

Cardinia Primary Newsletter



Newsletter No. 1

Thursday 8th February 2024

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



TERM 1

February

| | |
|---------------------------|--|
| February - each Wednesday | Foundation Assessment Days - Foundation students not at school on Wednesdays in February |
| 12th - 15th | Meet the Teacher Interviews, Years 1-6 . Book on Xuno (see inside for info) |
| Wednesday 14th | School Council Meeting - 4:00pm - Staff Room |
| Friday 16th | Whole School Beach Picnic - Phillip Island - 9:45am arrival for 10:00am roll call |
| Sunday 18th | Bunnings BBQ - Clyde North - Drop in for a sausage! |
| Friday 23rd | NO STUDENTS AT SCHOOL - Curriculum Day |

March

| | |
|-----------------|--|
| Friday 1st | Assembly - Grade 5/6 presenting. 3:00pm on basketball court |
| 4th, 11th, 25th | Harmony Day Incursion - Payment and permission form due by 26th February |
| Monday 11th | NO STUDENTS AT SCHOOL - Labour Day Public Holiday |
| 13th - 15th | NAPLAN - Years 3 and 5 |



Beach Picnic next Friday, 16th February.

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



School Values:

Resilience

Respect

Working Together

Personal Best

Caring

PRINCIPAL'S REPORT

8th February, 2024

Dear Parents and Carers,

We are having an excellent start to the year. It has been lovely to meet many of you around the school before and after school. There is certainly a positive vibe around the place, thank you all so much for your enthusiasm and support of our school.

School Council plays a huge part in our school, in decision making, fund raising and allocation of money. Our Annual General Meeting is coming up on the 20th March. School Council parent positions are for two years. We have four positions up for re-election. At this stage I have had four expressions of interest to fill the positions, and I thank those people for their willingness to work for our school. The opportunity is available for any parent member to nominate for School Council. If you would like to do this, please contact the office staff. If we have more nominations than positions, we will hold an election. Nominations close Wednesday 14th February.

School Council are collecting the bottles that have a 10-cent refund to raise money for our school. Please send these containers to school from next week. We will make sure our students know where to put these when they bring them to school.

We are running The Resilience Project (TRP) in our school this year. We are very excited about this, and I encourage you to become involved. We will be sending home ideas for families, and information about what we are doing at school. Information about this program is on the next page of this newsletter; please read it carefully.

Please note our annual privacy notice below,

Have a great week,

Susan

Annual privacy reminder for our school community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy and the Schools' Privacy Collection Notice.

Our Photographing, Filming and Recording Students Policy https://www.cardiniaps.vic.edu.au/uploaded_files/media/photographing_filming_and_recording_policy_2022.pdf, describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. We ask parents to also review the guidance we provide on how we use Google Workspace for Education safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using Google Workspace for Education, please contact the school. For more information about privacy, refer to: [Schools' Privacy Policy — information for parents](#).



Welcome to The Resilience Project

PARENTS & CARERS

This year, we are excited to bring The Resilience Project (TRP) into our school community!

WHY?

Current research tells us...

Why mental health matters

RESILIENCE PROJECT



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on emotional wellbeing and behavioral changes.



The Resilience Project is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy** and **Mindfulness (GEM)** to life on [TRP@HOME](#).

The Imperfects podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.



(03) 9113 9302 | theresilienceproject.com.au

THE
**RESILIENCE
PROJECT**

Congratulations

This year's School Captains Kayla and Kaitlyn, and School Vice-Captains Jadeja-Lee and Levi.



House Captains for this year are:

Bould - Isla and Bianca

Conroy - Edward and Bessie

Hobson - Olivia and Grace

Ridgway - Dustin and Flynn

Congratulations to our new Junior School Council representatives:

Mackenzie (JSC President),
Savannah, Claire, Layla, Emily,
Mason, Aria, Evie, Parker, Ruby,
Errol, Ava, Amelia W, Abbie,
Amelia R, Rex and Ollie.

