Dear Parents and Caregivers,

Swimming Carnival

Our swimming carnival was once again a great success. This year we have quite small numbers of Years 5 and 6 so it was one of the smallest carnivals we have had. Saying this it was the highest participation rates we have had. A big thank you to Mark Emery for his organisation, our wonderful staff, the parents that helped us on the day and the many parents that came to support our great kids. Congratulations also to our new House Captains for their support and organisation at our carnival. These students have a big job that they do very well.

Erina High Open Night

As you are aware Erina High is our partner school and a fellow member of the Erina Learning Community. Most of our students are zoned for Erina High and I encourage parents to attend one of their open evenings. It is a great school that do so much for our students. Our Years 5 and 6 attend the school many times before they go there with their transition program second to none. It is never too early to have a look at the school. When your child is in Year 4 is a good time to start. High schools are so different today than in the past and the facilities have to be seen to be believed. I encourage you to attend Erina High’s Open night on Wednesday.

Car Park

Just a reminder not to walk children through the car park. They are dangerous places. We have had to lock the car park before and after school due to the number of near misses that have occurred.

Supervision Before & After School

A reminder that supervision is provided for students from 8:30am in the morning and that students should not arrive at school before this. There is a Before and After School Care service provided at St Patricks and our office can provide their number if you require it.
Dance Groups

This year we have 7 dance groups at our school with about 170 students in total in them, a wonderful achievement. Thank you to Lara Middleton and Angela Boyd for all the work that they are already putting into preparing these groups.

P and C Meeting

A reminder that this month’s P and C is on tonight in the staff room commencing at 7:00 pm

Graeme McLeod
Principal

Homework Help

Helping your child with homework

How do you help your child while allowing them to develop independence? Teachers talk about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.


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>Friday</td>
<td>Every week</td>
<td>School Assembly from 1:45pm</td>
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<tr>
<td>Friday</td>
<td>Every week</td>
<td>Uniform Shop 2:30pm – 3:30pm</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>Monday</td>
<td>9th February</td>
<td>Kindergarten Students Start School 9-2:30pm</td>
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<tr>
<td>Wednesday</td>
<td>11th February</td>
<td>Text Book Buying Day</td>
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<tr>
<td>Monday</td>
<td>16th February</td>
<td>Book Club Due</td>
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<tr>
<td>Wednesday</td>
<td>18th February</td>
<td>Parent Teacher Information Session</td>
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<tr>
<td>Tuesday</td>
<td>3rd March</td>
<td>Budget Book Fair Sale Evening</td>
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<tr>
<td>Wednesday</td>
<td>4th March</td>
<td>World Read Aloud Day</td>
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Caught You Being good - Week 2

Eva, Eliza, Zane, Zac, Niamh, Harrison, Ayden, Tahlia, Levi, Sophia, Lilly, Ashley and Tyler
Well Done!!

Library

Week 6 is our new “Budget Book Fair” from Carnival Books. This will coincide with our World Read Aloud Day on the 4th March. More details to come next week.

Mrs Coles
Library

Swimming Carnival Highlights by 5/6C

Wow! What a great day!
On Monday 9th February our students from the ages of 8-12 years, went to Gosford Pool to compete in the annual GEPS Swimming Carnival.

We would like to firstly write some “thank you” points…..Thank you to our fantastic parents and staff for working hard to ensure that our day was such a success. Thank you to our terrific students for their great efforts and behavior throughout the day. Thank you to our House Captains and Vice Captains for their help too. Thank you to Jo and our parents for the delicious lunches! And BIG thanks to Mr. Emery for organizing our day!

Here are some of our favourite parts of the day;
* having fun and swimming with our friends – Kayla and Emily
*I liked swimming breaststroke best – Jacob
*We liked watching the relays best – Danny and Thalia
*I liked going in nearly all the 11yr races – Lachlan
*I liked all the races, races, races – Rikki
*I liked swimming in the relays best – Stacey
*I enjoyed my lunch from Jo!! – Lara
*I really enjoyed shouting our House Cries! – Tyler S
* “I got water in my goggles so I had to close my eyes and ran into two walls and came fourth (last) but I still tried” – Mischa
Swimming Carnival
From Mr Emery:

Last Monday Gosford East PS had its annual Swimming Carnival at Gosford Pool. The most pleasing thing this year was the number of students participating in events. There were some great results and the champions will be announced at the assembly this Friday – some scores were close! A very big thank you to all the parents who helped out on the day with setting up and time keeping. A big thank you also to the staff both from our school and Gosford Pool for their support. Students who qualify for the district carnival will receive notes when they come to hand.

Mr Emery
VOLUNTARY SCHOOL CONTRIBUTIONS

After many years of remaining the same, the voluntary school contribution has had a slight increase this year to $45.00 per student.

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.

KINDERGARTEN START TIMES

We welcome our new Kindergarten students and hope they are settling in well. Kindergarten students have different start and finish times for the first few weeks. Please see below for times:

Monday 2nd Feb - Friday 6th Feb  9:30am to 2:30pm
Monday 9th Feb - Friday 20th Feb  9:00am to 2:30pm
Monday 23rd Feb - onwards  9:00am to 3:00pm

Please organise for your child to have a drink and food for both recess and lunch each day, particularly Tuesdays when the canteen is closed.

