SCHOOL PRODUCTION - “KIDS AT SEA”
Ticket sales are now open. Forms are to be returned to the school office. Mrs Cooper will process your order and tickets will be available for pick up by an adult shortly thereafter.
A note will be forwarded in the coming days advising families as to the costume requirements for the children. The school will provide some of the clothing that is required but there are items of clothing requiring parent/carer assistance.
I am seeking parents/carers who can assist with the transportation of the production set and props on the morning of Monday 19th November (our rehearsal day). Assistance will also be needed to transport the items back to school after the final show on Wednesday night.

END OF YEAR CELEBRATION
Our school end of year celebrations will change slightly this year. Due to the school production being held in term 4 (rather than term 3 in the past) we have booked a Christmas Show through Tony Bones Entertainment. The children will still have an opportunity to sing a song or two but will not have to endure ongoing concert practice as they are currently undertaking with the production. This will give both the children and teachers a rest from the constant pressure of preparing for a performance. I look forward to an entertaining evening, celebrating a rewarding school year and acknowledging the support of the parents and carers in our school community. More detailed information will be forwarded closer to the actual event.

WEBSITE
The format of our school website was changed by our providers some time ago. We have now customised the website to highlight the very best of California Gully Primary School. The newsletter can be accessed as can permission forms and notices for various upcoming events. We will endeavour to continually improve our website to give you the most up to date information as well as celebrating our various special events.

NETBOOKS
There are still a number of both lease and repair payments outstanding for Netbooks. Could families with outstanding payments please complete payments as soon as possible.

CURRICULUM DAY
Next Thursday, November 8th, all staff will be involved in curriculum and welfare professional learning. No children are required at school on that day.
GRADE STRUCTURE 2013 & FRIENDSHIP REQUESTS
The grade structure for 2013 is yet to be completed as enrolments are still in the process of being finalised. I would like to encourage all families seeking to enrol their child in Prep at California Gully PS next year to have their enrolment forms completed as soon as possible. If you are aware of a family wishing to enrol their child at California Gully Primary at any year level please ask them to contact the school office. If your child will not be attending California Gully PS in 2013, we would appreciate you letting us know that.
We understand friendship groups are important, however it is equally important to recognise the need to establish productive environments that support learning, as well as maintaining or building new friendship groups. If there are any concerns about friendship placements for students in 2013, please let me know in writing by Friday, 2nd November. Whilst we will take all concerns into consideration, we do not guarantee that these can be implemented as we must ensure that there is an equal balance of social, emotional and academic needs within each classroom.
Please note that it is not possible for parents to request specific teachers. Classroom groups will be developed for social and educational needs, and then teachers will be matched with a classroom.

GRADE 6 GRADUATION
Our Grade 6 graduation ceremony will be held on Monday 17th December at the Long Gully Community Centre. Families are invited to join the students and staff for the presentations at 7.00 p.m. More details regarding the graduation celebration will be sent home closer to the date.

Jason Lee
Principal

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**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>November 5th - November 9th</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Prep to 2 Melbourne Zoo Excursion 10.00 a.m.—12.00 p.m.</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Student Banking Day</td>
</tr>
<tr>
<td></td>
<td>Gym Program</td>
<td>Curriculum Day - No Students required at school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>November 12th - November 16th</td>
<td>School Council Meeting</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Student Banking Day</td>
</tr>
<tr>
<td></td>
<td>Prep 2013 Transition Day 2.</td>
<td></td>
<td></td>
<td>Parents’ Club Meeting</td>
</tr>
<tr>
<td>November 19th - November 23rd</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>School Production 7.00 p.m.</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Student Banking Day</td>
</tr>
<tr>
<td></td>
<td>School Production 7.00 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>November 26th - November 30th</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td></td>
<td>Student Banking Day</td>
</tr>
</tbody>
</table>

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

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### Essential Fats

Fat is an essential part of every diet, however, some fats are better for you than others. It has been proven that too much saturated fat is linked to heart disease and cancer. Omega-3, monounsaturated and polyunsaturated fats (essential) can reduce the level of cholesterol in the blood and are beneficial to the heart. Follow this guide and enjoy the benefits of consuming the ‘right’ fats. Remember that all fats are high in energy (kilojoules) and should only be consumed in small amounts.

