Welcome Fest 2015  What an incredibly successful event where large numbers of the Gordon West school community celebrated the beginning of another year at Gordon West and welcomed new parents to the school. Congratulations to Mrs Guenther, President of the Gordon West FRASC, Mrs Mance and their committee for their wonderfully efficient organisation of the activities. A big thank you to all parents who volunteered their services for the occasion. It is events such as these that bring the school community together. The lovely atmosphere created was truly Gordon West at its best.

Every year the subject of school policy in relation to healthy food is raised. In 2011 the school evaluated school practice in relation to birthday parties, class awards, special days and any other occurrence where designated food may be consumed. The purpose of this evaluation was to ensure that a healthy, reasonable balance is achieved with teachers, parents and children all being responsible for the development of healthy eating habits.

School lunches are the responsibility of the parents of Gordon West. However for all the obvious reasons we encourage parents to pack a healthy lunch. School policy is that sharing of lunches is prohibited. We also strongly advise parents not to pack peanuts or peanut related ingredients in lunches. Although it is the parent’s prerogative as to what is included in the lunch box, lollies and chips on a regular basis may not be appropriate for your child’s health and we certainly don’t want this “red” food shared.

At the recent meeting of the canteen committee Mr O’Keefe, Mrs Piispa, Mrs Daniels, Mrs Dillon and myself were in attendance. The main purpose of the meeting was to implement a plan to ensure that “green” foods only are sold at the school canteen. Although DEC policy allows for a number of “red” and “amber” foods to be available on the school premises the committee has recommended that these foods are saved for special occasions eg. cake days, Welcome Fests etc.

Birthdays are often celebrated in the classrooms. For some children this is the only public celebration of this very important occasion and they bring an item of food to share with their classmates. Parents are now choosing healthier food types to celebrate these special occasions and we encourage this trend eg low fat ice creams, fruit skewers, low fat cakes etc.

A number of parents regularly leave special food with the class teachers so that they determine what their child eats at special celebrations.
School staff who reward effort and achievement with jelly babies and/or chocolates have been asked to evaluate this practice in keeping with the Healthy Schools’ policy. We are not instructing staff to cease this practice, just to evaluate and moderate if necessary.

In summary, the Gordon West P & C, the FRASC and the school are continually evaluating their practices in relation to healthy foods and making changes where deemed necessary. Moderation is the operative word with the emphasis being on educating children, parents and teachers in the sensible consumption of food.

We thank you for your support of this policy.

The K-6 parent teacher evenings have been completed and were very successful with parents being presented with an overview of class organisation and programming for the year.

As we have come to expect at Gordon West most parents took the opportunity of meeting the teachers and hearing about all the exciting plans for 2015.

A big thank you to the teachers for organising the evenings and to so many parents for attending.

The importance of being positive and involved in the school activities was emphasised in all classrooms with parents being encouraged to contact the class teacher or school administration at any time should the need arise. The school is totally accountable for the education of your child and would expect that parents would contact the school immediately if necessary.

The values we teach. Although our school is well known for its academic, sporting and cultural success, among our greatest achievements are the values we teach and put into practice in the everyday operation of our school.

Visitors to Gordon West will observe teachers instilling values of honesty, respect for others and their property, respect for the rule of the law and the necessity of following rules. The values we teach are based on inclusiveness and a fair go for all whether they are old or young, male or female, rich or poor, one religion or another.

Research by ACER highlights the role school climate plays in shaping a child’s attitude towards learning and underlines the importance of schools focusing on student well being. Parent’s attitude towards their child’s school is also crucial in this process. If you are actively involved, supportive and positive in relation to your school then this will be reflected in your child’s attitude and sense of feeling about their school. Conversely, if you are critical, undermining and not supportive of the school then you may not be helping to provide the best possible learning opportunities for your child.

Swimming Carnival  Congratulations to all involved in last week’s carnival. A special thank you to Mr Sparke and all his teacher/parent helpers for the very efficient organisation of the carnival held at the recently renovated West Pymble Pool.

