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
- Second Transition and Information Session for 2016 Prep’s - Tuesday November 17th
- School Fair - Thursday November 26th
- Advance Notice: There will be no Breakfast Program on Friday November 13th

FROM THE PRINCIPAL
CGPS SOFTBALL TEAM
Congratulations to the year 6 students who represented the school at the recent Loddon Mallee Regional Softball Championships in Swan Hill. The students again performed to a very high standard winning their Division and playing off for the regional title. The team played exceptionally well but was beaten by a very good team from Mildura. Once again the students represented the school extremely well, played all games with true sportsmanship and importantly had fun.

PROMOTIONAL VIDEO
Next week staff and students from Eaglehawk Secondary College will begin the filming of a 2-3minutes promotional video for our school. It is important for students to be in uniform if they are to be part of this promotion.

2016 ARRANGEMENTS
2016 grade structures are close to being finalised for next year. I am asking parents to let the office know if their children may be moving schools in 2016. If you are aware of a family coming to our school but as yet has not made contact please ask them to contact the school immediately. Accurate student numbers for planning are crucial.

TRANSITION DAY
Our second transition day for our 2016 Prep students will take place on Tuesday 17th November. The students will again attend school from 9.15am-10.45am. A variety of engaging activities will be undertaken with the students. An information session and morning tea will be provided to the 2016 prep parents from 9.30am.

School Assembly starts at 8.55 a.m. Please be on time!
CYBER(SMART)
More and more young people are turning to social media to chat with friends. Chatting with friends can occur at any time and almost anywhere. The following extract comes from acma cyber[smart] and is just a reminder to children about how to deal with difficult situations which can sometimes occur through social media. Please discuss the article below with your children.

**Kids- Get the Facts**
The internet lets us watch videos, play all kinds of games and find out interesting stuff. But sometimes people can be mean on the internet, just like some people are mean in real life.

**If someone is being mean to you while you are on the internet or on a mobile phone**
1. tell someone about it. Tell one of these people: your mum or dad, your teacher, an aunty, an uncle, a grandparent, your brother, your sister or a friend. Keep telling them until they help.
2. don’t answer any of their mean comments. Save them and show them to a parent or teacher
3. get a parent or teacher to help you block them so they can’t contact you any more
4. report them to the game/video host so they get blocked
5. remember it isn’t your fault if someone is mean online. Nobody should be bullied
6. you can call the Kids Helpline for help on 1800 55 1800, or visit their website

**If someone is being mean to a kid you know**
1. don’t join in. Even if their comments are funny and you think they are true – if they might hurt another person don’t join in
2. don’t share any mean pictures or videos or spread mean gossip
3. report bullying to someone that can help. Find a teacher or parent and tell them what is happening. If you are scared you can write a letter and post it under their door
4. Support them. Tell them you are sorry they are being picked on


WARM WEATHER & SNAKES: Discuss with your Child
Just over a week ago a Brown Snake was sighted in our school grounds. This occurred just after lunch and the children were all back in class. As a result the school went into a lockdown until a snake catcher arrived and took the snake away. The school was in lockdown for about 15 minutes and I would like to acknowledge and congratulate the students for remaining calm during the situation. This is the first snake sighting (and need to call a snake catcher) at the school in my 5 years as principal. With the weather becoming warmer snakes are starting to come out I would encourage parents to have a discussion with their children to stay well away from a snake if they sight one, not to agitate it, and report it to an adult.

Jason Lee
Principal

CAL GULLY’S

We are holding “Cal Gullys Got Talent” auditions again this year as a Junior School Council fundraiser.

If you would like to go in the competition please bring $2 for your entry and give to Mickayla or Jakoby in Grade 6.

Auditions will be held late in November in front of JSC representatives, and teachers.

Those students who make it to “the final” will be informed after auditions.

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

PARENTS CLUB NEWS

Parents’ Club Meeting
The next meeting will be held on a day and time to be confirmed in the conference room.

