

Cardinia Primary Newsletter



Newsletter No. 16

Thursday 18th September 2025

2405 Ballarto Road, Cardinia

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DATES TO REMEMBER



DATES TO REMEMBER	
SEPTEMBER	
Friday 19th September	LAST DAY TERM 3—1:30PM Finish
OCTOBER	
Monday 6th October	First Day Term 4
Saturday 18th October	Movie Night
Wednesday 29th October	Curriculum Day— Students do not attend
Friday 30th October	JSC Dressup Favourite Sports Team / Famous Person
NOVEMBER	
Tuesday 4th November	MELBOURNE CUP DAY
Friday 14th November	Colour Run
Wednesday 26th—Friday 28th November	Whole School Camp—CYC Philip Island Adventure Resort

PRINCIPAL'S REPORT

Dear Parents and Carers,

As we come to the end of Term 3, I would like to take this opportunity to share some highlights from the past two weeks.

Father's Day

Our Father's Day breakfast was again a wonderful way to begin the day and celebrate fathers and other special people in our students' lives. I hope everyone enjoyed not only the breakfast, but also the weekend together with family. Thanks to DS Sports for their help with this.

Victorian Principals' Conference

Trudie and I attended the Victorian Principals' Conference last week, and it was a fantastic experience. The keynote speakers were inspiring, and we came away with lots of fresh ideas to bring back to our school. It was also a great opportunity to connect with other leaders, share successes, and reflect on how we can continue to grow and support our students and staff.

Lions Club Public Speaking Competition

A real highlight last week was the Lions Club Public Speaking Competition. We were very proud of our two representatives:

- **Charlie G** in the Year 3/4 section, who spoke about his wonderful invention of a self-shooting basketball.
- **Thomas H** in the Year 5/6 section, who gave a convincing argument that technology really is moving too fast!

Both boys did an outstanding job and represented our school with pride. Please take a look at the photo in this newsletter.

Deadly Day

Today, our Koorie students and school captains are participating in the Annual Deadly Day – a valuable day of learning more about the culture of our Indigenous people. There will be a report about this in our next newsletter,

Sleepover Excitement!

Tonight is our school sleepover! Excitement levels are high, and we are looking forward to fun activities, dancing at the disco, and (hopefully) a sound night's sleep.

Due to time-in-lieu requirements, staff who attend the sleepover will head home at 9:00am tomorrow. We will have a skeleton staff available to supervise students who remain at school. If your child is unable to go home early, please make arrangements to collect them by **1:30pm**, which is our usual end-of-term finishing time.

Holiday Wishes

I wish all our families a safe and relaxing holiday filled with special family time.

I will be on long service leave for the first three weeks of next term, and I look forward to seeing everyone when I return.

Warm regards,
Susan



LIONS CLUB PUBLIC SPEAKING COMPETITION



DONATIONS PLEASE

The Woolies

Wool is lots of fun!

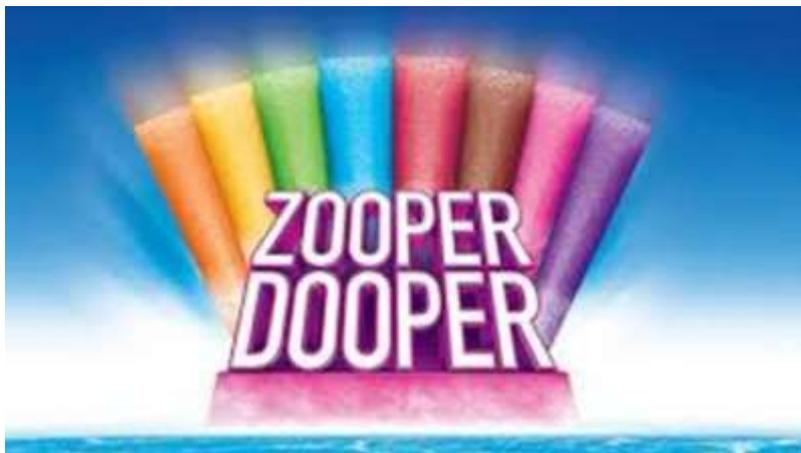
And we love making pom poms!



“The Woolies” is a lunchtime club in which we use wool to keep our fingers busy.

If you have any spare wool and are happy to make a donation of wool to school, please do so!

Thank you very much,
Cherida, (Wellbeing Coordinator)



It's that time of the year again as the weather warms up, we will be selling ZooperDoppers on Thursdays during the last break for \$1.

