

OUR VISION
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

Our Vision <i>Growth Through Learning</i>	
Our Mission Statement <i>Cambridge Primary School strives to equip and empower lifelong learners that contribute collaboratively to build a positive, inclusive and successful school community.</i>	
R espect	<p>We will...</p> <ul style="list-style-type: none"> • treat others with compassion, care and fairness • value and celebrate people's differences • be a caring and courteous friend • use kind words and be polite in all interactions • include others in our school, classroom groups and house colour activities • show care and concern for others
I ntegrity	<p>We will...</p> <ul style="list-style-type: none"> • make positive choices even when no one is watching • be honest, true and fair • take responsibility for actions and accept consequences • follow our school values and expectations • represent the school in all situations with positivity and pride • be safe and considerate
S elf-resilience	<p>We will...</p> <ul style="list-style-type: none"> • try our best and find new ways to reach personal goals • bounce back from mistakes and setbacks • use growth mindset skills and strategies to overcome challenges • be positive and enthusiastic about learning • stretch the limits and take risks
E xcellence	<p>We will...</p> <ul style="list-style-type: none"> • aim high to be the very best we can be • be positive and enthusiastic about learning • come ready to engage in learning • set challenging learning goals • be a positive example to others • strive to learn and gain new knowledge

From the start of the new school year, all students have been working on unpacking our school values. This is an area in which we will continue to instil in our students, and we ask our community to share in this focus also. Encouraging our students that no matter where they are in the community, they should always show our school values. Our school values do not have an expiry date, and our expectation is that every child, teacher and community members display these values. Let's be proud to be a member of the Cambridge Community.

To help create a safe and calm learning environment where learning is the priority, we ask for your support in ensuring students are ready for the school day. Each morning, teachers are setting up this routine by having students line up at their classrooms to prepare for learning. The morning music plays an important role in this, as it helps prepare our students for learning and signals the transition into the school day. It is also

important that we remind our students to walk, not run, while moving around the school during learning time. Your support in reinforcing these expectations at home will help set students up for a positive and focused start to the day.

This week, I had the exciting opportunity to have some foundation students share their work with me, and they were absolutely thrilled with what they'd accomplished! It was so inspiring to see them so proud of themselves. Excellence is a core value, and it's amazing to see our students embodying that by thriving in their learning journey!



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Healthy Eating at School

At Cambridge, we prioritise the health and wellbeing of our students. To support this, we encourage nutritious meal choices and **do not** support fast food being brought to school for student lunches. We kindly ask parents to provide healthy, balanced meals for your children or make use of our school canteen, which offers a variety of nutritious options. By working together, we can promote healthy eating habits that support our students' learning and development.

Playgrounds & School Gates

We ask that no students or siblings are on playgrounds before or after school. Students are to walk calmly to their classrooms and wait patiently for the bell to go. All school gates will open each morning from 8.35am -8.50am, and afterschool from 3.10pm -3.35pm. Please make sure you are on time dropping off & pick up your child/ren from school. Cambridge Primary Schools' yard duty policy is available through the front office.

Swimming Trials

Last week, we held our Cambridge Primary School swimming trials at Werribee Outdoor Pool. From these trials, students were selected to represent our school at the District Swimming Carnival, which was on Monday, 17th February 2025. A huge thank you to Ms. O'Mealley, Mr. Mutton, and our wonderful parents who assisted, supported, and cheered on our students throughout the event. Your help made the day a great success!

Thank you! Thank you! Thank you!

Uniform

Wearing our school uniform with pride is essential. Please ensure that you send your child/ren to school in our full school uniform. From week 3 onwards our parents and carers will begin to receive notices of incorrect uniform items. If you are unsure of our uniform policy, please visit our website.

