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

The Bell Topper
Volume 32 No. 31

Calendar
Friday October 17th
⇒ School Camp Payments Due
⇒ Parents’ Club Meeting
Monday October 20th
School Council Meeting
Tuesday October 21st
Prep 2015 Transition Session
Thursday October 23rd
Boo Club Issue 7 Orders and Money Due Back
Wednesday October 29th
Bendigo Cup Day Holiday
Monday November 10th
School Council Meeting
Friday November 14th
Parents’ Club Annual General Meeting
Tuesday November 18th
Prep 2015 Transition Session

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.

FROM THE PRINCIPAL
TERM CALENDAR
Early next week the school will forward a term 4 calendar highlighting our key events and hopefully assisting families with their planning around various events this term.

PREP TRANSITION DAYS
Our first Prep Orientation Day for children commencing school in 2015 will be held on Tuesday, 21st October. 9.15am - 10.45am. The children will be involved in a number of activities including storytelling, play sessions and construction activities. The children will not require anything for this session.

Our second and third Orientation Days will be held on Tuesday 18th November and Tuesday 9th December. Further details regarding these days will be forwarded to 2015 Prep parents next week.

2015 Preps Enrol Now
If you have a child in Prep in 2015 and have not yet completed your enrolment form, we ask that it be returned to the school office as soon as possible.

SCHOOLS ARE SMOKE-FREE ZONES
Please be aware that by law schools are smoke free zones; this includes both within school buildings and grounds. We would also ask that smokers refrain from smoking at the entrances to the school.

School Assembly starts at 8.55 a.m. Please be on time!
GRADE STRUCTURE IN 2015 AND FRIENDSHIP REQUESTS
The grade structure for 2015 is yet to be completed as enrolments are still in the process of being finalised and the prep orientation program commences next week.
At this time of year there are also a number of enquiries into available places from families moving into the area. Importantly if your child will not be attending California Gully PS in 2015, we would appreciate you letting us know.
We understand friendship groups are important, however it is equally important to recognise the need to establish productive environments that support learning, as well as maintaining or building new friendship groups. If there are any concerns about friendship placements for students in 2015, please let me know in writing by Monday 27th October. Whilst we will take all concerns into consideration, we do not guarantee that these can be implemented as we must ensure that there is an equal balance of social, emotional and academic needs within each classroom.
Please note that it is not possible for parents to request specific teachers. Classroom groups will be developed for social and educational needs, and then teachers will be matched with a classroom.

Jason Lee
Principal

2014 GRADE 3 to 6 CAMP - CANDLEBARK FARM, HEALESVILLE
School Camp needs to be paid in full by tomorrow, Friday October 17th. A reminder that the full cost of camp is $250.00.

SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>October 20th - October 24th</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>School Council Meeting</td>
<td>Prep 2015 Transition Session</td>
<td>Parents' Club Lunch Orders</td>
<td>Book Club Orders and Money Due</td>
<td>Student Banking Day</td>
</tr>
<tr>
<td>October 27th - October 31st</td>
<td></td>
<td>Athletic Sports Day</td>
<td>Bendigo Cup Day Holiday</td>
<td></td>
<td>Student Banking Day</td>
</tr>
<tr>
<td>November 3rd - November 7th</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Student Banking Day</td>
</tr>
<tr>
<td>November 10th - November 14th</td>
<td>School Council Meeting</td>
<td></td>
<td></td>
<td></td>
<td>Student Banking Day</td>
</tr>
</tbody>
</table>

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Parents’ Club Meeting
The next meeting of the Parents’ Club will be held tomorrow, Friday October 17th, at 9.05 a.m. in the outside school hours care room, we look forward to some of our new Prep families joining us. The Annual General Meeting will be held on Friday November 14th at 9.15 a.m. following assembly in the conference room.

Lunch Orders
Due to the Bendigo Cup Day holiday on Wednesday October 29th there will be no Lunch Orders that day.

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 October 22nd — Making Pizza Muffins
- Wednesday October 29th — Bendigo Cup Public Holiday
- Wednesday November 5th — Hand and Feet Stamping
- Wednesday November 12th — Fruit Animals
- Wednesday November 19th — Adventure Play in the Multi-Purpose Building
- Wednesday November 26th — Box Construction

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

Join us on Facebook: www.facebook/calgunlyplaygroup1

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

Stars and Challenges

BOOK CLUB

Book Club Issue 7 has been sent home this week. Orders with correct money are due back at school Thursday, October 23rd 2014.

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

Clocking up enough sleep can seem like chasing an impossible dream for busy families. In honour of daylight saving, this month we look at how sleep relates to children's mental health, the impact of screen time, and ways to overcome common sleep issues affecting their rest.

Sleep and kids' mental health

Around 40% of Aussie kids have a sleep problem. Rest, as we know, is so important to a child's health and wellbeing. But what are the specific effects of a poor sleep quality on their mental health?

How screen time affects rest

It's now well established by experts that excess screen time - the use of TV, computers, and mobile devices - can impact a child's sleep.

Dr Sarah Loughran, sleep researcher at the University of Wollongong, shares her top tips for getting the best rest for a good night's rest.

Dealing with bedtime worries and nightmares

Fear can keep kids awake, says Dr Sarah Blunden, a paediatric researcher and clinical psychologist treating sleep disorders. Here is her advice for dealing with two common sleep-related issues:

- Bedtime worries
- Nightmares
GREAT TIPS FOR HEALTHY KIDS

TIP 25. HIDDEN SUGARS ARE A MENACE

It’s obvious that there is sugar in lollies and biscuits, but many other foods contain hidden sugar. The average Australian consumes around 45kg of sugar each year. Most of it is from the hidden sugars in processed foods and drinks.

There are two main problems with sugar; it gives energy (in the form of kilojoules) without providing nutrition; and it produces acid in the mouth that causes dental decay.

What you can do NOW

- Check out the labels on food that you buy and go for those with no added sugar. Added sugar may be listed as: glucose; fructose; dextrose; corn syrup; or molasses.

Top Tip

Everyone needs some sugar in the diet for the brain to function well. Fresh fruits not only provide natural sugar, but they are also rich in necessary nutrients such as vitamins, minerals and fibre.

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 - 1/2</td>
<td>1 - 2</td>
</tr>
</tbody>
</table>

* 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.

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**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 Dollarmites 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.

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**Rewarding regular savings with precious prizes.**

Thank you to Empowering Eaglehawk, The Eaglehawk Football Netball 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 will continue tomorrow Friday October 17th 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 to start the day! We would also like to acknowledge the assistance of Roger King’s IGA in Eaglehawk for providing the food for the breakfast and their weekly donation of fruit for the Fresh Fruit Friday program in the Junior School.

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

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**IS YOUR CHILD A SMART SCHOOL SAVER?**

You invited to enter our our first competition! All that matters is how much you want it. To enter, just take a photo of yourself with your amount and send it to our school’s Facebook page.

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**Thank you!**

Bendigo Regional YMCA & Kellogg’s

For your generous donation of cereal to our school, we really appreciate your support!