FROM THE PRINCIPAL

WELCOME BACK
It has been a positive start to Term 2 and we look forward to an enjoyable and rewarding 11 weeks for the students and staff.

TERM 2 EVENTS
Classroom teachers have been busily preparing their programs in readiness for a busy term.

Units of Work to be covered this term include:
Grade Prep, 1 and 2 children will be studying the oceans with a trip to the aquarium in Melbourne being planned. The children in grades 3 to 6 will be studying dinosaurs.

PROMOTING OUR SCHOOL
We are always looking at ways of promoting our school to new families. I believe one of the most effective ways to promote the school is through you, the parents. If you know anyone moving into our area, has a child attending your child's preschool or who has a Prep child for next year and is considering their school enrolment options, then talk to them about our school and please invite them contact the school and set up a time for a tour.

PREMIERS READING CHALLENGE (PRC)
We encourage all children to participate in the Premiers Reading Challenge. Registration forms were sent home mid-way through term 1 but there is still plenty of time to join and complete the challenge which concludes in September. There are books appropriate for all ages and abilities so there is no reason why as part of the children’s daily reading they cannot enjoy the success of completing the Premiers’ Reading Challenge. So far we have most of the children registered; let us increase the participation to all children by the end of April. Congratulations to Grade 4/5 W which has all students now registered to participate in the PRC. Well done.

At California Gully Primary School we understand the value of reading daily and have added more incentives for our PRC participants. This year we have introduced the Silver Star award for those students who read 50 plus PRC books and the Gold Star award for those who read over 100 PRC books.

ANZAC DAY SERVICE
All members of our school community have been invited by the Bendigo District RSL to attend the ANZAC Day Commemorative Service at Brassy Square in front of the Eaglehawk Town Hall on Thursday April 25 commencing at 8.30 am. The school will be providing a memorial wreath to be laid during the ceremony. It would be greatly appreciated by the Veterans and their families if we were represented by some of our students in the wreath laying ceremony. Please let Mr Mac or Mr Lee know if your child would like to participate. On Tuesday of next week 6 children from our Junior School Council will be attending a special ANZAC service at Benetas (St. Laurence Court).

ON A SAD NOTE
It is with sorrow that I inform you of the passing of Jason’s mother, Lyn, after losing her battle with cancer. Our thoughts are with Jason, Lisa and family at this sad time. Jason will return to work on Monday.
Community Breakfast Program

Thanks to Empowering Eaglehawk and the Peter Krenz Leisure Centre/YMCA we will be starting a community breakfast program for all families and staff of California Gully. The first breakfast program will be on Friday April 26th at 8 a.m. We would love to see all students attend on this day. If you require any further information please contact Kerryn or Nicole.

Woolworths Earn & Learn 2013
It's back and it is now easier than ever to earn valuable resources for our school.

It's simple to participate: from Monday 8th April, when you shop at Woolworths you can collect points from the checkout operator and place them on point sheets. There'll be one point for every $10 spent (excluding liquor, tobacco, and gift cards). Once completed, place your point sheets in the collection box located in the office here at school. Woolworths Earn & Learn Points Sheets can be downloaded from www.woolworths.com.au/earnandlearn or collected in store.

EGGS FOR SALE
Our girls are busy laying lots of eggs, $2.50 a dozen. See Wendy in the grade 3/4 room.
If families have vegie scraps, stale bread or they would like to cook up some pasta or rice and bring it to my room in the morning the girls would really appreciate it.

Wendy Ennor

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School Assembly starts at 8.55 a.m. Please be on time!
TIP 17. FRUITS, VEGETABLES AND LEGUMES RULE

Fresh fruit is an ideal fruit for kids. It is colourful and naturally sweet, and most 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 choy, 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 butter beans, soybeans, lentils, chickpeas and mung beans. Like all plant food, 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.

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.

Top Tip

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

Drinks for Kids

There are many opinions regarding the best beverage choice for your child, whether it be water, milk or 100% fruit juice. However, nutritionists across the globe all agree that water should always be your first choice when selecting a thirst quenching drink.

Why?? There are many benefits to drinking water including:

⇒ It does not cause dental caries
⇒ It is thirst quenching
⇒ It has no energy or kilojoules and no caffeine
⇒ It prevents dehydration
⇒ It costs nothing

Dehydration is a major issue for children; they can easily become dehydrated because they haven’t developed thirst signals. Children need to be encouraged and reminded to drink throughout the day.

