

GOULBURN EAST PUBLIC SCHOOL NEWSLETTER

Ph: 02 4821 4007 Email: goulburne-p.school@det.nsw.edu.au

Responsibility

Resilience

17 November 2022

Week 6



Term 4

TERM 4 DATES

Friday 18 November

K-2 Excursion to GPAC 'Edward the Emu'

Wednesday 30 November

Obstacle Course and sausage sizzle

Friday 2 December

Year 5/6 Mini fete

Monday 5 December to Friday 9 December

Year 5/6 Camp

Tuesday 6 December

Excursion to Lilac City Cinema for Kindergarten and year 1

Excursion to Lieder Theatre for Years 2, 3 & 4

Wednesday 14 December Presentation Day

Friday 16 December

Student's last day for 2022

Goulburn East Outreach Playgroup

Playgroup is held in the Goulburn East Hall during the school terms from 9.30am to 11.00am.

Term 4 Dates

Tuesdays, alternate weeks

29 November 13 December

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

We have an exciting few weeks ahead of us now as we head towards the Christmas break. Our incredibly supportive and hardworking P&C are supporting the visit of the sensational inflatable Obstacle Course on Wednesday 30 November. What a treat to recognise the hard work of students this year!

Kindergarten Orientation sessions have now finished, and we have loved getting to know our newest recruits to Goulburn East. Thank you to Mrs Pattison and Mrs Peden for coordinating these sessions.

I would like to remind everyone about our ongoing COVID procedures. Students, staff and visitors should only attend school when symptom free. Please do not send your children to school if they are displaying any symptoms and please do not come on site vourself if vou are feeling unwell at all. Schools have been directed to send home students or staff displaying symptoms. I realise that this can be difficult, but I need to have teachers well to make sure that all our planned events can go ahead. We are now seeing people having COVID for the second time, even with the appropriate vaccinations. As you have throughout the last few years, thank you for your continued support.

Mrs Cribb



LOWES are holding a school wear sale on Thursday 17 November and Friday 18 November.

ZERO 20% OFF UNIFORM SALE

Customers Must have a LOWES ZERO/Reward Card for discount

TERM 4 WEEK 5 ASSEMBLY AWARD RECIPIENTS

Cooper Dunn
Annabelle Jones

KP
Jackson Kiss
Izaya Miller

Violet Harmer
Maksim Zecevic
Hunter Lo-lacono
Jacob Robinson

Quinn Ross
Molly Fletcher
William Garner
Molly Mammone

Matilda Garner **Hugo Goodfellow** Ella Smith Georgia Kiss **Archer Miller Charlotte Garner** Mieka Stevenson **Harry Vrins** Mickinly Guyer 3/4M 5/6C 5/6R Eliza-Rose Pomery-Griffin Elira Malone **Izaak Thomas** Claire Martin Rafe Langham **Jack Clarke** Jack Curry **Brooke Langlands Noah Canty**



Online payments

Please note that if you are paying online, payments are currently unavailable through the Skoolbag App. Please go to our website and select 'Make a Payment'.

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Goulburn East Public School

Success Through Participation

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School Swimming Scheme

During weeks 3 and 4, 46 students from Years 2 to 6 attended the Intensive Learn to Swim program at the Goulburn Aquatic Centre.

This year was the first time we were able to use the new facility, and everyone really appreciated having the chance to learn new skills and swimming techniques.

The students were divided into two groups. Whilst one group ate their lunch the other group had lessons. Each day there was a picture talk about a different aspect of water safety and then the groups had 40 minutes of intensive lessons over the fortnight. It was wonderful to see all the students improve their water confidence, stroke development and stamina. On the last day all students participated in survival skills. Those who are just learning water confidence, are encouraged to go to the pool with their family as much as possible over the holidays to practise these skills. Those who progressed to swimming 25 metres and longer, we will see you participate in the school swimming carnival next year.

A special thank you must go to the teachers who helped make this program such a success.



Obstacle Course

To congratulate our students for a great 2022, there will be a large inflatable obstacle course coming to school on Wednesday 30 November.

Thank you to our wonderful P&C for this exciting opportunity.



ENROLMENTS FOR KINDERGARTEN 2023

Kindergarten enrolments are now being taken for children who live in the Goulburn East PS zone and will turn 5 years old before 31 July 2023.

