FROM THE PRINCIPAL

2012 SCHOOL PRODUCTION “KIDS AT SEA”

Congratulations to everyone involved in the school production ‘Kids At Sea’. An event such as a school production is a great way to bring the school community together and with over 300 family and friends coming Tuesday night and over 250 on Wednesday night this was strongly reinforced for me.

There are many groups and individuals who need to be thanked. The Long Gully Neighbourhood centre for supporting the production through a microgrant. Without the funding it would have been very difficult to run a production of this magnitude.

Alan and the boys from Long Gully’s Men in Sheds for coming on board and making the larger set props.

Greg McDonald (CGT Transport) for offering his services to carry all of the production materials to and from the venue.

School Councillors, Deanne Pointon and Paul Epworth for their assistance over the two nights.

To all of the parents and carers for ensuring the children were on time and ready to go both nights (yes it can be at times an organisational nightmare!).

With the production itself, I was delighted by the performance of the children. Each child played their role to perfection whether it was as a lead character, having a smaller role or singing and dancing.

Thank you to Mr Wall who coordinated the performance and oversaw its direction. Both the teaching and education support staff have worked tirelessly behind the scenes spending hours preparing the children. That is practising of their lines, songs and onstage routines. On top of this staff were making the costumes (which the children looked fabulous in) and props and organising tickets and seating for both evenings. The ‘Tech Team’ which consisted of year 5 & 6 children and under the guidance of Mrs Windridge and Mr Tanner did a marvellous job creating the background scenes, the pre-show entertainment and the Kids At Sea program.

Most importantly thank you to the children for the commitment they demonstrated in preparing and preforming the musical Kids At Sea over two nights. It can be quite daunting standing in front of a large audience but all of the children acquitted themselves superbly. Well done!

Jason Lee
Principal
KIDS AT SEA

Sail the seven seas with young Harold Sindbad, meeting pirates, mer-people, sultans, Roc Birds and ending up on the Fabulous Treasure Island, where dreams come true and everyone gets what they want on Neptune’s Wonderful Wheel of Fortune. . .

Dress Rehearsal on Monday was our first opportunity to see all the fabulous costumes!

DVD’s of the production “Kids at Sea” can be ordered from the school. Orders are due back to the school office with correct money by Monday November 26th. If you require an order form you can download a copy from the school’s website californiagullyps.vic.edu.au.

School Assembly starts at 8.55 a.m. Please be on time!
The second performance on Wednesday, November 22nd.

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<td>November 26th - November 30th</td>
<td>Production DVD Orders Due</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
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<td>December 3rd - December 7th</td>
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<td>December 10th - December 14th</td>
<td>School Council Meeting</td>
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<td>December 17th - December 21st</td>
<td>Grade 6 Graduation Dinner</td>
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WHOLE SCHOOL SWIMMING PROGRAM

School Assembly starts at 8.55 a.m. Please be on time!
Food and Peer Pressure

There can be a lot of peer pressure on children to eat ‘trendy’ high fat, high sugar snack foods, not to mention all the ‘seductive’ marketing and TV advertising of these non-nutritious snack foods. To reduce the temptation to consume these foods regularly, it is best to limit the amount of money children are given to spend at school. Try to avoid stopping at local milk bar on the way home, or provide a healthy snack in the car after school to reduce unhealthy choices. Also, keep these high kilojoule (kJ) packaged snack foods out of the pantry and limit packaged snack foods in the lunchbox. If children are exposed to these ‘sometimes’ foods regularly, they will know them as ‘everyday’ foods. The occasional high kJ food at events such as parties and special events in moderation is okay. However, it is important to refer to these foods as ‘sometimes’ foods, reminding children of when they are eaten.

Too many treats may lead to:
- Children not eating enough nourishing food to provide them with the vitamins and minerals their bodies need.
- Overweight issues which effect health and can impact on a child’s self esteem and social networking. It can also impact on children’s confidence to participate in sport.
- Dental problems from consuming too much sugar.
- Spending too much money - homemade, nutritious snacks and lunches are much cheaper!
- A lack of nutrition education for your child, and a lack of exposure to different new and healthy foods to educate your child’s palate.

GREAT TIPS FOR HEALTHY KIDS

TIP 4. GOOD HABITS START EARLY

Major health problems such as heart disease, stroke, diabetes and some cancers, are often related to poor eating habits.
It’s much easier to teach children good habits from the beginning - and it’s easier to break bad habits early in life. Good habits include: eating nutritious snacks rather than junk snacks; sitting at the table for meals; being active for at least part of the day; tidying up after yourself; and flossing and brushing your teeth morning and night.
These are great habits for good health whatever your age.

What you can do NOW
- Decide on what will be good habits for your family.
- Practise the good habits yourself.
- Let your child know this is what it takes to be healthy.

