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.

MISSION

SCHOOL CHARGES

Information was forwarded in relation to the payment of school charges in late 2014 and early 2015. A subsidy was available for any families held a health care card. Next week statements will be forwarded to all families (posted) who still have outstanding payments to make. Please ensure payments are made according to the options available.

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.

PUPIL FREE DAY ON MONDAY MARCH 2nd & MONDAY MARCH 23rd

Teachers will be undertaking professional development on both Monday, 2nd March & Monday 23rd March. Students do not attend school on this day.

ANAPHYLAXIS (NUT ALLERGIES)

A reminder we have students with nut allergies attending our school. If the students come into contact with nut products it can result in a life threatening situation. The aim is not to alarm our parents and carers but to minimise the risks for these students by asking parents to exclude nut products from lunch boxes. This includes peanut butter and Nutella. Thank you for your support and understanding.

KOORIE ENGAGEMENT SUPPORT OFFICER

This year Jade Hudson-Morgan will be our Koorie Engagement Support Officer (KESO). Jade is based at the Bendigo Department of Education and Training (DET) office. Jade will visit California Gully Primary School each week on a Wednesday. As part of Jade’s role he will support our Aboriginal and Torres Strait Islander (ATSI) students and families. On behalf of the school I’d like to welcome Jade and encourage our Indigenous families to meet with Jade in the near future to see what support he can provide for our students.
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 on Thursday via the youngest child in the family. 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/, Skoolbag app, or the hardcopy.

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 without interruption.

Jason Lee
Principal

Junior School Council Garage Sale
In Term 2 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.

School Assembly starts at 8.55 a.m. Please be on time!
Parents’ Club Meeting
The Annual General Meeting was postponed last year due to unforeseen circumstances. This meeting has been re-scheduled for tomorrow, **Friday February 20th** at 2.00 p.m. in the Conference Room. All are welcome to attend.

**Contacting the Parents’ Club**
If you wish to contact the Parents’ club have an email address which is [cgpsparentsclub@gmail.com](mailto:cgpsparentsclub@gmail.com).

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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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</thead>
<tbody>
<tr>
<td>February 23rd - February 27th</td>
<td>Prep Students Not Required at School</td>
<td></td>
<td>School Banking Day</td>
<td></td>
</tr>
<tr>
<td>March 2nd - March 6th</td>
<td>Curriculum Day - No Students Required at School</td>
<td></td>
<td>Junior School Council “I Want 2 Be” Day Dress Up Fundraiser</td>
<td></td>
</tr>
<tr>
<td>March 9th - March 13th</td>
<td>Labour Day Public Holiday</td>
<td></td>
<td>School Banking Day</td>
<td></td>
</tr>
<tr>
<td>March 16th - March 20th</td>
<td>School Council</td>
<td></td>
<td>School Banking Day</td>
<td></td>
</tr>
</tbody>
</table>

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**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:**

**To Be Advised**

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

Join us on Facebook: [www.facebook/calgullyplaygroup1](http://www.facebook/calgullyplaygroup1)

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**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

Celebrating Mathematics at California Gully Primary School

This year our school is going to celebrate 100 days of Maths in Term 3.

Last Thursday California Gully PS celebrated 9 days of Maths for 2015.

A puzzle for the number 9
Here is a game for two players which uses nine coins. Arrange the coins in a circle. The players take turns and can remove either one coin or two coins which are next to each other. The winner is the player who picks up the last coin.

A puzzle for the number 8
Can you place the numbers from 1 to 8 in the cells of this diagram, so that no adjacent numbers are joined by a line? For example, a line can join the numbers 5 and 8, because they are not adjacent, but the numbers 3 and 4 must not be connected by a line.

Personal Development and Social Skills
During weeks three and four classes are working on Greetings, Smiling and Courtesy. The social skills being taught are:

- Active Listening
- Apologising when it’s appropriate to do so
- Having an interesting conversation and telling an interesting story.

