**Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday November 9th</td>
<td>Working Bee</td>
</tr>
<tr>
<td>Tuesday November 11th</td>
<td>Curriculum Day</td>
</tr>
<tr>
<td>Friday November 14th</td>
<td>Parents’ Club Annual General Meeting</td>
</tr>
<tr>
<td>Monday November 17th</td>
<td>School Council Meeting</td>
</tr>
<tr>
<td>Tuesday November 18th</td>
<td>Prep 2015 Transition Session</td>
</tr>
<tr>
<td>Tuesday November 25th</td>
<td>Prep to 2 Anakie Fairy Park Excursion</td>
</tr>
<tr>
<td>Friday December 5th</td>
<td>Breakfast Program Concludes for 2014</td>
</tr>
<tr>
<td>Monday December 1st to Friday December 5th</td>
<td>Whole School Swimming Program</td>
</tr>
<tr>
<td>Monday December 8th</td>
<td>School Council Meeting</td>
</tr>
</tbody>
</table>

**Every Wednesday 9.30 a.m. - 11.30 a.m.**

**Playgroup**

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**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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**FROM THE PRINCIPAL**

**TERM 4 CURRICULUM DAY - PUPIL FREE DAY - NEXT TUESDAY NOVEMBER 11th**

The term 4 curriculum day will be held next Tuesday 11th November. Students **are not** to attend school on this day.

**PREP TRANSITION - TUESDAY NOVEMBER 18th - 9.15a.m. to 10.45a.m.**

On Tuesday, November 18th our 2015 Prep students will be involved in their second transition morning. The children will again be involved in a number of activities to familiarise them with the classroom and teachers. An information session and morning tea will be provided for parents.

**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.

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


**2015 ARRANGEMENTS**

We are currently finalising staffing arrangements for 2015, I am asking parents to let the office know if their children may be moving schools in 2015 OR if you are aware of a family coming to our school that has not made contact as yet have them contact the school. Accurate student numbers for planning are crucial.

*Jason Lee*
Principal

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*The vegie garden has been planted and with the warmer weather it is going to need plenty of water. We are in need of some parents to hang around after assembly to help water the vegies. Please see Wendy if you can help.*

**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 10th - November 14th</td>
<td><strong>Curriculum Day</strong></td>
<td>Parents’ Club Lunch</td>
<td>Student Banking Day</td>
<td></td>
</tr>
<tr>
<td>November 17th - November 21st</td>
<td>School Council Meeting</td>
<td>Second 2015 Prep Transition Morning</td>
<td>Parents’ Club Lunch Order Day</td>
<td>Student Banking Day</td>
</tr>
<tr>
<td>November 24th - November 28th</td>
<td>Prep to 2 Anakie Fairy</td>
<td>Parents’ Club Lunch Order Day</td>
<td>Student Banking Day</td>
<td></td>
</tr>
<tr>
<td>December 1st - December 5th</td>
<td></td>
<td>Parents’ Club Lunch Order Day</td>
<td>Student Banking Day</td>
<td></td>
</tr>
</tbody>
</table>

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

A working bee will be take place on **Sunday, November 9th**, the starting time will be 9.00 am and concluding at 11.30am. The aim of the working bee is for a general tidy up.

A variety of jobs need to be completed and your assistance during the morning would be greatly appreciated, even if it is only for an hour or so. If you are able to bring along any of the following tools it would be very helpful.

- Whipper snipper
- Wheelbarrow
- Spades
- Rakes
- Yard brooms
- Chain saw/long handled saw for tree branches
- Other gardening equipment
- Trailer
- Blower

Please ensure you have the appropriate safety equipment/clothing.

CLOSE OF PROGRAM

Can Saver Plus assist you with school costs?

**GET IN BY 31st DECEMBER**

Join Saver Plus by **31st December** and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Cristean Tikleridis, your local Saver Plus Worker:

(03) 5444 9082 / 0409 909 554 or cristean.tikleridis@hhs.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Southern Victoria by Catholic Education Dioceses of Rockhampton, Toowoomba and Warwick. The program is funded by ANZ and the Australian Government.

IS YOUR CHILD A SMART SCHOOL SAVER?

We interviewed the ‘Savers. IG’ of the nation and found Australian’s who learn about money at school grow up to become smarter savers.

To find the next generation of savers, we’re launching a national competition. Have your child tell us in 60 words or less what they are saving for, and how they plan to save their money to achieve it and they could win:

- an iPad for themselves and one for their school (one regional winner)
- $1,000 for their savings (one national winner)

Enter now at www.aplacemoney.com.au/smartschoolsavers

School Assembly starts at 8.55 a.m. Please be on time!
Parents’ Club Meeting
The Annual General Meeting will be held on Friday November 14th at 9.15 a.m. following assembly in the conference room.

Lunch Orders
The Order Forms for Term 4 are printed on pink paper and are distributed to the children every Wednesday. Spare forms are available at the front of the Office or otherwise on the school website. All orders and money need to be into the Office by 9.30 a.m. Monday mornings. Also if your child is absent on the day of the Lunches could you please contact the Office to cancel the order, this way we can arrange a refund.

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

School Hoodies can now be ordered at Bendigo Uniforms Plus, cost is $35.00.

