FROM THE PRINCIPAL

BENDIGO REGION FOOTBALL CARNIVAL - PREMIERS!

It was a great day for the California Gully Primary School football team following victory in the Division 6 grand final. The day consisted of 5 games in a round robin format of which we won 4 of our 5 games. Our only loss coming against Lockington PS in game 3. We met Lockington PS in the grand final, who went into the game undefeated. We got off to a great start kicking the first 2 goals and went into the half-time break 8 points clear. Lockington PS came out firing in the second half and hit the front with only a few minutes to go. To the credit of the team they fought hard and kicked the next two goals holding off a gallant Lockington PS.

Every player had an impact in one of the 6 games we played whether it was a smother, a tackle, a spoil, a crucial kick forward out of the back-line, a desperate mark or a clutch goal. We never go into a sporting events expecting to, or wanting to win the overall event as long as the children involved enjoy themselves and learn about team work. However an outcome such as a grand final win is enjoyable and should be acknowledged and celebrated...well done! Thankyou to the parents who were able to attend for the day or part of and support the children it was greatly appreciated.
ATTENDANCE
Children should attend school every day unless they are ill or have a valid reason for being away. For example, a child’s birthday is not a reason for being away from school. If your child is absent for more than a day, please call the school and advise the classroom teacher of the reason. Our school's policy is for a member of school staff to phone the parent after more than one day of unexplained absence. When your child returns to school, please send them with a signed written note, explaining the reason for the period of absence. Earlier this week we forwarded attendance letters which once families complete and return to school allow us to update our attendance records which is a Department of Education requirement.

ATTITUDES TO SCHOOL SURVEY
The Attitudes to School survey completed by the year 5 & 6 students back in April recently became available. Our results were very good with the students’ perceptions of the teaching and learning above the State average in all areas. This included the students’ learning confidence, motivation to learn, teacher support and programs and how connected they feel to school. This is a testament to the planning and implementation of programs undertaken by the teachers throughout the year.

In relation to student wellbeing the school was again above the State average indicating the morale of the students is high and problems which may occur (like in any school environment) are handled well. The entire school staff should be congratulated for their ongoing commitment of the wellbeing of the all students and the inclusive nature of our programs.

PARENT OPINION SURVEY
The 2014 Parent Opinion Survey is currently being conducted statewide from Monday 28th July through to Monday 11th August. A random sample list of 40 families is generated through our CASES21 administrative system and these families were forwarded the surveys. If you are one of the fortunate parents to have received a survey it is extremely important the survey is completed and returned to school tomorrow, Friday August 1st. The more surveys returned the more reliable the results will be. The Department of Education and Early Childhood Development compiles the results which we will then analyse and use to inform and direct our plans for school improvement.

2015 PREP INFORMATION SESSION
An important date to remember is our 2015 Prep information session which will be held on Wednesday August 6th from 6.30 p.m. to 7.30 p.m. If you know families moving into our area, or someone who has a child attending your child’s pre-school and is considering their school enrolment options, then talk to them about our school and please invite them to the this session.

Jason Lee
Principal
The 2014 Victorian Premiers’ Reading Challenge is underway and it has been great to see such a great start by a number of students. The challenge will conclude on the 12th of September 2014. Please discuss with your child/children their progress with the challenge and assist in updating their list of books.

Families with internet access are strongly encouraged to support the school by assisting students to register reading at home with their netbooks. Children have been provided with usernames and passwords to log in. It is important to enter books regularly so that it does not become a huge task and the end of the checklist. Please only enter books that are finished, not those being started or that are underway.

Further information on the challenge is available at the Challenge Website: www.education.vic.gov/prc

Books from the Premiers’ Reading Challenge are available to borrow from both classrooms and the library. These lists will be verified by teachers at the completion of that challenge.

