

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

What a busy and exciting term it has been! It has been wonderful to see the strong and positive learning culture continuing to grow across our school.

A huge congratulations to all our Year 3 and Year 5 students who successfully completed NAPLAN this week. Our students were outstanding, demonstrating true self-resilience and excellence throughout the assessment period. They approached each session with maturity, focus and a positive mindset, and we are incredibly proud of the way they represented themselves and our school.

A thank you to our NAPLAN Coordinators Ms Cole, Mrs Hutchins, Ms Bourke and Dave for ensuring the week ran so smoothly. Your organisation, preparation and calm approach supported both students and staff to feel confident and well prepared.

Tomorrow we are excited to celebrate Harmony Day. This special day recognises and celebrates Australia's cultural diversity and provides an opportunity for our students to reflect on the importance of inclusion, respect and belonging for all. Students are invited to wear a touch of orange, which represents social communication and meaningful conversations, or traditional cultural dress to celebrate their heritage. Throughout the week, classrooms have been engaged in learning experiences focused on diversity, cultural awareness and the important message that everyone belongs. We look forward to celebrating the rich diversity within our Cambridge community.

Last week we had the pleasure of celebrating the retirement of Glenn Sowter, a much valued member of Cambridge Primary School. Glenn has been part of our school for many years and has made a lasting impact on the lives of many students. We are incredibly grateful for the contribution Glenn has made to our school community over the years. On behalf of the entire Cambridge Primary School community, we thank Glenn for his dedication and the difference he has made in the lives of so many young people.

A reminder that our end of term picnic is fast approaching. I invite all families to join us as we celebrate a fantastic start to the year. It will be a wonderful opportunity to connect as a community and enjoy time together in a relaxed setting. If you would like to order a grazing box, please get your order in as orders close Friday 27th March.

As we move into the final weeks of term, I encourage all students to maintain their focus and continue striving for their personal best in all areas of learning.

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Thank you to our staff, students and families for your ongoing support and partnership. Together, we are building a strong, connected and thriving learning community.

Industrial Action-Tuesday 24th March

Due to a departmental directive, I am unable to discuss or confirm any strike information until Monday afternoon. Please ensure you watch compass for all information.

IMPORTANT DATES	Term 1 2026
20th March	Harmony Day
26th March	3-6 Cross Country
2nd April - Last Day of Term 1	Whole School Assembly 9.00am Community Morning Tea until 10.50am School Finishes at 1.45pm
20th April	Term 2 begins

Wellbeing

Wellbeing at CPS

Dear Families,

This fortnight we're focusing on something that affects every child, every day — sleep and rest. At a time of year when routines are well and truly underway, it's worth pausing to ask: is my child getting enough quality sleep? The research is clear, and the good news is that small, consistent changes at home can make a real difference.

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Why Sleep Matters for Primary-Aged Children

Sleep is not a passive activity — it's when children's brains and bodies do some of their most important work. During sleep, children consolidate memories, process emotions, repair muscles, and release growth hormones. When children are regularly under-slept, the effects show up quickly in the classroom and at home.

Signs your child may not be getting enough sleep

- Difficulty waking in the morning or seeming groggy well into the day
- Emotional sensitivity, irritability, or more frequent meltdowns than usual
- Trouble concentrating or remembering things at school
- Increased appetite, particularly for sugary or carbohydrate-heavy foods
- Hyperactivity or silliness in the afternoon (overtiredness can look like energy!)

How Much Sleep Does My Child Need?

Sleep needs vary by age. The recommended ranges below are for total sleep in a 24-hour period — including any daytime naps for younger children.

Age group	Recommended hours
Prep (5–6 years)	10–13 hours
Years 1–2 (6–8 years)	9–12 hours
Years 3–4 (8–10 years)	9–11 hours
Years 5–6 (10–12 years)	9–11 hours

If your child needs an alarm to wake up, regularly falls asleep in the car, or has difficulty settling at night, it may be worth reviewing their current sleep schedule.

Building a Sleep-Friendly Routine

Consistency is the key. Children's bodies respond well to predictable cues that signal bedtime is approaching. Here are five things that make the biggest difference:

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1 Set a consistent bedtime — even on weekends

The body clock loves routine. Keeping bedtime within 30 minutes of the same time every night — including Friday and Saturday — helps children fall asleep faster and wake more naturally.

2 Switch off screens at least one hour before bed

The blue light emitted by phones, tablets, and televisions suppresses melatonin — the hormone that tells the brain it's time to sleep. Swap screens for reading, drawing, puzzles, or quiet conversation.