A reminder of the schools' uniform expectations – specific jewellery i.e. ear studs and sleepers can be worn, but no necklaces, bracelets or rings are to be worn. Hair ties and bows must be school colours. All students are required to **wear black school shoes or black sport shoes.**

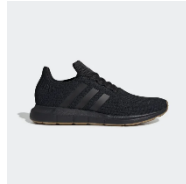
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We are starting to experience some very hot days over the holiday period, and it is about to heat up again. It is crucial that all students have a school hat and wear sunscreen. If students are seen without a hat, they must remain in undercover areas. Hats must be worn for PE or any outdoor activity. If a student does not have a hat, they will not be able to participate in the activity. School Hats can be purchased from Noones at 54 Old Geelong Road, (next to Spotlight).



Volunteers

We are reaching out to our parent community to see if any parents/ grandparents would like to volunteer a small amount of time in the canteen and or our school library. If you would like to become a parent volunteer, please contact the office (9748.9011) leaving your name and number and either Ms Green or Mrs Da Silva will be in touch with you.

To assist you with applying for a Working with Children Check please click the image below. The link will direct you to the website to fill in your application.

All community volunteers at Cambridge Primary School are required to have a valid Working with Children Check. This is

free for volunteers.

<https://www.workingwithchildren.vic.gov.au/>

Attendance

At Cambridge Primary School, we strongly encourage all students to attend school every day. While we understand that unwell children should stay home to rest and recover, regular attendance is essential for their learning and development. The more time students spend at school, the more they learn.

To support consistent attendance, we ask families to plan ahead by scheduling holidays and appointments during school breaks or after school hours. Please avoid keeping students at home for special occasions such as birthdays or visits from extended family members. Every learning minute counts, and at Cambridge Primary School, we believe that **“it is not okay to be away.”**

If your child is unwell and unable to attend school, please log their absence on Compass or call the school on **(9748 9011)** to provide an explanation. However, for extended absences of **five days or more**, an absence form must be completed from the office Please do not enter long absences yourself on Compass. Please note that absences of five days or more due to family holidays will not be an approved absent. As a school we must record and monitor attendance and absences in order to meet the duty of care owed to students, as well as the requirements of the [Education and Training Reform Act 2006 \(Vic\)](#)

Thank you for your support in ensuring every student gets the most out of their learning!

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Student Accident Insurance

Principals have also been asked to remind parents that the Department does not provide personal accident insurance for students. Parents and carers are responsible for paying the cost of medical treatment for their own children and this includes transport cost such as ambulance or air ambulance costs, which can be very expensive. **We highly recommend that all families have their ambulance subscriptions up to date.**

The Department is aware of the number of insurers including JUA Underwriting Agency Pty Ltd, EBM Insurance Brokers Pty Ltd and JLT Pty Ltd who provide accident insurance policies for students. These policies provide cover for a reasonably low cost for students who are injured in accidents. Other insurers may also do so.

Annual Privacy Reminder

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in our schools' Privacy Policy and our school's Privacy Collection Notice. We ask parents/carers to review our school's collection statement, found on our website www.cambridgeps.vic.edu.au For more information about privacy, refer to: Schools' Privacy Policy – information for parents. For more information about privacy, refer to: Schools' Privacy Policy — information for parents. This information is also available in ten community languages: Amharic, Arabic, Dari, Gujarati, Mandarin, Somali, Sudanese, Turkish, Urdu, Vietnamese.

Parent Contribution 2025

We continue to invite parents once again to make payment towards the 2025 school voluntary contributions. Parent contributions can be made via the office or phone.

Cambridge Primary School Council approves the school contributions each year, ensuring costs to parents are kept to a minimum, affordable for families and proportionate to the needs of the school.

Contributions go specifically towards items that we believe add value to the school experience for students.

Within our school this support has allowed us to

- Offer a wide range of special curriculum experiences for our students
- New upgrades around the school
- Refurbishment of school grounds

We continue to value your contributions in supporting our school's programs and resources, without your contributions, many of these things may not be possible.

Please contact the school on 9748 9011 or via email cambridge.ps@education.vic.gov.au for your specific family BPay details and any further details you may require.

Once again, we thank you for your ongoing support and valued contribution

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Change of Contact Details

It is absolutely critical that the school is advised immediately of any changes to parent or emergency contact details (mobile phone numbers, addresses etc). These become vital when children are unwell or injured. Prompt contact with families can avoid a lot of distress and confusion.

