Growth Through Learning

OUR MISSION STATEMENT

Cambridge Primary School strives to equip and empower lifelong learners that contribute collaboratively to build a positive, inclusive, and successful school and community.



Cambridge Primary School

Respect-Integrity-Self resilience - Excellence.

MESSAGE FROM THE PRINCIPAL

Jane Budd

I would like to start by sending out a huge thank you to our parent community for your diligence and commitment to ensuring our school uniform is consistent across the entire school. It is looking impressive. A reminder that our uniform supplier, Noone`s on Old Geelong Rd, has school beanies and jackets available for purchase, perfect for these cold mornings.

Jess, Jarrod, and I attended the annual Government Schools' Principals Conference in Melbourne last week. It was an excellent opportunity for us to collaborate, learn, network and reflect with our colleagues while participating in innovative workshops. We heard from Dr. Kristin Ferguson AM, an award-winning leadership researcher, bestselling author, and columnist, who inspired us to become the most effective leaders we can be. Australian Education Research Organisation also shared evidence on effective implementations that offer a powerful pathway to maximising learning for every student. Some great takeaways were had, and we look forward to planning how we can incorporate our learning into Cambridge Primary School.

This semester, we continue to focus on our core areas of English and Mathematics. Staff have and will continue to be engaged in professional learning around the new curriculum 2.0, which is set to be implemented in 2025. Student voice and agency remain central to empowering our students. Last week, Mr. Bateup held a student leadership day with our school leaders, focusing on building confidence in our student leaders. Moving forward, these students will deliver their own professional learning sessions to our grade 4 and 5 students.

We celebrated 100 days of school with our preps, and it was wonderful to see our families being part of this milestone. Our year 2 students also invited their families to participate in an Olympic-themed day, complete with their own mini-Olympic ceremony. We had a fantastic turnout, and it's wonderful to see our parents feeling connected to our school and their child's learning.

Last Friday, Jess, Jarrod, and I celebrated Principal Day. Thank you to the wonderful staff and students who made the day special with a delightful afternoon tea, PowerPoint presentation, books, letters, and cards from our wonderful students. Your kindness and acknowledgment are greatly appreciated.

PARENT OPINION SURVEY

Reminder to our families who received our Parent Opinion Survey link to please take the time to complete this. This year, around 30 per cent of parents have been invited to participate online. The survey helps our school gain an understanding of how you view our school climate, student engagement, and relationships. Our school will use the results to inform school planning and

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improvement strategies. The survey will be conducted from **Monday 29**th **July to Friday 30**th **August**. Thank you for your ongoing support.

PARKING AROUND THE SCHOOL

We have noticed an increase in illegal parking in recent weeks. I would like to remind parents about the importance of modelling our school expectations both in and outside the school grounds. Demonstrating how to abide by the road rules reinforces the idea that these rules are in place to keep us safe. Also please be mindful when parking your car, please do not use the disabled park unless you are a permit holder, please do not park across our neighbours' driveways, and if your car has a tow ball, just be careful that it isn't encroaching on the footpath causing a hazard for walking children – tow balls and shins are not a good mix! Thank you for your cooperation with this.

ATTITUDES TO SCHOOLING SURVEY - 4-6

Every year all Year 4 – 6 students complete an 'Attitudes to Schooling Survey'. This survey is completed online and enables students to reflect on their experiences at school. Our results are moving in the right direction; however, we are always looking at ways to improve these results even further. We are still unpacking a lot of the data we received but we would like to share with you some of the initial results:

Effective teaching time	91%
Differentiated learning challenge	93%
Stimulated learning	91%
Effective classroom behaviour	84%
High expectations for success	95%
Effort	93%
Techer concern	81%
Learning confidence (sense of confidence)	89%
Perseverance	87%
Motivation and interest	90%
Self-regulation and goal setting	89%
Attitudes to attendance	92%
School connectedness (Sense of	87%
connectedness)	
Student voice & agency	84%
Sense of Inclusion	93%
Advocate at school	93%
Managing bulling	86%
Respect for diversity	89%

Encouraging results, and we will continue to strive to improve and ensure Cambridge Primary School provides the best learning environment for all our students.

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TEAM KIDS - TERM 4, 2024

Team Kids is actively engaging with our current OSHC staff to ensure a seamless transition into the Team Kids team if they choose too. This will facilitate the transfer of knowledge and expertise, enabling our staff to continue delivering excellent care and support under the Team Kids banner. Team kids

will commence Monday 7th October 2024.

