FROM THE PRINCIPAL

ANZAC SERVICE
It was my privilege to accompany 5 members of our Junior School Council team to a special ANZAC service at Benetas (St. Laurence Court). The students as you would expect were very respectful and listened intently to the ex-servicemen and active servicemen as they recounted their time in the armed forces. It is such an important day on the Australian calendar and an opportunity for our children to reflect on a very significant event in our history. All members of our school community have been invited by the Bendigo District RSL to attend the ANZAC Day Commemorative Service at Brassey 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.

SCHOOL FEES
To ensure we are able to buy the resources and run the programs budgeted for in the 2013 school year it is imperative families pay the school fees. At this stage 79% of families have paid, thank you. It would be greatly appreciated if all families could pay their school fees before the end of May. The Department of Education and Early Childhood Development have in place a policy which states parents can be asked to pay for the following essential education items. These are items which parents/guardians pay the school to provide or may provide themselves, if appropriate. These items are essential to support instruction in the standard curriculum program and include:
- materials that the individual student takes possession of, such as text books and student stationery
- materials for learning and teaching where the student consumes or takes possession of the finished articles (e.g. technology, ICT materials and artwork)
- activities associated with, but not part of instruction in the standard curriculum program, such as costs associated with camps and excursions which all students are expected to attend (e.g. transport and entrance costs).

If you are unsure if you have paid or not, or are having financial issues please contact the school for support and all conversations will occur in the strictest of confidence.

MEDICAL DETAILS UPDATES
It has become apparent some children’s medical records are not up to date, have changed or a medical condition does exist and we have inadequate information to support the child. Please complete the attached medical form if your child does have a medical condition and return to school as soon as possible, with any additional information from the family doctor.
Note: If your child is asthmatic we require an Asthma Management Plan updated annually from your family doctor.

Jason Lee
Principal

School Assembly starts at 8.55 a.m. Please be on time!
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 this, 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, collected in store or downloaded from the school’s website www.californiagullps.vic.edu.au

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

School Calendar

<table>
<thead>
<tr>
<th>April 29th - May 3rd</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td></td>
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<td>Subway Lunch Orders Due with Correct Money</td>
<td>Student Banking Day Subway Lunch Order Day</td>
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<tr>
<td>May 6th - May 10th</td>
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<td>Parents’ Club Lunch Order Day</td>
<td>Student Banking Day Mothers’ Day Stall</td>
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<td>May 13th - May 17th</td>
<td>School Council Meeting</td>
<td>School Photo Day</td>
<td>Subway Lunch Orders Due with Correct Money</td>
<td>Student Banking Day Subway Lunch Order Day</td>
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<tr>
<td>May 20th - May 24th</td>
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<td></td>
<td>Parents’ Club Lunch Order Day</td>
<td>Student Banking Day</td>
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School Assembly starts at 8.55 a.m. Please be on time!
HEALTHY LIVING

GREAT TIPS FOR HEALTHY KIDS

TIP 18. TURNING OFF THE TV TURNS KIDS ON TO LIFE
Turning off the TV will meet with howls of protest from your kids, but it won’t be so bad if you offer fun alternatives. You can explain to your kids that when they watch TV shows, they are often watching other people’s lives and living though them. Even when kids watch cartoons they are watching creatures having adventures, rather than having some themselves. Better to make your own experiences as a family. You can only do this when you actually get out there and live, rather than always watching other people do it on TV.

What you can do NOW
♦ Spend time in conversation as a family. The TV can take up valuable communication time.
♦ Walk your talk. Set a good example to your kids by going for a walk, reading, cooking, gardening, or doing whatever else you enjoy.
♦ Read a book to your kids, even when they are older.

Top Tip
Brainstorm with your kids all the things you love to do besides watching TV. Decide on which of these things you could start on now.

GOOD IDEA!
Borrow lots of books from the library and carry them home on foot. There are many benefits and you will burn more kilojoules walking to the library than sitting on the sofa.

Fabulous Fibre
Fibre is needed to keep our digestive system healthy.

Where is fibre found?
Foods that are a good source of fibre include wholemeal breads and cereals, fruit (such as apples and kiwi fruit), vegetables (such as broccoli and carrots) and legumes (such as dried beans, baked beans and lentils).

Advantages of eating a high fibre breakfast
• Helps prevent constipation—a very common health problem in Australian children
• Increases your energy levels throughout the day
• High fibre foods are generally low in fat

How much fibre should my child be eating?
A good rule of thumb to work out a school child’s fibre requirement is adding their age plus 5 to 10 grams of fibre. For example, a 10 year old child needs 10 grams of fibre (their age), plus 5 to 10 grams more of fibre. Therefore, a 10 year old child needs 15 to 20 grams of fibre per day. In comparison, adults need 30 grams of fibre per day.

Most food products list the fibre content on their information panel. Wholefoods, such as fruit and vegetable are naturally packed with fibre!

