



# CARDROSS PRIMARY SCHOOL

*together we learn*

CARE ACHIEVEMENT RESPECT DREAMS RESILIENCE OPPORTUNITY SAFES SUPPORTIVE

## INFORMATION BOOKLET

# 2024



*The adventure  
begins here...*





## A MESSAGE FROM THE PRINCIPAL

On behalf of the staff and school council, I would like to extend a warm welcome to all children and parents of the school, and also to those beginning their association with Cardross Primary School. Each day I have the privilege of coming to work, engaging with enthusiastic, creative and passionate teachers and students. I am extremely proud and honoured to be this wonderful school's Principal and cherish the opportunity to assist in the development of our most precious resource - our children.

Situated in an idyllic country setting, we are a community orientated school with a current enrolment of 109 students. At Cardross Primary School each child is valued and encouraged to reach their full potential. Just as each child is an individual with their own character and needs, so too their educational growth is unique. The teachers are committed to nurturing and developing the ability of each child through carefully planned and high-impact teaching programs.

Our school motto is ***Together We Learn***, acknowledging the importance of:

- catering for individual differences through a deep understanding of all children;
- learning with and from others through the development of learning communities;
- evidence-based, high impact teaching and learning practices;
- A Visible Learning + environment;
- a caring, inclusive and supportive community environment.

Our students are highly motivated and are supported by committed parents and families. Parents are encouraged, at all times, to communicate with teachers and the school leadership on issues that are of interest or concern to them.

Cardross Primary School staff are enthusiastic, highly professional educators, bringing a wealth of knowledge and commitment to their crucial task of guiding students towards a fulfilling and productive seven years of primary education. Our students' achievement is a direct result of the dedicated, professional teachers who constantly provide diverse, rich, engaging and outstanding educational programs within an environment which is caring, friendly, respectful and responsive to the needs of our students.

As Principal, my door is always open to parents wishing to discuss their child's progress or anything at all related to the school. Cardross Primary School is YOUR school! Its growth, development and advancement depend on the support and commitment of our whole school community. Working together with teachers will help your child to develop to his/her full potential.

Welcome to our community!

Simon Trembath

Principal

# SCHOOL PROFILE

Cardross Primary School was established in 1925 as part of a soldier settlement situated 15 kilometres south of Mildura and 5 kilometres west of Red Cliffs within a predominantly viticultural community.

Cardross Primary is a rural school with a current enrolment of 109 students and has a well developed history of community participation. Its facilities are the major focal point of the Cardross community. A high value is placed on parent participation and involvement to develop and implement programs that encourage a positive, caring atmosphere. It is expected that the children of Cardross will leave the school with the skills, self confidence and positive attitude to learning and life that will enable them to succeed.

Class structures are influenced by enrolments. In 2023, there is a Prep class, a year 1/2 class, a year 2/3 class, a year 4/5 class and a year 5/6 class. In 2019 the school underwent an \$800,000 VSBA upgrade, with classrooms refurbished to operate as open, flexible learning spaces with an extra flexible learning space available for any class to utilise, particularly for video conferencing sessions.

There are currently five full time teachers, and a Tutor program is in place for students in need of additional support. Three specialists provide visual arts, music, library skills and physical education. A well-structured camps program is in place for all students, beginning with an excursion, dinner and sleep over at school for Years Prep-2, an overnight camp for Year 3 and a four day camp for Years 4/5/6. The Snow Trip, Roses Gap and Camp Illawonga are always memorable times for students as they finish their final years at Cardross Primary School.

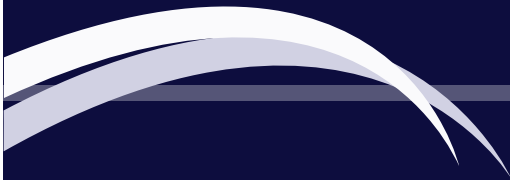
The school is attractive and well maintained. An administrative area and four learning spaces are located within the main building and a Mod 5 with an attached outdoor learning space provides another open, flexible learning area. The grounds are extensive, covering four hectares and include an oval, basketball courts, sports storage, an asphalted area, sand pit, grassed areas, kitchen garden, chook shed and native bushland. An amphitheatre between the buildings provides a weather-proofed gathering space, assembly area and eating space. Staff have worked hard in recent years to ensure the school is a pleasant and welcoming environment for children and their families each day. The school is a focal point of the small community and the physical environment is an important component that everyone associated with the school community can feel proud of.