Participation levels were extremely high which helped add to the atmosphere and success of the day.

Once again the sportsmanship of both parents and children was exemplary with an excellent example being set.

Days such as these are great and really bring the school community together.

Congratulations to Mulgo, the winning house at the carnival.

Building resilience is incredibly important in a child’s development. An adult’s ability to cope with disappointment and sadness is often developed from early childhood.

It is normal to be sad and disappointed on occasions and this fact should be discussed openly with your children.

Children may miss out on selection for sporting teams, choir, dance, academic awards, selection for prefects and captains etc.

In the case of school prefects/captains you have over 60 excellent children trying out for 6 positions and some sport teams have up to 70 children trying out for 12 positions.
Given that all of our selection processes are open and transparent, we should use these situations to help build resilience rather than dwell on the negative and disappointment involved with missing selection. Every child at Gordon West is a winner, but not everyone will gain selection for everything they try out for.

The Gordon West P&C under the leadership of Mr O’Keefe will meet next Monday 9 March where Miss Harper will provide an overview of parental responses from recent surveys. Miss Harper will also provide an overview of the 2015-2017 Gordon West Strategic Plan. One of the main strengths of Gordon West Public School is the wonderful involvement/support given to the school by the parent body. As a result of the demands of modern society it has become increasingly imperative that the workload of the parent organisations be shared among as many parents as possible.

J Huckerby
Principal

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**Gordon West Swimming Carnival 2015**

Gordon West had their annual swimming carnival on the 19th of February 2015. These events always present a great platform for students to show off their swimming skills and this year was no exception. The number of participants was truly amazing. One particular event saw over 50 swimmers lining up in the marshalling area to compete in a race. It was fantastic to see so many students swim in these races for the pure purpose of enjoyment, with no thought or worry about where they finished. No records were broken on the day but there were plenty of personal bests. Behaviour on the day was impeccable. As is always the case, Gordon West Public School certainly showcases itself in the best possible light when attending out of school functions and the students should be congratulated for this.

Firstly, I would like to thank the staff of Gordon West for all their hard work and dedication throughout the day. Another huge thank you must go out to all the parents involved in the running of the carnival and for making the day an enormous success. Without these parents volunteering their time, the day would not be possible.

The winning house for the Gordon West 2015 Swimming Carnival was Mulgo. Their participation rates and individual performances were the key to their success.

**The Swimming Carnival Champions Junior Boys** – Jaye Daniel and Tom Pennycook

**Junior Girls** – Chloe Mudadu

**12 Years Boys** – Conor Maher

**12 Years Girls** – Ella Daniel

Gordon West have 30 swimmers attending the Ku-ring-gai Zone Swimming Carnival on Thursday 5th of March. On behalf of the Gordon West community we would like to wish all swimmers the very best of luck.

School Swimming Carnival and Zone Results will be published in the next Bulletin.
What is the GWPS P&C?
Gordon West Public School is highly successful due to the tremendous support and involvement of parents. The P&C provides the forum for parents, teachers and citizens to collaborate to continuously improve the school. The P&C executive and coordinators of sub-committees are elected by the parents each year.

P&C OFFICE BEARERS

- President: James O'Keefe
- Vice Presidents: Derek Bilney & Jane Alfred
- Secretary: Danielle Brender
- Treasurer: Ian Eldershaw
- Auditor: Steve McGee
- FRASC Coordinator: Megan Guenther

Invitation to the next P&C meeting
If you have never ventured out to attend a P&C meeting, you are enthusiastically invited to the next meeting held in the staff room at 7:30pm on Monday, 9th of March at 7:30pm.