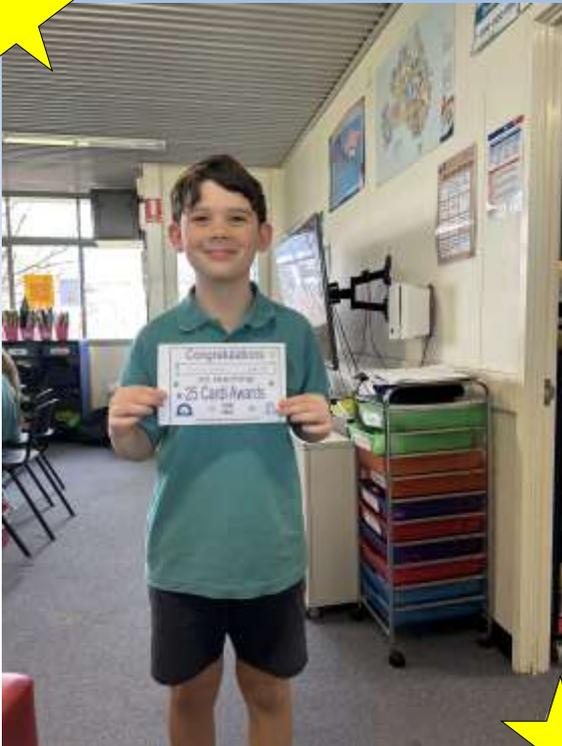
This is part of the year 6 fundraising to contribute to their end of year celebration day.

We are asking for donations from families of packets of zooperdoopers to make this fun treat possible. (Please no sugar free or sour flavours)

Thank you from the Year 6 students!

CARDI AWARDS

Congratulations on reaching **25** Cardi Awards!



Zac 3/4 C



Carson 3/4 C



Thea 3/4 C





Bringing Up Great Kids Berwick

Bringing Up Great Kids (BUGK) is a six-session program for parents and caregivers of children aged 2 to 12 years.

It focuses on building positive and supportive relationships between parents and their children.

The program encourages mindfulness and reflection to improve communication and helps parents understand what influences their parenting.

BUGK aims to:

- Encourage parents to think about their parenting and strengthen their bond with their children.
- Teach about brain development and its impact on a child's thoughts, feelings, and behaviours.
- Help parents understand why children behave in certain ways.
- Identify challenges that may make parenting more difficult.
- Explore ways to improve parents' self-care and overall well-being.

Please note: This program is designed for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong who have at least 50% custody. Please be aware that children cannot attend the sessions, and childcare services are not provided.

COST

Free

DATES

Mondays

October: 20th and 27th

November: 10th, 17th and 24th

December: 1st

(no group – 3rd Nov)

TIME

10am until 12:30pm

VENUE

Bridgewater Community Centre
45 Bridgewater Blvd,
Berwick VIC 3806

Light refreshments will be served

Bookings Essential

ENQUIRIES

P: 9704 8377

E: groupwork.south@vt.uniting.org

REGISTER

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



Uniting



Circle of Security Parenting™ - Narre Warren

Empower Your Parenting Journey

An eight-session course designed for parents of children aged 4 months to 6 years.

Are you ever puzzled by your child's behaviour, unsure of how to respond to their needs? Imagine confidently understanding and addressing what your child is truly seeking from you.

The Circle of Security Parenting™ program offers a transformative opportunity to strengthen your parent-child relationship, grounded in decades of research.



This program is in partnership with the City of Casey and designed for caregivers residing in the City of Casey. Please note children cannot attend the sessions, enquire with us in relation to child care options.

Through this program, you will:

Decode Your Child's Emotions: Learn to interpret and respond to your child's emotional cues effectively.

Foster Emotional Resilience: Equip your child with the tools to manage their emotions successfully.

Boost Self-Esteem: Support your child's confidence and self-worth.

Trust Your Parental Instincts: Embrace your natural wisdom and commitment to your child's security.

COST
Free

DATES

Mondays [8 weeks]

October: 13th, 20th, 27th

November: 3rd, 10th, 17th, 24th

December: 1st

TIME

10:00am until 12:00pm

VENUE

Bunjil Place - Library
2 Patrick Northeast Dr,
Narre Warren VIC 3805

Light refreshments will be served

Bookings Essential
ENQUIRIES

P: 9704 8377

E: groupwork.south@vt.uniting.org

REGISTER

<https://forms.office.com/r/39OvnX22Wt>



Uniting

School Values:

Resilience

Respect

Working Together

Personal Best

Caring

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

MOMENTS OF GEM

Dear Families,

As we head into the term break, it's a wonderful time to pause and reflect on the important parts of GEM – Gratitude, Empathy and Mindfulness – that help us all build resilience and joy in everyday life.

✦ **Gratitude** – Take a moment each day to notice and appreciate the little things, whether it's a family meal, a walk together, or even a laugh shared. Gratitude helps us focus on what we have, rather than what we're missing.

♥ **Empathy** – Use this time to listen and connect with one another. A kind word, a helping hand, or simply understanding how someone else is feeling can strengthen bonds and spread positivity.

🌿 **Mindfulness** – Slow down and be present. Enjoy the break without rushing. Notice the sounds, sights, and feelings around you – whether it's the warmth of the sun, the taste of your favourite food, or the joy of unstructured time together.

We hope you find moments of GEM throughout the break, and return refreshed, connected, and ready for another exciting term of learning.

Wishing you a safe, happy, and restorative holiday!