There are high levels of collective efficacy amongst staff and a shared belief that we all can have a positive impact on student achievement. Staff work in highly collaborative structures, where their collective expertise is used to lead the improvement of student outcomes. Staff strive as a group to constantly improve their practice through a positive attitude to ongoing professional learning, implementation of evidence based instructional strategies and a shared approach to planning, monitoring and assessment.

Irymple and Red Cliffs kindergartens feed into Cardross and the school provides a transition program for the following year's Prep students in term 4. Year 6 students exiting the school mostly transition to the secondary colleges at Red Cliffs and Irymple and feedback is generally very positive about their transition.

There is an active parents group and a school council which meets regularly. Parents are very active in our school and provide support for the reading programs, the library, and participate in our excursion programs. Parents' Club co-ordinate many fund raising activities.

Over the last seven years our school has participated in the New Pedagogies for Deep Learning (NPDL) global research project, based on the work of Michael Fullan. **Our goal is to create compassionate global citizens who have the ability to communicate effectively, think critically and collaborate to create knowledge and solve real-world problems in an increasingly complex and connected world.**



## SCHOOL VISION & VALUES

Cardross Primary School strives to be a safe and secure learning environment where staff and students learn with, and from, each other.

A place where the acquisition of skills, knowledge and competencies are fused together to create deep and authentic learning experiences.

Where **ALL** teachers have a deep understanding of **ALL** students through sharing responsibility and accountability for every student's academic, social and emotional growth.

This learning environment is underpinned by our school values and the belief that all students can grow and achieve high standards.



The school's underlying values are summed up within the name **CARDROSS**.

**Care** – A caring environment for students, families and staff.

**Achievement** – A school environment that ensures all children can achieve the best outcomes possible.

**Respect** – Mutual respect from students, staff and parents underpins our educational program.

**Dreams** – Anything is possible – follow your dreams.

**Resilience** – Children are supported to develop strategies to cope with difficulties and an ability to bounce back.

**Opportunity** – A broad challenging educational program provides children with the opportunity to shine.

**Safe** – Children have the ability and right to learn in a safe and caring environment.

**Supportive** – Children are supported by all members of our school community to undertake new learning.

# General Information about Cardross Primary

## SCHOOL INFORMATION

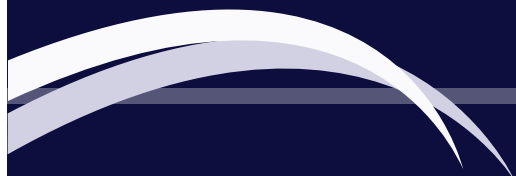
School phone number	03 5024 1267
School Address	415 Dairtnunk Avenue Cardross, 3496
Email Address	Cardross.ps@education.vic.gov.au
Website	<a href="http://www.cardrossps.vic.edu.au">www.cardrossps.vic.edu.au</a>
Compass	<a href="https://cardrossps-vic.compass.education/">https://cardrossps-vic.compass.education/</a>
Facebook	Cardross Primary School – A New Pedagogies Global Partner

## WHOLE SCHOOL BELL TIMES

9:00am	Bell rings for students to enter classrooms for the start of the day.
11:00am – 11:30am Recess	Students eat together in the amphitheatre before having time to play.
1:30pm – 2:15pm Lunch	Students eat together in the amphitheatre before having time to play.
3:15pm	End of the school day.

