# The Bell Topper

# **California Gully Primary School 123**

Volume 41 No. 6

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Thursday March 9th 2023

# LABOUR DAY PUBLIC HOLIDAY - MONDAY MARCH 13th

A friendly reminder that this coming Monday, March 13th, is the Labour Day public holiday. Enjoy the extra day with family and friends.

#### NATIONAL RIDE2SCHOOL DAY

National Ride2School Day will occur on Friday March 24<sup>th</sup> and is the perfect opportunity to kick-start new healthy habits and promote the many benefits of active travel. We encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go. It's sure to be a fantastic day and we look forward to seeing you there!



Martin and TRP Team are so looking forward the online Parent & Carer presentation on:

## Thursday 23rd March from 6:30pm - 8:00pm (90 minutes) AEDT.

Through emotionally engaging stories and practical strategies, this session will help parents and carers understand the benefits of letting go of shame, perfection, ego and control. It will combine powerful research with candid storytelling, along with a few laughs to help support what is arguably the toughest job in the world... being a parent or carer!

## Why a Parent & Carer presentation?

When building positive mental health in schools, we know the best impact happens when we work together. The 'Authentic Connection' presentation helps do just that by sharing those same evidence-based strategies being taught in the classroom, so they can be also used at home and beyond. Attendees will also be reminded of the importance of their own wellbeing - we bring the best versions of ourselves to our family and community, when we make time to look after ourselves.

Parents and Carer will need to register for the webinar using the following: <a href="link:https://us02web.zoom.us/meeting/register/tZMkfuipqD8qE9W3e5ySVSZgpLSwgmocjYTi">https://us02web.zoom.us/meeting/register/tZMkfuipqD8qE9W3e5ySVSZgpLSwgmocjYTi</a>

#### **COMMUNITY CONNECTIONS**

The CGPS community is extremely fortunate to have a range of community organisations to support families and students in a wide range of ways.

**Bendigo Foodshare** - each week we receive a delivery of general supermarket items for families to enjoy. Fruit, vegetables and bread are staples each week and open to all families. Items are set up in the 'Shed' from 3pm, each Thursday.

**Eat Up** - is a non for profit organisation that supplies CGPS with sandwiches ready to be toasted when a child doesn't have lunch with them for any number of reasons.

**Fresh Fruit** - the McKern Foundation funds the delivery of fresh fruit each week that is available in classrooms for students to enjoy.

On behalf of CGPS community we sincerely thank the organisations and businesses that support our students and families on a weekly basis.

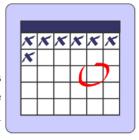


# Respect \* Personal Best \* Care

# TERMS TWO CURRICULUM DAYS -PLEASE MAKE A NOTE IN THE DIARY

## Monday April 24th - (Please note this an additional date)

We have now included a second Curriculum Day to start Term 2, plus the initial Student Free Day scheduled for Wednesday 26 April. We have been given the amazing opportunity to begin Term 2 with professional learning to support our 'Writing' focus and will also reduce the start/stop beginning of Term 2.



Staff will participate in Professional Learning linked to the 6+1 Writing Traits on Monday and then, Love Mathmatics on Wednesday.

Tuesday April 25th - ANZAC Day Public Holiday

<u>Wednesday April 26<sup>th</sup> - Mathematics Professional Learning Day with educational consultant - Love Maths</u>

The challenge of these days is the timing. These will occur in Week 1 of Term 2. with ANZAC Day on Tuesday 25<sup>th</sup> and then the Curriculum Day on Wednesday 26<sup>th</sup>, Students will now return on Thursday 27<sup>th</sup>, We acknowledge that the timing is far from ideal although opportunities to engage with the high-level consultant was limited.

# Schools on the Bushfire At-Risk Register and Category 4



Fire danger ratings indicate how dangerous a fire would be if one started in those conditions and provide clear direction on the safest options for preserving life. They can be a trigger for action in community and for school and household level fire plans.

Schools and children's services listed on the Department of Education and Training's Bushfire At-Risk Register (BARR) and those at some lower risk of bushfire or grassfire on the Category 4 list will be closed when a Catastrophic fire danger rating day is forecast in their Bureau of Meteorology district.

Schools and early childhood services listed on the Department of Education and Training's Bushfire At-Risk Register (BARR) and those at lower risk of bushfire or grassfire on the Category 4 list take pre-emptive actions on elevated fire danger days to minimise the risk of being caught in a fire in these conditions. The category of risk (per the BARR or Category 4 list) determines the actions that the school or early childhood service will need to take on days of elevated fire danger.

Our school has been identified as being one of these schools at high bushfire or grassfire risk

<u>California Gully Primary School is rated as Category 3 – considered to be at risk from bushfire.</u>

Our school will close on a day forecasted as Catastrophic fire danger rating in <u>Northern Country</u> fire district.