3 Create a wind-down ritual

A predictable sequence of calming activities — bath, pyjamas, a drink of water, teeth, story, lights out — signals to the nervous system that it's time to slow down. Even 20 minutes of a consistent wind-down routine can significantly reduce the time it takes children to fall asleep.

4 Keep the bedroom cool, dark, and quiet

The ideal sleep environment is slightly cool (around 18–20°C), as dark as possible, and free from noise where you can manage it. If your child is afraid of the dark, a dim red-toned nightlight is less disruptive to melatonin than white or blue light.

5 Watch the afternoon sugar and caffeine

Soft drinks, energy drinks, chocolate, and even some fruit juices contain enough caffeine or sugar to meaningfully disrupt sleep in primary-aged children. Aim to avoid these after 3pm where possible.

Rest Is Not Just Sleep

It's worth remembering that rest and sleep are not the same thing. Children — and adults — need regular periods of low-stimulation, unstructured downtime throughout the day to allow the nervous system to recover. In a busy school term, this can be easy to overlook.

Ideas for restful downtime at home

- 20 minutes of quiet reading after school before homework or activities
- Time outdoors in nature — even a short walk resets the stress response
- Creative play with no goal or outcome — drawing, building, imagining
- Lying on the grass and watching the clouds (seriously — it works!)
- A warm bath or shower to signal the body to slow down

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What We're Doing at School This Fortnight

Our teachers have been embedding emotional learning across all year levels. Here is a snapshot:

- Prep–Year 2 classes have friends at school. How we can reflect on what makes us happy at school
- Years 3–4: Students treat each other with respect. Learning about what respect looks like, sounds like and feels like.
- Years 5–6: Discussing healthy strategies for managing worry and stress

This fortnight, teachers are also weaving sleep and rest conversations into classroom check-ins, helping children identify when their body feels tired and what helps them feel restored. If you'd like to know more about what your child is exploring, please speak with their teacher.

Why it matters

When children feel emotionally safe and connected at the start of the day, their brains are far better prepared to learn. Morning Circles also give teachers an early signal if a child is struggling — so support can be offered before small worries become bigger ones.

Try a check-in at home

You can bring a similar ritual to your mornings. While getting ready or eating breakfast, ask everyone at the table — grown-ups included — to share one word for how they're feeling. It takes less than a minute and can set the tone for the whole day.



Youth Leadership academy Student Leadership Conference

This fortnight, a group of our student leaders attended the YLAA Student Leadership Conference in Melbourne. This event brings together primary school leaders from across the region to build confidence, teamwork, and a sense of purpose.

Our student leaders took part in workshops on communication, empathy, and how to make a positive difference in their school community. The day was a powerful reminder that leadership is about listening, caring, and bringing others along with you.

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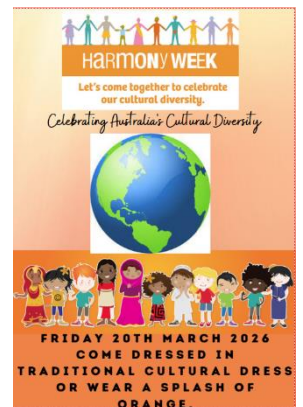
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 **Harmony Day — Everyone Belongs**

Harmony Day is celebrated on 21 March each year. Our school's theme this year is "Everyone Belongs."

Across classrooms this fortnight, students will be exploring the richness of our school's diverse cultures through art, storytelling, food, and music. Each class will contribute to a shared Harmony Wall display going up in our main corridor.



 **Reminder: Community Picnic**

Don't forget our annual Community Picnic is coming up! This is one of our favourite events of the year and a wonderful chance for families, students, and staff to come together outside the classroom in a relaxed and joyful setting.



The Wellbeing Team

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Curriculum

A Heartfelt Thank You — NAPLAN 2026

To our students, families and teachers — you were incredible!

NAPLAN 2026 is now complete! We want to pause and celebrate our wonderful Cambridge community. It truly takes a village — and what an extraordinary village we have. Please note that catch-up tests will continue for any students who were absent.



Our students

- Showed up with courage and focus
- Gave their absolute best effort
- Demonstrated incredible resilience
- Should be incredibly proud



Our families

- Provided calm support at home
- Encouraged with kind words daily
- Ensured rest and healthy routines
- Believed in their children



Our teachers

- Prepared students with care
- Built confidence and calm
- Created supportive environments
- Went above and beyond

To our wonderful students



We are so proud of each one of you. NAPLAN is just one small window into all the amazing things you are capable of. The effort, focus and bravery you showed throughout these assessments speaks volumes about your character. Whatever the results, know that we see you, we believe in you, and we celebrate you every single day.

