TERM 4

I’d like to welcome the school community back for what I can see will be a very busy term with many activities taking place. Activities taking place in term 4 include; the grade 1&2 sleepover, the swimming program and the school production. These activities are designed to compliment the curriculum programs already in place, develop the social and emotional skills of our students and in the case of the school production bring our school community together to celebrate all the positive aspects of our school. A calendar of events will be forwarded early next week.

OCTOBER - WALK TO SCHOOL MONTH

VicHealth’s Walk to School month is a free, easy and fun way for kids to get active this October. Victorian primary students are encouraged to walk, ride or scoot to and from school to kick-start healthy walking habits that can lead to good health for life. Students can sign up to track their achievements throughout October and be in the running for fantastic prizes. [http://www.walktoschool.vic.gov.au/](http://www.walktoschool.vic.gov.au/)

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](#)

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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. 

**IMPORTANT REMINDER**

- Parents’ Club Meeting - Friday October 7th
- School Council Meeting - Monday October 10th
- Book Club Issue & Orders - Thursday October 13th
- Empowering Eaglehawk Family Fun Day - Friday October 14th
- Prep 2017 Transition Day - Tuesday October 25th
- Bendigo Cup Day Holiday - Wednesday October 26th
- School Production ’Kids in Paradise’ - Tuesday November 8th
CHILDSAFE STANDARDS
This year the Victorian Government has made it mandatory for all schools to adhere to a set of child safety standards. At California Gully Primary School the welfare of your children is of the highest priority. School Council has recently reviewed and endorsed a number of key policies which we adhere to at all times. The Victorian Government in partnership with the Department of Education has a dedicated website called PROTECT with various resources and information which the general public can access. I have provided a link which has a number of facts for parents and carers. http://www.education.vic.gov.au/Documents/about/programs/health/protect/ChildSafeStandard5_ParentsProtecting.pdf I will provide further information in the coming weeks.

PREP ORIENTATION DAYS
Our first Prep Orientation Day for children commencing school in 2017 will be held on Tuesday, 25th October. 9.15am- 10.45am. The 2017 prep children are to make their way to the junior building when they arrive. 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, 22nd November and Tuesday 6th December.

SUNSMART COMPLIANCE
Children from the beginning of term 4 should be wearing a broad brimmed hat or bucket hat as part of our Sunsmart Policy. Peaked caps are not part of our school uniform and children will not be allowed to wear them during the course of the school day. Children without a hat will be required to stay in a designated undercover area or attend the Alternative Lunchtime Program. If your child needs a new school hat both the broad brimmed and bucket hats can be purchased from Bendigo Fashion Plus in Williamson St.

2017 PREPS ENROL NOW
If you have a child entering Prep in 2017 and have not yet completed your enrolment form, we ask that it be returned to the school office as soon as possible.

Jason Lee
Principal

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<th>MONDAY</th>
<th>TUESDAY</th>
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<td>School Council Meeting</td>
<td>School Banking Day - Bendigo Bank</td>
<td>Parents’ Club Breakfast Program</td>
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<td>Athletics Sports Day</td>
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<td>October 17th - October 21st</td>
<td>School Banking Day - Bendigo Bank</td>
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<td>October 24th - October 28th</td>
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<td>October 31st - November 4th</td>
<td>School Banking Day - Bendigo Bank</td>
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School Assembly starts at 8.55 a.m. Please be on time!
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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 7th. We need 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 cgpsparentsclub@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 7th 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

BOOK CLUB
Please order online and pay with your card at www.scholastic.com.au/LOOP. If you are unable to order online, then put the order and money in cash in an envelope marked with your child’s name and give to the class teacher.
Book Club Issue 7 has been sent home earlier this week. It is due back at school Thursday October 13th 2016.

