. The formal apology to all Indigenous Australian and the Stolen Generations acknowledged “their profound grief, suffering and loss”. The Apology also looked forward, heralding a renewed and united effort to close the gap between Indigenous and non-Indigenous Australians in “life expectancy, educational achievement and economic opportunity”.

In the Buddhist northern tradition this day commemorates the death of Buddha and his entry into Nirvana. In some temples the lights in the great meditation hall are extinguished and the entire congregation meditates and chants particular scriptures before the lamps are re-lit. This ritual expresses the hope that the teachings of the Buddha will endure for all time.

Andrew Barton (Banjo) Paterson, pictured on the Australian $10 note, was born in New South Wales on this day in 1964. He is well remembered for his bush ballads, some of the more famous being “The Man from Snowy River”, “Clancy of the Overflow” and “Waltzing Matilda”. To many he is a symbol of the outback but he was also a lawyer, farmer, journalist, soldier and horseman. He died in 1941.
Wyoming Narara Netball Club

is looking for new players for the 2013 season.

All ages are welcome to play.

This year introduces a new program for the 5-7 year old age bracket.

We are also looking for all ages, so Mums and older sisters, come and join a family run netball club.

We will be holding registration at Adcock Park on Feb 9 between 10am and 12pm.

For more information visit our website www.wnnetball.com or email secretary@wnnetball.com or call Cheryl Hogan 0414 533 452

BUS PASSES

We are happy to inform you that replacement bus passes are now available to purchase online. Just visit our website at www.busways.com.au – select the Central Coast Region and School Bus Passes. Please pass this information onto any students or parents with enquiries as to replacing a lost bus pass.

Term bus passes for students who are not eligible for free travel are also available to purchase online at the same internet address/details as above.

Helen Lymbery
Office Assistant
Busways Group Pty Ltd

T 02 4368-2277
F 02 4368-2077
E receptiongosford@busways.com.au

Website www.busways.com.au

Twitter: @BuswaysGosford

TAKING A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in July 2013 for their 3, 5 or 10 month programs. Our international students from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan, and Spain will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

Robert Lindsay
Inbound Program Manager

SOUTHERN CROSS CULTURAL EXCHANGE

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