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 13th**

2/3 Carroll-Hinton:

- Bailey B. - For a sensational effort at night time reading. Keep it up Bailey!
- Tai W. - For awesome journal writing and using full stop at the end of sentences,

2/3 Watt-Holt:

- Trey B. - For reading well in class,
- Oscar G. - For always using his manners in the classroom.

4/5 Ennor:

- Ella B. - For blasting off to a flying start with her math tables.
- Keely F. - For zooming off to a flying start with her math tables.
- Sam G. - For displaying initiative and for always being reliable.

4/5 Windridge-Reilly:

- Zander C. - For doing his personal best in all class tasks.
- Ayla L. - For great work in Maths.

6 McKerrow:

- Elisha D.-L. - For excellent work on her 'reputation' sheet.
- Lachlan F. - For excellent comments in his reading diary.

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The Eaglehawk branch of Bendigo Bank are seeking expressions of interest from parents who would like their children to open an account. They would collect the bank books from school on a Tuesday morning and return them to school on a Tuesday afternoon. If you would like to open a Bendigo Bank account for your child please send a small note indicating your interest to Nicole in the office my Monday March 2nd with your child’s name and class. If there is enough interest further information will be provided.

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

TIP 37. CALM, CONSISTENT MESSAGES GET THROUGH

Research shows that if you continue to give the same message and you remain calm about it, kids will eventually come around. They may resist if you suggest they need to be more physically active, for example. If this is the case, calmly set rules about making including some activity every day, and make sure that you are also active.

If they resist eating the nutritious foods you provide, simply explain that this is what the whole family is eating now. Keep serving out small helpings, and quietly take the plate away at the end of the meal, even if not much is eaten.

What you can do NOW

❤ Decide on what’s healthy for your kids and act on it.
❤ Tell them, “try it, you might like it”.
❤ Remind yourself that kids need your guidance for good health.

Good Idea!

Keep on serving new foods. They’ll become more familiar to your kids, and they will be more likely to try them when they’ve seen them served often and you eating them too.

Top Tip

Encourage your child to make meal suggestions. Feeling involved will make them more likely to accept any changes.

KIDS IN THE KITCHEN

Get the kids to help cook at home as it will help teach them where food comes from, how to measure, count, read, time and follow directions. It also allows for the introduction of new flavours as kids are more likely to eat food that they have helped prepare. Cooking is an important skill to teach children in this age of increasing take away and convenience eating. Remember to be patient. The mess and extra time needed will be worth it!!

One idea is to begin the cooking experience with the food shopping. By encouraging them to help you, they will become familiar with a wide range of foods which will promote variety in their dietary intake. Teach them about choosing fresh fruits, vegetables and seasonal foods.

For more recipes visit www.nutritionaustralia.org

APPLE MUESLI MUFFINS

1 1/2 cup muesli
1 cup self raising flour
1/2 cup sugar
1 cup grated apple
1/2 cup sultanas
1 egg beaten
1/3 cup oil
1 cup milk

Add liquid ingredients to dry ingredients and mix until combined. Spoon into greased muffin tins. Bake at 190°C for 30 minutes or until golden. Makes 12.

TIP: Make mini muffins for little hands and tummies. Mini muffin tins are available from kitchen retailers.

EGGS FOR SALE

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

Summer storms are becoming more frequent throughout Australia. Thunderstorms can combine heavy rain, high humidity and strong winds. A European study found there are observations in favour of the possibility that thunderstorms disturb ground-level pollen grains, bursting the pollen grains and making the allergens small enough to be inhaled into the lungs. There is also evidence that after rain and during wet conditions there are a larger amount of fungal spores in the air. These can act as a trigger for asthma symptoms.

What can you do?

- Ensure preventer medication is taken as prescribed.
- Have an up to date Asthma Care Plan.
- If your asthma gets worse during thunderstorms try to stay indoors with the windows closed.
- Always carry your reliever medication with you.

For more information on Thunderstorms and asthma please see www.asthmaaustralia.org.au

Need help managing stress or anxiety?

