MISSION

At California Gully Primary School we educate students to be lifelong learners and well informed and productive community members who are well prepared to become active, engaged and responsible citizens of the local and global community.

IMPORTANT REMINDER

- Book Club issue 3 Orders Due - Thursday April 21st
- Parents’ Club Meeting - Friday April 22nd
- ANZAC Day Public Holiday - Monday April 25th

FROM THE PRINCIPAL

WHAT’S ON TERM 2

I am highlighting a couple of key dates to place in your diary as we settle into Term 2. Education Week begins on Monday 16th May. On Wednesday 18th May we will have an ‘Open Morning’ running from 9.15am - 11.00am. Family members are more than welcome to join the children during their classroom activities.

School tours will take place from 9.15am to 11.00am on Friday 20th May. Tour groups will be guided by staff and our student school leaders. The 2017 Prep information session will be held on Wednesday 18th May. If you know of any parents considering their schooling options in 2017 please pass on this important date.

The Mothers’ Day Breakfast will be held on the morning of Friday May 6th. A note requesting those family members able to attend will be forwarded shortly.

Family Astronomy Evening to be held on Tuesday 10th May from 7.30pm. Further information will be forwarded closer to the event. Grade 5 & 6 parents will be invited to view children’s planet projects.

ANZAC DAY SERVICE

All members of our school community have been invited by the Bendigo District RSL to attend the ANZAC Day Commemorative Service at Braysey Square in front of the Eaglehawk Town Hall on Monday April 25th commencing at 8.30 am. The school will be providing a memorial wreath to be laid during the ceremony. Students from our school will be involved in the wreath laying ceremony.

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

To report an absence through the school website you can use this link Report an Absence
GOVERNMENT FUNDING
Late last term the school received the very pleasing news that we will be in receipt of $30,000.00 in funds to assist with two projects: the construction of a community vegetable garden; and an outdoor learning area. The grant was obtained after the Member for Bendigo West, Maree Edwards lobbied for the school in Parliament. The outdoor learning area will be stage one of a larger project to redevelop the bush at the back of the school.

CONDOLENCES
On behalf of the school community I would like to extend our condolences to Mrs Peacock on the passing of her brother late last week. During this difficult time our thoughts are with Mrs Peacock and her family.

Jason Lee
Principal

OUTSIDE SCHOOL HOURS CARE
Monday to Friday 3.15 p.m. to 6.00 p.m.

- Available for all parents of California Gully Primary School
- Affordable
- Childcare in a safe and secure environment
- Providing interesting activities for all children
- Permanent/Casual Bookings available
- Emergency bookings always available

Mrs. Paton

CSEF (Camps, Sports & Excursion Fund)
Applications are now open for families who are Health Care Card holders to apply for the funding - forms are available from the school office, when completing your application please bring along your current Health Care Card, this is needed for the application to be accepted.

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

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**Parents’ Club Meeting**
The next meeting of the Parents’ Club will be Friday April 22nd in the conference room after assembly. All welcome.

**Contacting the Parents’ Club**
If you wish to contact the Parents’ Club have an email address which is cgpsparentclub@gmail.com.

**Lunch Orders**
Lunch Orders will be available on Wednesday April 20th. It will be a special treat week! Hot Dogs and Dim Sims will be available to order. Forms will go home this week and are due back on Tuesday April 19th. Extra forms will be available from the office.

**Mothers’ Day Stall**
The Mothers’ Day stall will be held in May (date to be confirmed). The Parents’ Club have purchased gifts to sell at the stall, but if there are any families who would like to donate things for the Mothers’ Day stall they are more than welcome!! Some ideas are mugs, wrapped lollies, pens, notepads, magnets etc. or hand-made goodies are always a winner. Thank you for your support,

Parents’ Club

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**EMPOWERING EAGLEHAWK**
California Gully Primary School has been successful with past Empowering Eaglehawk grants and have applied for another grant this year. To apply for the grant we need 10 people/families to visit the Bendigo Bank and discuss banking options. Better still if you bank with the Bendigo they will donate money to Empowering Eaglehawk. Please see Nicole for more information and pick up a card to take with you. Thanks in advance.

