

Cardinia Primary Newsletter



Newsletter No. 2

Thursday 12th February 2026

2405 Ballarto Road, Cardinia

Principal: Mrs. Susan Wepster

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

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

Website: www.cardiniaps.vic.edu.au

DATES TO REMEMBER



Term 1	
FEBRUARY	
February—Each Wednesday	Foundation Assessment Days— Foundation Students not at school
Friday 13th	School Picnic
Thursday 26th	District Swimming—3-6 selected students
MARCH	
Wednesday 4th	School Photos
Friday 6th	Assembly
Monday 9th	LABOUR DAY PUBLIC HOLIDAY—No students at school
Friday 13th	Yr 6 Sovereign Hill Excursion
Wednesday 18th	School Council AGM
Friday 20th	School Fair—3:30—6:30
Wednesday 25th	CURRICULUM DAY—No students at school
Thursday 26th	GRIP Leadership excursion—Yr 6 Leaders
APRIL	
Thursday 2nd	LAST DAY OF TERM 1



Beach Picnic Friday, 13th February.

Bring \$1 coins to enter the competition to win
\$50!



School Values:

Resilience

Respect

Working Together

Personal Best

Caring

Dear Parents and Carers,

We are well and truly into the school year and what a wonderful start we've had. Every class is settled and there is plenty of learning taking place across the school.

Morning Start Time

School starts right on 9:00am each day. Classrooms open at 8:45am, with teachers inside ready to welcome students. Arriving between 8:45am and 9:00am gives children valuable time to settle, organise themselves and be ready to learn when the bell goes.

We understand some children need to burn off energy in the mornings. From 8:45am–8:57am, students may use the basketball court or oval, which are supervised during this time.

Please note:

- There is no supervision before 8:45am.
- If your child must arrive earlier, they need to be enrolled in Before School Care (see details in this newsletter).
- Before school, children may only play on the back playgrounds.
- Ga Ga is not available before or after school.

After School Supervision

After school, staff supervise only gate areas and the playground at the Cardinia Road entrance. No other areas are supervised after school.

School Fete – Friday 20th March 3:30pm – 6:30pm

Our fete is coming up fast!

No need to cook that night, come along for a BBQ and enjoy the many stalls. We're aiming to raise funds for improvements around our school.

We would love parent helpers (with a Working With Children Check) to donate 1 hour of their time. We need help with:

- Selling tickets
- Cooking and serving at the BBQ

Running school stalls

You'll still have plenty of time to enjoy the fete with your children!

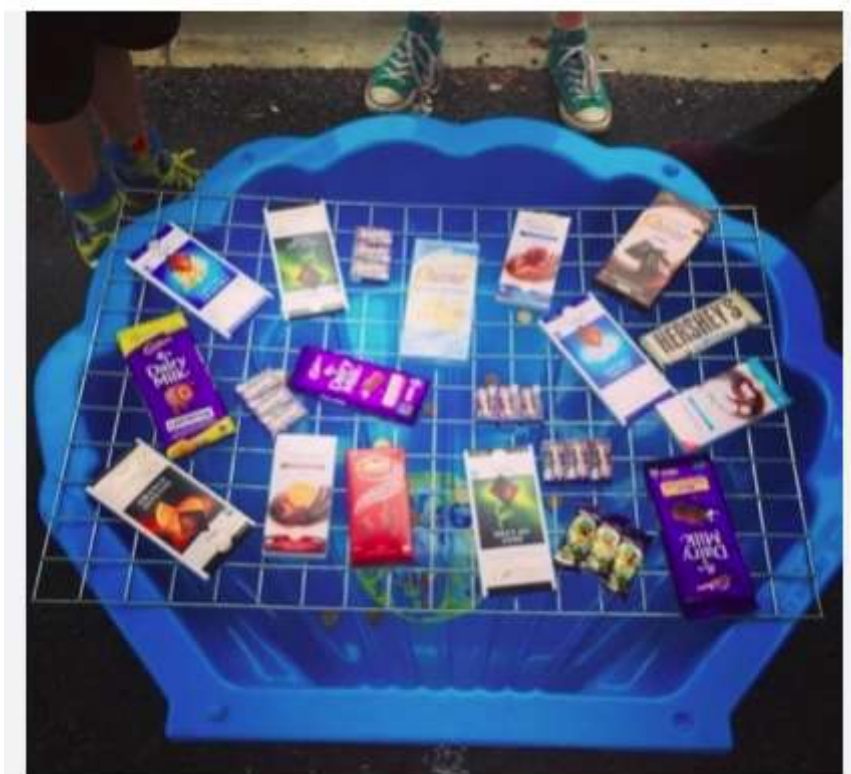
Music Lessons

Our external music teacher, James, has visited classrooms and spoken with students about music lessons offered at our school. These parent-paid lessons take place on Fridays and will commence next week.