The department will advise our school of the potential for a Catastrophic fire danger rating as information becomes available, however the pre-emptive closure will be confirmed by 1pm the day prior to Catastrophic fire danger day.

Fire danger ratings are forecast by the Bureau of Meteorology up to four days in advance. Should a Catastrophic day be forecast, we will notify you of the potential closure by an email or hard copy letter Closure of the school due to a forecast Catastrophic day will be confirmed on the day prior and we will provide you with advice before the end of the school day.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast. This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to note that:

- No staff will be on site on days where the school is closed due to a forecast Catastrophic day
- Out-of-school-hours care will also be cancelled on these days.
- School camps will be cancelled if a Catastrophic fire danger rating day is forecast for the Bureau of Meteorology district in which the camp is located, or if the travel involves passing through areas that have Catastrophic fire danger.

Families are encouraged to enact their Bushfire Survival Plan on Catastrophic fire danger rating days. On such days, children should never be left at home alone or in the care of older children.

For those of us living in a bushfire prone area, the Country Fire Authority (CFA) advises that when Catastrophic days are forecast, the safest option is to leave the night before or early on the morning of the Catastrophic day.

As part of preparing our school for potential hazards such as fire, we have updated and completed our Emergency Management Plan.

## What can parents do?

- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements if our school is closed due to elevated fire danger or a Catastrophic fire forecast. Further information can be found on the CFA's website.
- Ensure we have your current contact details, including your mobile phone numbers.
- Most importantly at this time of year, if you're planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay.
- If your child is old enough, talk to them about bushfires and your family's Bushfire Survival Plan.
- You can access current information about school and early childhood services closures, including those due to elevated fire danger, on the Department of Education and Training's website see <a href="http://www.education.vic.gov.au/about/programs/health/pages/closures.aspx">http://www.education.vic.gov.au/about/programs/health/pages/closures.aspx</a>



Multiple sources that offer information on emergencies are listed below:

- VicEmergency app that can be downloaded on your android and iOS mobile devices
- VicEmergency Hotline (1800 226 226)
- Website https://emergency.vic.gov.au
- Facebook (https://www.facebook.com/vicemergency)
- Twitter (https://twitter.com/vicemergency)
- ABC local radio, Sky News and other emergency broadcasters

Andrew Frawley CGPS Principal

# **Dates for the Diary**

• Friday March 10<sup>th</sup> - Book Club Issue Two Orders Due Back

Monday March 13th - Labour Dy Public Holiday

• Monday March 20<sup>th</sup> - School Council Annual General Meeting 5.30

Monday March 20<sup>th</sup> - School Council General Meeting (immediately after A.G.M.)

Thursday March 23<sup>rd</sup> - The Resilience Project Parent and Carer On-

Line Presentation

Friday March 24<sup>th</sup> - Hot Cross Bun Orders Due Back to School Office

Thursday April 6<sup>th</sup> - Last Day of Term One 2.15 p.m. Dismissal

Monday April 24<sup>th</sup> - Curriculum Day - Student Free Day

Tuesday April 25<sup>th</sup> - ANZAC Day Public Holiday

Wednesday April 26<sup>th</sup> - Curriculum Day - Student Free Day

Thursday April 27<sup>th</sup> - First Day of Term Two for Students

Friday April 28th - School Photo Day

Wednesday May 3<sup>rd</sup> - Years Three to Six Division Cross Country

#### **CSEF (Camps, Sports & Excursion Fund)**

Applications are open for families who are Health Care Card holders to apply for this funding forms are available from the school office if you haven't already completed one (please note only one application need to be completed all children in your family can be on the same form). When completing your application please bring along your current Health Care Card, this is needed for the application to be accepted. Your health Care Card needed to be valid on January 30<sup>th</sup> 2023 for you to be eligible.

If you are a Health Care Card holder please do not miss out on this funding.

A copy of the Application Form is available in this newsletter if you have not collected a copy from the school office or returned the copy that were in the Parent Contribution Booklets in December 2022.



# Parent & Commmunity Presentation

At The Resilience Project, our mission is to teach positive mental health strategies to help people build happiness and resilience.

Some of the mental health statistics in our country are startling. Looking after our mental health doesn't have to be.

We are especially committed to delivering programs in primary and secondary schools. These settings have the greatest opportunity to instil positive wellbeing habits in our youth, and rewrite the confronting mental health statistics.



One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.





Alarmingly, one in seven primary school students are also likely to experience mental health problems this year.



Through engaging presentations, student curriculum, teacher resources and digital content, our School Program supports mental health not just in the classroom, but also in the family home.