Second-hand Uniforms Wanted
Parents’ Club want to start a Second-hand Uniform Store. If you have any unused uniforms including track pants, hats, plain polo’s you would like to donate please bring them to the school office.

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

PepperGreen Farm vegie bags available to order through Wendy Ennor.
Place your order on a Wednesday, $30 full bag or $15 half bag.
Price includes delivery to school.

SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>November 9th - November 13th</td>
<td>School Council Meeting</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Prep to 2 Sleepover and BBQ Tea</td>
<td>School Banking Day - Commonwealth Bank</td>
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<td></td>
<td>Book Fair</td>
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<tr>
<td>November 16th - November 20th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Prep to 2 Melbourne Zoo Excursion</td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m.</td>
<td>School Banking Day - Commonwealth Bank</td>
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<td>Prep 2016 Transition Day</td>
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<tr>
<td>November 23rd - November 27th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>School Fair</td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m.</td>
<td>School Banking Day - Commonwealth Bank</td>
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<tr>
<td>November 30th - December 4th</td>
<td>School Banking Day - Bendigo Bank</td>
<td></td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m.</td>
<td>School Banking Day - Commonwealth Bank</td>
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<td></td>
<td></td>
<td>Swimming Program</td>
<td>School Assembly starts at 8.55 a.m. Please be on time!</td>
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School Assembly starts at 8.55 a.m. Please be on time!
Here are some new Maths Puzzles for all the family. Have a go at these at home, bring in your neat answers and we will display them on the Maths Board in the undercover area. It would be great to see some new work up on display each week! Give your work to Mrs Peacock or Mrs Windridge.

School Assembly starts at 8.55 a.m. Please be on time!
California Gully
Walk and Ride To School - October 29th

Can we keep improving our walking and riding numbers?

It is great to see so many children walking and riding to school. We have had a really good month, with lots of children walking and riding to school. It would be great if we can keep up the good work for the rest of the year. Remember that you can walk part way to school as well if you live too far from school to walk the whole way.

School Assembly starts at 8.55 a.m. Please be on time!
GREAT TIPS FOR HEALTHY KIDS

TIP 13. HEALTHY MESSAGES HAVE TO BE REINFORCED

Although you serve as a good role model to your kids by eating well and being physically active, they will sometimes spend time with other people, such as grandparents, aunts and uncles, or other carers. It is important that you let these people know that you want your kids to get some physical activity and to eat nutritious foods.

Sometimes relatives and others can have the best of intentions for kids, but they think that it won’t hurt if kids eat lollies and indulge in fizzy drinks, for example. Their attitude is that ‘it’s a treat for the kids’.

What you can do NOW

When family and other people are taking care of your kids:

♦ Let them know what you prefer the kids to eat.
♦ Tell the carers that you value their time with your kids and that you’d like the healthy messages you give at home to be reinforced by them.

Top Tip

Adults can learn from kids too. Encourage your child to spread the word outside your home on healthy food and healthy fun.

Good idea!

When others are looking after your child, reinforce your message by packing a bottle of water together with a few healthy snacks, such as carrot sticks with hummus dis, a reduced-fat cheese and cucumber sandwich, or pieces of fruit.

SERVING SIZES

<table>
<thead>
<tr>
<th>Age</th>
<th>Bread, cereals, rice, pasta (serves)</th>
<th>Vegetable, Legumes (serves*)</th>
<th>Fruit (serves*)</th>
<th>Milk, yoghurt, cheese (serves)</th>
<th>Meat, fish, poultry, eggs (serves)</th>
<th>Extra food (serves)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 7 yrs</td>
<td>5-7</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1/2 - 1</td>
<td>1 - 2</td>
</tr>
<tr>
<td>8 - 11 yrs</td>
<td>6-9</td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>1 - 1 1/2</td>
<td>1 - 2</td>
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* These are the minimum recommended serves. Nutrition Australia encourages extra serves of fruit and vegetables.