## TERM DATES 2024

Term 1	Monday 30 January	–	Friday 28 March
Term 2	Monday 15 April	–	Friday 28 June
Term 3	Monday 15 July	–	Friday 20 September
Term 4	Monday 7 October	–	Friday 20 December





# Teaching and Learning at Cardross: A Visible Learning environment for all

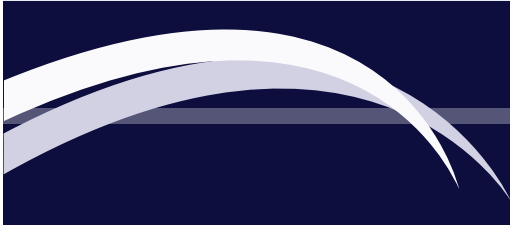
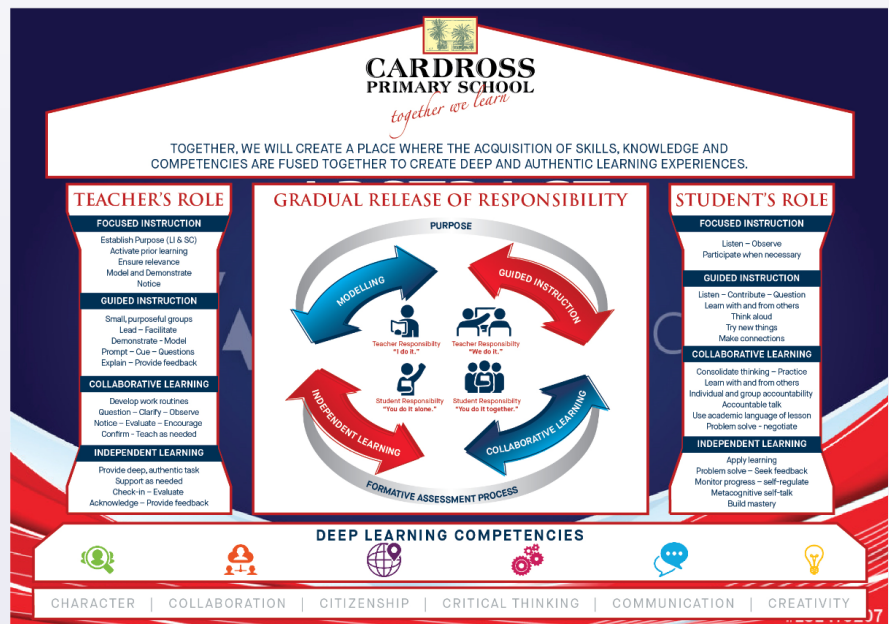
At Cardross Primary School, we strive to ensure that all our students become successful learners, confident and creative individuals, as well as active and informed citizens. Our school program is driven by the high-impact *Visible Learning* research of Professor John Hattie and supported by the implementation strategies of world renowned educators, including Douglas Fisher, Nancy Frey and Lyn Sharratt. Our goal is to make learning visible to every student, creating assessment-capable learners who:

- can articulate what they are learning and why, discussing strategies they are using to learn and be successful;
- display tenacity and resilience in their learning; seeking out challenges;
- see errors as opportunities to learn and are comfortable saying they don't know and / or need help;
- positively support peers' learning;
- actively seek feedback from teachers and peers;
- have a strong sense of connectedness to their school community and local environment;
- are able to learn with and from others;
- develop Respectful Relations with all members of our school community;
- are empowered to be active agents of their own learning journey.



To help achieve these goals, we have a clearly defined whole school instructional model based on the Gradual Release of Responsibility. This instructional model provides a systematic approach for shifting the cognitive responsibility from the teacher to the learner, utilising specific instructional strategies to develop the learner's knowledge and understanding.

To deepen the learning process we utilise Deep Learning Competencies as part of our daily instruction. These competencies help to drive deep learning experiences for all students. Content knowledge alone is no longer enough. For our students to experience 'deep learning' they must master these competencies to become students who are self-driven, with an ability to transfer these skills across schooling and into life situations beyond the school walls. In our Junior grades our Learning Superhero Squad introduces our youngest students to these learning dispositions.



# DAILY PROCEDURES

## Morning:

- Parents are encouraged to drop children off between 8:45am – 8:55am so they are ready for when the first bell rings at 9:00am.
- Doors open at 8:30am for morning reading.
- Please note that there is **no supervision of students in the yard before 8.45am each morning.**

## Afternoon:

- At the end of the school day, we ask that **parents wait outside buildings** as they get very crowded when students are dismissed.
- Please let the office know if you are going to be late to pick up your child.



