Dear Parents & Guardians

**Tuesday – a big day for our children**

In the morning we had our **‘EXPERT MORNING’ – History! Now & Then**
Our two school communities came together at Campbells Creek and we opened the classroom doors to our grandparents. As I roamed through the classrooms to try and experience the learning that was happening in the various grades, I heard, saw and felt very welcoming environments. We had children spending time looking at items that belong in the past and asking questions of the grandparents to learn more about the differences between now and then. We had children learning more about our indigenous history whilst weaving baskets and we had children hearing stories about migrants and refugees. Talking to the grandparents over morning tea highlighted to me the value of the morning. The smiles on their faces said it all and the comments were all positive.

At lunch time we were very lucky to be supported by our wonderful Parent Club members as they provided a **Salad Roll Lunch**.

The afternoon session saw all our children thoroughly engaged in the 2nd production in the Bully No More series – **Return of the Bully**. Lots of laughing, lots of listening to this very important message and a great way to end the day.

Thank you to our parents, grandparents, great grandparents, visitors, presenters, teachers and children who involved themselves so enthusiastically and wholeheartedly into the day.

**Indigenous stories**
Today, Julie M and Kerri D visited the children in Grades 2/3 and 3/4 to share local indigenous stories. Possum coats, indigenous plants and other Koorie artefacts were shown and explained to the children. The wealth of knowledge and personal experiences shared with the children will enable them to develop a deeper understanding of our local indigenous
history and they can use this knowledge to support their history and literacy activities.

**Market Fresh Schools Program**

Tomorrow, the two schools will come together again for the Market Fresh Garden session run by the Melbourne wholesale fruit and vegetable market. This is a one hour session looking at different types of fruit and vegetables whilst learning about the nutritional benefits of certain foods. The school has subsidised the $2/student fee charged as we strongly believe this fell into our vision of *Healthy Student, Healthy School, Healthy Community*. Parent helpers are welcome to support the sessions. Please see your child’s teacher if you can assist tomorrow morning.

**Packaging, sugary foods and rubbish**

On both Tuesday and Wednesday, a bucket of rubbish had been picked up around the school grounds at Campbells Creek. It’s interesting to see that the marketing and packaging of certain products may be influencing the choice of items for the lunchboxes. Smaller items that are quick and easy to pull out of a box and throw into the lunchbox seem to be popular but the packaging isn’t biodegradable and therefore actually harms our environment. We’ve also been seeing sugary foods such as biscuits, lollies and juices that are high in sugar content.

As recommended by the ‘*Go for your life*’ program, these foods are on the ‘*Occasionally foods*’ list. The vision of our school (as written above) was developed through consultation with parents, children, staff members and the School Council members. Eating healthy, nutritional, everyday foods is something that ensures we have healthy students. Please reconsider what goes into your child’s lunch box and keep these as a treat for when they get home after a long day of learning. To help the children with maintaining their attention to learning and support the teachers with attentive children, we are urging you to support us.

**Some ideas for those ‘boring’ sandwiches.**

**Successful sandwich making**

Sandwiches, rolls and wraps are filling and nutritious. When well-priced and attractively presented with interesting and fresh fillings these foods can also be top sellers.

**Sandwiches can be made interesting by:**

- offering a variety of different types of breads
- filling wraps, pita or a variety of rolls
- making ‘sushi sandwiches’ or pinwheels by rolling up a slice of bread with filling, cutting it in half and displaying it cut end up
- making multi-layered sandwiches
- making mini rolls using dinner rolls
- offering toasted sandwiches or hot rolls or wraps
- cutting sandwiches into different shapes and sizes
- using a variety of colourful fillings packaged so that students can see the fillings clearly
- using interesting combinations of sandwich fillings including those suggested below.

**A healthy sandwich means:**

- being able to ‘see the bread through the spread’
- using low-fat spreads
- including at least one vegetable (or fruit) filling
- using high-fibre grainy breads
- using lean meats and reduced-fat cheeses.

**Interesting sandwich fillings**

**Try some of the following sandwich fillings:**

- ricotta, banana and honey
- ricotta, sultanas and grated carrot
- crunchy peanut butter*, sultanas and alfalfa sprouts
- leftover roast vegetables (for example, sliced zucchini, capsicum and/or eggplant) and ricotta
- chicken and coleslaw with low-fat dressing
- BLT – lean bacon (cooked and cold), lettuce and tomato
- creamed corn with cheese and ham
- tuna mixed with salad or chutney or low-fat mayonnaise, corn and grated vegetables
- chutney, ham, low-fat cheese and tomato (put tomato between ham and cheese to prevent sogginess)
- peanut butter* and banana
- crushed pineapple, ham and low-fat cheese
- egg mashed with low-fat mayonnaise and lettuce
- chicken, avocado and cucumber.

