**FROM THE PRINCIPAL**

**SCHOOL PRODUCTION - “KIDS AT SEA”**

Currently the children are preparing for the school production - ‘Kids At Sea’. Mr Wall is overseeing the production and is very pleased with the progress of the children. Classroom teachers are busily preparing the children for their songs and routines. Classroom teachers will in the next couple of weeks send home a note outlining costume requirements for the children in their grades.

Some general information: The venue is Connect Church, 35 Solomon St Bendigo East.

The performance will take place on the nights of Tuesday 20th November and Wednesday 21st November. Both performances will start at 7.00pm. Seating will be allocated and as such tickets cannot be purchased on the night. A ticket order form will be sent home next Friday.

**INDUSTRIAL ACTION — STOP WORK WEDNESDAY OCTOBER 24th**

There will be regional stop work action next Wednesday 24th October. Teachers and Education Support Staff have up until Monday 22nd October to inform me of their intentions. If teachers choose to join the stop work action they will stop work for half a day and re-commence their duties from 12.30pm on Wednesday 24th October. I will forward a letter to families on Monday night with all of the stop work information and the implications for school programs and families.

**WORKING BEE**

A working bee will be held on Sunday October 28th. In the past the working bees have been well attended and we have completed some important maintenance work as well as a general tidy up of the school. The working bee will run from 9.00am to 11.30am. If you can assist for even an hour it will go a long way to completing all tasks on the ‘wishlist’.

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**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>October 23rd</td>
<td>Gym Program</td>
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<td>October 28th</td>
<td>Working Bee</td>
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<td>October 30th</td>
<td>Gym Program</td>
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<tr>
<td>October 31st</td>
<td>Bendigo Cup Day</td>
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<tr>
<td>November 6th</td>
<td>Gym Program</td>
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<tr>
<td>November 7th</td>
<td>Prep-2 Melbourne Zoo Excursion</td>
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<tr>
<td>November 8th</td>
<td>Curriculum Day - Student Free Day</td>
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<td>November 12th</td>
<td>School Council Meeting 7.30 p.m.</td>
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<td>November 20th</td>
<td>School Production</td>
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<tr>
<td>November 21st</td>
<td>School Production</td>
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**Other Events**

- **Every Tuesday and Thursday 10.00 a.m. - 12.00 p.m. Playgroup**

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**Inside this issue:**

- From the Principal: 1
- Calendar: 2
- Healthy Living: 3
- Parents’ Club News: 4
- Students’ of the Week: 6
- Community Notices: 7
- Community Notices: 8
- Paul’s Collect-a-Cap: 2
- Harrietville Camp: 5

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School Assembly starts at 8.55 a.m. Please be on time!
LOST PROPERTY
Clothing in the lost property basket is mounting to the point if it is not claimed in the next couple of weeks we will have to donate it to other organisations. Please remind your child to check the lost property basket or if you can call in for a couple of minutes when dropping off or picking up your child(ren) and having a quick look it would be appreciated.

VICTORIAN PREVENTION AND HEALTH PROMOTION ACHIEVEMENT PROGRAM
I am sending home a survey tomorrow focusing on healthy choices and the schools role in supporting the school community. The more surveys returned the greater our understanding will be of the school community’s needs. It would be appreciated if you could complete the survey and return it to school by no later than Friday 26th October.

Jason Lee
Principal

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!!!

Lost Property
Clothing in the lost property basket is mounting to the point if it is not claimed in the next couple of weeks we will have to donate it to other organisations. Please remind your child to check the lost property basket or if you can call in for a couple of minutes when dropping off or picking up your child(ren) and having a quick look it would be appreciated.

Victorian Prevention and Health Promotion Achievement Program
I am sending home a survey tomorrow focusing on healthy choices and the school’s role in supporting the school community. The more surveys returned, the greater our understanding will be of the school community’s needs. It would be appreciated if you could complete the survey and return it to school by no later than Friday 26th October.

Jason Lee
Principal

School Calendar

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<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>October 22nd - October 26th</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Walk to School Day</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Student Banking Day</td>
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<td>Gym Program</td>
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<td>Prep 2013 Transition</td>
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<td>October 29th - November 2nd</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Bendigo Cup Day Holiday</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Student Banking Day</td>
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<td>November 5th - November 9th</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Prep to 2 Melbourne Zoo Excursion</td>
<td>Playgroup 10.00 a.m.—12.00 p.m.</td>
<td>Student Banking Day</td>
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<tr>
<td></td>
<td>Gym Program</td>
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<td>Curriculum Day - No Students required at school</td>
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<tr>
<td>November 12th - November 16th</td>
<td>School Council Meeting 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>
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School Assembly starts at 8.55 a.m. Please be on time!
WAYS TO INCLUDE CALCIUM IN YOUR CHILD’S DIET

Calcium is essential for your child’s health as it is a major building block for strong bones and teeth. The best sources of calcium include milk, yoghurt and cheese (choose low fat varieties). At least 2-3 serves each day are recommended. Keeping active is also important for bone strength.

Non-dairy sources of calcium include:

- Calcium-fortified soy products.
- Salmon with bones.
- Almonds.
- Nori sheets.

