

Cook's Log

Principal News

I thought I'd share some interesting research about the use and effects of social media this week.....



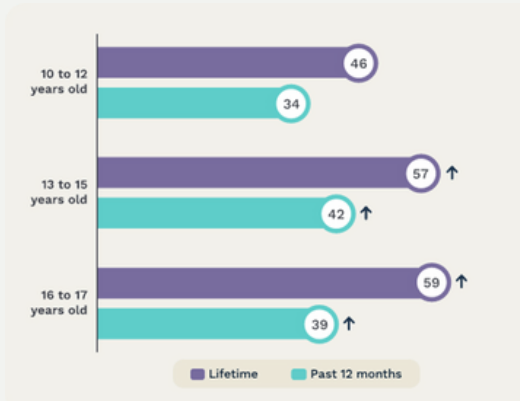
eSafety recently surveyed over 3,000 Australian children aged 10 to 17 years to determine the prevalence of online experiences and harms, including cyberbullying. [Our research](#) found more than 1 in 2 children have been cyberbullied at some point, with rates higher among trans and gender diverse children.

eSafety's [cyberbullying guide for parents and carers](#) can help you understand what it is, what to do if your family experiences it and how you can support young people to keep safe online. If your child is being cyberbullied, help is available. You can report to the platform, or eSafety if they can't help.

How common is cyberbullying among children in Australia?
eSafety surveyed 3,454 Australian children aged 10 to 17¹ years to determine the prevalence of online experiences and harms, including cyberbullying.²

Key findings that cyberbullying experiences are common.

Trans and gender-diverse children are more likely to be cyberbullied



81% of trans and gender-diverse children had experienced cyberbullying. (69% had experienced cyberbullying in the past 12 months.)⁴

Girls are more likely than boys to be cyberbullied

56% of girls had experienced cyberbullying, compared with 50% of boys.
(40% of girls had been cyberbullied in the past 12 months, compared with 35% of boys.)

Cyberbullying is more common among teens than younger children⁵

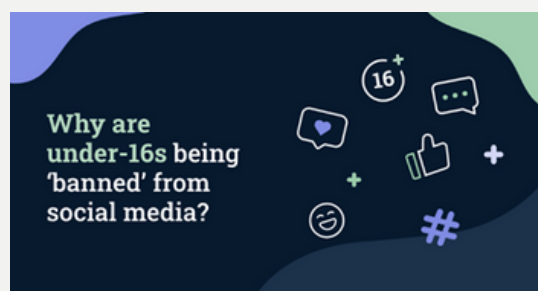


Children are bullied in many different ways online:

- 38% had someone say **hurtful things** to them online.
- 35% were purposely **left out** of an online activity.
- 25% had **humiliating or hurtful things** said about them online.
- 18% had **humiliating or hurtful lies** spread about them online.
- 17% had their **private messages, information or secrets shared**.
- 16% were **sent or tagged in offensive or upsetting** photos or videos.
- 13% were told online to **hurt or kill themselves**, or that they should die.
- 11% had **humiliating or hurtful photos or videos** of them shared online.
- 11% had someone say that they were going to **hurt or kill them**.
- 8% had someone **share their phone number, email or home address** online.

Helpful resources

eSafety's [Parents](#) section has advice about how to help children if they are being [cyberbullied](#). eSafety's [Kids](#) and [Young People](#) have advice about [what to do if someone is being mean to you online](#) and [bullying online](#).



From mid-December, Australian children under 16 will not be allowed to hold accounts on certain social media platforms. The age restrictions are likely to apply to Instagram, Facebook, Snapchat, TikTok and YouTube, among other platforms. Online gaming and standalone messaging apps are among a number of types of services that have been excluded.

It's not a ban. It's a delay to having accounts.

Being logged into an account increases the likelihood that they'll be exposed to pressures and risks that can be hard to deal with. These come from social media platform design features that encourage them to spend more time on screens, while also serving up content that can harm their health and wellbeing.

For example, the pressure to view disappearing content and respond to a stream of notifications and alerts has been linked to harms to health - these include reduced sleep and attention and increased stress levels.

While most platforms currently have a minimum age of 13 for account holders, delaying account access until 16 will give young people more time to develop important skills and maturity. It's breathing space to build digital literacy, critical reasoning, impulse control and greater resilience.

[Find out
more](#)

Rules for the use of social media are there for a reason. Please help us to help your children be and stay safe.

Some not-so-happy news.....

It with a great deal of sadness that I am sharing with you all that Sandi Tidey will be leaving James Cook Primary School, at the end of this term.