To our incredible families



Your support at home makes all the difference. From encouraging words at the breakfast table, to ensuring your child had a good night's sleep and arrived at school ready to do their best — every small act of care matters enormously. We are so grateful to be part of such a warm, supportive community. Thank you for trusting us with your children.

To our dedicated teachers



The preparation, dedication and heart you bring to your classrooms every day is extraordinary. You built your students' confidence, kept spirits calm and positive, and created an environment where every child felt ready and supported. Your commitment to our students goes far beyond assessments — it shapes who they are becoming. Thank you for everything you do.

"NAPLAN is one snapshot — your child is the whole story."

We look forward to celebrating all of the wonderful learning ahead. Go Cambridge!

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 **Catch-Up Tests**

NAPLAN 2026 main testing is now complete. Catch-up tests will continue for students who were absent during the scheduled testing window. If your child needs to complete a catch-up test, your teacher will be in touch with further details. Thank you for your continued support and flexibility.

Curriculum Team

Harmony Day

At Cambridge, we want to build our acknowledgement, pride and inclusion of diversity and languages used within our community. To help us, we want to hear from you on how we can achieve this in our community and in the classroom. Please join us for a cuppa and share your thought to build an even better community that celebrates our diversity.



**Living in
Harmony**

We are incredibly lucky to have a diverse community at Cambridge Primary School. We want to hear from you. Come and share your ideas on how we can embrace our diversity and support multilingual learners.

When: 9am - 10am, Friday 20th March, 2026
Where: Small Gym

HARMONY DAY EVERYBODY BELONGS MARCH 16-20

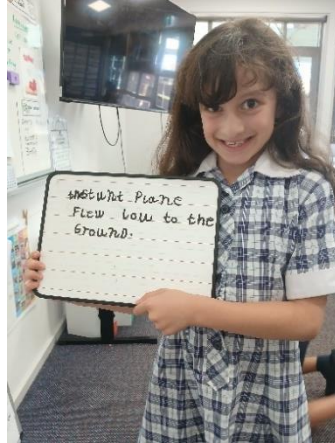
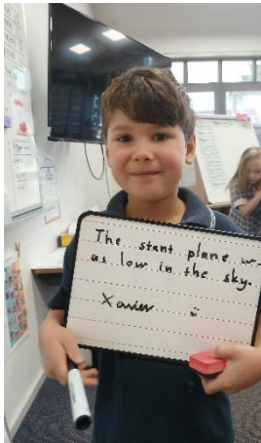
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Year 2

We have had a great term so far in Grade 2. We have been working really hard every day on our **Phonics Plus Program** which teaches students to apply their knowledge of letter sound correspondences to read, spell and handwrite words.



Xavier and Haty showing their dictated sentence.

In **Mathematics** we have been learning about place value and working to record, partition, rename and count 3-digit numbers using physical materials. Students represented numbers using Base 10 materials and 3 denominations of money: \$100 notes, \$10 notes, and \$1 coins to create standard and non-standard representations of the amount.



George and Levi represented \$135 dollars using a standard representation.

Congratulations to our Term 1 **RISE award winners**.



Khaled, Wyatt, Theodore, Haty, Lola, Ridit,

Aysha, Rehatvir, Lesi, Seerat, Brooklyn, Laz, Kobe

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

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Classroom visits



Rushil, Amy, Saanvi, Bianca and Tyler love when Mrs Budd visits the Grade 2 classrooms.

Year 5

Well done to our recent **RISE** award winners who have consistently shown kindness and excellence though out the term: Jamie, Avika, Rheem, Ava, Gaurish, Mario and Advik.



3-6 CROSS COUNTRY

Parents and families are welcome to come and watch!

**THURSDAY
26 MARCH, 2026
CAMBRIDGE RESERVE
11:30AM - 1:30PM**

PLEASE NOTE:

This event will be taking place outside the school grounds. If you do not give permission for your child to be outside of the school grounds, you need to put it in writing and give it to your child's classroom teacher.

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Team Kids

TEAM KIDS NEWSLETTER

WEEKLY NEWS

Term 1 has flown by! We have had lots of fun at Team Kids. We celebrated Harmony Week this week with lots of friendship crafts, we celebrated Pancake Day and made/ate pancakes for afternoon tea, celebrated Chinese New Year and made Chinese Lanterns to decorate our rooms. We have really enjoyed this term and we can't wait for the holiday program and the rest of the year!

