Principal’s Report

Dear Gosford East families,

Bullying No Way!
Last Friday 15th March was National Day of Action Against Bullying and Violence. Our school community focused on adopting the slogan, ‘Bullying No Way!’ to strengthen our everyday messages that bullying and violence will not be tolerated at Gosford East. This National Day of Action highlights to all students that they can be part of the solution to bullying, by exerting a positive influence within their school and by not being passive bystanders.

Zone Swimming Carnival
Congratulations to all our Zone swimmers who participated in the carnival at Woy Woy on Tuesday. I was thrilled to be able to attend for a while, and cheer on Gosford East’s student representatives. You did us all proud and your excellent behaviour and strong school spirit was wonderful to see. They all competed to the best of their ability and were all so supportive of each other. Thank you to all the parents for their assistance at the carnival. Special congratulations to Jarrod and Miranda, who competed in the Sydney North Swimming Championships at Homebush on the Monday 18th March.

2013 P&C Committee
Congratulations also to those newly elected P&C Committee members. We still have the Treasurer position vacant and would love some kind soul to help us out with this role. Darren Owen is your newly elected President 2013.

How we can work together to make our children feel safe

Teach your children:

- Set boundaries about places they can go
- Reinforce the importance of ‘taking a friend’ when they go places or play outside
- It’s okay to say, ‘stop’, ‘I don’t want to.’
- Teach your children to TELL a trusted adult if anything makes them feel unsafe or uncomfortable
- Practice with your child what they should do if they get lost by identifying people who can help them, like a police officer, shop keeper
- Never take anything from someone they don’t know
- Never to get in a car with someone else unless you have told them to
Get involved:

- Know where your child is at all times
- Participate in your child’s activities
- Have your child check in with you on a regular basis
- Practice safety skills with your child so that they become second nature

Parking Reminder

Please ensure you follow the parking signs at the front and back of the school and in particular near our Support Unit entry. Please observe common courtesies. It has been pointed out to me that parents continue to drop their children off in unsafe places, staff car parks and across residents’ driveways and when asked not to do it, have become irate with neighbours and staff. Please consider our local residents and staff, and help to preserve the good name our students have brought upon our school. Unfortunately it only takes one bad comment to undo all the good work our students and parents do to champion our school to the wider community. Let us all do the right thing for ALL of our children!

Warm regards,

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

REMEMBER - Canteen is always closed on Tuesdays

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<tr>
<th>Day</th>
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<tr>
<td>Tuesday</td>
<td>Every week</td>
<td>Student Banking</td>
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<td>1st Wednesday</td>
<td>Every month</td>
<td>P &amp; C meeting in staffroom 7:30pm – All Welcome!</td>
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<td>Friday</td>
<td>Every week</td>
<td>Uniform Shop</td>
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<td>Thursday</td>
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<td>School Counsellor</td>
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<td>Friday</td>
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<td>School Assembly from 1:45pm</td>
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**TERM 1**

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<tr>
<th>Date</th>
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<tr>
<td>18th March to 28th March</td>
<td>Swim Scheme – K-4W, K-3BE &amp; 3-6M</td>
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<tr>
<td>21st March</td>
<td>Harmony Day – students may wear orange</td>
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<tr>
<td>21st March</td>
<td>Book Club to be returned to school</td>
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<td>24th March</td>
<td>P&amp;C Working Bee            10am – 2pm</td>
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<td>26th March</td>
<td>Epilepsy Day – Wear purple for a gold coin donation</td>
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<td>27th March</td>
<td>Easter Hat Parade at 9:30am</td>
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<td>29th March</td>
<td>Good Friday</td>
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<td>1st April</td>
<td>Easter Monday</td>
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<td>5th April</td>
<td>GEPS Cross Country</td>
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**NSW GOVERNMENT SCHOOLS**

**TERM DATES**

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<thead>
<tr>
<th>Term</th>
<th>STUDENTS’ FIRST 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>
<td>Fri 12th April 2013</td>
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<td>Term 2 2013</td>
<td>Wed 1st May 2013</td>
<td>Fri 28th June 2013</td>
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<td>Term 3 2013</td>
<td>Tues 16th July 2013</td>
<td>Fri 20th September 2013</td>
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<td>Term 4 2013</td>
<td>Tues 8th October 2013</td>
<td>Wed 18th December 2013</td>
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Scripture Classes
At our school we offer three scripture groups and a non-scripture group on Thursdays for half an hour. A brief outline of each group follows:

**Joint Denominational Scripture**
This class is conducted by ministers and authorized people from the Anglican, Baptist, Lutheran, Presbyterian, Liberty Family Church, Church of Christ, Gosford Christian Outreach Centre, Associated Christian Ministries International and Uniting Church.

