



GOULBURN EAST PUBLIC SCHOOL NEWSLETTER

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Respect

Term 3

Responsibility

27 July 2023

Resilience

Week 2

TERM 3 DATES

Wednesday 2 August

GCOPS Rehearsal & Concert

Wednesday 23 August

Book Week Parade

Goulburn East Outreach Playgroup

Playgroup is held in the
school hall every Thursday
morning from 9:30am to
11:00am.

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

GCOPS Tickets

Allocated tickets must be
purchased by tomorrow,
Friday 28 July. Any spare
tickets will be sold on
Monday and Tuesday only.

No ticket sales Wednesday

Book Week Parade

Start thinking about who you
will dress up as for our Book
Character Parade.



It has been lovely for us to welcome back Mrs Hall and Mrs Dent who have both returned after leave. Both 1M and KP are to be congratulated for starting the term without their own teachers, they adapted brilliantly!! Great job, 1M and KP.

Next week is Education Week and celebrates 175 years of public education. Goulburn East Public School was opened in 1887 after several applications had been sent to the Department of Education. The initial but unsuccessful 1883 application stated that there were 57 children of school age available in Eastgrove with that number expected to increase to 100 by the end of the year. It also stated that a school was necessary because of the danger to children in crossing the railway line to attend one of three public schools in town and that the Mulwaree River and Creek was often difficult to negotiate after rain, preventing children from attending school. Some things never change!!

One of the highlights of Education Week is the GCOPS Concert series held at the Goulburn Workers Club. These concerts bring together public school students from across our region – from both primary and high schools – to celebrate a shared love of dance and music. Goulburn East will be performing on Wednesday night with two dance groups and the massed primary choir performing. The show starts at 7pm at The Goulburn Workers Club.

Many thanks to our amazing P&C for working to start our canteen again. We have so many people working behind the scenes to make our school a special place for our children.

Have a lovely week – stay warm!

Charmian Cribb

Stage 3 Maths Investigations

Every Friday, Stage 3 conducts different maths investigations to help consolidate learning by practising maths skills along with mathematical thinking and communicating. Over Terms 2 and 3 we have been busy working on a Fraction Fair where students were to create a game they could find at a fair.

They had to include fractions into their game and design a logo and prices. Students used counters as tokens to play each other's games. There were some impressive and well thought out games.

There were games such as 'Fraction Head', 'Equivalent Target Fraction', 'Fraction Pong', 'Fraction Potion Maker' and so many more. The students were having so much fun that they didn't realise the bell had gone to go outside! Well done everyone!



Technology with 5/6M and 3/4T

In Term 3, 5/6M and 3/4T will be spending their Friday afternoons working together to learn about technology. We started the unit off with learning about what a circuit is and how it works. The students were then asked to build a simple circuit to light a light bulb, then to increase the difficulty level they were to extend on the circuit. While building the circuits, students were learning about resilience, perseverance, persistence and problem solving. Working with their peers to solve problems between them is a great learning experience for all the students. Next week, students will be using their skills to create a game controller and will be making music by using a tool called Makey Makey.



IMPORTANT INFORMATION

The Department of Education has begun outsourcing the systems they use for:

- Student Administration
- Student Attendance
- School Management and Operations
- Parent/Carer communications and consent
- Student Finance

The selected companies we can choose from to provide these services are obligated to adhere to stringent Cybersecurity Compliance clauses set by the Department of Education. All data must also remain onshore within Australia.

What does this mean for Goulburn East PS?

For the first two terms we have been using Compass for Student Attendance but will now be transitioning to School Bytes for all the systems listed above.

Why the change to School Bytes?

We have had a chance to attend School Bytes presentations and training, and have had a very smooth transition to using School Bytes to mark attendance rolls since the start of term.

School Bytes is a NSW based system, so is much better suited to our school needs in comparison to other companies.

The transition to School Bytes will take place over the next few weeks. The Student Finance module will be introduced last, in late August/early September. Once this occurs, parents/carers will be able to pay for events and excursions directly through the School Bytes Parent Portal.

For the next few weeks, absence notifications can still be sent through Compass, and we will transfer the information to the class roll. Payments can still be made via the school website as usual.

Next week you will receive further information regarding the transition from Compass to School Bytes. In the meantime, if you have any questions, please contact the school office.



School Bytes

GEPS CANTEEN – FRIDAYS starting on 4th August 2023

Provided by Kylie & George Fatouros @ kandgz

All orders must be made through the online **P & C Canteen payment app at Qkr! Masterpass** and must be received by 10.00am **Thursday** morning.

We do not accept cash.

The Canteen is run by the GEPS P & C. All enquires to the P & C email goulburneastpublicschool@pandcaffiliate.org.au

Thank you for your support and cooperation.

