

Built on the land of the Guringai people Safe, respectful learners

Term 3 – Issue 13 August 26 2022

Diary Dates

Monday 29 August

- K-2 Author Visit Sue Whiting
- Wednesday 31 August
- P&C Father's Day Stall
- 3-6 Author Visit R A Spratt
- Thursday 1 September
- Book Parade & Grandparents Day
- Friday 2 September
- Father's Day Breakfast 7.30am
- Spelling Bee Regional Final
- Monday 5 September
- Term 3 Parent/Teacher Conferences
- Tuesday 6 September
- Term 3 Parent/Teacher Conferences
- Wednesday 7 September
- Term 3 Parent/Teacher Conferences
- Thursday 8 September
- Term 3 Parent/Teacher Conferences
- Friday 9 September
- Term 3 Parent/Teacher Conferences

School Newsletter

From the Principal – Mrs Ruth White

Dear Families,

What a busy two week's we have just had.

Last week Killara High School hosted a Science workshop for Year 3 students and this week we had a number of our 3-6 students compete in the Zone athletics carnival. To end the last fortnight, we sent many excited Year 1 children off on their Gibberagong excursion today.

Next week, we are looking forward to a number of community events including our annual Book Week Parade, Grandparents Day and our Father's Day festivities. Thank you to all the staff and parents involved for their organisation ready for the events throughout the week.

COVID-19

It can be tricky to know when to leave isolation when your child is recovering from COVID-19. The NSW Department of Education advises: If they have a sore throat, runny nose, cough, or shortness of breath on Day 7, please follow NSW Health's latest advice and remain in isolation until 24 hours after their symptoms have resolved.

Recovering from COVID-19 Still sick on day 7? Stay home and call your GP to keep classrooms symptom free.



COVID SAFETY



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.

Parent Teacher Conferences

Just a reminder that there is one week left to book in your Parent-Teacher Conference for Term 3!

While the system remains the same as last semester's conferences, please note:

- 1. To login, visit https://gordoneastps.sentral.com.au/portal2/#!/login
- 2. Select 'Parent-Teacher Conferences' on the LHS menu
- 3. Select 'Select Timeslots
- 4. Click through the tabs with dates listed *to find available timeslots*. These are subject to class-specific timetables and staff may not have availabilities on every date listed.
- 5. Once you have selected **one** timeslot, click 'Save Bookings'. **You must choose a timeslot** (not just a day) to successfully book.

Please check: your SENTRAL account should list <u>the day, date and time</u> if booking was successful. Families should be able to edit their own bookings before the cut-off date.

Bookings close at 3:30pm on Thursday 1 September (W7 T3).

We look forward to seeing you in conferences soon!

Queuing in bus zones

Sadly, we continue to see people queuing in the bus zone behind pick up line.

Just a reminder that queuing is not permitted in bus zones. Transport NSW has recently contacted us regarding this issue: We have been informed that in the afternoon, there is a short period of time that parents will queue up in the bus zone to pick their children up, or line up behind the bus if it is currently in the bus zone. They can cause a minor traffic jam and block the visibility of pedestrians or the Supervisor for motorists on the other side of the road, making it harder for them to slow down on time. Please send a general reminder to the school community to not queue in the bus zone.

To assist in making the school drop off or pick up safe, we ask families to:

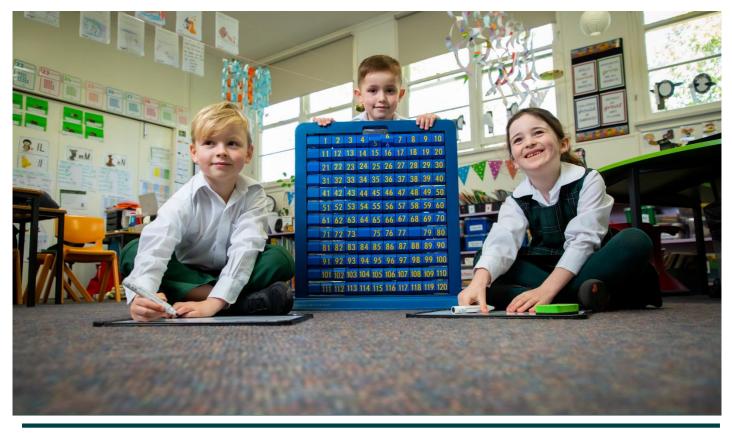
- make sure your child can put their seat belt on quickly by themselves
- save conversations in car line for the drive home or to make play date arrangements via phone prior to pick up.
- keep rolling up car line and move off quickly (and safely) as soon as the children have been collected
- should car line be full, please move around the block rather than queuing and came back to car line.

