

# Lardner & District Primary School

Principal : Jane King Website: [www.lardnerdps.vic.edu.au](http://www.lardnerdps.vic.edu.au) Phone: 5626 1303



**OUR VISION: Building a community of active learners through Empowerment, Engagement, Deeper Thinking and Resilience.**

## Principal Update

As we move through the middle of Term 1, it has been wonderful to see classroom settled with clear learning expectations in place. Junior School Council Voice of all, has been collected at least twice a week, I will update and share our student's thoughts and the actions taken as a result, with you in the next newsletter. A reminder of our LARDNER WAY will be brought back into focus moving into next week with some clear examples we can already share.



A highlight of Weeks 5 and 6 was our **School Photo Day**. The day ran smoothly thanks to the organisation of our staff and the preparedness of our students. We were especially proud to receive very positive feedback from the photographer, who commented on how easy our students were to work with. Their beautiful smiles, respectful manners and ability to follow instructions made the process efficient and enjoyable for everyone involved. Thank you to families for ensuring students were well presented and ready for their photos.

You may have noticed some work occurring in our Environmental Garden area. The concrete water tanks have now been emptied, cleaned, repaired and refilled. We are pleased to confirm that the tanks are back in use and providing safe drinking water for our school community. Thank you for your patience while this important maintenance work was completed.



Our implementation of **The Resilience Project** continues to be a valuable part of our wellbeing program, with a dedicated focus each Monday morning. Recently, we have been learning about **mindfulness** — paying attention to the present moment with calmness and curiosity. Simple mindfulness practices that can be continued at home include:

- Taking five slow, deep belly breaths.
- Going on a short “mindful walk” and noticing five things you can see, hear or feel.
- Spending a few minutes focusing on gratitude and sharing one positive moment from the day.

Practising quiet colouring or drawing while concentrating on breathing steadily. These small strategies help children build emotional regulation skills and develop resilience over time.

**NAPLAN** will commence on **Wednesday 11th March**, beginning with Writing. It is very



Newsletter Date  
**TERM 1 WEEK 6**  
**6th March 2026**



“We acknowledge the traditional custodians of this land and pay our respect to all the elders past, present and future for they hold the memories, the traditions, the culture and hopes of indigenous Australia”.



## Term 1 dates:

- **Labour Day Holiday**  
Monday 9th March
- **Lardner/Nilma Sports Day**  
Thursday 19th March  
Geoff Watt Track Warragul
- **School Council Meeting**  
Monday 23rd March
- **Naplan— Students Gr 3 & 5**
- **Farm World— Volunteers Required**  
Thurs 26th—Sat 29th March
- **Farm World Excursion**  
Thursday 26th March
- **Last Day of Term 1**  
**Thursday 2nd April**  
\*Gold coin  
\*Casual Clothes Day  
**Early Dismissal at 2.30pm**

important that students are at school, on time and ready to learn during the testing period. A good night's sleep and a calm, positive start to the day make a significant difference. Our Year 3 and Year 5 students will complete NAPLAN with Ms Snell and Mrs King. During testing blocks, Year 4 and Year 2 students will continue their regular learning program in the Blue Room to ensure minimal disruption to their routines.

School Council is currently seeking **two parent members** to join our team. Being part of School Council is a meaningful way to contribute to the strategic direction of our school. Members are involved in decision-making around policies, finance, facilities and school improvement priorities. It is a wonderful opportunity to have a voice, strengthen partnerships and support the continued growth of our school community. If you are interested, please contact the office for more information.



**NUT ALERT SCHOOL**

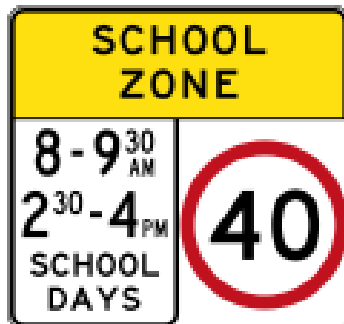


Finally, a reminder that **Monday is the Labour Day public holiday**, and there will be no school on this day. We hope families enjoy the long weekend.

Thank you for your ongoing support as we continue working together to make Term 1 a productive and positive start to the year.  
Jane King

**STAFFED OFFICE HOURS**

Our school Office will be staffed on Monday's, Tuesday's, Wednesday's & Friday's between 9am and 3pm.



**IS IT BULLYING?**

**NOT NICE**

When someone says or does something **unintentionally** hurtful and they only do it **once...**  
That is **Not Nice**

**MEAN**

When someone says or does something **intentionally** hurtful and they do it **once...**  
That is **Mean**

**BULLYING**

When someone says or does something **intentionally** hurtful and they **keep** doing it, over a period of time, even when you tell them to stop or show them that you are upset...