<table>
<thead>
<tr>
<th>Saturated Fats</th>
<th>Monounsaturated</th>
<th>Polyunsaturated</th>
<th>Omega-3 Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Olives</td>
<td>Wheatgerm</td>
<td>Herring</td>
</tr>
<tr>
<td>Cream</td>
<td>Olive oil</td>
<td>Sunflower seeds</td>
<td>Salmon</td>
</tr>
<tr>
<td>Fat on meat (including</td>
<td>Canola oil</td>
<td>Safflower seeds</td>
<td>Tuna</td>
</tr>
<tr>
<td>salami)</td>
<td>Peanut oil</td>
<td>Soy beans</td>
<td>Mackerel</td>
</tr>
<tr>
<td>Cheese</td>
<td>Avocados</td>
<td>Cottonseed</td>
<td>Sardines</td>
</tr>
<tr>
<td>Full-cream milk</td>
<td>Most nuts</td>
<td>Maize</td>
<td>Walnuts</td>
</tr>
<tr>
<td>Lard/ Copha</td>
<td>Lean meats</td>
<td>Sesame</td>
<td>Pecans</td>
</tr>
<tr>
<td>Processed foods such</td>
<td></td>
<td>Grape seed</td>
<td>Canola</td>
</tr>
<tr>
<td>as pastries, cakes &amp;</td>
<td></td>
<td>Pine nuts</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>biscuits</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut cream/milk</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For further information visit [www.nutritionaustralia.org](http://www.nutritionaustralia.org) and see what other food facts are available.

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### Holiday and Festival Asthma Trigger Warning

The upcoming holiday season and festivities planned during Term 4 and throughout the summer holidays may mean that your child is exposed to new triggers for their asthma. It is important for parents and carers, and children themselves, to be aware of changes to their environment and the activities that may impact on their asthma.

Christmas trees, both real and artificial could be triggers for people with asthma. Artificial trees may be quite dusty after being stored away, while both real and artificial trees may harbour mould. It is important to ensure that artificial trees are cleaned appropriately and that care is taken to select real trees that do not produce wind-borne pollen. All tree and other decorations should cleaned and free from dust and mould when used at home.

Scented candles, room deodorisers and air fresheners may also trigger asthma in those susceptible to perfumes, and care should be taken when purchasing these and other scented items at home.

Lastly, the added pressures of the year drawing to a close can cause stress and anxiety for many people, potentially triggering asthma attacks. It is important to consider ways that the whole family can enjoy the holidays and feel safe happy and comfortable.

Happy Holidays from The Asthma Foundation of Victoria.

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*For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au*

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**A REMINDER:**

Order forms for tickets for “Kids at Sea” were sent home last Friday, October 26th, if you have misplaced your order form you can download another form from the school’s website [www.californiagullyps.vic.edu.au](http://www.californiagullyps.vic.edu.au). You will need to order your tickets as there will be no tickets on sale at the door.

**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 is our Annual General Meeting and will be Friday, November 16th, after assembly in the school conference room - opposite the office. All positions will be declared vacant, nomination forms will be going home soon. All are welcome to attend.

Icy Pole Day
Due to the full calendar of events this term, we have decided to cancel the last 2 lunch order days this term. Instead we will be having an icy pole day on Monday November 5th. All orders must be back at school by Friday November 2nd, before 9.30 a.m. The icy pole that the children will be having is “Split” ice creams. Extra order forms are available from the office.

Prep/1 Desperately NEED Mulberry Leaves.
The silkworms have hatched and are VERY hungry! If you can collect some mulberry leaves please give them to Mrs. Peacock.

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 Tuesday November 6th and Thursday November 8th. 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 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.