All parents are welcome and encouraged to attend the monthly P&C meetings held in the staff room at 7.30pm. Just come along, sign in and participate! Dates are listed below:

- Term 1: Monday 9 February 2015 & Monday 9 March 2015
- Term 2: Monday 11 May & Monday 15 June 2015
- Term 3: Monday 20 July, Monday 17 August & Monday 14 September 2015
- Term 4: Monday 19 October & Monday 16 November (AGM)

What gets discussed at P&C Meetings?
- School improvement needs and fundraising initiatives
- Curriculum and educational matters
- School policies and current issues
- Activities of P&C sub-committees
- Key school events

Why come along to P&C Meetings?
- Keep informed about what's going on at the school
- Have your say in key discussions and decisions
- Share your skills and expertise for the benefit of the school
- Connect with other parents
- Support your employer's corporate responsibility program

What parent volunteer opportunities are available?
In addition to specific roles on the P&C committee, there are a wide variety of opportunities for you to make a difference!

Have fun on the Fundraising and Social Committee
Organising the social events and fundraising drives which help create and bond the school's vibrant community spirit is the responsibility of the Fundraising and Social Committee, also known as FRASC.

Megan Guenther coordinates the group and the group meets as required (once or twice a term). Megan is assisted by many amazing parents who have as much fun organising events as those who participate!

The Fundraising and Social Committee is also responsible for catering for school functions such as the teachers Lunch and K - 2 Christmas Parties and providing morning teas for visitors to our school on special occasions like the Showcase Open Day and Grandparents' Day.

Joining this committee is a great way to become part of the school community, with any degree of involvement welcomed – from bringing a new idea to a meeting to running a major event. Just come along to one of the meetings, which are advertised in the school bulletin.
Recent major events include the 2014 & 2015 Gordon West Welcome Fest, 2014 Bollywood Trivia Night, 2013 & 2014 Movie Events and 2012 Girls Night Out. These socials - which often include silent auctions, raffles and art auctions - result in fantastic goodwill and memories for school families.

Serve your kids at the Canteen
The canteen operates on Mondays, Thursdays and Fridays (lunch only). Parent volunteers prepare food and serve. If you can spare a day once a term, then why not put your hand up. For those working, even once or twice a year would be great. Some companies have volunteer days so ask your employer. The kids get a real buzz when mum (or dad!) is on canteen duty. Satu Pisa is the Canteen Shop Manager.

Become a Class Parent
Class Parents are an important link between the Fundraising and Social Committee, your child's teacher and the families in your year. Any parent can take on this role, whether at home or working, as it only involves a few hours a term.

Duties might range from coordinating helpers for school functions to compiling email address lists of class families. It's a great way to connect with other parents in your year and participate in your family's school.

Help out at the Uniform Shop
The uniform shop is open every Friday morning and on extra days at the start of the school year and during the Early Bird program for Kindergarten students. It is staffed by volunteers under the supervision of Jane Baxter, the Uniform Shop Manager.

Jane Baxter coordinates the ordering and manages stock levels, a treasurer does the banking and the books and assistants take turns to help the coordinator once a term on a Friday morning from 8:45 to 9:45am. It is a busy hour, but an easy way to contribute to the school and get to know a broad cross-section of parents and children across the school years.

We need to hear from you
For the GWPS P&C Association to operate effectively, we need to hear from parents in our school community. With parents living very busy lives, we understand if you can’t make it to our monthly meeting - we can raise issues, ideas and suggestions for improvements on your behalf. It is important for the P&C to be able to represent the views of the parents in the school community and add value to our children’s experiences at GWPS.

How to raise a topic or place an item on the P&C meeting agenda
If you would like to raise a concern or a topic at a P&C meeting, please contact either Danielle Brender (Secretary) or myself via email, to ensure time is allocated to your concern on the agenda.

If you have a question or concern about a matter mentioned in a P&C Report or a general question or concern, please contact me via email or phone or have a chat to any other P&C Office Bearers.

James O'Keefe
President
GWPS P&C
E: gordonwest-p.school@det.nsw.edu.au
E: james.okeefe@sca.nsw.gov.au
P: 0412 640 899

CAKE DAY
Cake day is on the Tuesday 10th March and years 1 & 2 are catering for the event. Don’t forget to bring 50c to buy some goodies.