These students were elected by their classmates to represent them this year.



Our School Captains, Kaitlyn and Kayla, were nominated for an Australia Day award by the school for their outstanding citizenship. They attended the Award Presentation at Koo Wee Rup on Australia Day to receive their awards.

We are very proud of them!

On Monday our local MP Jordan Crugnale, came to school and presented a new set of flags to our school captains. These flags will be on display on our new flag poles on Cardinia Rd.



ZOOPER DOOPER

Starting next week, every Wednesday in Term 1, our Year 6 students will be selling Zooper Doopers. Please send your child/ren with \$1 or pay on the QKR app each week (under Grade 6 Fundraising)



From the Office

ABSENCES, LATE ARRIVALS AND EARLY LEAVERS.



Absences:

Parents should notify Cardinia Primary School of absences by entering absence reason into XUNO, calling the office or sending an email to the school's email address - cardinia.ps@education.vic.gov.au and to the student's classroom teacher. If a student is absent on a particular day and the school has not been previously notified by a parent, or the absence is otherwise unexplained, a text message is sent automatically. Please reply to the text message with the reason for the absence, or enter reason in XUNO.

Our school's Attendance Policy can be found on our website

Late Arrivals:

Students arriving after the roll is marked at 9am will need to be signed in at the office by a parent/guardian. They will be given a green "LATE PASS" which they need to hand directly to their teacher. This ensures their teacher knows they have been signed in and will prevent an unexplained absence text being sent. Any student arriving late to the classroom without a Late Pass will be sent back to the office to ask for one.

Early Leavers:

If a student needs to leave school any time before 3:30pm, a parent/ guardian or a listed emergency contact needs to sign them out at the office prior to collecting them. An orange "EARLY LEAVE" pass will be given to be handed to the teacher, and the student can be collected from their classroom. Please knock on the door and let the teacher know who is being picked up early, hand them the orange pass and wait outside the classroom.

After School:

We have a staff member in the yard every day until 3:45pm. Any children not collected by this time are taken to the office. We know being late to collect children is sometimes unavoidable. We ask that you please talk with your children so that they know what to do if you are not here to collect them on time. Make sure they know to go to the office at any time if they are worried.

Please don't call the school if you are going to be just a few minutes late, as it is impossible for our office staff to deliver messages to students while supporting the office during the end of the school day.

From the Office

Student Medication at School

MEDICATION

For any medication to be administered to a student while at school, we require a Medication Authority Form to be completed and signed by a parent/guardian. This is a yearly requirement so if you have previously filled out a form, a new one is needed for 2024. **WE ARE UNABLE TO ADMINISTER MEDICATION TO A STUDENT WITHOUT THIS FORM.**

Medication to treat Asthma or an Allergic Reaction does not need to be accompanied by a Medication Request Form provided a student has an Action Plan for Asthma or Allergic Reactions and the medication is listed on that plan. It is recommended that Action Plans are reviewed every 12 months.

All medication must be in the original bottle, box or container and clearly labelled with the student's name. Medication must be within its expiry date. Any medication that is brought to school must be brought to the school office by a parent. At no time should a student be responsible for providing medication to the school.

Our Medication Management Policy can be found on our website.

Any questions, please contact the office.



Camps, Sports and Excursions Fund applications (CSEF)

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$150 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office on 5998 8323 and ask for an application form.

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's Camps, Sports and Excursions Fund web page.

Check with the school office if you are unsure, and please return completed forms and a copy of your card to the school office as soon as possible.



PHOTO DAY

COMING SOON!

Thursday 21st March 2024

Head to our website to view the available packages and to place your order

VISIT OUR WEBSITE & ENTER THIS CODE:

X3069PSB54C



ORANGE

Cardinia Primary School

www.theschoolphotographer.com.au

From the Office



Qkr! Is the app that the school is using to accept any payments, such as: Parent Contributions, excursions, Meal Deals and second hand uniform (and more!) We are also trying to reduce the amount of paper used so most permission forms will be available on the app. Of course, you require a hard copy, one can be collected from the office.

