

CALIFORNIA GULLY PRIMARY SCHOOL

The Bell Topper

Volume 36 No. 40

P.O. Box 88

California Gully 3556

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Thursday December 13th 2018

MISSION

At California Gully Primary School we educate students to be lifelong learners and well informed and productive community members who are well prepared to become active, engaged and responsible citizens of the local and global community.

IMPORTANT REMINDER

- Grade Six Graduation Dinner - **Monday December 17th**
- School Council Meeting (Please Note Change of Date) - **Monday December 17th**
- Curriculum Day (No Students Required at School) - **Tuesday December 18th**
- End of Year Concert - **Wednesday December 19th**
- End of Year Celebration at the Pool - **Thursday December 20th**



Respect * Personal Best * Care

California Gully Primary School 123



FROM THE PRINCIPAL

TRANSITION DAY AND STAFFING

An exciting day on Tuesday with the State-wide Transition Day occurring. We had many happy Foundation students join us for the morning, while our current Grade 6's spent the day exploring their new Secondary settings.

It is important to recognise and acknowledge change in staffing at this time of year. We would like to thank Emma Roberts for her amazing contribution to CGPS during 2018. Emma is a wonderful and supportive teacher, connecting with our community over the year. We wish her well in her new role at White Hills Primary School.

We would also like to welcome Sammy Kantarias and Brittany Baldwin into the CGPS community to begin the 2019 year. Please see below the class structure for 2019:

F(Prep)	Kathryn Hinton (3 days), Kristy Ryan (3 days), Brittany Baldwin (F/T)
1	Doris Carroll (3 days) Donna Reilly (2 Days)
2/3	Sammy Kantarias
2/3	Wendy Ennor
4/5/6	Linda Windridge
5/6	Steve Mckerrow

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

To report an absence through the school website you can use this link [Report an Absence](#)

GRADES 3 TO 6 CAMP

An action packed 3 days at Candlebark Farm in Healesville for our Grade 3-6 classes. A beautiful setting provided for a range of amazing experiences for all involved. Groups rotated around a selection of activities over the 3 days, all providing a high levels of enjoyment and challenge. Congratulations must go to all students for their great attitude and support. A special mention must also go to staff for the great organization and support of the camp, making it a great success.

WATER SAFETY PROGRAM

Our 'Water Safety Program' has been in full swing this week. It makes for a busy yet very enjoyable week. It is great to see everyone doing their best, participating with and enthusiasm and enjoyment. At the time of writing the newsletter the weather prediction isn't looking great for today (Thursday) and Friday.

GRADE SIX GRADUATION

We would like to wish our Grade 6 students a fantastic evening when they will celebrate their Graduation Dinner and Presentation at Eaglehawk FNC Clubrooms, this coming Monday.

Have a wonderful night!

	Dates for the Diary
December 17 th	Grade 6 Graduation
December 18 th	Curriculum Day (Children not required at school)
December 19 th	Christmas Concert California Gully Primary School Volunteer Morning Tea
December 20 th	End of Year Pool Excursion
December 21 st	End of Term 4 (1.15 Dismissal)

Andrew Frawley
Principal

SCHOOL CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 17th — December 21st	School Council Meeting Grade Six Graduation Dinner	Curriculum Day— No Students Required at School	End of Year Concert	End of Year Celebration at the Pool	Last Day of 2018 School Year 1.15p.m. Dismissal
January 21st 2019— January 25th 2019	School Office Open for Payment of School Charges & CSEF Applications		School Office Open for Payment of School Charges & CSEF Applications		
January 28th 2019— February 1st 2019		Staff Resume	Parent-Teacher-Student Interviews	Students Resume	School Banking Day - Commonwealth Bank
February 4th 2019— February 8th 2019		School Banking Day - Bendigo Bank	Foundation Students Rest Day		School Banking Day - Commonwealth Bank

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PARENTS & FRIENDS OF CALIFORNIA GULLY PRIMARY SCHOOL NEWS



Parents' & Friends of California Gully Primary School Meeting

The next meeting of the Parents' & Friends of California Gully Primary School will be in the conference room after assembly on a date to be confirmed. All are most welcome to attend.



Contacting the Parents' & Friends of California Gully Primary School

The Parents' & Friends of California Gully Primary School would love to hear from you. If you have any ideas that you would like to share with them please email them at cgpsparentsclub@gmail.com.

