Dear Gosford East Families and Carers,

What a wonderful start to 2013.....your children are wonderful!...and how responsive to working together to make our place a safe and secure place for all!

It is great to see how well our newest and youngest students have settled into school life. Thank you to the K-1 team and especially Ms Conry who supervises this process. In the last weeks our Kindergarten students undertook their Best Start assessment with their teachers. We feel it is important to do this test prior commencing school as it gives a truer indication of your child’s ability and makes for an equitable test for all students. This assessment looks at early reading and writing skills, the child’s ability to communicate with others, and how they recognise and work with numbers, groups and patterns. This is highly useful information for the class teacher and is used to help and design learning programs to cater for all students. I hope all parents have received by now a detailed report of all information that has been collated and analysed. If not, we will organise this. Please let us know.

My thanks to P&C, who continually work tirelessly with the aid of community organisations, to clean up and make our school safe. We are blessed with beautiful trees and an environment for children where they can dwell amongst.....a breath of fresh air....but those beautiful trees do their thing annually....and thanks to P&C they try to keep our children safe when nature tells the trees it's time to shed some branches.....we value having beautiful trees in our space.....many schools live with concrete to play on...how lucky are we!...our children live in an environment where they hear the birds and see other natural animals...what a great environment to learn.

On another safety issue.....I know our school is difficult to access on a busy central coast highway....and I am working to have a safe place for children to be dropped off...in the meantime, please don’t drop off children in staff car park....it is unsafe for children.....and not even big enough for staff....the last thing we need is your child to be injured!
On a health issue.....Did you know? Head lice have been causing havoc for millennia, with evidence of infestations found on 5000 year-old Egyptian mummies. Some essential lice facts for your information:

- If a lice outbreak is not dealt with, the lice will keep multiplying and multiplying.
- They are a parasitic bug but they do not carry disease and an infestation rarely leads to infection.
- A single louse can lay up to 150 eggs within a month.
- They can’t jump or fly. People get head lice from direct contact with another person. Head lice cannot fly or jump from head to head. They can only crawl.
- Forget stripping beds, boiling hats and towels. You can take off the pillow cases but lice don’t live long off their host.
- Don’t expect an itch. Many lice do not cause itchiness, so you have to look closely to find them.
- No treatment kills all the eggs! You’ll need to retreat or comb in seven days when the newest eggs start hatching. You will need to condition and comb every second day until you have found no live lice left for 10 days.
- The conditioner-and-comb method is the best and time consuming but parents run the risk of reinfection if they don’t put in the effort.

So what to do? Basically it involves coating dry hair thickly with cheap hair conditioner, then using a lice comb on every part of the head and scraping it onto a tissue to see if there are lice or nits. The conditioner stuns the lice for 20 minutes so they are immobile and unable to escape.

- Resistance is common to the insecticides in some commercial treatments so they may not work.

What frustrates parents most is that they spend time doing the right thing to stop infestation and others don’t bother. If we all work together with this, we can manage any outbreaks.

Warm regards,

Cherie Bourke
Principal Gosford East (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>
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<tr>
<td>1st Wednesday</td>
<td>Every month</td>
<td>P &amp; C meeting in staffroom 7:30pm – All Welcome!</td>
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<tr>
<td>Friday</td>
<td>Every week</td>
<td>Uniform Shop</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 from 1:45pm</td>
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TERM 1

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday</td>
<td>1st March</td>
<td>School Clean-Up Australia Day</td>
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<tr>
<td>Tuesday</td>
<td>5th March</td>
<td>School Photos&lt;br&gt;Please ensure your child has their photo envelope on the day</td>
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<tr>
<td>Friday</td>
<td>8th March</td>
<td>GEPS Swimming Carnival Ribbon presentation at School Assembly</td>
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<tr>
<td>Tuesday</td>
<td>12th March</td>
<td>Zone Swimming Carnival&lt;br&gt;See item below</td>
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<tr>
<td>Wednesday</td>
<td>13th March</td>
<td>Brainstorm Years K – 6&lt;br&gt;$6 due by Friday 8th March</td>
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<tr>
<td>Wednesday</td>
<td>13th March</td>
<td>Northcott Swimming Carnival K-4W</td>
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<td>Thursday</td>
<td>21st March</td>
<td>Harmony Day</td>
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<tr>
<td>Sunday</td>
<td>24th March</td>
<td>Working Bee&lt;br&gt;10am – 2pm</td>
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<td>Tuesday</td>
<td>26th March</td>
<td>Epilepsy Day – Wear purple for a gold coin donation</td>
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<td>Friday</td>
<td>29th March</td>
<td>Good Friday</td>
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<tr>
<td>Monday</td>
<td>1st April</td>
<td>Easter Monday</td>
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<tr>
<td>Friday</td>
<td>5th April</td>
<td>GEPS Cross Country</td>
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NSW GOVERNMENT SCHOOLS
TERM DATES