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



if

Change of details?

If any of your contact details (eg: address, phone number, email) changed during the Christmas break, please inform the office as soon as possible by email. cardinia.ps@education.vic.gov.au

Thank you

Tissues

Every year we ask our school families to donate 2 boxes of tissues for students to use in their classrooms. This helps us immeasurably by keeping our school costs down each year. If you haven't already donated, could each family please supply 2 boxes of tissues (can be any brand) and hand them into the office.



Scholastic Book Club

BOOK CLUB NEWS

The Scholastic Book Club brochures have been received and delivered to students last week. If you would like to order items from this catalogue, please ensure any orders placed are ordered online by close of business **Thursday, 15th February**. This will ensure that orders are placed with Scholastic by their due date and are delivered to the school quickly.

Visit [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) or download the LOOP app to pay by credit card



Reasons to **LOVE** Book Club

- fantastic variety
- carefully curated by age
- affordable

SCHOLASTIC **Book Club**

The Value of Reading

- Children who have access to books at home do better in school. Having books in the home is more important than parents' education levels as a marker for success in school.
- Independent choice is key to keeping children engaged in reading. Children are more likely to read and finish books if they pick the books themselves.
- The simple pleasure of reading can have a powerful impact on the mental, social and emotional health of children.

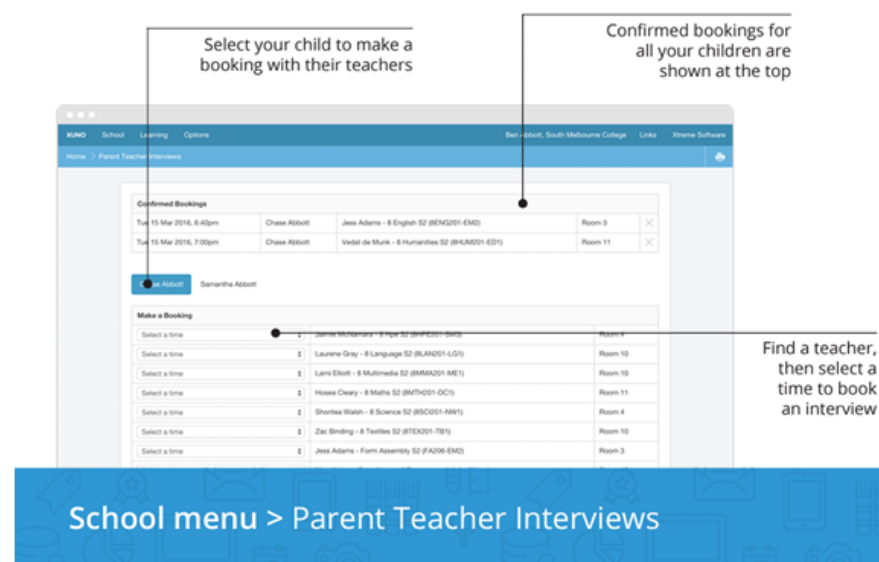
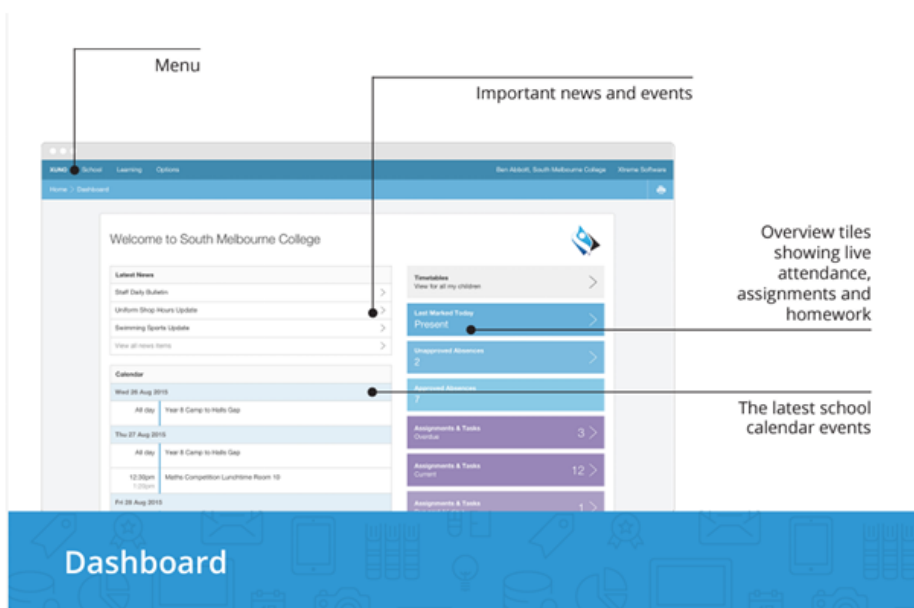
SCHOLASTIC **Book Club**

