FROM THE PRINCIPAL

NAPLAN
The National Assessment Program for Literacy and Numeracy testing will be conducted on Tuesday 14th (Language Conventions and Writing), Wednesday 15th (Reading) and Thursday 16th (Numeracy) of May. These tests are for Grade 3 and Grade 5 students only. The classroom teachers have been working with the students in preparation for the testing days and have emphasised to the students just to do their best. It is important that students arrive on time so as not be disadvantaged in any way (testing in some areas can take up to an hour). The tests require stamina and good concentration. If you have any concerns about the NAPLAN program, please contact me. Parents will receive a report of their child’s results later in the school year.

EDUCATION WEEK
Education Week is from Monday, 20th to Friday, 24th May. To celebrate and acknowledge the work of the students and staff the following activities will be taking place.

Wednesday 22nd May – Open morning 9.15 – 11.00am. This is an opportunity for parents, grandparents and friends to visit their child’s class. It is also a great time for new parents to see our school in action.

Friday 24th May – 9.30 - 11.00am Guided tours conducted by our Junior School Councillors.

NATIONAL READING MONTH
May is National Family Reading Month and we are asking families to participate in this initiative. Teachers will be entering their grades into the competition. A parent information letter and reading record form has been sent home to explain the initiative in more detail. We know that having reading role models and reading together for at least 10 minutes a day is a critically important factor in a child’s learning confidence and literacy development.

BREAKFAST PROGRAM
We had a great start to our breakfast program last Friday with around 40 children and adults taking advantage of the free breakfast. Each week members of the Eaglehawk Football Club will assist with the serving of breakfast, last week they did a great job looking after the needs of the children and parents. So don’t forget TOMORROW from 8am breakfast will be served.

School Assembly starts at 8.55 a.m. Please be on time!
TRIVIA NIGHT
California Gully School Council is running a Trivia to raise funds for school programs but as importantly bringing the school community together for a night of entertainment and fun. Saturday 1st June is the date we would like as many people as possible to lock away. Talk to friends and family and book a table of 8 or just come along on the night and we’ll organise a seat for you. Further information will be forwarded shortly.

CROSS COUNTRY
On the Wednesday, 24th April students from Year 3-6 competed in the Campaspe, Goldfields and Sandhurst Division Cross Country at the Bendigo Racecourse in Epsom. The 8, 9 & 10 year olds completed a 2km course and the 11 & 12 year olds completed a 3km course. California Gully had some outstanding results on the day with a number of students finishing in the top 10 of their grouping. What I was so impressed with was positive attitude all the students took into the event and the personal best they gave when undertaking the cross country course.

Jason Lee
Principal

Community Breakfast Program

Thanks to Empowering Eaglehawk and the Peter Krenz Leisure Centre/YMCA we commenced our community breakfast program for all families and staff of California Gully last Friday. The community breakfast program will continue tomorrow, Friday May 3rd at 8 a.m. We would love to see all students attend. If you require any further information please contact Kerryn or Nicole.

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.

Photo’s from last Friday’s First Community Breakfast Program.

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>May 6th - May 10th</td>
<td>Parents’ Club Lunch Order Day</td>
<td></td>
<td>Student Banking Day Mothers’ Day Stall</td>
<td></td>
</tr>
<tr>
<td>May 13th - May 17th</td>
<td>School Council Meeting</td>
<td>Subway Lunch Orders Due with Correct Money</td>
<td>Student Banking Day Subway Lunch Order Day</td>
<td></td>
</tr>
<tr>
<td>May 20th - May 24th</td>
<td>Parents’ Club Lunch Order Day</td>
<td></td>
<td>Student Banking Day</td>
<td></td>
</tr>
<tr>
<td>May 27th - May 31st</td>
<td>Prep to 2 Melbourne Aquarium Excursion</td>
<td>Subway Lunch Orders Due with Correct Money</td>
<td>Student Banking Day Subway Lunch Order Day</td>
<td></td>
</tr>
</tbody>
</table>

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

GREAT TIPS FOR HEALTHY KIDS

TIP 19. PROTEIN SIZE MATTERS

Some kids eat more than others, depending on their energy needs, their age and their size. For example, a small eight-year-old will probably eat less than a larger ten-year-old. Kids go through periods where they need more food than usual. They may be going through a growth spurt, or being more physically active. They also go through periods when they eat less than usual. Be aware of your child’s differing needs at different times and continue to serve nutritious meals.