Thank you to all families who support the Parents' & Friends of California Gully Primary School.



We have been doing some Christmas crafts – making bells, candles, wreaths and angels. Some of the children have also been doing Christmas colourings –we have seen some very creative art work. Last week we made taco's for snacks, and tonight we made pancakes. The children have been showing great teamwork and co-operation skills.

There will be **no** after school care next **Tuesday, Dec. 18th** as there is a curriculum day at Cal. Gully P.S. Also there is **no** after school care on **Friday, Dec. 21st** the last day of Term.

Have a great week.

Sue



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

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HEALTHY LIVING

GREAT TIPS FOR HEALTHY KIDS

TIP 35 GRAINS AND CEREALS ARE GREAT

Grains and cereals are foods like rice, pasta, breads and breakfast cereals and popcorn. The grains come from plants to begin with and then they're processed for eating. Grains and cereals contain carbohydrates, vitamins and minerals and kids need plenty of them every day to give them energy. The best grains are 'whole grains', which means that they still have their fibre attached. For example, brown rice is wholegrain, while white rice is a refined grain because the outer bran fibre has been removed.

What you can do NOW

- ♦ Serve wholegrain bread rather than white as often as possible.
- ♦ Avoid buying refined grain foods, such as biscuits, cakes, pizzas, pancakes and doughnuts.

Top Tip

A whole grain or wholemeal roll or a slice of bread wrapped around a banana makes a great healthy snack for kids.

Good Idea!

When you cook a stew or casserole, add some wholegrain cereal (e.g. rice, couscous, pasta or barley to extend the meal and to add the extra nutrients in grains and cereals.

Healthy Summer Shakes for After School and the Weekend

Fruit Melody

1/2 cup of orange juice
1/3 cup apricot nectar
1/2 ripe banana, mashed
1 passionfruit
1 teaspoon of honey

Blend well and serve
with crushed ice!!
(Serves 1)



Banana Smoothie

1 cup low fat milk
1/3 cup low fat yoghurt
1 teaspoon honey
1 ripe banana
1 raw egg or 1 tablespoon
wheat germ (optional)

Blend together and serve
immediately!! (Serves 1)



Note: Fruit and milk/yoghurt based shakes are a great source of calcium, fibre and vitamins.



Strawberry Surprise

200g low fat frozen strawberry yoghurt
250g strawberries
1 litre (4 cups) low-fat or no-fat milk

Soften yoghurt, cut strawberries into pieces (hulled) and blend until smooth.
(Serves 4)

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Makes 4 serves portions | Preparation time: 15 minutes | Cooking time: 35 minutes

INGREDIENTS

3 tablespoons extra-virgin olive oil
2 cloves garlic, minced
1 sprig or 2 teaspoons dried rosemary
4 (400g) trimmed lamb leg steaks or backstrap
1 cup uncooked quinoa, rinsed
12 asparagus spears, chopped
1 ½ cup frozen peas
1 large red capsicum, diced
½ cup reduced-fat feta cheese, crumbled
½ bunch parsley or mint, fresh, finely chopped
4 spring onions, finely sliced
½ teaspoon chilli flakes (optional)
¼ cup sunflower seeds
1 ½ tablespoon lemon juice
2 cups rocket leaves

METHOD

1. In a medium bowl, add 1 tablespoons oil, garlic, black pepper and rosemary. Mix well. Place the lamb into the bowl and rub with marinade. Place in fridge for at least 1 hour, or up to 12 hours.
2. In a large saucepan, add quinoa and 2 cups water and bring to the boil. Reduce heat to a simmer and cook for 15 minutes, covered with a lid. Remove from the heat and set aside.
3. In a large pan, heat 1 tablespoon of oil over medium heat. Add asparagus and cook for 2-3 minutes until tender. Add frozen peas and cook for 1 minute. In a large mixing bowl, add the asparagus, peas, capsicum, feta, parsley, spring onions, chilli flakes, sunflower seeds and quinoa.
4. In a small bowl, whisk the lemon juice and 1 tablespoon of oil. Add the juice and rocket leaves to the quinoa. Toss to combine.
5. Remove the steaks from marinade. Pre-heat a large frypan over high heat. Heat 1 tablespoon of oil and cook lamb for 1-2 minutes each side until cooked to your liking. Set aside for 5 minutes to rest.
6. Serve lamb with quinoa salad.

