Corner of York Street and Webb Street, East Gosford, NSW, 2250

Phone: (02) 4325 2178 Fax: (02) 4323 6930

Email: gosfordest-p.school@det.nsw.edu.au

Office hours: 8:30am – 3:15pm

Report any suspicious behaviour to School Security 1300 482 737

P & C Association

Meets on the 2nd Tuesday of each month 7:00pm – all welcome
Dear Parents and Carers,

I hope your children all had a great holiday and are ready for a very busy term.

**New Building Works**

You may have noticed that over the last term there has been building works in progress up near the staff room. We were very fortunate to have received funding to refurbish some of the Special Education rooms in the school as they were not done a few years ago when the other classrooms had additions. We have made another classroom out of a storage and office area and have had a new bathroom built with a new ceiling hoist. Mrs Wright’s classroom will be refurbished over the Christmas Holidays which will then give us two purpose built classrooms and bathrooms that will provide a much better facilities for our staff and students.

**Parent Teacher Meetings**

Thank you to the many parents that have taken the opportunity to meet with their child’s teacher before the holidays, this week and part of next week. We have organised this as we usually do so each teacher is available for a day. To do this we split their class across the other classes in the school. It causes minimal disruption, the children are provided with work and usually enjoy spending the day with another teacher.

The reports that we send home can only tell you so much and discussions with the teacher give the opportunity to ask questions and find out all of the things that a formal report may not contain. Please remember that you can request a meeting at any time with your child’s teacher or their supervisor through a note to the teacher or by the school office. These meetings are a very important part of our reporting process and I know teachers value these discussions.

**Education Week**

Education Week is in Week 3 of this term, starting on Monday 27th July. This will be a busy week for our school with our Dance Groups and some members of the choir performing at Erina Fair on Monday 27th, our Athletics Carnival is on Wednesday 29th and we will have our Education Week Assembly and Classroom visits on Friday 31st. The organisation of these will be given out next week and we will keep everyone updated by our App, Facebook and by our Website.

---

_Graeme McLeod_

Principal
**Student Corner Assembly News...**

**Caught You Being Good...** Lian, Charlie, Aaron, Jayden, Riley, Thalia, Kayla, Ereby, Tania, Emma, Rikki-Lee, Will, Ava, Samuel.

**House of the Week...** Kiara


**Quality Work...** Addison, Fabian, Liam, Monique, Maddison, Peta, Phoebe, Brock, Yoel, Taera.

**Dates for your Calendar...**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>20th July</td>
<td>Composers Workshop</td>
</tr>
<tr>
<td></td>
<td>Mingara</td>
</tr>
<tr>
<td>28th July</td>
<td>ICAS English</td>
</tr>
<tr>
<td>29th July</td>
<td>GEPS Athletic Carnival</td>
</tr>
<tr>
<td>11th Aug</td>
<td>ICAS Maths</td>
</tr>
</tbody>
</table>

**Regular Events...**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Banking - Wednesday</td>
<td>20th July – 28th July</td>
</tr>
<tr>
<td>School Assembly 1:45pm – Friday</td>
<td>29th July – 29th July</td>
</tr>
<tr>
<td>Uniform Shop – See Jo in canteen</td>
<td>30th July – 28th July</td>
</tr>
<tr>
<td><strong>TERM 3</strong></td>
<td></td>
</tr>
<tr>
<td>14/07/2015 – 28/07/2015</td>
<td></td>
</tr>
<tr>
<td><strong>TERM 4</strong></td>
<td></td>
</tr>
<tr>
<td>6/10/2015 – 16/12/2015</td>
<td></td>
</tr>
</tbody>
</table>

**Notes out this week**

- [ ]
- [ ]
- [ ]
Canteen News...

Hi Everyone,

Here we go again. I hope that everyone had a good break.

There will be a new menu starting next week. We have had some suppliers who have had price rises and unfortunately we have to pass this on. Please note that once our stock runs out we will no longer be stocking chicken drumsticks or chicken nuggets (other than the gluten free product which are now 80c each). The chicken drumsticks have gone up in price and we would have to charge over $3.00 each and we really don’t sell many. The nuggets are going through changes in recipe so they may make a return when this is done. Will try to get it up on both the School AP and the web page.

Jo
Canteen Manager

Bathurst Excursion...

A reminder to all Stage 3 families that the 3rd payment instalment of $85 is due on the 17th July. This is Friday of the first week of Term 3. For the families that have been paying the monthly instalments, a big thank you. We now have to confirm numbers and make final booking arrangements for this trip, and appreciate your prompt payments.

Head Lice...