**What you can do NOW**

♦ Keep servings small and have more available if they want more.
♦ Be less concerned with the amount your kids eat and focus on the type of food you offer.

**Good Idea!**

Keep a ‘snack box’ in the fridge with healthy snack foods such as fruit, vegetables, small sandwiches and cubes of reduced-fat cheese. Invite your kids to help themselves. This helps give you some idea of how much they’re eating between meals.

**Top Tip**

Don’t insist your child finishes everything on the plate if they feel full. Let them learn to read their own body’s signals.

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**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>
<th>Food</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked meat or chicken</td>
<td>65 – 100g</td>
</tr>
<tr>
<td>Dried beans, lentils, chick-</td>
<td>Half a cup (cooked)</td>
</tr>
<tr>
<td>peas, split peas or canned</td>
<td></td>
</tr>
<tr>
<td>beans</td>
<td></td>
</tr>
<tr>
<td>Cooked fish fillet</td>
<td>80 –120 grams</td>
</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>
<tr>
<td>Yoghurt</td>
<td>200g</td>
</tr>
</tbody>
</table>

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**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!
Asthma and Complementary Therapies

Complementary or alternative therapies are becoming increasingly popular in Australia, and many people seek out complementary remedies to support their health. As with any health condition, if you or a family member have asthma and are considering using complementary therapies, we strongly advise that you communicate with your doctor about your asthma treatment. They may even be able to suggest safe therapies to try! It is equally important to communicate to any complementary therapists about your asthma so that they can avoid treatments that are known to potentially make one's asthma worse.

Complementary therapies considered safe for asthma are: exercise programs, vitamin D, low-salt diet, some Chinese herbal medicines, some Indian (ayurvedic) herbs, music therapy, tai chi, buteyko (breathing technique). Complementary therapies considered potentially unsafe for asthma are: inhaled salt (small risk of a fungal respiratory infection), echinacea, bee pollen or royal jelly (propolis), and products containing aspirin.

Remember, response to treatments and medications differs between people. Make sure you or your children continue taking any asthma medications prescribed unless otherwise instructed by your doctor. Stopping asthma medications suddenly can result in worsening asthma symptoms and even an asthma attack. For more information regarding complementary therapies and asthma please refer to The National Asthma Council (NAC) [http://www.nationalasthma.org.au/] or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure.

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

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

Friday April 26th

Prep Peacock: Piper K. - For a wonderful start to Term 2. Keep up the great work.
Logan W. - For always putting in her best effort.

1/2 Carroll-Reilly: Zachery N.-R. - For a wonderful effort in writing his letters.
Jordan P. - For working really hard on his maths. Well done!

4/5 Watt: Elizabeth C. - For being kind, caring and co-operative at all times.
Jackson T. - For excellent work during Math.

5/6 Windridge: Brady E. - For working hard learning his times tables at home.
Eve O’S. - For working well in class at all times.

Student of the Week!

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

Advance Notice:
On Saturday June 1st 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 future newsletters.

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 here at Cal. Gully Playgroup!! Bring along a piece of fruit to share, a healthy snack, drink bottle and hat. All Welcome!!!

Join us on Facebook: www.facebook/calgullyplaygroup1

Go to the Playgroup page on the school’s website for more information www.californiagullyps.vic.edu.au

School Assembly starts at 8.55 a.m. Please be on time!
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 performances, 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 experience life as a Year 7 student. Students in Year 6 are invited to attend for a Transition Day on Wednesday May 29th 2013. If you are interested in your Year 6 student attending Transition Day it is necessary to register by contacting Mrs. Trish Martin, College Registrar on 5449 3466 or email tmartin@ccb.vic.edu.au to obtain a Registration Form.
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 (remember to ask them for the stickers as they will not ask you) 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.


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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
- Information: Christine 0437 207 533
- Booking: Rachel Wells 5434 3922

Nerida will discuss the following:

- Introduction to anxiety
- Anxiety and adolescent development
- Differences between anxiety and normal/useful stress
- Reasons why young people develop problems with anxiety
- Cause and effect: cognition, sensory triggers and behavioural affects.
- Useful strategies for parents and teachers

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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!