Thursday October 8th 2015

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
- Bendigo Cup Day Public Holiday—Wednesday October 28th
- First Transition and Information Session for 2016 Prep’s - Tuesday October 20th
- Book Club Issue 7 Orders and Money Due Friday October 16th

FROM THE PRINCIPAL
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 in term 4 include; the grade 1&2 sleepover, the swimming program, the grade 3-6 camp, the grade prep-3 zoo excursion the ‘Life Education’ van and the SCHOOL FAIR! 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 fair bring our school community together and celebrate all the positive aspects of our school.

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/
TERM 4 CURRICULUM DAY - PUPIL FREE DAY
Our term 4 curriculum day will take place on Tuesday 27th October. This is a student free day. We have engaged the services of Stephen Graham a world renowned educational consultant. Stephen will work with the teaching staff focusing on writing and how we can work with the students to get the best possible outcomes.

PREP ORIENTATION DAYS
Our first Prep Orientation Day for children commencing school in 2016 will be held on Tuesday, 20th October. 9.15am - 10.45am. (Please note this date has been brought forward the original date was 27th October). The 2016 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, 17th November and Tuesday 8th December.

2016 PREPS ENROL NOW
If you have a child in Prep in 2016 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

SCHOOL CALENDAR

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>October 12th - October 16th</td>
<td><strong>School Council Meeting</strong></td>
<td>School Banking Day - Bendigo Bank</td>
<td>Breakfast Program 8.00 a.m. to 8.20 a.m.</td>
<td><strong>School Banking Day - Commonwealth Bank</strong></td>
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<td><strong>Breakfast Program 8.00 a.m. to 8.20 a.m.</strong></td>
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<td>Book Club Issue 7 Due</td>
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<td>October 19th - October 23rd</td>
<td>School Banking Day - Bendigo Bank</td>
<td><strong>Prep 2016 Information &amp; Transition Day</strong></td>
<td><strong>Breakfast Program 8.00 a.m. to 8.20 a.m.</strong></td>
<td><strong>School Banking Day - Commonwealth Bank</strong></td>
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<td><strong>Curriculum Day — Pupil Free Day</strong></td>
<td>Bendigo Cup Day Public Holiday</td>
<td>Life Education Van Visit</td>
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<td><strong>School Banking Day - Commonwealth Bank</strong></td>
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<td>October 26th - October 30th</td>
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<td><strong>Breakfast Program 8.00 a.m. to 8.20 a.m.</strong></td>
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<td>November 2nd - November 6th</td>
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Don’t forget to check out the school’s website www.californiagullyps.vic.edu.au
School Assembly starts at 8.55 a.m. Please be on time!
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.

Final Payments for the Grades 3 to 6 Camp are due Friday October 30th.

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!
In Term 1 and 2, we looked at counting and the 100 days of Maths. In Term 3 we had a celebration of our 100 days of Maths and the Family Maths Night. In Term 4 we are working on puzzles and problem solving. Each week we will put 4 puzzles in the newsletter. We are encouraging families to do these puzzles together and to bring their answers in to school.

**Fun Maths Puzzles**

**Volume 23 Term 2 2008**

**Level 1**

What is it that makes all these shapes triangles?

**Level 2**

The windows have been formed by placing 16 small panes into arrays – one in the door and one above. How else might 16 panes have been arranged into an array?

**Level 3**

How much ribbon might be needed to tie this present if the box is a cube 20cm high?

**Level 4**

Here are three Russian matryoshka dolls numbered 2 – 4. Doll 4 fits inside doll 3 and doll 3 fits inside doll 2. What might be the heights of dolls 1 and 3?

**School Assembly starts at 8.55 a.m. Please be on time!**
Can we improve our walking and riding numbers?

On Monday, we did a ‘Hands Up’ count of the school and found that 83% of our children came to school by car and only 15% walked, rode or scooted to school. We are aiming to improve these figures over the month of October and will do a new ‘Hands Up’ count every week. It would be good if your child is able to ride or walk to school (parents can walk and ride too), even if you need to drive part of the way and children walk the rest of the way to school.

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

TIP 9. TV CAN BE A FRIEND AND AN ENEMY

TV can be a good educator. It can also be a great entertainer and, as every parent knows, it can be a cheap babysitter and provide company for kids if they are on their own. However, the benefits of TV can be cancelled out by the harm that it can do. Many children watch many hours of television each week. This means that they are: sitting passively for long periods of time; snacking as they watch; and exposed to ads for highly processed foods, often high in fat and sugar.