Sandi has been a favourite and much-loved member of the James Cook Family for over 16 years, and we are going to miss her so, so much. She has worn many hats during her time with us; as the Physical Education teacher, the Art Specialist, the Student Wellbeing Leader, and most recently as Acting Assistant Principal.



Sandi has seen countless students pass through our gates and is never too busy to make sure their needs are taken care of. She has been a regular Camps attendee and is always there for students and staff alike with a shoulder to lean on. Sandi's compassion and commitment to making sure all our students have the opportunity to become the best they can be is second-to-none.

With her great sense of fun, we enjoyed many special times with Sandi. Athletics Carnivals, Cross Country events, interschool sports, Art Shows, Mini-Fetes, Musicals and the many dress-up days. I think Sandi may have enjoyed them the most.

I do, however, send Sandi onwards with all of my best wishes for her new role, as I am sure you all do.

~ Anne



[#HERE4THEKIDS](#)



ANNE BURGESS
Principal

Class Attendance

ATTENDANCE



Week 4

Congratulations to:

3A

who had the highest attendance for the week at
98.12%.

Week 5

Congratulations to:

2D

who had the highest attendance for the week at
97.64%.





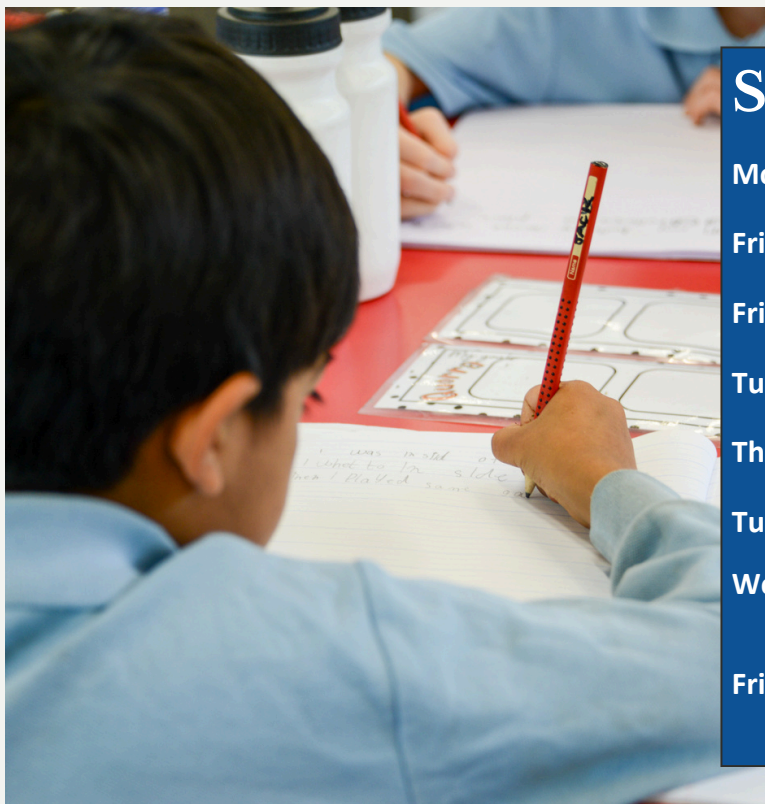
BOOK AN Adventure



2025 Children's Book Week®
16–23 August



Upcoming Events



SEPTEMBER

Mon 1st	Semper Dental Visit
Fri 5th	Father's Day Breakfast
Fri 5th	Father's Day Stall
Tues 9th	School Council
Thur 11th	R U OK Day
Tues 16th	Musical Rehearsals
Wed 17th	Division Athletics School Musical
Fri 19th	Footy Colours Day Last Day of Term 3- 2:30pm Finish

OCTOBER

Mon 6th	First Day Term 4
Tues 14th	School Council
Tues 28th	Prep - Year 4 Puffing Billy Excursion
Fri 31st	World Teacher's Day



Students of the Week

Week 3: 4th - 8th August 2025

FA

Rezwan

For doing a great job using your number knowledge when counting. Well done!

Asra

For doing a great job recognising the beginning sounds in words when writing. Well done!

1B

Zainab

For doing an excellent job of identifying and applying doubles and near doubles facts to solve addition problems. Well done!

Devansh

For showing excellent spelling skills. Devansh is using sounds to help him spell words accurately. Well done!

1/2C

Salman

For actively engaging in classroom discussions, sharing his ideas with confidence and showing great focus during our learning on the floor.

Georgie

For being an exemplary role model in our class. She leads by example every day with kindness, responsibility, and a positive attitude.

