Thursday August 18th 2016

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- Parents’ Club News
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**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.

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**IMPORTANT REMINDER**

- Parents’ Club Meeting - **Friday August 19th**
- Parents’ Club Lunch Order Day - **Wednesday August 24th**
- Curriculum Day - **Monday August 29th**
- Trivia Night - **Saturday September 3rd**
- Grades 3 to 6 Harrietville Camp - **Wednesday September 7th to Friday September 9th**
- Grades 3 & 4 Melbourne Excursion - **Wednesday September 14th**

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**FROM THE PRINCIPAL**

**GOOD LUCK MRS. DILLION**

I would like to wish Mrs. Dillion all the best as at the end of this week she embarks on an exciting new chapter in her life with husband Brenton as in the coming weeks they will welcome a new addition to the family. We all look forward to meeting the new member of your family. In Mrs. Dillion’s absence Mrs. O’Sullivan will take over the Prep class.

**NATIONAL SUPPORT STAFF WEEK**

This week is an opportunity to acknowledge and thank our education support staff. Nicole, Kerryn, Chris, Leonie and Kath all play a vital role in the effective running of our school. From the running of the office and all things administrative; to looking after the well-being of our school community; and supporting our children academically, socially and emotionally they all are an integral part of the team. So on behalf of the school community I thank you for your ongoing work and support.

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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](#)
BOOK WEEK (22nd August - 26th August)
As part of Book Week celebrations the children have an opportunity to be involved in a number of activities. Grade 5/6 children will be sharing podcasts they have created in their ICT program. There will be a cross-age art activity across the whole school. And a favourite for many of the students - the chance to dress up as their favourite book character this will occur on Wednesday 24th August for a parade to begin at 9.00 a.m. It is a wonderful way to celebrate the many weird and wonderful characters found in children’s literature.

NATIONAL LITERACY & NUMERACY WEEK
Monday August 29th is the start of Literacy and Numeracy Week. The school will run a number of activities to celebrate the importance literacy and numeracy including: A Poem in Your Pocket. Children will write a poem of their choice. The students can keep the poem handy to read to classmates, teachers and parents.

Math Fun Night. On Tuesday 30th we are holding a Math’s Fun Night with a variety of activities the family can enjoy. The evening kicks off at 5.30pm with a BBQ being provided for those families who would prefer not to cook for one night! The evening will conclude around 7.00pm. An expression of interest form for the Math’s Fun Night will be sent home tomorrow

ATTENDANCE
There have been a number of occasions when I have stressed the importance of children being on time and at school every day. This enables your child to get the maximum benefit from the educational opportunities provided. Not only academic growth but social and emotional growth. From time to time absences cannot be helped illness is the main reason and accepted reason by the Department of Education and Training. There are specific reasons for absences the Department does not accept; staying home for a birthday is one. If your child is away and you have got the Skoolbag App you can quickly and conveniently send an absence note through to the office. It is then relayed to the class teacher. This is the most efficient way to let us know what is going on, that is if you have the Skoolbag App. I have included some important information about absences and late arrivals in the middle section of the newsletter. You may be surprised at the figures.

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>August 22nd - August 26th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
<td>Lunch Order Day - Dim Sims and Ham Wraps</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
</tr>
<tr>
<td>August 29th - September 2nd</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
<td>Fathers’ Day Stall</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
</tr>
<tr>
<td>September 5th - September 9th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>September 12th - September 16th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Parents’ Club Meeting
The next meeting of the Parents’ Club will be in the conference room after assembly tomorrow, Friday August 19th. We need more members so new members are always welcome.

Fathers’ Day Stall
The Fathers’ Day stall will be Thursday September 1st. Parents’ Club have purchased enough gifts for the children to purchase a gift for Dad or Specials Person. But if you would like to donate something to make our stall bigger and better your are more than welcome to. Some gift ideas that always go down a treat are wrapped lollies or chocolate, mugs and socks.

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

Lunch Orders
The next lunch order day have been scheduled for and Wednesday August 24th. On Wednesday August 24th dim sims and ham wraps will be on the menu. Order forms will be sent home soon.

Thank you for your support.
Parents’ Club
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday August 12th**

**5/6 McKerrow:**
- Jordan P. - For excellent recording in his reading diary.
- Zeppelin R. - For excellent improvement in reading tests.

**5/6 Windridge:**
- Errin H. - For working well with multiplying 2 digit by 2 digit numbers.
- Charli H. - For working well with multiplying 2 digit by 2 digit numbers.
- Elycia M. - For working really well with multiplying 2 digit by 2 digit numbers.

**TISSUES**
With the cooler weather there are a lot of sniffles and colds. Can parents please send a box of tissues to school for their child’s classroom.

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GREAT TIPS FOR HEALTHY KIDS

TIP 43. FOOD IS NOT A REWARD

Most people give lollies or other sweet things to children as a ‘special treat’ or as a reward for being good. But giving kids these things can set up a lifetime of bad health.