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

GREAT TIPS FOR HEALTHY KIDS

TIP 47. THE LUNCHBOX CAN BE A REAL TREAT

Sandwiches are fairly quick to prepare for lunchboxes. They are convenient too. But kids can be put off lunch when it’s a soggy sandwich. They’re likely to toss it out and possibly go hungry for the afternoon.

There are plenty of alternatives to the soggy sandwich. For example, slices of wholegrain bread can be wrapped separately and kids can take a container of mixed salad with reduced-fat cheese cubes, sliced egg or shredded chicken.

If your child is overweight and already eats plenty of bread for breakfast and afternoon tea, a breadless lunch might be a good idea.

What you can do NOW

- Send your child to school with lunch.
- Restrict the amount of money kids take to school.
- Avoid muesli and chocolate bars in the lunchbox: they are too sticky and sugary.
- Don’t forget to pop in a piece of fruit or some vegetable sticks.

Good Idea!

Try different kinds of wholegrain or wholemeal bread and rolls (for example, flat bread, pita bread), and some of these fillings: reduced-fat cream cheese, celery and sultanas; chicken, mayonnaise and lettuce; peanut butter and grated carrot; lean ham, reduced-fat cheese and a pineapple ring.

Top Tip

Ask your kids for ideas for their lunches and involve them in the preparation.

Issues of Overweight

Consuming foods high in energy or calories combined with an inactive lifestyle can lead to children (and adults) becoming overweight and/or obese. As a result of these conditions, children can face both emotional issues as well as medical problems.

Emotional based problems include decreased social activity and/or social isolation due to being teased by peers. This in turn can contribute to low self-esteem levels, negative self image which can further spiral into feeling worthless or unwanted.

Medical problems which are directly attributed to increased weight include high blood pressure, type 2 diabetes, high cholesterol and an increased risk of developing cardiovascular disease.

Despite these frightening realities, these health issues can be prevented by making positive lifestyle changes that encourage healthy eating and regular physical activity for the whole family.

Enjoying a wide variety of fresh fruits and vegetables, combined with 30 minutes of moderate physical activity every day is the key!

For more information visit www.nutritionaustralia.org

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

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.


Food, Glorious Food

The following recommendations are part of our - Kids ‘Go for your life’ program at school:

- Children are encouraged to drink water only at school.
- Children should bring drink bottles filled with water only into class.
- Fruit and vegetables should be included in lunch boxes everyday.
- Chips, twisties, noodles, biscuits and high sugar drinks are considered to be occasional food and should not be in lunch boxes.

Please note that during the break at 11.30 am the children are only permitted to eat nutritious food such as sandwiches, wraps, dairy foods, fruit and vegetables. Any occasional food that they bring can be eaten at the 1.30 pm break.

In the past some children have informed us that they are responsible for packing their own lunches and this may explain why we sometimes see lunch boxes with too much occasional food (chips and twisties mainly), and not enough healthy food in them.

The children have been informed that these occasional foods are not suitable as they:
- are very low in nutritional value
- are high in saturated fat and/or sugar and/or added salt.
- provide excess kilojoules

After revising the Healthy Food Pyramid and discussing the school’s policy on healthy eating with the children, we are now also asking for your support. We need to ensure that the children are ready and able to learn each day by them having the necessary fuel (provided by good food) to keep them alert and receptive to learning.

School Assembly starts at 8.55 a.m. Please be on time!
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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 September 16th**

Prep O’Sullivan:

*Grade Prep* - For their outstanding behaviour at 'Snugglepot and Cuddlepie'

1/2 Peacock-Hinton:

Jack B. - For showing improved reading comprehension on his 'CARS' activity.
Riley Cl. - For showing improved reading comprehension on his 'CARS' activity.
Hamish S. - For showing improved reading comprehension on his 'CARS' activity.
Lara T. - For quick, accurate responses to her basic addition facts.

5/6 Windridge:

Keely F. - For 200 nights of reading.
Shelby G. - For 200 nights of reading.
Kathryn G. - For completing the Premiers' Reading Challenge.
Elycia M. - For completing the Premiers' Reading Challenge.
Ella S. - For 200 nights of reading.