Your assistance with this is appreciated

Take care Ruth White Principal



<u>CLICK HERE</u> to register for a school tour.



Rosedale Road, Gordon NSW 2072 t: 9498 2011 e: gordoneast-p.school@det.nsw.edu.au

Library News



Library News Term 3 Week 6

Premier's Reading Challenge

The Premier's Reading Challenge has finished for 2022. A total of 136 Gordon East students completed the challenge. Congratulations to our final group of finishers:

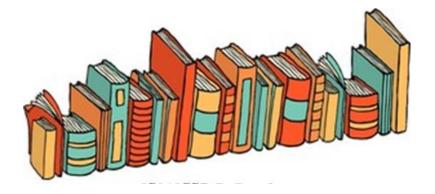
Kindergarten: Taelia L Year 1: Ben L Year 2: Lachlan B, Mark S-F Year 3: Benjamin M, Sienna P Year 4: Jonathan B, Claire C, Marco D, Kate L Year 6: Sophie H, Oliver P

It is always a great time to read!

Book Week is coming!

Author visits, Grandparents' Day and Book Character parade are coming up in week 7. See the Book Week page in this newsletter for details.

Bronwen Campbell, Teacher Librarian



What`s been happening at GEPS?

2022 Athletics Carnival

The Gordon East PS Athletics carnival was held on Thursday 4 August 2022 at Bannockburn Oval. We were hoping to have a K-6 carnival but due to inclement weather the K-2 (non-competitors) had their tabloid events and races at school while Y2 (competitors) – Year 6 had their track and field events at Bannockburn.

I would like to thank the staff who worked tirelessly all day, the fantastic parent leaders who escorted groups of students and to Mrs. D. White for organising the day.

Congratulations to all students who participated on the day! It was great to see students encouraging each other and supporting everyone in their age groups to do their best.

Our GEPS athletics team did a fabulous job representing us at the Zone Athletics Carnival on Tuesday 23 August 2022 at Narrabeen displaying great effort, team spirit and sportsmanship.

The results are tabled below.

GEPS ATHLETICS CARNIVAL RESULTS -2022

Event – 100m	1st	2 nd	3rd
5yr girls	Taelia L	Mia S	Mia H
5yr boys	Rocco L	Liam G	Christian M
6yr girls	Anna V	Jemima P	Charlotte A
6yr boys	Aiden A	Kenneth H	Mattias H
7yr girls	Isabel H	Grace L	NA
7yr boys	Monty A	Leo S	NA
8yr girls	Harrriet O	Bella R	Annika L
8yr boys	Orson F	Archie S	Patrick P
9yr girls	Pippa W	Emily A	Ashley S
9yr boys	Zachary H	Nicholas E	Brian T
10yr girls	Scarlett M	Scarlett P	Claire C
10yr boys	Krylo P	Tarun J	Aarin C
11yr girls	Sophia B	Naomi G	Ella S
11yr boys	Jacob M	Clayton W	Oscar W
12yr girls	Marisa L	Sarah L	Annabel W
12yr boys	Sviatoslav V	Jaden S	Liam R
13yr girls	Ollie C	Molly C	Anastasiia P
13yr boys	Oliver L	NA	NA

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Event -200m	1 st	2 nd	3rd
Junior girls	Pippa W	Scarlett M	Harriet O
Junior boys	Krylo P	Tom M	Aiden S
11yr girls	Sophia B	Ella S	Eileen S
11yr boys	Oscar W	Jacob M	Clayton W
12/13yr girls	Ollie C	Molly C	Iris Lau
12/13yr boys	Jaden S	Jake R	Sviatoslav V

Event – 800m	1st	2nd	3rd
Junior girls	Scarlett M	Harriet O	Madeline V
Junior boys	Tom M	Jasper A	Krylo P
11yr girls	Sophia B	Claire H	NA
11yr boys	Jacob M	Oscar W	Clayton W
12/13 girls	Ollie C	Sarah L	Iris L
12/13 boys	Callum S	Jaden S	Liam R

