FROM THE PRINCIPAL:

**Woolworths Promotion:**
All our “goodies” have arrived from the Woolworths Promotion that was held last year in conjunction with MTA. We have a couple of photographs enclosed in this edition of the newsletter displaying all of the fantastic items we received due to your generosity in collecting all of those tokens. Amongst the many items were 8 full sized gym mats, full size skeleton, maths aides, various word and language kits, art supplies and a large amount of musical instruments including small drums, xylophones and tambourines. These items have now been distributed across the school for all students to use and enjoy.

**Pakenham Show:**
This weekend the School is once again placing a display in the School Section of the Pakenham Agricultural Show. Mrs Parker has organised our entry in this exhibition and many children have contributed to the various elements that make up the total display. If you are going to the show, please take the time to have a peek at our display and the work carried out by the students.

**New Timetable:**
Just a reminder that our new timetable will take effect at the start of Term 2 – on a trial basis. The starting time (9.00 am) and the finishing time (3.30pm) of the School Day remains unaltered. The first session of the day will run from 9.00 am to 11.00 am. Recess from 11.00 am to 11.30am. Second session from 11.30 am to 1.30 pm. Lunch from 1.30 pm to 2.30 pm and the third session from 2.30 pm to 3.30 pm. The two, two hour sessions will be punctuated by a fruit break. If you have any concerns please come and see me.

**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 13th March</td>
<td>Book Club Orders Due</td>
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<tr>
<td>Thursday 14th March</td>
<td>Parents and Friends Meeting</td>
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<td></td>
<td>2.00 pm – Technology Room</td>
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<td></td>
<td>All New Parents and Toddlers more than welcome</td>
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<td></td>
<td>Meal Deal: Roast Chicken Roll and Icy Pole</td>
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<tr>
<td>Saturday 16th March</td>
<td>Pakenham Show</td>
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<tr>
<td>Monday 18th March</td>
<td>School Photograph orders need to be handed in by this date.</td>
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<tr>
<td>Wednesday 20th March</td>
<td>School Council AGM – 7.30 pm</td>
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<td>School Council General Meeting – 8.00pm</td>
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<td>Friday 22nd March</td>
<td>School Photographs</td>
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<td>Thursday 28th March</td>
<td>Easter Bonnet Parade and Activities</td>
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<td></td>
<td>End of First Term</td>
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<tr>
<td>Sunday 21st April</td>
<td>Yakkerboo Parade – Australiana theme.</td>
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PLEASE take care at all times in the Car Park areas. Caution and alertness needs to be uppermost in everyone’s minds when in these areas.

It is very important that if any parent or friend of the school has any concerns, queries or problems regarding any aspect of the school to bring it to the attention of your child’s teacher or Allan straight away.

Students are reminded that the bringing of electronic games and other valuable items to school do so at their own risk. If such items are misplaced or damaged then the owners of such items are responsible for any cost incurred.

Mobile phones and Ipods need to be handed into the office on arrival to school and then collected at the end of the day. Students don’t require these items during the normal school day.

Deb Beale the School Chaplain is available on a weekly basis to support children, parents or families in a wide variety of areas. Please feel free to contact Deb or the school if you would like to use this service. Deb is in attendance every Thursday of the month this term.

THUMBS UP

To the girls in Grade 5 who are doing a fantastic job with the animals in our animal farm day in, day out.

To Maddison Diwell and Poppi Messer who are trying out for the Victorian 13 and under Girls Cricket Team today. We wish both of these girls the best of luck in their endeavours.

To the students who have been selected to try out for a number of Zone Teams in netball, basketball, soccer and football. Children selected have received notification and permission forms detailing the training schedule for these teams.

To Courtney Esler who will be celebrating her engagement to Stewart Irwin this weekend. Have a wonderful engagement party Courtney.

To Sue Friend who is doing a fantastic job in the office and so willing to help out in so many different ways. Very much appreciated Sue.

To our Swimmers who represented our District at the Zone finals last Thursday. They did a fantastic job and should be very proud of their achievements.

To the parents and friends who provided transport and supported the students in their endeavours at the swimming. A special thank you to Trudie for supervising and organising our involvement in this activity.

To Grade 6 TE for winning the Mrs Smith “Attendance Cup” for last week. A terrific effort by our senior students and setting a positive example for all.

To the Grade 4 Students who are working so well and doing such a great job in all areas of their school work. They’re a real credit to themselves and Miss Kerslake.

To Mrs Parker for organising our display at the Pakenham show this year and to everyone who has contributed Art Work to our exhibition.