Friday October 26th

Prep/1 Christian: Sarah H. - For being a great helper in P/1C.
Keesha W. - For being a wonderful role model.

Prep/1 Peacock: Jade H. - For good efforts when sewing around her spring flower.
Jess M. - For bringing a happy, positive attitude to all her school activities.

2 Carroll-Hinton: Ella B. - For being a reliable class member.
Georgia R. - For answering questions in Maths talk.

3/4 Hartney: Liam G. - For fantastic tumbling at gym.
Aaliah N. - For great jumping and balancing at gym.

3/4 Tanner: Mitchell G. - For attaining a high score of 1,162 on Wordmania!
Darcy S. - For his good work during gym.

5/6 Ennor: Cory E.-J. - For being a terrific leader at gym.
Amber M. - For always being a polite, helpful and caring class member.
Brock W. - For his great work as a computer technician.

5/6 McKerrow: Cody B. - For excellent work in poetry writing.
Tayha-Lee H. - For excellent work in poetry writing.

5/6 Windridge: Zechariah E.-J. - For developing his love of reading at home.
Thomas F. - For concentrating well and persevering in the Torch Test.

"KID'S AT SEA"
Wanted for the Production

We are seeking the following items to be used as props in our upcoming school production.

- Oversized comb
- Oversized large sunglasses
- Pink pillow cases or cushions

All items to be named so they can be returned promptly after the production.
Items can be sent to Miss Ennor's room.

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

Fun Run
"Run for Gold!"
4 November 2012

Early Bird Price
Primary School: Free  Students: $25  Adults $35
Register after September 16: Students: $30  Adults $45
Late entries after October 19: Students: $40  Adults $50

For more information and to register:
www.bhfoundation.org.au
www.bendigohb.com.au

Follow us on Facebook
FREECALL 1800 427 353

Help raise funds for the Medical Ward at Bendigo Health
Run or walk the CBD 5km OR run 10km

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

Eaglehawk Cultural Festival
Saturday 3rd November 2012
Canterbury Gardens Eaglehawk from 3 – 8pm
Aussie, French & African Cuisine for sale

The Red Ochre Dancers
Plum Blossom Dancers
Mugi Rahayu Gamelan
Ulumbarra Singers
Anne Conway
African Drummers
Chinese Lion
Flinn Amicus
Geoffrey Graham 
Robyn Barker - Clown
Narelle Stone - Rainbow Fairy
Goldie the Wonder Dog

BYO chair and picnic rug!
Alcohol and smoke free event

The multicultural evening continues at The Star Cinema – 8pm dessert finger food
Beasts of the Southern Wild (M) at 8.30pm
Bookings essential on 5446 2015

For further information, please contact
Eaglehawk Community Cop. R290 846R 55 72
Alcohol and tobacco not permitted – WSQA - The Raffle is the icing!

Kids and Anger

During this two hour workshop for parents and carers we will discuss:

- The reasons why children get angry
- Understanding your own response to your children’s anger
- Ways to help children express their anger appropriately

When: Wednesday 7th November 2012
Time: 6.15pm - 8.30pm
Facilitators: Jeremy Weinstock & Prue Robertson
Where: CentaCare Function Room
176-178 McRae St, Bendigo
Parking available in the CentaCare staff car park
entrance via Hargreaves St
Cost: No cost (please provide own childcare)

For bookings and enquiries contact
Prue Robertson on 5438 1300

A Squashvic program

Hits & Giggles
Learn to play Squash in a social, non-competitive, FUN environment

Join in on the 6 Week Program that will have you laughing and lunging your way to fitness...
...all while introducing you to the sport of Squash amongst like-minded women.

See the website below or contact Squash Vic for more details.

Get fit
Have fun
Make new friends
Learn to play Squash!

