### COMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td><strong>Thursday 28&lt;sup&gt;th&lt;/sup&gt; August</strong></td>
<td>Touch Football Gala Day (Yrs 3 – 6)</td>
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<tr>
<td><strong>Friday 29&lt;sup&gt;th&lt;/sup&gt; August</strong></td>
<td>Assembly @ 2.30pm</td>
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<td><strong>Sunday 31&lt;sup&gt;st&lt;/sup&gt; August</strong></td>
<td>P&amp;C Fundraiser at Bunnings (helpers required please)</td>
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<td><strong>Thursday 4&lt;sup&gt;th&lt;/sup&gt; September</strong></td>
<td>Camp Quality mufti day fundraiser</td>
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<td><strong>Friday 5&lt;sup&gt;th&lt;/sup&gt; September</strong></td>
<td>Camp Quality riders visit 3/4S Cricket Gala Day</td>
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<td><strong>Tuesday 9&lt;sup&gt;th&lt;/sup&gt; September</strong></td>
<td>Space expo (Yrs 3 – 6)</td>
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<td><strong>Friday 19&lt;sup&gt;th&lt;/sup&gt; September</strong></td>
<td>Last day of Term 3</td>
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### Term 4

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<th>Date</th>
<th>Event Description</th>
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<tr>
<td><strong>Tuesday 7&lt;sup&gt;th&lt;/sup&gt; October</strong></td>
<td>Students &amp; staff return for Term 4</td>
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<td><strong>Monday 27&lt;sup&gt;th&lt;/sup&gt;-Friday 31&lt;sup&gt;st&lt;/sup&gt; October</strong></td>
<td>Book Fair</td>
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<td><strong>Thursday 30&lt;sup&gt;th&lt;/sup&gt; October</strong></td>
<td>Music: Count Us In!</td>
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<td><strong>Monday 10&lt;sup&gt;th&lt;/sup&gt; November</strong></td>
<td>School Swimming Scheme (2 weeks)</td>
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<td><strong>Mon 10&lt;sup&gt;th&lt;/sup&gt; – Thu 13&lt;sup&gt;th&lt;/sup&gt; November</strong></td>
<td>Stage 3 Camp - Sydney</td>
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Following the opening ceremony of the War Memorial Forecourt, I have several people to thank and congratulate. Firstly, thank you to our amazing staff for organising our students for the walk up and down Rocky Hill. Your children are in great hands when they are in the care of such terrific teachers. Secondly, thank you to our parents and carers for enabling your children to be part of such a genuine local community event. Thank you also to Goulburn Mulwaree Council who, at all times, ensured that the school were involved in the organisation. And my final thanks and congratulations go to the students themselves. You made us all very proud and you continue to make us proud every day with your smiles, efforts and achievements. Well done!

Well done to Bree Smith and Jacob Waters who represented Goulburn and Crookwell District at the Regional Athletics.

A reminder that nail polish and jewellery are not part of school uniform. Most students wear their correct uniform each day. We have one of the smartest uniforms in Goulburn and we look great wherever we go. Let’s make sure that we keep looking proud of our school by wearing our correct uniform.

At a time when some schools are struggling to maintain numbers in their P&C, we are incredibly fortunate at Goulburn East to have such a supportive group of parents. This Sunday the Bunnings BBQ will be manned by our P&C. A great way to support our school this weekend is to visit Bunnings on Sunday, spend some money inside (of course!) and then buy a sausage sandwich, drink or cake from the BBQ tent on your way out!

Have a lovely week!

Mrs Charmian Cribb
Principal

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### CALLING ALL BAKERS!

The P & C will be holding a cake stall as part of the Bunnings BBQ fundraiser. Parents and carers are invited to assist by baking a cake, slice or biscuits. Goods can either be dropped off at school on Friday or brought up to the stall at Bunnings this Sunday morning.

Congratulations to Euan O’Flynn for his entry in the Goulburn High School Science Fair. Well done!
GEPS is looking forward to welcoming the Camp Quality Riders to our school on Friday 5th September 2014. Book now at the Canberra Theatre Centre by phoning 02 6275 2700, or online at www.canberratheatrecentre.com.au

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The simplest way
...to manage fussy eating

Here are some of our top tips for dealing with fussy eaters:

Stay positive and don’t react: when your child refuses to eat, respond calmly, so they don’t get attention for behaving badly.

Keep on serving it: research shows kids need to be given a new food an average of eight times before they will accept it.