School Council Elections 2025

Effective school councils are a key factor in good governance. Effective councils have a wide range of skills, expertise, and knowledge about how to improve school governance to provide the best possible educational outcomes for students. Each year we conduct elections for school council. Parents and Department of Education and Training (DET) members are elected for a period of two years. Community members can also be co-opted to school council for up to two years.

This year, there are 3 parent positions to be filled (2 years) and 1 DET positions.

If you would like to be involved in school council, which meets once a month (every third Thursday from 6:00 pm). Each member brings their own valuable skills and knowledge to the role. It is important to have an interest in your child's school and the desire to work in partnership with other school council members to help inform and shape direction of the school.

How do I nominate for the election?

If you decide to stand for election, collect a nomination form from the front office, or call and we will arrange to have one sent home with your child or sent electronically. Nominations open on Monday 17th February and close on Monday 24th February. Complete all details and return the form to school. A ballot will only be held if the number of nominations exceeds the number of vacant positions.

School Council Election dates:

Monday 17th February– Nominations Open

Monday 24th February– Nominations Close (4:00 pm)

Monday 3rd March– Ballot Papers issued (if required)

Tuesday 11th March– Close of ballot (4:00 pm)

Thursday 20th March – AGM and first meeting of new school council

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IMPORTANT DATES – Term 1 2025

26th February	Meet and Greet Students finish 12.25pm
28th February	Whole School Assembly 2.30
4th March	School Photos
7th March	Breakfast Club
10th March	Public Holiday
12th March	NAPLAN starts
20th March	Family Photos
21st March	Harmony Day
28th March	Whole School Assembly 2.30 Breakfast Club
4th April	End of Term 1 Students finish 1.45pm

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Curriculum News

NAPLAN Information & Key Dates

Thank you to all community members who attended our NAPLAN Parent Information Session. For those who were unable to attend, the presentation slides and a list of frequently asked questions have been uploaded to Compass.

NAPLAN will take place from March 12th to March 17th, beginning with the writing assessment. If your child is absent for an assessment, a catch-up session will be scheduled before March 24th—except for the writing assessment, which cannot be rescheduled.

We encourage parents to support their children by having open conversations about NAPLAN, helping to reduce any pressure or stigma around the assessments.

NAPLAN Assessment Schedule

- Writing: Tuesday, March 12th
- Reading: Wednesday, March 13th
- Language Conventions: Thursday, March 14th
- Mathematics: Sunday, March 17th

If you have any questions or concerns, please reach out to your child's teacher.

Around the School:

The week of February 24th marks an exciting milestone—the first full week of school for our Prep students!

Over the past four weeks, our dedicated Prep teachers have been using Wednesdays to conduct assessments and build strong connections with their students. These assessments provide valuable insights that help us design targeted, engaging, and meaningful learning experiences tailored to each child's needs.

Please note that while these assessments guide our teaching, individual results will not be shared with parents. However, if you have any questions about your child's progress, we encourage you to reach out to their teacher.

We are excited to continue this journey with our Prep students and look forward to a fantastic Term 1!

Grade 6:

In maths we are learning about factors and multiples, it has been fun but sometimes it has been difficult. In reading, we are doing 30 minutes of independent reading where we have to do an independent task while completing reading. My highlight so far has been interschool sports because I am in basketball and when we play, we work as a team and we use teamwork to help each other out. **Lily 6E**

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In writing, we have been learning figurative language. It is fun but sometimes it can be challenging to understand what it actually means. I enjoy interschool sports because I am in the Basketball team and basketball is one of my favourite sports to play. – **Riley 6D**

Meet and Greet:

Our Meet and Greet sessions provide an opportunity for parents and caregivers to connect with their child's classroom teacher and share important information that may support their child's learning. This may include details about their interests, strengths, areas of concern, personality traits, family background, or any medical considerations.

If you would like to discuss academic progress in detail, we encourage you to schedule a separate meeting with your child's teacher at a later time.

