

Cardinia Primary Newsletter



Newsletter No. 13

Thursday 7th August 2025

2405 Ballarto Road, Cardinia

Principal: Mrs. Susan Wepster

Telephone: 03 5998 8323

<https://www.facebook.com/cardiniaps>

Email: cardinia.ps@education.vic.gov.au

Website: www.cardiniaps.vic.edu.au

DATES TO REMEMBER



AUGUST

Friday 15th August	Myuna Farm Excursion—Foundation
Monday 18th - Friday 22nd	Book Week
Monday 18th August	District Athletics—Selected Students
Wednesday 20th August	1st Session for Foundation 2026 Transition
Friday 22nd August	Book Character Dress Up Day - Parade at 9:15AM—Gold Coin Donation
Thursday 28th August	KWRSC Shrek the Musical Excursion - Years 5/6
Thursday 28th August	Art and Science Show - 3:30 - 5:30
Thursday 28th August	Fathers Day Stall— Information to Follow
Friday 29th August	SHOW DAY - Cardi's Got Talent at 1:30PM

SEPTEMBER

Wednesday 3rd September	Father's Day, Special Person's Breakfast 7:00am - 9:00am Fathers Day Raffle Draw—Information to follow
Friday 5th September	September Assembly
Thursday 18th September	Whole School Sleep Over - Free Dress
Thursday 18th September	Interschool Sports - Years 5/6
Friday 19th September	LAST DAY TERM 3—1:30PM Finish

School Values:

Resilience

Respect

Working Together

Personal Best

Caring

PRINCIPAL'S REPORT

Dear Parents and Carers,

We would like to congratulate the four children who made it to the finals of our school's Lions Club Public Speaking Competition. The standard was so high and the results so close that Mr Gration had to return for a second time to make the final decision!

The finalists were **Charlie** and **Natasha** in the Year 3/4 section, and **Emily** and **Thomas** in the Year 5/6 section. We are proud to announce that the winners were **Charlie** and **Emily**, who will go on to represent our school at the district level. We wish them all the best and know they will do us proud.

Swimming was once again a great success this year. We received many positive reports about our students – not just about their efforts in the pool, but also their excellent manners and behaviour. Well done to everyone involved!

We are very fortunate to have received **two generous grants from Bendigo Bank**. One will again support the cost of the **Life Education** incursion, helping us make it affordable for all families. The second grant will allow us to purchase new televisions for both the **Performing Arts** and **Visual Arts** rooms. Our Arts teachers are very excited to enhance their teaching with this up-to-date technology.

We are pleased to share a new and **exciting fundraising opportunity**. The Op Shop in Koo Wee Rup, run by the Lions Club and staffed by local volunteers, has offered **Cardinia Primary School two days each month** to raise funds. School Council member **Emily Cook** has kindly taken on the role of **Op Shop Coordinator**, and we thank her for her support. Emily will be in touch soon via email to organise a volunteer roster. If you, or any grandparents or friends of your family, are able to spare a few hours to help out, please let Emily know. If we all pitch in a little, we can raise a lot for our children.

Finally, if you would like to support our school by volunteering to **listen to children read**, we would love to hear from you – especially for our Foundation to Year 2 students. Please contact the office if you're interested.

Thank you for your ongoing support!

Susan



FROM THE OFFICE

APPROVALS AND PAYMENTS DUE

Please ensure approvals and payments are completed by the due dates.

EVENT	YEAR LEVEL	DUE DATE	AMOUNT
Camp Expression of Interest	Whole School	8th August	\$50
Myuna Farm Excursion	Foundation	8th August	\$34
District Athletics	Selected	13th August	\$12
KWRSC Shrek the Musical	5/6	25th August	\$10
Whole School Sleepover	Whole School	5th September	\$15 - \$20

YEAR 6 – 7 TRANSITION IMPORTANT DATES

Tuesday 12th August	Year 7 acceptance slips to be returned to their child's primary school.
Tuesday 19th August	Closing date for parents/ carers to lodge a written appeal with the applicable Regional Director, where they have been unsuccessful with their appeal to their preferred secondary school.

