



# Gordon East Public School

Built on the land of the Guringai people

Safe, respectful learners

Term 3 – Issue 11

July 29 2022

## School Newsletter

### Diary Dates

- **Monday 1 August**
  - Kindy Teddy Bears Picnic
- **Tuesday 2 August**
  - School Tour – 9.30-10am
  - Term 3 P&C Meeting – 7.30pm (online)
- **Wednesday 3 August**
  - Spelling Bee Final
- **Thursday 4 August**
  - K-6 Athletics Carnival
- **Friday 5 August**
  - Class Parent Profession Expo
  - PSSA (Netball @ Canoon Rd, Soccer @ NTRA1)
- **Tuesday 9 August**
  - Yr 1 Phonics Screening Check
- **Friday 12 August**
  - PSSA (Netball @ Canoon Rd, Soccer @ Barra Brui)

### From the Principal – Mrs. Ruth White

Dear Families,

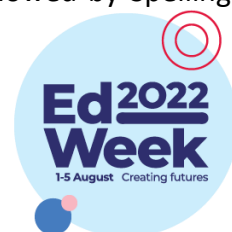
Welcome back to Term 3!

We have had a busy, but great start to the term. I can't believe that we are at the end of week 2 already!

This week, we had Year 5's road safety excursion to CARES. Next week we are kickstarting Education Week off with Kindergarten's first Excursion and concluding it with Band Camp. I look forward to seeing families at the range of activities throughout next week celebrating Education Week – Creating Futures.

What's happening in Education Week at GEPS?

- Monday 1 August: Kindergarten's Teddy Bear's Picnic
- Tuesday 2 August: School Tour for Prospective Families
- Wednesday 3 August: 9:30 – 11:30 Open Day followed by Spelling Bee Finals in the afternoon
- Thursday 4 August: K-6 Athletics Carnival
- Friday 5 August: Class Family Profession Mini-Expo
- Saturday 6 and Sunday 7 August: Band Camp



### COVID-19 symptoms can include:



If your child is sick, keep them at home and get them tested for COVID-19.



### School Vision

Gordon East Public School is a welcoming and collaborative school community that supports high quality learning. Quality teachers inspire students to be creative and critical thinkers enabling them to become active and informed global citizens.

**Absences - Every minute counts**

Just a reminder to families about the importance of arriving at school on-time. Each day we have several children arriving to school late of a morning. It is important that children arrive before the bell at 9:10am of a morning each day to avoid missing out on not only their class time, but also the important social interactions with friends before school. Being punctual to school also assists in reducing any stress or anxiety when rushing to class and enables students to transition from home to class with a 'ready to learn' mindset. Your support in enabling your child to arrive on time each day is appreciated.

NSW Department of Education

## Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

[education.nsw.gov.au](https://education.nsw.gov.au)



## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins  
per day

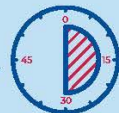


=

**3** days

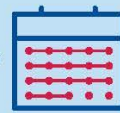


**30** mins  
per day



=

**18** days



**Patterns of lateness  
can have a serious  
impact on your child's  
education.**

[education.nsw.gov.au](https://education.nsw.gov.au)



**School car parks**

Please note, our staff car parks are for staff parking only. Please do not drop off or collect students OSHC via. For safety reasons, we also ask that families avoid walking through the car park when entering or exiting the school. Your assistance with this is appreciated.

Take care

*Ruth White Principal*

**Gordon East Public School****School Tours**

*Come along and learn more about Gordon East Public School with a guided tour with our school principal Mrs Ruth White.*

Tuesdays 9:30am-10:00am on:

- 2 August
- 13 September
- 8 November

OR

Thursdays 2:30pm-3:00pm on:

- 25 August
- 13 October



School tours commence from the front office verandah. To attend a tour, please use the QR code or [click here](#) to register.

**[CLICK HERE](#) to register for a school tour.**





## Library News Term 3 Week 1

### Premier's Reading Challenge

PRC – only 3 weeks to go!

So far this year, 108 Gordon East Students have completed the PRC.

Congratulations to our latest finishers:

**Kindergarten:** Ollie H

**Year 1:** Joshua C, Grace L, Martin MV

**Year 2:** Meredith H, Taraneh K, Jun L

**Year 3:** William E, Oliver L, Eli M, Archie S

**Year 5:** Troy H, Diana T

To record books on the PRC website, students need to log in with their school username and password.

Please do not hesitate to contact me if you have any questions about the PRC.

The PRC finishes on 19<sup>th</sup> August – Friday Week 5 of Term 3.

It is always a great time to read!

Bronwen Campbell, Teacher Librarian





## What`s happening at GEPS?

### The Premier's Spelling Bee is on soon!



We hope you have been busy bees p-r-a-c-t-i-s-i-n-g your s-p-e-l-l-i-n-g!

Students in Years 3 – 6 completed in the Premier's Spelling Bee Class Finals in weeks 9 and 10 of term 2. The two finalists from each class will participate in our School Final next Wednesday. Further details will be sent to the finalist's families early next week.