# SUPPORTING THE SCHOOL

## Parents can assist in the day-to-day operations of the school by:

- **Making before school communication with teachers brief (between 8:45am – 8:55am).** Teachers need as much uninterrupted time as possible to plan and organise their resources in the morning to ensure that everything is ready for the day of learning in their classroom.
- We encourage parents to make **an appointment for longer discussions at a time that is mutually acceptable.**
- Ensuring **names are on children's property (especially school uniform)** so they can be returned to rightful owners.
- **Contacting your classroom teacher first**, when issues arise concerning your children: They know the day-to-day activities and incidents that may have occurred, they are your best source of information regarding your child.
- **Maintaining a positive influence within the school.** We need a focus on the good things that are happening in our school. Children respond to positive talk as it makes school more fun for them.
- **Treating people how we want to be treated ourselves in all our interactions.** (Parents, Teachers and Children). We all wish to be treated with respect, kindness and courtesy. It is a societal expectation and important that we as individuals model this behaviour.
- **If you would like to help out at school, please do not hesitate to call in to the office.** Assistance is readily needed in some class programs such as morning reading, excursions, grounds and gardens, the library and so on. If you have an expertise and would like to share it, please do so.



## ABSENCES: EVERY DAY COUNTS

Regular attendance at school develops good work, confidence and social skills. Home, however, is the best place for a sick child. If your child doesn't attend school on a particular day due to illness or a family commitment, you must call the main office on 50241267, or a signed and dated note from a parent explaining the reason your child did not attend school is required to be given to the classroom teacher. Alternatively, log into Compass to enter and approve the absence online. It is also appreciated that if in the event of a long absence, (overseas trip, illness, etc), the school administrative staff are notified.



**You will receive an SMS at 9:30am if your child has an unexplained absence**

Students who arrive after 9:10am are considered late and will be marked as late on the school roll. Due to our lesson structure, the first 10 minutes of each lesson is the opportunity for teachers to communicate the learning goal, strategies and whole class instruction to their class. Students who miss the start of the lesson find it very difficult to catch up.

## ANAPHYLAXIS

We have children at Cardross Primary School who are anaphylactic (have life threatening allergies). If a child comes in contact with particular foods it will result in an anaphylactic reaction. To support these students and their families we ask that nuts and nut products are not sent to school with students.

**If your child has an anaphylactic condition, please notify the school as soon as possible.**

## AFTER SCHOOL CARE (OSHC)

Cardross Primary School has an established community After School Care Program with our close neighbours Koorlong Primary School. This service is facilitated by our OSHC provider 'Stepping Stones'. The care program is conducted at Koorlong Primary School, with Cardross students being transported to the program via our school mini bus. This program is available from Monday to Friday.



## ASSEMBLY

On Monday morning we hold a celebratory assembly outside in the amphitheatre. This assembly is facilitated by our school's student leaders. Assembly is always started with an acknowledgment of country followed by students singing both verses of the Australian National Anthem.

During the assembly we hear reports from students, celebrate birthdays, give out Student award certificates and summarise any upcoming events.

We think your child's birthday is special too! Please let your classroom teacher know of your intentions as there may be children with allergies in the class. A list of ingredients in any food brought in to share will need to be provided to the classroom teacher. Please discuss with your classroom teacher the best items to bring and share.





## BICYCLES

At the request of the School Council, a bike track has been constructed by the Mildura Rural City Council along Dairtnunk Avenue between Myall and 19th Streets. Cyclists must use this track. Safety helmets and a safe bicycle are important aspects to consider before your child rides to school. Road safety can never be over emphasised and the children need continued reminders of the dangers. A child who does not have a strong concept of left and right, as well as a knowledge of all necessary rules of the road, should not attempt to ride to school. Bikes are not to be ridden in our school grounds at any time.

## CAMPS , EXCURSIONS AND INCURSIONS

Camps, Excursions/ & Incursions take place throughout the year. They are an integral part of the school curriculum. They are invaluable in stimulating the children's interest and are always preceded or followed up by class work relating to the excursion. It is therefore expected that unless a serious reason prohibits it, all children will take part in these activities.