During our Parent & Community Presentation, Hugh van Cuylenburg or Martin Heppell will share their experiences and combine them with practical strategies that can be implemented every day to improve our overall wellbeing.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; Gratitude, Empathy and Mindfulness (GEM).

# **Key Takeaways**

As parents and carers, we know you want to show up for your kids, support their mental health, and encourage them to be the best they can be. An important part of showing up for our children, however, is first showing up for ourselves.

#### Our Parent & Carer Presentation will help you...

- Equip yourself with simple, practical tools to look after your own wellbeing.
- Be informed of the confronting mental health statistics in our country, and understand why prevention is the key to changing this narrative (especially for our children).
- Learn about GEM (Gratitude, Empathy & Mindfulness) the evidence-based principles your kids' are living and breathing at school to feel happier and build resilience.
- Feel confident in holding positive wellbeing discussions with your family.

RESILIENCE PROJECT

hello@theresilienceproject.com.au | (03) 9113 9302 | theresilienceproject.com.au



# Congratulations to the following students on being named **Student of The Week**

for their positive attitude to school and social values.

# Friday March 3<sup>rd</sup>

Foundation Hinton-Ryan:

Mirabella N. - For greeting teachers and students with a friendly smile.

Foundation Tonkin:

Annalise M. - For having a go at all learning tasks with a big smile.

Grade 1/2 Leed:

Kirianii B. - For writing an engaging 'sizzling start' in her narrative.

Kayden H. - For writing an engaging 'sizzling start' in his narrative.

Grade 1/2 Price:

Charliy J. - For showing improved confidence towards others.

Kanyon T. - For improving his independent work by having a go.

Grade 1/2 Carroll-Dillon:

Jesse O. - For a fabulous start to his Reading Diary.

L.J. P. - For thoughtful contributions to class discussions.

Grade 3/4 Ennor:

Cage A. - For his improved attitude at 'having a go'. Hezekiah B.-S.- For great work with 'digit equations'. Ethan C.-B. - For great work with 'digit equations'.

Grade 3/4 Ryan:

Jasper J. - For his thoughtful contributions to class discussion.

Miyah M. - For being a friendly member of our classroom.

Grade 5/6 McKerrow:

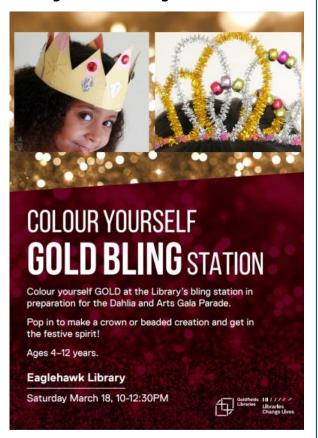
Aengus C. - For enthusiastic contribution to class discussions.

Jasper McH.- For delightful reading to the class.

Grade 5/6 Windridge-Lee:

Avah C.-B. - For excellent addition and work on palindromic numbers.

Couleyah K. - For a detailed retell and good thinking in her reading conference.







# Smile Squad is coming to this school

The Smile Squad team from Bendigo Health are coming to our school in March 2023.

Smile Squad is the Victorian Government free school dental program.

This means all students can get a free dental check-up, preventive services, and treatment at school.

#### How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <a href="https://bit.ly/smilesquadvic">https://bit.ly/smilesquadvic</a>

OR use the below QR code:



Please complete and submit the consent form by Friday 10<sup>th</sup> March 2023.

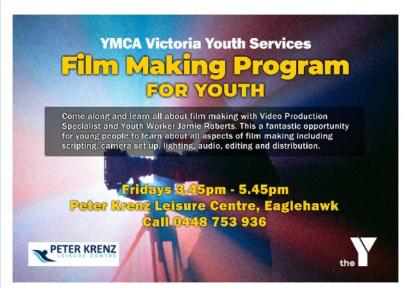
Paper copies of the consent form are available. Please contact the school office if you would like to request one.

The electronic consent form can be translated into more than 100 languages, and the paper form is available in 13 languages.

# Do I need to attend my child's appointment?

No, you do not need to attend your child's appointment. You can attend if you would like to, and you can take your child to the community dental clinic if you prefer.

The Bendigo Health Smile Squad team look forward to seeing you soon.









## CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

California Gully Prima				
	ary School			
School Name	School F	School REF ID		
Parent/carer details				
Sumame				
First name				
Address				
Town/suburb	State	StatePostcode		
Contact number				
Centrelink pensioner conces	] - DDD - <u>[</u>	OR	rs pensioner (Gold	Card)**
"Foster Parents must provide a copy of ""Applicants must provide a copy of the list his an application for specific spe	he Veteran Affairs Gold card			ousing (DFFH).
tudent details				
Student's surname	Student's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level
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# JOIN THE FUN!

## **Eaglehawk Auskick Centre**

Canterbury Park
Sunday's 9am starting March 26th

Matt Williams - 0401662838 mattw40@gmail.com

Scan the QR Code to register!

