Dear Parents and Caregivers,

**Father Day Breakfast** - Just a reminder that our Father’s Day Breakfast is on this Friday morning starting at around 8-00. If you have not returned the note that was sent home could do so as soon as possible so we know how many dad’s etc to cater for.

**World Cup-A-Thon** - Unfortunately we have had to postpone the World Cup-a-Thon once again due to the wet weather. We are now aiming for Wednesday 17th of September.

**Canberra Excursion** - As you may be aware Stage 3 (Years 5 and 6) attend an overnight excursion each year. This year they have the opportunity to attend an excursion to Canberra. They will be visiting the Electoral Education Centre, the Institute of Sport, Parliament House, the War Memorial, Questacon, The National Dinosaur Museum, the National Museum and the Royal Australian Mint. The staff put much time and effort in organising this excursion and as you can see it is a very full program that I am sure that Stage 3 will enjoy as I am sure I will.

**NAPLAN Results** - Our NAPLAN results have not arrived as yet but are due to arrive this week. They will be sent home when we receive them. There has been much media attention about the difficulty of the writing task in this year’s NAPLAN test especially its appropriateness to our younger students. The same writing task is given to Years 3, 5, 7 and 9 and persuasive writing can be difficult for Year 3.

It must be remembered that this test is just one test on one day and only tests some items within the curriculum. It can be used as a guide and we do use it as a school as one of the tools for our planning. If you have ever have any concerns about your child’s progress or would like more info about what they do in class please do not hesitate to contact your child’s teacher.

**SASS Appreciation Week** - This week is School Administration and Support Staff (SASS) Appreciation Week. Our Support staff, that includes our office staff, our General Assistant and our School Learning Support Officers (Teachers Aides) do an amazing job at our school and we could not do what we do without them. We often do not thank them for everything extra that they do for our kids and our school but it is very much appreciated. A big thank you to all of our support staff for everything that they do.

Graeme McLeod
**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>
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<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>Monday &amp; Friday</td>
<td>Every week</td>
<td>Uniform Shop 2:30pm – 3:30pm</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 3 and 4**

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
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<tr>
<td>Friday</td>
<td>5th September</td>
<td>Fathers’ Day Breakfast</td>
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<td>Wed - Friday</td>
<td>10th – 12th Sept</td>
<td>Canberra Excursion</td>
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<tr>
<td>Wednesday</td>
<td>17th September</td>
<td>Cup-A-Thon</td>
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<tr>
<td>Friday</td>
<td>17th October</td>
<td>Kindergarten students Niagara Park Stadium Excursion</td>
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**Fathers’ Day Stall and Breakfast**

The Fathers’ Day Stall this Tuesday was a huge success and we’re sure there will be many happy Dads come Sunday morning! A big thank you to Anne Dowling for making and donating so many beautiful gifts to the stall, and all the other parents involved in running the stall this year. Well done and thanks again.

Don’t forget that the Fathers’ Day Breakfast is on this Friday morning. All Dads, Grandfathers, Uncles, Brothers and carers are welcome. Come along if you can to the School Hall between 8:00am and 9:00am. $2.00 coin donation would be appreciated.

**HARMONY CORNER**

**31 August – 6 September: Legacy Badge Week** - Legacy was established in 1923 by ex-servicemen dedicated to the task of caring for the widows and dependants of their comrades. Legacy cares for more than 132,000 widows, providing advice and assistance, accommodation, medical and social support. Legacy relies on donations, bequests and the proceeds from the annual Badge Day Appeal to carry out this service.

**1 September: National Wattle Day** - National Wattle Day is a celebration of Australia’s national floral emblem, the Golden Wattle (Acacia pycnantha). Wattle is found on many Australian symbols. Australians representing their country at international sporting events wear the national colours ‘GREEN & GOLD’ based on wattle flowers and foliage.

**1 – 6 September: Landcare Week** - Landcare Week falls in the first week of September each year. Landcare Australia uses this time to promote land care issues, groups and opportunities.
Library News

Book Fair Term 4
Over the last month I had discussed with a few parents and staff that a Book Character Parade was planned for Term 4 during our Book Fair. However, after checking our school calendar in consultation with the School Executive, we have found that a parade would clash with the Swim School. We already have a very full calendar and feel that we need to ensure Student Learning takes priority and avoid disruptions to class programs. I know many families may be disappointed and I promise that there will be a Book Character Parade in 2015 in Book Week and I will place it on the 2015 calendar at the beginning of the year. We will still be having our Scholastic Book Fair, with sales on the evening of Tuesday 18th and Thursday 20th November. So pop those dates on your calendar and keep your Book Character costume ideas for next year’s extravaganza!