Unfortunatley it is that time of year again, and a few cases of head lice have been reported already. Please check your child’s hair, and treat if necessary, before sending back to school. Head lice spreads very quickly, however is easily treated.
**Composer’s Workshop...**

On Monday 20\textsuperscript{th} July the GEPS representatives of the Central Coast Choral Festival will be traveling to Mingara to attend a Composer’s Workshop. This year’s composer is Ian Jefferson.

Ian Jefferson is the Student Music Programs Officer (K-8) at The Arts Unit. He is a composer and arranger and has previously written a range of original works commissioned for the Department’s concert series: Thunderbolt’s Candle 1995, From The Crow’s Nest 1998, Missing Yesterday 1999, High Tide 2000, Between Wind and Water 2001, Brave The Elements 2002, Timepieces 2004, Brolga Dance 2006, The Return 2007, Closer To Forever & Sailing Away in 2009 and Go For Gold in 2014. For over 14 years Ian has conducted at state music festivals and camps, and has been the Choral Director of the Schools Spectacular for the past nine years.

The Composer’s Workshop is always an enriching experience for the students as they get to see a true musician sharing their expertise.

We are looking forward to this upcoming event, look out for our post workshop reviews.

*Ms Connell*

---

**P & C News...**

**P&C Fundraiser**

The Billy G Gourmet Cookie Dough fundraiser is raising funds for Literacy reader books in classrooms. The tubs $13 each for a kilo of yummy ready to make cookie dough. Orders need to be handed in to school office this week by Thursday 16th.

**P&C Wish list items**

Does anyone have business contacts or purchasing power to help us purchase items on the teacher’s wish list? The Wish list included guided readers, charge and sync units, maths sets, computing cd roms, smart board for library etc. Full list is on our P&C Facebook page – Gosford East Public School P & C.

Join us on Facebook, if you haven’t already and keep up to date with our events and discussions.

*Wendy Whitmore*

*P&C*
This year Gosford East Public School will again be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all we need you to do is collect your stickers when you shop for groceries at Woolworths.

From **Wednesday 15th July to Tuesday 8th September**, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the stickers on the sticker sheet (available from Woolworths, and return either to:-

- School Office
- School Canteen
- Gosford Woolworths Store (in box that says “East Gosford”)
- Erina Woolworths Store (in box that says “East Gosford”)

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Crafts and Sports and for our library.

Thank you for helping us once again.

Jo
Rewarding regular savers with amazing prizes.

We're bringing the exciting news that an intergalactic Prize Portal has appeared on Planet Savings, giving students who demonstrate good savings behaviour the chance to win amazing prizes.

- 75 x iPad minis Wi-Fi 16GB
- 125 x Beats by Dr. Dre Solo² Headphones
- 200 x $30 Booktopia Gift Certificates

Help the Dollarmites activate the Prize Portal for a chance to win
To activate the Prize Portal, students must simply make three or more School Banking deposits during Term 3 and they will automatically be entered into the competition for a chance to win one of hundreds of prizes. Students can also complete a Money Mission at commbank.com.au/prizeportal to double their chance of winning a prize. (Please note, students can start the Money Mission at any time, but are required to make three deposits by the end of Term 3 to double their chance of winning).

Win books for your school library
We're also giving schools participating in the School Banking program a chance to win one of 75 sets of children’s books for their school library, valued at $200.

For more information, visit commbank.com.au/prizeportal

Things to know before you can: Conditions apply, see commbank.com.au/prizeportal. Promotion starts 9.00am AEST 13/7/15 and ends 11.59pm AEST 25/9/15. Student Entry: Entry is open to all YouthSave customers aged 4–13 years. 1 entry received when 3 deposits are made through the School Banking Program. 1 bonus entry received when completing a Money Mission activity at commbank.com.au/prizeportal and submitting a fully completed entry form. Max. of 2 entries per person. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic., SA/NT, Tas., Qld. and WA. A total of 400 prizes comprising 75 iPad minis Wi-Fi 16GB space grey tablets valued at $299 each, 125 Beats by Dr. Dre Solo² On-Ear Headphones valued at $299.95 each, and 200 x $30 Booktopia Gift Certificates, will be distributed amongst the State/Territory groups. The winners’ names will be published in the public notices section of The Australian on 23/10/15. School Entry: Entry is open to all schools operating in Australia who participate in the School Banking Program and have at least 1 student entered into the Student Entry of this promotion. Limit of 1 entry per school. Entries will be divided into the following State/Territory groups: NSW/ACT, Vic., SA/NT, Tas., Qld. and WA. A total of 75 prizes of a selection of children’s books to the value of $200 each will be awarded to each winning school's library. Prize draws will take place at 12 noon AEDT 13/10/15 at Commonwealth Bank, Level 3, 11 Harbour Street, Sydney. Total prize value $75,915.75. Apple is not a participant or sponsor of this promotion. iPad mini and Beats by Dr. Dre are trademarks of Apple Inc., registered in the US and other countries. The Promoter is Commonwealth Bank of Australia ABN 48 123 125 124 of Level 2, 11 Harbour Street, Sydney NSW 2000. NSW Permit No LTP5/15/22906; ACT Permit No TP15/05617; Vic. Permit No: 15/820; SA Permit No 115/2015.
**Harmony Corner...**

