Califonia Gully Primary School

The Bell Topper

Volume 34 No. 6

Thursday March 10th 2016

Calendar
Friday March 11th
Parents’ Club Meeting
Monday March 14th
Labour Day Public Holiday
Wednesday March 16th
Parents’ Club Lunch Order Day
Monday March 21st
School Council Annual General Meeting
Thursday March 24th
Last Day of Term 1
Friday March 25th
Good Friday
Monday April 11th
First Day of Term 2

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

- Parents’ Club Meeting - Friday March 11th
- Labour Day Public Holiday - Monday March 14th
- Last Day of Term 1 - Thursday March 24th

FROM THE PRINCIPAL

AN EYE ON . . .

A new initiative being introduced across the school will be called ‘An Eye On...’ Every so often the school staff will nominate a social skill focus for a short period of time. This focus could be based on students undertaking positive roles within the school or it could be focusing on and attempting to eliminate or minimise a negative behavior. For instance two weeks ago I mentioned we were focusing heavily on the small number of students who we understand have been using inappropriate language in the yard. This doesn’t mean we don’t deal with other issues if they arise or look to reward students for positive behavior. It just means the past fortnight our priority was looking at how we communicate or react to situations verbally.

LEARNING CLUB IS BACK FOR TERM 2

Learning Club for 2016 will be commencing in 2nd Term on Tuesday 19th April from 3.15pm – 4.45pm.
We have new Pre-Service Teachers from La Trobe University running Learning Club in Terms 2 and 3 and they are looking forward to working with the students through interactive games and activities.
Learning Club provides a safe and supportive out-of-school learning environment where students can participate in activities that develop their academic and social skills. Clubs usually run for 2 terms, and children attend once a week at no cost. Through regular attendance at our Learning Club, students are able to enhance their learning and development skills in a safe fun learning environment. All students receive a healthy snack prior to commencing each session.

If you are interested in sending your child/ren to Learning Club please see Nicole at reception for enrolment details.
Learning Club is a partnership between The Smith Family & La Trobe University.

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
**2016 PREMIER’S ACTIVE APRIL**

Once again parents and children have the opportunity to register to participate in the Premier’s Active April. The Premier’s Active April is a Victorian Government initiative which encourages all Victorians to do 30 minutes of activity a day during April. Everyone who registers will receive:

- 15% discount on purchases from Sportsmart
- 10 free passes to a YMCA or participating local government facility
- One free Get into Cardio Tennis session
- On free hour tennis court hire at Melbourne Park or Albert Reserve
- 2 for 1 ticket offer to Sea Life Melbourne Aquarium

Registrations can be made at: www.activeapril.vic.gov.au

**SMS UPDATES**

At California Gully Primary School we are always considering ways to improve our communication between school and home. Recently we signed up to the Department of Education’s SMS service. This will allow us to message parents and carers of students who are absent from school without prior notification or notification on the day. It will also allow us to message you in cases of individual emergencies if we cannot get a hold of you and in the case of school evacuations.

*Jason Lee*

Principal

**EMPOWERING EAGLEHAWK**

California Gully Primary School has been successful with past Empowering Eaglehawk grants and have applied for another grant this year. To apply for the grant we need 10 people/families to visit the Bendigo Bank and discuss banking options. Better still if you bank with the Bendigo they will donate money to Empowering Eaglehawk. Please see Nicole for more information and pick up a card to take with you. Thanks in advance.

**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 a long 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!**

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Parents’ Club Meeting
The next meeting of the Parents’ Club will be tomorrow, Friday March 11th after assembly in the school kitchen. If you have any ideas, or would like to come for a “sticky beak” everyone is welcome!!

Lunches
Last week’s lunches were very successful! For our first lunch orders for the year we raised $160.00. Thank you to everyone who ordered a lunch order. And a BIG THANK YOU to the lovely ladies who made the lunches. All monies raised from lunch orders will go towards purchasing extra things for the school that the funding doesn’t cover.
Next lunch order day will be Wednesday March 16th. We will be having ham and salad rolls or chicken and salad rolls or just plain salad rolls with a hot cross bun also available. Please make sure your child’s name and class are on the form, boxes ticked and money added together. Correct money and forms must be in the pink container in the office before 9.30 a.m. on Tuesday March 15th.