Enquire now:
Tegan Doherty (03) 9682 2199
decoord@squashvic.com.au
www.squashvic.com.au

SQUASH health. fitness. fun

School Assembly starts at 8.55 a.m. Please be on time!
Inglewood community is holding an Inglewood Alive Festival on Saturday the 1st of December, there will be market stalls, free jumping castle and the Inglewood primary school is holding a fete, there will be line dancers, rock and roll dancers, vintage cars, local produce, live music and the list goes on. The Town is holding a competition for best Christmas decoration; this can be any decoration you wish to submit. The winner will be chosen by people votes and the prize will be $50 for each category and they are as follows Kindergarten, under 12s, over 12 and senior. All entries must be in to the Inglewood town hall by no later than 11am on the day and the winners will be announced at 1.30. I will note that the winner must be present to receive their prize or it will go to next decoration with the highest votes. Really looking forward to seeing all your creation and hope everyone enjoys the fantastic day our community is going to provide for you and your family.

Any question about this Christmas decoration competition can be forwarded on to luckman@westnet.com.au

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**Future Regional Play Space – Have your say**

The City of Greater Bendigo has prepared an exciting concept design for a future Eaglehawk Regional Play Space and is now seeking comment on the proposal. The concept is accessible for public comment on Council’s website, simply google: “Eaglehawk Regional Play Space Bendigo” and choose the first link. Or go directly to http://www.bendigo.vic.gov.au/News/Draft_strategies_and_plans/Future_Eaglehawk_Play_Space

The hardcopy plans can be viewed here at the school or in Eaglehawk at the Peter Krenz Leisure Centre, Our Place Community Centre, Library and the IGA Supermarket. Please let the Council know what you think.

Email your comments to eaglehawkplayspace@Bendigo.vic.gov.au or ring the City of Greater Bendigo on 5434 6000.

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**A Workshop for Dads of Toddlers**

Come along to this two session workshop specifically for Fathers of Toddlers. The sessions will be relaxed, fun and informative.

We will share ideas and experiences about this stage of development such as:

- What are they thinking?
- Why do they do what they do?
- What works and doesn’t work when parenting?

**When:** Wednesday 14th & 21st November 2012
**Time:** 6.15pm - 8.30pm (light supper provided)
**Facilitators:** Jeremy Weinstock & Prue Robertson
**Where:** CentaCare Function Room 176-178 McCrae St, Bendigo
Parking available in the CentaCare staff car park
entrance via Ranges St
**Cost:** No cost (please provide own childcare)

For bookings and enquiries contact Jeremy Weinstock on 5438 1300

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School Assembly starts at 8.55 a.m. Please be on time!
The school is registered for the Paul’s “Collect-a-Cap” program. Please keep collecting from friends, family and neighbours the specially marked caps from Paul’s milk bottles. **Washed Paul’s “Collect-a-Caps” can be handed into the office.**

*We recently sent a total of 2613 caps to Paul’s and they have kindly given us another $261.30. We have raised $780.10 since September 2011 with this fantastic program, keep those caps coming in!!!*

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**GREAT TIPS FOR HEALTHY KIDS**

**TIP 1. YOU ARE IN CHARGE**

Yes, you are in charge. You are the adult and parent, and it’s up to you to guide your kids. This means you decide what’s best for them and have the final say. Kids need limits and boundaries. They need to hear from you what’s best for them. Let them know that you are setting rules out of love and care.

**What you can do NOW**

- Decide on changes you can make to your family’s lifestyle and eating habits e.g. going for a walk together for 30 minutes at least twice a week, and including fruits and/or vegetables with every meal.
- Make a list of nutritious foods to buy next time you shop.
- Take charge of what goes in the supermarket trolley.

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**THE GIRLS SAY “THANK YOU”**

A big “Thank You” from the girls to all those families who have donated money towards their food. As a result a few have rewarded the students by laying a few eggs! If you would like to purchase some eggs please see Wendy in the 5/6 classroom (Room2). If you would still like to donate some money to the girls for more food you can give this money to Wendy.

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**Formals and Graduations**

**Hair and Makeup Package $80**

**EXPERT STYLISTS!!**

**56 HARLEY STREET**

**STRAITHDALE 54414511**

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