Event – Shot put	1 st	2 nd	3rd
Junior girls	Grace T	Hannah J	Scarlett M
Junior boys	Krylo P	Duc N	Joe Y
11yr girls	Sophia B	Naomi G	Jasmine D
11yr boys	Christian E	Harrison H	Oakley S
12/13yr girls	Ollie C	Sophie H	Molly C
12/13yr boys	Jaden S	Oliver L	Liam R

Event – Discus	1 st	2 nd	3rd
Junior girls	Madeline V	Madeline B	Scarlett M
Junior boys	Brian T	Hermes D	John S
11yr girls	Sophia B	Michelle C	Ella S
11yr boys	Harrison H	Christian E	Ethan L
12/13yr girls	Iris L	Chloe V	Sophie H
12/13yr boys	Jaden S	Isaac M	Jake R

Event- Long	1 st	2nd	3rd
Jump			
Junior girls	Kate L	Scarlett M	Emily A
Junior boys	Joe Y	Zachary H	Ryan Z
11yr girls	Sophia B	Ella S	Naomi G
11yr boys	Jacob M	Lihon C	Christian E
12/13yr girls	Molly C	Ollie C	Sarah L
12/13yr boys	Oliver L	Callum S	Jayden S

Event – High	1 st	2 nd	3rd
Jump			
Junior girls	Scarlett M	Chloe Torney	Grace T
Junior boys	Joe Y	Daniel J	Edward C
11yr girls	Sophia B	Michelle C	NA
11yr boys	Jacob M	Oscar W	Clayton W
12/13yr girls	Annabel W	Iris L	Ollie C
12/13yr boys	Liam R	Jake R	Oliver L

2022 Age Champions		
Junior Girl	Scarlett M	
Junior Boy	Krylo P	
11yr Girl	Sophia B	
11yr Boy	Jacob M	
12/13yr Girl	Ollie C	
12/13yr Boy	Jaden S	

What`s coming up at GEPS?



SRC Fundraiser

On Wednesday the 7th of September (in Week 8) the SRC will be hosting a fundraiser for AWC.

Australian Wildlife Conservancy is an Australian independent, non-profit organisation, working to conserve threatened wildlife and ecosystems in Australia. They are hosting a nation-wide campaign from the 5th until the 9th of September which endeavours to raise awareness of the National Threatened Species in Australia and lost Australian Species such as the Tasmanian Tiger.

On Wednesday the 7th of September, Students are asked to make a gold coin donation and can come to school dressed-up as their favourite Australian animal in support of our wildlife.

australian

wildlife

Merits

	Week 5 Tuesday 16 August 2022		Week 6 Tuesday 23 August 2022
KC KR 1L 1W 2A 2P 4/3C 4/3M 4/3R 6/5M 6/5P 6/5S Mini Merits Banners	Louis M, Mia H Rocco L, Mia S Malachi W, Sienna A Grace L, Elise T H Senna L, Mark S-F, Lleyton T Stanley Y, Meredith H Benjamin W, Xavi S, Elsa T Benny M, Aiden S, Chloe L Flynn T, Jacob S, Zachary H Clayton W, Toby W, Aarin C, Naomi G Troy H, Oliver G, Ethan W Alex P, Flynn R, Tarun J, Oliver G, Max P, Darius M Katelyn Y, Oliver G, Pippa W	KC KR 1L 1W 2A 2P 4/3C 4/3M 4/3R 6/5M 6/5P 6/5S Mini Merits Banners	Marcus L, Oliver L Adele B, Liam S Ben L, Joshua C Ilia P, Liam S Stella Y, Reid M, Flore Z Isabella A, Magnus H Edward C, Yuka Y, Gary Y Evan S, Madison C, Rebecca S Mitchell N, Caroline T, Daniel S William C, Nathan S, Duong T Oakley S, Jake R, Frances C Sophia B, Casey X, James K James A, Howard D, Maya S, Desiree G, Malachi W Ronan J, Oliver H



PSSA Reports

Netball (Senior A) – 19 August 2022

Today we played Lindfield East Public School. We won 25-0. Molly received the ball and passed quickly. Sophie H played well and moved quickly around the court. We played well for our last game of the year. Reporter: Will V

Netball (Senior B) - 19 August 2022

Today we played against St Ives Park. We won 7-3. The best players in our team today were Irene, Frances and Sarah. Reporter: Annie

Netball (Junior A) – 19 August 2022

We played against West Pymble Public School today. They had the ball half the time and by the end of the 3rd quarter it was tied 4-4. In the last quarter we managed to get the ball back and won 7-4. Our best players were Karissa, Tilly and Isla because they were always in the right place at the right time. Adrenaline was high! Reporter: Grace T