If your child or teen has difficulties with anxiety or just seems to have too many worries, we would like to introduce you to BRAVE Self-Help – an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. It was developed by a group of researchers from the University of Queensland and now, with the support of beyondblue, this program is now freely available to all young people aged 8 - 17 years old who are living in Australia. BRAVE Self-Help provides strategies for children and teenagers to better cope with their worries. There are 4 programs available, one for children aged 8-12 years, one for teenagers aged 12-17 years and one for parents of children at these ages respectively. The program can be accessed as often as you like, from the comfort of your own home. For more information, or to register for the program, please visit www.brave4you.psy.uq.edu.au.
PlayGolf Clinics

Women Beginner Golf Clinics

Belvoir Park Golf Club
77 Belvoir Park Rd, Big Hill, Bendigo

Women’s Clinic (Level 1)*
Fridays 27th February, 6th, 13th, 20th and 27th March 2015
Time: 9:30am assembly for a 10:00am start
Coffee and Cake - Morning Tea after the Clinics
*Level 1: For complete novice or people wishing to return to the game

Cost: $50 for a 3 week course

Equipment provided – Dress comfortably (flat shoes) – Giveaways

Registration forms online at www.golfvic.org.au
(Click tab - PlayGolf, Clinics)

For enquiries, please contact:
Janice Klemm - 0439 462 844 or
Di Ratcliffe - 0419 534 812 or
Mark Bamford - 0428 241 213

School Banking 2015 is ready for launch.

For over 50 years, the School Banking program has been teaching Australian children saving money. This year, you can choose a partner to the Commonwealth Bank, an enterprise that is an important investor in Planet Savings.

Information on how students can get involved with School Banking, including a Savings Tracker and a rewards redemption card, is available from your School Banking Co-ordinator.

Your school has received parent packs that include all the information you need to get on board.

Rewarding good savings habits with eight new prizes in 2015

The School Banking program encourages good savings habits by associating students with awesome rewards. For every $1 deposit made through the program, they can redeem a reward from the Outer Space Savers range, including ET Darts, Planet Handbags, Invincible Power Periscope, Interchange Playgroup and more. Inner Space Savers include a money box and Lunar Light-Ball.

You could win a family trip to Disneyland

The School Banking entry form is easy to complete and will enter you into a variety of exciting competitions for a family trip to Disneyland. The prize includes return airfares, five nights’ accommodation, transfers and theme park entry for the whole family, valued at $4,000.

For more information, visit www.commbank.com.au/schoolbanking

The Commonwealth Bank, Eaglehawk branch are running a Creative Writing/Drawing activity. A $25.00 gift the most creative response is on offer. School Banking students can submit the entry at the Eaglehawk branch and all entries will be displayed in branch. The winner will be picked by branch manager, Jacki. Entry forms are available from the school office.

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

<table>
<thead>
<tr>
<th>Ward</th>
<th>Date</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Epsom</td>
<td>Monday March 2</td>
<td>Epsom Primary School Howard Street, Epsom</td>
</tr>
<tr>
<td>Goornong</td>
<td>Monday April 20</td>
<td>Goornong Hall Railway Place, Goornong</td>
</tr>
<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>
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<tr>
<td>Woodvale</td>
<td>Monday July 27</td>
<td>Woodvale Hall Daly’s Road, Woodvale</td>
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<tr>
<td>Neilborough</td>
<td>Monday August 17</td>
<td>Neilborough Hall Murchison Street, Neilborough</td>
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<tr>
<td>Sebastian</td>
<td>Monday August 31</td>
<td>Sebastian Hall Sebastian Road, Sebastian</td>
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<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

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

Junior School Council Fundraiser
Dress up as what you want to be and donate a gold coin to help find a cure for kids’ cancers.
Friday February 27th.

27th February 2015
Dress up as what you want to be and donate a gold coin to help find a cure for kids' cancers.
www.iwant2be.com.au

Sabelle Caliathenics
www.sabellecaliathenics.com
0438 879 361
Looking for a fantastic sport in 2015? Why not try Sabelle Caliathenics?
With a combination of dance, gymnastics, apparatus, simplified ballet, acting, singing and more all in one class a week. We have something for everyone!
Contact Tamara on 0438 879 361 or sabellcaliathenics@gmail.com for more information.
and for TWO FREE COME N'TRY classes.
Classes commence February, held in Golden Square.