2D

Bella

For showing persistence and giving things a go, even when they feel tricky. Keep up the great work, Bella!

Vukan

For showing excellent focus and enthusiasm during our dance mob rehearsal. Well done!

3A

Adriana

For consistently demonstrating our expected behaviours and doing her best work in every task she attempts

Enayah

For her outstanding effort in her Soundwaves spelling test. Well done..

4B

Milad

For being a supportive team member during athletics day. Well done!

Setayesh

For her enthusiasm when finding and adding values of Australian money. Keep it up!

5A

Zainab

For demonstrating a strong work ethic and contributing positively to enhance the learning in our classroom.

Akuach

For working diligently to improve her written texts and including paragraphing to articulate her ideas.

5/6B

Akim

For his confidence and enthusiasm during musical practise.

Yasmeen

For her positive attitude towards her work.

Art

Matej (2D)

For his creative, plasticine model of a 'caterpillar' showing a good understanding of texture, shape and form.

Mary (56B)

For always setting a positive example and putting in her very best effort during art sessions.



Students of the Week

Week 4: 11th -15th August 2025

FA

Sajra

For doing a great job segmenting words during our reading activities. Well done!

Armaan

For doing a great job during our musical practice. Well done!

1B

Hakmatullah

For consistently showing a positive attitude towards all learning tasks. Hakmatullah is always willing to give everything a go. Well done!

Anisa

For improving her writing by checking and adding capital letters and full stops where needed. Keep up the great work Anisa!

12C

Tobias

For putting great thought into his narrative writing and creating a clear, detailed story.

Jessica

For confidently using 10 more and 10 less in her maths work.

2D

Abiei

For showing persistence and a willingness to challenge herself when solving and explaining her numeracy tasks.

Aleksandar S.

For showing great effort in including some complex sentences and interesting vocabulary in his Cold Write, with an ending that makes the reader curious.

3A

Amir

For his terrific effort in using descriptive vocabulary in his Cold Write. Keep it up, Amir!

Delaney

For consistently showing our classroom expectations and kindness to others.

4B

Reem

For completing class tasks diligently and coming to school with a positive attitude. Well done!

Haseeb

For his fantastic predictions and analysis during our whole class read 'The Legend of Moondyne Joe'. Well done!

5A

Zahida

For demonstrating a strong sense of responsibility and commitment towards her learning.

Uzmaan

For consistently demonstrating a positive and respectful attitude, fostering a supportive and inclusive classroom environment.

5/6B

Amrin

For settling into James Cook PS and being persistent with completing tasks that are new.

Dharsh

For demonstrating empathy and compassion to his peers.

Art

Aniyah (12C)

For her creativity, originality and effort in her Art work.

Sosan (3A)

For showing outstanding skills in drawing and the use of different medias in Art.

Mandarin

Jaksa (3A)

For being very kind to the classmates in the Mandarin session.

Alina (5A)

For using her great manner and showing excellent effort on Mandarin tasks.

Module 2

Prep, Year 1 & Year 2

WHAT WE ARE WORKING ON

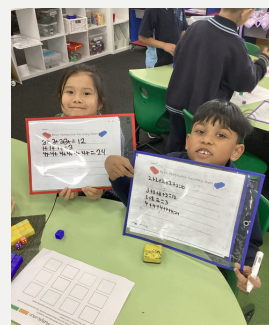
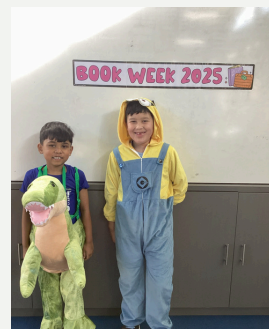
- Module 2 along with the rest of the school celebrated book week! The theme this year was 'Book an Adventure' and students enjoyed participating in several book week activities!
- We explored several of the CBCA book week books such as We live in a bus, The Wobbly bike and the Truck Cat.
- Students enjoyed completing a 'drop everything and read' time where we stopped right before lunch and took a book to a special place to enjoy reading.
- We also celebrated by dressing up in theme on Thursday to celebrate the week.
- Prep's read a special puppet version of There Was An Old Lady Who Swallowed a Fly and enjoyed reading this outside in the sunshine. Prep's have been working hard in their reading groups and building their comprehension skills.
- In Maths, prep's have been looking at different patterns, and using materials from the garden to create different pattern work. Next week we will explore patterns by making necklaces.
- In numeracy the grade 1's and 2's have also been introduced to repeated addition. Students have been finding the patterns and making addition groups

UPCOMING EVENTS/NEWS

- Students are busy working on their musical dance and songs!
- Students will be further consolidating their literacy and numeracy skills to complete the rest of the term.

