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

Thursday December 8th 2016

Calendar
Friday December 9th
• Swimming Program
• Parents’ Club Meeting

Wednesday December 14th
Grade 6 Graduation Dinner

Thursday December 15th
End of Year Concert

Friday December 16th
End of Year Celebration at the Pool

Tuesday December 20th
Last Day of 2016 School Year

Monday January 23rd 2017
School Charges can be Paid at School Office and CSEF Applications completed

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

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
• Parents’ Club Meeting - Friday December 9th
• Grade 6 Graduation - Wednesday December 14th
• End of Year Concert - Thursday December 15th
• End of Year Celebration at the Eaglehawk Pool - Friday December 16th
• Last Day of 2016 School Year 1.30 p.m. Dismissal - Tuesday December 20th
• School Office Open for Payments - Monday January 23rd 2017

FROM THE PRINCIPAL
‘STEP UP’ MORNING — TUESDAY DECEMBER 6th
On Tuesday 6th December the school held its final transition session for our 2017 Foundation (Prep) students as well as a ‘Step Up’ morning for current children in Foundation (Prep) - year 5. The children were involved in a number of activities which assisted the teachers and the children to become a little more familiar with their 2017 classrooms. Visiting the classrooms it was clear the children were enjoying themselves and I am sure feeling more comfortable about the next school year. Overall it was another successful element of our school transition program.

2017 CLASS STRUCTURE & PROGRAMS
All parents and carers should have received a letter indicating their child’s class teacher and grade. Our class structures and teachers will be as follows:-
Grade Foundation (Prep)    Mrs Hinton & Mrs Peacock
Grade 1                     TBC
Grade 2/3                   Mrs Carroll & Miss Reilly
Grade 4                     Miss Ennor
Grade 5/6                   Mrs Windridge
Grade 5/6                   Mr McKerrow

I am pleased with the various specialist programs being offered to our students next year. Students in Grades Foundation (Prep) to 3 will enjoy a weekly Library, Language, Physical Education and ICT (computer) specialist program. To complement this we will be running an extensive Oral Language and whole-school Spelling program to support and extend children with their learning. Grades 4 to 6 will enjoy Physical Education, Library, ICT (Computers), Language (Grade 4 only) and a Science specialist program. Grades 3-6 will also have the Oral Language and whole-school Spelling programs in place.

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

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STAFF CHANGES
Miss O’Sullivan will be leaving us at the end of the school year. Miss O’Sullivan has made a significant contribution in the time she has been at our school and I know the children in the Foundation (Prep) class will miss her greatly. On behalf of the school community I would like to thank Miss O’Sullivan and wish her all the best with her new position at St Therese’s Primary School. The position of the Grade 1 teacher is currently being advertised and I hope to be able to confirm an appointment prior to the end of the school year.

WHOLE SCHOOL END OF YEAR CONCERT: THURSDAY 15th DECEMBER
Our school concert will be held on Thursday, 15th December on our school oval. The night will commence from 6.00pm. Families can bring along their own basket tea or enjoy the school council run BBQ. At 6.30pm children will begin to gather and get organised for their class items. At 6.45pm the entertainment will begin. It is expected that the night will conclude between 7.45pm and 8.00pm.
As all children at the school will be involved in this night we ask that parents keep this date free and we look forward to your attendance.
The format of the evening is as follows:
The event is alcohol-free. As the evening involves children, we ask that parents, friends and relatives do not bring alcohol.
The playground area is out of bounds during the performances. We ask that parents supervise their children (of all ages) to ensure they are not on the playground during performance times.
School buildings and grounds are smoke-free. This is a state law.
School children are to be seated in their class groups in front of the stage area so they are ready to go on for their performance. They should not be sitting with their family.
Adults should display good audience behaviour by facing towards the performers and limit their talk whilst performances are taking place. Enjoy the evening!

PREMIERS’ READING CHALLENGE
I would like to acknowledge all of the students who completed the Premiers’ Reading Challenge during the 2017 school year. The teachers at California Gully P.S will always emphasise the importance of reading regularly and the joy one can get from investing just a small amount of time each day reading a favourite book.
The 81 students who completed the challenge are to be congratulated, well done!

