FROM THE PRINCIPAL

CHANGES TO THE SCHOOLS E.M.A. ARRANGEMENTS

School based EMA payments will be discontinued - EMA payments are currently split 50:50 between school based payments and payments made directly to parents. From next year there will be no school based portion. This will have major implications on how we structure our school fees and seek payment for students’ essential items which include text books, stationery and the excursion levy. For parents in receipt of EMA I would like to make it clear that they will need to ensure they put aside funds for 2013 books, school charges, excursions, camps etc as the school will no longer have access to any EMA funds on their behalf as a result of government decisions. All purchases will now be the sole responsibility of the parents.

PROPOSED AUSTRALIAN EDUCATION UNION (AEU) STOP WORK ACTION

I have been informed that based on a successful AEU ballot stop work action will take place on Thursday 7th June. I am unsure at this stage how many of our teaching staff intend to participate. A letter outlining how it may effect families will be sent home Friday.

2013 PREP ENROLMENTS

If you have a child who will be starting school in 2013, could you please let the office know. This will assist us greatly in our planning for 2013.

EXCURSION PAYMENTS

It is extremely important for permission slips and payments to be forwarded to the office by the date indicated on the permission note. Late notes and payment can cause issues with bus bookings and the capacity of venues to cater for all of the children if we are unsure of numbers. We have also had a number of permission forms returned lately which require payment but no payment has accompanied the note. Just to clarify in case there has been some confusion, the excursion credit has been used to pay for the swimming program, our 3 incursions and the gym program. All other excursions and sports programs require a parent payment for children to participate.

Jason Lee
Principal
Asthma, Coughs and Colds: Information for Parents and Carers

The common cold, caused by an upper respiratory tract infection, is one of the most common illnesses for children and adults in Australia. Colds are more common in winter months as people spend more time indoors, in close contact, and can be more likely to pass on viruses that cause the common cold.

Colds can be a trigger for asthma, and asthma management can become more difficult for children and teenagers attending school if they have a cough or a cold. Ensure your child reduces the risk of passing on coughs and colds by avoiding coughing or sneezing on, or near other people and that they wash their hands appropriately after blowing their nose or handling used tissues. Coughing or sneezing onto the inside of their elbow instead of their hands can also prevent the transmission of infections. If your child is unwell, it is recommended that they stay home and rest to reduce the chance of spreading infections and to give them a better chance to recover quickly.

While there is no known cure for the common cold, symptoms such as headache, cough and runny nose can be managed, and children with asthma are advised to see their doctor before using any medication, or herbal and natural remedies, as these may react with their asthma medications. Many cold and flu medications available over the counter are not suitable for children and teenagers, and some medications may also trigger asthma symptoms, it is best to avoid these unless recommended by your doctor.

People with asthma should avoid the following medications if possible:

⇒ Aspirin
⇒ Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications)
⇒ Beta blockers tablets and eye drops (used for high blood pressure and glaucoma)
⇒ ACE inhibitors (used to control blood pressure)

Saline drops and nasal sprays may help relieve blocked sinuses, and gargling with salty water may help relieve a sore throat. If cold symptoms become more severe, parents and carers are encouraged to consult their doctor as soon as possible for advice. Nasal sprays should not be shared between people as this may transmit infections and viruses. It is also highly recommended that in the lead-up to winter, people with asthma ask make use of influenza (flu shot) vaccinations.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - www.betterhealth.vic.gov.au and the NPS website - www.nps.org.au.

For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

WATER & HYDRATION

Even with the onset of cooler weather, it is still just as important to maintain adequate hydration throughout the day. Water is not only lost on hot days through sweating, but it is also lost through urine, perspiration and breathing during colder months.

The best thirst quencher of all is plain water - it prevents dehydration, does not cause dental caries, has no energy or kilojoules, contains no caffeine and costs nothing. If choosing bottled water, ensure that it does not contain additives or flavourings.