As Team Kids will require a transition week, we will only be offering vacation care for one week at the end of Term 3 (23rd September – 27th September ONLY). Fees will be required to be paid upfront for this week. This will allow Team Kids the necessary time to ensure a smooth transition into term 4. If you require vacation care for the second week, Team Kids are offering our families to use any of their other facilities within the area. Please contact their Customer Service team via email info@teamkids.com.au or phone 1300 035 000, press #1 if you have any questions.

IMPORTANT DATES – Term Three 2024	
Thursday August 8	Grade 2 Mini Boss Mini Olympics
Thursday August 8	Prep First Aid Incursion
Thursday August 8	District Athletics Carnival
Friday August 9	Breakfast Club
Friday August 9	Grade 6 Interschool Sport
Friday August 9	Whole School Assembly Big Gym 2:30pm
Monday August 12	Curriculum Day – No Students
Tuesday August 13	Grade 3 Waste and Recycling Incursion
Wednesday August 14	Grade 6 Talk Money Incursion
Friday August 16	Grade 6 Interschool Sport
Monday 19 August – Friday 23 August	Book Week
Monday 19 August – Thursday August 22	Science Week Incursion
Friday August 23	Grade 6 Interschool Sport
Friday August 23	Book Week Parade
Friday August 23	Whole School Assembly Big Gym 2:30pm
Tuesday August 27	Grade 3 First Aid Incursion
Friday August 30	Breakfast Club
Thursday 12 September	R U OK DAY
Thursday 12 September	Toastie Day
Friday September 13	Grade 2 First Aid Incursion
Friday September 13	Whole School Assembly Big Gym 2:30pm
Friday September 20	Breakfast Club
Friday September 20	Last Day Term 3 2024
	(Students finish @1:45pm)
IMPORTANT DATES – Term Four 2024	
Monday October 7	First Day Term 4

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CURRICULUM NEWS

Science Week:

Week 5 this term is science week where we celebrate all things science! This year we have booked a range of incursions in week 6, for each of our year levels where they will be exploring either the biology, chemistry, or physics strands of science. If you haven't returned the permission form, please contact the front office. Activities to do at home with your child and family will be sent out via Compass and we look forward to seeing the home experiments our families do!

Book Week:

Week 6 this term is book week! Throughout the week there will be activities planned for our students to enjoy. Some activities include a Coloured sheep hunt, Golden tickets hidden in library books, and book-based quizzes. On Friday the 23rd of August, we will be concluding our festivities with a whole school assembly at 9 am, with a surprise guest. Families are welcome to join us for the festivities. During book week we encourage our families to talk to their children about their favourite book from their childhood, or even better read it together!

Curriculum Day:

The 12th of August (Monday) is a student-free day, if you are aftercare for the day please reach out to OSHC. On the day staff will be at school learning about the changes to the Victorian curriculum, with Victorian Curriculum 2.0 being rolled out in 2025. Early next year we will be hosting a parent information session explaining the changes to the curriculum we are delivering. The change in curriculum will not change our teaching practice or impact students accessing the curriculum at their level. For students and parents, the changes will be minimal and not noticed. We look forward to developing engaging and inclusive teaching and learning documents on the day. There has been a focus on phonics in the news lately with the need for a synthetic phonics program being the Department of Education recommendation, we at Cambridge Primary School already currently have MSL in our P-2 classes in line with the department recommendations. Grades 3-6 currently use a spelling scope and sequence developed to continue the phonics work started in the younger years. We will continue to use this practice moving forward.

Jess Green - Assistant Principal

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WELLBEING AND INCLUSION

Free Eye Care Test

A reminder that we have optometrists coming to our school later this term. They are offering a free eye check up for every student in the school. These eye exams are covered 100% by Medicare Australia and every parent will receive a comprehensive report from the optometrists.

Hoodie / Oodie / Jumper / Jacket Day

A final reminder for all students to come to school wearing their absolute favourite hoodie / oodie / jumper / jacket. The day will be a gold coin donation day with all monies raised going towards the purchase of new books and reading materials for the library. We will end our school assembly tomorrow with a fashion show celebrating all the colour and creativity.

Student Support Group (SSG) Week

Next week we will be conducting our Student Support Group meetings for students that are on an Individual Education Plan (IEP). We will be conducting over 75 meetings in just 4 days and we appreciate families remembering their booking and arriving on time for their meeting to hear about the great success their child / children have been having in class. If your child is on an IEP and you have not yet booked a time to meet with your child's classroom teacher, please ensure you log onto Compass to arrange a meeting.

