**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.

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### IMPORTANT REMINDER

- Final Breakfast Program for 2016 - **Friday December 2nd**
- School Council Meeting - **Monday December 5th**  **(Please Note Change of Date)**
- Prep 2017 and Grade 6 Orientation Day - **Tuesday December 6th**
- Parents’ Club Meeting - **Friday December 9th**
- Grade 6 Graduation Dinner - **Wednesday December 14th**
- End of Year Concert - **Thursday December 15th**
- End of Year Celebration at the Pool - **Friday December 16th**

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### WATER SAFETY PROGRAM

Our 5 session water safety program begins on Monday 5th December. Permission forms will be forwarded home to families early next week. The Water Safety Program is covered in the cost of the school fees. If you have not paid your school fees you will need to pay $35.00 before the start of the program. Additionally as part of our water safety program students will be involved in the ‘Sink and Swim’ program (Thursday 24th November) which will teach children about being safe in open water environments (no cost).

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### SCHOOL TRANSITION - FOUNDATION (PREPARATORY) YEAR

Our 2017 Foundation (Prep) students enjoyed their second transition day on Tuesday 22nd November. The children had an enjoyable time working in the classroom and becoming more familiar with their surroundings and further developing their relationships with each other and the classroom teachers. The 2017 Foundation parents were involved in an information session which highlighted all aspects of the school program and life. The final transition day for the children commencing school in 2017 will be on Tuesday, 6th December from 9.15-11.45 and the children will again be working in the Foundation room. However, on this day they will also have an opportunity to explore the playground. The children will also stay a little longer and participate in our recess routine.

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**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](#)
STATE-WIDE SCHOOL TRANSITION

On Tuesday 6th December our grade 6 students will also spend the day at their chosen secondary schools. Children in grades 1 to 5 will transition into their 2017 classes for the morning session (9.15am-11.00am). Grade structures have been determined on student numbers at each year level and where placement of students has been required teachers have considered; even distribution of academic ability within grades, separation of children who do not work well together, gender balance, interpersonal development, friendship groups, attitude, maturity, individual needs and behaviour.

Over the past month I have requested parents and carers to inform the school if their child / children will NOT be attending California Gully PS in 2017 due to the family moving on.

Also, if you know of families who intend enrolling their children at California Gully for the 2016 school year please ask them to contact the school immediately.

2017 GRADE NOTIFICATION

Parents will be advised in writing of their child’s class placement for 2017 on Tuesday 6th December. Information will inform parents of the following:

The name or title of your child’s class
The name of your child’s teacher
The number of students in the class

Jason Lee
Principal

COMMUNICATION REMINDER

To ensure that parents and carers do not miss out on any vital information we encourage ALL parents and carers who have an iPhone (App Store), Android (Play Store) or Windows device to download the Skoolbag App (FREE).

The App allows either the classroom teacher or school administration to forward you information in a convenient timely manner. There is no issue of notes being lost or stuck at the bottom of a schoolbag.

Once fully operational you will receive and be able to access: upcoming events, newsletters, information pages, permission notes, links to website pages, parent eForms for sick note/absent and change of details and much more.

A key feature is the instant alerts we can send to remind the whole-school or just a grade of students of a particular school event or request.

To be able to access information only related to your child's grade you need to:

Once downloaded- Go to the home page-tap the 3 bars in the top left hand corner/ Tap on Setup/ Choose your grade(s) and slide the button to ON.

The following link provides details of how to install the app if you have any trouble. http://www.skoolbag.com.au/forparents.php

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PARENTS CLUB NEWS

Parents’ Club Meeting
The next meeting of the Parents’ Club will be in the conference room on Friday December 9th after assembly. This meeting will have morning tea provided as part of our end of year Christmas break-up. All parents and carers are welcome to attend. Note: Can Parents Club members please bring a plate of goodies to share.

Contacting the Parents’ Club
If you wish to contact the Parents’ club have an email address which is cgpsparentsclub@gmail.com.

Parents’ Club Christmas Raffle
Tickets will go home tomorrow, Friday November 25th.
Prizes so far:
1st $100.00 Hamper (Donated by the Parents’ Club)
2nd X-Drone Mini G-Shock Remote Control Drone
3rd Crochet Owl (Donated by Renee Jenkins)
4th ‘Stampin Up’ Pack including a free card making class voucher (Donated by Renee Jenkins)
5th 4 x Tubs of Billy G’s Cookie Dough & Cookie Cutters (Donated by the Parents’ Club)
6th 4 x Tubs of Billy G’s Cookie Dough (Donated by the Parents’ Club)

If you would like to make our raffle bigger and better, you can leave donations of non-perishable food items at the office.
The raffle will be drawn at the end of year concert on Thursday December 15th.