Many drinks, including soft drinks, cordials, wine, beer, tea, coffee and fruit juices, may be high in sugar, alcohol or caffeine. Drinks high in sugar promote dental caries, and children may fill up on sugary drinks while missing out on nourishing foods. Caffeine is inappropriate for children and may interfere with sleep patterns or increase the amount of water lost by the body, causing further dehydration. Alcohol is not recommended for children.

Keep a bottle of water nearby, or a chilled bottle in the fridge, to encourage water consumption. Adding a squeeze of natural lemon, orange or lime juice can also make it more appetising. Also try freezing ice block containers full of 100% fruit juice to flavour water.

Remember – always hold an adult’s hand when crossing roads

Stop – Look – Listen and Think before you cross the road. WALK don’t RUN

And.....let’s say all together
Active kids are healthy kids!

EGGS FOR SALE

Our girls are busy laying lots of eggs, $2.50 a dozen. See Wendy in the grade 5/6 room.

School Assembly starts at 8.55 a.m. Please be on time!
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday May 25th**

**Prep/1 Christian:** Levi E. - For being a model student. Respectful, caring and always doing his personal best.
Zeppelin R. - For doing his personal best during class activities.

**Prep/1 Peacock:** Samuel C. - For working well in reading groups.
Chloe H. - For being a friendly, caring class member.
Jordan P. - For creating a terrific truck during our "transport box constructions".

**2 Carroll-Hinton:** Keely F. - For completing her Premier’s Reading Challenge.
Phoebe S. - For getting a perfect score in her automatic recall to 20.

**3/4 Hartney:** Lachlan F. - For fantastic running at the Cross Country.
Keisha M. - For trying her personal best at the Cross Country.

**3/4 Tanner:** Mitchell G. - For contributing valuable ideas to class discussions.
Shaylah H. - For always being a polite and good mannered student.

**5/6 Ennor:** Richard B. - For always contributing valuable comments to class discussions.
Bailey H. - For displaying a terrific attitude, even for the 3000m run.

**5/6 McKerrow:** Mark S. - For application to work on open number lines.
Abbey W. - For excellent drama work with Stig.

**5/6 Windridge:** Phoebe L. - For an excellent retell of “Peter and the Wolf”.
Caleb M. - For excellent working in reading groups.

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**WANTED:**
Lots and Lots of Wool for the Grade 5/6 E and 5/6 W classes to be used during an upcoming Art Activity. Please take any unwanted wool to the classrooms.

Interested in playing hockey for the U/13 Juniors? Join the Eaglehawk Hockey Club today! A great community sporting team that needs more junior players. All skill levels accepted! Phone: Janine 0438-530-158 Email: eaglehawkhc@gmail.com

Training Thursday’s 6.00 to 7.00 p.m. at the Ashley Street Hockey Complex (All are welcome)

School Assembly starts at 8.55 a.m. Please be on time!
PARENTS CLUB NEWS

Parents’ Club Meeting
The next meeting of the Parents’ Club will be Friday June 1st, after assembly in the school conference room - opposite the office. All are welcome to attend.

LONG GULLY NEIGHBOURHOOD CENTRE MICROGRANTS
Grants from $1,000 up to $5,000 (now has been increased to $5,000) to be administered via the Long Gully Neighbourhood Centre.
Who can Apply?
⇒ Not for Profit community groups and organizations who have effectively been effected by the 2009 Bracewell Street Bushfire, or who are working with affected residents/communities.
⇒ Informal groups of residents (e.g. neighbours) who have been affected by the 2009 Bracewell Street Bushfire.
⇒ Applicants must be based within the City of Greater Bendigo.
There are two categories of Funding:
⇒ Community Arts Projects
⇒ General Community Project Grants

If you are a member of any structured not for profit organisation, or a voluntary interest group situated within the boundaries of Specimen Hill, California Gully, Eaglehawk and Maiden Gully you could be eligible to submit an application.

