K-4B Swim Scheme – Zoe, James & Mark, March 2014

P & C Association

Meets every 2nd Wednesday of the month
7:00pm in the staffroom
Dear Parents and Caregivers,

**Swimming Awards**

Congratulations to the many swimmers that won awards at last week’s assembly. We have some very good swimmers at our school and we were all very glad to see so many children receive awards.

**Mariners Visit**

Last Thursday we were lucky enough to have eight Mariners visit our school and run some activities for our kids. Although it was quite short notice we had over 70 students attend. The weather was against us so we had to run the activities in the hall. Despite the very cramped conditions our kids were so well behaved and the Mariners were very impressed, not only by our children’s behaviour but of their skill level as well. Thank you to Mrs Coles for organising the Mariners afternoon visit for us.

**Awards at Friday Assemblies**

As you are aware we give many awards out each Friday at our assemblies. The first are our Quality Work Awards. These are given to children who teachers determine to have submitted the best work that they could have done. This may not be necessarily the best work in the class, but for the children that receive these awards, it’s the very best that they can do. These are also a Principal’s Award.

The second awards that are given out are Merit Certificates. One of these is given out to a child in each class and can be for any reason that the teacher chooses. Often they are presented for academic achievement, excellent behaviour, and effort just to name a few.

At Gosford East Primary we like to acknowledge the wonderful students that we have at our school and the work and effort they put in across all school areas.

Graeme McLeod

Principal
### 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>Wednesday</td>
<td>Every week</td>
<td>Student Banking</td>
</tr>
<tr>
<td>2nd Wednesday</td>
<td>Every month</td>
<td>P &amp; C meeting in staffroom 7:00pm – All Welcome!</td>
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<tr>
<td>Friday</td>
<td>Every week</td>
<td>Uniform Shop 8:30am – 9:30am</td>
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<tr>
<td>Tues &amp; Wed</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>4th April</td>
<td>Rugby League Gala Day</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8th April</td>
<td>Stage 2 Excursion to Sydney Museum</td>
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<tr>
<td>Wednesday</td>
<td>9th April</td>
<td>School Disco</td>
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<tr>
<td>Thursday</td>
<td>10th April</td>
<td>Easter Hat Parade &amp; Hot Cross Bun Drive</td>
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<tr>
<td>Friday</td>
<td>11th April</td>
<td>Anzac Service</td>
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<tr>
<td>Monday</td>
<td>28th April</td>
<td>Staff Development Day</td>
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<tr>
<td>Tuesday</td>
<td>6th May</td>
<td>Mothers’ Day Stall</td>
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### NSW GOVERNMENT SCHOOLS

#### TERM DATES

<table>
<thead>
<tr>
<th>Term</th>
<th>STUDENTS’ FIRST DAY</th>
<th>STUDENTS’ LAST DAY</th>
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</table>
| Term 1 2014 | Wed 29th January 2014  
Mon 3rd February 2014 for new Kindy | Fri 11th April 2014                                       |
| Term 2 2014 | **Tues 29th April 2014** | Fri 27th June 2013                                       |
| Term 3 2014 | Tues 15th July 2013 | Fri 19th September 2013                                  |
| Term 4 2014 | Tues 7th October 2013 | Wed 17th December 2013                                   |
This Friday 13 students from Years 5 and 6 will compete in the NRL 7's Gala Day at Moree Breen Oval.

The team have been training really hard with the help of U18’s Sea Eagle, Darcy. Some students are about to experience their first ever game of Rugby League, which is really exciting!

We wish the team all the best!

Ben Wilkinson
Teacher, K-4B

Terrigal Uniting Church will be running another Kids Holiday Club these school holidays, this time with an Easter theme!

Join us for lots of games, craft, food, singing and fun on Wednesday 16th April, from 10:00am to 2:00pm.

As always it is open to any children aged 4-10 years.
Please forward the invitation to anyone that you know and register soon, as places are limited.

If you register before April 4th, the cost is only $5 per child.

Please advise of any dietary requirements and each child will need to bring a labelled hat and water bottle on the day.

Hope to hear from you soon!

Kylie Sheen
Terrigal Uniting Church
Children, Youth and Family Worker
Email: famtuc@fastmail.com.au
Phone: 0405 191 986
NOTICE TO PARENTS

Important reminder to all parents that the first day back at school for the children in Term 2 will be **TUESDAY 29TH APRIL**, as the Monday is a Staff Development day for the teachers only. Please do not send your children to school on the Monday.