Don’t stop at the end of the checklist, we are looking to reward dedicated Premiers’ Reading Challenge participants with special certificates for reaching reading goals after the checklist has been completed. Some examples are on display on the hallway near the office. Awards will be given to readers who achieve the following fantastic reading milestones:

- 25 Books (Grades 3 – 6)
- 50 books
- 75 Books
- 100 Books

Certificates will be awarded at assemblies. Mr Lee and Mrs Ryan will be looking for some special prize winners at the completion of the challenge.

Happy reading!

Mrs Ryan and Mr Lee

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

Registration Forms are available from the school office.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>August 4th - August 8th</strong></td>
<td>Parents’ Club Lunch Orders</td>
<td>Prep 2015 Information Session</td>
<td>Student Banking Day</td>
<td></td>
</tr>
<tr>
<td><strong>August 11th - August 15th</strong></td>
<td>School Council Meeting</td>
<td>Parents’ Club Lunch Orders Parents’ Club Camp Fundraiser Lunch Orders Due</td>
<td>Student Banking Day Parents’ Club Camp Fundraiser Lunch Orders</td>
<td></td>
</tr>
<tr>
<td><strong>August 18th - August 22nd</strong></td>
<td>Curriculum Day - No Students Required at School</td>
<td>Parents’ Club Lunch Orders</td>
<td>Student Banking Day Parents’ Club meeting Division Basketball Carnival</td>
<td></td>
</tr>
<tr>
<td><strong>August 25th - August 29th</strong></td>
<td></td>
<td>Parents’ Club Lunch Orders</td>
<td>Student Banking Day</td>
<td></td>
</tr>
</tbody>
</table>

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

TIP 17. FRUITS, VEGETABLES AND LEGUMES RULE

Fresh fruit is an ideal food for kids. It is colourful and naturally sweet, and most fruit comes in its own neat package, so it’s easy to pop into a lunchbox. It makes a quick, easy, and nutritious snack. Like fruit, fresh vegetables are packed with vitamins, minerals and fibre. There is a huge variety of vegetables, for example: lettuce, spinach, bok choi, broccoli, cabbage, tomatoes, corn, green beans, carrots, potatoes, celery, pumpkin and cucumber. Some can be eaten raw, others are more digestible when cooked.

Legumes include some beans and peas such as bitter beans, soybeans, lentils, chickpeas and mung beans. Like all plant foods, they are rich in nutrients.

All varieties of vegetables and legumes should be included in the overall eating plan - fresh, frozen, canned (no added salt) and dried.

What you can do NOW

- Keep offering fruits and vegetables in different ways.
- When you make sandwiches for kids, always add a vegetable such as sliced tomato, mashed avocado, or grated carrot.
- Add fresh fruit to your child’s breakfast cereal, such as sliced banana or pear.

Top Tip

Cook vegetables as lightly as possible to retain all their goodness. Try steaming or stir-frying in a healthy, unsaturated oil.

Good Idea!

Take your kids shopping for fruit and vegetables. Show them the huge variety, let them touch and smell the fruit and vegetables. Talk about how they could be prepared for a meal.

A GREAT WAY TO START THE DAY!

Don’t let children skip breakfast

- Children who skip breakfast generally have below average nutrition
- Their diets contain less calcium, iron, dietary fibre and other vitamins
- They will have a poorer concentration level throughout the day at school
- They will have a slower metabolism throughout the day and;
- Less energy to work and play.

Easy ideas:

Fresh or tinned fruit (in natural juice) with wholegrain breakfast cereal and low fat milk.
Toast with cheese and tomato, or banana.
Boiled eggs with finger wholegrain toast.
Rolled oats with sultanas and low fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated)
Baked beans on toast.
Tub low fat yoghurt and fresh or tinned fruit

If you are in a real rush, at least send them through the door with a piece of fruit or a slice of toast in their hand and a hot milk drink.
Student Banking

Don’t forget that every Friday is School Banking day and students should bring in their weekly deposit. For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour. There are new reward items available during Term 3, a swimming bag and a money box. These are on display in the school office.

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at California Gully Primary School.