BREAKFAST PROGRAMS CONCLUDE
Last week saw the end of our breakfast programs for 2016. I would like to thank the Eaglehawk Football and Netball Club for their support throughout the 2016 school year and their assistance with the school breakfast program, in particular Andrew Reid. Thank you to Nicole Cooper for arriving early every Friday to organise and prepare the kitchen for the breakfast program. Finally a big thank you to the children and parents who took advantage of the breakfast program, arriving a little earlier than normal and enjoying each other’s company.
Our Wednesday breakfast program also ended for the year last week. Thank you to Amy Bolitho for her coordination of this each week and to the parents who assisted her throughout the year.

STUDENT REPORTS: DISTRIBUTED WEDNESDAY DECEMBER 14th
End of year student reports will be distributed on Wednesday December 14th.

END OF TERM DISMISSAL: EARLY FINISH AT 1.30 P.M.
All students will be dismissed at 1:30pm on Tuesday 22nd December. Children will have their normal morning recess break at 11.00am and then have lunch at home after dismissal at 1:30pm.

Jason Lee
Principal

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
**PARENTS CLUB NEWS**

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**Parents’ Club Meeting**
The next meeting of the Parents’ Club will be in the conference room tomorrow, Friday December 9th after assembly. This meeting will have morning tea provided as part of our end of year Christmas break-up. All parents and carers are welcome to attend. Note: Can Parents Club members please bring a plate of goodies to share.

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

**Parents’ Club Christmas Raffle**
Tickets for this have gone home.
Prizes so far:
- **1st** $100.00 Hamper (Donated by the Parents’ Club)
- **2nd** X-Drone Mini G-Shock Remote Control Drone
- **3rd** Crochet Owl (Donated by Renee Jenkins)
- **4th** ‘Stampin Up’ Pack including a free card making class voucher (Donated by Renee Jenkins)
- **5th** 4 x Tubs of Billy G's Cookie Dough & Cookie Cutters (Donated by the Parents’ Club)
- **6th** 4 x Tubs of Billy G’s Cookie Dough (Donated by the Parents’ Club)

If you would like to make our raffle bigger and better, you can leave donations of non-perishable food items at the office.
The raffle will be drawn at the end of year concert on Thursday December 15th.

Thank you to all families who support the Parents’ Club.

**The Mangoes have arrived!!!** Thank you to all those who ordered Mangoes during our recent Mango fundraiser—you should have collected them from the Conference Room by now. We sold 128 trays of mangoes raising $768.00! This absolutely delicious smelling and tasting fundraiser will be back in 2017!

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**SCHOOL CALENDAR**

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<th>MONDAY</th>
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<tr>
<td>December 12th -</td>
<td>School Banking Day -</td>
<td>Grade 6 Graduation Dinner</td>
<td>End of Year Concert</td>
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<td>Bendigo Bank</td>
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<td>End of Year Celebration at the Pool</td>
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<td>Australia Day Public</td>
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<td>January 27th</td>
<td>Payment of Student Charges</td>
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<td>January 30th -</td>
<td>Teachers Resume</td>
<td>Start of Year Interviews</td>
<td>Students in Grades 1 to 6</td>
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<td>February 3rd</td>
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<td>Resume for 2017</td>
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**School Assembly starts at 8.55 a.m. Please be on time!**
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GREAT TIPS FOR HEALTHY KIDS

Tip 6. You are what you eat

You are what you eat. Whatever you put into your mouth today contributes to the body you have and the way you feel.

If you eat healthy, nutritious foods, your body works well and you have energy and vitality. If you eat junk foods that have little nutritional value, you may feel heavy and listless and your body does not function well.

Naturally, you want to give your kids the best possible start in life. When you feed them nutritious foods, you are creating a healthy foundation for them.

What you can do NOW

- Increase the amount of fresh food you serve the family.
- Cut back on buying lollies, chips and cakes—buy them just once in a while.
- Make a list of nutritious recipes that are quick to prepare.
- Serve a good balance of fruit, vegetables, rice, pasta, noodles, bread (preferably wholegrain or wholemeal) and legumes (e.g. chickpeas, lentils, baked beans)

Good Idea!

Make your own muffins, using grated carrot or zucchini, banana, or mashed pumpkin. For extra Vitamin B, sprinkle them with sunflower seeds or sesame seeds before baking.

Top Tip

Growing some of your own foods in pots, like silverbeet and cherry tomatoes, can help to educate your family about where food comes from, plus you’ll have fresh food ready to pick.

Essential Fats

Fat is an essential part of every diet, however, some fats are better for you than others. It has been proven that too much saturated fat is linked to heart disease and cancer. Omega-3, monounsaturated and polyunsaturated fats (essential) can reduce the level of cholesterol in the blood and are beneficial to the heart. Follow this guide and enjoy the benefits of consuming the ‘right’ fats. Remember that all fats are high in energy (kilojoules) and should only be consumed in small amounts.