**18 July - Eid ul-fitr** (Feast of Fast Breaking) is a three-day festival of thanksgiving to Allah at end of the Ramadan/ (Muslim) Ramazan. The date of Eid ul-fitr varies according to the sighting of the new moon. Eid ul-fitr is celebrated by family and friends gathering together for prayer, meals and the exchanging of gifts.

**18 July - Nelson Mandela** was born 18 July, 1918, near Umtata in South Africa. He studied law and in 1944 joined International Day the African National Congress (ANC) Youth League, a black nationalist movement. He became a symbol for equal rights and justice in the fight against apartheid. After being convicted of conspiracy to overthrow the government he spent 27 years in gaol. He was finally released from gaol in 1990. In 1993 he shared the Nobel Peace Prize. From 1994 – 1999 he was the first democratically elected president of South Africa. In 1996, Nelson Mandela signed South Africa’s new constitution which brought about widespread changes in human rights and anti-discrimination legislation.

---

**CHILDREN’S POTTERY CLASSES**  
Term 3, 2015  
@ East Gosford.  
A six week pottery class where students will learn basic handbuilding techniques to create Artworks both decorative and functional. For children: 7-12yrs.  
Daytime Classes.  
Enrol via CentralCoastPotters.  
Website or enquiries To: bilbi57@gmail.com

---

**Animated Health and Fitness**

*Feeling unfit, sluggish or heavy?*  
*Want to find your core muscles again?*  
*Looking for personalised advice and support from an expert, without bootcamps or injuries?*

We specialise in women’s health and fitness, and management of long-term health conditions. From pre-natal to post-menopause, our exercise physiologists have got you covered. Even better, you may be eligible for rebates from your health fund or Medicare!

**Now open in East Gosford!**  
Wednesdays at the Natural Therapies Clinic  
8 Weis St, East Gosford

**At-home appointments also available.**

Ask us about our Term 3 special offer for parents! You’ll get weekly training sessions, individualised training plans and one-on-one monitoring from just $22.50/wk.

Call Anna to find out more on 0401 518 227, or visit us online at www.animatedhealthandfitness.com.au
<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shirleys</td>
<td>$1.70</td>
</tr>
<tr>
<td>Frozen Juice Cups</td>
<td>$0.70</td>
</tr>
<tr>
<td>Zoo Popcorn</td>
<td>$1.00</td>
</tr>
<tr>
<td>Nachos</td>
<td>$0.50</td>
</tr>
<tr>
<td>Pad Popcorn</td>
<td>$1.50</td>
</tr>
<tr>
<td>10 Juice Cups</td>
<td>$0.60</td>
</tr>
<tr>
<td>Vanilla Ice Cream</td>
<td>$0.70</td>
</tr>
<tr>
<td>Frozen Yogurt</td>
<td>$0.70</td>
</tr>
<tr>
<td>Milk Juice Pops</td>
<td>$0.30</td>
</tr>
</tbody>
</table>

**AFTERSCHOOL TREATS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>$0.60</td>
</tr>
<tr>
<td>Meatballs</td>
<td>$0.80</td>
</tr>
<tr>
<td>Rice Smacks</td>
<td>$0.60</td>
</tr>
<tr>
<td>Parmesan Cheese Smacks</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn Hot/Colden</td>
<td>$1.30</td>
</tr>
<tr>
<td>Fruit Cups</td>
<td>$0.90</td>
</tr>
<tr>
<td>Fruit Kebabs</td>
<td>$1.50</td>
</tr>
<tr>
<td>Shiny - Oven Apple</td>
<td>$1.80</td>
</tr>
<tr>
<td>Apple Shiny</td>
<td>$0.80</td>
</tr>
</tbody>
</table>