EGGS FOR SALE

Our girls are busy laying lots of eggs, $2.50 a dozen. See Wendy in the grade 3/4 room.

2014 SCHOOL PRODUCTION

This year’s production is “Kids in Space”. Rehearsals are underway and the children are working hard on learning their lines. Miss Ennor has already started sourcing costumes and props for the performers.

To help make the production a big success George Flack from Flack Advisory Services Group and CVGT Australia have been kind enough to offer sponsorship, we take this opportunity to thank these organisations for their generous support.

There is still more work and preparation to be done before the big night later this term, if you can be of assistance in anyway please see Wendy Ennor.

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 July 25th**

**Prep/1 Christian:**
- Mason F. - *For taking an interest in his academic progress. Keep up the great effort!!*
- Sam H. - *For his consistent effort with home reading and school work.*

**Prep/1 Holt:**
- Jesse B. - *For working hard in class.*
- Lachlan H. - *For working well in Maths.*
- Ashlee M. - *For being very helpful and kind.*

**2 Reilly-Peacock:**
- Jade H. - *For showing initiative and settling to work in reading groups.*
- Kohby U. - *For thoughtful problem solving in Maths.*

**3 Watt:**
- Myan P. - *For always being an enthusiastic learner and a great role model in the classroom.*
- Jordan P. - *For positive contributions to class discussions and listening well to others.*

**3/4 Ennor:**
- Terri-Anne C.-G. - *For writing an excellent Procedure text about “Saddling a horse”.*
- Keely F. - *For writing an excellent Procedural text about “Making rum balls”.*

**5/6 McKerrow:**
- Thanisha H. - *For excellent work with Mrs. Hinton.*
- Jordan H. - *For excellent work with Mrs. Hinton.*

**5/6 Windridge-Doolan:**
- Paris S. - *For good strategies when working out permutations for cars in a garage.*
- Zoe W. - *For persevering with permutations of cars in the garage.*

School Assembly starts at 8.55 a.m. Please be on time!
Parents’ Club Meeting
The next meeting of the Parents’ Club will be held Friday August 22nd at 9.05 a.m. in the outside school hours care room, we look forward to some of our new Prep families joining us.

Parents’ Club Lunch Orders
Lunches for Term 3 has a new menu. The Order Forms are printed on orange/gold paper and are distributed to the children every Wednesday. Spare forms are available at the front of the Office or otherwise on the school website. All orders and money need to be into the Office by 9.30 a.m. Monday mornings. Also if your child is absent on the day of the Lunches could you please contact the Office to cancel the order, this way we can arrange a refund.

School Camp Fundraiser Lunch Order
On Friday August 15th the Parents’ Club will be conducting a special lunch order day to help raise funds for the Grade 3 to 6 camp. Order forms will go home soon.

Fathers’ Day Stall
The Fathers’ Day Stall is coming up quickly, Friday September 5th. Again children will be able to purchase multiple gifts for their special someone. More information will be sent home closer to the date.

School Production Raffle
For the School Production the Parents’ Club is running a raffle. Tickets will be $1.00 each and will be drawn at the Production on Thursday September 4th. Books will be sent home in early August. Tickets will also be available for purchase on both nights of the Production. We are also approaching local businesses for donations for the raffle, but if anyone has any contacts that could help we would really appreciate it. So far we have a bike that has very generously been donated by the Fullerton Family, we take this opportunity to thank them for their donation.

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

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:

Term 3 — 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/calgunnyplaygroup1

School Assembly starts at 8.55 a.m. Please be on time!
YOU ARE INVITED TO A BREAST CANCER FUNDRAISER

Where: Bendigo Cinemas.
When: Thursday 7th August
Cost: $25 includes $5 combo voucher

Tickets can be pre purchased by calling myself (0408573159) or Karen (0437654050)
If you are unsure, you are more than welcome to turn up on the night.
Bring your girlfriends, partners….the more, the merrier.
A raffle will be held and a chance for lucky door prizes.
Please let us know if you are interested, all funds raised go to Breast Cancer Network Australia to support the 15,200 men and women that will be diagnosed in 2015.

