The Bell Topper

Volume 33 No. 10

Thursday April 30th 2015

Calendar

Tuesday May 5th
Whole School Gym Program

Thursday May 7th
⇒ Mothers’ Day Stall
⇒ Parents’ Club Lunch Order Day

Monday May 11th
School Council Meeting

Tuesday May 12th
Whole School Gym Program

Saturday May 16th
JSC Garage Sale

Sunday May 17th
Working Bee

Thursday May 21st
Parents’ Club Lunch Order Day

Every Tuesday and Friday
8.30 a.m... - 8.55 a.m.
Library Open for borrowing and returning books and quiet reading

Every Wednesday 9.30 a.m.
- 11.30 a.m.
Playgroup

Every Friday 8.00 a.m... - 8.20 a.m.
Breakfast Program

Inside this issue:

From the Principal 1
From the Principal 2
Calendar 2
Parents’ Club News 3
Playgroup 3
Celebrating Maths 4
Students of the Week 7
Healthy Living 8
Breakfast Program 9

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.

JUNIOR SCHOOL COUNCIL GARAGE SALE

Saturday May 16th the JSC will hold a “garage sale” at the school.

We are collecting any unwanted items you may have and would be willing to donate for our sale.

Please see Kaitlin Christian or Megan Watt for more information or let us know if you have something which could be of use.

FROM THE PRINCIPAL

ANZAC DAY 100 YEARS

THANK YOU to the parents, students and staff who helped us commemorate 100 years since the ANZAC landing at Gallipoli on Friday, 24th April and the sacrifice made by all Australian servicemen and women, past and current. It was fantastic to see the connection so many of our children have with loved ones who have been to war through the acknowledgements read out at our assembly.

PARENT SURVEY - EXTENSION

The Parent Surveys are due tomorrow however I will extend the deadline until next Monday 4th May. The school staff and I recognise it is very important to have a clear understanding of what you the parents feel is important in the education of your children. The parent survey should take no longer than 10 minutes to complete. The survey focuses on school connectedness, school programs and communication. The more surveys returned the better we will understand what you see are the strengths of our school and what we might build upon and or change.

School Assembly starts at 8.55 a.m. Please be on time!
WORKING BEE - MARK IT ON YOUR CALENDAR
A working bee will be held on **Sunday May 17th from 9.00am to 11.30am**. Even if you could spare an hour it would be much appreciated. As with previous working bees; wheelbarrows, rakes, any gardening equipment will be utilised. One of the key jobs will be to remove a lot of items which have built up over time so anyone who can bring along a trailer or Ute to disperse of unwanted items it would be appreciated. Please contact me if you are able to attend.

NAPLAN
The annual NAPLAN tests begin on Tuesday, 12 May for Year Three and Five students. The results of the testing provide information for our teachers on the impact our teaching and learning program is having on the learning growth of students. The aim is to see one year’s learning growth for every student no matter what level they start at. The NAPLAN results provide useful information that helps our school build on its current practice.

STUDENT ATTITUDE TO SCHOOL SURVEY (SATSS)
Last week the Year Five and Six students participated in the SATSS which is conducted in all primary and secondary schools in Victoria. The information gained from the surveys gives the school useful information on how the students perceive the various elements of school life, such as their safety, connectedness to school, connectedness to peers and the teaching and learning.

SKOOLBAG APP - **67 people from our school community have downloaded the App!**
Please download the Skoolbag App it is the quickest way to receive information be it information for the whole school or just one grade. [http://www.skoolbag.com.au/forparents.php](http://www.skoolbag.com.au/forparents.php). It's free!

*Jason Lee*
Principal

---

**SCHOOL CALENDAR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 4th - May 8th</td>
<td>Whole School Gym Program</td>
<td>Learning Club</td>
<td>Parents’ Club Lunch Order Day Mothers’ Day Stall</td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m. School Banking Day</td>
</tr>
<tr>
<td>May 11th - May 15th</td>
<td>School Council</td>
<td>Whole School Gym Program</td>
<td>Learning Club</td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m. School Banking Day</td>
</tr>
<tr>
<td>May 18th - May 22nd</td>
<td>Learning Club</td>
<td></td>
<td>Parents’ Club Lunch Order Day</td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m. School Banking Day</td>
</tr>
<tr>
<td>May 25th - May 29th</td>
<td>Learning Club</td>
<td></td>
<td></td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m. School Banking Day</td>
</tr>
</tbody>
</table>

School Assembly starts at 8.55 a.m. Please be on time!
Parents’ Club Meeting
The next meeting will be held on a day to be confirmed, in the conference room.