If you have a potential project in mind contact Tony Plant (Microgrants Officer) on 0408 590 589 for further information and assistance. Application forms and written guidelines can be collected from the Long Gully Neighbourhood Centre or you can phone the centre on 5442 1165 and request an emailed version.

PLAYGROUP
Tuesdays and Thursdays 10.00 a.m. - 12.00 p.m.
in the Outside School Hours Care room.
We have some big ideas in the pipeline for Playgroup, the first of many plans to come is a change of time from 9.30 a.m.—11.00 a.m. to 10.00 a.m. to 12.00 p.m.
We always try to encourage the healthy eating and SunSmart messages that are taught to our students at school, to provide a great foundation for our future students.
The next Playgroup sessions will be Tuesday, May 29th and Thursday, May 31st. Please bring along a healthy snack and drink. All Welcome!

Join us on Facebook:  www.facebook/calgullyplaygroup1

School Assembly starts at 8.55 a.m. Please be on time!
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

**JUNIOR SCHOOL FOOTY TIPPING COUNCIL 2012**

Round 9 saw some huge differences in the final scores. The closest winning margin was North Melbourne’s 16 point win over Brisbane. The largest winning margin was Essendon’s 66 point defeat of Greater Western Sydney followed closely by Richmond’s 62 point win over Hawthorn. As usual it wasn’t surprising to see Greater Western Sydney, Gold Coast and Melbourne to end the weekend without a win.

Not one of our tipsters managed to tip anymore than 8 winners during Round 9, congratulation to Izak O’S for being the best tipsters during Round 9. A further 12 people tipped 7 winners. Because she managed to tip the 7 winners Jeanette T retains the top position on the leaders board. At the other end of the board, Callum G is still sitting at the “top” despite also tipping 7 winners during Round 9. The lowest tipsters for Round 9 was Keely F, she wasn’t able to tip only managed to tip 2 winners. The next lowest Tipsters were Jakoby A, Ella S and Brodie H who only tipped three winners each.

Good luck to all our tipsters for Round 10.

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<thead>
<tr>
<th>LEADERS BOARD</th>
<th>ALTERNATIVE LEADERS BOARD</th>
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<tbody>
<tr>
<td>Jeanette T.</td>
<td>Callum G.</td>
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<td>63</td>
<td>34</td>
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<td>Murray T.</td>
<td>Susan C.</td>
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<td>62</td>
<td>35</td>
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<tr>
<td>Gen O’S</td>
<td>Brodie H.</td>
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<td>61</td>
<td>35</td>
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<td>Hartland Family</td>
<td>Ella S.</td>
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<td>60</td>
<td>36</td>
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<td>Craig G.</td>
<td>Keely F.</td>
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<td>58</td>
<td>37</td>
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<td>Taylah P.</td>
<td>Keeley G.</td>
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<td>37</td>
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<td>Paul E.</td>
<td>Phoenix P.</td>
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<td>39</td>
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<td>Ross P.</td>
<td>Blake B.</td>
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<td>56</td>
<td>40</td>
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<tr>
<td>Kaye G.</td>
<td>Pacy B.</td>
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<tr>
<td>56</td>
<td>40</td>
</tr>
<tr>
<td>Samuel G.</td>
<td>Natasha F.</td>
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<td>56</td>
<td>42</td>
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**CELEBRITY TIPSTER ROUND 10** - **Olivia G.**

St. Kilda will have a fight on their hands, but will be stronger than Richmond at Etihad under lights. This will be a really easy win for Geelong they are after all, playing Greater Western Sydney.

North Melbourne will not like the cold weather in Tasmania and will lose to Hawthorn. They maybe the stronger team by Adelaide will lose to Fremantle the home ground advantage will help.

Melbourne will lose again, this time to Essendon.

Carlton will have the stronger team and will easily beat Port Adelaide at AAMI Stadium.

West Coast will have a very surprising loss to the 14th placed Brisbane.

Sydney may have the home ground advantage, but the surprising win will go to the 13th placed Western Bulldogs.

Gold Coast will lose, yet again this time to Collingwood.