All meals are \$7.00 which includes a drink of your choice
Sauce 20c extra

DRINK OPTIONS:

Bottled Water (400mls)
Juice Box (250mls)
Flavoured milk (250mls)

MENU:

Spaghetti Bolognese (with gluten free option)
Mac and cheese
Cheese pizza
Chicken burger (with mayo and lettuce)
Nuggets and chips
Plain pie
Sausage roll
Ham and salad wrap
Chicken and salad wrap
Salad wrap
Fruit salad



We will need some volunteers to help with delivery from kandgz to Goulburn East PS. We are currently compiling a roster. Please contact the P&C if you can help out.



4 simple steps to a healthy lunchbox

Packing an everyday lunchbox is as easy as:

- Step 1: Pack vegetables for Crunch&Sip® (e.g. carrot sticks or cherry tomatoes).
- Step 2: Pack fruit and an everyday snack for recess (e.g. popcorn, yoghurt, rice crackers and cheese).
- Step 3: Pack a sandwich, wrap, roll or leftovers (e.g. pasta, rice or roast vegetables) for lunch.
- Step 4: Finish with water as the perfect thirst quencher.



For easy ideas on healthy lunchboxes visit

www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/packing-an-everyday-lunchbox/



Good for kids
good for life



Top nutrition = Top marks

Welcome to SWAP IT! SWAP IT supports you to make informed choices about your child's health and wellbeing.

Good nutrition leads to greater wellbeing for your child and can even have a positive impact on how well they do in class.

One swap from a sometimes food to an everyday food can make a big difference.

Here are some great ideas you can swap today:

- Piece of cake to a scone
- Chips to popcorn
- Juice to plain milk



You will receive weekly tips and ideas about healthy swaps you can make!

For more tips on making a swap visit

www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/tips/



Good for kids
good for life



masterpass

Add your children's details in Student Profiles



Select
'Add student profile'



Add each
child's details



Manage each
child's details in
Student Profiles

Order meals



Select a menu
from our canteen



Select a date
for a child and
order a meal



Tap Repeat
to order' to
copy all paid
orders from
one week to
the next

Tap the green
box to view
your receipt
or to cancel
an order

Tap to change
the date you
are ordering for

Tap to change
the child you are
ordering for

Tap 'Checkout'
then confirm and pay

Making payments



Add up to 5 cards to your wallet



At checkout select which card to
pay with.

Pay with any cards accepted
by the school.

Once your payment is approved you
can continue to the home page, or
view your receipt.



masterpass

For quicker, hassle-free school
payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by Mastercard, the
secure and easy way to order and pay for school items from
your phone at a time and place that suits you.

With Qkr you can:

- Order and pay for your child's lunches, reducing the need
to bring cash to school;
- Pay for a variety of school items;
- See your receipts on the app and get them sent by
email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad
users can download iPhone app



Step 2 Register

Select your Country of Residence as
'Australia' and follow the steps to register

If you have made a
purchase you can
select our school
from 'Previous
Location'

Step 3 Find our school

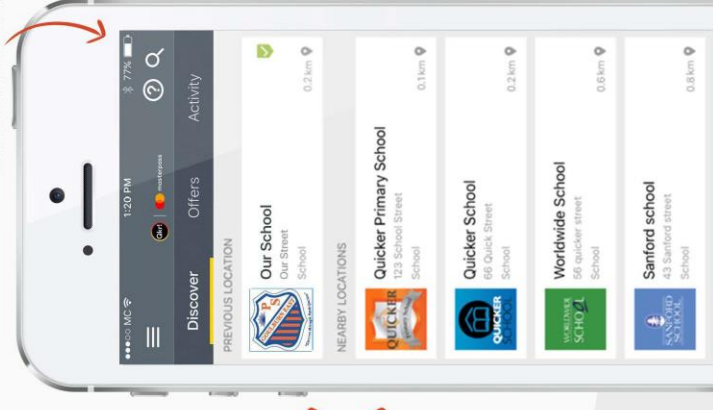
Our school will appear in 'Nearby Locations'
if you're within 10kms of the school, or
search for our school by name.

If you're within 10
kms of the school,
you can select our
school from
'Nearby Locations'

Step 4 Register your children

When first accessing our school you will
be prompted to add a student profile for
your child. This allows you to make orders
and payments for them.

Search for our school name



Glowtastic Disco Party Fundraiser

Get your groove on, Goulburn East Public School Student Representative Council (SRC) is hosting a Glowtastic Disco Party fundraiser!

The Glowtastic Disco Party will be held in the School Hall on Friday 15 September 2023.

Not only are we hosting an awesome disco event, but students can also win up to 15 automated incentive prizes by fundraising via online sponsorship donations.