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:

  - Wednesday November 12th — Fruit Animals
  - Wednesday November 19th — Adventure Play in the Multi-Purpose Building
  - Wednesday November 26th — Box Construction
  - Wednesday December 3rd — Making Cupcakes
  - Wednesday December 10th — Adventure Play in the Multi-Purpose Building
  - Wednesday December 17th — Christmas Break-Up

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

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 October 31st

Prep/1 Holt:
- Bailey B. - For practicing hard in Athletics Training.
- Daniel V. - For always being eager to help.

2 Reilly-Peacock:
- Emily K. - For a fantastic effort on Athletics Day.
- Hayden M. - For a terrific effort in Athletics.

3 Watt:
- Caleb C. - For excellent work during Math.
- Isobel G. - For always working well with others during class time.
- Keesha W. - For being a caring student in the yard.

5/6 McKerrow:
- Ryan D. - For awesome contributions to literacy sessions.
- Jordan H. - For awesome contributions to literacy sessions.

5/6 Windridge-Doolan:
- Nathaniel B. - For good work on tenses with Mrs. Parker.
- Nicholas C. - For working well on tenses with Mrs. Parker.
- Billy L. - For working well on sequencing.

Student Banking

Don’t forget that every Friday is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, no matter how big or small, students will receive a cool Dolormites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour. There are new reward items available during Term 4: a projector cup and sea streamers. These are on display in the school office.

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at California Gully Primary School.

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

**HEALTHY LIVING**

**GREAT TIPS FOR HEALTHY KIDS**

**TIP 28. PLAYING SPORT PROMOTES HEALTH**

Playing sport is a terrific way to stay fit. Whether it’s tennis or a team sport like soccer, the regular training that’s necessary provides lots of opportunity to be active. Team Sports also help kids develop social skills, like co-operation and tolerance.

Expose your kids to lots of different sports and physical activities. They may find they have a natural talent for one or more of them.

Some kids don’t enjoy playing traditional sports. They can feel the odd one out when they don’t join in the usual sports that other kids are involved in.

For these kids, there are lots of alternatives. They might try rock-climbing, dancing, gymnastics or one of the martial arts such as karate or judo. Whatever the child’s interests and abilities, there will be some sport or activity that will appeal.

**What you can do NOW**

- Practise basic sporting skills such as throwing a ball, skipping and hopping with your kids.
- If your kids play sport such as soccer, hockey, football or netball, have them fitted with mouthguards.

**Good Idea!**

Consider becoming a coach for your child’s team sport. That way you get to spend time with them. Get to know their teammates, and get fit too.

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**WAYS TO INCLUDE CALCIUM IN YOUR CHILD’S DIET**

<table>
<thead>
<tr>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Non-dairy sources of calcium include:</strong></td>
</tr>
<tr>
<td>• Calcium-fortified soy products.</td>
</tr>
<tr>
<td>• Salmon with bones.</td>
</tr>
<tr>
<td>• Almonds</td>
</tr>
<tr>
<td>• Nori sheets</td>
</tr>
<tr>
<td>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!</td>
</tr>
<tr>
<td>2. Encourage a glass of milk with dinner.</td>
</tr>
<tr>
<td>3. Freeze low fat milk based drinks for school lunches. A great way to keep the lunchbox cool on warmer days!</td>
</tr>
<tr>
<td>4. Make smoothies with low fat yoghurt, milk, fruit and ice.</td>
</tr>
<tr>
<td>5. Freeze low fat yoghurts for lunchboxes or dessert.</td>
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<tr>
<td>6. Cut low fat cheese slices into different shapes for a varied lunchbox snack.</td>
</tr>
<tr>
<td>7. Plain low fat ice-cream and custard are a yummy and popular dessert choice and can be enjoyed regularly.</td>
</tr>
<tr>
<td>8. Dollop low fat yoghurt and/or cheese on baked potatoes or for soups. Soups can also be made using low fat milk.</td>
</tr>
<tr>
<td>9. Be a good role model! Kids make many food choices by watching their parents.</td>
</tr>
</tbody>
</table>

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**EGGS FOR SALE**

Our girls are busy laying lots of eggs, $2.50 a dozen. See Wendy in the grade 3/4 room.

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

Caring for a child who is not your own?
Need information and support?

St Luke’s Kinship Connect
Support and Information Line

Freecall
1800 992 495

Thank you Y Foundation sponsors!

Thank you to all sponsors of the Y Foundation, your support is greatly appreciated. Together we are making a real difference in the local community.

@BendigoYMCA 03 5482 2517 www.bendigo.ymca.org.au

 TWILIGHT MARKETS
 Second Thursday of each month
 All Proceeds to Rotary Youth Programs

Original Cal Gully School - Circa 1853

Indoor & Outdoor Stalls
Come and find a bargain!

Location: CAL GULLY MECHANICS HALL
A School Street, California Gully
Dates: 2nd Thursday of each month
First Market: 13th November 2014
Time: 4:00 - 7:00pm
(weather permitting)

General Enquiries:
Garden: 0409 296 836
Rent: 0457 516 752

Stall Holder Enquiries Welcome
Contact June:
Tel 0434 639 379
E-mail: adalavina@hotmail.com

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