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

CALIFORNIA GULLY PRIMARY SCHOOL

The Bell Topper
Volume 34 No. 32

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Thursday October 20th 2016

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
•  Parents’ Club Meeting -  Friday October 21st
•  Prep 2017 Transition Day -  Tuesday October 25th
•  Bendigo Cup Day Holiday -  Wednesday October 26th
•  Jump Rope for Heart Jump Off Day -  Friday October 28th
•  School Production ’Kids in Paradise’ -  Tuesday November 8th
•  Curriculum Day -  Wednesday November 16th
•  Prep 2017 Transition Day -  Tuesday November 22nd

FROM THE PRINCIPAL
GRADE STRUCTURE IN 2017 & FRIENDSHIP REQUESTS
If there are any concerns about friendship placements for students in 2017, they need to be forwarded to me in writing by Friday 21st October. Importantly if your child will not be attending California Gully PS in 2017, we would appreciate you letting us know. 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.

FRIENDSHIP MURAL
It was nice to be able to have the tiles placed onto the wall in the undercover area. The completed whole-school project looks wonderful and is a positive reminder of what we can achieve as a school community. This was the final piece of work we were undertaking based on the Building Resilient School Community Project. The students in grades 3 to 6 are completing a final survey as part of our participation in the project. The results will assist in providing strategies to continue to support the wellbeing of all of our students.

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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
WHAT DO THE NEW CHILD SAFE STANDARDS MEAN FOR US?

In 2013, the Victorian Parliament held an inquiry into the Handling of Child Abuse by Religious and Other Non-Government Organisations, resulting in the Betrayal of Trust Report. As part of the Victorian Government’s commitment to implementing the recommendations of the Betrayal of Trust report, there are new Child Safe Standards. These are compulsory minimum standards for all Victorian schools, to ensure they are well prepared to protect children from abuse and neglect.

What are the standards?
The child safe standards require schools to consider all aspects of child safety and put measures in place to protect children from all forms of abuse, including:
- sexual or grooming offences
- physical violence
- serious emotional or psychological harm
- serious neglect.

What is required in each school?
There are seven child safe standards we are required to implement:
1. Strategies to embed an organisational culture of child safety,
2. A child safe policy or statement of commitment to child safety
3. A code of conduct that establishes clear expectations for appropriate behaviour with children
4. School staff selection, supervision and management practices for a child-safe environment
5. Processes for responding to and reporting suspected child abuse
6. Strategies to identify and reduce or remove risks of child abuse
7. Strategies to promote the participation and empowerment of children.

We have parents and carers volunteer in many different roles – some examples are classroom helpers, clubs program, excursions, head lice checks and Fresh Fruit Friday to name a few. Our volunteers are valuable contributors to the education of all our students. We will make available our ‘Volunteers In Schools Policy’ and CGPS Code of Conduct via the newsletter distribution list or accessed at the office. In the future both documents will be accessible on our Website.

From 2017 all volunteers at CGPS will need to complete the following:
1. Read the ‘Volunteers In Schools’ policy.
2. Read and sign the CGPS Code of Conduct.
3. Undertake a Working with Children’s Check. (This is free for volunteers)

How do I get a Working With Children’s Check?
You can now fill in your WWC check online. After you fill in your details, print out your application summary and take it to Australia Post with your proof of identity documents and a passport size photo. A WWC check is free for volunteers and they are valid for 5 years.

Jason Lee
Principal

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**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>October 24th - October 28th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Bendigo Cup Day Holiday</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
<td></td>
</tr>
<tr>
<td>October 31st - November 4th</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>November 7th - November 11th</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>November 14th - November 11th</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
<td>Prep - 2 Barbecue Tea and 1-2 Sleepover</td>
<td>School Banking Day - Commonwealth Bank Breakfast Program</td>
</tr>
</tbody>
</table>

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Parents’ Club Meeting
The next meeting of the Parents’ Club will be in the conference room after assembly tomorrow, Friday October 21st. We need desperately more members so new members are always welcome.

Lunch Orders
The next lunch order day will be early next term and on the menu will be hot dogs.