To ensure all families have the opportunity to meet with our specialist teachers, we kindly ask that you book an appointment with just one specialist teacher. They will then share any relevant information with the rest of the specialist team.

We look forward to working together to support your child's learning journey!

Student will be dismissed at 12.25pm on this day.

Parent Information Sessions:

Early next term we will be holding a parent information session around Victorian Curriculum 2.0 and what it means for our students, teachers and parents. Please keep an eye out on Compass for further information.

Understanding the Annual Implementation Plan (AIP)

Every year, schools develop an Annual Implementation Plan (AIP) to outline key focus areas for improving student learning and well-being. The AIP is based on school priorities, educational research, and feedback from teachers, students, and the wider school community. It helps ensure that all students receive high-quality education and support throughout the year.

The 2025 AIP: Our Focus for This Year

This year, our school's AIP is centred around two key goals:

1. Improving Learning Outcomes – Helping every student achieve their best by strengthening teaching strategies and learning opportunities.
2. Enhancing Student Engagement – Making learning more engaging, meaningful, and supportive for all students.

How We Will Achieve These Goals

To support these goals, we are focusing on three main strategies:

- Embedding a Culture of Teaching and Collaboration
 - Teachers will work together to plan and deliver consistent, high-quality lessons.
 - Learning goals will be clear, meaningful, and regularly updated for students.

Respect – Integrity – Self Resilience – Excellence Respect – Integrity – Self Resilience Excellence

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- **Developing and Embedding Student Learning Strategies**
 - Students will take an active role in setting, tracking, and monitoring their learning goals.
 - Teachers will support students through structured learning discussions and conferences.
- **Building Teacher and Student Capability**
 - We will strengthen student voice and decision-making in their learning.
 - Teachers will develop strategies to support social-emotional learning (SEL).
 - A school-wide approach will be used to acknowledge and reward positive behaviour.

What This Means for Your Child

- Your child will have clear learning goals and be encouraged to take ownership of their progress.
- Teachers will focus on making lessons engaging and relevant.
- The school will provide additional support for both academic and social-emotional well-being.

We are excited about the positive impact this plan will have on our students. If you have any questions or would like to learn more about how you can support your child's learning at home, please feel free to reach out to the school!

Jessica Green – Assistant Principal

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Wellbeing News



CAMBRIDGE WELLBEING

CHILD SAFETY AND WELLBEING AT CAMBRIDGE PRIMARY SCHOOL INFORMATION FOR FAMILIES AND THE SCHOOL COMMUNITY

Cambridge Primary School is committed to providing an environment where students are safe and feel safe.

Our [child safety framework](#) explains how we support and maintain child safety and wellbeing at Cambridge Primary School.

It includes our:

- Child Safety and Wellbeing Policy
- Child Safety Reporting and Responding Obligations Procedures, and
- Child Safety Code of Conduct, which outlines acceptable and unacceptable behaviours for all staff and volunteers at our school.

Our students and families are important partners in providing a child safe environment. These regular newsletter reminders are one of the ways we ensure our school community is aware of:

- our commitment to child safety, and
- how to provide feedback or raise child safety concerns.

If you have any concerns about child safety at any time, please contact Pauline Da Silva Wellbeing Assistant Principal. Any child safety complaints or concerns are treated seriously. For more information about our school's complaints process, see our [Complaints Policy](#)

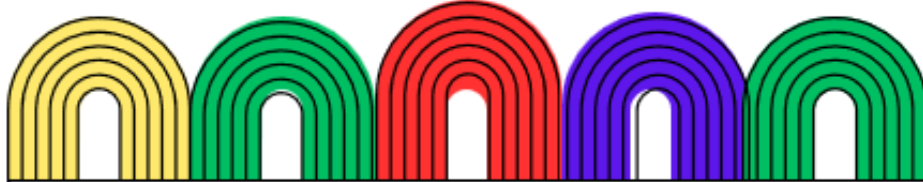
We also welcome your ideas on ways we can improve our approach to child safety and wellbeing. If you have any suggestions or comments please contact the school Wellbeing Team.

