FROM THE PRINCIPAL

SCHOOL COUNCIL ELECTIONS

Following the closing of nominations the subsequent parents and staff members have been elected to School Council for the next two years.

Congratulations to:

Parent members: Deanne Pointon, Chris Parker, Paul Guilmartin and Rohan Anderson

Staff Members: Doris Carroll & Nicole Cooper

Community member: To Be Confirmed

I would like to thank and acknowledge the retiring members for all their voluntary work and the contribution they have made to California Gully Primary School. They are; Emma Gretrix (8 years) Tony Plant (1 year).

PARENTS’ CLUB

Parents’ Club work extremely hard each year to raise money for school improvement. Sometimes the benefits of their hard work are not as noticeable as say a new fridge or a large screen TV. The money raised by Parents’ Club last year has allowed us to purchase a large selection of reading materials both for home reading and classroom programs including online literacy resources. This is of significant value for both our literacy programs and the increased variety of home reading materials available to the children. Parents’ Club also supported the recently completed junior school sandpit/play area providing funds and ensuring it could be completed to our satisfaction.

WORKING BEE

On Sunday March 24 the school will be running a working bee to complete some minor maintenance and undertake a general tidy up of our school grounds and gardens. More specific details regarding starting and finishing times, tools and equipment required and specific tasks will be forwarded shortly.

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

Want to boost your back-to-school budget?
Here are a few tips from parenting expert Michael Grause:

1. Tackle the school supply list early. Pens, rulers, notebooks, pads, art supplies, calculator, text books... the back-to-school supply list can seem endless. Follow your school’s recommended list, utilise back-to-school sales and resist the temptation to make unnecessary additions suggested by your children.

2. Make sure your children have their full school uniforms. Fitting in is vital to kids at the start of the school year, and the school uniform is an important part of that process. Consider recycling some of last year’s uniform, while replacing items that will wear out or outgrow during the year. A great cost effective option is to check out the school’s uniform shop, community notices and classifieds for second hand uniforms.

3. Remember to pay the school fees. School fees can easily go under the budgeting radar, so don’t forget to account for school fees, whether they’re compulsory or voluntary.

School Uniform
Outside the office is a small uniform display. The upcoming Summer holidays is a great time for parents to take their children into Bendigo Uniforms Plus to purchase their child’s uniform for next year. They also sell the school’s bucket and wide brim style hats which are required during Terms 1 and 4. Please remember that wearing of the school uniform is compulsory.

School Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 4th -</td>
<td>Labour Day</td>
<td>Grade 6 Polo Shirt Orders &amp; Money Due</td>
<td>Parents’ Club Lunch Order Day</td>
<td>Student Banking Day</td>
</tr>
<tr>
<td>March 8th</td>
<td>Public Holiday</td>
<td></td>
<td>Parent Managed Head Lice Program Inspections</td>
<td>Parents’ Club Meeting</td>
</tr>
<tr>
<td>March 11th -</td>
<td></td>
<td></td>
<td>Book Club Issue 2 Orders and Correct Money Due</td>
<td>Student Banking Day</td>
</tr>
<tr>
<td>March 15th</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 18th -</td>
<td></td>
<td>Hot Cross Bun Order Forms and Money to be</td>
<td></td>
<td>Student Banking Day</td>
</tr>
<tr>
<td>March 22nd</td>
<td></td>
<td>Returned</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 25th -</td>
<td></td>
<td>Hot Cross Bun Orders to be Collected</td>
<td>Parents’ Club Lunch Order Day</td>
<td></td>
</tr>
<tr>
<td>March 29th</td>
<td></td>
<td></td>
<td>Easter Raffle Tickets Due Back</td>
<td>Last Day of Term 1</td>
</tr>
</tbody>
</table>

School Charges Payments Due Friday March 1st 2013
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday February 1st**

**Prep Peacock:**
- Oscar G. - For wonderful listening skills when sitting on the mat.
- Logan W. - For settling into school routines with confidence.

**1/2 Carroll-Reilly:**
- Samuel C. - For a fantastic start to the school year and for being a great helper.
- Ryan H. - For following our grade rules and being a great role model.

**1/2 Christian:**
- Levi E. - For a fantastic start to the year. Thank you for all your help.
- Samuel G. - For a fantastic start to the year. Both academically & socially.

**3/4 Ennor:**
- Ella B. - For being the best SKUNK.
- Jazmin T. - For an excellent oral presentation of her holiday collage.

**4/5 Hartney:**
- Maya A. - For making a fantastic start at Cal. Gully P.S.
- Michael M. - For working really co-operatively in the classroom.

**5/6 Windridge:**
- Jesse C. - For a very settled start to the school year.
- Phoebe L. - For a very settled start to the school year.