These churches are working hard to make Scripture enjoyable, fun and rewarding experience for your children. These lessons convey to the children the importance of positive Christian values and the relevance of Jesus Christ in their life.

**Baha’i**
The Baha’i teachings emphasise the unity of religions and acknowledge the diversity of the Human family. Classes include such topics as the Religions of the World and the variety of cultures and festivals celebrated. The Mineral, Vegetable, Animal and Human Kingdoms of God, Peace and Environmental studies and the Virtues Program in which respect, responsibility, kindness, honesty and courtesy to name a few are practiced.

Lessons are suited to class level.

**Roman Catholic**
This class is conducted by priests and authorized people of the Roman Catholic faith.

**Non Scripture**
The children who do not attend Scripture classes are supervised by a teacher and given tasks to do.

If you would like to change your child’s scripture nomination, please complete the form available at the school office. These changes will take place at the beginning of each term.

Julie Griffith
School Admin Manager

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**Purple Day Tuesday 26th March 2012**
We will be holding a mufti day on Monday 26th March to support Epilepsy Action Australia. It’s a wear purple day to help raise awareness and funds for people living with epilepsy.

Come dressed in purple and bring a gold coin donation.

The canteen also has special purple wrist bands and ribbons on sale now for $3.

Ben Wilkinson
Acting Assistant Principal Support

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**SPORTS NEWS**

**SWIMMING**
Last week, Gosford East were represented by a wonderful group of students at the Southern Central Coast PSSA District Swimming Carnival.

All the students tried their very best – some attending the carnival for the first time. Our champion swimmers were Jarrod P and Miranda M, both of whom have the opportunity to represent at the Regional Carnival.

The students’ behaviour was again magnificent and they showed great sportsmanship. A very big thank you goes to Mrs McIntosh for being manager for the day.

All the teachers stood out in their brand new red and white uniforms which are the colours of our new district – replacing the red and green.

Mr Emery
Sports Coordinator

Just a quick reminder that tomorrow is Harmony Day and everyone at Gosford East Public School is invited to wear orange clothing. I hope everyone has started on their family projects about your family heritage. Whether your Indigenous to this land or a new arrival to Australia, we would love to share your stories across our school community.

Thank you,

Mrs Lyndall Coles (Organising Teacher)
On Wednesday 13th March the students from the Physical Support Class excitedly travelled to Ryde Aquatic Pool to attend the annual Northcott Swimming Carnival.

Outstanding performances on the day were seen in two exciting 25m races. Sam C came from behind and swam as hard as he could to win the race. He had never swum 25m before. Joshua G also put in an amazing performance in the 25m race. He led all the way and finished in first place.

Annaliese B displayed her dolphin-like style to complete the 12m sprint and Sophie J used a circular swim style to cross the line with a little help from her dad.

Our relay team took out first place after excellent swims by all team members.

The following are the ribbon tallies gained on the day:
- Samuel C: 5 first place ribbons, 1 second place ribbon and 1 third place ribbon.
- Joshua G: 3 first place ribbons, 1 second place ribbon and 1 third place ribbon.
- Sophie J: 1 first place ribbon and 3 participation ribbons.
- Annaliese B: 1 first place ribbon and 3 participation ribbons.

Congratulations to all who joined in the action packed, fun day.

Margaret Wright
Sports Coordinator (Special)

EASTER HAT PARADE

Parents are invited to attend our Easter Hat Parade on Wednesday 27th March from 9:30am. The parade will take approximately 15 minutes.

Kinder, Year 1 and Year 2 students will have made their hats in class.

Students in Years 3, 4, 5 and 6 may wear ‘crazy hair’. Wigs may be worn and hair spray used at home.

NO HAIR SPRAY IS TO BE BROUGHT TO SCHOOL.

Lorell Masters
Teacher

SCHOOL ASSEMBLY FRIDAY 15TH MARCH

Caught You Being Good:
Mitchell R, Mackenzie, Stevie, Isaac, Niamh, Samuel, Ashleigh, Annika, Lena, Corey.

Quality Work:
Leighton, Kaylub, Oliver, Miranda, Lian, Bailey C, Shakira, Jane, Hannah, Finlay, Jarrod, Declan, Dylan.

House of the Week:
Warrimoo in 1st place with 134, Carathool in 2nd with 128, Chakola with 121 and Kiara in 4th with 114.

News of Interest:
Jarrod and Miranda will go to the next stage in swimming.

Other:
Best class award goes to 4-5S.

