FROM THE PRINCIPAL

SMOOTH START TO TERM TWO

Children and staff have settled well into term two. The children are excited about the new line markings and have been using them as well as drawing up their own with chalk. A thank you must go to the parents’ club for providing the funding for the markings to be done.

ANZAC DAY SERVICE

The school was represented at the ANZAC Day service at Eaglehawk last Friday morning. We had some children involved in the laying of a wreath – a BIG thank you to Chris Smith for making our lovely wreath. Thank you also to Isabel and Keely for laying the wreath during the ceremony.

RESPONSIBLE PET OWNERSHIP

Unfortunately the program had to be postponed last Friday. The program will now go ahead in June. The program teaches children about the responsibilities that go along with owning a pet and about safety around dogs.

PREPARATION FOR PUBERTY PROGRAM

As part of the curriculum for Grade 6 students, a personal development program, ‘Preparation for Puberty’ will commence on Tuesday May 13. This will be conducted by the school nurse, Andrea Scott. This is a 3 session program that explores the physical and emotional changes of puberty and includes discussion regarding general aspects of health, including relationships and body image.

If you have a child in grade six you should have received an information note from them last night. If you do not wish for your child to participate, please fill out the consent form and return to the school by Friday May 2. If you do not return this form it will be assumed that you are happy for your child to participate in the program.

If you would like to participate in a parent information session prior to the commencement of the program, please fill out the “expression of interest” form and return to the school by Friday May 2

Steve McKerrow
Acting Principal
**SCHOOL CALENDAR**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>May 5th - May 9th</td>
<td>In school performance: “The Black String Puppet Theatre”</td>
<td>Book Club Orders and Correct Money Due</td>
<td>Parents’ Club Lunch Orders</td>
<td>Student Banking Day</td>
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<tr>
<td></td>
<td></td>
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<td>Mothers’ Day Stall</td>
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<tr>
<td>May 12th - May 16th</td>
<td>School Council Meeting</td>
<td>Parents’ Club Lunch Orders</td>
<td>Subway Lunch Orders Due to the Office</td>
<td>Student Banking Day</td>
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<td></td>
<td>Subway Lunch Orders</td>
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<tr>
<td>May 19th - May 23rd</td>
<td></td>
<td>Parents’ Club Lunch Orders</td>
<td>Student Banking Day</td>
<td>Student Banking Day</td>
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<tr>
<td>May 26th - May 30th</td>
<td></td>
<td>Parents’ Club Lunch Orders</td>
<td>Subway Lunch Orders Due to the Office</td>
<td>Student Banking Day</td>
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<td></td>
<td>Subway Lunch Orders</td>
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**BOOK CLUB**

Book Club Issue 3 has been sent home. Orders with correct money are **due back** at school on Tuesday, May 6th 2014.

**Advance Notice:**

On Saturday May 31st the School Council will be conducting their second annual Twisted 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.

In the Conference Room (opposite the office) is a small uniform display. The California Gully Primary School Uniform is available from Bendigo Uniforms Plus. 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 Assembly starts at 8.55 a.m. Please be on time!
The 2014 Victorian Premiers’ Reading Challenge is underway! Both teachers and students have been busily preparing themselves for the challenge. A number of children have made an impressive start to the challenge already! Well done 😊

Most children in grades Prep to 2 have a library bag but others do not. To ensure the children maintain a good routine of looking after the books and keeping them in one safe place I would ask parents to organise a ‘library’ bag for their child. It could be a grocery bag, but a bag with a draw string would be ideal.

Can you help Miss Ennor?
If you are handy with tools Miss Ennor is looking for someone to install some more shelves in her classroom. If you think you can help please see Miss Ennor in the grade 3/4 room.

Attention parents
As you can all appreciate school’s only have limited money available to them to provide resources/materials to students. Therefore to be able to spend more on the students educational needs we do not provide tissues for the classrooms, we ask that parents assist the school by doing so.
Each classroom is currently in need of tissues, can each child please be sent to school with a box of tissues for their classroom.