IMPORTANT REMINDERS

Victorian Primary School – Sports Association: District Finals – Swimming

Last Thursday a squad of students from Cardinia Primary School represented our school and the District in the Finals. Congratulations to all of these students for their fantastic efforts throughout the swimming Carnival in 2013 and the various events held.

Girls – 9/10 Freestyle Relay: Montana S, Ebony W, Romi E and Hayley M - 5th
Girls - 11 Freestyle Relay: Lily P, Chloe P, Tayah M and Ashlee C - 6th
Girls 9/10 Freestyle: Hayley M - 6th
Boys 9/10 Backstroke: Jason S - 4th
Boys 11 Backstroke: Mitchell A - 5th
Girls 9/10 Backstroke: Romi E - 2nd
Boys 11 Freestyle Relay: Mitchell A, Bailey MC, James C and Hyden B – 6th
Girls 9/10 Freestyle: Romi E – 5th
Girls 9/10 Freestyle: Caitlin W – 6th
Girls 11 Backstroke: Victoria L – 5th
Girls 9/10 Breaststroke: Hayley M – 6th
Girls 9/10 Butterfly: Romi E – 1st (Disqualified- incorrect touching.)
Girls 11 Butterfly: Lily P – 2nd
Boys 11 Breaststroke: Bailey Mc – 5th
**Friendly Reminders:**
When parking on Cardinia Road – school side please leave space between the fence and your car to allow for a clear walkway for parents and children to walk in safety to the school entrance. Walking along Cardinia Road needs to be avoided as much as possible.

It is important that children arrive punctually at school, 5 – 10 minutes before bell time in the mornings so that their day can commence on time and in a casual manner.

Cardinia Road and the front of the Hall car park are available for parents to park and pick up students or there are limited spaces in the Church Car park, located off Dalmore Road but please don’t park on the Nature Strip or block the driveways in this area.

It is School policy that all students need to be collected by an adult, at the end of the day, to avoid an accident from occurring in these congested areas, which get very hectic at the end of the day for 15-20 minutes. Your assistance, patience and understanding in this matter would be greatly appreciated.

Parents and Friends of students are reminded that smoking and the consumption of alcohol is not permitted on school grounds or when participating in school activities when students are present.

If you haven’t brought along your two boxes of tissues for student use in 2013 could you please do so as soon as possible. It would be greatly appreciated.

Lollies and sugary drinks (particularly soft drinks) are not to be ordered as part of School Lunches. Please consider the nutritional value and healthy nature of the food items ordered from the shop when placing your orders. Your cooperation in this matter will be greatly appreciated.

If you can assist with Meal Deals, please see Karen or the notice board outside the office. Any assistance will be greatly appreciated.

**ITEMS THAT MIGHT BE OF INTEREST:**

- **After School Care** is available each evening after school until 6.00 pm. The cost is between $4.00 and $8.00 per evening – depending on the rebates available to you. Taya the co-ordinator of the program will only be too happy to explain the program and take you through the enrolment process.

- **The Attendance Cup** for this week went to Prep 6TE. Well done guys and remember to keep up the fantastic attendance.

- The School is a signed up member of parenting ideas – Michael Grose. Newsletters from Michael will appear regularly in the Newsletter and around the school. If you require information around parenting /schooling ask Kaye or your child’s teacher and specific articles may be able to be sourced by the school from Michael’s website.

- School photos will be on Friday 22nd March and money **MUST** be handed in to the office no later than Monday 28th March. Family Group Photo will also be taken on this day. To take advantage of this there is a Family Portrait Envelope available from the office

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**Slip Slop Slap:**
For the First Term all students and staff are expected to wear a hat while outside at recess, lunchtime and during sport or other outdoor activities. Children who are not wearing a hat at these times will be expected to play in a shaded area around the school and will not participate in sport or outdoor class activities. Children are also asked to remember to apply sun screen before coming to school and to re-apply, if necessary, during the day. If your child is allergic to certain types of sunscreen, please inform the office and your child’s teacher. Every one’s cooperation in this matter would be greatly appreciated.
PARENTS AND FRIENDS' NEWS:

Parents Club Meeting:
Our next Parents’ Club Meeting will be held this Thursday 14th of March at 2.00pm in the Technology Room.

All new Parents and Toddlers are more than welcome to attend.
We will be discussing the upcoming Easter Raffle and planning for next Term’s fundraising activities. Please come and join us for a cuppa and a brainstorming session.

Regards – Lana Van Berlo (President)

Deal:
Meal Deal this week is a Roast Chicken Roll and Icy Pole for the great price of $3.00.