Enrolments can be done online via the school website or at the following link: https://enrol.education.nsw.gov.au/#/?schoolCode=2054&catchmentLevel=primary

To finalise your child's enrolment you will need to complete the online enrolment and bring along:

- Your child's birth certificate
- Your child's immunisation certificate (available from Medicare)
- Proof of address

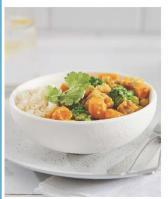


Please note that original documents will need to be sighted at the office, and 100 points of proof of address documents must be provided in accordance with the Residential Address Checklist which is available from the school office.

Kindergarten orientation days will be held in Term 4. More information on the orientation days will be provided at a later date.

Nutrition Snippet

EASY VEGIE CURRY



Ingredients (serves 4)

2½ tablespoon sunflower oil

1 onion, peeled and diced

- 1 tablespoon traditional curry powder*
- 1 medium sweet potato, peeled & diced
- 1 425g tin chickpeas, drained
- 1 270ml tin lite coconut milk
- 1 cup water
- 1 cup broccoli, cut into small florets Cooked rice to serve

Method

- 1. Heat oil in a large saucepan over medium-high heat.
- 2. Add the onion and cook until softened. Add curry powder and cook, stirring, for 1 minute.
- 3. Add the sweet potatoes, chickpeas, coconut milk, and water and stir. Cook for 10 minutes.
- 4. Add the broccoli and cook for a further 5 minutes or until tender. Serve with rice and top with coriander if desired.

*Gluten free if using gluten free curry powder

For this recipe and more visit: healthylunchbox.com.au



Nutrition Snippet

SUMMER SALADS

Summer is the season to enjoy crunchy, colourful, delicious salads.







Try these recipes that use in season veg:

- Nicoise salad
- Persian salad
- Mexican pasta salad

For these recipes and more visit: healthylunchbox.com.au





READY-SET-CONNECT





Friday 09/12/2022

NETWORKING EVENT FREE NDIS

WHO?

teachers, parents and carers are all Support coordinators, support workers, people with disability, welcome.

McKell PI Goulburn NSW Goulburn Workers Club 1 **O** 10:00 AM to 12:30 PM

WHY?

servicing your local area and boost informative networking session. Get to know NDIS providers your contacts in a fun and

HOW?

Register at onecommunity.net.au/Ready-Set-Connect

EVENT SPONSORS













Proudly Funded by the NSW

Goulburn Mulwaree Council

Veolia Arena - 45 Braidwood Road, Goulburn

5th December 2022

idpwd.com.au



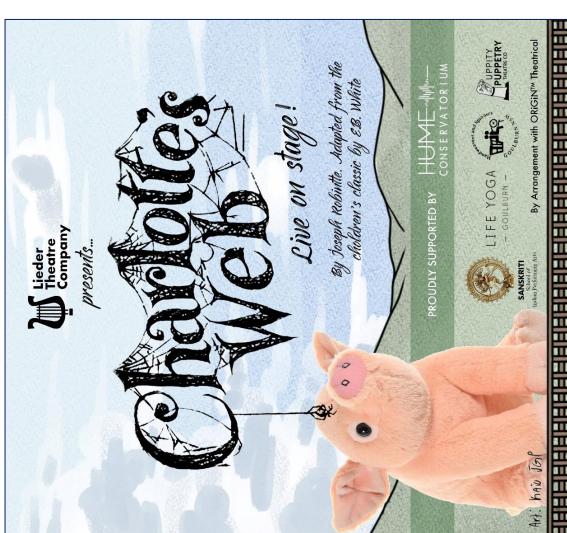
When: Friday, 9th December 2022

4.30pm - 6.00pm (Kindergarten - Year 2) 6.30pm – 8.00pm (Year 3 – Year 6) Time:

Where: Goulburn Worker's Club McKell Place, Goulburn \$10 each Presale only from PCYC Goulburn Cost:

(cost includes a drink and packet of chips)

A fun evening of dancing with prizes to be won. Come dressed in a Christmas theme.



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CHARITY OPENING Ved 23 Nov 7pm

DIRECTED BY

MUSICAL DIRECTOR

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