Special Award:

Mrs. Peacock - To the Camp Rookie, for displaying her excellent 'flour' skills.

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**Interested in TENNIS?**

The Bendigo Tennis Association is accepting individual and team entries for all competition formats for 2016/17 summer season, which kicks off from the week of Monday 9th October. We offer playing opportunities for players of all ages and standards, including:

- **Juniors** (Mon, Wed, Fri & Sat)
- **Midweek ladies** (Tues, Wed & Thurs AM)
- **Saturday afternoon Seniors**
- **Veterans (Monday AM)**
- **Night Camps** (Mon, Ladies, Mixed)

Anyone wishing to participate is encouraged to contact the William Loud Tennis Complex on 5447 5748, visit the website or email info@bendigotennis.com.au. Nominations for summer teams close mid-September. Register now at: www.bendigotennis.com.au

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**FREE JUNIOR MEMBERSHIP**

Bendigo Tennis is offering all Bendigo primary and secondary school students a free trail tennis membership, to help you get into the upcoming summer season of tennis.

The membership is valid from 15th August – 30th September, 2016, and offers players FREE court access at the William Loud Tennis Complex during the valid period (subject to availability).

Players can now register for a free trial membership at www.bendigotennis.com.au.

For further details, to register, and for a full listing of Bendigo TA clubs registration and grading days, visit our website or phone the Complex on 5447 5748.

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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
**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

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**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 5th**  Skittles Experiment
- **October 12th**  Pancake Making
- **October 19th**  T.B.C.

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 7th at 8 a.m. (please note that we will stop serving breakfast at 8.20a.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

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/

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**COME AND PLAY THE FASTEST GAME ON TWO FEET**

**LACROSSE**

The Bendigo Lacrosse Club was established in 2004 and is an active part of the community providing clinics and after school programs. Currently the Club has established a local junior competition.

2016/2017 Junior Competition begins on Thursdays 6 October 2016 at 4.30pm (50 minutes - training and match) Spring Competition 8 weeks in Term 4 2016 and Summer Competition 8 weeks in Term 1 2017

Junior competition will be held at the North Bendigo Rec Res, Forbon and Anderson St North Bendigo, behind the North Bendigo Bowls Club, VicRoads Directory 687 R3

Please contact me, Oliva Iuliano (Junior Co-ordinator) If you would like more information regarding the Bendigo Lacrosse Club, mobile 0403 970 167 or email imola.iuliano@roadme.com.au.

Also check out our website Bendigo Lacrosse - FOX SPORTS PULSE

Children need to bring: drink bottle, mouth guards, sneakers, hat/caps, sun screen and sporting clothes (shorts/short pant and polo-shirt tops). The club will supply sticks, balls, goals, sun screen (general 36+), accredited coaches, referees and end of season presentation dinner for all players.

Costs per Child per season are $75, or pay $130 for both Spring 2016 and Summer 2016 competition per Child.

If the children would like to play please present yourself at North Bendigo Rec Res on Thursday 6th October 2016 with payment.

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**GETin2CRICKET**

**GETin2CRICKET** introduces boys and girls, aged 5 - 12, to Australia's favourite sport. It's great fun, for both boys and girls, learn the basic cricket skills and is available for kids of all abilities.

**why kids & parents love MILO in2CRICKET**

- Great fun, for both boys and girls
- Learn the basic cricket skills
- Increases social skills
- Develops fine motor skills
- Improves balance
- Increases in confidence
- Great for all abilities, including children with a disability

**VENUE:** Bendigo - Queen Elizabeth Oval cricket Courts

**DATE:** Friday 14th, 21st, 28th October & 4th November

**TIME:** 10.00-11.00am

**REGISTER:** www.milo.in2cricket.com.au

**FOR MORE INFORMATION**

**www.in2cricket.com.au** or 1800 222222

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