MODEL AIRFIELD CATERING

Parents Club have been asked to run the canteen at the Model Airfield in Cardinia on the 17th March & 7th April. As this is one of the many ways we raise funds for the school we are asking for some helpers on the day to assist in the canteen.

If you can spare 2-3 hours in the morning or afternoon on either or both these dates, please call Donna (0438 401 906) or speak to Virginia or Sue in the office.

EASTER RAFFLE

As you are all aware Easter is fast approaching. Each year as part of the school’s fundraising efforts we hold an Easter raffle with some great hampers up for grabs.

All we ask in return is that each family donate an Easter related prize (eggs, toys etc). If you could please pass on your contribution to Virginia in the office it would be greatly appreciated.

This year’s prizes also include a family pass to Phillip Island Nature Park as well as some great Bobble Art kid’s bags and accessories.
Yakkerboo meeting will be held next week in Miss Kerslake’s room - Grade 4K.

**WHEN:** Monday 18th March after school at 3:30pm.

Please, please, please come along and share your creative ideas to make our float stand out. We will hopefully be able to start designing our props and organise a date over the holidays to have a whole working day for making Yakkerboo props.

*Photos from Woolworths Earn and Learn*

All these goodies will be distributed around the school for all our students to enjoy. Great Job collecting!!!
Police Visit on Cyber Safety

Grade 3-6 had a visit from Cardinia Youth Resource Officer, Catherine Emmett, from Pakenham Police Station. She spoke to the students about how to stay safe online and on social networking sites such as - Facebook, Club Penguin, Moshi Monsters, Twitter etc.. It was fantastic to get good advice and guidance from Cath to ensure we use technology in a responsible way.

Tips to Stay Safe Online!

Here is what we were taught. (Parents, this is worth reading!! It gives you some great tips for yourselves and your children)

- People can save your nasty comments or messages so don’t write comments that could get you in trouble from teachers or police.
- Don’t share your password with anyone, not even your best friend, only your mum and dad. They should know this to always help keep you safe.
- Use a nick name online; don’t write your full name.
- Anyone that you don’t know well, delete them as a friend.
- Never add random people that you have only met once or are not really close with.
- The first thing to do if you are aware of cyber bullying or inappropriate content like pictures or language is to tell your mum and dad or guardian. Save the messages or evidence by taking a photo of it, don’t delete it. Report any inappropriate comments or nasty content to the online site administer. They can shut the person’s account down but you need to tell.
- Do not post pictures of yourself in your school, sport or work uniform. People can work out what club or what school you belong to.
- Be careful of the information you share on Facebook, for example. People can locate you or figure out you’re not at home and then go and rob your house.
- Never go to meet someone you have been chatting to online.
- Think about yourself, “Would you want this said about you?” If the answer is “No”, then don’t say it about a person.
- You have to be very careful what you say to people on online social networking sites.
- Sometimes things can NEVER be deleted. You can delete a photo or something from your computer, years later it can come back to haunt you. You might not get a job because of something you have said online that was nasty or inappropriate.
- Don’t get involved or buy into “back and forth” comments and conflict. Wait until the next day and solve issues face to face with a person, not online. It will just spiral out of control and make things worse.
- If someone tries to involve you in cyber bullying, you say “NO!” As a bystander, you are still a part of the problem.

Check out the Cardinia Primary School Facebook Page. There will be tips to stay safe online, advice on dealing with issues for parents, updates, articles and links to useful websites like esmart and ACMA.

At this stage, Cardinia Primary is on the waiting list for our own presentation from ACMA with their highly respected Outreach Program relating to cyber safety. There is a long waiting list as this program has received fantastic reviews! However, on the 28th May at Bayles Primary School, teachers, staff and parents from Cardinia Primary are welcome to join the ACMA presentation Bayles is having. Please see Bec Kerslake for further information regarding times as we will need to let Bayles Primary School know numbers. Thanks!!
Making school drop-offs hassle-free

"One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents' efforts to get them to school with tears, tantrums or tiredness."

There are a number of trouble spots for parents, and they have one thing in common. They all occur around a child's transition from one activity or place to another.

Transitions from play to dinnertime, television to bedtime or from bed to the breakfast table are common battlefields for parents. Kids want to do one thing, yet family requirements mean that they have to do something else.

A battle can ensue with children dawdling, whining or refusing point blank to budge! Parenting is always hard work at these times.

One common transition challenge occurs at school-drop-off time. Some kids are passive resisters on a deliberate go-slow. Others more actively resist their parents' efforts to get them to school with tears, tantrums or tiredness.

