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' and Friends Meeting - **Friday May 31st**
- Book Club Issue 4 Orders Due - **Wednesday June 5th**
- Hot Lunch Order Day - **Friday June 7th**
- Queen’s Birthday Public Holiday - **Monday June 10th**
- School Council Meeting - **Monday June 17th**
- Last Day of Term Two - **Friday June 28th**
- First Day of Term Three - **Monday July 15th**
- School Council Meeting - **Monday July 22nd**

**YMCA - EVOLVE PROGRAM**

We are extremely fortunate to have the YMCA Evolve program working with senior classes during Term2. YMCA Evolve is a leadership and self-development program specifically designed to be run in schools for students. Designed to challenge students to discover more about themselves, how they approach day-to-day challenges and how they interact with people around them.

**WILD ACTION - MINI BEAST INCURSION**

Yesterday we were greeted with an amazing experience when Wild Action came to our school to teach us about mini-beasts. Each class has an opportunity to participate in the interactive session finding out about a wide variety of amazing creatures.
**FOUNDATION (PREP) ENROLMENTS 2020**

Thank you to parents who have let us know their child will be starting (Foundation) Prep next year. We encourage families to contact the school if they have a child starting school next year. As we move into the month of June we start to really focus on staffing, grade structures and the allocation of resources for next year. 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 and weren’t able to attend the information session that occurred yesterday.

Enrolment Packs can be collected from the school office. The pack includes information pertinent to CGPS including the Head Start Transition Program and includes the official school enrolment form. The enrolment form, a copy of the child’s birth certificate and immunisation record should be returned to school by Friday June 28th, 2019. This date is set by the Department of Education. If your child has additional needs including a medical diagnosis, language difficulties, is involved with any Early Intervention services, or if you just have a worry or concern about your child, please make an appointment to see me as soon as possible.

*Andrew Frawley*

*Principal*

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### SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 3rd — June 7th</td>
<td>School Banking Day - Bendigo Bank</td>
<td><em>Book Club Issue 4 Orders Due</em></td>
<td>Breakfast Program 8.00 a.m.—8.20 a.m.</td>
<td>School Banking Day - Commonwealth Bank</td>
</tr>
<tr>
<td>June 10th — June 14th</td>
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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](#)
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday May 24th**

**Foundation Hinton-Ryan-Baldwin:**
- Imogen H. - For a brilliant weekend recount
- Zane L. - For excellent segmenting of words and writing the sounds.
- Holly P. - For attempting all learning tasks independently.
- Riley T. - For including lots of information in his recount.

**Grade One Carroll-Reilly:**
- Jortii J.-W. - For making a great effort in his learning. Keep up the good work.
- Couleyah K. - For always being respectful of others.
- Sophie O. - For working hard to improve her reading. Well done.

**Grade 2/3 Ennor:**
- Avah C.-B. - For being switched on in Maths with money number lines.
- Makenna C. - For contributing to classroom discussions.

**Grade 4/5/6 Windridge:**
- Morag C. - For working well finding key words to help her summarise text.
- Gabby P. - For working well finding key words to help her summarise text.

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**Quote of the Week**

*Beauty without expression is boring.*  
(Ralph Waldo Emerson)

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*Respect * Personal Best * Care*

**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](#)
The past two weeks have been action packed. We have cooked up a storm making delicious rum balls and nachos, both of which were eaten quickly and not a single crumb was left over. The children also made slime in a number of different colours. The bush area was also popular with the children creating a number of very imaginative and complicated tiggy games involving zombies, Ben 10 aliens and various flying insects.

Even when it was cold, wet and windy the children found things to do in the After School Care room. Dress ups and drawing on the whiteboard were particularly popular choices. One child decided to dress up as her teacher and gave me a number of sad faces on the board as I had been rather naughty.

What was particularly pleasing is through all of these different activities the children have been cooperating and working well together which has been one of our focuses in After School Care.

Have a great week,

Josh
**Victorian Premiers’ Reading Challenge**

The Victorian Premiers’ Reading Challenge is now open and **California Gully Primary School** is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 6 September 2019.

Children from Prep to Year 2 are encouraged to read or ‘experience’ 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier’s letter to parents, view the booklists and for more information about the Victorian Premiers’ Reading Challenge, visit: [www.education.vic.gov.au/prc](http://www.education.vic.gov.au/prc)

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**BOOK CLUB**

Book Club Issue 4 has been sent home. It is **due back** at school **Wednesday, June 15th 2019.**

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Respect * Personal Best * Care

**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)
This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school - and all we need you to do is shop for your groceries at Woolworths. From Wednesday 1st July to Tuesday 25th June or while stock lasts, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box here at the school or Woolworths at the Bendigo Marketplace.