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**HINT:** Introduce wholemeal or wholegrain bread by making zebra sandwiches using one slice of white bread and one of wholemeal or grain.
Sandwich preparation and making tips

Sandwich making can be a quick, easy and simple task. Use the suggestions outlined below to save time and make preparation easier.

- Prepare ingredients for sandwiches, rolls, wraps, burgers, jaffles and salads beforehand by:
  - washing all vegetables well by separating leaves (if necessary), washing and draining in a colander and patting dry
  - slicing, grating and chopping all sandwich fillings including draining beetroot, slicing meats, and separating meat and cheese slices
  - storing each ingredient in individual, clear, stackable containers in the fridge

- Chop up a salad mix of different salad vegetables, for example cucumber, lettuce, tomato, carrot, corn or corn, capsicum, sprouts, mushrooms and snowpeas. Try preparing the ingredients in different ways such as finely dicing like a salsa, chopping, shredding or grating. Combine this mix in a bowl at the start of the day and use in both sandwiches and salad boxes.


Junior School Council ‘school tour’

Next Wednesday (8th May), I will be taking the 14 members of Campbells Creek JSC on a school tour. We will be visiting six neighbouring primary schools to look at the playgrounds and the administration area of each school. With the development of the next strategic plan, it’s important to hear what the children would like to see in our grounds over the next 3-5 years. The schools we are visiting are Harcourt Valley PS, Elphinstone PS, Chewton PS, Castlemaine PS, Castlemaine North PS and Winters Flat PS. Could parents please remember to return the permission form to me?

School Self-Evaluation

This year, our current Strategic Plan ends. The process to develop the next four year plan involves a School Self-evaluation by staff, parents, students and the School Council. I have put together a draft action plan for this process which will be presented to School Councils at our next meeting. If approved, we will be advertising forums for parents to be involved in the discussion. The discussion will focus on three questions:

1. What does our school do well?
2. What would we like to see our school achieving in 5-10 years?
3. What are the things we need to work on in order to build the bridge from question 1 to question 2?

Have a safe and enjoyable weekend.

Deborah

BOTH SCHOOL COMMUNITIES – DATES FOR YOUR DIARY:

<table>
<thead>
<tr>
<th>Term 2 DATES</th>
<th>Campbells Creek</th>
<th>Guildford</th>
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<tr>
<td>Thu May 2nd</td>
<td>Active After School care – Netball</td>
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<td>Cooking</td>
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<td>starts 11.30am-1.30pm</td>
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<td>(Junior grades)</td>
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<tr>
<td>Fri May 3rd</td>
<td>Campbells Creek &amp; Guildford together at Creek for:</td>
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<td>Market Fresh Day (morning only)</td>
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<td>Campbells Creek</td>
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<td>Grade 2 &amp; Grade 3/4 swimming starts</td>
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<td>Thu May 9th</td>
<td>Campbells Creek</td>
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<td>Mother’s Day Stall (Parent Club)</td>
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<td>Fri May 10th</td>
<td>Campbells Creek</td>
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<td>Swimming – Grades 2,3,4</td>
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<td>Mother’s Day raffle drawn at assembly Guildford</td>
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<td>Play Group starts 9am-11am</td>
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<td>May 13th</td>
<td>Campbells Creek &amp; Guildford</td>
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<td>Grade 1 &amp; 2 Camp at Maldon</td>
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<td>4pm Finance Committee Meeting</td>
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<td>May 14th</td>
<td>Campbells Creek &amp; Guildford</td>
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<td>Grade 1 &amp; 2 Camp</td>
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<td>May 15th, 16th &amp; 17th</td>
<td>Campbells Creek &amp; Guildford</td>
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<td>NAPLAN testing</td>
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<td>May 17th</td>
<td>Campbells Creek &amp; Guildford</td>
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<td>P-2 Tabloid Sports</td>
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<td>May 20th</td>
<td>Campbells Creek &amp; Guildford</td>
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<td>7pm School Council Meeting</td>
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<td>May 22nd – 24th</td>
<td>Campbells Creek &amp; Guildford</td>
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<td>Grade 3 &amp; 4 Camp at Anglesea</td>
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<td>May 28th</td>
<td>Campbells Creek</td>
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<td>Jump Rope for Heart ‘Jump Off’</td>
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<td>May 31st</td>
<td>Campbells Creek</td>
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<td>Swimming Grades 2,3,4</td>
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<td>June 7th</td>
<td>Campbells Creek</td>
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<td>Swimming Grades 2,3,4</td>
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<tr>
<td>June 10th</td>
<td>Queen’s Birthday Public Holiday</td>
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<td>June 14th</td>
<td>Campbells Creek</td>
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<td>Muffin &amp; Milo (Parent Club)</td>
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<td>Swimming Grades 2,3,4</td>
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<td>June 17th</td>
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<td>June 21st</td>
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<td>Swimming Grades 2,3,4</td>
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<td>June 24th</td>
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<td>CURRICULUM DAY – no children at school</td>
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Grüezi mitenand,
Well it’s certainly been a busy week this week. On Tuesday we travelled to Campbells Creek to participate in shared sessions based on the History topics of “Then and Now” and Immigration.