Share your image on Nutrition Australia's Instagram, Facebook or Twitter page
#NATryfor5 #NutritionAustralia

INGREDIENTS SWAPS/ RECIPE ADAPTATIONS

- Green beans can be used to replace asparagus as a less expensive alternative

A message from your School Banking Co-ordinator

If your child has collected 10 Dollarmites tokens and would like to redeem them for a School Banking reward item this term, please fill in your child's redemption slip and bring it along to one of our School Banking days before November 30th 2018. This will ensure the reward item will arrive before the school holidays.

Our final School Banking day for 2018 is tomorrow, **Friday December 15th**.

Any Dollarmites tokens that are not redeemed this year can be used in 2019.

www.tryfor5.org.au
© Nutrition Australia Vic Division 2018

We have Christmas gift ideas for the whole family!

We're taking delivery of new stock every day, & you will be sure to find inspiration at EUFS.

 **EAGLEHAWK U.F.S DISPENSARY**

PHONE 5446 8203 | 50 HIGH STREET, EAGLEHAWK | 

Support the pharmacy that supports your community
Major sponsor of the Eaglehawk Dahlia and Arts Festival

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Sunday DEC 16

BERTOCCI Christmas PARTY Raceday

TRACKSIDE BBQ
PACKAGE FOR 15 PEOPLE
\$490 INC GST
Admission to Racecourse NOT Included
Includes 2 garden tables, 15 chairs, market umbrella, 1 BBQ with gas bottle. Beverages packages can be pre-ordered or drinks purchased at the cash bar. Supply your own food and cooking utensils. Or book a BBQ pack which includes Chicken skewers, minute steak, sausages, onions, coleslaw, bread, sauce, plastic plates, knives and forks, serviettes, butter and a foil tray. **BBQ Meat Pack \$220 INC GST** Serves approximately 15 people.

MINI MARQUEE
SUITABLE FOR 10 PEOPLE
\$290 INC GST
Admission to Racecourse NOT Included
Includes 3m X 3m mini marquee, 1 round table and 10 Chairs. Beverages packages can be pre-ordered or drinks purchased at the cash bar. Bring your own picnic lunch or catering options are available.

SILKS DINING LUNCHEON
\$50 PP INC GST
Admission to Racecourse NOT Included
Includes Two course meal, race book. Beverages may be purchased at the Cash Bar.

SANTA WILL BE IN ATTENDANCE GIVING AWAY CUSTOMISED MERCHANDISE BACKPACKS

KELLY SPORTS WITH LOADS OF ACTIVITIES FOR THE KIDS

**Also Featuring
Chris Humfrey's
Wild Action Zoo!**





BENDIGO JOCKEY CLUB
Phone 03 5448 4209
country.racing.com/bendigo









SPECIALIST COACHING FOR JUNIOR CRICKETERS AGES 7-17

- Lyon Cricket is a leading coaching entity providing group clinics and individual sessions tailored specifically to junior cricketers.
- We focus on developing batting, bowling and fielding techniques.
- Our coaches are highly qualified and experienced and provide a very focused, interactive and enjoyable approach to cricket coaching.
- One-on-one technical and high performance coaching is supported by individual video analysis applications to support our junior cricketers pathways.
- As well as a Sydney domain, we also have an extensive regional country focus with our cricket programs.
- Lyon Cricket is headed up by Brendan Lyon, a Cricket Australia Qualified Level 3 Coach and trained PDHPE teacher.
- Brendan has had extensive coaching experiences including coaching appointments at leading grade cricket clubs in Sydney, Perth and Canberra. He has also coached at the Cricket NSW Emerging Blues Programs.



Book online at
WWW.LYONCRICKET.COM





For more information on individual cricket coaching sessions and the next cricket clinics please contact Brendan Lyon:
Mobile: 0402371932
Email: info@lyoncricket.com.au
WWW.LYONCRICKET.COM



Walking & Wellbeing Group

Are you a CARER?

(Caring for a school aged child with a disability, mental illness or chronic illness)

Would you like to take some time out to care for YOURSELF?

Would you like to be part of a social support group with others experiencing similar situations?


If the answer is yes then join the **Walking and Wellbeing Group**






The group will provide you with support and information on how to care for yourself while caring for others as this is something we often forget to do.