Parents’ Club Thank You
A BIG Thank You to everyone who purchased Billy G’s Cookie Dough. We raised $280.00 and received a bonus Drone which we are using as a prize in our Christmas raffle.

Book Fair
The Parents’ Club have purchased $200.00 worth of books from the Book Fair for the library.
Thank you to all families who support the Parents’ Club.

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 28th - December 2nd</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
<td></td>
</tr>
<tr>
<td>December 5th - December 9th</td>
<td>School Council Meeting (Please Note Change of Date)</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Orientation Day</td>
<td>School Banking Day - Commonwealth Bank</td>
</tr>
<tr>
<td>December 12th - December 16th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Grade 6 Graduation Dinner</td>
<td>End of Year Concert</td>
<td>School Banking Day - Commonwealth Bank End of Year Celebration at the Pool</td>
</tr>
<tr>
<td>December 19th - December 23rd</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Last Day of 2016 School Year</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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HEALTHY LIVING

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 earlier 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.

Good Idea!

Reinforce your child’s change of habits, however small, with comments such as: ‘You’re a smart eater, choosing all those veggies to eat up’ and ‘I’ve noticed that your much more active these days. That’s great’.

Top Tip

Breaking habits takes time. Be patient and consistent in your expectations of your kids and yourself.

WAYS TO INCLUDE CALCIUM IN YOUR CHILD’S DIET

Calcium is essential for your child’s health as it a major building block 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 import 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.
Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday November 18th**

**Prep O’Sullivan:**

- Caleb G. - For your commitment to home reading.

**1/2 Peacock-Hinton:**

- Noah A. - For accurate mental addition with two digit numbers.
- Jedd S. - For being an enthusiastic participant in all classroom activities.
- Lara T. - For being conscientious in completing her spelling homework. Well done!

**3/4 Reilly-Carroll:**

- Shae H. - For an excellent effort with her nightly reading.
- Ruby McH. - For an excellent effort with her nightly reading.

**5/6 McKerrow:**

- Blake B. - For excellent results in maths.
- Chloe H. - For excellent results in reading.
- Ayla L. - For excellent results in reading.

**5/6 Windridge:**

- Jayden B. - For being a friendly, helpful and co-operative class member.
- Keely F. - For excellent work on her Hugo lotus diagram.

**TISSUES**

With hay fever season well and truly upon us there are a lot of sniffles. Can parents please send a box of tissues to school for their child’s classroom.

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

OUTSIDE SCHOOL HOURS CARE
Monday to Friday 3.15 p.m. to 6.00 p.m.

• Available for all parents of California Gully Primary School
• Affordable
• Childcare in a safe and secure environment
• Providing interesting activities for all children
• Permanent/Casual Bookings available
• Emergency bookings always available

Mrs. Paton

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:

- November 30th: Free Play
- December 7th: Christmas Craft
- December 14th: Christmas Party/Rumball making

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

Join us on Facebook: www.facebook/calgullyplaygroup1

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California Gully Primary School
Join us at our weekly Breakfast Program
Every Friday from 8 a.m. to 8.20 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 November 25th at 8 a.m. (please note that we will stop serving breakfast at 8.20 a.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!

Stephanie Alexander Kitchen at California Gully Primary
Wednesday Mornings
8.00 a.m. to 8.45 a.m.

Catch the savings bug with school banking every Tuesday.

SCHOOL BREAKFAST CLUBS

WHERE: Stephanie Alexander Kitchen at California Gully Primary

WHEN: Wednesday Mornings
8.00 a.m. to 8.45 a.m.

FRESH FRUIT FRIDAY
Benefiting the health and wellbeing of our Bendigo school children

Proudly funded and supported by:
Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au

Miss Me-time is a chance for all women to giggle, jiggle and wiggle together while being active. All you need to do is rock up in your active wear!

Join us at our next session:

Twist and twirl

Thursday 1 December, 10am

Meet at 15 Atkins Street, North Bendigo

For more information visit facebook.com/MissMeTime

Women only  No RSVP  Free  It’s fun  Child friendly

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