Follow up for student concerns

If at any point you wish to follow up with the school regarding a question / query or concern, please ensure you follow the process below:

- 1. **General Query** Please follow up with the classroom teacher or specialist either face-to-face or via phone conversation or email.
- 2. **Raising a concern** Please first raise this with the appropriate classroom teacher or specialist before asking to speak with an Assistant Principal. Classroom teachers and specialists will work with you to address this issue with you in a timely manner.
- 3. **Making a complaint** If you feel your query or concern has not been addressed, please ring the office to organise a time to meet with a member of the Principal class team. The leadership staff will investigate the issue and make a time to convene a resolution meeting in order to solve the problem together.

Jarrod Bateup - Assistant Principal

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whereas serotonin is more about having than wanting. When we feel excited or anticipate a good event, dopamine increases 30 - 40 time

Reward system Dopamine also increases when we experience little 'wins', when tasks are completed, when we can tick things off a check list or to-do list, or when personal goals are achieved.

Much of your ancestors' exploration was driven by dopamine. For example, 'ket's go a check out what's happening over there' &

Neurocraving

Neuro-craving is when your brain desires an outcome & when it is finally achieved, your brain glives you a 'hit' of dopamine. One example is cleverly arranged into music. Great songs create a tension in the listener that is resolved when a missing chord or note is sounded. The listener gets a hit of dopamine & wents to have the song acaity.

You can increase dopamine through small changes in what you and your child do, with rapid & long-lasting results. Knowing how to leverage dopamine creates a substantial 40% offenders in profited in

The first way to develop a depamine 'want' is to identify the 'edge', the new aspect of whatever you are learning or doing. If you car find something that intrigues your child, you've already increased their levels of motivation.

Just thinking about what we want increases motivation by 50%. Writing down our goals

A the progress your child makes towards an outcome into a challenge. Taking on challenges where your child has a likelihood of success builds motivation. This requires opting in rather than opting out. Focusing on the little goals along the way keeps dopamine flowing.

Downsides of Dopamine Mith dopamine there are no peaks without

Mth dopamine there are no peaks without oughs. Many athletes have a glum period fler winning a championship & musicians flen find the time that they get home after a uccessful tour to be difficult.

If we tap into a reliable source of dopamine we tend to become obsessed with it. Look at the way people use phones, social media & computer games...

We all need to be careful to vary our sources of dopamine because tapping into the same source repeatedly becomes a habit over time & risks turning into a racing addiction.

Having high levels of dopamine feels great but it also resets our baseline for what we consider to be fun & pleasurable. Help your child to appreciate the small things in life as

child to appreciate the small things in life as well as the big wins.

If we seek out donamine at high levels too.

The great 'high' of dopamine is that we feel pumped but when the dopamine lessens of the source becomes unavailable for a time, The Greek poet Hesiod was on to this when he suggested, 'all things in moderation'.

A subtle but nasty downside of dopamine is that for every bit of dopamine that's increased, there's a crash associated when prolactin is released in your brain lyes, this is the same hormone that stimulates milk production during breast feeding). Prolactin is behind the feeling of letdowns after a big goal has been achieved. Celebrate your child's wins & citocines briefly & then use that energy to shift skidowns when we have the services of the serv

Managing Dopamine for parents

A full discussion of this takes an hour to present but let's cover some of the basics.

Parents can regulate dopamine schedules to

This doesn't involve convincing, persuading, or cajoling children to be motivated or arrawiting bearly pen talks

Regulating dopamine in families involves creating the optimal conditions for dopamine to rise & fall over a day.

Put music on if you want, if you can, eat breakfast outdoors if you have a back veranda or patio or in a sunny room.

progress at school as some children and almost all teens will be grumpy & incommunicative.

this is hard) otherwise they 'zombie- out.'

Instead ritualise the start of the day with one of two options:

I.If they seem really sluggish, solo activities for the first 5 to 10 minutes such as having them create a list of activities to do or foods to eat later in the day. You may need to

 If they seem more switched on, begin with activities where everyone is involved & no one gets anything wrong. Funny quizzes, jokes, sharing weird facts or playing 20

You can feel when children's dopamine

et your children know that you think they are mart & as a member of a clever switched-on amily who know how to have fun, they are

ncorporating some physical movements especially rhythmic movements (walking, singing, dancing, shooting goals in

Each day has a rhythm with predictable peaks & troughs of energy, learning & dopamine. Scheduling can capitalise on this to maximise learning outcomes and harmony.

In part 2 of this series on motivation, I will turn more directly to practical actionable strategies parents can use to increase dopamine graise

More information

Emailinyahead@aussiebb.d

Andrew's website www.myteamingstrengths.com has helped over 100,000 young people in the past year

GRADE 6



Congratulations to our year 6 RISE Award winners for week 3.