The group will meet each week to go for a walk and every 6-8 weeks engage in well-being education sessions. These sessions can be on any topic and can be chosen by group members.

If you would like more information or would like to join the group contact Tash at Carer Support Services Bendigo Health on 54547719 or email nharrick@bendigohealth.org.au

This group is a safe, non judgmental environment for people to relax and learn some helpful ideas while creating supportive networks and friendships






Villawood Properties Triathlon Summer Series 2018 - 2019

Race 1 - Sunday 16th September 2018
"Duathlon" Run-Bike-Run

Race 2 - Sunday 28th October 2018
"Triathlon"

Race 3 - Sunday 18th November 2018
"Triathlon"

Race 4 - Sunday 9th December 2018
"Triathlon"

Race 5 - Sunday 13th January 2019
"Triathlon"

Race 6 - Sunday 24th February 2019
"Triathlon - Sponsors Day Race Challenge"

Race 7 - Sunday 24th March 2019
"Triathlon" Club Championships








Other Race Dates 2018 - 2019

Sunday 11th November 2018
Challenge Shepparton

Saturday 19th January 2019
Moama Multi Sports

Saturday 24th November 2018
TreX Cross Triathlon - Crusoe Reservoir

Sunday 3rd February 2019
Bridgewater Triathlon & Duathlon

For more information visit www.bendigotriathlon.com

Hello School Holidays

Summer 2019



Bendigo
Castlemaine
Echuca Moama
Kangaroo Flat



SCHOOL HOLIDAY PROGRAM

Open 8am - 6pm




ENROL ONLINE NOW

☎ 03 5444 6666 🌐 www.bendigo.ymca.org.au

NEW TO BENDIGO


RACQUETBALL

JUNIORS



Mondays from 4.30pm
\$6 per session
Ages 7+

0435 654 953 - Russ
242 Barnard Street, Bendigo
www.bendigosquash.com



GET INVOLVED IN TABLE TENNIS

Bendigo & District Table Tennis Association has places available in the Junior Program & C-Grade Pennant.

JUNIOR PROGRAM is open to beginners and experienced players for fun and learning to improve table tennis skills. The program runs four times a year in line with school terms is open to Girls and Boys up to 18 years of age.

Starts first Friday of Term 4 and runs each Friday between 6pm-8pm during the term.

Wear a pair of rubber soled 'non marking' runners. Balls provided. Bring your own bat or loan equipment available.

Registration \$5 per school term (including insurance cover). \$6.00 \$3 per Friday night.

C GRADE PENNANT competitions run Thursday nights over two sessions, summer starts first week of school Term 4 and to the end of Term 1 the following year, winter starts first week of school Term 2 and to the end of Term 3. No matches during school holidays.

Playing time is around 7.30pm-10pm.

Wear a pair of rubber soled 'non marking' runners. Balls provided. Bring your own bat or loan equipment available.

Registration Adults \$60 & Juniors \$35 per season (including insurance cover).

Playing fees: Adults \$5 & Juniors \$3 per night.

BDTTA
Bendigo District Table Tennis Association
(03) 5446 1839
140 Victoria Street, Eaglehawk

Juniors contact: Deb Wright
0418 123 041 deb.wright10@gmail.com
C Grade Pennant Contact: Robert Deacon
0433 740 429 backtohealth@live.com.au
bendigotabletennis@hotmail.com
www.insports.com.au/http/bdttta
www.facebook.com/bendigotabletennis

Primary Art Class Alice Adams

Enrolment for Term 4 2018 is now open
To book, please go to our Facebook page or phone 0439571054



We have an exciting new program for the Primary Art Students in 2018. Students will enjoy creating colourful artworks in a fun and creative environment whilst developing their art skills using a variety of Materials, Techniques and an Art Journal. Classes will be facilitated by experienced artist and art teacher Alice Adams. Alice has had extensive experience teaching art to Primary and Secondary students. More details can be found on the website.



Arnold Street Gallery
189 Arnold Street, North Bendigo
0439571054
arnoldstreetgallery189@gmail.com
www.arnoldstreetgallery.com

Tuesday Evenings 4pm - 5pm | 10 weeks - \$275 incl. GST
Term 4 2018 Starting 9th October - 11th December

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

To report an absence through the school website you can use this link [Report an Absence](#)

Jim Wid Tennis Coaching

Tennis. Fun. For Life.
Ages 3 and up

Unsure? **FREE** trial.