The school is registered for the Paul’s “Collect-a-Cap” program. Please keep collecting from friends, family and neighbours the specially marked caps from Paul’s milk bottles. *Washed Paul’s “Collect-a-Caps” can be handed into the office.*

School Assembly starts at 8.55 a.m. Please be on time!
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

It’s back and easier than ever to participate and get valuable resources for our school!
We are excited to be taking part in the 2012 Woolworths Earn & Learn program.
Last year, we were able to purchase some great resources with the points we earned, thanks to you.

From now until July 1st 2012, you can collect stickers at Woolworths that go towards Earn & Learn points. For every $10 you spend at Woolworths (excluding the purchase of tobacco, liquor and gift cards), you will receive a sticker. These stickers can then be given to your children to collect on a special sticker card (these were attached to the Bell Topper a couple of weeks ago). Once it is completed, they can simply bring it back here to the school Woolworths collection box situated in the school office. If you would like more sticker cards please just ask at the office.
The more points we earn, the more we can redeem from a choice of over 7,000 educational resources including mathematics and English resources, art & crafts materials and much, much more!
We are grateful for your support and look forward to a successful program.

Enrolment Applications 2013
Families are urged to contact LMPA to find out about enrolment in kindergarten and pre-kindergarten for 2013.

REMEMBER: Enrolment applications are accepted at any time
Enrolment application forms across Bendigo, Gannawarra and Swan Hill are available from any kindergarten or from the LMPA website: www.lmpa.org.au

Now is a great time to visit kindergartens and get a feel for all the exciting things that early childhood education has to offer. Please call each kindergarten to make a time to see the program and to have time to talk to the educators there.
If you have any questions please contact LMPA on 5443 1229.

School Assembly starts at 8.55 a.m. Please be on time!
**COMMUNITY NOTICES**

**School Holidays are coming quickly!!**

YMCA will be taking booking’s as of 4th June be sure to get in quick so you don’t miss out.

Our program will be available from the 4th of June in the following ways, on our website www.bendigo.ymca.org.au, call into one of our venues to pick up a copy or simply phone our friendly staff on 54458300 at YMCA House for a copy to be emailed or sent out to you.

_We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**_

**Coles Sports for Schools is Coming!** We will be once again participating in the —Coles Sports for Schools program. If you shop at Coles please collect the vouchers at the check-out and hand to Miss Ennor in the Grade 5/6 room. If your neighbours, brothers, sisters, aunts, uncles, grandparents or anyone else shops at Coles get them to collect the vouchers also.  *Vouchers will be available at Coles, Coles Online, BI-LO or Pick ‘n’ Pay stores and will be available from June 13th until August 14th.*

**KINDERGARTEN**

Enrolments are now open!!

Do you have a child needing KINDERGARTEN in 2013? Central Enrolment Services are accepting KINDERGARTEN applications now.

For further details please refer to our website www.lmpa.org.au or call the office on 5443 1229

***“Don’t forget to have your say about hours for 2013. The survey closes on 31 May.”***

HOOK IN 2 HOCKEY - Bendigo, Ashley St. Try a sport with a difference! Day 1 of 6 week clinic starts Sat 16th June (we break for school hols and finish Sat 18th Aug). Sessions are Sat mornings, 9.30am - 10.15am for ages 6-12yrs. Cost is $65 for sessions + hockey pack - stick, shin pads, ball, replica Kookaburras tshirt & goal. Great fun & good coaches. Register online at www.hcv.sportingpulse.net or contact Kerri Wellman, H2H Coordinator at hcv.hin2h@gmail.com on 5449 3527.

NEW HOCKEY PLAYERS WANTED - To join in our U13 Friday night competition. No hockey experience necessary, just enthusiasm! Coaches are on field to help direct so ideal for beginners, boys and girls alike. Games played at 5.30 & 6.30pm. Clubs provide shirts. Please contact Kerri Wellman on 5449 3527 for further information.

School Assembly starts at 8.55 a.m. Please be on time!