**FRUIT & SNACKS available at all times**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot or Celery Sticks</td>
<td>$0.80</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>$0.80</td>
</tr>
<tr>
<td>Mouse</td>
<td>$0.60</td>
</tr>
<tr>
<td>Custard</td>
<td>$1.70</td>
</tr>
<tr>
<td>Yogurt</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiled Eggs</td>
<td>$0.60</td>
</tr>
<tr>
<td>G/F Chicken Nuggets</td>
<td>$0.80</td>
</tr>
<tr>
<td>Chicken Strips</td>
<td>$0.60</td>
</tr>
<tr>
<td>Cheese &amp; Bacon Rolls</td>
<td>$1.70</td>
</tr>
<tr>
<td>Minis</td>
<td>$0.10</td>
</tr>
<tr>
<td>Bowl - Chicken Noodle (from 2)</td>
<td>$0.70</td>
</tr>
<tr>
<td>Potato Nuggets (gums)</td>
<td>$0.10</td>
</tr>
<tr>
<td>Bread Cases</td>
<td>$0.60</td>
</tr>
<tr>
<td>Hash Browns</td>
<td>$0.50</td>
</tr>
<tr>
<td>Mini Dogs</td>
<td>$0.70</td>
</tr>
<tr>
<td>Mini Pizzas</td>
<td>$0.35</td>
</tr>
<tr>
<td>Pickles</td>
<td>$0.30</td>
</tr>
<tr>
<td>Garlic or Cheese Bread</td>
<td>$0.35</td>
</tr>
<tr>
<td>Fingers - half</td>
<td>$0.75</td>
</tr>
<tr>
<td>Fingers Nuts - Whole</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

**DRINKS Available at all times**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal in a cup</td>
<td>$0.70</td>
</tr>
<tr>
<td>Toast &amp; Vegemite</td>
<td>$0.50</td>
</tr>
<tr>
<td>Hot Mieo</td>
<td>$0.70</td>
</tr>
</tbody>
</table>

---

For any information please contact [Manager] on 4325 2178 or 0414 907968

Winner Central Coast Canteen Network Healthy School Canteen Award 10/11/12/13/14

Member NSW Canteen Association

Gosford East Public School Canteen Menu - 20/7/15
$ 0.50 Roll
$ 0.50 Toasted
tuna
$ 0.50 Turkey, Ham or Sauce
$ 0.10 Salads
$ 1.20 Egg of cheese or avocado
$ 0.70 Pesto or Tomato
$ 0.50 Lettuce or Beetroot or Cucumber
$ 0.40 Wraps

 Wraps

EXTRA

$ 4.90 Toasted Chicken/Cheese/Mayo
$ 4.90 Toasted Chicken/Mayo
$ 4.50 Toasted Chicken
$ 4.70 Toasted Ham/Cheese/Tomato
$ 4.20 Toasted Ham
$ 4.50 Toasted Chicken/Cheese/Tomato
$ 4.00 Toasted Cheese
$ 3.50 Toasted Cheese
$ 3.20 Grilled Cheese
$ 2.80 Tuna
$ 3.00 Roast Chicken
$ 3.00 Roast Ham & Cheese
$ 2.50 Cheese
$ 2.00 Cheese
$ 2.00 Egg of cheese or mashed
$ 2.00 Vegemite
$ 2.00 Vegemite
$ 1.70 Buttered Roll
$ 1.60 Bread & Butter

SALADS

$ 4.00 Fruit Salad & Yogurt
$ 4.00 Fruit Salad
$ 3.85 Gourmet Salad

BOTTLED DRINKS

$ 4.00 Lemonade or Juice
$ 4.00 Tomato Juice
$ 3.00 Squash
$ 2.80 Fruit Juice

BUNNIES

$ 4.00 Mini Salad Box
$ 4.00 Lentil Salad Box
$ 4.00 Chopped Chicken or Egg Salad Box

EGG PLATED SALADS

$ 5.00 Caesar Salad
$ 4.00 Tuna
$ 4.00 Salmon
$ 4.00 Roast Chicken
$ 4.00 Egg

COLES & OTHER

$ 0.30 FOR/SPoon
$ 0.95 PASTA/Salad (extra)
$ 0.95 Soups/Salad (extra)

SANDWICHES

If no bag is supplied, a charge of $0.50 will be incurred. Bags to be returned to canteen to receive Frozen treats.

ORDERING LUNCHES Orders MUST be brought to the canteen BEFORE 9.00am

Please make sure lunch bags are an adequate size for your child’s lunch with NAME & ROOM

Your choice of sauce included in price

extra for cheese
no salt
just lettuce
chicken Nugget
no sauce
no cheese
beef

All burgers come with lettuce & tomato on

All sandwiches come with tomato & cheese on

Special 55 Lunch Pack

instead of a roll for an extra

burgers are also available on a wrap

Camembert, brie or cream x sweet chilli

Coleslaw, beetroot, corn, tomato, lettuce

Pizzas are also available on a wrap

SANDWICHES

$ 4.00 Lentil Burger

SANDWICHES

$ 4.00 Grilled Cheese