If kids received sweets for being good, they will associate good behaviour with sugary and fatty foods, which have poor nutritional value. It can also give them the idea that these types of foods are more desirable that fresh, nutritious foods.

Kids need to know that there are everyday foods which provide the nutrition they need to grow and develop; and occasional foods which might contain higher levels of sugar and fat.

What you can do NOW

♦ Give your kids a hug when they do well.
♦ Listen carefully to your kids for ideas for very special treats e.g. a visit to the aquarium.
♦ Plan a special, nutritious meal together to celebrate an event.

Good Idea!

If you want to give kids something as a reward, keep it simple and inexpensive. Examples are: stickers, some bits and pieces for craft activities, a small joke book.

Top Tip

Inviting a friend around to play or stay the night can be a reward.

A GREAT WAY TO START THE DAY!

Don’t let children skip breakfast

- Children who skip breakfast generally have below average nutrition
- Their diets contain less calcium, iron, dietary fibre and other vitamins
- They will have a poorer concentration level throughout the day at school
- They will have a slower metabolism throughout the day and;
- Less energy to work and play.

Easy ideas:

- Fresh or tinned fruit (in natural juice) with wholegrain breakfast cereal and low fat milk.
- Toast with cheese and tomato, or banana.
- Boiled eggs with finger wholegrain toast.
- Rolled oats with sultanas and low fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated)
- Baked beans on toast
- Tub low fat yoghurt and fresh or tinned fruit

If you are in a real rush, at least send them through the door with a piece of fruit or a slice of toast in their hand and a hot milk drink.

NEEDED FOR THE FRUIT PROGRAM

4litre ice cream containers or large fruit bowls.

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

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What Chance Has Your Child Got of Being Successful?

1 or 2 days a week doesn’t seem much but........

<table>
<thead>
<tr>
<th>He/She is only missing just....</th>
<th>That equals....</th>
<th>Which is.....</th>
<th>and over 13 years of schooling that’s...</th>
<th>Which means the best your child can perform is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day per fortnight</td>
<td>20 Days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1.5 years</td>
<td>Equal to finishing in grade 11</td>
</tr>
<tr>
<td>1 day per week</td>
<td>40 Days per year</td>
<td>8 weeks per year</td>
<td>Over 2.5 years</td>
<td>Equal to finishing in grade 10</td>
</tr>
<tr>
<td>2 days per week</td>
<td>80 Days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years</td>
<td>Equal to finishing in grade 7</td>
</tr>
<tr>
<td>3 days per week</td>
<td>120 Days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years</td>
<td>Equal to finishing at grade 4</td>
</tr>
</tbody>
</table>

Everyday Counts!!
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What Sort of Start is Your Child Getting?

Just a little bit late doesn’t seem much but.......

<table>
<thead>
<tr>
<th>He/ She is only missing just....</th>
<th>That equals....</th>
<th>Which is.....</th>
<th>and over 13 years of schooling that’s....</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes per day</td>
<td>50 minutes per week</td>
<td>Nearly 1.5 weeks per year</td>
<td>Nearly Half a year</td>
</tr>
<tr>
<td>20 minutes per day</td>
<td>1 hour 40 mins per week</td>
<td>Over 2.5 Weeks per year</td>
<td>Nearly 1 year</td>
</tr>
<tr>
<td>Half an hour per day</td>
<td>Half a day per week</td>
<td>4 Weeks per Year</td>
<td>Nearly 1 and a Half years</td>
</tr>
<tr>
<td>1 hour per day</td>
<td>1 day per week</td>
<td>8 Weeks per year</td>
<td>Over 2 and a Half years</td>
</tr>
</tbody>
</table>

Did you know your child’s best learning time is the start of the school day?

That’s when every minute counts the most!!
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

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

FUN . FITNESS . FRIENDS

JUNIORS SQUASH AT BENDIGO SQUASH CLUB

- Our junior comps is led by our friendly, fully qualified and registered coaches and is designed for fun and friendly atmosphere
- Children between the ages 11 and 17
- Long term social bonds created
- Safe environment

First night free

Visit www.bendigosquash.com for info
Membership $50
$6 per night - Members
$6 per night - Non Members
4.30pm weekly Wednesday Nights

FREE PROTECTIVE EYEWEAR FOR EACH NEW JUNIOR MEMBERSHIP

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:

August 17th  To Be Confirmed

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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California Gully Walk and Ride to School – August 2
Can we improve our walking and riding numbers?

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Hello from the La Trobe students: Callum, Katelyn, Maddie, Jenni, Charlotte, Nick and Larissa. We are going to be looking at the Olympic Games this term and we have lots of fun activities focusing on Literacy and Numeracy. Last week we played some get to know you games and this week we will be investigating height and length and looking at what we know, what we want to know and what we will learn.

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.

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