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

Thursday Lunches
Lunch Orders commenced last Thursday. Lunch Orders will be held every second Thursday. Dates will appear on the Calendar in the newsletter but all dates for Term 2 can be found on the Parents’ Club page of the school website. **Next Lunch Order day is Thursday May 7th.**

Aver & Line Family Portrait Fundraiser - Sunday May 17th
Two weeks ago a flyer was sent home with all newsletter families outlining the Parents’ Club’s first fundraiser for the year. To book your family portrait session visit www.schoolinterviews.com.au and enter code UJ36W. Bookings need to be made by Wednesday May 6th. For further information please contact Donna on 0403 267 821.

Mothers’ Day Stall - Thursday May 7th
This year the Parents’ Club have decided to not do a Mothers’ Day Raffle and also not to ask for donations for the Mothers’ Day Stall. Our stall will be held on Thursday May 7th. We are allowing children to come through in their classes and at this time they can purchase up to 2 gifts. Once all classes have been through any child who has money left over and would like to purchase more gifts can come back to the stall when announced.

The gift prices will range from $1.00 to $5.00. As the Parents’ Club will not be running a raffle, they will be providing all the gifts offering a large range and number. This way it will allow children to purchase for their siblings who may not be at the school, for those who have extended families or those who just want to spoil Mum! If you would still like to donate gifts we will greatly accept them. Thank you for your continued support of the Parents’ Club.

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:

- **May 6th**
  - Mothers’ Day Craft
- **May 13th**
  - Multi-Purpose Room—Adventure Play
- **May 20th**
  - Water/Sand Play
- **May 27th**
  - Papier Mache Piñata
- **June 3rd**
  - Painting Piñata

For information of what events are coming up in playgroup please visit the school website Playgroup page.

Join us on Facebook: www.facebook/calgullyplaygroup1

School Assembly starts at 8.55 a.m. Please be on time!
This year our school is going to celebrate **100** days of Maths in Term 3.

We are half way to 100! 50 days of Maths

On Wednesday we celebrated 50 days of Maths. All grades read ‘The Doorbell Rang’ by Pat Hutchins. This is a story about sharing a batch of cookies when the doorbell keeps ringing and more people come to share. Each grade had 50 cookies to share and we had to work out how to do this fairly.

Money Money Money

We require coins (or notes) from other countries that can be used as a resource in our Maths room. We need these for sorting activities in the junior school. If you are able to spare one or two coins or notes, we would appreciate your donation. Please give your coins to either Annette, Linda or leave them at the office.

School Assembly starts at 8.55 a.m. Please be on time!
Grade 1’s played a game called ‘First to 50’. They used a dice and icy pole sticks to bundle to 50.

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

TIP 45. SOME DRINKS ARE BETTER THAN OTHERS

Milk is a child’s first drink, and it continues to be an important part of the diet. Children need plenty of calcium for healthy bone growth, and reduced-fat milk provides calcium along with protein and vitamins. Fruit juice may also be an important part of a child’s diet. It’s a good source of Vitamin C and folate, as well as other vitamins. Unstrained fruit juices contain a little fibre too.

Although fruit juices provide important nutrients, too much may spoil a child’s appetite for a nutritious, well-balanced meal. Also juices are high in sugar so they can contribute to dental decay and provide extra energy (kilojoules). A soft drink or a glass of cordial once in a while won’t do any harm, but too much is not good for you. Soft drinks and cordials contain large amounts of sugar which provide energy, and they have almost no nutritional value. The sugar and acid in these drinks can lead to early tooth decay.

What you can do NOW

♦ Squeeze fresh juice from fruit if possible.
♦ Limit the juices and cordials you keep in the house.
♦ Don’t use juices as a substitute for fresh fruit - they have more sugar and less fibre.
♦ Avoid buying too many soft drinks and cordials - some cans of soft drinks contain 10 teaspoons of sugar.

Good Idea!

Children and adolescents need about two servings from the fruit group each day. Half a cup of fruit juice provides one serving.

Top Tip

For a quick, small meal, make a smoothie with fruit and milk.

Fabulous Fibre

Fibre is needed to keep our digestive system healthy.

Where is fibre found?

Foods that are a good source of fibre include wholemeal breads and cereals, fruit (such as apples and kiwi fruit), vegetables (such as broccoli and carrots) and legumes (such as dried beans, baked beans and lentils).

Advantages of eating a high fibre breakfast

• Helps prevent constipation—a very common health problem in Australian children
• Increases your energy levels throughout the day
• High fibre foods are generally low in fat

How much fibre should my child be eating?

A good rule of thumb to work out a school child’s fibre requirement is adding their age plus 5 to 10 grams of fibre. For example, a 10 year old child needs 10 grams of fibre (their age), plus 5 to 10 grams more of fibre. Therefore, a 10 year old child needs 15 to 20 grams of fibre per day. In comparison, adults need 30 grams of fibre per day.

Most food products list the fibre content on their information panel. Wholefoods, such as fruit and vegetable are naturally packed with fibre!