Judy Townsend Books
We had a fantastic visit by Author Judy Townsend during this year’s Book Week. She has left a few copies of her four books if anyone would like to purchase one. They are $10.00 each. I have Evidently that’s Not Normal (3 Copies), How Do I Know? (2 Copies) Chalk and Cheese (2 copies), Off to Bed Sleepy Head (1 only). Judy is overseas this month, however I can take orders if we sell out for her to deliver when she is back.

Library Volunteers
We had two long term volunteers in our library, Mrs Quyuen Kent, a past parent whose boys are now at university and Mrs Maureen Bell a local resident. Both had been volunteers for more than 10 years. Unfortunately both ladies have decided that it is time to find new challenges and hobbies. Mrs Kent moving onto paid employment and Mrs Bell spending more time on her hobbies and enjoying her little dog Rosie. I wish them both a fabulous future in their new pursuits. We currently have Mrs Claire Mercer a grandparent and Mrs Di Shapcott a long term GEPS past parent and staff member coming along once a week for an hour or two.

If you would like to volunteer and assist in the library pop in and see me on a Monday, Tuesday or Wednesday morning. At present I am revamping our Premier’s Reading Challenge (PRC) collection and about to organise a PRC section in the library and would love some extra assistance. Coffee and Cover will begin again next term on Wednesday mornings.

Lyndall Coles
Teacher Librarian
Gosford East Public School
**STUDENT CORNER**

**CAUGHT YOU BEING GOOD:** Hannah, Asha, Amelia, Erin, Hannah, Josh

**QUALITY WORK:** Lucinda, Evie, Brodie, Ron, Cameron, Abbie, Lily, Cash, Hazel

**HOUSE OF THE WEEK:** Carathool


**OTHER:** Well done to all our runners - we are all very proud!!!

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**COUNSELLOR CORNER**

Over the coming weeks I will be placing articles in the newsletter from the founder of Triple P parenting programs, Matt Sanders, that you may find useful when caring for your children.

Sue Negus

**Positive Parenting - By Professor Matt Sanders**

As a parent, you want to do the best for your child, but how do you know what's right? What do you do when your child answers back? Or is being bullied at school? Or starts telling obvious lies?

Over coming weeks in your newsletter, I will share some of Triple P's proven tips for the best ways to handle common behavioural and developmental problems in children. From battling disobedience to encouraging homework routines, I'll cover those everyday issues to help you work out some strategies to suit your family.

I'll highlight common "parent traps" and hopefully make the very important job of raising kids as enjoyable and rewarding as possible.

But remember, parenting is sometimes hard work and it may take time to tackle more difficult problems. The good news is that help is always at hand. Throughout the central coast agencies are offering parenting support with Triple P, one of the world's most highly-regarded parenting programs. For more information go to [www.triplep-parenting.net](http://www.triplep-parenting.net)

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**Remember when you believed in anything and everything?**

Researchers from the University of Western Australia are investigating children’s tendencies to being tricked, fooled and misled by their peers. We are looking to see how this develops in children, and when children outgrow this. We are looking for parents of Kindergarten – Year 6 children across Australia to complete an online survey (15 – 20 minutes). Participants will go into a draw to win one of 10 $50 gift certificates to Coles/Myers. To participate go to:

[http://tinyurl.com/childsvq5](http://tinyurl.com/childsvq5)

Or for more information please contact Rebecca Seward at (08) 6488 4652 or rebecca.seward@research.uwa.edu.au
Hi Everyone

Please remember that as we approach the end of term, some food items may be running out or not available. If you are placing a lunch order, please put a second preference just in case.

Thanks
Jo C

Canteen Roster

Wed 3rd Sept – Donna Ryan
Fri 5th Sept – Help Needed
Wed 10th Sept – Wendy Whitmore
Fri 12th Sept – Kylie Ogston
Wed 17th Sept – Vanessa Byrne
Fri 19th Sept – Help Needed

Thurs 4th Sept – Carmen McDonald
Mon 8th Sept – Darleen McIntyre
Thurs 11th Sept – Janette Easton
Mon 15th Sept – Help Needed
Thurs 18th Sept – Sam McCartin

BIG THANKYOU to Bella D’s Grandmother who donated many handmade gifts for Father’s Day Stall
Play Baseball!

Come and play baseball this summer with the Lions Junior Baseball Club. Seeking girls/boys for U8 - U16 teams!