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!
School Camps & Excursions: Asthma

If your child has asthma, attending school camps and excursions can introduce them to new asthma triggers especially if they are going into new environments. It is essential that your child can participate fully and safely in all school activities. The following is a list of considerations to make for your child before they go on school camp or an excursion:

- Is your child’s asthma currently well controlled (e.g. no symptoms at night, reliever use less than 3 times per week)?
- Has your child had an asthma attack or asthma symptoms recently?
- Does the school have an Asthma Action Plan for your child?
- Has the school asked you to complete a School Camp and Excursion Medical Update Form?
- Does your child have their reliever medication and spacer on hand at all times?
- Are they attending with any other medications to be taken on the camp/excursion? If so, are there sufficient instructions to staff for use/dosage?
- Does your child self-administer their medication? If so, has their technique been checked recently?

For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

Advance Notice:
On Saturday May 18th the school will be conducting a Trivia Night in the Early Years Learning Centre (new building). This evening will begin at 6.30 p.m. Further details will be available in next week’s newsletter.

Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday April 19th**

**Prep Peacock:**  
Bailey B. - For careful ‘finger spelling’ and attempting to write independently.  
Declan T. - For attempting to sound our words and write independently. Well done!

**1/2 Carroll-Reilly:**  
Chloe-H. - For working hard in the classroom and always being a co-operative student.  
Jade H. - For working really hard in spelling this week and making great contributions.

**1/2 Christian:**  
Jayden B. - For showing terrific dedication and independence getting his work done in class.  
Errin H. - For her friendly positive attitude to school and her classmates.

**3/4 Ennor:**  
Ayla L. - For a great start to Term 2.  
Kodi P. - For working hard in spelling.

**4/5 Hartney:**  
Caleb C. - For completing a dinosaur survey, dot graph and bar graph neatly and accurately in Math.  
Izak O’S. - For an exceptional effort during every cross-country practices.

**5/6 Windridge:**  
Riley B. - For learning all his times tables.  
Liam G. - For doing his personal best in all areas of the curriculum.

**6 McKerrow:**  
Richard B. - For excellent plotting on a positive/negative axis.  
Alex H. - For excellent plotting on a positive/negative axis.

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

Parents’ Club Meeting
The next meeting of the Parents’ Club will be held Friday June 21st 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.

“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 our 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 gifts 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.

Easter Raffle Results
Congratulations to the following people who were lucky enough to win prizes in our recent Easter Raffle. We hope they enjoyed all that yummy chocolate!!!

1st Prize  Chris Parker
2nd Prize  Jordan Ilsley
3rd Prize  Nic Wilcock
4th Prize  Tyson Anderson
5th Prize  The Hartland Family
6th Prize  Sharon Ilsley
&th Prize  Roger Boehme

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 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 30th - Activity to be confirmed.
                        Wednesday May 1st - Activity to be confirmed.
Join us on Facebook:  www.facebook/calgullyplaygroup1

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.helenogrady.com.au

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

What do you know about
the Bendigo Regional YMCA?

- We serve almost 470 meals each week through our school brekkie
  programs.
- We have over 1,000 children participating in Aquatic Educations
  classes each week.
- We have recently opened a new, state of the art Early Learning
  Centre – Lightning Icet, the only one of its kind in regional
  Victoria.
- We provide funding to the local community through 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, Elphick 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

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 activi-
ties including displays and demonstrations, musical per-
formances, 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-
ence life as a Year 7 student. Students in Year 6 are invit-
ed to attend for 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
email tmartin@ccb.vic.edu.au to obtain a Registration
Form.

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

Thank you to

Geoff Findlay  Manager
342 Hargreaves St, Bendigo 3550
Ph (03) 5443 3069

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

Meet the author

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

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.

Let's live better.

Bendigo Marketplace Shopping Centre's
RUN AROUND AUSTRALIA 2013

Shop at Bendigo Marketplace Shopping Centre from Monday 15th April to Sunday 26th May 2013. Then simply present your shopping receipts at the Customer Service Desk or in the quick drop boxes located behind the customer service desk at the centre. There is a drop box clearly labelled and allocated to California Gully Primary School.

The idea behind the Bendigo Marketplace Shopping Centre Run Around Australia is that customers are awarded kilometres for dollars spent at all stores in centre. The customer nominates the name of the school that they want to receive their kilometres. They continue to redeem their receipts for kilometres throughout the promotional period and the school that runs around Australia the furthest wins!

There are three MAJOR CASH PRIZES to be won:

1st Prize $10,000
2nd Prize $3,000
3rd Prize $2,000

Here is the leaderboard after the first week.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Participating School</th>
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<tbody>
<tr>
<td>1</td>
<td>Epsom Primary 9738km</td>
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<tr>
<td>2</td>
<td>Golden Square Primary 6204km</td>
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<tr>
<td>3</td>
<td>Kangaroo Flat Primary 5560km</td>
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<td>4</td>
<td>Eaglehawk Primary 5239km</td>
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<td>5</td>
<td>California Gully Primary 3937km</td>
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<td>6</td>
<td>Goornong Primary 3262km</td>
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<td>7</td>
<td>Kalianna Primary 3016km</td>
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<td>8</td>
<td>Spring Gully Primary 2956km</td>
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<td>9</td>
<td>Maiden Gully Primary 2892km</td>
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<td>10</td>
<td>Quarry Hill Primary 2456km</td>
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<td>11</td>
<td>Lockwood South Primary 2444km</td>
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<td>12</td>
<td>St Joseph’s Primary 2135km</td>
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<td>13</td>
<td>Huntly Primary 1971km</td>
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<td>14</td>
<td>Specimen Hill Primary TBA</td>
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