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**SCHOOL CALENDAR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>April 25th - April 29th</td>
<td>ANZAC Day Public Holiday</td>
<td>School Banking Day - Bendigo Bank Gym Program</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
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<tr>
<td>May 2nd - May 6th</td>
<td>School Banking Day - Bendigo Bank Gym Program</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
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<tr>
<td>May 9th - May 13th</td>
<td>School Banking Day - Bendigo Bank Gym Program Family Astronomy Evening</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
<td>Mothers’ Day Breakfast</td>
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<tr>
<td>May 16th - May 20th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
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**School Assembly starts at 8.55 a.m. Please be on time!**
To report an absence through the school website you can use this link [Report an Absence](#).
This year we will again celebrate 100 days of Maths. Each week in the newsletter we will have a focus on Maths. Here is a puzzle page for all the family. Level 1 and 2 are generally for younger students, but you can do whatever levels you wish. Children may complete them on their own or they may need some assistance. We hope you enjoy them. Bring in your neat answers and we will display them on the Maths Board in the undercover area. It would be great to see some work up on display each week!

School Assembly starts at 8.55 a.m. Please be on time!
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GREAT TIPS FOR HEALTHY KIDS

TIP 28. PLAYING SPORT PROMOTES HEALTH

Playing sport is a terrific way to stay fit. Whether it’s tennis or a team sport like soccer, the regular training that’s necessary provides lots of opportunity to be active. Team sports also help kids develop social skills, like co-operation and tolerance.

Expose your kids to lots of different sports and physical activities. They may find they have a natural talent for one or more of them.

Some kids don’t enjoy playing traditional sports. They can feel the odd one out when they don’t join in the usual sports that other kids are involved in.

For these kids, there are lots of alternatives. They might try rock-climbing, dancing, gymnastics or one of the martial arts such as karate or judo. Whatever the child’s interests and abilities, there will be some sport or activity that will appeal.

What you can do NOW

♦ Practise basic sporting skills such as throwing a ball, skipping and hopping with your kids.
♦ If your kids play sport such as soccer, hockey, football or netball, have them fitted with mouth guards.

Top Tip

Avoid giving kids sweets and doughnuts for energy when they play sport. Stick to fruits and plenty of water, and more nutritious snacks afterwards.

Good Idea!

Consider becoming a coach for your child’s team sport. That way you get to spend time with them, get to know their teammates, and get fit too.

THE GLYCAEMIC INDEX AND CHILDREN...

There is no doubt that many have heard of the Glycaemic Index (GI). But do you really understand it and know how the GI can help in the management & prevention of overweight and obesity?

The GI is based on the type of carbohydrate in foods and indicates their ability to raise blood glucose levels. Low GI are digested slower producing a more gradual rise in blood glucose levels. Low GI foods have been shown to be more filling and can reduce overeating. They provide children with a more sustained form of energy.

The following are great examples of low GI foods and are also high in micronutrients and have very little saturated fat. The recommended number of serves for children is included as well. Note that the GI only applies to foods that are high carbohydrate (fat foods don’t have a GI).

Cereal & Grains: 5 - 9 serves per day
1 serve = 1/2 cup (70-120g)
e.g. wholegrain breads, porridge, basmati rice, natural popcorn, wholemeal pasta etc

Fruits: 1 - 2 serves per day
1 serve = 1 medium whole piece or 1/2 cup 60-75g) berries e.g. stone fruits, apples, pears, bananas, grapes, oranges

Vegetables & legumes: 2 - 5 serves per day
1 serve = 1/2 cup cooked or 1 cup chopped salad e.g. most vegetables are low GI, as well as all legumes (baked beans, kidney beans, lentils etc)

Milk & milk products: 2 - 3 serves per day
1 serve = 1 cup milk or 30g cheese e.g. low fat milk and dairy foods like cheese and yoghurt

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

Thursday April 15th

Prep Dillon:
  Madison W. - For always working well in Specialist Areas.

1/2 Peacock-Hinton:
  Carmella S. - For reading consistently in the holidays.

3/4 Ennor:
  Sienna A. - For consistent behaviour in Specialist Areas. Well done.

3/4 Reilly-Carroll:
  Brodie M. - For an improved effort in home reading.
  Richard P. - For always working well in Specialist Areas.
  Kohby U. - For working hard and making valuable contributions to our class persuasive text.

5/6 McKerrow:
  Sarah H. - For working consistently well for Mrs. Holt in library.
  Jordan P. - For working well in writing sessions.
  Jazmin T. - For excellent recording in her reading diary.