XUNO

XUNO is the main way the school will communicate with you. There is both a web version (available from any device via the web browser) or using the XUNO Family app (available to download from the App Store or on Google Play)

Meet the Teacher Interviews

Next week (Monday 12th-Thursday 15th February) teachers in Grade 1-6 will be conducting Parent Teacher interviews. These are an opportunity for you to meet your child's teacher and share your goals, concerns and aspirations for them this year. Interviews will run for 10 minutes and parents/carers are able to use Xuno to book an appointment. Instructions on how to use Xuno are below.



School Picnic

The School's Annual School Picnic is taking place on Friday, 16th February.



Permission forms have been sent home. This is a traditional event held by the Cardinia Primary School Council for our School community. It is a tradition that has been taking place for over 70 years in one form or another. It is held at the start of the year to give parents, students and staff the opportunity to meet and greet in a more informal atmosphere and is a terrific way to kick off the school year and get an understanding of the fantastic work that our School Council does for the school and its students.

Families can drive directly to the picnic area, meeting us at the venue at around 10:00am.

Any students attending school will be supervised between 8:45am and 3:30pm.

A Brief Outline of the Day:

- 10:00 am Everyone arrives and rolls are taken by class teachers.
- 10:15 am Slip Slop Slap takes place and announcements made
- 10:30 am Start our walk along the beach
- 11:00 am Buddy sandcastle and beach sculpture competition
- 11:45 am Roll Call and students remain in the picnic area
- 12:00 Noon Lunch time for all – sausages in bread, corn, watermelon and cordial
- 12:30 pm Beach activities – games and a paddle in the water
- 2:00 pm Pack up, and dismissal

Things to Bring:

- | | | |
|------------------------------|----------------------------|-------|
| Water bottle/drink cup | Change of clothing / towel | Snack |
| Bathers – worn under clothes | Sun Screen | Hat |

T-shirt or rash vest to be worn at all times – even when in the water. (No singlet tops.)

Appropriate footwear for the beach. **No bare feet under any circumstances.**

Please don't bring:

Any extra beach toys, except a plastic bucket and/or spade. No flotation devices or boogie boards.

Friday 16th is a normal school day for students attending the picnic and as such they will be under the supervision and direction of staff from 10:00am to the conclusion of the picnic at 2:00pm. All students are expected to be part of the planned activities and parents and friends are more than welcome to join in. At 2:00pm all children are expected to exit the beach area and we will pack up. Families who are staying longer can return to the beach area after the clean-up has been completed.