At the end of the promotion, we’ll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students - including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you’d like to know more visit woolworths.com.au/earnandlearn

Sticker sheets have been sent home with a recent edition of The Bell Topper to get you started! If you require another sticker sheet please collect one from the school office.
Parents’ & Friends of California Gully Primary School Meeting
The next meeting of the Parents’ & Friends of California Gully Primary School will be in the conference room after assembly tomorrow, Friday May 31st. All are most welcome to attend.

Hot Lunch Day - Friday June 7th
Next Friday, June 7th, the Parents’ & Friends of California Gully Primary School are providing a Hot Lunch Day. Order forms will be sent home on Monday of this week and the orders are due back next Thursday, June 6th. On the menu will be Toasties (a choice of Baked Bans, Spaghetti or Ham, Cheese & Tomato for the filling), Fruit Salad and Water.

Contacting the Parents’ & Friends of California Gully Primary School
The Parents’ & Friends of California Gully Primary School would love to hear from you. If you have any ideas that you would like to share with them please email them at cgpsparentsclub@gmail.com.

Thank you to all families who support the Parents’ & Friends of California Gully Primary School.
GREAT TIPS FOR HEALTHY KIDS
TIP 49 DESSERT IS THE CHERRY ON TOP

Kids love desserts. A sugary, sticky dessert, once in a while is okay, but the rest of the time desserts should be nutritious as well as attractive to kids.

During the summer months, you could combine dessert with physical activity by walking to the local shops for an ice cream after dinner.

What you can do NOW

♦ Make custard with eggs and milk and serve over fresh or tinned fruit in natural juices.
♦ Cut up fresh fruit for a fruit salad.
♦ Soak dried fruits and stew them slightly. Serve with a little ice cream or yoghurt.

Good Idea!
Make up a cheese platter rather than a dessert. You could have one or two varieties of cheese cut into cubes or slices, together with wholemeal crackers and grapes, slices of peach or strawberries.

Protein

Protein is one of the major macronutrients along with carbohydrates and fats that make up our daily eating plan. All three of these contribute to the healthy growth patterns of children.

Nutrition Australia’s Healthy Eating Pyramid states that lean meats, fish, eggs and dairy should be consumed in moderate amounts.

For children ages 4 to 7 years old, a half to one serve of protein products per day is sufficient. For older children, aged 8 to 11 years, one to one and a half serves is recommended.

Many of the foods we eat contain protein, particularly foods such as chicken, beef, lamb, fish, eggs, milk, cheese and yoghurt as well as legumes such as beans and lentils.

<table>
<thead>
<tr>
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<th>Portion Size</th>
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<tbody>
<tr>
<td>Cooked meat or chicken</td>
<td>65 – 100g</td>
</tr>
<tr>
<td>Dried beans, lentils, chick-peas, split peas or canned beans</td>
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</tr>
<tr>
<td>Cooked fish fillet</td>
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</tr>
<tr>
<td>Eggs</td>
<td>Two (small)</td>
</tr>
<tr>
<td>Almonds or peanuts</td>
<td>One third of cup</td>
</tr>
<tr>
<td>Sunflower or sesame seeds</td>
<td>One quarter of a cup</td>
</tr>
<tr>
<td>Milk</td>
<td>250ml</td>
</tr>
<tr>
<td>Cheese</td>
<td>30g</td>
</tr>
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<td>Yoghurt</td>
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SMOKY CHARGRILLED CHICKEN TORTILLAS WITH GRILLED CORN & HERB SALAD

Method

1. Put paprika, oregano and Cobram Estate Robust Extra Virgin Olive Oil into a large zip-lock bag. Massage to combine, add chicken and massage to coat. Refrigerate for 30 minutes to marinate.

2. Meanwhile, preheat a char-grill pan or barbecue grill plate over high heat. Peel husks away from corn, but without removing completely and tie together. Remove white corn silks. Brush corn kernels with Cobram Estate Robust Extra Virgin Olive Oil and cook corn for 20 minutes turning occasionally or until charred and just tender. Set aside to cool slightly. Cut corn kernels from cobs and transfer to a bowl.

3. Cook chicken for 5 minutes each side or until cooked through. Thinly slice.

4. Meanwhile, to make herb salad, combine all ingredients in a medium bowl.

5. Grill tortillas for 30 seconds or until soft and lightly charred; transfer to a plate and cover with plastic wrap to keep warm.

6. Spread sour cream onto tortillas top with chicken, avocado, corn, salsa and herb salad. Serve immediately with limes.

Ingredients

- 3 tsp sweet smoked paprika
- 1 tsp dried oregano
- 2 Tbsp Cobram Estate Robust Extra Virgin Olive Oil
- 3 skinless chicken breast fillets
- 2 corn cobs
- 2 Tbsp Cobram Estate Robust Extra Virgin Olive Oil, extra
- 8 tortillas
- ½ cup sour cream, to serve
- 1 avocado, thinly sliced, to serve

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
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 (including two-minute 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 healthy food) to keep them alert and receptive to learning.