5/6 Windridge:
  Caleb C. - For completing the Premiers’ Reading Challenge.
  Elycia M. - For working consistently well for Mrs. Holt in library.
  Isabel P. - For completing the Premiers’ Reading Challenge.

Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

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EGGS FOR SALE
Our girls are busy laying lots of eggs, $2.50 a dozen. See Wendy in the grade 3/4A room.

PLAYGROUP
Let’s get together and build on friendships.

Wednesdays
9.30 a.m. - 11.30 p.m.
in the Outside School Hours Care room.
Please bring along a piece of fruit to share.
We follow the healthy eating guidelines and encourage the SunSmart messages that are taught to the students at school, to provide a great foundation for future students.
Session dates and activities:
April 20th Handprint Canvas & Keepsake Craft
April 27th Cupcake Decorating (Jazmyn’s Birthday)
May 4th Multi-Purpose Room - Music & Dancing (Mackenna’s Birthday)
May 11th Mothers’ Day Morning Tea & Craft
May 18th Finding Treasures - Exploring Our School
May 25th Planting Seeds
June 1st Bookmaking—Playgroup Stories
June 8th Playdough Fun
June 15th Multi-Purpose Room - Adventure Play
June 22nd Pyjama Party - Last Playgroup Term 2
For information of what events are coming up in playgroup please visit the school website Playgroup page.

Join us on Facebook: www.facebook/calgullyplaygroup1

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Don’t forget to check out the school’s website [www.californiagullyps.vic.edu.au](http://www.californiagullyps.vic.edu.au)

**School Assembly**

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**FREE KIDS DENTAL**

Has your Child Dental Benefits Schedule refreshed in 2016?

Eligible kids may be entitled to a $1000 benefit to be used on selected dental services.

Contact us to see if your child is eligible!


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**Tuning in to Kids**

**Bendigo**

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

- Children with emotional intelligence
- Have greater success with making and keeping friends
- Are more able to calm down when upset or angry
- Have better concentration at school

In this six session program you’ll find out how to help your child understand and manage feelings such as worry, frustration and anger.

**Term 2, 2016**

- **When:** Monday 2nd May - 6th June 2016
- **Time:** Arrivals and registration 6.15pm Sessions 6.30pm - 8.30pm
- **Where:** CatholicCare Sandhurst Noel Daly Room, 176 McCrae Street Bendigo
- **Cost:** $40 for the whole course or $20 concession
- **Child Care:** Sorry, child care is not provided
- **Facilitators:** Megan Simpson and Ky Gregg
- **Parking:** On site parking available - enter via 116 Hargreaves Street

For bookings and enquiries phone Ky Gregg on 5438 1300

Groups are subject to minimum and maximum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

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**Kid Zone**

After-school kids program aged at Primary School aged children. Open to all children from Prep to Grade 6.

All adult leaders have worked with children’s checks. Parents/Careers/Grandparents are encouraged to stay. Join in or watch with a cup of tea or coffee.

**The Salvation Army**

Eaglehawk Salvation Army
51 Church St Eaglehawk
Contact Melissa on 0429 967 123 or 5446 8135

**Thursdays** during Term from 4.00 until 5.30pm.

Fun & Games for all!

No RSVP needed, but a ChildSafe Permission form MUST be completed by the legal guardian.
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

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California Gully Primary School
Join us at our weekly Breakfast Program
Every Friday from 8 a.m. to 8.20 a.m.

Thanks to Empowering Eaglehawk, The Eaglehawk Football Club and the Peter Krenz Leisure Centre/YMCA we have a community breakfast program for all families (parents are more than welcome to attend) and staff of California Gully. The community breakfast program continues tomorrow, Friday April 22nd at 8 a.m. (please note that we will stop serving breakfast at 8.20a.m. any children who arrive after 8.20 a.m. will miss out).
Sharing in breakfast together, what a great way for our school community to start the day!

Introducing FRESH FRUIT FRIDAY
Benefiting the health and wellbeing of our Bendigo school children

The Learning Club has fun, interactive activities and games to improve literacy and numeracy skills and develop confidence. All sessions are fully supervised.

Light refreshments are provided.

If interested in participating, please complete a Registration Form at the School Reception desk.

The Learning Club is proudly supported by The Smith Family & La Trobe University.