



GOULBURN EAST PUBLIC SCHOOL NEWSLETTER

Ph: 02 4821 4007

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



Respect

Term 4

Responsibility

17 November 2022

Resilience

Week 6

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

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 yourself if you 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

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.



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

KP

Cooper Dunn
Annabelle Jones
Jackson Kiss
Izaya Miller

1M

Violet Harmer
Maksim Zecevic
Hunter Lo-Iacono
Jacob Robinson

1/2S

Quinn Ross
Molly Fletcher
William Garner
Molly Mammone

3/4M

Hugo Goodfellow
Georgia Kiss
Mieka Stevenson
Eliza-Rose Pomery-Griffin
Claire Martin
Jack Curry

5/6C

Ella Smith
Archer Miller
Harry Vrins
Elira Malone
Rafe Langham
Brooke Langlands

5/6R

Matilda Garner
Charlotte Garner
Mickinly Guyer
Izaak Thomas
Jack Clarke
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:
healthyinbox.com.au



Cancer Council
Healthy Lunch Box

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:

healthyinbox.com.au



Cancer Council
Healthy Lunch Box



READY-SET-CONNECT



Hello, Goulburn!

**FREE NDIS
NETWORKING EVENT**

WHO?

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

WHY?

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



Friday 09/12/2022



10:00 AM to 12:30 PM



Goulburn Workers Club 1
McKell PI Goulburn NSW

HOW?

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

JOIN US

EVENT SPONSORS



Greenleaf
DISABILITY SERVICE™



C M P A S S
PLAN MANAGEMENT SERVICES

Let's celebrate



International Day of People with Disability

Goulburn Community Event

5th December 2022

Veolia Arena - 45 Braidwood Road, Goulburn

9am – 3pm

Proudly Funded by the NSW
Government in association with
Goulburn Mulwaree Council



idpwd.com.au




are hosting a Blue Light Disco

When: Friday, 9th December 2022

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

Where: Goulburn Worker's Club
McKell Place, Goulburn

Cost: \$10 each Presale only from PCYC Goulburn
(cost includes a drink and packet of chips)

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



presents...

Chavortles

Live on stage!

By Joseph Robinette. Adapted from the children's classic by E.B. White



Art: Kaiti Tol

PROUDLY SUPPORTED BY






By Arrangement with ORIGIN™ Theatrical

CHARITY OPENING	
Wed 23 Nov	7pm
Sat 26 Nov	1pm
Tue 30 Nov	7pm
Wed 1 Dec	7pm
Fri 2 Dec	7pm
Fri 2 Dec	7pm
Sat 3 Dec	2pm
Sat 3 Dec	7pm
Sat 10 Dec	2pm
Sat 10 Dec	7pm
Sun 11 Dec	2pm

DIRECTED BY

Blake Selmes

MUSICAL DIRECTOR

Greg Angus

THELIEDERTHEATRE.COM