FREE racket for new enrolments
(Age 9 and under)

ENROL NOW!!!

Contact Jim:

- 0431 299 930
- jimwidtennis@gmail.com
- www.jimwidtennis.com

Venues:
Spring Gully
Strathdale

Like and share
@jimwidtennis




DD Handyman. Maintenance & Gardening services

Dennis
0409949111

ABN
93156958630



Services Offered

- Service 1: All types of odd jobs: Painting, Concreting, sleeper walls etc
- Service 2: Garden Maintenance: Mowing, whipper snipping, weeding etc
- Service 3: Rubbish removal/ Yard Clean-up.
- Service 4: Deliveries/ pick up and drop off service.


NIT-BUSTERS

PARENTS WE ARE INTRODUCING OUR NEW OFFER. THOSE WHO HAVE EXPERIENCED HEADLICE CAN FEEL QUITE OVERWHELMED AND EVEN EMBARRASSED BY THEM. WE WANT TO HELP MANAGE THE OUTBREAK AND GET THE SITUATION UNDER CONTROL.


TREATMENT INCLUDES HAIR CUT, TREATMENT OF LICE, AND REMOVAL OF EGGS FOR ONLY \$40

FOR BOOKINGS OR ENQUIRIES
CONTACT BUSYBEES HAIRSTYLES
ON OUR FACEBOOK PAGE OR
0423936744 / 0433914016

Poster Maker



\$500 to help with education costs for you or your children

Find out more 

START SAVING NOW!

Pick up a flyer from the office, or phone 5434 3908.



1st Eaglehawk Scout Group



Is now accepting Joey members
Joey's are aged 5 years old to 8 years old
They will meet on a Tuesday night 5:30pm to 6:30pm
Starting 6th of November
HOP into Scouting Today!

Group Leader: Jacqui phone 0418 520 731

Scout Hall located: 47 Simpsons Road Eaglehawk

FRESH FRUIT FRIDAY

Benefiting the health and wellbeing of our Bendigo school children

Proudly funded and supported by:




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

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WANT TO GET RID OF YOUR PLASTIC GROCERY BAGS???

Do you have lots of plastic grocery bags taking up valuable storage space in your home?

A member of our school community is collecting plastic grocery bags to make sleeping mats for the homeless.

If you have excess plastic grocery bags (I'm sure many of us do) they can be brought to the school office for collection to make more sleeping mats.

Not only are we providing a soft place for a homeless person to sleep—we are also recycling those unwanted plastic grocery bags!!



California Gully Primary School has signed up with the Fitzpatrick's Home Hardware D.I.Y. Rewards program.

Each time you make a purchase at Fitzpatrick's Home Hardware please mention the school and for each \$1.00 spent the school will earn five club reward points that we can use to purchase products in store when we need to make any repairs around the school.

BENDIGO
uniforms plus
SCHOOL. SPORT. WORK.

Current Uniform Prices at Bendigo Uniform Plus - Shop 6, Abbott Arcade Bendigo.

Short Sleeve Polo – \$20.50

Long Sleeve Polo – \$26.00

Polar Fleece Jumper – \$35.00

Hoodie – \$35.00

Blue & White Checked Dress – \$22.00

Bucket Hat – \$13.50

Slouch /Wide Brimmed Hat – \$13.50

California Gully
Connections Playgroup

Staley Street, California Gully
Phone: (03) 5446 8393

We would like to extend a warm invitation to you and your children aged 0-5 years to join us

Tuesday morning 9.30am until 10.30am
in Room 4.

Please bring along a healthy snack and a drink for your children and yourself to eat.

If you require any further information, please phone Kerry Phillips on 5446 8393 on Tuesday, Thursday or Friday

Member of
Playgroup Victoria

Come along and Join the fun

Catch the savings bug
with school banking
every Tuesday.