Chocolate Stall Donations

One of our most popular fete stalls is the Chocolate Toss. Children (and adults!) throw gold coins onto blocks of chocolate — if the coin lands on the chocolate, they win it!

We need lots more chocolate donations. Please add a block or two to your shopping trolley and drop them at the school office. The more chocolate we receive, the more successful this fundraiser will be.



Beach Picnic – Phillip Island (Tomorrow!)

We're very much looking forward to seeing our families at Phillip Island tomorrow for our annual Beach Picnic. It's always a wonderful opportunity to come together as a school community and enjoy time by the coast. We can't wait to see you there for what promises to be a fantastic day together.

Thank you for your continued support — it's already shaping up to be another fantastic year at Cardinia Primary School.

Kind regards,

Susan



From the Library



If you would like to help in the school library this term,
we would love to see you!

We often have books to contact and also reshelve.

Please email the school if you are interested.

From the 1/2s

This term, Grade 1/2s are making dinosaur dioramas! We are in need of shoeboxes so that each child can make their own diorama to take home at the end of the unit. If you have any suitable boxes that you would like to donate, please drop them off to Miss D, Miss Brownlie, or the office.

Thank You





ZOOPER DOOPERS

Available every Thursday at the 2PM Break

Students can bring \$1 to school and purchase them directly from the kitchen window in the Science room each Thursday at 2pm.

This gives our Year 6 students a great opportunity to develop their organisational and customer service skills while supporting their fundraising efforts.

We are asking for donations from families of packets of zooper doopers to make this fun treat possible.

(Please no sugar free or sour flavours)

Thank you to all of the families that have donated so far.

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 2026

Term 1:	Wednesday 28th January - Thursday 2nd April
Term 2:	Monday 20th April - Friday 26th June
Term 3:	Monday 13th July - Friday 18th September
Term 4:	Monday 5th October - Friday 18th December

WELCOME TO

THE RESILIENCE PROJECT™

Families

Why wellbeing?



1 in 4 primary students

experience high levels of depression or anxiety.¹



1 in 3 secondary students

experience high levels of depression or anxiety.¹



2 in 5 adults

experience a mental disorder in their lifetime.²

¹ State of the Nation Report 2024

² Australian Bureau of Statistics: National Study of Mental Health and Wellbeing, 2020-2022.

School wellbeing program

With staggering statistics among children, young people and adults in Australia, The Resilience Project is working to **drive change through a preventative approach by building a culture of wellbeing in schools.**

Based on the evidence-based principles of **Gratitude**, **Empathy**, **Mindfulness (GEM)** and **Emotional Literacy**, our program equips students with lifelong wellbeing habits and **empowers families to support wellbeing at home.**

The whole-school wellbeing program involves explicit teaching through our **evidence-based curriculum** alongside wellbeing habits being integrated in school routines.

Supporting wellbeing at home

We know that when schools, families and communities **speak the same language around mental health, our young people thrive.** Throughout the year, you'll receive resources to help you develop wellbeing and resilience at home.

Proven impact

Through multiple independent evaluations, students participating in our School Wellbeing Program have shown **measurable improvements** compared to students at schools that aren't involved.



Scan the QR code or [click here](#) to learn more.



The Imperfects podcast

[On this podcast](#), founder of The Resilience Project **Hugh van Cuylenburg**, his good friend **Ryan Shelton**, and only one of their brothers, **Josh van Cuylenburg**, talk to a variety of interesting people who **vulnerably share their own struggles and imperfections, or expertly pass on their wisdom on the subject of imperfection.** Whether it's in The Vulnerabilitea House, The Academy of Imperfection, or with their resident psychologist, Dr Emily, The Imperfects are here to find some valuable takeaways we can all apply to our own imperfect lives.

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



Advocating
for children
with disability

Free online workshop

Working with your child's School



Find out how Student Support Group meetings can help your child

This free workshop is for parents and carers of children with developmental delay and disability who have a child at school in Victoria.

It's a 90-minute online workshop.



**I have never been in a room
where I felt so connected to
what was being shared**
Parent



What to expect

- A welcoming space designed for parents and carers of children with developmental delay and disability
- Led by experienced facilitators who bring understanding and lived experience
- Delivered online via Zoom
- Let us know if you have any accessibility needs

Learn about



- Student Support Groups
- Children's rights in education
- Advocating for your child at school
- Reasonable adjustments

When

Monday 16 February	10:00am
Tuesday 17 February	7:00pm
Wednesday 18 February	10:00am
Tuesday 24 February	7:00pm

Scan to register

Email

educate@acd.org.au

Call 03 9880 7000 or
1800 654 013 regional

<https://bit.ly/WWCSFebCC>





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

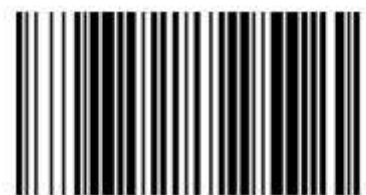
Container Deposit Scheme

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