Other drinks such as cordial, soft drinks and fruit juices are high in sugar and promote dental caries. Juice contains natural sugars that is concentrated, while soft drinks and cordials have added sugar.

Milk should be encouraged as a healthy beverage. Choose low fat, plain milk types for strong bones. Try dairy smoothies, e.g. banana smoothies, or milkshakes and warm milk with Milo.

Can You Help?

On Saturday May 18th the School Council will be holding a Sausage Sizzle at Eaglehawk IGA supermarket between 9.00 a.m. and 1.00 p.m. We are looking for willing cooks for the day! So if you want to show off your barbecue skills please let Nicole know in the school office.

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 early term 2 at 9.05 a.m. in the conference room, we look forward to some new faces joining us.

Parents’ Club Lunch Orders
Lunch orders will be every second WEDNESDAY. Please place correct money in the envelope when sending the orders to school. Children need to place their lunch orders in the pink tub in the office by 9.30 a.m. on Friday. If your child is absent on lunch order day, please let the office know so we can organise a refund. Please note that for the first Lunch Order day for Term 2 the Lunch Orders will be on Tuesday because of the zone cross country that all senior students will be participating in.

“Foneraiser” Mobile Phone Recycling
All families would have received a satchel for old mobile phones. We will earn cash from “Foneraiser” for each mobile phone we send them throughout 2013. Not only do we raise funds for or school but we are also helping the environment at the same time!

Mothers’ Day Stall
The Mothers’ Day stall and raffle will be held Friday May 10th, we are seeking donations of gifts to go on the stall (we sell gives ranging in price from $1.00 to $5.00) If you can help with items or a gold coin donation please leave these in the office. If anyone knows of any businesses that would like to donate a prize for the raffle please speak to Natasha Fullerton.

PLAYGROUP
Tuesdays and Wednesdays
10.00 a.m. - 12.00 p.m.
in the Outside School Hours Care room.
Looking to meet other mums or new friends for your little ones? Come on over and join us her at Cal. Gully Playgroup!! Bring along a piece of fruit to share, a healthy snack, drink bottle and hat. All Welcome!!!
Next Sessions: Tuesday April 23rd - Activity to be confirmed.
Wednesday April 24th - Activity to be confirmed.

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

COMMUNITY NOTICES

act, create, communicate
Self-development through drama!
Boost your child’s creativity, confidence
and communication skills.
Enrolling now for students aged 5 to 17.
www.helenogradu.com.au

Thank you to

for your support of the
California Gully Primary School
Parents’ Club fundraising efforts.

CATHOLIC COLLEGE BENDIGO

Current and prospective families are most welcome to
attend our OPEN DAY to be held on Sunday May 5th
2013 between 12.00 and 2.30 p.m. at La Valla, McIvor
Highway, Junortoun. There will be a variety of activities
including displays and demonstrations, musical perfor-
mances, guided tours, refreshments and much more.

ENROLMENTS - YEAR 7, 2014

Each year Catholic College Bendigo welcomes new students. For students currently in Year 6, a Transition Day is held to experi-
ce life as a Year 7 student. Students in Year 6 are invit-
ed to attend a Transition Day on Wednesday May 29th
2013. If you are interested in your Year 6 student attend-
ing Transition Day it is necessary to register by contact-
ing Mrs. Trish Martin, College Registrar on 5449 3466 or
e-mail tmartin@ccb.vic.edu.au to obtain a Registration
Form.

School Assembly starts at 8.55 a.m. Please be on time!
All Stone Quarries have a VIP program that we are beneficiaries of. If you are a member of the program and have indicated that you would like California Gully Primary School to be your community group of choice 1% of your purchases is donated to the school. ASQ keep track of all purchases made by VIP customers. The more members, the more they spend, the more funds we raise. To ensure the success of the ASQ VIP program and to help our fundraising efforts we have some VIP membership brochures available from the school office. Simply fill out the form and return it to ASQ. Better still VIP members get 5% discount on all purchases they make at ASQ Landscape Supply yards and 5% of all plants, giftware and nursery items from their Garden Centres. Win/Win for both members and the school!