What you can do NOW

- Establish good TV habits in your home: limit your child’s TV viewing to one hour per day on weekdays; avoid having the TV on during daylight hours; and record some shows to watch later and eliminate the ads.
- Remove the remote control. At least changing channels will mean getting up and moving.
- Have just one TV in the house.

Top Tip

Avoid having a TV in your child’s room. Studies show that kids in families who often watch TV during meals eat more of the highly advertised foods like pizza and salty snacks, and less fresh, healthy food.

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
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:
- October 14th: Cooking Pancakes
- October 21st: Multi-Purpose Room—Adventure Play
- October 28th: PUBLIC HOLIDAY - NO PLAY GROUP
- November 4th: Painting
- November 1th: Sand/Water Play

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

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 is you are able to provide a class with mulberry leaves. We will require an abundance of mulberry leaves to feed the silkworms.

BOOK CLUB
Book Club Issue 7 has been sent home this week. Orders with correct money are **due back** at school Friday, **October 16th 2015**.

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.

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5c Drive

Some families have started to send their five cent containers to school. Thank you. We would encourage you to continue to collect the coins up till the day before the FAIR. The coins collected will be weighed on Wednesday and canisters returned for further collecting of coins. You may also have your own container at home.

Our five cent collection now weighs **1.535 kilograms**.

Collector of the week is **Kathryn Groom**.
Boys Brains
Bendigo

Have you ever wondered why your boy is attracted to dirt, is loud and wriggles a lot, seems to not listen, loves stones, sticks and water and bounces around the house?

This two hour workshop will give insight into the workings of a boy’s brain and how their needs are different to girls. It will provide practical strategies to help parents and carers understand boy’s needs and how to meet them.

Term 4, 2015
When: Monday 19th October 2015
Time: Arrival and registration 6.45pm
Sessions 7.00pm - 9.00pm
Where: CatholicCare Sandhurst Noel Daly Room, 176 McCrae St Bendigo
Cost: $30 - concession $5
Child care: Sorry, child care is not provided
Facilitators: Jo Rodriguez and Kate Kern
Parking: On site parking available - please enter via 116 Hargreaves Street

For bookings and enquiries phone Ky Gregg on 5438 1300
Groups are subject to maximum and minimum numbers. Early registration is encouraged.

Tuning in to Kids
Bendigo

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

In this six session program you’ll find out how to help your child understand and manage feelings such as worry, frustration and anger.

Term 4, 2015
When: Thursday 19th October - 19th November 2015
Time: Arrival and registration 12.45pm
Sessions 1.00pm - 3.00pm
Where: CatholicCare Sandhurst Noel Daly room, 176-178 McCrae St, Bendigo
Cost: $40 for program ($20 for health care card recipients)
Child Care: Sorry, child care is not provided
Facilitators: Linda Lynch and Jo Rodrigue
Parking: No on site parking available - please park in surrounding streets

For bookings and enquiries phone Ky Gregg on 5438 1300
Groups are subject to maximum and minimum numbers. Early registration is encouraged.

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

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<tr>
<th>Ward</th>
<th>Meeting Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>North Bendigo</td>
<td>7pm, Monday October 12</td>
<td>North Bendigo Pavilion, North Bendigo Atkins Street, North Bendigo</td>
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<tr>
<td>Eaglehawk</td>
<td>7pm, Monday October 26</td>
<td>Eaglehawk Town Hall Council Chamber 1 Peg Leg Road, Eaglehawk</td>
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<tr>
<td>Bendigo</td>
<td>7pm, Monday November 16</td>
<td>Bendigo Library, Activity Rooms 1 &amp; 2 259 Hargreaves Street, Bendigo</td>
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City of Greater Bendigo Great Family Picnic

SUNDAY OCTOBER 11TH

8:00am  The Dunolly Market, Broadway
BBQ, fruit and veg, plants, books, bric-a-brac

10:00am – 3:00pm  “The Great Family & Town Picnic”
At Gordon Gardens and Dunolly Bowls Club
Displays: archery, leatherwork, craft displays
Bicycle hire, Jamie and Kim’s Mobile zoo
Live music
Coffee Van

10:00am  Junior fire brigade games
11:00am  Guided Dunolly Historic Walk
11:30am  Dunolly Primary School Performers
Children’s art display and People’s Choice in Bowls Club room
12:00pm  Oozing Blues in Rotunda
Lunch – Bring your own or support our local community group’s food stalls
Archery Demonstration

1:00pm  Barefoot Bowls (for small fee) at Bowls Club
2:00pm  Devonshire tea by CWA at Bowls Club

School Assembly starts at 8.55 a.m. Please be on time!
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 October 9th 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 the day!

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

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

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