EGGS FOR SALE

Our girls are busy laying lots of eggs, $2.50 a dozen. See Wendy in the grade 4/5A room.

School Assembly starts at 8.55 a.m. Please be on time!
In Victoria, smoking is banned on the grounds of, and within four metres of an entrance to, all childcare centres, kindergartens and schools.

In Victoria, smoking is banned on the grounds of, and within four metres of an entrance to, all childcare centres, kindergartens and schools.

www.californiagullyps.vic.edu.au

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

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 May 1st at 8 a.m. (please note that we will stop serving breakfast at 8.20 a.m.).

Sharing in breakfast together, what a great way for our school community to start to start the day!

We would also like to acknowledge the assistance of Roger King’s IGA in Eaglehawk for providing the food for the breakfast.

Jim Widdowson
Tennis Club Coach
jimwtennis@gmail.com
0431299930

Free Trial Lesson
Free Racket for new enrolments (ages 3-9)
Coaching for all ages and levels including Cardio Tennis & Hotshots Programs

Venues:
• Strathdare Park Tennis Club
• St Jude’s Tennis Club (California Gully)

AFTER SCHOOL 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

California Gully Primary School

Join us at our weekly Breakfast Program

Every Friday from 8 a.m. to 8.20 a.m.
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

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

Kangaroo Flat
SOUP KITCHEN

**Start date:** Wednesday 4 March
6:00pm - 7:00pm

**Location:** Rotary Gateway Park

**Dates this year:**
- March - 4, 11, 18 & 25
- April - 1, 8 & 29
- May - 6, 13, 20 & 27
- June - 3, 10, 17 & 24
- July - 15, 22 & 29
- August - 5, 12, 19 & 26
- September - 2, 9 & 16
- October - 7, 14, 21 & 28
- November - 4, 11, 18 & 25
- December - 2, 9 & 16

---

FAMILY PORTRAIT FUNDRAISER WITH...

**$15 DONATION**
you receive:
- 30 minute session
- 8x10 print
- pristine boutique frame + print
or choose one of our best value packages available.

---

FREE KIDS DENTAL*

Great news, the Child Dental Benefits Schedule continues in 2015! The Commonwealth Government dental scheme provides eligible children with a $1000 free kids dental benefit* on selected dental services within a 2 year calendar period.

In 2014 many families were surprised that they were eligible for the free $1000 benefit*. To gain access to benefits, children must be eligible for Medicare, must be between 2 and 17 years of age for at least 1 day of the calendar year with the child or parent, guardian or carer receiving Family Tax Benefit Part A or another relevant government payment.

Not sure if your kids are eligible? Contact your local Pacific Smiles Dental Centre, have your Medicare card ready and they can easily check to see if your kids are eligible or have remaining benefits from 2014.

Information provided by Pacific Smiles Dental: visit pacificsmilesdental.com.au for further information.

*Free when services covered by the Commonwealth Government’s Child Dental Benefits Schedule are bulk billed by participating Practitioners for treatments provided to eligible patients.
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

**FANTASTIC FAMILY ENTERTAINMENT**
**AT THE NEW ULUMBARRA THEATRE, BENDIGO**
Book you tickets at GoTix.com.au or call 5434 6100

**Tuesday 28 April 7pm**
Only $20 per ticket
The circus has been reinvented as this show takes all the energy and artistry from urban culture and puts it in one performance. See a two time world champion BMX flatlander, a world champion break dancer, a Rouge Cyr artist, a looping beat boxer, a basketball freestyler a virtuoso percussionist all together in one massive show.

**Tuesday 5 May 7pm**
Direct from South Africa, this one of a kind show provides everyone in the audience with a drum to play along with the performers on stage. Drumtrick is now a world wide phenomenon! Pure interactive fun and entertainment that is perfect for the whole family.

---

**FREE AUTISM AWARENESS EVENT**
**Thursday May 7th 2015**
**9.30am – 12.30pm**
757 McIvor Road, Junortoun (Baptist Church Complex)

**Guest speaker:**
Dr. Richard Eisenmajer

**Understanding Autism and Asperger’s Syndrome**
This presentation will include:
- Brief introduction to Autism and Asperger’s Syndrome
- The common difficulties that people with ASD have at school, work and at home
- Insights into what it would be like to have ASD
- Understanding behavior
- Behavioral strategies to help with challenging behaviour
- Tips on making the school, work, and home environments more “ASD friendly”
- Meaning for you and the loved ones of someone with ASD
- Questions and Answer Session

Richard Eisenmajer (PhD) is a Clinical Psychologist with over 20 years of experience working with people with Autism Spectrum Disorder (ASD). Richard is director of the ASD Clinic in New England and specialises in helping parents, families, teachers and other professionals to understand and support children and adults with ASD.