Our school has a long standing camps program, which is designed to build students' independence and support them to engage in a wide variety of experiences. Our Camps Programs consists of following events:

**Prep - Grade 1:** Activity Day and dinner at School

**Grade 2:** Sleepover at Cardross Primary School

**Grade 3:** Swan Hill (2 day/ 1 night)

**Grade 4/5/6:** Roses Gap (Grampians), Snow Camp & Camp Illawonga (4 day/ 3 night) alternating years

## CHILDREN'S BIRTHDAYS

We think your child's birthday is special too! Please let your classroom teacher know of your intentions as there may be children with allergies in the class. A list of ingredients in any food brought in to share will need to be provided to the classroom teacher. Please discuss with your classroom teacher the best items to bring and share.



## COLLECTING CHILDREN DURING SCHOOL HOURS

If you need to collect your child during school hours, please visit the office and sign your child out and the early departure will be entered into Compass.

## COMMUNICATION

### COMPASS

Compass is the best source of school information. It is a school based web portal that will allow you to see how your student is performing at school. You will be able to see the number of absences and late arrivals that your child has had, keep up to date with students learning tasks, view teacher feedback and access school reports. Teachers are also be able to send emails to you through Compass to keep you informed about classroom events and issues. You are able to schedule Parent/Teacher interviews on Compass. It will also keep you up to date with school information via the News Feed function.



We recommend that you download the Compass app for iPhone or Android. You will receive a notice with your login details in Term 1. We ask that when you do, you login and confirm your email details.

### NEWSLETTER

A school newsletter is compiled every fortnight by our School Leadership team. In the interest of waste management these newsletters are available online via Compass, please advise the school if you do not wish to receive a hard copy. This newsletter is a major communication link between school and home, containing information of upcoming events and other matters we wish to bring to your attention. Please read the newsletter carefully and keep it for referral. Contributions to the newsletter from children, teachers, parents and local organisations are always welcome; the deadline for typing purposes is Tuesday afternoon.

### FACEBOOK

We like to share exciting photos and videos with our families. You can follow us on follow us by searching: Cardross Primary School - A New Pedagogies Global Partner

### WEBSITE

Our school website [www.cardrossps.vic.edu.au](http://www.cardrossps.vic.edu.au) . It contains school policies, DET requirements and key school Information.

## DRINK BOTTLES AND HEALTHY SNACKS

We encourage your child to have a clearly labelled drink bottle containing water in the classroom, to drink at their leisure while they are working. This encourages healthy drinking habits and enables your child to keep their fluids up! We also have drink bottle filling stations with refrigerated water for the warmer months. Your child may leave their bottle on their table or in a designated spot throughout the day. Students have designated healthy eating breaks at recess and lunch. We also encourage parents to pack a healthy fruit or vegetable snack which can be eaten at a scheduled time during the day.



## EMERGENCY INFORMATION

Please ensure that you have provided your latest address and telephone numbers to the school office. If you change your mailing address, telephone number or email address during the year please let us know in writing. The office has a supply of 'Change of Student Information Forms' for this purpose. Please supply the names and phone numbers of two emergency contacts in case we are unable to contact you in an emergency.

★IMPORTANT★

If there is a court order which stops anyone having contact with your child, please let us know of the details.

## HEALTH

The Department of Education and Training requires the following exclusion table to be observed in cases of infectious diseases:-

- *CHICKEN POX, MUMPS* - return when completely recovered.
- *MEASLES* - for at least seven days from the appearance of the rash or until a medical certificate of recovery is produced.
- *RUBELLA* - until fully recovered and at least four days from the onset of the rash.
- *WHOOPING COUGH* - for four weeks until a medical certificate of recovery is produced.
- *IMPETIGO* (School Sores) - until sores have fully healed.
- *HEAD LICE* - Children can return to school once their hair has been treated. To help prevent infestation we ask you to check your child's hair regularly, notify the school if your child becomes infested and keep your child's long hair tied back.

**\*Children enrolling at the Prep level are required to present an Immunisation Certificate for diphtheria, polio, tetanus, measles and mumps.**

## HEALTHY EATING

At Cardross Primary School we encourage students to make responsible choices when eating. Providing your child with nutritious and healthy foods during the day will ensure that their energy levels will remain high and assist them in concentrating in class. Please ensure that your child has enough food for both recess and lunch, although, please do not overload your child's lunchbox.

