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

CALIFORNIA GULLY PRIMARY SCHOOL

P.O. Box 88
California Gully 3556
Phone:  5446-8393
Fax:  5446-3115
Email: californiagully.ps@edumail.vic.gov.au
Website: www.californiagullyps.vic.edu.au

The Bell Topper
Volume 34 No. 2

Calendar
Thursday February 11th
Family Picnic Tea

Friday February 12th
Breakfast Program Commences for 2016

Wednesday February 17th
Prep Students Rest Day

Wednesday February 24th
Prep Students Rest Day

Monday February 29th
Curriculum Day - No Students Required at School

Monday March 14th
Labour Day Public Holiday

Monday March 21st
School Council Annual General Meeting

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

FROM THE PRINCIPAL

Thursday February 11th 2016

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
• Family Picnic Tea - Thursday February 11th 6.00 p.m.
• Breakfast Program Commences for 2016 - Friday February 12th
• Curriculum Day - No Students Required at School - Monday February 29th

TERM 1 PUPIL FREE DAY - MONDAY FEBRUARY 29th
On Monday 29th February the teaching staff at CGPS will undertake a professional learning workshop with Charles Lovett, a highly respected math consultant. This professional development day will also be attended by Maiden Gully P.S and Eaglehawk North P.S. our Math Specialist partners in 2014 & 2015.

SCHOOL ASSEMBLY
Our major school assembly takes place at 9.00am on Monday mornings. Parents are encouraged to attend. Assemblies form an important role in embedding our school culture and provide opportunities to bring our students together to recognise and celebrate achievements, promote positive behaviours and publicise information to our school community. We look forward to seeing you at assembly.

LATENESS
It is very important every child arrives at school on time. Children consistently arriving late to school miss the initial daily instruction which puts them at a disadvantage. At times lateness cannot be helped but if you are consistently having difficulties getting your child(ren) to school on time and would like some extra support please call and make a time to meet with Kerryn.

School Assembly starts at 8.55 a.m. Please be on time!
SCHOOLS ARE SMOKE-FREE ZONES
Please be aware that by law schools are smoke free zones; this includes both within school buildings and grounds. We would also ask that smokers refrain from smoking at the entrances to the school.

NEWSLETTER OPTIONS
Hard copies of the newsletter are forwarded to you via the youngest child in the family on Thursday. The newsletter is posted on our webpage every Thursday and also placed onto our Skoolbag App. The newsletter is our primary method of connecting with families and sharing important school information, please take the time to read the newsletter either on our webpage http://californiagullyps.vic.edu.au/ or the forwarded hardcopy.

STUDENT ACCIDENT INSURANCE
The Department of Education does not provide personal accident insurance for students. Parents are responsible for paying the cost of medical treatment for injured students, including any ambulance attendance/transport costs. Reasonable low cost accident insurance policies are available from the commercial insurance sector.

COMMUNICATION
As parents and carers you will at times need to meet with classroom teachers to clarify classrooms programs and sometimes discuss problems which may have arisen. The teachers and I will endeavour to meet and discuss any range of school issues, however please be aware staff meetings occur on Tuesday and Wednesday night and there is an assumption all teachers will attend meetings on time. No teacher will dismiss your question or concerns but calling to organise a time to meet will ensure the question or issue can be addressed with no interruptions.

VICTORIAN SCHOOL TERM DATES FOR 2016
The following timetable outlines our school election procedure. Nomination forms can be collected from the office.

<table>
<thead>
<tr>
<th>SCHOOL COUNCIL ELECTION PROCESS AND TIMETABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Notice of election and call for nominations</td>
</tr>
<tr>
<td>b) Closing date for nominations</td>
</tr>
<tr>
<td>c) Date by which the list of candidates and nominators will be posted</td>
</tr>
<tr>
<td>d) Date by which ballot papers will be prepared and distributed.</td>
</tr>
<tr>
<td>e) Close of ballot</td>
</tr>
<tr>
<td>e) March School Council Meeting First council meeting to elect office bearers.</td>
</tr>
</tbody>
</table>

Vacancies for 2016 include 3 parent representatives, 1 staff representatives and 1 community members.

Jason Lee
Principal

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!
Parents’ Club Meeting
The next meeting will be held on a day and time to be confirmed in the conference room.

Second-hand Uniforms Wanted
Parents’ Club want to start a Second-hand Uniform Store. If you have any unused uniforms including track pants, hats, plain polo’s you would like to donate please bring them to the school office.

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

Welcome back to all existing and new parents to California Gully Primary School for 2016. My name is Kerryn Phillips I am the Primary Well Being officer. I will be at school all day on Tuesday, Thursday and Friday. I will be moving around the school in the first couple of weeks getting to know the students.