Netball (Junior B) - 19 August 2022

Today we played Gordon West Public. Unfortunately we lost 0-6. We need to improve passing and catching. Kate, Maddie B, Hannah, Philippa & Emily were our best players though everyone tried their best. Reporter: Katelyn Y

Parent Tips, Tricks and Support Tools

Grattitude

Studies show that gratitude for kids can be a very powerful tool, with lots of benefits to mental and physical health. They include things like:

- Higher levels of happiness and optimism
- Improved sleep
- Less stress and an improved ability to cope with stress
- Fewer physical problems
- Reduced depression
- Less aggression
- Increased self esteem
- Improved resilience

Below are some activities that focus on gratitude that you might like to play at home.

'What Went Well Today?' –

Our brain tends to ignore what goes well and it focuses on what might go wrong. The famous psychologist called Martin Seligman and others have created and used a simple technique to address this is called, 'What Went Well Today?' Read on to discover this great use of positive psychology and how you can use it too in your everyday life.

The "What Went Well Today" exercise asks that as you end your day, you think about three things that went well and why they went well. These three do not have to be big things; they can be as small as the sun being out, the bus arriving on time or that a stranger smiled at you. This focuses your attention toward the positive and away from the negative. You will go to sleep thinking more

positively you can even dream more positively after using this method. Even severely depressed people can find three things that went well every day and when they do, their depression may start to lift. This is such a simple use of positive psychology, but it can have such an amazing positive impact, it's something everyone should try!



What to do:

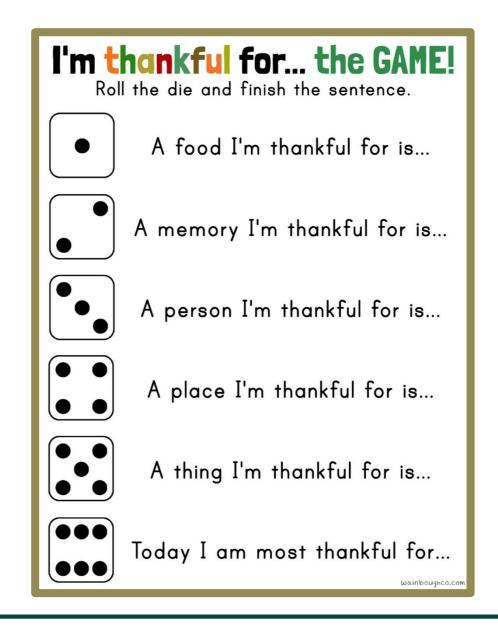
Every night for the next week, right before you go to bed, write

down three things that went really well today. These things can be small and ordinary in

importance. Think about why this good thing happened.

What am I pleased about or proud of:

At the end of the week think of 3 things you are pleased about or are proud of. This is an important part of recognising your achievements and praising yourself for them. Now what went well today?



P&C Report

President's Report:

It has been so lovely to have lots of sun in the recent weeks and be reminded of how great Sydney weather used to be and can be! I hope all our families in the GEPS community have been able to enjoy it.

There is a lot of activity happening this and next month at the school. In the background, the P&C sub committees are also working on its initiatives and planning for the rest of the year as the last few months of the year are just around the corner.

We look forward to the Father's Day related events next week and I appreciate the time and effort of the Events team in organising them. We hope the community actively supports and participates in these events. Dads and Grandpas, we hope to see many of your faces next Friday!

Sarah Kim P&C President

Events Report:

We have some exciting events coming up to celebrate all the wonderful GEPS dads!

- Father's Day Stall on Wed 31/8/22 where a selection of \$5 gifts will be available for your child to choose at the stall. \$5 Coupons will need to be pre-purchased for the students to spend at the stall: <u>https://www.trybooking.com/CBVEV</u>
- Fathers' Day Breakfast on Fri 2/9/22. Dads and Grandpas- please join us at school for breakfast on Friday, 2nd Sept from 7.30am 9am to celebrate Fathers' Day 2022. Beautiful freshly baked croissants from Bakerie and bacon and egg rolls will be available. Fresh coffee, tea and hot chocolate for the adults will be available from the coffee van which has kindly been sponsored by Marshall, Chan and Yahl Real Estate agents. A selection of juices and hot chocolate for the children will be available from the canteen. Order here: https://www.trybooking.com/CBVGZ
- Luxury Meat Tray Raffle valued at \$150 will be drawn at the breakfast (3). Money raised will go towards purchasing resources for the school. Tickets are available here: https://rafflelink.com.au/gepsfathersday

Mums- we would love your help with the stall, or the breakfast, or both, if you can spare an hour, please sign up here: <u>https://volunteersignup.org/8KTY4</u> and <u>https://volunteersignup.org/QQCP7</u>

We look forward to seeing you there!