Family Activity

MINDFUL MOVEMENT: CONNECTING BODY & MIND

As a family, discuss how often when we move, we do so mindlessly. We are more focused on where we are trying to get to or the thoughts spinning around in our heads. **When we move with mindfulness, it becomes a fantastic way to bring together movement of the body and focus of the mind.**

ACTIVITY IDEA: FAMILY WALKING MEDITATION

Set aside time to take a short walk together. As you walk, practice mindful movement by focusing on each step you take. **Remind yourselves that your body is moving, while your mind remains calm and present.**

Here are some ideas to help you focus:



Pay attention to **your breath** as you walk.



Notice how your **arms swing**, your **feet lift**, and your **knees bend**.



Focus on the sensation of your foot touching the ground: heel, ball, and toes.

After your walk, talk about how it felt. Did it help you feel more centered? Where else in your daily life could mindful movement be helpful?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:



@theresilienceproject_



The Resilience Project



The Resilience Project



theresilienceproject.com.au

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

DSSPORTS.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





Hello Spring

CCS approved save up to 90% off*



WEEK 1

SEP 22	ALL STARS DAY \$97* - \$9.70*		Full on sports day. What sports are you going to star in?	
SEP 23	MELBOURNE SHOW EXPERIENCE \$135* - \$13.50*		We are hosting the biggest event yet! 10+ Rides, Show Bag per participant, Games, Face Painting, Prizes & Much more. This day is not to be missed! Event held at Toomuc Reserve - Pakenham	
SEP 24	ROLL THE DICE \$97* - \$9.70*		What is it going to land on? You need to attend to find out! Games, Sports, Activities, Prizes you name it! It's going to be EPIC.	
SEP 25	GRAND FINAL DAY \$97* - \$9.70*		Kicking goals, taking marks, its footy all day. Make sure you wear your footy colours!	
SEP 26	CLOSED			

WEEK 2

SEP 29	NERF WARS & OUTDOOR SPORTS DAY \$97* - \$9.70*		The battle of all battles will heat up. Nerf wars, and outdoor sports in the lovely spring weather.	
SEP 30	DODGEBALL & REPTILE ENCOUNTER INCURSION \$115* - \$11.50*		Reptile Encounters brings the best of Australia's native wildlife to YOU with purposeful, impactful shows. Experience and reconnect with nature through our interactive, educational experience	
OCT 1	NBA & MASTER CHEF DAY \$97* - \$9.70*		Cooking up a feast! Are you prepared to eat yummy food? Fan favourite NBA day. Mixed in with other fun games & sports.	
OCT 2	INFLATABLE WORLD \$135* - \$13.50*		Fun in a safe, active space. For an out of this world experience as you bounce, climb, dive, slide and jump into Australia's largest Indoor Inflatable Playgrounds	
OCT 3	NINTENDO WII SPORTS DAY \$115* - \$11.50*		We are going old school. Nintendo sports day with Mario Carts, Wii Sports all ready to be battled.	

*PRICES ARE DETERMINED BY EACH FAMILIES CHILD-CARE SUBSIDY ELIGIBILITY - TO FIND OUT MORE PLEASE VISIT CENTRELINK ONLINE TO COMPLETE YOUR ACTIVITY TEST
*MAX PRICE & MAXIMUM CCS LISTED



HOMEBASE



EXCURSION



INCURSION



Admin - 0479 125 796



MUSIC LESSONS IN YOUR SCHOOL

JOIN FOR TERM 4



www.jpmusicacademy.com.au/schools
TRY A FREE TRIAL LESSON

School Values:

Resilience

Respect

Working Together

Personal Best

Caring

Koo Wee Rup

fun day out

Cardinia Shire Council in partnership with Kooweerup Regional Health is hosting a FREE fun day out during these school holidays

Join in the fun with loads of activities:

- > **Free skate lessons** *(bookings required)*
- > **Local young performers**
- > **Delicious free food**
- > **Fun activities for everyone**

**Wednesday,
1 October,
11am - 3pm**

**Cochrane Park,
Rossiter Road,
Kooweerup**



Find out more information at
www.cardinia.vic.gov.au/septholidays25



This event is drug, alcohol, smoke, and vape-free.

Proudly supported by the Victorian Government in partnership with Cardinia Shire Council Youth Services, Parks Placemaking, and Kooweerup Regional Health Service.



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ACTION

SPORT AEROBICS | FITNESS | DANCE



OPEN CLASSES!

HAVE YOU EVER WANTED TO TRY SPORT AEROBICS!

Open Classes are the perfect way to experience Sport Aerobics – an exciting mix of dance, gymnastics, and cheerleading performed to high-intensity music that builds fitness, strength, and confidence. Best of all, these sessions are free for new members to try.

- WEEK 1** ● Tuesday 7th - Thursday 9th October
- WEEK 2** ● Tuesday 14th - Thursday 16th October
- WEEK 3** ● Tuesday 21st - Thursday 23rd October
- WEEK 4** ● Tuesday 28th - Thursday 30th October



EMAIL US AT ACTIONSPORTAEROBICS@OUTLOOK.COM