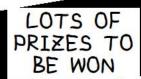


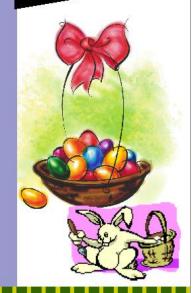
# EASTER RAFFLE

Easter is only weeks
away, and we are
looking for donations
of Easter Eggs or a
gold coin (to
purchase more
prizes).

The raffle will be drawn on Thursday April 6<sup>th</sup>.







# MOTHERS' DAY STALL



The Mothers' Day Stall will be held s during Week Three of Term Two.

We will require lots more donations to stock the stall. If you would like to contribute please leave your donation of gifts or money (to purchase more gifts) at the school office.

# Bunjil Netball Looking for players

Have you been wanting to get back into netball - or are you keen to learn?

Bunjil Netball Club is a new club looking for players and coaches and would love to hear from you!

Registration Fees:

Net-Set-Go - prep to grade 2 (girls and boys) - \$87

Grade 3 (girls and boys) - \$50 Under 11's (girls and boys) - \$64

Under 13's (girls and boys) - \$80 Under 15's, under 17's, under 21's - \$80.

Uniform: \$70 to purchase, \$40 to hire. Payment plan available.

Competition begins late March. Training starts in February.

If you'd like to umpire there's an option to get paid! For more info, email Amanda or call 0429 944 457.















#### Join the Epsom Football Club in 2023!

We are now taking registrations for all ages. Don't miss out on your chance to play for Epsom this soccer season. Teams are currently being put together, so if you would like to request playing with a friend, get in quick so we can try our best to accommodate this.

Registrations closing soon!

To register visit www.epsomfc.com.au

For further information contact juniors@epsomfc.com.au



eaglehawktennisclub@outlook.com

# Respect \* Personal Best \* Care





## Sunday 19th March 2023 11 am - 3 pm Activities for the Whole Family



Chocolate Treasure Hunt @11am



Rides, Climbing Wall

Archery, Slot Cars **LEGO** bricks Soccer, Hockey, Football, Table tennis Bowls, Baseball EH Fire brigade activities Tattoos, Hispano activities Story telling, Roller Derby fun **Belly Dancing** Painting in the Sound Shell And the animals are back from the fabulous -

Animals 2 U

BBQ & drinks provided by EH Scouts & Eaglehawk Y's Men for small cost or <u>bring your own picnic.</u>

Enquiries: Mary Preston 0434 769 862





#### ICONIC DRAGON MILE

MILE LONG FOOT RACE ON THE FAMOUS EASTER PROCESSION ROUTE

WHERE: PALL MALL AT GOLD MONUMENT - TIME: 10:30AM STRAT \$10.00 MINI MILE & PRIMARY SCHOOLS - \$20.00 SECONDARY SCHOOLS/OPEN AND VETERANS PORATING GYM CUP, TEAMS OF 4 FROM YOUR FAVORITE GYM BATTLING IT OUT FOR BEST GYM! https://www.registernow.com.au/secure/Register.aspx?E=48662

















# **EW PLAYERS WELCOME**

Anyone who wants to play Netball, make some new friends, and have fun is welcome.

All Stars is a club for Everyone.

No matter who you are, your experience or skill level. We're a club that's more about being accepted for who you are and having fun, than winning.





Times: Grade 3 - 13/Under 4:30-5:30pm

15/Under - Open Ages 5:30-6:30pm



Email: Allstarsnc21@gmail.com

FB Page: All Stars Netball Club Bendigo











# 2/1 Whip Court, Long Gully California Gully Primary School

Dpt.	Garment	Kids Sizing	Adults Sizing
1	Teal/Ink Navy/White Short Sleeve Polo	\$28.60	\$30.80
2	Teal/Ink Navy/White Long Sleeve Polo	\$32.30	\$34.10
6	Ink Navy Rugby Top	\$35.20	\$36.85
4	Ink Navy 1/2 Zip Polar Fleece Jumper	\$36.30	\$39.60
5	Navy Hooded Windcheater	\$35.20	\$36.85
7	Ink Navy Double Knee Hemmed Track Pants	\$24.20	\$27.50
13	Navy Bucket Hat	\$14.30	
13	Navy Broadbrim Hat	\$12.10	

Our School Uniform supplier, Centavic Clothing, are pleased to now offer an online uniform shop for California Gully Primary School through their website:

https://www.centavicclothing.com.au/

Parents can place an order for uniforms, with the option of paying online, over the phone or on the day of collection.

We advise that any students needing to try on uniform items book an appointment as due to the current COVID-19 capacity limits we will be prioritising those with appointments when needed. This booking system can also be found on our website.