FOUNDATION ENROLMENT IMPORTANT DATES

Wednesday 20th August	1st Transition Session for 2026 Foundation. Children participate in play based learning in the Foundation classrooms. Tea and coffee available for parents in the staffroom.
Friday 22nd August	Parents and carers to accept placement offer and complete enrolment on student insight



Principal Appreciation Day 2025



JUNIOR SCHOOL COUNCIL

The JSC is raising money for kids cancer this term. All classes will have a coin container by the end of the week.

Please save your coins and bring them to school to fill your classes container.

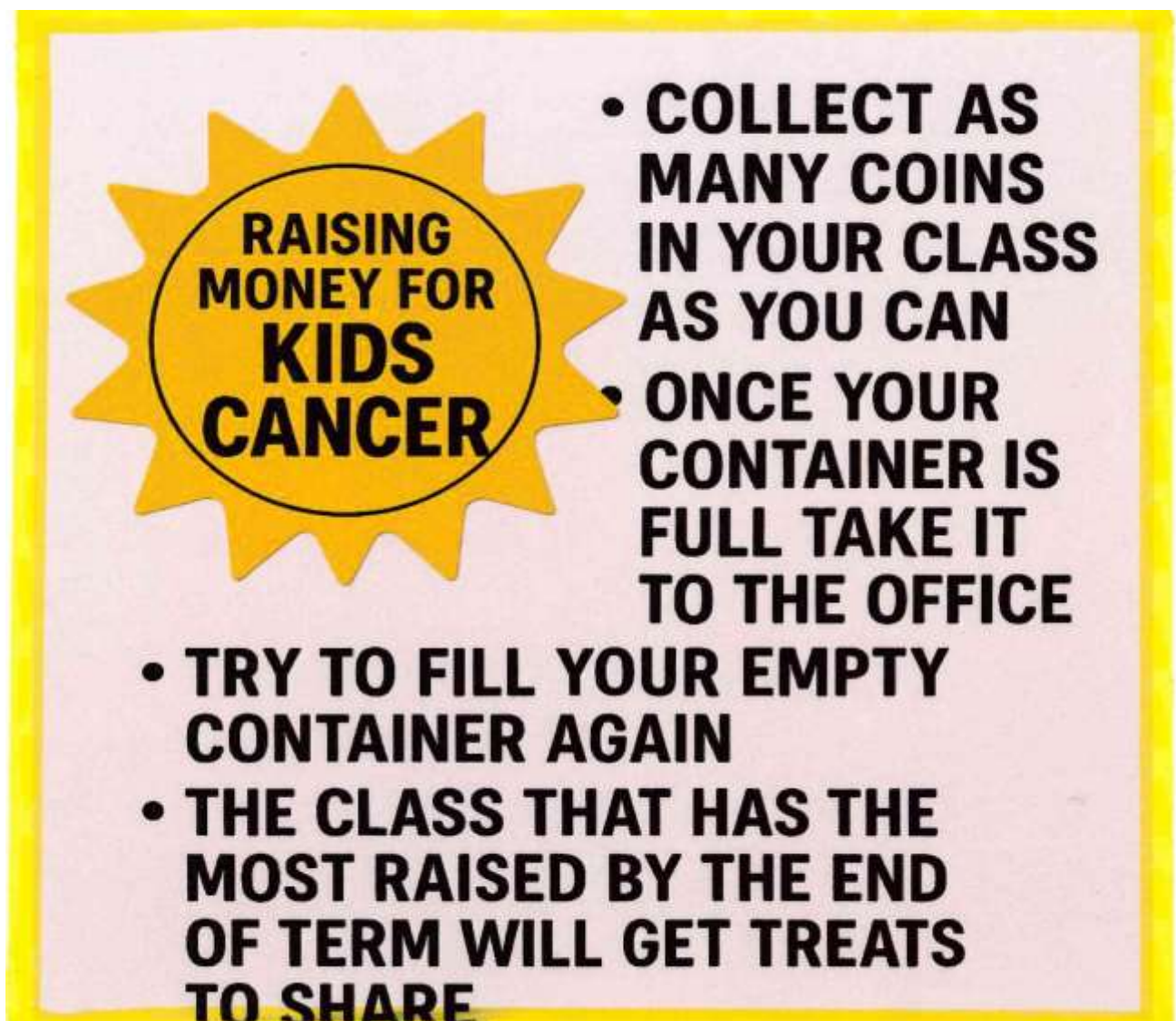
Once the container is full it is taken to the office to be counted.