Alba Al-Aboosi 6C – Respect Award

Jiraiya Prinhi 6D – Integrity Award

Mark Yudin 6E – Self Resilience Award

Ananya Gebre 6A – Excellence Award

Harshith Raj 6B – Growth Mindset Award

Kobi Fellows 6E – Specialist Award

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GRADE 2

The Year 2 students have had an exciting start to Term 3 with their Olympics Opening Ceremony last Monday. The students dressed in colours that represented different countries who participate in the Olympic Games as well as many different athletes and sports teams. We were very fortunate to see and hold a real Olympic Torch from the 2000 Sydney Olympic Games that belonged to Miss Fastuca's brother who was a torch bearer.





The students have been enjoying learning about the History of the Olympic Games, checking the medal tally each day and exploring where in the world different countries are located using our interactive world globes.









The year 2 students were also lucky to have our very own Cambridge P.S Olympian, Miss Scott come and share her own experiences from when she participated in the 2004 Paralympics in Athens, Greece. Students had the opportunity to see and hold real Olympic Medals and were truly inspired by the stories told by Miss Scott.

The students are excited to participate in our Mini Olympics Incursion where the fun and learning will continue.

Look out for updates in the next newsletter.

RISE AWARD WINNERS

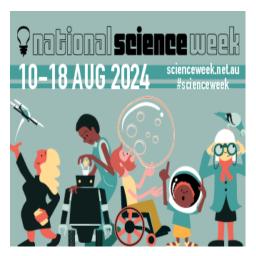
(Left to Right) Noah 2B, Sarah 2E, Tyler 2C, Aya 2E, Aima 2A (Not pictured) Specialist Award: Tyler 2C



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National Science Week 2024 is occurring from the 10th to 18th of August. The following website link https://www.scienceweek.net.au/ is for National Science Week 2024 and has information and activities that can be completed at home or attend events. Cambridge Primary School STEM teachers, Ms. Sarah Daniele and Ms. Fiona Voigt, have put together some activities to immerse yourself in Science Week at home. The digital resources for these activities will be loaded onto each students' STEM Google Classroom or you can download them from Compass. Some of these activities will need home resources like foil, A4 or A3 paper and egg cartons. The other home resource is parents and

carers engaging with the activities and inspiring their young scientists and engineers. We encourage you to have a go at the age-appropriate activities and ask students to bring their work into their STEM class to show their teachers.

CANTEEN

If you would like to order lunch for your child, you can do this through Flexi Schools via the link www.flexischools.com.au or you can write your child's name, grade and what they would like to order on a brown paper bag with NAME, CLASS & correct MONEY ENCLOSED. A reminder for If you are ordering through Flexi schools to please make sure you have updated your child's year level for this year. Icy poles and slushies are only available at lunch time. The icy pole prices start at \$1.00 through to \$3.00. Canteen price list is available on the Cambridge website.

Baked potatoes are back on the menu for this term. Slushy machine has broken down and should be fixed late next week. Next month I will be giving out Footy day notes if you would like to order a footy day lunch you can go to www.flexischools.com.au to place an order or fill out the note and place the correct money and send it to the canteen.

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COMMUNITY NEWS



How parents can increase motivation and Confidence in children Part 1 Andrew Fuller Motivation is a signery customer. Just when Why Motivation matters (a lot) to

want to rely on it, it puts its feet up, takes w days off & generally wants to be about active as a sloth on long service leave.
If get up & go' has 'got up & gone'.

ople are on the hunt for new stuff all the ie. Social media is a great example of this, provides new ideas & also new social proval. It is also why we are fascinated by ssip & the news.

Essentially there are two aspects of the dopamine circuit.

The Greek poet Hesiod was on to this when he suggested, 'all things in moderation'.

Managing Dopamine for parents (a starter kit) A full discussion of this takes an hour to present but let's cover some of the basics.

Parents can regulate dopamine schedules to optimise engagement, motivation & learning. This doesn't involve convincing, persuading, or cajoling children to be motivated or providing hearty pep talks.

Try to minimise screen time early on (I know this is hard) otherwise they 'zombie- out.'

More information

Andrew's website www.mylearningstrengths.com has helped over 100,000 young people in the past year discover their learning strengths.

Linked in

https://www.linkedin.com/in/andrew-fuller-2238a325/

On face book:

andrewfullerpsychologist Learning Strengths

Books for Parents

Unlocking Your Child's Genius Tricky Behaviours The A to Z of Feelings

Books for Teachers

Guerrilla Tactics for Teachers Tricky Conversations Unlocking Your Child's Genius Neurodevelopmental Differentiation-Optimising Brain Systems To Maximise Learning (Amba press)





premiers' reading











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