The Premier's Spelling Bee word lists are available on the Arts Unit website at <https://www.artsunit.nsw.edu.au/premiers-spelling-bee>. The password was emailed

to you on 7 June.

G-o-o-d l-u-c-k!!!

Ms Wiberg and Ms Preshaw  
GEPS Spelling Bee Co-ordinators

## You`re Invited to...

## Open Day 2022

Wednesday 3 August

9:30 - 10:15: Open Classrooms

10:30: Short concert under the COLA

10:45: Join us for recess outside together

11:35: Recess finishes and normal classes resume





# Year 5 CARES Excursion





**Aussie of The Month****AUSSIE OF THE MONTH**

Congratulations Aussie of the Month  
July 2022

**Oliver L**

Oliver participates in all aspects of school life with a positive attitude. He is generous, kind, and thoughtful. Oliver always cooperates with others and is respectful and courteous towards teachers, office staff and fellow students.

Oliver strives to achieve success and perseveres with challenging tasks.

He makes thoughtful contributions to class discussions and is an outstanding team player.

Oliver considers the feelings of others and positively contributes to games and activities.

He respects his classroom environment and voluntarily mentors his peers.

Oliver upholds the values of Gordon East Public School by always being a safe, respectful learner. He is a delight to teach and a very worthy recipient of The Aussie of the Month Award.

**Congratulations Oliver!**



Proudly sponsored by:

MARSHALL.  
CHAN.  
YABL.

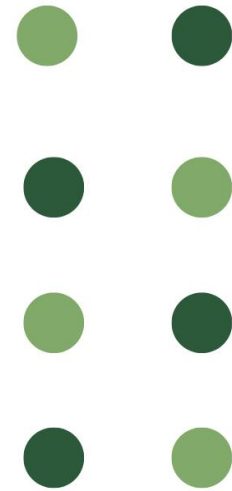
## Merits

	Week 1 Tuesday 19 July 2022		Week 2 Tuesday 26 July 2022
KC	No Merits	KC	Isabelle D, Kiliya K
KR		KR	Esha S, Taelia L
1L		1L	Max P, Charlie H
1W		1W	Christian S, Marie R-P
2A		2A	Ava P, Kai Wang
2P		2P	Annika L, Abigail J
4/3C		4/3C	William E, Ruby L, Tom M
4/3M		4/3M	Jessie K, Archie S, Chloe T
4/3R		4/3R	Oliva T, Kishan P, Duncan L
6/5M		6/5M	
6/5P		6/5P	Ryan D, Jake T, Sophie H
6/5S		6/5S	Iris L, Clare H, Wei S
Mini Merits		Mini Merits	Ethan W, Jaden S, Alice M, Sam B, Jordan K, Isaac M
Banners		Banners	





# Gordon East PS Kindergarten 2023 ENROLING NOW



**enrol online**

<https://gordoneast-p.schools.nsw.gov.au/about-our-school/enrolment.html>

T: 9498 2011

E: [gordoneast-p.school@det.nsw.edu.au](mailto:gordoneast-p.school@det.nsw.edu.au)

Killara School Partnership

# Maggie Dent Webinar

Monday 8 August, 6.30pm



*'Helping Today's Children to Thrive'*

Our local community is invited to join the webinar hosted by Killara Schools Partnership.

The link will be published on our [Facebook](#) page and on our [Website](#).

Presented by KSP



**CLICK HERE to register:**

f: [Via Facebook](#)

: [Via Website](#)



## Parent Tips, Tricks and Support Tools

# Screen Time & Online Gaming



Teachers are often getting asked: What is an appropriate amount of screen time? My child is spending too much time online playing games. What can I do to reduce this?

Widespread research shows that too much screen time can have serious impacts to our health and wellbeing. An excess of screen time cuts in to sleep and pushes everything out balance ([Macquarie University Study](#)).

So how much is too much when it comes to screen time? Guidelines for screen time can be found in the Australia 24-hour movement guidelines.

The guidelines recommend:

- no screen time for children younger than two years
- no more than one hour per day for children aged 2–5 years
- no more than two hours of sedentary recreational screen time per day for children and young people aged 5–17 years (not including schoolwork).

## So what can you do at home to support minimizing excessive screen time?

- Make a family media plan. One of the most effective ways to minimize excessive screen time. Creating a family media plan helps parents and children set media priorities that matter most to your family. You are able to revise your plan as often as you need to eg: beginning of the school year or during holiday breaks. [Click here](#) to create a Family Media Plan for your family.
- limit your own screen time. There is a strong relationship between parents' screen time and that of their children.
- co-participate – where parents and children take part in screen time together and engage in conversations about the content. This encourages spontaneous opportunities for learning and practising language skills, and helps mediate the content being viewed.
- set time and content rules around screen use. This is associated with lower levels of screen time. Supportive rather than controlling styles of communicating rules may be beneficial.
- find ways to balance your child's day with other activities such as physical activity and play to support their physical and mental health. This could include scooter riding, dancing, running, climbing or going to the park with friends.
- encourage children to self-regulate screen time. Personal recognition of the consequences of excessive screen time, giving them a sense of autonomy over their choices and involving them in decision making are important for this strategy to be effective