**6 McKerrow:**
- Madisyn B. - For being a helpful student in day 1.
- Abbey W. - For being a helpful student in day 1.

**Friday February 8th**

**Prep Peacock:**
- Trey B. - For making a wonderful transition to school. Congratulations!
- Jemma G. - For making a wonderful transition to school. Congratulations!

**1/2 Christian:**
- Richard P. - For great efforts in writing this week.
- Ryan S. - For great efforts in writing this week.

**3/4 Ennor:**
- Keely F. - For always working well in class.
- Nathaniel H. - For always being polite and appreciative.

**4/5 Hartney:**
- Pacy B. - For being an interested and caring student.
- Mickayla B-W. - For excellent work all week.

**5/6 Windridge:**
- Liam G. - For persevering with his new Australian Flag design.
- Olivia T. - For excellent work and presentation of her "nouns".

**6 McKerrow:**
- Richard B. - For excellent writing about the Eureka Stockade.
- Jasmine McC. - For excellent writing about the Eureka Stockade.

**BOOK CLUB**

Book Club Issue 2 will be sent home soon. It is due back at school on Thursday, March 14th 2013. If you have any questions, please see Linda Windridge or your class teacher.
WEIGHT CONTROL APPLIES TO KIDS TOO

About one in every four Australian children is overweight. You might think it’s just puppy fat, and that as kids grow they’ll lose the extra weight. This may be true for some children, but research shows that overweight kids are more likely to become overweight adults. This can lead to a whole lot of health problems, some of them very serious. Being overweight can affect the way kids see themselves. Sometimes they are teased or bullied by other children, and they may be too self-conscious to take part in physical activity, which makes matters worse.

What you can do NOW

- Start being more active today - take your child for a walk to the shops or around the block.
- Go through the cupboards and fridge, clearing out any high-energy foods, particularly those high in saturated fat and sugars.
- If your child feels uncomfortable about their physical skills or appearance, be supportive and encouraging.

Top Tip

Excessive weight is caused by a combination of too little physical activity and a diet high in energy (kilojoules). If you aren’t sure whether your child is overweight, ask your family doctor, the school nurse or another health professional to check it out, and ask them for advice.

THE GLYCAEMIC INDEX AND CHILDREN...

There is no doubt that many have heard of the Glycaemic Index (GI). But do you really understand it and know how the GI can help in the management & prevention of overweight and obesity?

The GI is based on the type of carbohydrate in foods and indicates their ability to raise blood glucose levels. Low GI are digested slower producing a more gradual rise in blood glucose levels. Low GI foods have been shown to be more filling and can reduce overeating. They provide children with a more sustained form of energy.

The following are great examples of low GI foods and are also high in micronutrients and have very little saturated fat. The recommended number of serves for children is included as well. Note that the GI only applies to foods that are high carbohydrate (fat foods don’t have a GI).

Cereal & Grains: 5 - 9 serves per day
1 serve = 1/2 cup (70-120g)
e.g. wholegrain breads, porridge, basmati rice, natural popcorn, wholemeal pasta etc

Fruits: 1 - 2 serves per day
1 serve = 1 medium whole piece or 1/2 cup 60 -75g berries e.g. stone fruits, apples, pears, bananas, grapes, oranges

Vegetables & legumes: 2 - 5 serves per day
1 serve = 1/2 cup cooked or 1 cup chopped salad e.g. most vegetables are low GI, as well as all legumes (baked beans, kidney beans, lentils etc)

Milk & milk products: 2 - 3 serves per day
1 serve = 1 cup milk or 30g cheese e.g. low fat milk and dairy foods like cheese and yoghurt
Parents’ Club Meeting
The next meeting of the Parents’ Club will be held Friday, March 8th 2013 at 9.05 a.m. in the conference room, we look forward to some of our new Prep families 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.

Easter Raffle
Easter Raffle books have been sent home, there is sure to be many wonderful prizes to be won. Tickets will be $1.00 each. The raffle will be drawn at assembly on Thursday March 28th. All raffle books and money must be returned to school by 9.00 a.m. Wednesday March 27th.
If you would like another raffle book please see Nicole in the school office.
To make our Easter Raffle even more successful we are asking for donations of Easter eggs/bunnies or chocolates to make the prizes bigger and better. If you would like to donate some eggs or simply like to donate a gold coin to go towards purchasing Easter eggs there will be a basket in the office to place your donation in.

Hot Cross Bun Drive
This term we will be conducting a Hot Cross Bun Drive. Order forms have been sent home so you can order some of these yummy Easter treats! Hot Cross Bun Order Forms and money are due back by Tuesday March 19th. Orders can be collected from the kitchen between 2.30 p.m. and 3.30 p.m. on Tuesday March 26th, just in time for Easter!

“Foneraiser” Mobile Phone Recycling
Last week 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!

