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

The Bell Topper

Calendar
Monday July 18th
School Council Meeting
Wednesday July 20th
Division Football Carnival
Thursday July 21st
Book Club Orders Due
Monday August 8th
School Council Meeting
Thursday August 11th
School Photo 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

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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.

IMPORTANT REMINDER
- Division Football Carnival - Wednesday July 20th
- Book Club Issue 5 Orders and Correct Money Due - Thursday July 21st
- School Photo Day - Thursday August 11th

FROM THE PRINCIPAL

TERM 3 WELCOME BACK
I would like to welcome our school community back for what will be a busy and productive Term 3. A number of interschool sporting events are taking place this term including netball, football and basketball. The grade 3-6 school camp is occurs in the second last week of term and should be quite a memorable experience for all the children involved. Book Week and Literacy and Numeracy Week are also term 3 events so look out for activities occurring during both of these weeks. As always if you have any questions or concerns please speak to your child’s classroom teacher.

PREP ENROLMENTS 2017
Thank you to the parents who have let us know their child will be starting Prep next year. Term 3 is an important time in the planning for next year. We start to really focus on staffing, grade structures and the allocation of resources for next year. I would encourage families to contact the office if they have a child starting school next year, even come in and pick up an enrolment pack. Having a reasonable idea of our Prep numbers at this stage of the year helps immensely. Please pass this message onto any parents outside of our school community who are intending to enrol their children here next year.

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
SCHOOL MAINTENANCE WORKS
Repairs and upgrades to our main building and toilets are underway. The undercover area where we hold our morning assemblies has had the roof repaired and the downpipes have been replaced. The steps leading to the main office have been repaired and now just need a coat of paint. Works will continue until the end of July as an approximate timeframe. Areas of the school both inside and outside the main building may be sectioned off due to the nature of the works and this may be a slight inconvenience at times when moving around the school.

PROMOTING OUR SCHOOL
We are always looking at ways of promoting our school to new families. I believe one of the most effective ways to promote the school is through you, the parents. If you know anyone moving into our area, has a child attending your child’s pre-school or who has a child starting Prep next year and is considering their school enrolment options, then talk to them about our school and please invite them contact the school and set up a time for a tour.

Jason Lee
Principal

SCHOOL CALENDAR

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>July 18th - July 22nd</td>
<td>School Council Meeting 7.00 p.m.</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Football Carnival Parents’ Club Breakfast Program</td>
<td>Book Club Orders Due School Banking Day - Commonwealth Bank Breakfast Program</td>
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<tr>
<td>July 25th - July 29th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
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<tr>
<td>August 1st - August 5th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
<td></td>
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<tr>
<td>August 8th - August 12th</td>
<td>School Council Meeting 7.00 p.m.</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
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</tr>
</tbody>
</table>

School Assembly starts at 8.55 a.m. Please be on time!
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Parents’ Club Meeting
The next meeting of the Parents’ Club will be in the conference room after assembly early term 3. All welcome.

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

Wednesday Breakfast Program
Beginning next Wednesday, July 20th, the school will be running a second breakfast program. This program will run on a Wednesday morning from 8.00 a.m. to 8.30 a.m. and will offer porridge, Vita Brits, tinned fruit and baked beans.

All children are welcome to attend.

Thank you for your support.
Parents’ Club

Chris Epworth Photos
0429417170
www.chrisepworth.com
www.facebook.com/chrisepworthphotos
Capturing your moments for a lifetime.
Sponsoring California Gully Primary School
Specialising in family and kid’s portraits, Weddings and Engagements

Introducing
FRUIT FRIDAY
Benefiting the health and wellbeing of our Bendigo school children

Proudly funded and supported by:

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
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!
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday June 24th**

**Prep Dillon:**
- Lilly C. - For working well in the classroom this week.
- Marley T. - For his continued effort with home reading and ring words.

**1/2 Peacock-Hinton:**
- Hamish S. - For making a bog effort to make appropriate choices during Term 2.

**3/4 Ennor:**
- Bailey B. - For being kind and friendly to a new class member.
- Nathan B. - For working well at all times.

**5/6 Windridge:**
- Dakoda B. - For 100 nights of reading.
- Thomas B. - For 100 nights of reading.
- Errin H. - For completing the Premiers’ Reading Challenge

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**BOOK CLUB**

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 5 has been sent home earlier this week. It is **due back** at school **Thursday July 21st 2016**.

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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](http://www.californiagullyps.vic.edu.au)
GREAT TIPS FOR HEALTHY KIDS

TIP 39. KIDS BENEFIT FROM HELPING AT HOME

It may seem strange that helping around at home is healthy for kids, but think about it. If they have jobs to do they are: learning skills they will need throughout life; achieving a goal, that makes them feel good about themselves; contributing towards shared living; and getting lots of physical activity. Kids may protest that they have to work around the home, but that’s because they feel they have to. They can’t look as though they’re having a good time, can they?!

What you can do NOW

♦ Draw up a list of jobs that kids can do, from the very youngest to the oldest. Even tiny tots can carry out simple tasks, for example putting toys in a box.
♦ Be realistic in what you expect from each child, depending on age.
♦ Be open to suggestions from them about how the household could be run more efficiently.