Eggs for sale
Our girls are busy laying lots of eggs, $2.50 a dozen. See Wendy in the grade 3/4 room. Unfortunately in the extreme heat we have lost a few chooks, if you know of anyone who has some chooks to spare we would appreciate a few to help build our numbers again. Please see Wendy.

School Assembly starts at 8.55 a.m. Please be on time!
GREAT TIPS FOR HEALTHY KIDS

TIP 6. YOU ARE WHAT YOU EAT

You are what you eat. Whatever you put into your mouth today contributes to the body you have and the way you feel.

If you eat healthy, nutritious foods, your body works well and you have energy and vitality. If you eat junk foods that have little nutritional value, you may feel heavy and listless and your body does not function well.

Naturally, you want to give your kids the best possible start in life. When you feed them nutritious foods, you are creating a healthy foundation for them.

What you can do NOW

♦ Increase the amount of fresh food you serve the family.
♦ Cut back on buying lollies, chips and cakes - buy them just once in a while.
♦ Make a list of nutritious recipes that are quick to prepare.
♦ Serve a good balance of fruit, vegetables, rice, pasta, noodles, bread (preferably wholegrain) or wholemeal and legumes (e.g. chickpeas, lentils, baked beans).

Good Idea!

Make your own muffins, using grated carrot or zucchini, banana, or mashed pumpkin. For extra Vitamin B, sprinkle them with sunflower seeds or sesame seeds before baking.

Top Tip

Growing some of your own foods in pots, like silverbeet and cherry tomatoes, can help to educate your family about where food comes from, plus you’ll have fresh food ready to pick.

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!
Student Banking

Don’t forget that every Friday is School Banking day and students should bring in their weekly deposit. For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour. There are new reward items available during Term 2, plush penguin key ring, plush shark key ring and whale shark pencil case. These are on display in the school office.

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at California Gully Primary School.

New government dental scheme – one thousand reasons to smile!

Have you heard about the new government dental scheme “Child Dental Benefits Schedule”? From January 1st 2014, it is providing eligible kids with $1000 to spend on selected dental services over a 2 calendar year period. This great initiative expects to help around 3.4 million Australian kids between the ages of 2-17 years.

To benefit from this scheme, children must be eligible for Medicare and the family must be in receipt of Family Tax Benefit Part A or receive a relevant Government payment. Services that will be covered include: examinations, x-rays, cleaning, fissure sealing, fillings, root canals and extractions. Benefits will not be available for services carried out in hospital, or for orthodontic or cosmetic dental work.

To see if your kids are eligible, call your local Dentist who can look up the information for you.

Information provided by Pacific Smiles Dental: visit pacificsmilesdental.com.au

School Assembly starts at 8.55 a.m. Please be on time!
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

Thursday April 24th

2 Carroll-Peacock:

Hayden M. - For a sensational effort in writing when working on our Australian Animals theme.
Richard P. - For being attentive at all times and using wonderful listening behaviour.

3 Watt:

Jayde C. - For always having an extremely positive attitude towards all areas of her education.
Brandon O. - For having a great start to Term Two within the classroom.

3/4 Ennor:

Kodi P. - For a good holiday recount.
Ruby R. - For settling in well at California Gully Primary School.

From May, put sun hats away

Hidden Creatures Animation Workshop

For children 10 to 12 years old
Saturday 24 May
Applications due Monday, 12 May
For application form and information phone: 5434 6478 or email: r.phillips@bendigo.vic.gov.au

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 next Friday, May 2nd 2014 at 9.05 a.m. in the conference room, we look forward to some of our new Prep families joining us.