The challenge is to see how many containers classes can fill in this term.

The winning class will get treats to share.

Thankyou

JSC



100% ATTENDANCE

CONGRATULATIONS TO THESE STUDENTS FOR 100% ATTENDANCE FOR SEMESTER 1



CARDI AWARDS

Congratulations on reaching **25** Cardi Awards!



Jaykeb P 5/6A



Axle S 5/6 B



Alexis R 5/6B



Foundation celebrated their first 100 days of school on Friday, 1st August. Students dressed up as their favourite way to celebrate the number 100. We had grandmas and grandpas, fancy 100 days t-shirts, people wearing 100 of something and even 1920's flappers!

Students enjoyed exploring the number 100 all week, culminating with a day of celebration which included making 100s & 1000s fairy bread, Froot Loop necklaces and playing balloon party games.

A fabulous day full of fun was had by all.





On the first Thursday of Term 3, the grade 5/6s went on an excursion to Monopoly Dreams in the city. When we arrived, we went to the party room to drop off our bags. The tour guides introduced themselves and then we split into our groups.

The activities we completed were carnival games, a 4D movie, the money chamber, laser maze, and exploring the Monopoly history museum.

During the Monopoly history activity, we discussed all of the different famous landmarks in Melbourne including Hosier Lane, MCG, Federation Square, National Gallery of Victoria, Melbourne Central, Queen Victoria Market and Flinders Street Station.

We all had a blast, it was a fantastic excursion and day out!

Emilia M 5/6C





School Values: **Resilience** **Respect** **Working Together** **Personal Best** **Caring**

DIVISION SOCCER

On Friday Cardinia's District winning soccer champions went to the Division playoffs. A beautiful day greeted us and perfect conditions for soccer. Unfortunately, we came up against much bigger schools and were unable to taste victory. The team should be extremely proud of the effort they put in and the sportsmanship, enthusiasm and encouragement to each other that was shown throughout the day. Thank you to all the parents who provided transport and stayed to cheer our team on – things were certainly raucous up on the hill!



HOUSE ATHLETICS

The House Athletics Sports was held at the Cardinia Recreation Reserve on Tuesday 4th August. Students showed tremendous house spirit and all applied their personal best. Congratulations to those who were selected to represent the school at the District Athletics Sports on Monday 18th August. More information for parents to come. The House Athletics Champion will be announced at the next assembly.

THE RESILIENCE PROJECT.

We're working with The Resilience Project

We're proud to be implementing TRP's evidence-based whole school wellbeing program. Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**.

Gratitude



Gratitude involves recognising and expressing appreciation for the people, places and things in our lives. Practising gratitude allows us to pay attention to what we have, increasing feelings of happiness and leading to a more positive outlook on life.

Empathy



Empathy involves understanding others' feelings and perspectives and is practised through kindness, compassion and curiosity. Developing empathy fosters deeper connections, increases our likelihood of acting kindly, and helps us experience positive emotions.

Mindfulness



The practice of mindfulness is about an awareness of life as we are living it.

It allows us to be responsive to our experiences rather than being reactive, and to live with greater balance, presence and connection.

Emotional Literacy



Emotional Literacy involves learning to identify and label our emotions, as well as developing emotional regulation skills. When we can accurately name our feelings and emotions, it reduces the impact of uncomfortable emotions and enhances the effect of positive ones.

TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



@theresilienceproject_



The Resilience Project



The Resilience Project



theresilienceproject.com.au

GEM Chats Mindfulness

CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice mindfulness.

Try these prompts:

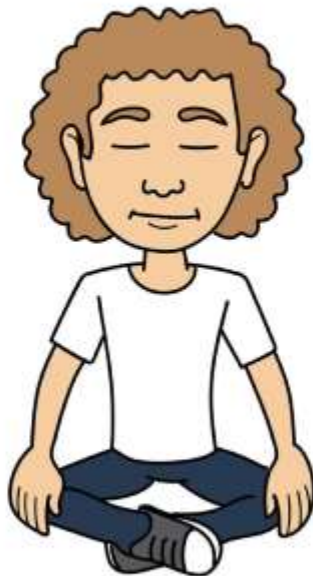


What **mindfulness tools** did you use today?



Take a moment to look out the window or around the room.