The younger students were shown a wide array of objects and toys from the past. Some of these included a meat safe, kerosene lamps, a chewing gum dispenser, paper notes and pennies, records, box brownie cameras and kitchen utensils. The students had a great time investigating what these were and how they were used and had a chance to ask the many adults in the room.

After lunch we all joined together to watch “Return of the Bully” which was a sequel to last year’s performance. The students were told how to deal with bullies and given 6 strategies to use when confronted with a bully. The show was very entertaining as well!

Thank you
We had a few parents and grandparents come along to Campbells Creek and share their experiences from the past to the students. Firstly, a HUGE thank you to Josh’s grandparents (Ann and Bernie) who travelled quite a distance to share their Immigration story from Holland. Also, thank you to Ginny and Kirsten, who also shared their stories with different classes. Your contribution was very much appreciated.

Assemblies
Thank you to the parents who have been joining us on a Monday morning at 9am. It’s always a pleasure to see parents and families taking an interest in different things at school and we love to see as many as possible at assembly. It is only a short one; 10 mins usually, so please come along if you haven’t already done so!

Tissues needed
As the cooler weather arrives, so does the need for tissues in the classroom. At the moment we are running very low. If you are able to donate a box it would be greatly appreciated.

Nits
Please keep checking your child’s hair regularly (weekends are a great time) and treat accordingly. Headlice are always an issue, particularly with the younger students who work closely together. Once treated, students can return to school. If your child has long hair, please tie their hair back when at school.

Cooking program
Due to the change in timetable, the students will now be cooking on Thursday’s between 11.30-1.30 every second week. This week the Junior class made Anzac biscuits as a follow up to Anzac Day activities. Next week the Senior class will be cooking. Please let Dean know if you are available to come in and assist.

Playgroup
At the moment we are looking as if we will commence playgroup on Friday’s from 9-11am at school, starting on Friday May 10th. We have a parent willing to coordinate the group and one helper so far. If you are willing to come along and help, please let Wendy know. Please also help to spread the word to any pre-school aged children in the area to come along and join us. The more the merrier!

Book club
Thanks to Nicole for organizing this and for being our Book club coordinator. Don’t forget that all orders are due back by next Monday (6th May) to the school with correct money.

Grade 1/2 camp and 3/4 camp
Both of these camps are coming up quickly. All students that are going MUST pay the full cost before the morning of the camp.

Grade 1/2 head off to Maldon on the 13th and 14th May. Not long now!!
Grade 3/4 are going to Anglesea on the 22nd to the 24th of May.

Widerluge,
Mrs Walsh.
Guildford Students of the Week

Grade P-3 Chloe for demonstrating excellent speaking and listening skills, particularly during our History topic. Well done Chloe.

Grade 3-6 Declan for producing a well written reflection on our Immigration Day.

Artist of the week Summer for the excellent decoration of her hobby horse.

Campbells Creek Students of the Week

P/1 Erica for always showing respect during class discussions and set tasks.

1/2 Thomas for making great choices and ignoring distractions.

2/3 Ben for great use of vocabulary.

3/4 Mitchell for doing a great job in calculating area in maths.

4/5 Zoe for always being well organised and ready to complete tasks.

6 Alice for her friendliness and consistently polite attitude.

Art Shakira for great work on her lines, shapes and patterns on her war horse.

Music Tarni for terrific leading in dance.

Assemblies will be held at the Creek on:

Monday mornings 9am – 9.10am
- National Anthem
- Birthdays
- Special events for the week

Friday afternoons 3.15pm – 3.30pm
- Student of the Week
- Special achievements

Campbells Creek Parent Club News

By Lisa Hocking, President

Salad Roll Lunch – Many thanks to the Mum’s who came along to help make the very yummy and healthy rolls. A huge thanks to Bakers Delight and Madderns IGA for supporting our school with very generous discounts. We raised $314.00 from our venture.