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CAMBRIDGE WELLBEING

ALLIED HEALTH

Did you know? Cambridge Primary school accepts external allied health to complete sessions for your child at school?
Contact us to find out more

SUPPORTING YOUR CHILD WITH SCHOOL ANXIETY

As the school year progresses, some children may experience feelings of anxiety about coming to school. This can show up in different ways—tummy aches in the morning, reluctance to leave home, or worries about friendships or schoolwork.

If your child is feeling anxious, here are some ways to support them:

- ✓ Validate Their Feelings - Let them know it's okay to feel nervous and that you're there to help.
- ✓ Establish a Routine - Predictability can ease anxiety. A consistent morning routine can help them feel more secure.
- ✓ Encourage Problem-Solving - Talk through their worries and brainstorm solutions together.
- ✓ Stay Positive - Reassure them with confidence that they can handle the day ahead.

If your child's anxiety persists or becomes overwhelming, please reach out—we're here to support both you and your child. Let's work together to make school a safe and happy place for everyone!

For further support, contact the wellbeing team.



DISABILITY INCLUSION

If you know someone with a child with a disability starting at a government school, they may benefit from Disability Inclusion. This approach puts the needs of the student at the heart of the school's response - focusing on what a child can achieve, rather than what they can't. Parents can speak to their prospective school to find out more information

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**CAMBRIDGE
WELLBEING**

FAMILY SUPPORT SERVICES

Logos included in the graphic:

- be you | Beyond Blue
- Black Dog Institute
- eSafety Commissioner
- raisingchildren.net.au the australian parenting website
- kids helpline
- Drummond Street Services
- the orange door

Pauline DaSilva – Assistant Principal

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DISTRICT SWIMMING
MONDAY 17TH FEBRUARY

The District Swimming Carnival was a thrilling showcase of skill and school spirit! Swimmers from across the district competed in various events. The competition was strong, and the camaraderie among the participants was fantastic, with students cheering each other on and celebrating every achievement. Cambridge had a great day out, coming 3rd overall and with many of our students walking away with ribbons and personal bests. Congratulations to all the students who represented Cambridge.




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Fact Sheet

HEALTHY LUNCHBOXES CONT.

Water

Water is the best thirst quencher and the best choice of drink for every lunchbox. Tap water is safe so you do not need to buy bottled water.

LUNCHBOX IDEAS:

- freeze a water bottle overnight; it will help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty

TIP:

Don't pack too much food or too many choices, as this may be overwhelming for a young child. You only need to provide enough food and drink for 1 snack and 1 main meal. If your child is at the service for extended hours, pack enough for 2 snacks and 1 main meal.

Food and drinks to leave out of the lunchbox

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Sticky, sweet foods can also cause tooth decay.

Sweetened drinks:

- cordial and soft drink
- fruit juice
- flavoured mineral water
- fruit juice drinks
- sports drinks

It is best not to pack these 'sometimes' foods and drinks in lunchboxes. If you do occasionally put a 'sometimes' food or drink in the lunchbox, keep it to a very small portion only.

Sticky or sweet foods:


- lollies, chocolates, jelly cups
- cakes, doughnuts, sweet muffins
- plain sweet/cream-filled biscuits
- muesli /cereal bars
- fruit bars and fruit straps

Salty, high fat foods:

- potato chips
- corn chips
- cheesy balls, twists
- small oven-baked savoury biscuits
- devon and salami

Note about food allergies: Some services may ask families not to pack specific foods to ensure a safe environment for children with severe food allergies. Please discuss these needs with your service staff.


For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



SPPH (CPH) 180572

Fact Sheet

HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.

All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.

LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit occasionally – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)

Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognaise sauce, stirfry with tofu

Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

LUNCHBOX IDEAS:


- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers of plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)

Breads & Cereals


Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholemeal varieties are the best choices.

LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



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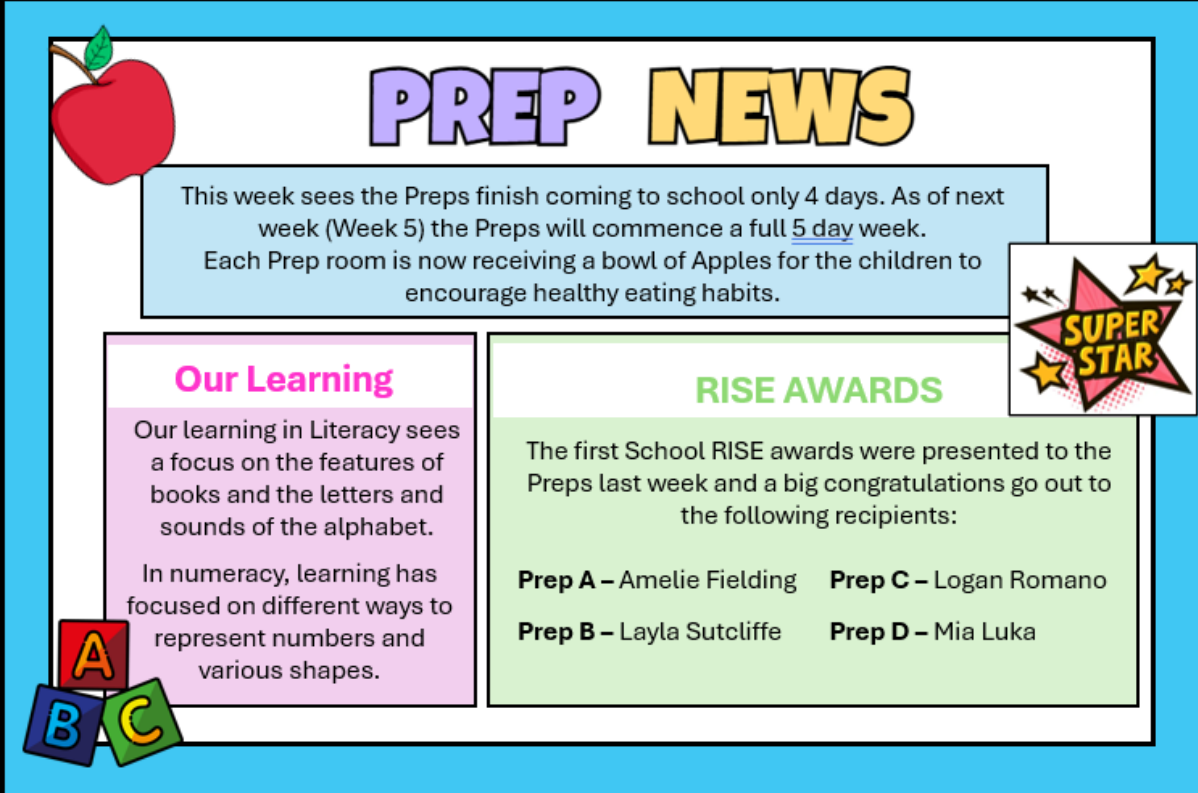
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PREP



PREP NEWS

This week sees the Preps finish coming to school only 4 days. As of next week (Week 5) the Preps will commence a full 5 day week. Each Prep room is now receiving a bowl of Apples for the children to encourage healthy eating habits.

Our Learning

Our learning in Literacy sees a focus on the features of books and the letters and sounds of the alphabet.

In numeracy, learning has focused on different ways to represent numbers and various shapes.

RISE AWARDS

The first School RISE awards were presented to the Preps last week and a big congratulations go out to the following recipients:

Prep A – Amelie Fielding **Prep C** – Logan Romano
Prep B – Layla Sutcliffe **Prep D** – Mia Luka

CANTEEN

If you would like to place a lunch order, you can go to www.flexischools.com.au and set up an account or you can write your child's name, grade and order on a brown paper bag with correct money inside the bag.

If you order an icy pole the bag will have a stamp on the bag that says CANTEEN, your child has to bring the bag back to the canteen and I will give the item to them.

You can find an updated Canteen menu is on the website community section under canteen.

Please remind your child not to share money with other students.