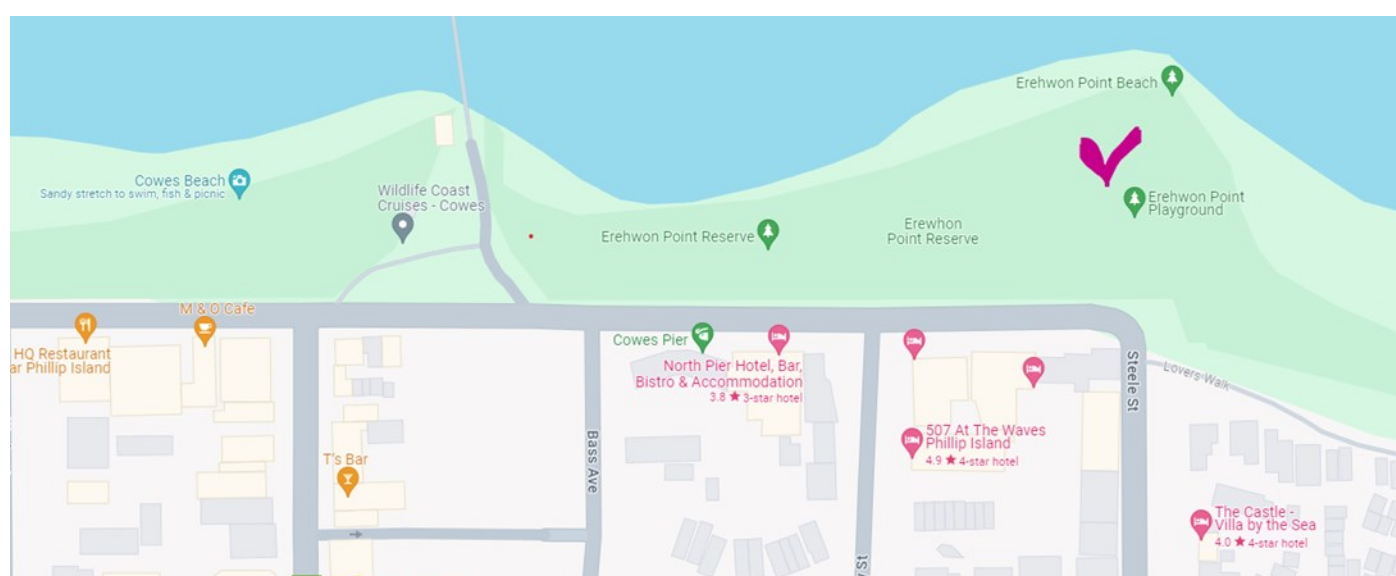
Students are not required to wear their school uniform for this activity.

SCHOOL PICNIC INFORMATION

Please keep this page for your reference.

| | |
|-----------------------------|--|
| Excursion Title: | School Picnic |
| Educational Purpose: | Each year Cardinia Primary School holds a School Picnic early in Term 1. This is a traditional event that has been taking place for over 70 years in one form or another. It is held at the start of the year to give parents, <u>students</u> and staff the opportunity to meet and greet in a more informal atmosphere and is a terrific way to start the school year. |
| Destination: | Erehwon Point Reserve, The Esplanade, Cowes, Phillip Island (see the map below) |
| Date and Time | 9:45am arrival Friday, 16 th February 2024 |
| Transport: | Private Transport organised by parents |
| Teacher in Charge: | Trudie Esler and Susan Wepster |
| Wear: | Bathers – worn under <u>clothes</u> T-shirt or rash vest – to be <u>worn at all times</u> , even in the water (no singlet tops) Appropriate footwear for the beach (i.e. thongs) Hat |
| Bring: | A water bottle/drink cup Change of clothing Towel Snack Sunscreen Plastic bucket and/or spade |

Map





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

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

From the Office



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 any payments, such as: Parent Contributions, excursions, Meal Deals and second hand uniform (and more!) We are also trying to reduce the amount of paper used so most permission forms will be available on the app. Of course, if you require a hard copy, one can be collected from the office. 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

Starting in 2024, our before and after school care will be 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



2024 Term Dates

Term 1: Tuesday 30th January (Students) - Thursday 28th March

Term 2: Monday 15th April - Friday 28th June

Term 3: Monday 15th July - Friday 20th September

Term 4: Monday 7th October - Friday 20th December

Due to popular demand, this seminar is a repeat of the 'supporting neurodivergent kids' presented in 2023!

