



# GOULBURN EAST PUBLIC SCHOOL NEWSLETTER

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Term 4

14 November 2019

Week 5

## TERM 4 EVENTS

**Monday 4 Nov – Friday 15 Nov**  
School Swimming Scheme

**Friday 22 November**  
K-6 Disco

**Monday 25 Nov – Friday 29 Nov**  
Stage 3 camp

**Wednesday 27 November**  
K-2 Nursing Home & Victoria Park Excursion

**Friday 29 November**  
K-4 Lieder Theatre Excursion

**Monday 16 December**  
Presentation Evening

**Wednesday 18 December**  
Last day of Term 4 for students

2020

**Wednesday 29 January**  
Students in year 1 to year 6 return for Term 1

**Thursday 30 January**  
2020 Kindergarten students start school

Congratulations to our Swimming School students and teachers for coping with the wind and varying temperatures over the last fortnight. Due to the closure of the indoor pool, all lessons have been held outside. It has been wonderful to have had the assistance of our student teachers, Thomas Foley and Chloe Wursten, with these sessions.

I spoke at the last assembly about our school commencing Positive Behaviour for Learning (PBL). This is a system which will take a few years to embed fully into our school culture and practices. Our starting point was to choose three expectations to replace our previous four values. These are **Respect, Responsibility and Commitment**. Each of these expectations will be explicitly taught to students using lessons written by our teachers so that everyone understands what they mean and how to demonstrate them.

As part of PBL, we also have our school **Rockies**. These are handed out to students to recognise positive behaviour promptly in the classroom and around the school. Each class is collecting their Rockies in a jar as they work towards our PBL Reward Disco next Friday afternoon, run by the Student Council. There is no cost for this disco.

As a school, we realise that we are fortunate not to have been affected by the recent fires, nor are we significantly affected by the drought to the extent of other parts of the state.

Details will come home tomorrow about ways in which our school would like to show our support for those less fortunate.

Charmian Cribb

## **HATS, HATS, HATS**

**There are a lot of students coming to school without a hat. Hats must be worn during outside play during Term 4. Please make sure your child comes to school with their hat clearly marked with their name.**



**Goulburn's**

**Coming Soon!**

The Student Council is excited to announce that the talent show is coming back for another year! It will be held on **Friday 6 December**. Sign-ups will begin early next week, so put your thinking caps on and start practicing. Solo and group entries welcome. \$2 per person. We can't wait to see your amazing talents on stage!

## **GEPS Playgroup**

Playgroup is held in the Goulburn East hall each Tuesday during school terms from 9.25am – 11.00am.

Please phone the Goulburn Art Gallery for further information on 4823 4494



## TERM 4 WEEK 4 ASSEMBLY AWARD RECIPIENTS

<b>KJ</b>	Bodhi Brackenrig	<b>1F</b>	Reuben Hargood	<b>2A</b>	Layla McIntosh
	Hugo Goodfellow		Lawson Miller		Madison Anable
	Sophie Sargent		Summer Morrison		Amber-Rose Nye
	Hudson Anable		Clare Edwards		Max Mammone
	Jaxon Smith				Ashton Sams
<b>2/3S</b>	Archer Miller	<b>3/4G</b>	Emmilene Zoch	<b>4/5M</b>	Will Fitzgibbon
	Oscar Goodfellow		Ethan Hargood		Ava McIntyre
	Ella Kiss		Payton Piovesan		Jake Pride
	Harry Hughes		Marel Vicente		Chase Brackenrig
	Sofia Sharpe		Reegan Shawyer		
<b>5/6R</b>	Fletcher Swan	Darcy Miller		Joe Stewart-Richardson	
	Azaylea Herridge	Tayla Campbell		Annie Goodfellow	



## Expectations @ Goulburn East

Zara George 5/6R	Lawson Miller 1F	Jack Clarke 2A	Seth Trevanion 2A	Mieka Stevenson 1F
<b>Commitment</b>	<b>Respect &amp; Responsibility</b>	<b>Responsibility</b>	<b>Respect</b>	<b>Responsibility</b>



### End of Year Raffle



Christmas is almost here and we are asking for donations of any suitable (new) items or vouchers for our end of year raffle. Gifts can be Christmas themed. These donations can be left at the school office. Raffle tickets will be sent home in the next few weeks. This raffle will be drawn at the Presentation Night on 16 December.





# Fitzroy Falls





## SRC – Rocky Reward Disco

The Student Council have noticed how hard everyone has been working to reach our Rocky targets in class. They have decided we deserve a reward and what better way to celebrate than with a disco!

If your class's Rocky jar is full by the end of Week 6 (and we are sure everyone's will be), you are invited to attend our school disco! It will be held on Friday Week 6. The theme is Crazy Hair Day and you're allowed to wear casual clothes.

**When:** Friday 22 November 2019 (during the middle session) **Crazy Hair**  
**Where:** School Hall  
**Cost:** Nil – enjoy your reward!  
**Theme:** Crazy Hair Day and Casual Clothes  
**Who:** All students

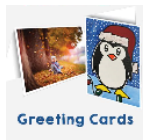


### P & C Fundraising event.

The Crazy Camel artwork that has been completed by students is now available for on-line viewing by parents/carers using the following link: <https://www.crazycamel.com.au/15689>

Sample products are available to view in the school office.

**Orders close Friday 22 November 2019.**



### ENROLMENTS FOR KINDERGARTEN 2020

Kindergarten enrolments are now being taken for children who live in the Goulburn East zone and will turn 5 years old before 31<sup>st</sup> July 2020. Enrolment forms are available from the Office.

To finalise your child's enrolment you will need to bring along:

- A completed enrolment form
- Your child's birth certificate
- Your child's immunization certificate (available from Medicare)
- Proof of address eg electricity bill, rental agreement etc

Please bring along the original documents - these will be photocopied for inclusion in your child's record card.

Wednesday 20 November 2019 - 12.15pm to 3.00pm





# Swim School







**Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

# The simplest way

... to swap ham out of the lunch box.

We know that ham is a lunch box staple for many families, however, Cancer Council recommends that we limit or avoid processed meats such as ham, salami and bacon, because of their link with increasing the risk of bowel and stomach cancer.



One way to help your family limit their intake of processed meats is to keep them out of the lunch box. Better choices include:

- BBQ chicken with skin removed
- Canned tuna or salmon
- Boiled eggs
- Hummus
- Cheese
- Leftover home-cooked meat
- Home cooked rissoles

For more ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

[healthylunchbox.com.au](http://healthylunchbox.com.au)



## HEALTHY KIDS BUS STOP

presents

### Understanding your child's behaviour

**MONDAY 18 November 2019**

#### Presentation:

The Healthy Kids Bus Stop is presenting a free capacity building session by a Royal Far West Occupational Therapist. Information includes:

- Regulation and triggers
- The brain including the fight and flight response
- How our bodies, environment and emotions impact our behaviour
- Strategies

#### Who is invited?

Interested school staff, preschool staff, parents or community members who work with families with young children.

#### Where will it be held?

Goulburn Public School Library  
204 Bourke Street,  
Goulburn NSW 2580

#### What time?

Session starts at 5:30pm and will conclude approximately 7:00pm.

RSVP is essential, please respond by Friday 15/11/19 on **4821 2827** or via email [goulburn-ps.school@det.nsw.edu.au](mailto:goulburn-ps.school@det.nsw.edu.au)



**Royal Far West**  
Children's health, country-wide



**Health**  
Southern NSW  
Local Health District