Once a year ASQ will present us with a cheque for the funds raised over the prior 12 months.

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**BOLD is conducting an information session on Anxiety in Older Children and Young Adolescents**

This session will be presented by Nerida Hyett who is a local private occupational therapist who works at headspace mental health services and is a lecturer at La Trobe University. This information evening is for families and professional staff.

**When:** Tuesday 7th May  
**Time:** Arrive 7:00pm for a 7:15pm Start  
**Where:** Catholic Education Centre, 120 Hargreaves St Bendigo  
**Cost:** $10 per family  
$35 professional  
$30 for each staff member of a rural school/ more than 5 staff attend from an organisation.

All professional staff will receive a Certificate of Attendance

Complete the registration form located at [www.bold.org.au](http://www.bold.org.au)  
Enquiries: - email [info@bold.org.au](mailto:info@bold.org.au)  
- Information: Christine 0437 207 533  
- Booking: Rachel Wells 5434 3922

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**PLUMBER AND GASFITTER**

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

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Fun Language Clubs for Kids

French, Spanish, Mandarin, German & Italian

Preschooler Clubs
Playgroup in another language – Amazing to watch 2-5 yrs & parents join in

Primary aged Clubs
After school & Saturday mornings 5-12 yrs

Lots of days & time options
Affordable pricing & family discounts
Register for a FREE trial now!

Play-based programs: Games, craft, songs, puppets, plays and fun activities to get your child using the language naturally and quickly.

We can help your child become bilingual...

The Bendigo / Castlemaine region is abuzz with the Fun Languages 4 Kids craze – Come & check out what everyone is talking about....

Enquiries to Sally-Anne:
m: 0419 390 824
e: sally-anne.symes@fclubs.com.au
Twitter: @Languages4Kids
www.fclubs.com.au

Bendigo Family Nature Club Indigenous Perspectives of Country

Guided by Bambi Lees children, with their families, will be viewing local indigenous heritage sites. Indigenous perspectives of country is a day of learning about local traditional indigenous resource management. Please note this event requires a number of hours of walking and use of “bush” toilets.

When: 9.30 am – 2.00 pm, Sunday 21 April, 2013
Registration & Info: bendigonatureclub@gmail.com or 54440678

This event is made possible through the collaboration of the Bendigo Field Naturalists and the Bendigo Sustainability Group

What do you know about the Bendigo Regional YMCA?

- We serve almost 470 meals each week through our school brekky programs
- We have over 1,000 children participating in Aquatic Education classes each week
- We have recently opened a new, state of the art Early Learning Centre – Lightning Reef, the only one of its kind in Regional Victoria
- We provide funding to the local community though the YMCA Foundation
- We provide childcare to over 100 families everyday
- We won the not-for-profit sector of the 2012 Bendigo Business Excellence Awards
- We sponsor local sporting teams including the Bendigo Spirit, Bendigo Braves, Eaglehawk Football/Netball Club, the Bendigo Special Olympics Swim Team among many more
- We currently have 7 After School Care programs, and 3 Holiday Programs

This is the best place to get the ball rolling.

www.bendigoymca.org.au  5445 8300
Meet the author

Meet Author - Ann Walker
Friday 3rd May
10am
Eaglehawk Library
beside Eaglehawk Town Hall.

BOOK CLUB

Book Club Issue 3 has been sent home this week. It is due back at school on Friday April 26th 2013.
If you have any questions, please see Linda Windridge or your class teacher.

ANZAC Day Merchandise

ANZAC Day merchandise is available from members of the Junior School Council.
Badges range in price from .50c to $5.00.
Wristbands $3.00
Bag Tags $4.00 (very limited number of these available)

Parent Support Group

1st Meeting on Thursday 18th April

This group is suitable for parents and carers of children who learn differently or are struggling with their education.

The group aims to support parents/carers by:

- Providing educational and topical information which can then be discussed in a supportive and safe environment.
- Allowing parents/carers to share success, hardships, concerns and experiences with others in similar positions.
- Inviting professionals to share with the group about community resources.

Meetings: 3rd Thursday of each month
Time: 7.30pm-9.30pm
Location: Bendigo Neighbourhood House
21 Neale St, Bendigo (corner of Hodgkinson St)

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