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

Billy G’s Cookie Dough Fundraiser
Order forms were sent home at the end of last term. Please return your order form tomorrow, Friday October 14th along with correct money.
This is a great, very yummy product that could potentially make us some ‘dough’!

Thank you for your support.
Parents’ Club

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HEALTHY LIVING

GREAT TIPS FOR HEALTHY KIDS

TIP 49. DESSERT IS THE CHERRY ON TOP

Kids love desserts. A sugary, sticky dessert, once in a while is okay, but the rest of the time desserts should be nutritious as well as attractive to kids.

During the summer months, you could combine dessert with physical activity by walking to the local shops for an ice cream after dinner.

What you can do NOW

- Make custard with eggs and reduced-fat milk and serve it over fresh or tinned fruit in natural juices.
- Cut up fresh fruit for a fruit salad.
- Soak dried fruits and stew them slightly. Serve with a little ice cream or low-fat yoghurt.

Good Idea!

Make up a cheese platter rather than dessert. You could have one or two varieties of reduced-fat cheese cut into cubes or slices, together with wholemeal crackers and grapes, slices of peach, or strawberries.

Minerals

Consuming minerals from a variety of food sources assists in maintaining a healthy lifestyle. Below are some of the most common minerals, why they are needed and what foods they are in.

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Essential for</th>
<th>Foods found in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Building teeth and bones, transmitting signals between nerves, controlling secretion of hormones.</td>
<td>Dairy products such as milk, cheese, yoghurt, fish with edible bones, almonds, sesame seeds, broccoli.</td>
</tr>
<tr>
<td>Iron</td>
<td>Forming haemoglobin which assists in carrying oxygen through bloodstream to tissues.</td>
<td>Red meat, chicken, tuna, salmon, legumes, eggs, dried fruit, wholegrains, dark green leafy vegetables.</td>
</tr>
<tr>
<td>Potassium</td>
<td>Assist in muscle and nervous system functions as well as regulating water in the blood, cells and tissues.</td>
<td>Nuts, fruit (especially dried fruit and citrus), raw vegetables, legumes, bran.</td>
</tr>
<tr>
<td>Zinc</td>
<td>Immune system, cell growth and healing of wounds.</td>
<td>Beef, pork, lamb, peanuts and other legumes.</td>
</tr>
</tbody>
</table>

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Walk to School in October
This October, our school is participating in VicHealth’s Walk to School program, a month long activity that encourages children to walk, ride or scoot to and from school every day.
Walk to School encourages children to make walking a part of their daily routine as walking is fantastic for improving fitness, friendships and confidence. Walk to School is free, fun and there are fantastic prizes for schools up for grabs. All grades are participating in Walk to School.

Park and Walk Together
Did you know that 60 minutes of physical activity every day is recommended for children?
October is Walk to School month and a great time to start walking. The spring sunshine makes it easier to get out and about.
So next time you drive your kids to and from school, why not park the car further away from the gate and get in a little extra activity.
Park and Walk together today!

Heart Foundation
Jump Rope for Heart
Our school is participating in Heart Foundation Jump Rope for Heart. This program helps our students get more physically active and improves their attitude towards healthy lifestyle as well as raising money for the Heart Foundation. We will be practicing our skipping over the next couple of weeks and will have a fun Jump Off Day on Friday, October 28.
Come and join us in raising money for the Heart Foundation’s research and health program work.
You can help us fundraise by using the sponsorship forms that were sent home this week, or you can do it online at:
Then Click on the Kids Register Here button, then find our school to help us fundraise. If you have any issues, please see Linda Windridge.

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Congratulations to the following students on being named Student of The Week for their positive attitude to school and social values.

**Friday October 14th**

**Prep O'Sullivan:**
- Malakhi F. - For working well in class this week.

**1/2 Peacock-Hinton:**
- Jackson H. - For being a co-operative and attentive student in all activities.
- Nathan P. - For working well in Maths when adding tens and ones.

**3/4 Ennor:**
- Trey B. - For always being a kind and caring class member.
- Samuel C. - For always being helpful in the classroom and at school events.