All welcome – presentation suitable for adults with ASD, partners, friends, parents, relatives, teachers, support staff, carers, allied health workers and anyone who is interested in learning more about autism.

www.bendigonauts.org.au email: info@bendigonauts.org.au

BAAG is an inclusive group of NDIS Rights Information and Advocacy Centre Inc.

---

**MAKE-A-WISH. Australia**

**World Wish Day**

**Teddy Bears Picnic**
**Sunday 3rd May**

Bring your kids for a fun filled family day out
Bring your Teddy Bear and don’t forget your picnic and blanket.
There will be fun activities including games, a treasure hunt and face painting
Gold coin donation on arrival to raise money for the Make-A-Wish® Foundation

**Party Time**
11am – 1pm
At the Rotunda, Rosalind Park
For any enquiries contact Jannine J dawes@ozemail.com.au

World Wish Day honours the anniversary of the first wish granted to a baby named Chad, who wished to be a police officer. Creating the wish inspired the creation of Make-A-Wish®, a global movement. Every 37 minutes, Make-A-Wish® grants the wish of a child with a life threatening medical condition somewhere in the world.

**FREE AUTISM AWARENESS EVENT**
**Thursday May 7th 2015**
**9.30am – 12.30pm**
757 McIvor Road, Junortoun (Baptist Church Complex)

**Guest speaker:**
Dr. Richard Eisenmajer

**Program:**
9.15am – 9.30am – Arrival
9.30am – 9.40am – Welcome and Introductions
9.40am – 11.10am – Dr. Richard Eisenmajer
Understanding Autism and Asperger’s Syndrome
11.10am – 11.40am – Morning Tea
11.40am – 12.20pm – Question & Answer Session
Closing Comments from Richard
12.20pm – 12.30pm – Conclusion of Event

Although this is a FREE event, there will be an opportunity for those attending to contribute a gold coin donation to support F.A.M.E. (Making A Difference) – a local initiative that provides free ASD support to Primary, Prep and P1 classes in local schools.

A formal RSVP is not required, however if you are part of a group attending, it would be helpful if you could let us know numbers for catering purposes as soon as possible. Thank you.

www.bendigonauts.org.au email: info@bendigonauts.org.au

BAAG is an inclusive group of NDIS Rights Information and Advocacy Centre Inc.

---

**Tissues**
Can the parents of children in Grade 4/5 Windridge-Reilly please supply a box of tissues for the classroom. With the cold weather already here, we have a lot of sniffles!

School Assembly starts at 8.55 a.m. Please be on time!
City of Greater Bendigo Whipstick Ward Meetings

Meeting time and date may be subject to change. To confirm, please visit [www.bendigo.vic.gov.au](http://www.bendigo.vic.gov.au)

<table>
<thead>
<tr>
<th>Ward</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eaglehawk</td>
<td>Monday May 4</td>
<td>Eaglehawk Town Hall, Council Chamber Cnr Sailors Gully Road and Peg Leg Road, Eaglehawk</td>
</tr>
<tr>
<td>Raywood</td>
<td>Monday May 18</td>
<td>Raywood Hall Inglewood Street, Raywood</td>
</tr>
<tr>
<td>Bendigo</td>
<td>Monday 1 June</td>
<td>Bendigo Library, Activity Rooms 1 &amp; 2 259 Hargreaves Street, Bendigo</td>
</tr>
<tr>
<td>White Hills</td>
<td>Monday June 29</td>
<td>White Hills Football Club, clubrooms Scott Street, White Hills</td>
</tr>
<tr>
<td>Woodvale</td>
<td>Monday July 27</td>
<td>Woodvale Hall Daly’s Road, Woodvale</td>
</tr>
<tr>
<td>Neillborough</td>
<td>Monday August 17</td>
<td>Neillborough Hall Murchison Street, Neillborough</td>
</tr>
<tr>
<td>Sebastian</td>
<td>Monday August 31</td>
<td>Sebastian Hall Sebastian Road, Sebastian</td>
</tr>
<tr>
<td>Long Gully</td>
<td>Monday September 14</td>
<td>Long Gully Pavilion Cunneen Street, Long Gully</td>
</tr>
<tr>
<td>North Bendigo</td>
<td>Monday October 12</td>
<td>North Bendigo Pavilion, North Bendigo Recreation Reserve, Atkins Street, North Bendigo</td>
</tr>
<tr>
<td>Eaglehawk</td>
<td>Monday October 26</td>
<td>Eaglehawk Town Hall, Council Chamber Cnr Sailors Gully Road and Peg Leg Road, Eaglehawk</td>
</tr>
<tr>
<td>Bendigo</td>
<td>Monday November 16</td>
<td>Bendigo Library, Activity Rooms 1 &amp; 2 259 Hargreaves Street, Bendigo</td>
</tr>
</tbody>
</table>

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

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