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

 Mothers’ Day Stall
The Mothers’ Day stall will be held in May (date to be confirmed). The Parents’ Club have purchased gifts to sell at the stall, but if there are any families who would like to donate things for the Mothers’ Day stall they are more than welcome!! Some ideas are mugs, wrapped lollies, pens, notepads, magnets etc. or hand-made goodies are always a winner. Thank you for your support,
Parents’ Club

SCHOOL CALENDAR

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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!

**Fun Maths Puzzles**

**Level 1**
If I take 5 away from a secret number and then double the answer I get 8. What is the secret number?

**Level 2**
Jesse counted a total of 15 bicycles and tricycles at the park. If the total number of wheels was 36, how many tricycles were there?

**Level 3**
One half of a pole is in the ground, another 1/5 is below water and four metres is above the water-line. How long is the pole?

**Level 4**
Use eight 8s and as many mathematical symbols as you like to make a number sentence with an answer of 1000.

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GREAT TIPS FOR HEALTHY KIDS

TIP 24. ACTIVITY IS A MOOD LIFTER

It’s a fact that physical activity is a mood lifter. It seems that when you’re on the move, certain chemicals in the brain are released to make you feel good. Also, physical activity reduces stress and tension in the body, making you more relaxed.

This is another very good reason for encouraging kids to be active. If they’re feeling a bit anxious, some physical activity will help them feel calmer and give them a lift at the same time.

Even younger children who are feeling grumpy will become more settled if you take them for a walk or a run in the park.

What you can do NOW

- Go bicycling along a bike track with your kids.
- On a wet day, pull non wet-weather gear and set off for a long walk.
- Ask your child to walk the dog or offer to walk a neighbour’s dog.
- Play a game of table tennis.

Top Tip

You don’t have to go outside to be physically active. Get your kids to join you as you bend to touch your toes and then stretch to the sky.

Good Idea!

The beach is still interesting on a grey, overcast day. Head there for a walk or to practise somersaults, headstands and cartwheels on the sand.

YUMMY SUMMER LUNCH IDEAS FOR THE KIDS...

Now is the best time to take great advantage of all of the bright and wonderful fruits and vegetables in season. It’s healthy and can be exciting to have a colourful lunchbox!

Fresh seasonal fruit salad with yoghurt makes a great lunchbox filler. Try celery sticks with hummus, salsa or cream cheese with chives, or make a mix of different coloured vegetable sticks, e.g. carrots, or a selection of dried fruit.

Tasty Salad Suggestion:

Pack in a container pieces of chicken or tuna or hard boiled egg with shredded lettuce, diced cucumber, avocado, capsicum and tomatoes.

To increase variety try adding fresh mango or pineapple, or include a pita bread wrap or fresh wholegrain roll in the lunchbox for them to tip the salad into.

It is important to include a freezer block in lunch boxes to keep meats and dairy cold, and be sure to include a bottle of water to drink!
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday March 4th**

**Prep Dillon:**
- Lily C. - For reaching 25 nights of reading & working well during reading groups.
- Shayne T. - For contributing well to class discussions & showing an interest in class activities.

**1/2 Peacock-Hinton:**
- Dante A. - For bringing a positive attitude to all his school activities.
- Xavier H. - For being a friendly, co-operative class member.

**3/4 Ennor:**
- Nathan B. - For his valuable contributions in discussion time.
- Oscar G. - For his valuable contributions in discussion time.
- Charlie M. - For doing a great BTN report on Penguin Rescue Dogs.

**3/4 Reilly-Carroll:**
- Josephine C. - For an excellent effort at extending and renaming 4-digit numbers.
- Richard P. - For an excellent effort at extending and renaming 4-digit numbers.

**5/6 Windridge:**
- Suzie C. - For completing the Premiers' Reading Challenge.
- Errin H. - For excellent presentation of her book response.

**Indonesian:**
- Sam G. - For helping prepare Indonesian activities.

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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. The Junior building would also love some recyclable materials/boxes for box construction. Foam meat trays, post office cylinders, margarine containers, recycled boxes for Investigation Time are also required.

**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](www.californiagullyps.vic.edu.au)
**BioLAB**

Friday, 4th March 5/6 W and 5/6 M went to the bioLAB in Geelong. We left at 7 am and got back at tea time.

First group participated in ‘Come Clean’. We had to test ‘spud blood’ and ‘spud urine’. Two spuds had drugs in them, the drugs that they used were Steroids and Blood doping.

Next we did an activity that made us think and do exercise to see if we did better after sport then before. Most of the group stood up to say that we did better after sport.

I liked going to the BioLAB because I learnt a lot of things and the staff at BioLAB said stuff that made us go WOW!!