Season starts October after school holidays and finishes March 2015. Training and games played on Tuesdays U14/U16 and Wednesdays U8-U12 - 5-7pm most games at Adcock Park, West Gosford.

Registrations for Lions Junior Baseball Club are being held on:
SAT 6 September 10am – 12.00noon at McDonalds, West Gosford
SAT 13 September 10am - 12.00 noon at McDonalds, West Gosford

Uniform is provided free!

Registrations call Megan Morgan on 4322 8230 or email meganmorgan@smartchat.net.au

Experienced female masseuse providing

Children’s Massage & Reflexology

for 1-12 year olds

Great for the Immune System and Relaxation

(Parents welcome to stay during massage)

Only $25 for 1 hour

Phone Jacqui on 0404 501 808

(Diploma in Therapeutic massage & Certificate in Reiki 1, 2 & 3)
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<thead>
<tr>
<th>Activity</th>
<th>Age/Cost</th>
<th>Date/Location</th>
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<tbody>
<tr>
<td><strong>ARCHERY (INDOOR)</strong> — Get on target &amp; challenge the kids with this great Olympic sport. 10am-12pm or 1pm-3pm</td>
<td>8-15 years $20</td>
<td>22 or 23 September, Gosford</td>
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<td><strong>CANOEING/KAYAKING</strong> — 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</td>
<td>10-16 years $33</td>
<td>26 September, Avoca Lagoon</td>
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<tr>
<td><strong>CARES BICYCLE SAFETY</strong> — Offered by Wyong Shire and Gosford City Councils, in conjunction with NSW Police, this program will develop your child’s road sense and set the foundation of road safety they need right through life, even when they start driving. Bicycles and helmets are provided. 9.30am-2pm (4.5 hours).</td>
<td>School grade 3-6 only $10</td>
<td>2 October, Palmdale</td>
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<td><strong>CIRCUS SKILLS</strong> — 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 tight wire, and more! Learn to make your own balloon animal or flower to take home.— 10am-1pm (3 hours).</td>
<td>6-12 years $40</td>
<td>30 September, Niagara Park</td>
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<tr>
<td><strong>CIRCUS AERIAL WORKSHOP</strong> — 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).</td>
<td>8-16 years $31</td>
<td>30 September, Niagara Park</td>
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<td><strong>GYMNASTICS INTRODUCTION</strong> — 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 (4 hours in total)</td>
<td>5-12 years $30</td>
<td>24 &amp; 25 September, Berkeley Vale</td>
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<td><strong>KIDS MULTI SPORTS</strong> — A great program for working parents and active kids. Central Coast Youth Club hosts this jam-packed day including trampolining, indoor hockey, indoor volleyball, soccer, wheelchair basketball and lots more. Price includes a sausage sizzle and an ice block for lunch. So don’t miss out on this brilliant, fun and great value for money day. Pre-bookings with payment essential! 9am-3pm (6 hours).</td>
<td>6-13 years $27 first child, $22 for every other sibling</td>
<td>26 September or 2 October, Niagara Park</td>
</tr>
<tr>
<td><strong>SAILING</strong> — 3 day program. Join in on the fun on the water and learn to sail. Catering for beginners to advanced, this program is taught Yachting Australia instructors on dinghies. Participants must be able to swim 50 metres. 9:30am-3:30pm (18 hours in total).</td>
<td>7-16 years $166</td>
<td>24, 25 &amp; 26 September or 1, 2 &amp; 3 October, Gosford Sailing Club</td>
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<td><strong>STAND UP PADDLE</strong> — 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.</td>
<td>11-16 years $33</td>
<td>1 October, Avoca Lagoon</td>
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<tr>
<td><strong>SURF LIFE SAVING</strong> — Kids will learn about beach and surf recreation whilst having loads of fun. 10am-2pm.</td>
<td>5-13 years $20</td>
<td>29 September, Terrigal Beach</td>
</tr>
<tr>
<td><strong>SURFING</strong> — 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 course. 2pm-3:30pm (4.5 hours in total).</td>
<td>7-16 years $95</td>
<td>20, 21 &amp; 22 September (w/e); or 1, 2 &amp; 3 October, Umina Beach or 24, 25 &amp; 26 September, Avoca Beach</td>
</tr>
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<td><strong>TENNIS WYONG</strong> — 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) &amp; includes a small party on the last day.</td>
<td>5-16 years $67 (third sibling free)</td>
<td>22, 23 &amp; 24 September, Wyong</td>
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