**3/4 Reilly-Carroll:**
- Josephine C. - For working really hard to investigate the “Cows and Roosters” heads and legs activity in Maths.
- Ashlee M. - For working really hard to investigate the “Cows and Roosters” heads and legs activity in Maths.

**5/6 McKerrow:**
- Shii-an B. - For excellent work in Maths.
- Phoebe S. - For excellent work in Maths.

**5/6 Windridge:**
- Caleb C. - For being an enthusiastic and interested participant in our skype session with Thomas Edison Museum.
- Elycia M. - For being an enthusiastic and interested participant in our skype session with Thomas Edison Museum.
- Taylor T. - For asking interesting questions during our skype session with Thomas Edison Museum.

**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.californiagullys.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:

October 26th
Bendigo Cup Day Public Holiday

November 2nd
Broomstick Horses

November 9th
Adventure Play - Multi-Purpose Building

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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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 October 21st 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!

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

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Craft, Sewing and Stitching Fun for Children 6 to 14 years

Weekly Classes Starting Term 4
Fun Crafty Afternoons 6 - 9 years Thursday 4 to 5.30pm
Learn to Sew 10-14 years Wednesdays 4 to 5.30pm
Learn to Sew Clothing 11 -15 years
Learn to Sew Beginners 14+ years Wednesday 7 to 9pm
Learn to Sew Basics 14+ years Thursday 7 to 9pm

Contact Kathryn on 0438 254 650 or kathryn@merakicottage for more details.
Adult classes also available.  
[https://www.facebook.com/merakicottage/]

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
Find us on Facebook!

Jim Wid Soccer Coaching
Ages 3-12

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age</th>
<th>10 week program cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini-Kickers</td>
<td>3-5</td>
<td>$70</td>
</tr>
<tr>
<td>Kick-Start</td>
<td>5-8</td>
<td>$100</td>
</tr>
<tr>
<td>Challenger</td>
<td>9-12</td>
<td>$100</td>
</tr>
</tbody>
</table>

*FREE soccer ball included for new enrolments
ENROL NOW!!!
Contact Jim: 0431 299 930
email: jimwidtennis@gmail.com

Find us on Facebook!

Commonwealth Bank Student Banking

Rewards Program update

In Term 4, two new reward items from our Outback Savers range become available to redeem!
- Bush Fly Fan
- Wriggly Glow Worm

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BOLD is excited to host a FREE screening of
Outside the Square
during
Dyslexia Empowerment Week
Nathalie Parry will facilitate the discussion.

Thursday 20th October to start at 6.30pm
Catholic Education Centre, 120 Hargreaves St Bendigo
Please register by emailing – info@bold.org.au
Small supper will be provided.

If you work or live with someone with Dyslexia
then this film and discussion is important.

Nathalie Parry is an educational consultant with a Masters of
Education (Specific Learning Difficulties). She is based in
Woodend and is experienced in working with children and
adults requiring intervention with their literacy and numeracy.

Outside the Square was made in Queensland in 2014.

Twilight Festival
Join the ‘Hope... It Grows’ Community Garden as we
celebrate community, food and connections

Saturday, October 22
4.30pm to 8pm
St Matthew’s Church
153 Eaglehawk Rd, Long Gully
- Free entry
- Great food
- Wood-fired pizza and barbecue
- Fire buckets and marshmallows
- Devonshire teas
- Woodturning & blacksmith demonstrations
- Children’s art exhibition
- Face painting
- Creative art activities and music
- ... and much more

For more info, call 0409 909 320 or visit
www.GodFoodPeople.org
Thank you to our generous sponsors

Taekwondo classes
HAIN TAEKWONDO

Olympic sport, controlled Sparring and Poomsae (patterns),
compete at state, national and international levels
Learn workable, practical, effective self-defence, improve
self-discipline, self-esteem, strength and co-ordination

Bendigo Central and Maiden Gully locations
Juniors’ beginner weekly classes
5.15 – 6 pm Tuesdays
6 – 7 pm Wednesdays
Internationally certified instructors, coaching accredited,
Working with Children Certified, Level 1 First aid

All Enquiries Call
0428 182 707 (03) 5443 2535
hahntkd@gmail.com

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