Examples of Serves

- **Breads & cereals**: 2 slices of bread, 1 cup cooked rice or pasta, 1 cup breakfast cereal flakes, 1/2 cup muesli, 1 med. Bread roll, 1 cup cooked porridge.
- **Vegetable or legumes**: 1/2 cup cooked vegetables, beans, lentils; 1 cup chopped salad, 1 medium potato, 1/2 medium sweet potato.
- **Fruit**: 1 medium piece apple, 2 small apricots, 1 plum; 1 cup canned fruit, 4 dried apricots; 1 1/2 tablespoons sultanas.
- **Milk, cheese**: 1 (250ml) cup milk; 2 slices (40g) cheese; 200g yoghurt; 1 cup (250ml) custard, 1 cup almonds, 1/2 cup salmon, 1 cup calcium-fortified soy milk.
- **Meat, fish, poultry, eggs**: 1/2 cup lean mince, 2 small chops, 2 slices roast meat: 80-120g cooked fish fillet; 2 small eggs; 1/3 cup peanuts or almonds, 1/3 cup cooked canned legumes.
- **Extra foods**: 1 doughnut; 1 plain sweet biscuit, 25g chocolate, 1 can soft drink, 30g potato crisps.

ANNUAL ‘HELP THE CHICKENS’ MONTH

Our annual ‘Help the Chickens’ month is underway. If you would like to make a Gold Coin donation to help feed the girls and (and boy). Drop your donation in to Wendy.

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 11th: Sand/Water Play
- November 18th: Pasting
- November 25th: Multi-Purpose Room—Adventure Play
- December 2nd: Making Christmas Decorations
- December 9th: Christmas Cooking/Party

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

Join us on Facebook: www.facebook/calgullyplaygroup1

AFTER SCHOOL 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

The program in term 4 is running well and the children having an enjoyable time.
A reminder to all parents; with the end of the year fast approaching all accounts will need to be finalised. Please talk to Nicole if you are having difficulties.

Mrs. Paton

School Assembly starts at 8.55 a.m. Please be on time!
Wanted: Mulberry Leaves
It’s Spring and the silkworm eggs had hatched. Please see Annette if you are able to provide a class with mulberry leaves. We will require an abundance of mulberry leaves to feed the silkworms.

TATTOOS
We are looking for donations of temporary tattoos for the Grade Prep/One stall at the fair. Can each child please send along a tattoo donation suitable for children.

Thank you!

Bendigo Market Place
Money Can Grow on Trees
From Monday 2nd November to Sunday 13th December shop at Bendigo Marketplace and put your shopping receipts towards our school. This can be done by either:
- Placing receipts in our school’s drop box located next to the tree display
- Visiting the customer service staff (Please note Customer service hours will be limited)

5c Drive
Keep up the great collecting.
Our five cent collection now weighs.

9.391 kilograms.
We didn’t quite make 10 kilograms.
Collectors of the week:
Sarah H. and Shae McO.

School Assembly starts at 8.55 a.m. Please be on time!
City of Greater Bendigo Whipstick Ward Meetings
7pm - 8.30pm

Ward Councillors – Mayor Peter Cox, Lisa Ruffell and James Williams
Meeting time and date may be subject to change. To confirm, please visit
www.bendigo.vic.gov.au

Bendigo 7pm, Monday November 16
Bendigo Library, Activity Rooms 1 & 2
259 Hargreaves Street, Bendigo
Kalianna School Fair
Friday 6th November 2015
Time: 5pm to 8pm.
We will have heaps on offer including:
- Pallet gardens (Made by VCAL students)
- Pallet Furniture (Made by VCAL Students)
- Hanging Baskets (Made by VCAL Students)
- Hot Food, Cold Drinks
- Haunted House, Spinning Wheel
- Showbags, Lucky Jars
- Giant Slide, Jumping Castle
- Fairy Floss
- And lots more

Hope to see you there.

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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 6th at 8 a.m. (please note that we will stop serving breakfast at 8.20 a.m.). Sharing in breakfast together, what a great way for our school community to start to start the day!

We would also like to acknowledge the assistance of Fairley's IGA in Eaglehawk for providing the food for the breakfast.

Introducing 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!