HARMONY CORNER

21st March  Harmony Day
Harmony Day is a day for all Australian to celebrate our cultural diversity, take a stand against racism, share the values of Australian democracy and promote community harmony.

21st March  Autumn Equinox  (Southern Hemisphere)
Equinox marks the time when the sun crosses the plane of the earth’s equator giving equal hours of day and night.

21st March  Naw-Ruz (Baha’i)
Naw-Ruz (new day) is the Baha’i New Year festival commencing on first day of the first month (Baha) in the Baha’i calendar. It is one of nine Baha’i holy days on which work is suspended.

21st March  No Ruz (Iranian New Year)
No Ruz is a celebration of the Northern Hemisphere spring Equinox. Today modern Iranians celebrate by visiting family members, relatives and friends, exchanging gifts, feasting and sharing sweets.

Ben Wilkinson & Sue Callachor
The new P&C committee is as follows:

- President: Darren Owen
- Vice President: Nyssa Van Dam
- Vice President (Canteen): Melissa Hogston
- Secretary: Rebecca Nutley
- Treasurer: VACANT
- Fundraising: Tammy Bateman
- Uniform Shop: Donna Ryan & Tracey Hill

As you can see, we need a treasurer. If you are interested, please come to the next meeting. Our previous treasurer is happy to show you the ropes.

Previously, the P&C meetings have been held on the first Wednesday of the month, but from May, they will be held at 7:00pm on the second Wednesday of each month in the staff room unless otherwise advertised.

SCHOOL DISCO

This term the School Disco will be held on Wednesday 10th April with a theme which is FANCY DRESS THEME.

Kindy, Yrs 1 & 2  5:00 – 6:00pm  $4.00
Yrs 3, 4, 5 & 6  6:15 – 7:30pm  $4.50

Each child will receive chips and a drink. Any Parent help on the night would be greatly appreciated.

• 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 or COLA 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.

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.
COUNSELLOR CORNER

Dear Parents – I would like to introduce Liane Porter as School Counsellor 1 day per week (Thursday) and myself, Sue Negus also School Counsellor, ½ day per week (Wednesday am). We will be replacing Julie Cook who is on leave for the year. Liane is a very experienced counsellor and will be working with identified children in mainstream classes. I will be involved with children in our 3 support classes. We are both delighted to work at such a warm and inviting school. From time to time we would like to share information that may be relevant to your child’s emotional and social well being (Counsellor Corner). I would also like to mention the upcoming Triple P course for parents who have a child with a disability (more information provided in this newsletter).

How confidence develops

For most children, starting school means spending more time on learning and less on play. It also means more expectations of them – from parents, carers, teaching staff and also from themselves. Primary school children typically start out with high expectations. When they see how well they do things compared to others, their view of their own abilities often changes. They learn that they are good at some things and not so good at others. They also see how other children and teaching staff respond to what they do.

These things influence children’s confidence in their abilities. They also influence how willing they are to have a go in situations where they feel unsure.

How parents and carers can help

Confidence improves through building on small successes. Parents, carers and teaching staff can help by:
• explaining to children that skills develop with practice
• encouraging children to persist when they don’t succeed straight away
• praising effort, persistence and improvement
• making sure that goals are achievable by breaking down large tasks or responsibilities into small steps
• being ready to help when necessary, without taking over.

Encouraging children to have a go and valuing individual improvement supports children’s confidence.

Group Stepping Stones Triple P is Coming!

For Gosford East School parents or carers of children aged 5-12 years with Autism and/or intellectual disability

A positive parenting program for parents or carers that have behaviour concerns about their child with special needs. The great thing about doing a Triple P Group course is that the groups are small and the parents all want the same thing – to do the best for their kids and have an enjoyable family life.

How can Stepping Stones Triple P help?

As well as looking at general parenting strategies, from which all children can benefit, this program also looks at specific strategies for children with special needs. This program is recommended for parents or carers of children with a disability who would like to:
• Encourage appropriate behaviour,
• Manage problem behaviour,
• Become more confident,
• Be realistic about parenting, and
• Invest in self-care.

There are six 2-hour (face to face group sessions) and three 15 to 30 minute (telephone sessions) to talk about your individual progress, then a final group (face to face session). To begin in term 2, 2013.

Contact Sue Negus, District Guidance Officer on 43 252 599 to register your interest.
Hi Everyone

I hope that everyone enjoys their Harmony lunches this week – please remember to put the flavour Moove your child would like.

If you have forgotten to return your Hot Cross Bun drive order and money, PLEASE contact me as soon as possible on 0414 907 968.

Next week is Easter – hard to believe isn’t it? We have our fabulous fish burger pack available all week for only $6.00! These are available every day.

Thanks
Jo C

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