FROM THE PRINCIPAL

NAPLAN

NAPLAN testing will take place on Tuesday, Wednesday and Thursday of next week for children in grades three and five. This is a national annual assessment program that tests the childrens’ skills in reading, writing, spelling, grammar and numeracy. An information sheet should have come home with your grade three or grade five child yesterday.

MR. LEE

Mr. Lee will be starting back at school on Monday. I’m sure that he will have some wonderful stories to share with us about the exciting time he had.

Annual Twisted Trivia Night

Saturday May 31st 2014

Keep this date free for a great night of trivia, games, silent auction and more. Tickets are just $10 per person. Get together a table of 8 or ask to be placed on a mixed table. This event is being held in the Early Years Learning Centre building. Arrive at 6.30pm for a 7.00pm start. Tickets and tables can be booked through the school office.

Donations for our Annual Twisted Trivia Night

Donations for raffles, prizes and silent auction would be greatly appreciated. Donations can be left at the office at any time. If you know of any businesses that may be able to donated goods or vouchers please let the office know.
BLACK STRING PUPPET THEATRE
The children were treated to an excellent show yesterday. The puppeteer was a high class performer using top quality marionettes. He used a large stage with a beautiful crushed velvet curtain and engaged the children with audience participation.

ACTIVE AFTER SCHOOL PROGRAM
The term two Active After School Program commences this week with soccer on Wednesday afternoons and Multi-skills on Thursdays. The children are involved in an hour of activity after having some fresh fruit and a drink for an afternoon snack. There are still some places available in both programs so if your child would like to be involved they can get a permission form from me for you to fill out.

Steve McKerrow
Acting Principal

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<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 Subway Lunch Orders</td>
</tr>
<tr>
<td>May 19th - May 23rd</td>
<td>Parents’ Club Lunch Orders</td>
<td></td>
<td>Student Banking Day</td>
<td></td>
</tr>
<tr>
<td>May 26th - May 30th</td>
<td>Parents’ Club Lunch Orders</td>
<td>Subway Lunch Orders Due to the Office</td>
<td>Student Banking Day Subway Lunch Orders</td>
<td></td>
</tr>
<tr>
<td>June 2nd - June 6th</td>
<td>Parents’ Club Lunch Orders</td>
<td></td>
<td>Student Banking Day Parents’ Club Meeting</td>
<td></td>
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</tbody>
</table>

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

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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.

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.

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.

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.
**HEALTHY LIVING**

**GREAT TIPS FOR HEALTHY KIDS**

**TIP 7. JUST MUCKING AROUND IS GOOD FOR YOU**

Life can be stressful for adults and kids too, and everyone benefits from a rest now and then. These days many people have forgotten the art of ‘just mucking around’. It means not doing anything in particular, not being organised or structured.

It can seem like a waste of time, but it’s one of the healthiest things you can do, especially as a family. Hanging around, laughing over silly things, just watching the clouds go by is relaxing and refreshing. It helps your mind turn off for a while and it lets your body relax.

**What you can do NOW**

- Resist the urge to tell kids to keep busy.
- Show the way by taking time out and enjoying yourself rather than always trying to get things done.
- Stock up on bard games suitable for the whole family to play.

**Top Tip**

Some kids who lie around watching TV to pass the time may seem relaxed but often they feel exhausted. What they need is some fresh air and physical activity.

**Good Idea!**

Suggest that the family set aside a time each week when you don’t have to do anything or be anywhere in particular. No television, no computer games, nor playstation - just general mucking around. It may be hard at first, but you’ll come to love it.

**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, chickpeas, split peas or canned beans</td>
<td>Half a cup (cooked)</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, Sunflower or sesame seeds</td>
<td>One third of cup, 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>

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

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

Friday May 2nd

Prep/1 Christian:

Mia A. - For being a caring class member of P/1C.
Max G. - For a good start to his schooling at California Gully.

Prep/1 Holt:

Josephine C. - For being very helpful in the classroom.
Declan T. - For working well in the classroom.

3 Watt:

Zaccari B. - For always having a CAN-Do attitude. Trying his best and never complaining.
Lily G. - For always doing her best. A great role model for the whole class.

3/4 Ennor:

Terri-Anne C.-G. - For being very persuasive.
Jazmin T. - For having excellent knowledge of geography.

5/6 McKerrow:

Elisha L. - For enjoyment of the Arts program.
Aaliah N. - For enjoyment of the Arts program.
Eve O’S. - For being an excellent representative of our school at GRIP leadership conference.

5/6 Windridge-Doolan:

Keisha M. - For being an excellent representative of our school at GRIP leadership conference.
Paris S. - For being an excellent representative of our school at GRIP leadership conference.
Chara S-W. - For being an excellent representative of our school at GRIP leadership conference.

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 6th at 9.05 a.m. in the outside school hours care 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 tomorrow morning, Friday 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. Please note that the Jelly Cups are no longer available.

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

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

Toddlers

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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</thead>
<tbody>
<tr>
<td>Time:</td>
<td>Arrive and registration 6.15pm</td>
</tr>
<tr>
<td></td>
<td>Sessions 6.30pm-8.30pm</td>
</tr>
<tr>
<td>Where:</td>
<td>CentreCare 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>Pree Robertson and Barb Webb</td>
</tr>
<tr>
<td>Parking:</td>
<td>On site parking available in staff car park, entrance via Hargreaves St</td>
</tr>
</tbody>
</table>

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 $30

- Early bird special until 30 April, thereafter $40 per stall
- Clear out the cupboards or get your spare room back!
- Why not share a stall with friends?

All proceeds to the Bendigo Community Toy Library

For enquiries: Annmarie 0466 641 273 or toys@bendigotoylibrary.org.au

FREE AUTISM AWARENESS EVENT

THURSDAY 29th MAY, 9.30am – 12.30pm
Bendigo Baptist Church Auditorium
757 McIvor Road Junortoun

Guest Speaker: Dr Wendy Lawson

MAPSbss(Hons), Gdip(Psychod), 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@bendigoaustism.org.au or RAC at scrais@rac.org.au

Bendigo Autism Asperger Group (BAAG) is an Affiliate Group of RAC Reconciliation Information and Advocacy Council Inc. ABN 42 401 261 070

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!
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.
Session dates and activities:

- **Wednesday May 14th** "The Very Hungry Caterpillar" Craft activities
- **Wednesday May 21st** Multi-Purpose Room - making Music Shakers
- **Wednesday May 28th** Pizza Making
- **Wednesday June 4th** "Acorn People"
- **Wednesday June 11th** Multi-Purpose Room
- **Wednesday June 18th** Mask Making using glue
- **Wednesday June 25th** "Teddy Bears Picnic" Icing teddy bear biscuits

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

Join us on Facebook: [www.facebook/calgullyplaygroup1](http://www.facebook/calgullyplaygroup1)
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!
Remember when you believed in anything and everything?
Researchers from the University of Western Australia are investigating children’s ability to detect and avoid potentially harmful social interactions, such as being easily fooled or tricked into doing something. We are looking to see how this develops in children, and when children outgrow this vulnerability. We are looking for parents of Kindergarten – Year 6 children across Australia to complete an online survey (15 – 20 minutes). Participants will go into a draw to win one of 10 $50 gift certificates to Coles/Myers. To participate go to:

http://tinyurl.com/childsvq

Or for more information please contact Rebecca Seward at (08) 6488 4652
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!

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 continues tomorrow, Friday May 9th at 8 a.m. (please note that we will stop serving breakfast at 8.20a.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 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.