PLAYGROUP
Tuesdays and Thursdays
10.00 a.m. - 12.00 p.m.
in the Outside School Hours Care room.
The next Playgroup sessions will be next Tuesday, March 5th and Thursday, March 7th. Please bring along a healthy snack and drink. All Welcome!
We always try to encourage the healthy eating and SunSmart messages that are taught to our students at school, to provide a great foundation for our future students.

Join us on Facebook: www.facebook/calgullyplaygroup1

School Charges Payments Due Friday March 1st 2013
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

HATHA YOGA
NEW TO
Sailors Gully Community Hall
Tuesday
6.30-7.30 Hatha Yoga, General class, open to all levels.
7.45-9.00 Relax Into Life, Meditation & Relaxation.
10 weeks $150, Students/Unemployed/Pensioners $120, Casual $17
Class Enquiries: Donna Attewell 0411 305 272
Email: donnattewell@hotmail.com
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

COMMUNITY NOTICES

Mums’ Program

Only $35 for five weeks of group tennis coaching* Tennis Victoria’s Mums’ Program is run by a Tennis Australia qualified coach which means that you will be in good hands to develop your tennis skills. In addition, some time and money on childcare by enrolling your child(ren) in the Tiny Tots program** for just $35 for the ten to five weeks. Open to beginners and those who would like to return to tennis, the Mums’ Program allows you to take some time out for yourself and get fit and active whilst socialising with other mums in your area.

Benefits of the Mums’ Program:
- Improve your health, fun and get fit
- No need to find or pay for childcare to participate
- Receive expert tennis coaching
- Save money as you don’t have to purchase any equipment to participate
- Get a great taste of City Tennis and get involved with your local tennis club for a minimal cost

Tiny Tots Program

Enrol your child in our Tiny Tots Program**
The Tiny Tots Program is targeted at children aged 2-6 and helps them develop fundamental motor skills whilst allowing you to participate in tennis, without the burden of having to find childcare.

Program Registration

To register for the Mums’ Program and the Tiny Tots Program**, please contact your nearest venue. Places are limited so register early.

For further information please contact Tennis Victoria on (03) 4201 6000 or visit tennis.com.au/vic/play-tennis/getting-started.

* This program is open to some participants only.
** Subject to coach availability and venue opening the Mums’ Program for what should be a popular one Tiny Tots Program.

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

School Charges Payments Due Friday March 1st 2013
Does your child stutter? 
Opportunity for treatment

The Department of Human Communication Sciences at La Trobe University provides a world-renowned best-practice treatment for people who stutter. This treatment will be offered for the first time this year in Bendigo. It will be a collaboration between the La Trobe Rural Health School, the Catholic Education office and the Department of Education.

The Intensive Fluency program will be for adolescents (aged 10 years and older) from Bendigo and surrounding regions. This initiative has had significant success for over 20 years in Melbourne and now we are delighted to offer the opportunity to students in the Bendigo area to benefit from the treatment. The program is provided by final year speech pathology students and experienced clinical supervisors.

The program will be conducted in July and we are currently inviting expressions of interest for young adolescent stutterers to be involved in this exciting initiative. Parents of interested students are invited to consider this opportunity.

If you have any questions or would like your child to be involved in the program, please forward expressions of interest to Madeline Leyden, Speech Pathologist, Department of Education and Early Childhood Development. Ph: 5438 1254.

SCOTS Baseball Club
Invites You to
Come & Try Baseball
On Tuesday 12th March
@ Albert Roy Reserve (Diamond 1)
Victoria St, Eaglehawk on
All the fun @ the ballpark will be happening
from 4:30 - 6:30pm.
BBQ provided.
Come along with your mates and give baseball a go this year.
Baseball equipment will be provided to you by the club.

For further information please contact Lana Harrison
0428 462 149

VENUE: Rebel Sport – Kangaroo Flat
DATE: Friday March 1
TIME: 4-7pm
All registering players will receive a 20% discount from Rebel Sport on all purchases on the night.

For more information, please call Fitz Parker on 0420932547 OR go to www.eaglehawksoccercub.com.au

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.helenogradych.com.au

Home Interaction Program for Parents and Youngsters
Do you have a 4 - 5 year old child?
Do you want to get them ready for a great start at school?
If you do, HIPPY is a golden opportunity for you and your child.

What is HIPPY?
HIPPY is a program making it easy for parents to help their young children learn.
As a parent, you are your child’s first teacher - HIPPY helps you.

Who is HIPPY for?
HIPPY is for children who are pre-school age (4 - 5yrs) with their Mum, Dad, Grandparent or Carer.

What does HIPPY cost?
It’s Free!

HOME INTERACTION PROGRAM (HIPPY)
For more information, call or send phone Heather Brown on 5430 1200, mobile 0457 991 745 or email: h.brown@evalues.org.au

School Charges Payments Due Friday March 1st 2013