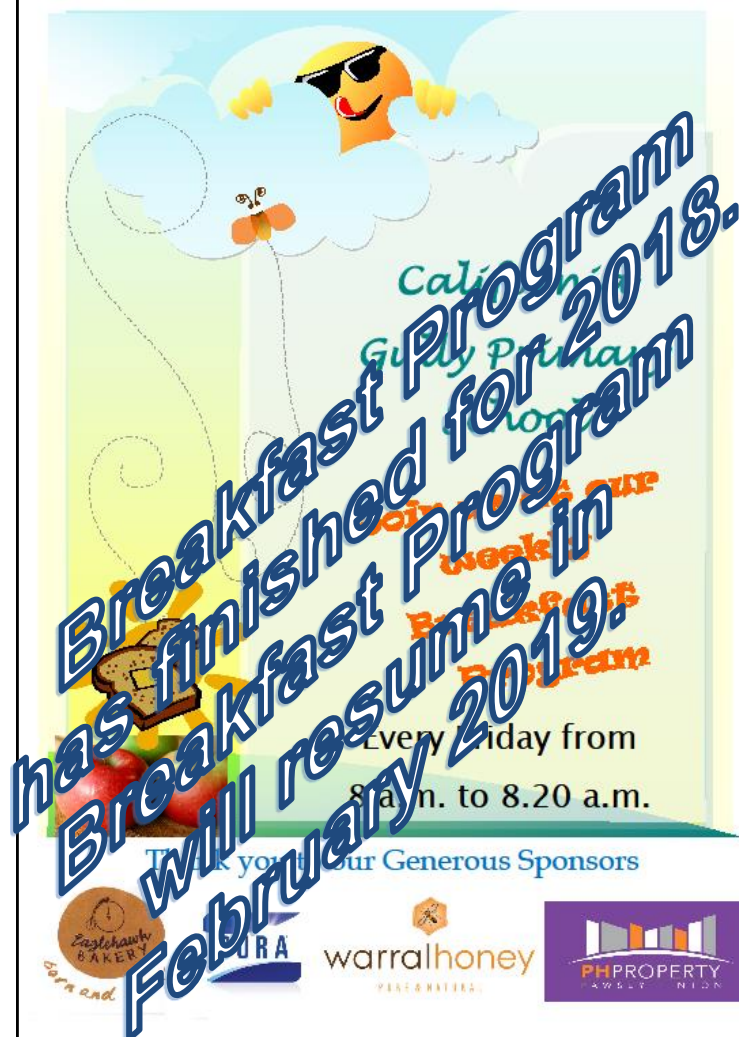
Eaglehawk Branch
CNR High & Church St
Eaglehawk VIC 3556
P: 03 5446 8511

Bendigo and Adelaide Bank Limited,
ABN 11 068 049 178. AFSL 237879.
(S28523) (04/10)

Bendigo Bank

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Breakfast Program
has finished for 2018.
Breakfast Program
will resume in
February 2019.

California Gully Primary School
Join in our
Breakfast Program
Every Friday from
8 a.m. to 8.20 a.m.

Thank you to our Generous Sponsors

Eaglehawk Bakery
RA
warralhoney
PH PROPERTY



Tuesday Breakfast Program has finished for 2018.
SCHOOL BREAKFAST CLUBS
The Program will resume in 2019.

WHERE: California Gully Primary School
WHEN: Tuesday Mornings
8.00 a.m. to 8.45 a.m.



FOOD BANK
THE EDUCATION STATE
VICTORIA
A Victorian Government Initiative in partnership with Foodbank Victoria



The 4th Annual Bendigo Kids' Christmas Concert is coming soon!
Come and join us for a spectacular afternoon of affordable family friendly entertainment, and all profits raised are donated to the Bendigo Health Foundation!

Do your part for the Bendigo Hospital this Christmas by purchasing your tickets today! ☺

When: Sunday 23rd December @ 3pm
Where: NEW Bendigo Stadium
Tickets: bit.ly/BendigoChristmasConcert2018
Ticket Prices: Adults: \$13, Children: \$8



BOYS AND GIRLS 5-A-SIDE AGES 6-11

COST:
\$30 per player or \$40 with shinguards

WHEN:
Saturday mornings from 9am

VENUE:
Spring Gully United Soccer Club, Stanley Ave - Pitch 1

DATES:
FEBRUARY 2ND, 9TH, 19TH, 23RD
MARCH 2ND

REGISTRATION DETAILS:
Go to trybooking to register
Boys - <https://www.trybooking.com/430572>
Girls - <https://www.trybooking.com/430561>
No shinguards, no play!

For more information contact info@basl.com.au

BENDIGO AMATEUR SOCCER LEAGUE INC.

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