## LUNCH ORDERS

Lunch Orders are available each Monday and Friday. The Cardross General Store is our lunch order provider. Orders forms are available from the Main Office. Orders can be brought to school or placed at the store on these days.



## INTERVIEWS AND REPORTS

Staff provide students and parents with continuous feedback and work samples throughout the year via Compass, which parents can access at any time. This can create fantastic conversations with your child and opens up the doorway to discussions with classroom teachers.

Like many other schools, Cardross Primary chooses to run Student Led Conferences. These conferences take the place of parent teacher interviews and offer an approach in which the child is included and central to all discussions. Having students who are active participants in their learning journey is a cornerstone of the reporting process at Cardross. This is an extremely positive experience for all concerned and is a celebration of the work your child has completed throughout the year.

Overwhelming data tells us that children learn best when they are included in the development of learning goals and have ownership of their learning journey. If, at any time, you feel you would like to discuss your child's progress on a 1:1 level please feel free to make a time to do so – your involvement in your child's learning is extremely important to us.

## YOUR CHILD'S PROGRESS

At any given time the children in class will have reached different milestones in various subjects and skills. This is because all children are unique and the school provides a program to cater for these individual differences. Children learn at very different rates for a variety of reasons. Children's health, friendships, family circumstances and relationships with teachers influence their enthusiasm for learning. Children mature at different rates and this influences their learning rate and how they cope with demands of the classroom. Please continue to monitor your child's progress by regularly accessing our primary digital communication platform - Compass. If you have a particular concern, please discuss the matter with your child's teacher as early as possible.



## LABELLING OF CLOTHES, BAGS, DRINK BOTTLES AND LUNCH BOXES

The importance of clearly labelling children's clothes and possessions cannot be over emphasised. It is a fact of life that children will, at times, lose things especially children starting school. Each year a large box of often expensive, unlabelled clothing builds up at school in spite of teachers constant efforts to find owners. We would appreciate your support to reduce this frustrating task. Children sometimes remove their shoes for inside physical education activities. If children have laced shoes they should be able to tie them. It also assists young children to place a cross inside the inner side of each shoe to help them put shoes on the correct feet.

## LOST PROPERTY

Lost property is stored in a box in the cupboard opposite the Junior Unit classrooms and may be inspected by parents at any time. It is most important that all clothing is clearly marked with your child's name. Lost and unclaimed articles are disposed of at the end of each term. **The school cannot be held responsible for any items brought to school that are either lost, stolen or damaged.** Please do not allow your child to bring toys which are breakable or dangerous (including mobile phones and handheld games) in any way, to school. If found, they will be confiscated immediately.



## LUNCH ORDERS

Healthy and affordable lunch orders are delivered to our school every Monday and Friday from the *Cardross General Store*. Orders can be placed at school or directly at the store. Order forms are available from the Main Office.

## MEDICATION

To ensure the medications are administered appropriately to students in our care:

- Children who are unwell should not attend school.
- All parent requests to administer prescribed medications to their child must be in writing and must be supported by specific written instruction from the medical practitioner or pharmacist's including the name of the student, dosage and time to be administered. It will be stored in the school office.
- Classroom teachers should be informed by parents of prescribed medications for students in their charge and classroom teachers will release students at prescribed times so that they may visit the school office and receive their medications.
- **All students with Anaphylaxis or Allergies must have an up to date action plan and medication provided to the school by families on their child's first day.**
- All students with Asthma must have an up to date written Asthma Management Plan that will be filed in the school office. Parents/guardians are responsible for ensuring their children have an adequate supply of appropriate asthma medication (including a spacer) with them at school at all times.
- The school have staff trained in the administering of reliever puffers such as Ventolin, Airomir, Asmol or Bricanyl .
- A nebuliser pump will not be used by the school staff unless a student's Asthma Management Plan recommends the use of such a device.
- **If your child has anaphylaxis please ensure that an Epipen and action plan is given to the school.**

## SCHOOL HATS AND SUNSCREEN

You will be aware that skin cancer is a major problem in Australia. To help prevent problems in future years for our children Cardross is a Sunsmart school and as part of our policy the children need to wear a hat outside at all times.