Good Idea!

Once in a while, when everyone’s finished their household jobs, head off to the park or the beach together.

Top Tip

Chores that kids easily carry out include making their beds, cleaning their rooms, setting the table, helping with food preparation, sweeping outside and helping in the garden.

WATER & HYDRATION

Even with the onset of cooler weather, it is still just as important to maintain adequate hydration throughout the day. Water is not only lost on hot days through sweating, but it is also lost through urine, perspiration and breathing during colder months.

The best thirst quencher of all is plain water - it prevents dehydration, does not cause dental caries, has no energy or kilojoules, contains no caffeine and costs nothing. If choosing bottled water, ensure that it does not contain additives or flavourings.

Many drinks, including soft drinks, cordials, wine, beer, tea, coffee and fruit juices, may be high in sugar, alcohol or caffeine. Drinks high in sugar promote dental caries, and children may fill up on sugary drinks while missing out on nourishing foods. Caffeine is inappropriate for children and may interfere with sleep patterns or increase the amount of water lost by the body, causing further dehydration. Alcohol is not recommended for children.

Keep a bottle of water nearby, or a chilled bottle in the fridge, to encourage water consumption. Adding a squeeze of natural lemon, orange or lime juice can also make it more appetising. Also try freezing ice block containers full of 100% fruit juice to flavour water.

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

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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.

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 July 15th 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 to start the day!
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

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**FUN . FITNESS . FRIENDS**

**JUNIORS SQUASH AT BENDIGO SQUASH CLUB**

- Our junior program is led by our friendly, certified coaches and is designed for fun and friendly atmosphere.
- Children between the ages 11 and 17.
- Long-term social bonds created.
- Safe environment
- Free protective eyewear for each new junior membership.
- First night free.

Visit www.bendigosquash.com for info.

Membership:
- $60 per year - Members
- $5 per night - Non Members
- 4.25pm weekly Wednesday Nights

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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:

**July 20th**

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

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

**Tuning In To Teens**

Join our six session parenting program for parents and carers of teens.

**Term 3, 2016**

- **When:** Thursday 28th July - 1st September 2016
- **Time:** Arranged and registration 12:45pm
- **Sessions:** 1:00pm - 3:00pm
- **Where:** CatholicCare Sandhurst Noel Daly Room, 176-178 McCrae St, Bendigo
- **Cost:** $40 for the whole course or $20 concession
- **Child Care:** Sorry, child care is not provided
- **Facilitators:** Jo and Kate
- **Parking:** No on-site parking available - please park in surrounding streets

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

**Tuning In to Kids**

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

- Children with emotional intelligence...
- **Benefits of Tuning in to Kids:**
  - Have greater success with making and keeping friends
  - More able to calm down when upset or angry
  - Have better concentration at school

In this program you’ll find out how to help your child understand and manage feelings such as worry, frustration and anger.

**Term 3, 2016**

- **When:** Wednesday 3rd August - 7th September 2016
- **Time:** Arranged and registration 12:45pm
- **Sessions:** 1:00pm - 3:00pm
- **Where:** CatholicCare Sandhurst Noel Daly Room, 176 McCrae St Bendigo
- **Cost:** $40 - $20 concession
- **Child Care:** Sorry, child care is not provided
- **Facilitators:** Megan Simpson and Ky Gregg
- **Parking:** No parking available - please park in surrounding streets

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

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**Fun Languages for Little Linguists**

**Fun after-school Kids Clubs**

TERM 3 – For KIDS

Are you keen to kick-start your child’s bilingual journey? Complement their in-school LOTE study? Early primary is the BEST possible time to become bilingual for a child’s brain...

- **Fun Languages for Pre-schoolers** (age 2-5yrs)
- **Fun Language Clubs for primary kids** (age 5-10yrs)

**Monday/Tuesday/Wednesday/Thursday/Saturday**

Games, puppets, songs, craft, drama/role play & lots of laughs – all in another language! Immersion delivery, completely play-based.

Choose from: **FRENCH / CHINESE / ITALIAN / SPANISH**

After-school Fun Language Clubs – the best gift you can give your child 1hr sessions held weekly / 45min sessions for pre-schoolers

Held at many Primary Schools around Bendigo

Sitting discounts for families registering >1 student

Small groups / personalised learning

Affordable & FUN!

**Enquiries to:** Sally-Anne Symes m: 0418 390 824 e: sally-anne.symes@lfclubs.com.au www.lfcclubs.com.au

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**Kid Zone**

After-school kids program aged at Primary School aged children. Open to all children from Prep to Grade 6.

- All Adult Leaders have Working With Childrens checks.
- Parents/Careers/Grandparents are encouraged to stay, join in or watch with a cup of tea or coffee.

**Thursdays** during Term from 4.00 until 5.30pm, Fun & Games for all.

No RSVP needed, but a ChildSafe Permission form MUST be completed by the legal guardian.

Eaglehawk Salvation Army
51 Church St, Eaglehawk
Contact Melissa on 0429 967 123 or 5446 8135

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