On the 21st of March, the canteen will be having a Harmony Day Lunch. If you would like to order a meal, you can place it on flexi schools under Harmony Day, choose which meal you would like. Or you can place an order with correct money, circle item, write your child's name and grade on form and return it to the canteen.

There are 3 halal options Hot dog, sushi or Spaghetti.

The butter chicken and the sushi are not Halal.

Gluten free options are butter chicken, sushi or a hot dog no roll.

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OUR SCHOOL PARTNER



Looking to buy or sell your home?

Contact your local area specialist today.

Jeff Gaul
0406 270 790
jeff.gaul@raywhite.com

For every home sold through mention of the school, Cambridge Primary School will receive a generous donation.

raywhitewerribee.com

Music Bus

Lessons at Cambridge Primary School

The Music Bus has opened their term 1 enrolments and are inviting new students to apply. Classes offered are: · Keyboard (Prep-y6) · Ukulele (Prep-y6) · Drums (y1-y6) · Guitar (Y2-y6) Lessons are: * be 30 minute duration - once per week * held in the hi tech music classroom on wheels on our site * cost \$22 per week (\$24 drums) payable by the term on commencement If you wish to take part please complete this expression of interest form. <https://app.smartsheet.com/b/form/ee4627a5204c46158e1ab17e7c8069c6> Many thanks for your continued support



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Dads & Kids SportsFest

**SPECIAL FREE EVENT
CAMBRIDGE PRIMARY SCHOOL**

Join Ryan Carters, former BBL cricketer and Founder of Dadfit, for a fun afternoon of sport and games for Dads & Kids.




**MONDAY
FEB 10**
3:30-4:45 PM

GET ACTIVE WITH YOUR KIDS

- Have fun with your kids
- Connect with other dads
- Learn tips from former BBL cricketer Ryan Carters
- All family members welcome

BOOK YOUR PLACE - IT'S FREE!



www.dadfit.au/sportsfest

dadfit



dadfit

DADFIT
FREE FIVE-WEEK PROGRAM
Starts Monday Feb 24
Cambridge Primary School
Hoppers Crossing




Drummond Street Services
READY, STEADY - FAMILY

What's Dadfit all about?

Being a dad is awesome, but it's also hard work.

Dadfit is a FREE program to help you be the best dad you can be.

- Get active
- Connect with other dads
- Share experiences
- Led by a former AFL player



What to expect in the program?

- Dad workouts**
Fun, full-body, suitable for all fitness levels
- Dad chats**
Catch up about issues facing dads, including parenting, relationships, health and wellbeing
- Dad challenges**
Dads supporting dads to try out new ideas

What's included?

The free program includes 5 x two-hour Dadfit sessions.

Each session includes a Workout (45 min), Dad Chat (60 min) and a Dad Challenge.

Timing Meet weekly on Monday 7-9pm for 5 weeks, starting Feb 24. (Skip a week for public holiday 10/3)

Location: Cambridge Primary School, 29 Carruthers Dr, Hoppers Crossing

Open to all dads in the area!



Sign up now to book your place!



www.dadfit.au/hoppers-crossing

Who leads the program?

Ryan Carters
Dadfit Founder, dad of three, fitness trainer, former pro cricketer

Glory Sekhon
Dadfit Co-Facilitator, dad of one, Drummond Street worker

"A highlight of my year!"
— **Joseph, dad of three**

"Adding small steps each week to being a better dad!"
— **Udhis, dad of one**

"I've only known three dads for two weeks and it already feels like we're old friends."
— **Ajay, dad of two**

"My partner is happier since starting Dadfit, which is great for all of us."
— **Anna, mother of three**

OUR VISION

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.

WYNDHAM ROTARY
**FUN
RUN**



SCAN ME

STEP UP FOR A BETTER COMMUNITY

SUNDAY 2ND MARCH
WYNDHAM PARK, WERRIBEE 3030

4KM WALK 5KM RUN 8KM WALK 10KM RUN

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IN AID OF WERRIBEE MERCY HOSPITAL AND AUSTRALIAN ROTARY HEALTH