Mothers’ Day Stall
This year the Parents’ Club have decided to not do a Mothers’ Day Raffle and also not to ask for donations for the Mothers’ Day Stall. Our stall will be held on the morning of Monday May 9th. We are allowing children to come through in their classes and at this time they can purchase up to 2 gifts. Once all classes have been through any child who has money left over and would like to purchase more gifts can come back to the stall at morning recess time. This is to avoid disrupting class time. However, the two Prep/One classes will be allowed to spend all their money when their class comes through as they may require extra assistance. The gift prices will range from $1.00 to $5.00. As the Parents’ Club will not be running a raffle, they will be providing all the gifts offering a large range and number. This way it will allow children to purchase for their siblings who may not be at the school, for those who have extended families or those who just want to spoil Mum!
If you would still like to donate gifts we will greatly accept them. Thank you for your continued support of the Parents’ Club.

Parents’ Club Lunch Orders
Just a reminder that there is a new lunch menu during Term 2 with more hot foods for the cooler months. If your child misplaces their lunch order form you can go to the school’s website and download a form. 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 Monday. If your child is absent on lunch order day, please let the office know so we can organise a refund.

Contacting the Parents’ Club
If you wish to contact the Parents’ club have an email address which is cgpsparentsclub@gmail.com.
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

COMMUNITY NOTICES

Toddlers

Bendigo

This two hour workshop will give parents and carers of toddlers the opportunity to share ideas and experiences with others. We will discuss toddler development and the joys and challenges this stage brings to your family. Discussion will also focus on parenting strategies you may use for this age group.

Term 2 2014

<table>
<thead>
<tr>
<th>When:</th>
<th>Monday 12th May 2014</th>
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<tbody>
<tr>
<td>Time:</td>
<td>Arrival and registration 6.15pm</td>
</tr>
<tr>
<td></td>
<td>Sessions 6.30pm-8.30pm</td>
</tr>
<tr>
<td>Where:</td>
<td>CentiCare Function Room, 176-178 McCrae St, Bendigo</td>
</tr>
<tr>
<td>Cost:</td>
<td>Free</td>
</tr>
<tr>
<td>Child Care:</td>
<td>Sorry, child care is not provided</td>
</tr>
<tr>
<td>Facilitators:</td>
<td>Pru Roberton and Barb Webb</td>
</tr>
</tbody>
</table>
| Parking: | On-site parking available in staff car park, entrance via Harrigrees St

For bookings and enquiries phone Ky Gregg on 5438 1300

Groups are subject to minimum and maximum numbers. Early registration is encouraged.

Proudly sponsored by

Jacinta Allan MP, State Member for Bendigo East

Bendigo Community Toy Library presents the

BABY & KIDS MARKET

Saturday 10 May 2014 9am—1pm
Strathdale Community Centre, Crook Street

Pre-loved baby and kids items at great prices
Cots, prams, high chairs, clothes, toys, books and more

Entry by gold coin donation
Cash only--no credit facilities

Stalls available from 10am

Bendigo Autism Asperger Group
FREE AUTISM AWARENESS EVENT
THURSDAY 29TH MAY, 9.30am – 12.30pm
Bendigo Baptist Church Auditorium
757 McIvor Road Junortoun

Guest Speaker: Dr Wendy Lawson
MAPSbs(Hons), G dip(Psychostud), PhD(Psych)

Wendy is an adult on the autism spectrum, a psychologist, social worker, poet, author, adult educator, mother and grandmother who has been sharing her knowledge, understanding and experience of the autistic spectrum for over 15 years.

Wendy writes...... ‘Support for autism spectrum conditions (ASC) needs to come in various forms and from all corners of society. This seminar will outline what ASC is, how it impacts upon those living with ASC and what types of appropriate support work well. Whether at home, school or outside in the community, understanding and supporting families and individuals will either break us, or make us.’