Supporting Neurodivergent Kids: How, what & why

DATE Tuesday 27 February 2024

The workshop will be presented by: Monique Thompson - Senior Speech Pathologist, Specialist Child Team
Lital Weizman - Speech Pathologist, Specialist Child Team

- This workshop will focus on:
- Deepen your understanding of the communication styles of neurodivergent young people (including Autism, ADHD, Developmental Language Disorder and Trauma)
 - How to create a neuroaffirming environment
 - Practical strategies and approaches to connect with neurodivergent young people
 - Lived Experience of a neurodivergent person
 - Opportunity for discussion and questions

Target audience: Staff working in a range of settings including: Teachers, school support staff, youth justice, community services who work with children in late primary school- early high school years.

Time: 9.30 AM to 12.30 PM

Cost: \$40.00 (including GST, and seminar materials)

Book now! Book now: <https://www.eventbrite.com/e/supporting-neurodivergent-kids-tickets-797960018897?aff=oddtotcreator>

or for group bookings
Email to: CommunitySeminarCYMHS@easternhealth.org.au

Seminar Location: ONLINE DELIVERY

For further information, contact:
Marion Bernard
Community Engagement
Seminars on 9871 7710

All prices and dates quoted are subject to change by CYMHS. Seminar fees are kept as low as possible. Enrolled participants will be notified of any changes to advertised programs when necessary. Participants are not entitled to a refund unless WRITTEN cancellation has been received at least 24 hours prior to the event. The department reserves the right to cancel any scheduled programs when necessary and course fees will be refunded if the course is cancelled. www.easternhealth.org.au



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PEOPLE OUTDOORS®
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CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!

I support the
ndis



Eat Well Spend Well

A six-session parenting program for parents or carers with children of any age.

The Eat Well Spend Well program centres on equipping parents with tools to manage their budget whilst cooking healthy and nutritious meals.

Each session parents or carers will cook a meal which they then eat together.

Eat Well Spend Well aims to:

- Introduce parents to budgeting tips
- Improve financial literacy
- Explore money beliefs and spending habits
- Provide information on healthy eating
- Teach basic cooking skills to create healthy meals

Cost
Free

Date
Every Tuesday
13th February – 19th March 2024

Time
10am until 1:30pm

Venue
Lynbrook Community Centre
2 Harris Street
Lynbrook 3975

Get in touch

Bookings Essential

Please call the Group Workers on **03 5990 8400** to register, or email: groupwork.south@vt.uniting.org

unitingvictas.org.au

Uniting



Parenting and Mental Health

The program aims to:

- Provide a supportive learning environment for parents to develop new skills
- Learn more about brain development and how this influences a child's thoughts, feelings, and behaviours.
- Provide information, support and ideas to help parents remain calm when challenging behaviours present
- Explore ways of increasing self-care and wellbeing.

A six-session parenting program for parents or carers of children aged 0-18 years.

The group promotes respectful, caring, and nurturing relationships between parents and their children, whilst supporting parents experiencing mental health difficulties. Our Parenting and Mental Health program is facilitated in partnership with FapMI (Families where a Parent has a Mental Illness) and input from a Consumer Consultant from the Mental Health program at Monash Health.

Cost
Free

Date
Every Tuesday
6th February – 19th March 2024
[No group – 27th February]

Time
10am until 12:30pm
Light refreshments will be served

Venue
Strathaird Family & Community Centre
106-108 Strathaird Dr,
Narre Warren South

Get in touch

Bookings Essential

Please call the Group Workers on **03 5990 8400** to register, or email: groupwork.south@vt.uniting.org

unitingvictas.org.au

Uniting