Saturated Fats
- Butter
- Cream
- Fat on meat (including salami)
- Cheese
- Full-cream milk
- Lard/ Copha
- Processed foods such as pastries, cakes & biscuits
- Coconut cream/milk

Monounsaturated
- Olives
- Olive oil
- Canola oil
- Peanuts
- Peanut oil
- Avocados
- Most nuts
- Lean meats

Polyunsaturated
- Wheatgerm
- Sunflower seeds
- Safflower seeds
- Soy beans
- Cottonseed
- Maize
- Sesame
- Grape seed
- Pine nuts

Omega-3 Fats
- Herring
- Salmon
- Tuna
- Mackerel
- Sardines
- Walnuts
- Pecans
- Canola
- Olive Oil

For further information visit www.nutritionaustralia.org and see what other food facts are available.

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.

**Friday December 2\textsuperscript{nd}**

**Prep O’Sullivan:**
- Arlen C. - For showing great creative thinking during investigation time.
- Tarly W. - For improving her independent work skills.
- Kaiden W. - For his fabulous attitude and improvement to his writing.

**1/2 Peacock-Hinton:**
- Jack B.-R. - For always putting in his best effort at school.
- Gus B. - For taking an active interest in all aspects of his school work.
- Carmella S. - For being friendly, co-operative class member.
- Sharna S. - For being friendly, co-operative class member.

**3/4 Ennor:**
- Liam C. - For excellent work with synonyms and antonyms.
- Oscar G. - For always being a happy, caring and co-operative class member.
- Lachlan H. - For continuing to give his best at all times.

**5/6 McKerrow:**
- Kirsty F. - For excellent work in maths.
- Sky P. - For excellent results in reading.

**5/6 Windridge:**
- Tyson B. - For working well on angles and using protractor on Maths.
- Keesha W. - For working hard in Maths.

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Skype with Santa Rita

Yesterday grade 5/6 W skyped with Santa Rita Elementary School, which is a school in California. We skyped at 9 o’clock their time was 2 o’clock on Tuesday. It is winter over in California.

We talked about our different climates, how old our school was and how many people was in our school and lots of other things.

They didn’t know much about Australia like netball so we explained it. We had skyped with them before but they changed classes in June. Mrs Conrad retired so now we skype with Mrs McLaren and her Straight grade 5 class.

This is Mrs McLaren’s Grade 5 Class.
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

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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

Please take note that the Outside School Hours Care program will close for 2016 on Friday December 16th.
All outstanding accounts need to be paid at the office by Tuesday December 20th.

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:
December 14th Christmas Party/Rumball making
For information of what events are coming up in playgroup please visit the school website Playgroup page.

Join us on Facebook: www.facebook/calgullyplaygroup1
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!
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The Eaglehawk Junior Football Club is seeking players in all age groups for the 2017 season. As well as having sides in under 9, under 10, under 12, under 14, under 16 and Youth Girls (under 19), in 2017 we have the opportunity to also field girls sides in under 12 and under 15. If you are interested in playing, please come along to our Season Launch Day at Canterbury Park Oval on Sunday 19th February 2017 from 11.00am. Enquiries to Gavin Parkes, Secretary, on 0448 374 455 or eaglehawk.jfc@gmail.com.
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

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Bendigo Health is offering free dental screens to students at California Gully Primary School on Monday 20th & Tuesday 21st of February 2017

As part of this assessment a report will be provided to parents/guardians with our findings and recommendations.

Consent forms will be available to have your child seen.

If you have any questions please contact
Bendigo Health Dental Service on ph: 5454 7994.

School Holiday Program
Bendigo | Moama | Kangaroo Flat | Castlemaine
January 3 - January 28, 2017
BOOK NOW www.bendigo.ymca.org.au

‘Coasting’ is a VicHealth initiative which offers woman and girls a chance to experience Stand Up Paddleboarding and help provide and avenue for continued participation in SUP.
Get out on the water and try something new.
Now being delivered here in Bendigo starting this December at Cruseo reservoir along with other great opportunities to learn Stand Up Paddleboarding through our fully accredited SUP school now operating in Bendigo and Nagambie
Great holiday fun for all the family.

Chris Epworth Photos
0429417170
www.chrisepworth.com
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