<https://aifs.gov.au/resources/short-articles/too-much-time-screens-screen-time-effects-and-guidelines-children-and#footnote-0019>

## Where to go to for further support.

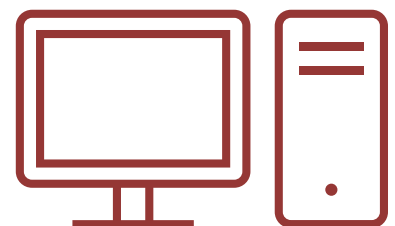
[Managing screen time : strategies for children 3-11 years](#)

[Teenage screen time: tips for balance 12-18 years](#)

[eSafety Commissioner](#)

[Headspace](#)

[How to balance screen time \(for a healthy headspace\)](#)







Office of the Children's  
**eSafety Commissioner**



[esafety.gov.au/iparent](https://esafety.gov.au/iparent)

## P&C Report

### President's Report:

I hope everyone has had a lovely school holiday break and been keeping well.

Please join us for the P&C meeting for this term which will be held via virtual forum only. Dial in details have been emailed but please reach out to me or Zoe Falster, Secretary, if you have not received it.

We welcome everyone in our GEPS community to dial in. It is a great way to keep updated on all school and P&C activities that are happening and planned for this term.

**Date: Tuesday 2 August 2022**

**Time: 7:30pm**

**Via online Teams Meeting**

Sarah Kim

GEPS P&C President

[president@gordoneastpandc.org.au](mailto:president@gordoneastpandc.org.au)

### Band report:

We have a busy and exciting schedule for the Band Program this term!

Next week the Training Band (students in Year 3) will have their very first public performance at assembly. They have been rehearsing with great commitment and I know they will be amazing!

The Senior Concert Band will be impressing us again with a performance at Open Day next Wednesday (3<sup>rd</sup> August).

Our Band Workshop will be held on Saturday afternoon 6<sup>th</sup> August and Sunday afternoon 7<sup>th</sup> August. We are looking forward to providing students in the band program with a fun, interactive and educational music experience. An added bonus... Laser Tag!

The Workshop finale will see all three bands performing in a concert for their families.

If you have a child in the band program, please consider helping out as a volunteer during the Band Workshop. You can sign up using this link. <https://volunteersignup.org/EWQLE>  
Thank you!

More performances and events are scheduled later in Term 3 so we will keep you posted!

Marina Brand

On behalf of GEPS Band Committee



**Uniform Shop Report:**

Welcome back to Term 3. Starting this term, appointments will no longer be needed to visit the uniform shop on a Tuesday morning so please feel free to stop by between 8.30am and 9.45am if you need any uniform items or have any uniform related queries.

Second-hand winter uniform items will continue to be available for purchase from the uniform shop until approximately mid-term, after which these will be replaced with the second-hand summer items. More information with exact dates will be distributed in a few weeks' time. New winter and summer items continue to be available for purchase at any time through Flexischools.

I hope students are enjoying the new school momento badges that are available through Flexischools. After next Tuesday, the limit of 1 per student will be relaxed so families are free to purchase additional badges if they wish (until sold out).

If you have any uniform related queries, please get in touch at [uniformshop@gordonpandc.org.au](mailto:uniformshop@gordonpandc.org.au).

Kind Regards  
Shari Allinson  
GEPS Uniform Shop Manager

**Book Club Report:**

Issue 5 of the Scholastics book club is now available with catalogues being distributed to students last Friday.

Please ensure that all orders are placed online  
at <https://mybookclubs.scholastic.com.au/Parent/Login.aspx> by 5pm on Sunday 7Aug 22

Scholastics are also running a **free book offer** with the current catalogue with 1 free book given for orders over \$30, 2 free books for orders over \$50 and 3 free books for orders over \$70. The list of free books to choose from will display after you create your order online and head to the checkout.

I am also still looking for a parent to take over the role of book club coordinator for GEPS. If you have a few hours to spare to volunteer for this role or have any questions about what is involved, please get in touch at [bookclub@gordoneastpandc.org.au](mailto:bookclub@gordoneastpandc.org.au)

Regards  
Shari Allinson  
GEPS Book Club Coordinator

**Canteen Report:**

Welcome to term 3 and I hope everyone had a great school holiday! I am happy to see the children go back to school again and I am also pleased to see the canteen volunteers back again this term.

On behalf of the Canteen Committee, I would like to thank everyone who has signed up for the Canteen Volunteer list for this term. There are only a few spots left on our Tuesday shifts (9am - 11am or 11am - 1pm). Be quick to not miss out! Your child(ren) would be very happy to see you!

[volunteersignup.org/RAT88](https://volunteersignup.org/RAT88)

You may have noticed price increases of some items. This is due to price increases from our suppliers. We have increased prices just to cover our cost.

For the new GEPS parents, the canteen orders can be placed in advance through  
<https://www.flexischools.com.au>

The cut off for placing the canteen order is at 8am.

If you have any questions about the canteen, please feel free to contact me:  
[canteen@gordoneastpandc.org.au](mailto:canteen@gordoneastpandc.org.au)

Have a lovely weekend!  
Lia ter Horst  
GEPS Canteen Manager