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

**Kids and Anger**

Bendigo

During this two hour workshop for parents and carers we will discuss:
- The reasons why children get angry
- Understanding your own response to children’s anger
- Ways to help children express their anger appropriately

**Teenage Girls**

Things you should “totally” know

A bio-psycho-social look at mental health during the adolescent years including:
- Brain development
- Identity formation
- Risk taking – substance use, harm
- Relationships
- Socialising and social media
- Counselling, parenting and support

A framework for understanding what might be going on for her.

**Shona Innes**

Senior Clinical & Forensic Psychologist
499 Hargreaves Street (Corner Myrtle & Hargreaves Sts)

Daytime: Saturday 23rd August 11-12.30
or
Evening: Wednesday 20th August 6.30-8

$45

Limited places available

Phone Irene or Alicia 5443 2284 or email admin@bendigopsycho.com.au to secure your place with a payment.

**Step Families Workshop**

Bendigo

This three hour workshop will provide an introduction to the unique and often complex issues associated with step family relationships. It will cover children, the parenting role and couple dynamics.

This session is appropriate for those planning or already re-partnered with children. This session would be helpful as an introduction to the Making Step Families Work, a six week course for couples.

**Bringing up Great Kids**

Bendigo

Parents and Carers, would you like to:
- build strong and positive relationships with your children?
- increase your children’s confidence and resilience?
- listen and talk more with your children?
- understand messages from your children and how to respond to them?

**Term 3, 2014**

When: Wednesday 13th Aug to 17th September 2014
Time: Arrival and registration 6.15pm
Sessions 6.30pm – 8.30pm
Where: CatholicCare Sandhurst Function Room, 176-178 McCrae St, Bendigo
Cost: $45 for program (no charge for health care card recipients)
Facilitators: Ky Gregg and Caro Webb
Parking: On site parking available - via 116 Hargreaves St

**For bookings and enquiries phone Ky Gregg on 5438 1300**

Groups are subject to maximum and minimum numbers. Early registration is encouraged.

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

Tuning In To Teens

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

Would you like to learn how to:
- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?

Tuning In to Teens shows you how to help your teen develop Emotional Intelligence.

Term 3, 2014

When: Thursday 14th August - 18th September 2014
Time: Arrival and registration 6.15pm
      Sessions 6.30pm - 8.30pm
Where: CatholicCare Sandhurst Function Room, 176-178 McCrae St, Bendigo
Cost: $20
Child Care: Sorry, child care is not provided
Facilitators: Kate Kerlin and Narelle Williams
Parking: On site parking available - enter via 116 Hargreaves Street

For bookings and enquiries phone Ky Gregg on 5438 1300

The St. Like’s Adoption and Permanent Care team are seeking people who are interested in permanently caring for a child/ren with special needs. Please call Jo Farrelly or Rachel O’Dowd on 5440 1100 if you would like to know more.

BENDIGO UNITED CRICKET CLUB

Junior Registration Night

Friday 15th August 2014

4.30pm to 6pm @ Harry Trott Oval Clubrooms, Neale St, Kennington

Fees for 2014 are:
Under 10 to 18 - $70.00 or Family (2 or more juniors) $120.00

New and past players are most welcome; come and meet the coaches.

New online registration open on 9th of August, visit our website below for fast, easy convenience. Recommend to register before the 15th. Online payment preferred.

http://www.bendigounited.com/juniors.html

School Assembly starts at 8.55 a.m. Please be on time!
Thanks to Empowering Eaglehawk, The Eaglehawk Football Netball 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 will continue tomorrow Friday August 1st 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! We would also like to acknowledge the assistance of Roger King’s IGA in Eaglehawk for providing the food for the breakfast and their weekly donation of fruit for the Fresh Fruit Friday program in the Junior School.

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