<table>
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<tr>
<th>STUDENTS’ FIRST DAY</th>
<th>STUDENTS’ LAST DAY</th>
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<tr>
<td>Term 1 2013</td>
<td>Wed 30th January 2013 Yrs 1 – 6&lt;br&gt;Mon 4th February 2013 for new Kindy</td>
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<tr>
<td>Term 2 2013</td>
<td>Wed 1st May 2013</td>
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<tr>
<td>Term 3 2013</td>
<td>Tues 16th July 2013</td>
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<tr>
<td>Term 4 2013</td>
<td>Tues 8th October 2013</td>
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NEWSLETTER
From this week, the school newsletter will be going home on a Wednesday afternoon. It will be going home with the youngest child in your family. The newsletter is always put on our school webpage where you may view it and there are copies located on the parent table outside the office.

SPARE CLOTHES
We are receiving a high demand on our spare clothes with the recent weather etc. To assist us in the office, as we do not have a lot available, can you please send spare clothes with your younger children in their bag. Can all students have spare socks and undies in their bags as these items we do not have a lot in stock and cannot re use. If your child does receive socks or undies from the office, it would be greatly appreciated if you could replace these with new items.

We are in need of spare clothes for use in the office in sizes 4, 6 and 8. If you have any clothes that you could donate to the school for this year it would be appreciated.

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.

Julie Griffith
School Admin Manager

SCHOOL PHOTOS
The school photographs are being taken on Tuesday 5th March. Students are to wear their full Summer Uniform. Photo payment envelopes are to be returned to class teachers no later than Tuesday 5th March.

If you would like a family photo please see the office for a family envelope or send a note in with your child requesting a family envelope.

Thank you
Linden Connell

SCCPSSA Zone Swimming Carnival
Our region has now been changed from BWPSSA (Brisbane Waters Primary Schools Sports Association) to SCCPSSA (Southern Central Coast Primary Schools Sports Association).

The Zone Swimming Carnival will be held on Tuesday 12th March from 9am, students need to arrive by 8:30am. It will be held at Peninsula Leisure Centre in Woy Woy.

Congratulations to the following students who will be representing our school at this carnival. A permission note has gone home to these students with the events they will be competing in.

Amanda L  Katie G
Amy C      Lachlan Mc
Ashleigh M  Liam B
Bailey Mc   Lucy P
Ben I       Madison A
Billy F     Miranda M
Brooklyn M  Owen A
Callum Mc   Rory P
Ebony Mc    Ruby S
Finlay F    Theo O
Harry W     Thomas G
Jarrod P    Waneeta A
John W      Zoe D

Mark Emery
Sports Coordinator
The P&C AGM is fast approaching and we really need some parents to take on executive positions at that meeting. The majority of the existing executive committee have all held positions for three years and are standing down at the upcoming meeting.

In case you aren’t aware, without the P&C, the following facilities would not exist: School Banking, Uniform Shop, Book Club, Canteen, Mothers’ Days Stall, Fathers’ Day Staff, School Discos, Christmas and Easter Raffles and End of Year Trophies. Together with all the resources we provide to the school with our fundraising.

Please give some serious thought to nominating for a position at the AGM next Wednesday 6th March. It’s a great way to meet new friends, its fun and you will be doing your kids a great favour.

Even if you don’t want to take up an executive position but still want to be involved with the P&C, you will need to attend the meeting next Wednesday and pay the $2 annual membership.

Or a detailed description of what each position involves, please check out this link: http://www.pandc.org.au/faq.seo

Nyssa Van Dam
President

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**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

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**Harmony Corner**

1st March  **St David’s Day (Wales)**
St David, a Celtic monk, abbot and bishop who lived in the sixth century is the patron saint of Wales. St David’s Day dates back to 112- when Dewi was canonised by Pope Callactus II.

1st March  **World Day of Prayer**
World Day of Prayer is a worldwide movement of Christian women of many traditions who come together to observe a common day of prayer.

1st March  **Bandaged Bear Day**
Bandaged Bear Day is the key fund raising appeal to support a range of research projects, special services and equipment for the Children’s Hospital at Westmead, Sydney NSW.