Thankyou
Kindergarten Teachers

<table>
<thead>
<tr>
<th>NSW GOVERNMENT SCHOOLS</th>
<th>STUDENTS’ FIRST DAY</th>
<th>STUDENTS’ LAST DAY</th>
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<tbody>
<tr>
<td>Term 1 2015</td>
<td>28th January 2015</td>
<td>2nd April 2015</td>
</tr>
<tr>
<td>Term 2 2015</td>
<td>21st April 2015</td>
<td>26th June 2015</td>
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The students of Gosford East have been invited to participate in the Central Coast Choral Festival for 2015. This is a very exciting event particularly suited to children that like to sing!

The Central Coast Choral Festival is a biennial event celebrating musical achievements of students from Central Coast Department of Education and Communities primary schools. Over 1000 students from DEC public schools from across the Central Coast region will participate in what is sure to be another fabulous performance event. Students will sing as part of a massed choir in one of three shows and opportunities also exist for solo and small group performance items. Audiences are usually a sell out!

A small group of approximately 20 students will participate from Gosford East. These places will be offered initially to stage 3 students and then to stage 2. There was a cost of approximately $25 per student the last time GEPS participated and also some costs involved in bus travel. The costs are expected to be similar this year but have not yet been confirmed. Positions will be filled by first paid in Stage 3 then opened to stage 2 if there are places available.

The students will have the opportunity to participate in the following events throughout the year:

- **Rehearsals** - three full day combined schools rehearsals prior to the performances.

- **Boys Choir Workshop** - new to the CCCF in 2015, a workshop run just for the boys by Australian musician Peter Lehner!!

- **Composer Experience** - This year we are extremely fortunate to be working with well-known Australian composer Ian Jefferson.

- **Performances** - Our school will perform on one of three days - Tuesday 20th, Wednesday 21st or Thursday 22nd October.'

Please discuss the above events with your child if they show an interest in participating in the Choral Festival to ensure they are prepared for the commitment.

This is a truly enriching opportunity for the students to participate in and I'm looking forward to sharing this exciting journey with them this year..... singing our hearts out!

Yours sincerely,

Linden Connell
Hi Everyone

Thank you to all who ordered lunches for the swimming carnival on Monday. I hope you enjoyed it.

Please remember that orders for Pancake Day are due this Friday! This is our only recess 'special' day and also the only time that recess is delivered to the rooms. Help is needed from 9-11 to top and pack the pancakes please.

Our new menu will be out next week. A few things to remember are that there is now only two flavours of Moove - chocolate and strawberry.

Thanks
Jo C
12 February - St Vartan’s Day  Vartan Mamikonian (393 AD — 451 AD) was an Armenian military leader, a martyr and a saint of the (Christian Armenian) Armenian Church. He led the Armenian army at the Battle of Avarayr in 451, which ultimately secured the Armenians’ right to practice Christianity.

13 February - Apology to Indigenous  On this day in 2008, Kevin Rudd, Prime Minister of Australia, on behalf of the Australian Government made People 2008 a public apology to the Stolen Generations and to all Indigenous Australians. The formal apology 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’.

13 February – 1 March  Chinese New Year  The City of Sydney’s annual lunar festival is the largest Lunar New Year celebration outside of Asia. The Festival, Sydney festival begins with a major street parade of international standard and hosts more than 60 associated events celebrating the Lunar New Year. Events include performances, exhibitions, film screenings, sport, tours, lectures, food events and social occasions.

February 13 – 15 - National Multicultural  This festival aims to unite the community in a celebration and sharing of culturally diverse traditions, dance, February Festival, Canberra food, performances, exhibitions, concerts and information.

14 February - Valentine’s Day  It is thought that Valentine’s Day originated as a pagan celebration in the third century. In February, Romans celebrated ‘Lupercalia’ to honour the god Lupercus so that he would protect them and their flocks throughout the coming year. On this occasion, names of young women were placed in a box to be matched with young men and become partners for the year. Christian priests changed the name to St Valentine’s Day in an attempt to replace the ‘heathen’ practices. Through the centuries St Valentine became the patron saint of lovers and on this day sweethearts around the world exchange messages of love.

COUNSELLOR CORNER by Sue Negus

Need help managing stress or anxiety?

If your child or teen has difficulties with anxiety or just seems to have too many worries, I would like to introduce you to BRAVE Self-Help - an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyondblue, this program is now freely available to all young people aged 8 -17 years old who are living in Australia. BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information, or to register for the program, please visit www.brave4you.psy.uq.edu.au.
SENSORY SCREENING
FOR FAMILIES WITH SPECIAL NEEDS

Sensory Movie Day is an inclusive event for families with special needs
- Lighting is on dim, sound lowered, volunteers monitoring fire exit doors.
- Sensory Movie Day run once a month on a Sunday at 11am
- Tickets are $8 each (Except Ipswich $6 each). Children 2yrs and under are free
- Companion I.D. Cards are accepted

Sensory Movie Day is running at the following Locations:
Moreyfield, Maroochydore, Mackay, Capalaba, Browns Plains, Ipswich,
Toowoomba, Lismore, Tuggerah and Cronulla
Any questions email sensorymovieday@hotmail.com

BUY TICKETS NOW AT THE BOX OFFICE

6 Meadow Road,
Springfield NSW 2250
ph: 02 4323 7701
e:centralgardens2@bigpond.com
www.centralgardenschildcare.com.au