Recently we have had several reported incidents of head lice. Please check your children’s hair regularly as head lice is highly contagious.

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STUDENT CORNER

From The Students...

**QUALITY WORK:**
Grace, Klay, Harmony, Mackenzie, Melanie, Rhia, Taitem, and Will.

**HOUSE OF THE WEEK:**
Chakola

**OTHER:**
Fantastic item 1/2H.
Hi Everyone

I hope everyone has returned their Hot Cross Bun Drive forms into Canteen by today. If not just give me a call and let me know what you wanted. Remember that the order will be in next Thursday and you can pick your up between 11:30am and 2pm.

With the last week of term coming up we will be running down stocks so it is always a good idea to put a second choice of food on your child’s lunch order. That way we can change the order without having to get them out of class.

Thanks
Jo C
5 April: Ching Ming Festival - This Chinese festival is also known as the ‘Tomb-sweeping Festival’. People visit family graves and ask for the (Chinese) blessings of the departed spirits. They care for the tombs and make offerings of incense, joss paper and food to their ancestors.

5 April: Bundanoon - For a day each year Bundanoon, in the Southern Highlands, becomes a Scottish town, Brigadoon, and hosts Brigadoon, a Scottish Highland gathering with pipe bands, games, clans and dancing.

7 April: World Health Day - This day provides a forum for information and discussion about health conditions worldwide. It is observed annually by the 190 member countries of the World Health Organisation (WHO). As one of its world objectives, WHO strives to attain the highest possible level of health for all the people it serves.

8 April: Ramanavami (Hindu) - Ramanavami celebrates the birthday of Lord Rama. According to Hinduism, Lord Rama is the incarnation of the Supreme Being. His birth is commemorated by decorating temples and holding religious discourses. Ramanavami is observed with sanctity and fasting.

LUNCH BOX IDEAS

Practical Tips

The lunch box is a wonderful thing - it stops sandwiches getting squished in school bags amongst books and pencil cases. However the lunch box can be risky, creating potential food safety problems that could turn your lovingly prepared school lunch into a dose of food poisoning.

Lunch boxes need to store food safely for up to four hours or more from when your child leaves home and eats lunch around midday or 1pm. Lunch box safety is particularly important in the heat of summer.

Parents also need to prepare food safely to make sure bacteria don’t get into lunches, thereby avoiding the growth and contamination of food poisoning bacteria.

- Before handling food, wash hands with soap and warm running water and dry thoroughly. Lunch boxes should also be washed thoroughly before reuse. Children should also be encouraged to always wash their hands before eating.
- Foods that are prepared the night before, such as sandwiches, should be frozen overnight and then taken out for each day’s school lunch. Suitable foods to freeze are: bread, cooked meat, cheese, baked beans or Vegemite.
- Choosing an insulated lunch box or one with a freezer pack, or including a wrapped frozen water bottle can work to keep perishable foods cooler and avoid bacteria growing.
- Perishable foods such as dairy products, eggs and sliced meats should be kept cool, and eaten within four hours of preparation. Don’t pack these foods if you’ve just cooked them - first cool in the refrigerator overnight.
- If including leftover meals such as meats, pasta and rice dishes, ensure you pack a frozen ice block into the lunch box.
- Healthy drinks, such as water and milk can be frozen overnight and then stored in your child’s lunchbox, helping to keep it cold.
- Make sure that while at school children keep their lunches in cool places and away from direct sunlight.
- If possible, prepare the lunch the night before and store it in the refrigerator.
- Lunch foods that can be safely stored in an uncooled lunch box and eaten at room temperature include fruits and vegetable, jams, breads, crackers, cereals, peanut butter (check your school allows it), biscuits and cakes.
We would like to thank all the parents and the schooling community that supported us in collecting vouchers for the Woolworths 'Earn and Learn' promotion in 2013.

Our school has just received a large range of teaching resources from Modern Teaching Aids which will help to support our learning programs. Some of the new resources include new tambourines, triangles, bells and metallophones to support our music lessons and a variety of whiteboard markers, talking cards, alphabet games and fine motor games to support our literacy programs.

A big thank you goes to Jo.C for spending hours collating and counting the vouchers that were sent in and putting our resource order in for the school.
Players needed for our following development squads for the 2014 Football Season.

**Under13** – 3 field players; **Under14** – 3 field players.

Interested players can contact Michael Hurn (Director) on 4966-3462.

Registration payment plans are available if required.