Children's tears at drop-off time play at the heart strings of compassionate parents, particularly those who feel guilty about leaving their child. Tantrums are another way children keep parents busy and their complaints about being too tired indicate that perhaps an earlier bedtime is in order.

Usually it's children in the early years of primary school who present most difficulty at school-drop-off times. Essentially these drop-off problems are separation issues that can easily be resolved by supportive teachers and some tough love parenting.

It's worth remembering that a developmental task for children is to separate from their parents, so that they can benefit from being around other adults. Parents who resist this imperative, allowing their child to cling to them are doing their youngster a disservice.

If dropping kids off at school in the morning is a problem here's a few ideas that may help. Your aim as a parent is to establish a new pattern of behaviour for your child in the morning, particularly as you approach the school gate or classroom door.

1. Go through the morning and drop-off routine with your kids. Make sure everyone knows what's expected. Work out your jobs and those that the kids need to do then stick to this arrangement. For instance, it may be your job to make school lunches but it's up to kids to put them in their bags.

2. Drop kids off, turn around and go: If you have a child who likes to keep you busy each morning with tears or tantrums then you may have to take the 'tough love' approach. Say goodbye using a firm voice, turn around and leave. Don't look back. Most kids settle down at school within five minutes of being dropped off. Parental lingering only makes matters worse for children and teachers. Teachers are experienced at helping kids settle into the school routine, so allow them to take over.

3. Reaffirm their efforts later: If your child begins to go off without tears or tantrums after a long period of difficult departures then make a bit of fuss when you see them later in the day. Don't go overboard with tangible rewards or bribes. Parental recognition, genuinely given is a huge driver for most kids.

4. Wean your child off you: If your normal habit is to drop your child off at the classroom door each morning, try saying goodbye at the school gate every now and then. The aim is to make your child less, rather than more reliant on you.

If problems continue then it's worth consulting your child's teacher or welfare coordinator, carefully outlining the issue. Be prepared to be coached on this issue, trusting the approach that your school advises.

Teachers generally have experienced this type of separation anxiety before and understand when it's within children's capacities and when they may need extra help to cope. It makes good sense to trust their judgement. From my experience, it's usually spot on!

Published by Michael Grose
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For more ideas, support and advice for all your parenting challenges visit:
www.parentingideas.com.au

PO Box 167 Balnarring VIC 3926  P. 61 3 5983 1798  F. 03 5983 1722  E. office@parentingideas.com.au

EXCITING NEWS!!!!!!

Hardy’s has teamed up with local schools to start a program called Pakenham Bucks. With every $25 parents and friends spend at Hardy’s they will donate $1 to our School. We can then purchase any item from Hardy’s with our Pakenham Bucks. This is a great way for parents, family and friends to support our school with useable items for the children.

3 easy steps
✓ Visit Hardy’s and make your purchase (must be over $25)
✓ Mention the school by name before making your payment.
✓ Receive Pakenham Bucks vouchers to be returned to the school.

$1 Pakenham Bucks will be awarded to CARDINIA PRIMARY SCHOOL
With every $25 spent at

HARDY’S
THE GOOD GUYS®
Pakenham

20 Station St
Pakenham

So you too can get a great deal while helping the school.
Players Wanted
10-15 years old players who want to be super stars

- Our committee & club is made up of many professionals such as a school principle and the operations manager is an AFL executive. Furthermore there is an abundant number of people involved with the club that have a genuine passion for Cora Lynn Football Club and the kids in the club.
- TAC Eastern Ranges U15-16 Coach Nick Rultey is proud to be a part of the Cora Lynn coaching team. Nick is excited by the prospect of assisting our junior player’s development.
- Thursday nights are dinner at the club. Junior meals may consist of cheese burger & chips, Fish & Chips, Pizza for a low cost of $5.00 per meal.
- In comparisons to the South East league, there is certainly as to when your children are playing. Whether is netball or football- both sports all age groups are played at the designated venue, same time each week. Under 13’s games are scheduled for 8.30 start every Saturday. Under 15.5’s play directly after at the same venue
- To assist parents, Cora Lynn has a 50 seater bus that picks children up from the Pakenham areas to take players to training and home again. The service is completely free for all players.

Cora Lynn U18’s are the 2012 EDFL premiers
Both Seniors and Reserves were Premiers in 2008, grand finalists in 2009 and 2010 and finalists in 2011 & 2012 seasons.
Cora Lynn Under 11’s are 2011 premiers of Div 3 SEJFL and runner up premiers in 2012.

CALL FRANK LLERENA ON 0402 822 000

We are known as the Cobras and we make every effort to ensure new members feel welcome and we pride ourselves on promoting a family atmosphere.