1. Cereal (containing little added sugar - less than 5g of sugar per serve), is a great breakfast food or for quick snacks. Serve with hot or cold milk for variety!
2. Encourage a glass of milk with dinner.
3. Freeze low fat milk based drinks for school lunches. A great way to keep the lunchbox cool on warmer days!
4. Make smoothies with low fat yoghurt, milk, fruit and ice.
5. Freeze low fat yoghurts for lunchboxes or dessert.
6. Cut low fat cheese slices into different shapes for a varied lunchbox snack.
7. Plain low fat ice-cream and custard are a yummy and popular dessert choice and can be enjoyed regularly.
8. Dollop low fat yoghurt and/or cheese on baked potatoes or for soups. Soups can also be made using low fat milk.
9. Be a good role model! Kids make many food choices by watching their parents.

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.

BOOK CLUB

Book Club Issue 7 has been sent home and is due back (with correct money) at school on Friday, October 19th.

AUCTION AND TRIVIA NIGHT

6.30PM FRIDAY 26TH OCTOBER
SALVATION ARMY CHURCH HALL
MUNDY STREET BENDIGO

COLOURING COMPETITION FOR 6YRS & UNDER
PLEASE COME ALONG AND SUPPORT OUR CHILDREN
BOOK YOUR TABLE FOR ONLY $10
DONATIONS FOR AUCTION PROVIDED BY
FERNWOOD, GOOD GUYS, JIMMY POSSUM, LA PORCHETTA, MUSCO’S
MEEPS ON MITCHELL, BENDIGO CYCLES, GOOD YEAR, TOY WORLD
AND MANY MORE!!!

CONTACT GUSS FOR MORE INFO PHONE 0448 332 359

School Assembly starts at 8.55 a.m. Please be on time!
Parents’ Club Meeting
The next meeting of the Parents’ Club will be Friday, October 19th, after assembly in the school conference room - opposite the office. All are welcome to attend.

Bendigo Family Nature Club
Meet some really nice bugs as a part of Valuing water for NATIONAL WATER WEEK
Free event for & their big people
Registration completely essential
When: Sunday 21st of October 10am – 12pm
Where: Location Provided on Registration
Cost: Free
Information & Registration: bendigonatureclub@gmail.com or 5443 1326

The silkworms have hatched and are VERY hungry!
If you can collect some mulberry leaves please give them to Mrs. Peacock.

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 12th**

**Prep/1 Christian:** Ella L. - For a fantastic recount writing this week.
Charlie M. - For consistent home reading over the week.
Cody S. - For a superb gym recount in writing.

**Prep/1 Peacock:** Errin H. - For being a friendly, co-operative class member.
Hayden M. - For always putting in his best effort.

**3/4 Hartney:** Casey O’N. - For being kind and working co-operatively.
Shimma W. - For being kind, caring and making a great start at Cal. Gully.

**3/4 Tanner:** Pacy B. - For working hard during writing.
Tanika M. - For her improvements in her reading.

**5/6 Ennor:** Jayden A. - For a good start to term 4.
Sophie K. - For working well and always being a co-operative class member.

**5/6 McKerrow:** Markus B. - For excellent work as “Read and Retell” Leader.
Alkira B. - For excellent work with subtraction.

**5/6 Windridge:** Vanessa C. - For excellent work on her “epitaph” poem.
Kayla F. - For excellent work on her “epitaph” poem.

Music Count Us In is almost here, but it isn’t too late for your school to join us!! Do you have a choir or is there singing going on in your classrooms? Well we here at the Bendigo Instrumental Music Program (BIMP) would love to have you come and join us on November the 1st down the Mall to perform this years song, written just for event! Below is a link to the Music Count Us In Web site where the song is available to download, listen to and register to this awesome event.


Last year was a great day and we would love to see this event grow again. If you are at all interested, please get in contact with me to let us know if you are coming or not. If you have any questions, please do not hesitate to contact me and I will help you out where I can.

**Below are the details for the Bendigo Event:**

**Where:** Bendigo Hargraves Mall

**Time:** Arrive 11.45am-12.00pm
Finish 12.45pm

**Bring:** Yourselves, your voices, hats and water

**Cost:** to participate, nothing however getting to and from the venue will be at your own expense.

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!**
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Drama Academy

Boost your child’s creativity, confidence and communication skills with FUN drama classes

Bendigo Studio for students aged 5-17

Call Principal Alise 5448 3166
www.helenogrady.com.au

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


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.

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

Pauls would like to thank you for participating in the Pauls Collect-A-Cap Program. We are delighted to have been able to assist your school or organisation in raising funds, and hope these have made a positive difference for your club, group or school. Collect-A-Cap has been a great success. Over the past 14 months, we have donated more than $430,000 to almost 3000 local schools and community groups who have taken part in the program — a fantastic result!

3 MONTHS TO GO!

The last day of the Pauls Collect-A-Cap Program will be 31st December 2012. There is just over THREE months left to keep collecting and raise funds for your organisation, so please keep collecting and get your caps sent in!

Once again, thank you for your continued support of the Pauls brand and for your participation in Collect-A-Cap.

Happy collecting, The Collect-A-Cap Team!

THE COUNTDOWN IS ON!
SO KEEP COLLECTING UNTIL 31ST DECEMBER, 2012.

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