Top Tip
Breaking habits takes time. Be patient and consistent in your expectation of your kids and yourself.
Parents’ Club Meeting
The next meeting of the Parents’ Club will be held Friday, December 7th at 9.05 a.m. in the conference room. All are welcome to attend.

Christmas Raffle
The end of the year is fast approaching and the Parents’ Club are already out sourcing items for the Christmas Raffle to be drawn at the end of year performance on Thursday December 20th. There looks like there will be some fantastic prizes available. Tickets will be sent home soon.

Bendigo Family Nature Club
Your invited to attend a REVIEW of 2012 and 2013 PLANNING DAY for the Bendigo Family Nature Club THURSDAY 6th DECEMBER at 2 p.m.
You are welcome to come along or provide feedback at the meeting or via email. We are also looking for additional members to assist with organising the club, your assistance and brilliance would be appreciated and welcomed!
If you can't make it, please email your ideas for consideration by the group.
For more information: bendigonatureclub@gmail.com or 54440678

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 27th and Thursday November 29th. 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 November 16th**

Prep/1 Christian: Caleb C. - For caring for our school environment.

Prep/1 Peacock: Jayden B. - For always willing to be helpful. A most consistent class member.
                Benjamin N. - For reading fluently and showing good comprehension.

2 Carroll-Hinton: Hannah C. - For working quietly at her table and completing her work neatly.
                  Tyler H. - For well explained answers during comprehension tasks.

3/4 Hartney: Nicholas C. - For being caring, co-operative and friendly.
               Brayden P. - For being friendly, caring and trying his best.

3/4 Tanner: Joshua A. - For giving his personal best at all activities this week.
              Nathaniel H. - For his improvement in his cricketing skills.

5/6 McKerrow: Makalah K-K. - For excellent help packing up after painting.
               Benjamyn T. - For excellent help packing up after painting.

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!!!

**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.

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

AXE CREEK CRICKET CLUB
PRESENTS
ALL ABILITIES CRICKET - COME & TRY DAY

Axe Creek Cricket Club is hosting a ‘Come & Try Day’ at the Lungaloo Recreation Reserve for all participants with an interest in cricket. Our aim is to provide opportunities for everyone to learn to play cricket in a fun, friendly and safe environment.

On the day participants will be coached in all aspects of the game of cricket in accordance with the skill level of each participant. Lunch will be provided before commencing a short cricket match to finish off the afternoon. All participants are encouraged to bring family members or carers if required and where applicable. All age groups will be catered for so come along and enjoy the day.

Axe Creek Cricket Club are a level 2 Good Sports accredited club with strong family values and an inclusive approach to our players and members.

For expressions of interest please contact our All Abilities Coach, Rob Fisher on rob@caligulysps.vic.edu.au

WHERE: Longlea Recreation Reserve, Longlea Lane, Longlea. 1km from Bendigo along the Picnic Way.

WHEN: Sunday 15th November.

TIME: 2pm to 5pm.

WEATHER: Cool, sunny, dress in comfortable clothes.

FAVOURITES: Bring your friends and family so they don’t miss out.

FILL BOX: Fill your box and bring it with you on the day. This will ensure all participants who register.

Kids Market Central Vic
Christmas Special Bendigo
Saturday 1st December 2012
Liborious Centre, Panton St, Eaglehawk from 9am to 3pm
Over 90 new, pre-loved & handmade Stalls all indoors

Plus Kids Entertainment & Activities
CMX Dance Works at 9.30am
Little Greeters at 10.30am
Discovery Science Centre Show at 11.30am
Magician Adam Magic at 12.30pm
Animal Farm - ALL DAY

Our Sponsors
nature direct

www.kidsmarketcv.com

School Assembly starts at 8.55 a.m. Please be on time!
Middle & Senior School Happenings

Coliban Water Sustainability Visit

Last Tuesday (November 13th) and Wednesday (November 14th) Rob Kroger from Coliban Water came to our school and worked with the children from grades 3 to 6 on the topic of our water system. The children worked in small groups and designed an efficient water system for their local area. This took a lot of planning, co-operation and teamwork. The children really enjoyed the activities and worked with a lot of enthusiasm. They also gained a greater understanding of the properties of water and the workings of the Coliban Water System.

Weet Bix Kids Tryathlon Visit

Students in Grades 3-6 were visited by two athletes, Mark and Leon, on Wednesday (November 21st) to promote being active and fit through different types of sports. They talked to students about the Weet Bix Try-Athlon program and are looking for students to participate in a modified triathlon event next year on February 24th at the QEO. Children who participate will receive many free gifts and entertainment along with improving their fitness. All those who participate will also obtain a Gold Medal as this event is aimed at having everyone become fit and healthy and most importantly, having fun while doing it.

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