WE ALSO REQUIRE VOLUNTEERS FOR THE DAY!
To make your child’s Cake Day a success we need 4 volunteers from parents in Year 1 & 2 to receive cakes in the morning (8:30 – 9:30) and 8 volunteers to sell at recess time (10:45 – midday).
If you are able to help out please contact your class parents with your name, class and the time you can help or contact Vanessa Spanswick directly at aspanswi@bigpond.net.au.

Your help will be greatly appreciated.
Thank you Vanessa Spanswick.
GORDON SOCCER CLUB
REGISTER NOW TO PLAY SOCCER in 2015

Did you miss Registration Day?
It’s not too late to Register!

Register online at:
www.gordonsoccerclub.com.au

Places are still available in the following teams
Boys * Girls * Under 6s to Under 11s
(Registrations are closed for U12s)

Match times for Under 6 to Under 12 are
Saturday mornings from April to August.

Wives of West Pymble/Gordon

Is this you?

“I know my hubby would love to love to play footy again, but he’s:
a. Too old
b. Too fat
c. Too slow
d. Too lazy
e. All of the above”

Don’t worry, he’ll be in good company! KWP’s Limping Leos over 35s is full of blokes like your hubby.

We are a bunch of very friendly blokes who happen to play a bit of rugby. Some take the rugby seriously, others are just social.

We have our own licensed clubhouse. And we are active year round with social events and sporting activities.

Our club is a great way for you and the family to connect to your community.

So good wife, get him out of the house and down to “Training” and TouchFooty. Thursday nights 7.20pm at Lofberg.

www.limpingleosrugby.com President: Grant Pisani 0422 600 720
Dads & Kids Camping Weekend

It’s on again! Dads & Kids are going away for the weekend!

When: 6th - 8th March 2015: Friday evening to Sunday afternoon. Can’t make it for the whole weekend (sporting commitments etc.), just camp for 1 night or come across for the day and say hello!

Where: The Basin Campground, Pittwater

Camping Costs: $28 per adult/$7 per child per night.

Booking: Click to book. Alternatively contact the Customer Experience Team on 13000 72757.

Activities: Swimming, touch footy, soccer, cricket, fishing, bushwalks, bonfire (bring marshmallows) etc.

Bring: Tent, sleeping bag, cooking equipment, food & beverages, sun protection, swimming gear and sports gear (Bring everything!).

Food: The weekend is self-catered (it’s recommend dads share catering & each cook one group meal). There are free gas BBQs (you can also buy ice and bait each morning)

Groups: If you would like to join a group but don’t know where to start, please contact Scott Makin: e: scottmakin100@gmail.com

Getting there: The Basin campground is on the western foreshores of Pittwater in Ku-ring-gai Chase National Park. To get there:
- Take the Palm Beach ferry which departs on the hour between 9am - 5pm from Palm Beach Wharf ($15.40 Adult/$7.70 Child return)
- If you own a boat, anchor in the sheltered bay opposite the picnic and campground.
- Drive and park along West Head Road, then walk along the 2.8km Basin Track to The Basin.

Facilities: Amenities block, cold showers, flush toilets, gas/electric barbecues, wood barbecues (firewood supplied), drinking water and public phone.

Note: This is not a School or P&C sanctioned event. Parents are advised that risk management procedures and supervisory practices are the responsibility of the camp participants with the school having no involvement whatsoever.
## Lost Property 2015

There has been in excess of 100 items of lost property this year. As in previous years lost property will be located in two trolleys outside the school library. Students are encouraged to take responsibility for their belongings. This can be achieved by:

1. Labelling all items clearly with a **name and class**
2. Checking lost property if an item is lost

At the end of each term all non-labelled items not collected will be removed, washed and resold through the School Uniform Shop. All other suitable items will be sent directly to charity. The final day to collect items from lost property this term will be **Tuesday 31st March.**

Mrs Lesley Pickup