IMPORTANT NEWS!
The Easter Bunny has made a surprise drop in and has hidden some golden eggs around the school! If you find a golden egg, come and visit Team Kids after school to claim your prize!



Team Kids

REGISTER AND JOIN THE FUN!

If you are looking to register your child to attend Before School Care, After School Care, or Vacation Care, please make an account on the Team Kids portal, or call customer service. We are located in the 2 portables near the Big Gym and Gate 1 and are happy to help!

IMPORTANT DETAILS
Before School Care: 6.45am-8.45am
After School Care: 3.15pm-6.45pm
Vacation Care: 7.00am-6.45pm

Service Phone: 0434940074.
Service Email: cambridgeps@teamkids.com.au
Customer Service: 1300 035 000

IMPORTANT!

VACATION CARE BOOKINGS ARE OPEN!

Vacation care will be running for the Autumn school holidays, dates are: 7th of April until 17th of April.

Book in now to secure your spot! You can view our program at the OSHC rooms, or on the Team Kids website.



Team Kids VIC - Cambridge Primary - Hoppers Crossing

7:00 AM START | PLEASE ARRIVE BY 9AM ON EXCURSION DAYS
6:45 PM END

📍 INHOUSE
 📍 INCURSION
 📍 EXCURSION

MON - 6TH APR	TUE - 7TH APR	WED - 8TH APR	THU - 9TH APR	FRI - 10TH APR
CLOSED				
	Kazoo Workshop TeamKids is set to try something new & make a collaboration with an amazing Kazoo Workshop! We'll learn to play the unique musical instrument, explore all the different sounds & finish off with a kazoo choir.	Beyond The Branches Adventure awaits at the top of the tree! Inspired by the Magic Faraway Tree, children will explore new lands, compare challenges, play creatively, and make an enchanted keepsake. A perfect mix of teamwork, imagination, action and calm.	The Magic Faraway Tree Today you're off to the movies to follow a family who move to the countryside and discover a magical tree with quirky residents. When the children are whisked away to fantastical lands, their adventures help bring the family closer together! *PG Rated, Allergy Alert	Active Warriors Get ready for high-energy action as kids dive into Book Camp challenges, Alert Zones and epic Team Building games! They'll run, dodge, climb and conquer obstacle courses while building confidence, resilience and teamwork skills. It's fast-paced, action-packed fun!
	📍 Daily Fee \$122.00	📍 Daily Fee \$122.00	📍 Daily Fee \$140.00	📍 Daily Fee \$118.00
	After Max CCC* \$122.20	After Max CCC* \$122.95	After Max CCC* \$140.00	After Max CCC* \$118.00
MON - 13TH APR	TUE - 14TH APR	WED - 15TH APR	THU - 16TH APR	FRI - 17TH APR
				
Wild West Wanderers Saddle up, partners! Wild West Wanderers are galloping into TeamKids for a day of adventure, imagination, and big-time fun. Step into your own cowboy boots to round up challenges, craft cowboy creations, and dive into high-energy games.	Warrabee Open Range Zoo Today, TeamKids is leading the pack at Warrabee Open Range Zoo! We'll take a stroll through the African River Trail to spot as many items, cheetahs, hippos & monkeys as possible.	Hoppers Today you're off to the movies to see what happens when an animal living 10 years old uses technology to place her consciousness into a robotic beaver to uncover mysteries within the animal world beyond her imagination! *PG Rated, Allergy Alert	The Amazing Race Get ready, set, go! In The Amazing Race, you'll dash, solve, and strategize your way through crazy challenges, tricky puzzles, and wild obstacles. It's fast, frantic, and totally amaze-ing! The ultimate adventure for little explorers and big imaginations!	Outdoor Explorers Step into the boots of a stranded survivor and learn real-deal survival skills! We'll mix our own bush bucket dinner, make a Morse code SOS whistle, and master essential knot-tying techniques. Get ready for a high-energy adventure! *Allergy Alert
📍 Daily Fee \$102.00	📍 Daily Fee \$101.00	📍 Daily Fee \$140.00	📍 Daily Fee \$102.00	📍 Daily Fee \$123.00
After Max CCC* \$102.20	After Max CCC* \$101.10	After Max CCC* \$140.00	After Max CCC* \$102.00	After Max CCC* \$123.30

*Child Care Subsidies may apply. \$1 Admin Fee per family, Late Fees apply within 7 days per child. Payment plans available. **Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy.

FIND A VENUE

TEAMKIDS.COM.AU/VENUES

CHOOSE YOUR ADVENTURE

BOOK TODAY!

TEAMKIDS.COM.AU
1300 035 000

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