Students are strongly encourage to wear a hat outside all year round, however, in Terms One and Four wearing a hat is **COMPULSORY**. Students without the correct hat must sit in the amphitheatre during their lunch and recess breaks, **NO HAT = NO PLAY!**

Our uniform shop has the approved style of hats for sale.

Please support our efforts to teach your child about the importance of being SunSmart, by providing your child with the appropriate hat. It is also advisable that your child has SPF 30+ sunscreen applied to exposed skin in Term One and Four.





## SCHOOL VOLUNTARY FINANCIAL CONTRIBUTIONS

Schools provide students with free instruction to fulfil the standard Victorian curriculum and we want to assure you that all contributions are voluntary. Nevertheless, the ongoing support of our families ensures that our school can offer the best possible education and support for our students. We want to thank you for all your support, whether that's through fundraising or volunteering your time. This has made a huge difference to our school and the programs we can offer. Within our school this support has always played an enabling role in the provision of resources that extend the school's capacity to add value to students' learning experience.



## SCHOOL CROSSING

Cardross has a School Crossing Supervisor who supervises the crossing between the hours of 8.15 and 9.00 am and 3.15 and 4:00pm. Children and parents are **strongly encouraged** to use the school crossing at all times.

## SCHOOL MEDICAL CHECK-UP

Children are screened by a Registered General Nurse in the Prep grade, and some other grades. A doctor will see children who have specific physical problems and interview parents regarding assistance. Notice is given and permission always sought.

## STUDENT WELLBEING AND ENGAGEMENT POLICY

The Cardross Primary School Student Wellbeing and Engagement Policy is regularly updated. The purpose of this policy is to reinforce the rights and responsibilities of students, staff and parents at Cardross Primary School to work in a secure and safe environment. Parents also have the right to expect that their children will be educated in a purposeful environment in which the principles of care, courtesy and respect for the rights of others are valued. The policy is subject to, and should be read in conjunction with, the relative DET regulations and guidelines.

## UNIFORM

Our school is proud of its uniform, which all pupils are encouraged to wear daily. Our school colours are navy, red / silver.

- Girls' summer uniform: blue and white check dress or navy shorts with school polo shirt, school hat
- Boys' summer uniform: navy shorts with school polo shirt, school hat
- Girls' winter uniform: Red school jumper / jacket, navy track pants with school polo shirt, school hat
- Boys' winter uniform: Red school jumper / jacket, navy track pants with school polo shirt, school hat

All school uniform items, including school backpacks, are available to purchase from the school at any time of the year. Please contact the office for an order form. In cooler months students are permitted to wear non-uniform coats, beanies and scarves over their school uniform whilst outdoors.

## 1:1 DEVICES

Cardross Primary has invested heavily in the 1:1 device program over the last ten years and this will continue in 2024. Children in Grades 4,5 & 6 are part of our BYOD program enhances the quality of our teaching and learning program across all areas of the curriculum. Students in Prep - Grade 3 have access to class sets of devices.



# HEALTHY HINTS FOR SCHOOL AND HOME

## BREAKFAST

It is important to encourage children to eat breakfast. A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning. Be a role model and let your child see you eat breakfast too. Suggestions include:

- Whole wheat breakfast cereals or porridge.
- Fresh fruits, yoghurts, fresh fruit juices and low fat milk.
- Whole meal or multigrain bread, muffins or crumpets to toast.
- Toast toppings, such as baked beans, eggs, cheese or spreads.
- Bread, rice cakes or crackers with spread. Vegetable pieces and dip.

### Healthy lunch suggestions:

- Fruit – fresh or dried.
- Vegetables such as carrot, snow peas, cucumber with dips (such as hummus).
- Wholemeal or multigrain bread.
- Sandwich fillings such as chicken, tuna and salad.
- Cheese with crackers.
- Dairy products such as yoghurt.
- Sweets and cakes are treats for special occasions and should not be in your child's lunch box every day.
- For more information on healthy foods and nutrition visit : <http://www.betterhealth.vic.gov.au/>





CARDROSS  
**PRIMARY SCHOOL**

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Victoria, Australia 3496

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[www.cardrossps.vic.edu.au](http://www.cardrossps.vic.edu.au)