The P&C Events Team Sally, Sarah, Karina, Danielle, Cat, Lucy and Amanda

Book Club Report

Issue 6 of the Scholastics book club is now available. Please ensure that all orders are placed online at <u>https://mybookclubs.scholastic.com.au/Parent/Login.aspx</u> by Wednesday 07Sep22 (end of day).

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 <u>bookclub@gordoneastpandc.org.au</u>

Shari Allinson GEPS Book Club Coordinator

Uniform Shop Report:

Summer second-hand uniforms are now available for purchase from the uniform shop on a Tuesday morning from 8.30am - 9.45am. Limited winter second-hand items will also continue to be available for the next couple of weeks.

In light of last term's success, I will again be offering some free second-hand uniform items that are not in a condition fit for resale but still may have a bit of life left in them. Two boxes (1 summer and 1 winter) will be available on the front verandah from approx. 8am until 9.30am on Tuesday. Please feel free to take what you like before the remainder is recycled/disposed of.

Finally, if you are available to volunteer, for an hour, a couple of Tuesday mornings a term at the uniform shop please get in touch at <u>uniformshop@gordoneastpandc.org.au</u>.

Shari Allinson GEPS Uniform Shop Manager

Canteen Report:

Only for this week the canteen was open on Monday instead of Tuesday with sushi on the menu and it was a great success. Glad to see that!

I would like to take this opportunity to thank all the parents for helping me at the canteen. Your child(ren) and I are/were happy to see you at school. Look at those smiles on the photos below!!! ^(c) I am sorry that I do not have pictures of all volunteers. A massive thank you to the people whom I can always reach out to if needed in case of cancellations. It is amazing to have such lovely parents in the community!

If you would like to come volunteer at the canteen, please check our volunteer list: volunteersignup.org/RAT88

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

The new cut off for placing the canteen order is at 8.30am.

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

Have a lovely weekend! Lia ter Horst GEPS Canteen Manager

Rosedale Road, Gordon NSW 2072 t: 9498 2011 e: gordoneast-p.school@det.nsw.edu.au



GEPS Father's Day Stall 31/8/22

A selection of \$5 gifts will be available for your child to choose at the stall. Students will need to prepurchase their \$5 coupons to spend at the stall: <u>https://www.trybooking.com/</u> <u>CBVEV</u>



Community News



- <u>Go4Fun</u> is a FREE 10-week program to support your family to make healthy lifestyle changes.
- Term 4 programs coming to Chatswood and Hornsby!

To register visit www.go4fun.com.au/register

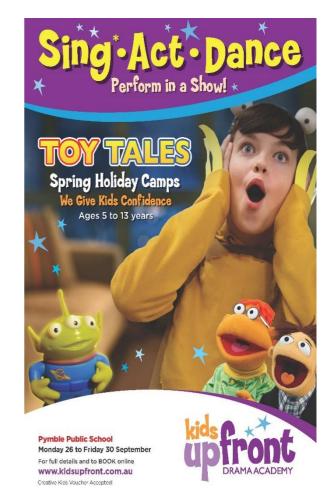




Join our Go4Fun program in Hornsby!









Rosedale Road, Gordon NSW 2072 t: 9498 2011 e: gordoneast-p.school@det.nsw.edu.au

Transport for NSW Careers

We're hiring School Crossing Supervisors



Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.

Casual roles available in Hornsby/Ku-ring-gai LGA -70466

- Hornsby/Ku-ring-gai LGA
- Pennant Hills LGA

Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

Days and hours

 Shifts will fall between 8:00am – 9:30am and 2:30pm – 4:00pm with a minimum of one hour shift as required.

Apply today

Applications close Wednesday 31st August 2022

See jobs.transport.nsw.gov.au and search for <u>Reference</u> <u>Number: 70466</u> or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

Sandhini Chaudhary gov.au P: 0466 343 704





jobs.transport.nsw.gov.au