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**BioLAB**

On Friday, the 4th of March, 5/6 M and 5/6 W went to bio lab in Geelong.

First, we arrived and put our bags in some lockers. We ate our play lunch and waited to go inside. We went to a little cinema room there and Cameron, Renee, Fiona and Amelia were in charge. The things we did were come clean and brain matters.

5/6W were scientists and we put on lab coats. We had to test spud blood and potato pee. Yuck! We learnt about steroids and blood doping. Prince Mash Mouth and Silly Spud Man were cheating.

Then we went to a different room and played on an iPad to see what side of the brain we were using. I was using the right side which was music, colour and ideas. We did a reflex test then some more things on the iPad.

We went back to the cinema room and some people got prizes.
Sam and Ryan said ‘Thank you’ and we went back on the bus.

Ella B.

Grade 1/2 would like some small succulents for a classroom project. If you can help please leave them with Mrs. Peacock or Mrs. Hinton in the Grade 1/2 classroom.

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

EGGS FOR SALE
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:
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

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Bendigo Health Community Dental Service

During February Bendigo Health’s Community Dental Service visited California Gully Primary School to conduct oral health screenings for 92 students. The dental team were very happy to see so many students and would like to thank those that participated in the program.

Brushing teeth twice a day and a healthy diet play a key role in oral health, and developing good oral health habits from an early age helps to prevent problems as an adult.

Regular dental visits are also important to address any issues before they become problematic. Up to half of primary school children can have tooth decay and gum disease, which can develop without any pain. Having a dental examination before issues arise can help children have a positive experience, and there are many preventative treatments available to help maintain your child’s oral health.

All children 12 years and under are eligible to access Bendigo Health’s Community Dental Service. If you don’t have a family dentist please contact the friendly dental team to make an appointment.

Bendigo Health Community Dental Service is made up of fully qualified oral health therapists, dentists and dental assistants. They are experienced in working with children and aim to make a child’s visit a positive experience while providing quality dental care.

To make an appointment please call 5454 7994, email dental@bendigohealth.org.au or visit www.bendigohealth.org.au to register your child/children.

Looking after your teeth and gums

EAT WELL: Sweet foods can cause tooth decay. Food and drinks high in sugar (particularly added sugar) should be limited, especially between meals. Dairy products like cheese and plain milk can help prevent tooth decay.

DRINK WELL: Encourage children to drink plenty of tap water. Plain milk is a better option than flavoured milk. Limit soft drinks, fruit juice, cordials, sports drinks, energy drinks, flavoured water and yoghurt drinks as they are high in sugar, which is linked to tooth decay.

Did you know that a can of lemonade or cola contains the equivalent of 8 teaspoons of sugar, and a bottle of sports drink has the equivalent of 7 teaspoons of sugar?

CLEAN WELL: Everyone should brush their teeth twice a day; after breakfast and before bed. Help your children brush their teeth until they are seven; most children are not able to use a toothbrush properly before then. Baby teeth are very important to help children talk, eat and smile.

Everyone should have regular dental checks.

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

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NO WILL? there is a way!

Community Wills Program
$70 to have a volunteer solicitor write or update a simple Will

Throughout the month of March 2016 The Salvation Army invites you to make an appointment with a volunteer solicitor in the Greater Bendigo area to write or update a simple Will. Proceeds support the local work of The Salvation Army.

Enquiries and bookings phone 1800 337 082

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Can you help?

We are in need of someone to help out with watering the vegetable garden during the school day.
If you can help please see Wendy Ennor.

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Tissues To assist with keeping sniffles and ‘overflow’ from hay fever, allergies, colds and the like at bay, it would be very much appreciated if all students could please provide one box of tissues to be used within their classroom each term.

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Jim Wid Tennis Coaching
Tennis. Fun. For Life.

Sure? FREE trial.
FREE racket for new enrollments (Age 9 and under)

Contact Jim: 0431799930
email: jimwidtennis@gmail.com
website: www.jimwidtennis.com

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Easter Book Sale

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<tr>
<td>&gt; 9AM - 5PM Easter Friday, Easter Saturday, Easter Sunday</td>
<td>1000’s of Pre-Loved Books, Magazines, Records, CDs &amp; DVDs, To Suit All Tastes.</td>
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<tr>
<td>&gt; 9AM - 1PM Easter Monday</td>
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YMCA - Tom Tweed Stadium, Mundy Street, Bendigo
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 March 11th 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!

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