- » 3 things you can see.
- » 2 things you can hear.
- » 1 thing you can feel.
- » Notice how you feel after stopping for a moment.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



@theresilienceproject_



The Resilience Project



The Resilience Project



theresilienceproject.com.au

ONE STEP AT A TIME PROGRAM: PARENT SUPPORT FOR CHILDHOOD ANXIETY

Swinburne Psychology Clinic

Parents / guardians:

Do you have a primary school-aged child experiencing symptoms of anxiety?

Clinicians at Swinburne University have developed a program to help parents manage childhood anxiety in children aged 6-11 years.

Does your child experience any of the following?

- Difficulties sleeping at night due to worries
- Fears and phobias
- Difficulty separating from you or worrying about parental safety
- Trouble sleeping alone in their bed
- Fear of the dark
- Scared of lifts, trains, and people
- Fear of dogs and other animals
- Excessive worry and constant reassurance seeking
- Fear of germs and other health problems

The One Step at a Time Program involves:

- Comprehensive psychological assessment of your child's anxiety
- Seven sessions of online counselling through video conferencing
- Parent-focused cognitive behavioral therapy (CBT) skills to help you manage and support your child's anxiety
- Two combined parent-child sessions
- Reflective parenting strategies
- Access to a website with self-help materials to supplement therapy.

Cost

\$20 per session/assessment.

Treatment consists of seven therapy sessions plus one assessment session.

Contact us

Referrals and enquiries can be made by contacting the Swinburne Psychology Clinic at:

Telephone: 03 9214 8653

Email: psychprojects@swin.edu.au

OR, by accessing the online registration form by using the QR Code or the link below:

<https://forms.office.com/r/kxjje5YcM>



From the Office



****ALL EXCURSION FORMS AND PAYMENTS NOW IN XUNO****

XUNO is your parent portal to view news and events, book parent teacher interviews, check your child's live attendance, mark absences, view reports, and more. Please contact the office if you have any problems or questions about setting up, and signing in to your account.



Qkr! Is the app that the school is using to accept payments such as: Meal Deals, second hand uniform and fundraising.

Please see the office staff if you need more information about using Qkr!

Breakfast Club

Breakfast club runs each Friday between 8:30-8:45am in the Science Room. This program is government funded and open to all students.

Food available may be Weetbix, muesli, toast with Vegemite or honey, baked beans, spaghetti and fruit cups. Please let us know when dropping off your child if there are any allergies we need to be aware of.

Children are welcome to come to the Science Room from 8:30am. Please do not drop your child off any earlier than this. We welcome any parents who would like to come once a month (or less if we get enough help) to serve and tidy up.



Before and After School Care

Our before and after school care is provided by DS Sports. Click on the link below for more information

<https://www.dssports.org/cardiniaprimary-1-1>

Monday to Friday: Before School Care from 6:30am

After School Care from 3:30pm - 6:30pm



Cardinia General Store

Shop lunch orders can be ordered any day of the week and will be delivered to students in time for lunch (12:20pm) - sandwiches, hot food and drinks included!

Place your order directly at the shop.



Phone: 5998 8488

Term Dates 2025

Term 1:	Wednesday 29th January - Friday 4th April
Term 2:	Tuesday 22nd April - Friday 4th July
Term 3:	Monday 21st July - Friday 19th September
Term 4:	Monday 6th October - Friday 19th December

School Values:

Resilience

Respect

Working Together

Personal Best

Caring



Cardinia Primary

Before & After Care Service

BEFORE CARE

\$2.80*

AFTER CARE

\$3.40*

What's Included

- ✓ Breakfast
- ✓ Afternoon Tea
- ✓ Games, Coaching, Activities for all
- ✓ Extended hours

FUN - ACTIVE - ENGAGING



DSSSPORTS.ORG

ENROLL NOW



*Prices will vary depending on each families CCS application

Container Deposit Scheme

Help to raise money for our school by collecting bottles and cans.

At the return-it centres, customers feed their eligible cans or bottles through the machine, then they can enter the zone ID or scan barcode to choose to donate their deposit to the school. We also have a couple of bins around the school to collect eligible bottles (at the office and the middle learning centre) Please check all items placed in the bins at school have the 10c mark.

Your Zone ID Barcode:

C2100075382



Cardinia Primary School