3rd March  **Hina Matsuri (Festival of Dolls – Japan)**
This festival celebrating girls’ health, growth and happiness is more than one thousand years old. Ceremonial dolls representing people of the ancient Japanese Court were believed to protect people from misfortune.

3rd March  **Clean-Up Australia Day**
On the first Sunday in March every year since 1990, volunteers from all over Australia have removed unsightly and polluting rubbish from beaches, parks, roadways, rivers, bushland and other open spaces.

Ben Wilkinson and Sue Callachor

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**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!!

Rebecca Nutley
Secretary P&C
Wyoming Narara Netball Club is looking for several new players to complete our teams in 2013:
We would love 2 or 3 more eight (8) year olds, two 9 year olds, and also three 12 to 13 year olds, to round out and complete our teams of keen and fun loving players.

You are not too late - contact us this week on:
Website www.wnnetball.com
Email secretary@wnnetball.com or call Cheryl Hogan 0414 533 452.
Hi Everyone

I would like to tell you all a little about the food we sell in canteen. We have to follow criteria for all foods and drinks that we have and this is determined by the guidelines set in place by Healthy Kids Association NSW. They have been in consultation with the NSW Department of Health, Department of Education, Catholic Education and the Independent Schools organisation.

The food we sell is lower in sugar, salt, fats and preservatives than you will find in the supermarket foods by the same manufacturers. You will see on the menu that there is a capital G which indicates Green foods – can be eaten daily – or a capital A which indicates Amber – can be eaten less frequently.

The skinless hot dog franks we sell are low in salt, fat and preservatives and in answer to a survey comment, with the exception of fresh fruit and vegetables, there are many foods where if you eat them to excess they could cause problems with your health, but it is your decision whether your child eats them in their lunch order.

Something new for recess, especially for the hot days, is frozen fruit! Frozen grape bundles are 70c and frozen orange quarters 10c each.

If your child has a food allergy or intolerance PLEASE let me know and if possible send in a photo and description of the problems involved.

Lastly with the P&C AGM fast approaching I would like to ask you to please think about if not taking a position on the executive but at least going along to the meeting. We are run by the P&C so if there is no P&C then there will be no Canteen.

Thanks
Jo C
Clean Up Australia Day 2013

Clean Up Australia Day – Sunday, 3 March 2013

Background
In 1989, Ian Kiernan AO, after sailing solo around the world and seeing the pollution and rubbish in what should have been pristine oceans, had a simple idea to make a difference in his own backyard - Sydney Harbour.

Clean Up Sydney Harbour Day in 1989 received enormous public response with more than 40,000 Sydney-siders donating their time and energy to clean up the harbour. Rusted car bodies, plastic of all kinds, glass bottles and cigarette butts were removed by the tonne.

The idea of a clean-up day had ignited an enthusiasm and desire among the community to get involved and make a difference to their local environment themselves.

The next year Clean Up Australia Day was born. Ian and his committee believed that if a capital city could be mobilised into action, then so could the whole nation.

Almost 300,000 volunteers turned out on the first Clean Up Australia Day in 1990 and that involvement has steadily increased ever since with millions of Australians volunteering over the 22 years and collecting over 237,500 tonnes of rubbish. Since then, Clean Up Australia has evolved into an organisation that works with the community, government and business to provide practical solutions to help us all live more sustainably every day of the year.

Statistics
- In 2011 more than 565,510 volunteers across 7,400 sites removed an estimated 16,464 tonnes of rubbish across Australia.
- 80% of the rubbish collected on Clean Up Australia Day is recyclable.
- Cigarette butts make up the largest percentage of a single item collected on Clean Up Australia Day.
- Since the event started Australians have devoted more than 24 million hours towards caring for the environment through Clean Up Australia day and collected over 237,500 tonnes of rubbish.

Clean Up Australia Day 2013
WHAT: Australia’s biggest community participation event. Get your Clean Up Team together and register your chosen Clean Up Site or let us know some of the rubbish hotspots in your local area.

Gosford East Public School Clean up Schools Day
When: Friday 1st March 2013
Where: ES1, S1 and S2 will be cleaning up within the school grounds. Stage 3 students will be cleaning up around the school perimeter.

Every student will need to bring to school for this event:

A hat and sunscreen
Gloves and old tongs (if available)
A plastic bag

If the weather does not permit the event to go ahead on this day, students will participate when the weather improves. So please leave the necessary items in your child’s bag until after this time.

Regards

Lauren Flynn
Coordinating Teacher