PROGRAM
9.30am - Welcome and Introductions
9.45am - 10.45am Session 1:
'Autism Spectrum Condition and appropriate support at schools, homes and within the community'
10.45am - Morning tea (with gluten & dairy free options)
11.15am - 12.15pm Session 2:

QUESTIONS and ANSWERS with Wendy Lawson
An opportunity for questions from those in attendance on the day
12.15pm - 12.30pm – Wrap Up and finish

Parents, carers, friends, teachers, students, professionals, teenagers and adults on the Autism Spectrum are ALL WELCOME. MORNING TEA PROVIDED

It is not necessary to book for this event – just come along
(Groups: Please advise of numbers for catering purposes only)

A gold coin donation upon entering would be greatly appreciated

Any questions? Please email BAAG at info@bendigoautism.org.au or RIAAC at scott@riaac.org.au

Bendigo Autism Asperger Group (BAAG) is an Auspire Group of RIAAC Regional Information and Advocacy Council Inc. ABN 42 401 261 070

Fun with OzSquash!
The OzSquash program is a nationally recognised, modified version of squash aimed at primary school aged children, from 5-12 years old. Squash Vic has developed an 8 week in centre squash or racquetball version for primary school students to participate at their local clubs. The program closest to your school is:

Location: Bendigo Squash Centre
242 Barnard Street,
BENDIGO VIC 3550

Program Start Date: Monday 5 May:
4pm – 5pm (8 weeks)

Program Cost: $95 per child
Cost includes: An OzSquash back-pack, a racquet, ball, t-shirt, drink bottle, wristband and 8 coaching sessions

For more information or to register please contact Squash Vic at (W) www.squashvic.com.au
(E) dev.coord@squashvic.com.au or on (P) 03 9682 2199.

Squash Vic also conducts one-day Squash in School clinics for students in Grade 3 to Grade 6, giving them the opportunity to participate in the sport using modified equipment within the schoolyard.

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

PLAYGROUP
Let’s get together and build on friendships.
Wednesdays
9.30 a.m. - 11.30 p.m.
in the Outside School Hours Care room.

Please bring along a piece of fruit to share.
We follow the healthy eating guidelines and encourage the SunSmart messages that are taught to the students at school, to provide a great foundation for future students.

Next Sessions: Wednesday May 7th - Pancakes

For information of what events are coming up in playgroup please visit the school website Playgroup page.

Join us on Facebook: www.facebook/calgullyplaygroup1

Drama classes with Helen O’Grady are a FUN exciting way to learn acting skills.
The joy of learning drama with us will boost your child’s enthusiasm and confidence.
We help your child to unleash their CREATIVITY.
Helping them to feel more positive about themselves and the world around them.

www.helenogradyc.com.au

Everyday Community Health Services, together with some friends are running a weekly ‘Soup Kitchen’ for those who are looking for, or in need of, a warm meal.

Join us in the arcade outside ‘Café De Mill’ in Mangroveas Street (opposite Bri) each Thursday night at 4.00pm for a free warm bowl of soup and fresh roll each week.

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

School Assembly starts at 8.55 a.m. Please be on time!
Been watching the Baseball?
Wanna play?
Start today!

The Bendigo East Baseball Club has vacancies for boys or girls from 6 years and up to play T Ball and junior Baseball in the 2014 competition commencing on 27th of April.

Club Fees are only $65 to $85 per player.

Baseball training is held at the Ken Wust Oval, Quarry Hill.

For more details go to www.bendigoeast.baseball.com.au or Contact Club Coach Nigel Close on 0408 679 402

School Assembly starts at 8.55 a.m. Please be on time!
Parents Don't Forget

You are more than welcome to join us for Breakfast!

California Gully Primary School

Join us at our weekly Breakfast Program

Every Friday from 8 a.m. to 8.30 a.m.

Thanks to Empowering Eaglehawk, The Eaglehawk Football Club and the Peter Krenz Leisure Centre/YMCA 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 resume for Term 2 tomorrow, Friday May 2nd 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!

We would also like to acknowledge the assistance of Roger King’s IGA in Eaglehawk for providing the food for the breakfast and their weekly donation of fruit for the Fresh Fruit Friday program in the Junior School.

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