The SRC is fundraising for playground additions and improvements including a dedicated outside table tennis area.

Students have received a sponsorship book with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au. This is an entirely online fundraiser; all cash donations must be converted to online donations to redeem your prizes.

Extra Incentives to Fundraise!

- ★ Online Golden Coins - complete fun online tasks to redeem an extra \$75 towards your prize credit.
- ★ Monty the Monstar's Bonus Prizes - achieve milestones to unlock Monty's bonus prizes.
- ★ \$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student - it could be you!
- ★ Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2023.
- ★ A Play Station 5 Gaming Bundle - see your child's sponsorship booklet for more!

For more information, please email Mr Taylor, christopher.taylor133@det.nsw.edu.au.

Happy fundraising!

Orders Due August 7th

ISSUE 5



FREE BOOK GIVEAWAY

SCHOLASTIC Book Club

ISSUE 5

FREE BOOK GIVEAWAY

PLACE YOUR ISSUE 5 ORDER and select up to 3 FREE BOOKS!

SPEND \$70+	= 3	FREE BOOKS
SPEND \$50+	= 2	FREE BOOKS
SPEND \$30+	= 1	FREE BOOK

LOOP orders only. See scholastic.com.au/LOOP for terms and conditions. Titles may vary from those shown. More choices available.

SCHOLASTIC Book Club

Goulburn Lilac Fairy Hunt 2023

The Lilac Fairy Hunt will be run in conjunction with the Lilac City Festival, Cystic Fibrosis Goulburn and District and the Goulburn Mulwaree Council. This event is sure to bring smiles to the children's faces as they go hunting for their fairies.

The event involves 40 fairies being placed around the Goulburn Mulwaree Region, hosted in local businesses and Goulburn Mulwaree Council locations, then the participants seek to find these fairies as some spring-time holiday fun!

Tickets are sold for \$10 pp at the Goulburn Information Centre and each participant will be provided with a booklet that outlines where the fairies are hosted. Tickets will also be available in key locations in Goulburn to be released soon sold by our amazing volunteer staff.



**WEDNESDAY
AFTERNOONS
TERM 3
3.45 - 4.45**

**goulburn
mulwaree
library**

**Bookworms
TERM 3**

5-8 YEAR OLDS

Bookings via <https://events.humanitix.com/gml-bookworms>

Discover new books

Share your love of reading

Be inspired by books, games and other activities

Make new friends

A central illustration of a yellow bookworm wearing red-rimmed glasses, sitting and reading a green book. The bookworm has a long, orange, segmented tail. Surrounding the central illustration are several circular inset photos showing children engaged in reading and activities. The background is a dark blue color.

Nutrition Snippet

BLUEBERRY PIKELETS

Serves: 6 Prep time: 5 mins Cooking time: 15 mins



Ingredients

- 1 cup self-raising flour
- 2 tablespoons caster sugar
- 2/3 cup reduced-fat milk
- 1 egg
- 3/4 cup frozen blueberries
- Olive oil spray

Method

- Step 1:** Add the flour and sugar to a large bowl. In a jug, whisk the milk and egg to combine.
- Step 2:** Slowly add the egg mixture into the flour and whisk until well combined. Gently fold through the blueberries.
- Step 3:** Spray a large non-stick frypan with olive oil and heat over medium heat. Scoop a tablespoon of the mix into the pan, cooking up to four at a time. Cook for 1 minute or until bubbles appear on the surface and pikelets are golden underneath. Turn and cook for a further 1 minute or until golden.
- Step 4:** Transfer to a plate and cover with foil. Repeat with remaining batter, spraying the pan between each batch.

For this recipe and more visit:
healthy.lunchbox.com.au



Cancer Council
Healthy Lunch Box



LIFE CHANGING

Fit For Life for Primary School Children is a positive mentoring program. Through physical fitness, nutrition and social engagement, Fit For Life aims to improve overall wellbeing, positive interactions with local Police to breakdown possible barriers and access to community mentors.

PCYC Goulburn are offering a program Fit for Life for Primary School Children in years 4, 5 and 6 during term 3, 2023.

The Program is run on a Monday, Tuesday and Wednesday. Children are dropped off to PCYC Goulburn after school (3.15pm – 3.30pm), provided with afternoon tea, engage in some fun fitness activities whilst interacting with PCYC Goulburn Activities Officers, NSW Police Officers and Youth Community Mentors. Children to be picked up by parents at 5.00pm from PCYC Goulburn.

If your child is interested in attending, please contact PCYC Goulburn 4822 2133 or email goulburn@pcycnsw.org.au to nominate a day and book a place. There are limited places available each day.

This program is **FREE** thanks to the NSW Government, Office of Regional Youth supplying us with a grant to fund this program.