If you require assistance with school uniform requirements please contact me on the days I am here or leave a message at the school office and Nicole will pass the message on.

My overall role is to support students, families and the teachers within the school environment and the community. I hope to use my experience and knowledge to help make the school an even happier and safer place to be.

I will also be helping out with the lunch time program from 1.40 p.m. to 2.00 p.m. on the days I am at school.

I am available to catch up with students, parents and families on a broad range of matters including friendships, separation, grief and loss. I can be contacted on the school number, 5446 8393. If I am not available leave a message, I’ll get back to you.

Kerryn Phillips

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>February 15th - February 19th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Prep Students Not Required at School</td>
<td>School Banking Day - Commonwealth Bank</td>
<td></td>
</tr>
<tr>
<td>February 22nd - February 26th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Prep Students Not Required at School</td>
<td>School Banking Day - Commonwealth Bank</td>
<td></td>
</tr>
<tr>
<td>February 29th - March 4th</td>
<td>Curriculum Day - No Students Required at School</td>
<td>School Banking Day - Bendigo Bank</td>
<td>School Banking Day - Commonwealth Bank</td>
<td></td>
</tr>
<tr>
<td>March 7th - March 11th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>School Banking Day - Commonwealth Bank</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

The following recommendations are part of our - Kids ‘Go for your life’ program at school: -

- Children are encouraged to drink water only at school.
- Children should bring drink bottles filled with water only into class.
- Fruit and vegetables should be included in lunch boxes everyday.

Chips, twisties, noodles, biscuits and high sugar drinks are considered to be occasional food and should not be in lunch boxes.

Please note that during the break at 11.30 am the children are only permitted to eat nutritious food such as sandwiches, wraps, dairy foods, fruit and vegetables. Any occasional food that they bring can be eaten at the 1.30 pm break.

In the past some children have informed us that they are responsible for packing their own lunches and this may explain why we sometimes see lunch boxes with too much occasional food (chips and twisties mainly), and not enough healthy food in them.

The children have been informed that these occasional foods are not suitable as they:

- are very low in nutritional value
- are high in saturated fat and/or sugar and/or added salt.
- provide excess kilojoules

After revising the Healthy Food Pyramid and discussing the school’s policy on healthy eating with the children, we are now also asking for your support. We need to ensure that the children are ready and able to learn each day by them having the necessary fuel (provided by good food) to keep them alert and receptive to learning.

**BOOK CLUB**

Scholastic Book Club is sent home twice a term. Our school benefits from children ordering books from Scholastic Book Club as we are able to choose free books for our classrooms and library.

Book Club brochures will have a date due stamped on the front of the brochure. Please order online and pay with your card at [www.scholastic.com.au/LOOP](http://www.scholastic.com.au/LOOP). If you are unable to order online, then put the order and money in cash in an envelope marked with your child’s name and give to the class teacher.

Book Club Issue 1 has been sent home last week. It is due back at school tomorrow, February 12th 2016.

If you have any questions, please see Linda Windridge or your child’s teacher.

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

GREAT TIPS FOR HEALTHY KIDS

TIP 20. KIDS THRIVE ON LOVE

All human beings need love and affection, and especially children. They thrive when they know they are loved and valued.

Being loved gives kids confidence. This means they believe in themselves, know what’s good for them, know how to look after themselves and feel that the choices they do make matter.

Confidence doesn’t mean being a show-off or feeling superior to other people.

Every child as particular abilities, and it’s important for parents and other adults to recognise them and celebrate them. They might include: honesty; a sense of humour; persistence; empathy; being organised; creativity; and being co-operative.

What you can do NOW

- Show your child you love them in whatever way you can.
- Hug them freely.
- Encourage your child to aim for success by taking one step at a time, by asking for help, and by hanging in there. Provide support all the way.
- Recognise your child’s particular strengths and celebrate them.

Top Tip

Loving your child means setting boundaries. It helps them feel safe and secure.

Good idea!

As a parent, you may have to expand your idea of ‘success’. It isn’t always awards and excelling at school. Kids are also successful when they make a tiny step forward in understanding, or in a skill.

Food and Peer Pressure

There can be a lot of peer pressure on children to eat ‘trendy’ high fat, high sugar snack foods, not to mention all the ‘seductive’ marketing and TV advertising of these non-nutritious snack foods. To reduce the temptation to consume these foods regularly, it is best to limit the amount of money children are given to spend at school. Try to avoid stopping at local milk bar on the way home, or provide a healthy snack in the car after school to reduce unhealthy choices. Also, keep these high kilojoule (kj) packaged snackfoods out of the pantry and limit packaged snackfoods in the lunchbox. If children are exposed to these ‘sometimes’ foods regularly, they will know them as ‘everyday’ foods. The occasional high kj food at events such as parties and special events in moderation is okay. However, it is important to refer to these foods as ‘sometimes’ foods, reminding children of when they are eaten.