Eat as a family at the table: turn off the telly, and eat together — this will help improve the whole family’s eating habits.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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Goulburn & District
Junior Cricket Under 10, 12, 14, 16 Registrations

Saturday 6th Sept 10am - 1pm at Centro Mall or Friday 12th Sept 4:30 - 6pm Tully Park Indoor or

Download a registration form from http://gdjca.nsw.cricket.com.au and give to your coach or Manager or email completed form to yeadon6@bigpond.com

Contact Danny Yeadon 48221529 for more information

Under 10 Cricket is changing to the new Super 8 Rules, Everyone bats 4 overs, bowls and wicket Keeps, Reduced to 16 overs (approx 1hr 40 mins), Lighter ball used.

Milo Cricket Registration is Saturday 11th October, 9am to 11am at Carr Confoy Oval

Eastgrove or online at in2cricket.com.au

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Glenmore camp quality
1,000 K’s 4 Kids
4-19 September 2014

WE’re riding from Mittagong - Newcastle to raise money for kids living with cancer!

GEPS is looking forward to welcoming the Camp Quality Riders to our school on Friday 5th September 2014

For more information go to: mycampquality.org.au/1000ks4kids or contact Donna George on 02 4947 8311 or donna.george@campquality.org.au
**CAMP QUALITY FUNDRAISING COMPETITIONS**

**What:** Colouring in competition & Make Me Giggle joke competition.

**When:** All entries must be handed in to the office by next Thursday 4th September to be eligible for judging.

**Cost:** 50c per entry. There is no limit to the number of times students can enter each competition, however there is a limit of 2 jokes on each Make Me Giggle entry please.

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**CAMP QUALITY MUFTI-DAY FUNDRAISER**

**What:** Mufti-day.

**When:** Thursday 4th September 2014

**Cost:** Gold coin donation

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**GEPS Breakfast Club**

**Wednesday, Thursday and Friday mornings**

8.15am – 8.50am

**In the School Library**

A gold coin donation is greatly appreciated!

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**GEPS Playgroup**

**Mondays from 9:25 - 11:00am in the School Hall**

Come along and join Therese each Monday during the school term from 9:25 in the School Hall.

For further information, please phone Alan Caldow, Playgroup coordinator, on 4821 2827.

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**Last call for P& C Bunnings BBQ volunteers**

This Sunday 31 August, the Goulburn East P&C will run the sausage sizzle at Bunnings. Last year, this event raised about $800 for the school. We need as many volunteers as we can get to share the workload. Please return the attached form to indicate your availability for the day. Please nominate 1-2 hours between 8am and 4pm that you would be able to help out.

I can assist at the Bunnings BBQ Fundraiser from ..................am/pm to ......................am/pm

Name: ............................................................................................................. Phone: .............................................................................

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**THANK YOU!**

Thank you very much to all the parents/carers who take the time to notify the school each day that their child is away. Your assistance is greatly appreciated.

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**URGENT REMINDER**

If you have recently received paperwork and a request for an updated (or new) health care or action plan for your child, please return these to school as soon as possible.

If you have not yet had your child’s plan updated by their doctor please do so as a matter of urgency.

We cannot provide the highest level of support for your child without up to date health care information and medication.
War Memorial Forecourt opening
Mobile phones are a great way for children and teenagers to stay in touch with their parents, family and friends and provide access to fun and functional resources like games, the internet, music, apps and more from anywhere at any time.

Many young people would never be without their mobile phone, and a mobile phone provides you with immediate access to your children. However, the fact that they are 24/7 and you can’t always be there to supervise means there are potential risks. These can include high or unexpected bill costs, cyberbullying, sexting, broadcasting their location to unintended others through ‘checking in’ and access to inappropriate material.

**WHAT CAN I DO?**

+ If you think your child needs a mobile phone, consider purchasing a phone that is not internet enabled. Smartphones come with features you may not yet want your child to have such as unsupervised internet access, a camera, and a wide variety of online games and apps.
+ Stay involved with your child’s use of their mobile phone. If you don’t have a good understanding of how their phone works and what they use it for, ask them to show you.
+ Help your child to understand that they should treat their phone like a wallet, and that every text message, phone call or download costs money.
+ Let your child know that it’s ok to tell you if they come across something that worries them, and that their phone won’t be taken off them if they report something to you.
+ Investigate phone plans and pre-paid contracts. Decide what your child needs from their mobile phone so you are well-educated on options before you approach a provider.
+ Check automatic download settings and in-app purchase settings on your child’s mobile phone, as these can incur extra costs or use up credit quickly.
+ Consider keeping credit card details away from your children so music and apps cannot be purchased without your knowledge. If you have your credit card details stored on an online account, you may choose to keep the password to this account private.