Protein

Protein is one of the major macronutrients along with carbohydrates and fats that make up our daily eating plan. All three of these contribute to the healthy growth patterns of children.

Nutrition Australia’s Healthy Eating Pyramid states that lean meats, fish, eggs and dairy should be consumed in moderate amounts.

For children ages 4 to 7 years old, a half to one serve of protein products per day is sufficient. For older children, aged 8 to 11 years, one to one and a half serves is recommended.

Many of the foods we eat contain protein, particularly foods such as chicken, beef, lamb, fish, eggs, milk, cheese and yoghurt as well as legumes such as beans and lentils.

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

Are you looking for a safe, fun after school activity for your daughter?

The Girls’ Brigade can provide the ideal environment for your daughter to grow. GB offers fun, exciting and age-appropriate programs for girls aged 5-18. You daughter will enjoy being part of GB and will make new friends on the way. Activities include games, crafts, cooking, camping, outings, Christian teaching and, for the older girls, GB offers a leadership training program that is second to none!

For more info call
Jenny McWilliam on 0429 397 557
vichendigo@gmailbrigades.australia.org.au
https://girlsbrigade.org.au/

Monday nights during school terms:
P - yr. 5: 5:30 – 7:30pm
Yr. 6 - 12: 7 – 8:45pm
Bendigo Baptist Church
757 Mcivor Road Junortoun 3551

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Walking & Wellbeing Group

Are you a CARER?
(Caring for a school aged child with a disability, learning disability, mental illness or chronic illness)

Would you like to take some time out to care for YOURSELF? Would you like to meet people who also find it difficult to get out?

Come along, have fun
Meet new people
Enjoy the outdoors

For more information call Tash 1800 068 578 or email nharrick@bendigohealth.org.au

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START SAVING NOW!
Pick up a flyer from the office, or phone 5434 3908.

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Respect * Personal Best * Care

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
WANT TO GET RID OF YOUR PLASTIC GROCERY BAGS???
Do you have lots of plastic grocery bags taking up valuable storage space in your home?
A member of our school community is collecting plastic grocery bags to make sleeping mats for the homeless.
If you have excess plastic grocery bags (I’m sure many of us do) they can be brought to the school office for collection to make more sleeping mats.
Not only are we providing a soft place for a homeless person to sleep—we are also recycling those unwanted plastic grocery bags!!

California Gully Primary School has signed up with the Fitzpatrick’s Home Hardware D.I.Y. Rewards program.
Each time you make a purchase at Fitzpatrick’s Home Hardware please mention the school and for each $1.00 spent the school will earn five club reward points that we can use to purchase products in store when we need to make any repairs around the school.

Current Uniform Prices at Bendigo Uniform Plus - Shop 6, Abbott Arcade Bendigo.

- Short Sleeve Polo – $20.50
- Long Sleeve Polo – $26.00
- Polar Fleece Jumper – $35.00
- Hoodie – $35.00
- Blue & White Checked Dress – $22.00
- Bucket Hat – $13.50
- Slouch/Wide Brimmed Hat – $13.50

Respect * Personal Best * Care

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
Arnold Street Gallery | Term 2 Art Classes | 23rd April to 28th June 2019.

**TUESDAY**
Creative Meditation
Tuesday, 10am – 12pm
10 weeks x 2hr classes - $385.50
(Starting on 23rd April - 25th June 2019)

**WEDNESDAY**
Adult Painting Classes with Susan McMinn
Wednesday Evenings, 6.00 – 8.00 pm
10 weeks x 2 hr classes = $385.50
(Starting on 24th April - 26th June 2019)

Primary Art Classes with Natalie Newman
Tuesday Evenings, 4.00– 5.00pm
10 weeks x 1 hr classes - $275.00
(Starting on 23rd April - 25th June 2019)

**THURSDAY**
Secondary Art Classes - Natalie Newman
Thursday Evenings, 4.00pm– 5.30pm
9 weeks x 1.5 hr classes = $277.20
(Starting on 2nd May - 27th June 2019)

Adult Drawing Classes - Susan McMinn
Thursday Evenings, 4.00pm– 8.00pm
9 weeks x 2 hr classes = $346.95
(Starting on 2nd May - 27th June 2019)

**SUNDAY**
Book here for the Mosaic with Kirsten Asche
Sunday Afternoons 1-4pm
2 Weeks x 3 hrs - $220 plus materials $60
(Starting on 28th April – 5th May 2019)

Sibling Discount 10%
Seniors Discount 10%
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

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

Respect * Personal Best * Care

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
With Thanks to The Eaglehawk Football/Netball Club and our generous sponsors 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 May 31st 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!*