Too many treats may lead to:

- Children not eating enough nourishing food to provide them with the vitamins and minerals their bodies need.
- Overweight issues which effects health and can impact on a child’s self esteem and social networking. It can also impact on children’s confidence to participate in sport.
- Dental problems from consuming too much sugar.
- Spending too much money - homemade, nutritious snacks and lunches are much cheaper!
- A lack of nutrition education for your child, and a lack of exposure to different new and healthy foods to educate your child’s palate.
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!

**Level 1**
Add a pair of numbers and write the number sentence.
Pick another pair, add them and write the number sentence.
Keep doing this. How many different answers can you get?

**Level 2**
Penny has an equal number of brothers and sisters.
Mark, her older brother, has twice as many sisters as brothers.
How many children are in Penny’s family?

**Level 3**
The shapes represent the numbers 2, 3, 6 and 9. Match each shape with a number so that these two maths problems work.

**Level 4**
If all the orange juice concentrates are the same strength, which recipe will have the strongest orange flavour?
A: 2 cups concentrate, 3 cups water
B: 5 cups concentrate, 8 cups water
C: 3 cups concentrate, 4 cups water
D: 4 cups concentrate, 7 cups water

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 February 5th**

**Prep Dillon:**
- Madison W. - For a great start to her school year.
- Isabelle W. - For doing her personal best at school.

**1/2 Peacock-Hinton:**
- Sam H. - For getting along well with others and co-operating well in group activities.
- Jackson H. - For contributing well to class discussions and showing an interest in all aspects of his school work.

**3/4 Ennor:**
- Trey B. - For trying hard in all subject areas.
- Mason F. - For a terrific start to learning & being tested on his math facts.
- Hayden M. - For having a great start to the school year.

**3/4 Reilly-Carroll:**
- Bodhi F.-J. - For an excellent start to schooling at California Gully Primary School.
- Brodie M. - For an excellent start to schooling at California Gully Primary School.

**5/6 McKerrow:**
- Brodie C. - For a very good start to the school year.
- Mitchell W. - For settling well into his new school environment.

**5/6 Windridge:**
- Charli H. - For settling well into her new classroom and being a co-operative and attentive student.
- Elycia M. - For working hard on extending 6 digit numbers.

**Hats**
As we are a “Sun Smart” school students are required to wear an appropriate hat when outside in Terms 1 and 4. Students in grades 1 to 6 are fully aware of this rule so “I didn’t know” or “I forgot we had to wear them” is not a valid excuse on their part. If students do not have a hat they will be required to remain in the undercover area for the duration of recess or lunchtime.

**School Assembly starts at 8.55 a.m. Please be on time!**
ANNUAL ‘HELP THE CHICKENS’ MONTH
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:
- **February 17th**: Multi-Purpose Rom - Adventure Play and Ball Activities
- **February 24th**: 2016 Preps last Playgroup visit to Long Gully Splash Park
- **March 2nd**: Painting - Height Chart
- **March 9th**: Make Your Own Sandwich Day
- **March 16th**: Multi-Purpose Room - Obstacle Course
- **March 23rd**: Final Term 1 Playgroup Session - Activity 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

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

School Assembly starts at 8.55 a.m. Please be on time!
The Girls' Brigade Bendigo is part of an international movement which works with girls in culturally relevant and fun ways, supporting families and serving in the community through local Christian churches. GB has been around since 1893, since 1924 in Australia & since 1974 in Bendigo.

The well-planned program by trained and passionate leaders covers a wide range of activities and engages the physical, mental and spiritual growth of the girls.

Starting with a simple format, the program develops into a wider field of work, leading onto the full range of subjects and projects including the Duke of Edinburgh and Queen's Award (the highest GB international youth award). These present an exciting challenge when girls get to be teenagers.

Girls are also encouraged to take part in Life Skills & Leadership Training within GB. GB offers opportunities for travel both around Australia and the world.

What do we meet?  
Cost $100/yr
Monday nights (School terms)
Years prep - 5 $36-7pm
Years 6 - 12 $59-62pm
Bendigo Baptist Church 757 McIver Howay Junwetoun

More info?
Jenny MclnWilliam
0429 397 557 or bendgoob@gmail.com
www.gbvic.org

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

School Assembly starts at 8.55 a.m. Please be on time!
Junior building is hunting for egg cartons, margarine containers with lids, ice-cream tubs with lids and clear plastic bottles with twist nozzles usually for mayo or honey. If you happen to have any of these please send them to the Junior building.
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 re-commences tomorrow, Friday February 12th at 8 a.m. (please note that we will stop serving breakfast at 8.20 a.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!

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