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.

TRIVIA NIGHT

School Council will be running its Trivia night on Saturday September 3rd. This is one of school council’s major fundraisers for the year. I urge you to keep this date free and organise a table for the evening. It is always a very entertaining evening!

Apart from attending on the night I also seek your assistance with prizes. We need a major prize for the eventual winner but also smaller prizes for our silent auction. If you own your own business or know someone who does and can possibly donate a prize small or large, please speak to Nicole in the office, Natasha Fullerton (School Council President) or me. We have official letters that can be passed onto businesses. All businesses will be recognised on the night and via other social media outlets, such as our Facebook Page.

The Trivia Night following this year will be held every two years alternating with the school fair so don’t think I’ll go next year, come this year!!

To book a table or just to indicate your attendance and to be placed on a table please speak to Nicole at the office.

PARENT OPINION SURVEY

The 2016 Parent Opinion Survey is to be conducted statewide from Friday 22nd July through to Friday 29th July. It will be sent to a random selection of our parents/carers to complete. If you are one of the fortunate parents to receive a survey it is extremely important the survey is completed and returned to school. The more surveys returned the more reliable the results will be when we analyse the data. The Department of Education and Training compiles the results which we will use to inform and direct our plans for school improvement. As with our school designed parent survey completed by many of you early last term those families who return the survey will go into the draw for a $50 IGA voucher.

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

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

Calendar
Monday August 8th
School Council Meeting
Thursday August 11th
School Photo Day
Friday September 2nd
Parents’ Day Breakfast?
Saturday September 3rd
Trivia Night

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

Important Reminder

- Book Club Issue 5 Orders and Correct Money Due - Thursday July 21st
- School Photo Day - Thursday August 11th
- Trivia Night - Saturday September 3rd

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.

From the Principal

The Bell Topper

Californiagully primary school

Volume 34 No. 21

Thursday July 21st 2016

From the Principal

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

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STATE CROSS COUNTRY CHAMPIONSHIPS
Last week Keely F. one of our grade 6 students competed in the State Cross Country Championships after running 2nd at the Loddon Mallee Regional event late in Term 2. The cross-country event was run over 3km with Kelly coming in 48th position with a time of 12 minutes 26 seconds. This was an admirable effort by Keely. Furthermore (and quite astounding) was the time recorded by Keely was a personal best time beating her previous best time by 1 minute 15 seconds.

Key reminders
PREP ENROLMENTS 2017
Thank you to those 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. If you have a child who will be attending California Gully Primary School in Prep next year, you are most welcome to enrol at any time. Early enrolments assist us to put in place staffing, grade structures and facilities for next year. When enrolling your child, you will need to provide with the enrolment form:
1. A copy of the birth certificate (we can make copies of originals if necessary) and
2. A school entry immunisation certificate obtained from The Australian Childhood Immunisation Register (ACIR). Phone: 1800653809. 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.

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>July 25th - July 29th</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>
</tr>
<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>
</tr>
<tr>
<td>August 8th - August 12th</td>
<td>School Council Meeting 7.00 p.m.</td>
<td>School Banking Day - Bendigo Bank</td>
<td>School Photo Day</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
</tr>
<tr>
<td>August 15th - August 19th</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>
</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
Next Wednesday, July 27th, the second breakfast program will continue. This program is held on a Wednesday morning from 8.00 a.m. to 8.30 a.m. and offers porridge, Vita Brits, tinned fruit and baked beans.
All children are welcome to attend.
Thank you for your support.
Parents’ Club

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

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Introducing Fresh Fruit Friday
Benefiting the health and wellbeing of our Bendigo school children
Proudly funded and supported by:
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!

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 July 15th**

1/2 Peacock-Hinton:

- Sam H - For consistent reading throughout the holidays.
- Xavier H. - For consistent reading throughout the holidays.
- Nathan P. - For consistent reading throughout the holidays.

3/4 Ennor:

- Samuel C. - For writing an entertaining narrative in his own time.
- Michael G. - For a positive, successful and happy start at California Gully Primary School.

5/6 Windridge:

- Tyson B. - For completing the Premiers’ Reading Challenge.
- Jayden B. - For excellent work in identifying different types of figurative language.
- Isobel G. - For completing the Premiers’ Reading Challenge.
- Elycia M. - For working well on similes, Metaphors and personification.

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

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HEALTHY LIVING

GREAT TIPS FOR HEALTHY KIDS

TIP 39. ‘I’M HUNGRY’ MIGHT MEAN SOMETHING ELSE

How often do parents hear kids say, ‘I’m hungry’?

Sometimes it’s a genuine hunger, because it’s been hours since they ate, or because they’ve been physically active and need more fuel.

But sometimes they think they need food when it’s something else they need. Kids aren’t always good at working out exactly what it is that they feel.

‘I’m hungry’ may mean they want some attention, are feeling bored, want a distraction from homework or like the look of a foodstuff rather than

What you can do NOW

♦ Help your child find their natural appetite.
♦ Do a little detective work to find out if ‘I’m hungry’ means something else.
♦ Engage your child in conversation: ask how they are, what’s going on for them. You might find they aren’t feeling so hungry anymore.

Good Idea!

Encourage kids to sit still while they are eating and drinking. They’ll become more aware of their appetite and notice when they are full.

Top Tip

Often when children cry huger they are actually thirsty. Offer and encourage them to drink some water.

LEGUMES

Legumes include:

- split peas, red and brown lentils, kidney beans, chickpeas, cannellini beans, broad beans, three- and four-bean mixes,
- soya beans and haricot beans (navy beans).

Did you know? Dried legumes are sometimes called pulses.

Legumes are:

- **Nutritious**: They are nutrient-dense carbohydrate foods and are also a good source of protein, iron and dietary fibre.
- **Easy to store**: Store dried legumes in their packet or in a screw top jar. Legumes can be frozen once cooked.
- **Tasty**: They are delicious in soups, casseroles, dips and spreads.
- **Inexpensive**: They cost far less than other protein foods.
- **Easy to prepare**: Use legumes straight from the can or soak them before cooking to reduce the cooking time.
- **Satisfying**: Being filling, they stave off hunger pangs for longer than many other foods. They also help to maintain stable blood sugar levels (good low GI food).

Visit [www.nutritionaustralia.org](http://www.nutritionaustralia.org) for more recipes!
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 22nd at 8 a.m. (please note that we will stop serving breakfast at 8.20a.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

FUN . FITNESS . FRIENDS

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 27th**  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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