Support your child with Dyslexia or other Learning Difficulties in Upper Primary or Secondary School.

Karen Starkiss
RDA Dyp Spec Post Grad DSN
Dyslexia Support Services and Educational Resource

The course content includes:

- What is dyslexia and what causes it?
- How to recognise the signs and symptoms of dyslexia in children
- How to improve your child’s self-esteem and resilience
- How can you support your child at home and school?
- Information about effective strategies and accommodation
- Technology and its importance for these students
- Useful websites and resources for children and their parents

WHEN: Monday 16th March 2015
TIME: 6-30 arrival for a 6:45pm start.
WHERE: Catholic Education Centre, 120 Hargreaves St Bendigo
COST: Family/Individual $10 including territory Students

Complete the registration form attached or at www.bold.org.au
Enquiries - email info@bold.org.au
- Information: Judy 0449 112 262
- Booking: 5424 5002

Encourage teachers/professionals to attend Karen’s session on Tuesday 17th March at the RSL 6:15pm to 8:45pm. See BOLD website to register.

Visit www.bold.org.au for more information.

Sabelle Caliathenics
www.sabellecaliathenics.com

Timings:
Juniors: 7 years & under
Monday’s 4:30-5:30

Subbies: 10 years & under
Wednesday’s 4:15-6:15

Juniors: 13 years & under
Tuesday’s 4:30-6:50

Iniors: 16 years & under
Tuesday’s 6:50-8:30

Seniors: 17 years & over
Monday’s 6:30-8:30
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

CALLING ALL NETBALLERS
Grade 3 to 6, Boy or Girl. If you wish to play netball this year please return this form to your class teacher.

Name: ____________________________ Grade:  _______________________

Date of Birth: ____________________________

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

NORTH BENDIGO JUNIOR FOOTBALL CLUB
Registration Day 19th February
6pm – 8pm

Under 9’s & 10’s - $90 per player
Under 12’s, 14’s, 16’s & 18 youth girls - $140 per player
Free pair of socks with every full paying member on this day.

Look forward to seeing you there.
For further information contact:
Nicole Logan (Treasurer) 0414594157
Elisha Dingfelder (Secretary) 0497645007

Piano, keyboard and violin lessons
Based in Marong
All ages welcome - beginners to advanced levels
Variety of styles including classical, jazz, blues, pop and rock
Lessons from $24.00

Contact:
David Steed
Ph: 0437 004 865
Email: david-steed@hotmail.com

Piano, keyboard and violin lessons
Based in Marong
All ages welcome - beginners to advanced levels
Variety of styles including classical, jazz, blues, pop and rock
Lessons from $24.00

Contact:
David Steed
Ph: 0437 004 865
Email: david-steed@hotmail.com

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

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

Jim Widdowson
Tennis Club Coach
jimwtennis@gmail.com
0437 299 930

Volaire Calisthenics
Come and join in the fun of our Open Day at Volaire Calisthenics in February.
Participants from the age of 3 years will experience a wide variety of dance styles, working together as a team, all in one class each week.
Classes begin February 4th and 5th, you are welcome to come and try Calisthenics with us whether you are new to the sport or experienced in Calisthenics or dancing.

Find your class....
Age Group
( age at 1st Day of the year of participation)
Toddlers (5 years & under) Wednesday 4.15-5.30
Early Bunnies (5 years & under) Thursday 4.30-5.30
Bunnies (10 years & under) Wednesday 4.30-5.30
Intermediates (16 years & under) Wednesday 6.00-7.30
Seniors (16 years & over) Wednesday 7.00-8.30

Wednesday classes—Meaden Gully Primary School Stadium, Meaden Gully Hall on Thursday.

Contact:
Libby, Ali or Kristie for further details.
Phone: 0453 543 056
Email: volairecalisthenics@gmail.com
Website: www.volairecalisthenics.com.au
Facebook: www.facebook.com/volairecalisthenics

ABN: 55 159 488 537
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 February 20th 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.

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