Mothers Day Raffle
Tickets are $1 and winners will be announced on Friday 10th May at school assembly. Tickets with money to be returned to the Parents Club box outside the office by Thursday 9th May 2013. Donations of goods can be left at the box outside the office.

Mothers Day Stall - Thursday 9th May 2013 - Multi Purpose Building
Gifts between 50 cents and $8 will be on sale. Please bring along an eco bag to put your gift in. Items on sale will include mugs, hand cream, body butter, photo frames, water bottles, soaps, note pads, recipe books and glasses with chocolates.

Classes will be called up one at a time after recess to purchase their goods. Parents who would like to come along and help would be extremely welcome – see Lisa Hocking (Phone: 54 721396). Please send money to school in a well-sealed envelope.

Children who forget their money on the day will be permitted to select one gift up to the value of $3. The gift will then be put on hold and can be paid for and collected during the after school sale times. After school sale times will be Thursday and Friday between 3.30pm and 4.00pm in the multi-purpose building.

Fundraising Opportunity – Help Needed – Tuesday 28th May and Wednesday 29th May 2013
A local community group is holding a conference over the 28th and 29th May at the Campbells Creek Community Centre. The Parents Club has been approached to provide kitchen hands for the two days. Our role will be to wash dishes, stock coffee and clean up. We are looking for people who think they may be able to help out for an hour or two over these two days. If you think you may be able to help please contact Lisa Hocking after 3.30pm on 54721396. We have been offered $700 for the two days so it is a great opportunity to raise some money for the toilet block renovations.

Muffin and Milo Morning – Friday 14th June.
Please note the change in date. Unfortunately we double booked ourselves so we have moved the Muffin and Milo morning forward one week. Georgina Clapton will be co-ordinating this event.

Chickenfeed BBQ – Friday 21st June
Put this date in your calendar. We will be asking for helpers and donations of cakes closer to the date. Deanne Watson will be co-ordinating this event.

Community Notices

After School Care: 0418120137

Castlemaine Kindergarten – CyberActive services
A FREE information evening is being held for Parents/Carers about keeping your family safe when using the internet.

When: Tuesday 7th May.

Where: Ray Bradfield room.
Time: 7-8pm.
Presenter: Janita Docherty, founder and director of CyberActive services.
For bookings please contact Castlemaine Kindergarten on 5472 1495 or MACCN on 5479 1000 by Thursday 3rd May.

BLUE LIGHT RAGE
Where: Castlemaine Theatre Royal
When: Friday 3rd May
Cost: $5.00. Time: 4pm – 6pm Primary Age

Woolworths Earn and Learn
Thank you to those who supported the Woolworths Earn and Learn promotion last year. Through your valuable support we were able to purchase additional maths and literacy resources for our school.

The program has commenced this year, and once again we ask for your support in this extremely valuable promotion. If you do your shopping at Woolworths, please collect the stickers and place them in the collection boxes near the office.

Please remember to ask family, friends and neighbours to collect vouchers to assist our school as well. Thank you for your support in this promotion to assist our school in receiving extra resources for our school.

ACTIVE AFTER SCHOOL PROGRAM
Active After School starts on Tuesday 30th April and will run for 7 weeks ending on Thursday 13th June.

Tuesday - Lawn Bowls and the Thursday – Netball.

Win a share of the Dollarmites’ treasure by saving in Term 2 of School Banking.
The Dollarmites have found some amazing treasure on Savings Adventure Island and both your child and school could win a share of it in Term 2 just by saving.

First prize is a $5,000 family adventure holiday to anywhere in Australia, with $500 spending money. Plus, the winning student’s school will also receive $5,000 to spend as they wish. What’s more, there are 25 Runners-up Kid’s Adventure Packs, worth over $700 each, to be won. Each adventure pack includes a Wii U, night vision goggles, a waterproof camera, walkie talkies and a Razor eSpark electric scooter!

For you chance to win, students need to simply make three or more School Banking deposits during Term 2. To find out more, talk to your School Banking Co-ordinator or visit commbank.com.au/adventureisland

ART NEWS

Hello everyone,

We are in need of the following for the next projects:

- Plastic containers left over from Easter eggs
- Thick cardboard – large pieces, as well as flattened cereal packets
- Flexible wire – chicken wire, as well as long pieces
- Shoe boxes – as many as possible
- Ribbons – any length and colour

I am available to speak with on Wednesday and Fridays after school, so please pop in and have a look at all the great work the students are doing.

Thank you so much,
Rhonda Joyce
Art Teacher Campbells Creek