That is **Bullying**

**All children have the right to feel safe and protected.  
We are a child safe school!**



**March Birthdays**

**Brandon**  
3rd March

**Willow**  
11th March

**Kailey**  
12th March

**Pip**  
12th March

**Nixon**  
19th March

**Hartley**  
31st March

WELCOME TO  
**THE RESILIENCE PROJECT™**

**Families**



**Why wellbeing?**



**1 in 4 primary students** experience high levels of depression or anxiety.<sup>1</sup>



**1 in 3 secondary students** experience high levels of depression or anxiety.<sup>1</sup>



**2 in 5 adults** experience a mental disorder in their lifetime.<sup>2</sup>

<sup>1</sup> State of the Nation Report 2024  
<sup>2</sup> Australian Bureau of Statistics: National Study of Mental Health and Wellbeing, 2020-2022.

**School wellbeing program**

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

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

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

**Supporting wellbeing at home**



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

**Proven impact**

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



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



**The Imperfects podcast**

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



[theresilienceproject.com.au](http://theresilienceproject.com.au)

**THE RESILIENCE PROJECT.**

**Our Values:**

- **Inclusion:** We promote an inclusive culture of kindness, care and respect of our people and place. (That's the Lardner Way)
- **Environment and Sustainability:** We work with the environment to create learning opportunities, while respecting the traditional land.
- **A Culture of High Expectations:** We have high expectations of ourselves and others and celebrate the personal journey of growth for all.
- **Community Engagement:** We build student, teacher, parent and community partnerships to enrich learning.

# Yellow Room

In Maths we have been using a variety of materials to 'make' and order numbers. The prep students have been mostly working with numbers 0-10 and the Grade 1 students have been breaking 2-digit numbers into tens and ones e.g. 54 is 5 tens and 4 ones. This week we have also been looking at how time can be measured (e.g. seconds, minutes, hours, days, weeks, months, years) and matching everyday activities to the best unit of measure. Prep students have enjoyed playing "Sit down, Sunday" as they learn to order of the days of the week.

This week was an exciting week for the prep students. As we have now covered the first Stage of sounds they are now bringing home reading books which they can 'sound out' and read for themselves. Well done,



Preps!

# Red Room Newsletter

Who stole February?

Luckily we have been working hard to make the most of the time that seems to disappear so quickly.

Maybe our GEM's are helping! Our Resilience Project diaries have given us a daily task to practise Gratitude, Empathy and Mindfulness (GEM) which has been a popular way to start the day. Some of us are even tracking our mood and daily habits throughout the month!

**Did you know?** A smile improves mood instantly; Music improves mood in just 7seconds; Exercise improves mood in only 30seconds. **How do you improve your mood?**

Our writing focus has been around creating pieces that allow the reader to form a mental image of the setting and to experience the feelings of the characters. To do this we have been learning about figurative language which includes similes, metaphors, imagery and personification.

Using the 'Show it, don't tell it!' prompt we have up levelled our writing from saying exactly what is happening, to leading the reader to create their own images of what is happening.

**How would you describe this picture without 'telling us' what's happening?**



Maths has been a lot of fun, exploring the properties of numbers (prime, composite) and making and investigating the patterns of square and triangular numbers that help us to identify them. BODMAS is a challenging but popular topic that we've been able to learn to solve with card games, as knights and dames in castles and while figuring out cake recipes.

**Can you solve this problem?**

$$2+2 \times 4 - 6 + 4 / 4 - 4 \quad \text{(/ symbol is used instead of divided by)}$$

We have begun our afternoon Humanities sessions with a focus on Geography. We have a better understanding of the purpose of the lines on a globe and what they tell us about the climate and time for the areas of the world they separate.

**What are latitude and longitude and why are they so important?**

Athletics sports day practice is in full swing thanks to Mr Child focusing his PE sessions on the skills needed for the morning events and our whole school practice sessions focusing on the afternoon team events. With a couple of weeks left to practice I think we'll be an amazing team. Go Lardner!!

## Call for Farm World Rubbish Collection Volunteers!!!

Thank-you to everyone that has offered to help fill our roster for Farm World so far!

Farm World is a major fundraising event for our school which brings much needed funds without needing to do too much fundraising throughout the year. Don't forget you will receive free entry on the day that you volunteer to use before or after your shift.

**We do still have the following shifts that need to be filled.**

**If you have already volunteered and you are able to do a second shift we only have 9 spots we need to fill!**

If you can help out please contact Heather at the school office on 03 5626 1303 or chat to Anna.

Once our roster is filled we will be able to make our volunteer packs up and send them home.

Thursday 26th March 2pm-5pm **2 Volunteers Required**

Friday 27th March 8am-11am **2 Volunteers Required**

Friday 27th March 11am—2pm **2 Volunteers Required**

Friday 27th March 2pm— 5pm **2 Volunteers Required**

Saturday 2pm— 5pm **1 Volunteer Required**