FUTURE LEARNING

- The musical is fast approaching. We will have the musical at the Drum Theatre on Wednesday the 17th of September.
- Please ensure you have paid for this



Module 3

Year 3 & 4



WHAT WE ARE WORKING ON

- Bookweek is a very exciting time looking at lots of new books.
- Dance Mob rehearsals are intensifying and we are also starting to gather together items for our costumes.
- Our students have spent some time revising their fractions and work with money.
- We have been consolidating our understanding of arrays and multiplication.

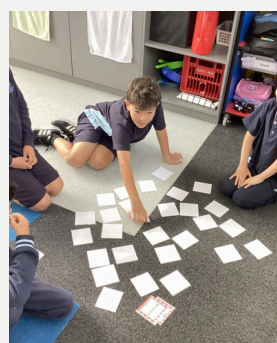
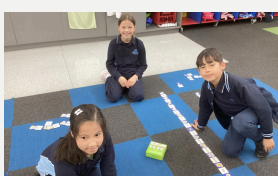
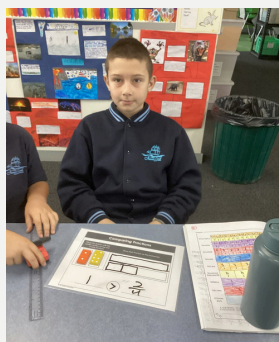
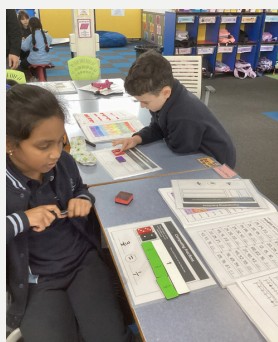


FUTURE LEARNING

- We will be moving our work in arrays to measurement and area as well as division.
- Module 3 will be taking a closer look at the elements and structure of our narrative writing.

UPCOMING EVENTS/NEWS

- Father's day breakfast and stall will be held on the 5th of September.
- Musical dress rehearsal

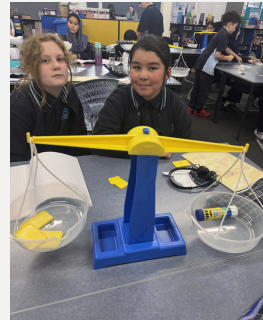
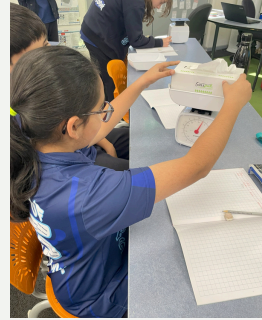


Module 4

Year 5 & 6

WHAT WE ARE WORKING ON

- Poetry with figurative language - Metaphors
- Sentence structure
- Expanding vocabulary and use of figurative language in our writing
- Measuring and converting metric units of mass and capacity
- Multiplication strategies
- Book week activities and celebrations
- Preparation for mini fete
- Musical practise and preparation



FUTURE LEARNING

- Poetry - alliterations, similes, onomatopoeia
- Multiplication and Division strategies
- Measurement - Area and Perimeter
- Preparation for mini fete
- Musical practise and preparation



UPCOMING EVENTS/NEWS

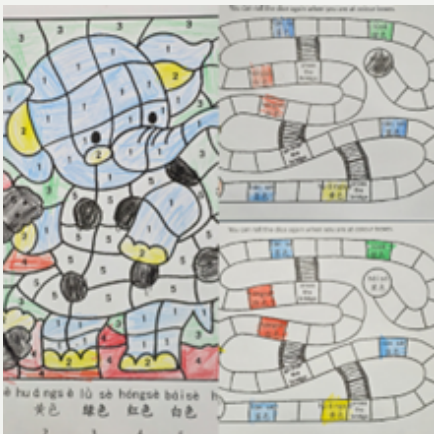
- Musical Wednesday 17th September



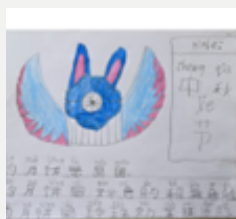
Mandarin

WHAT WE ARE WORKING ON

In Term 3, students in junior year levels started learning Mandarin words about colours through songs, games and coded colouring.



Students in middle and senior year levels discovered the Mandarin language, cultural elements and traditions behind the Moon Festival through various activities. They also started to apply their understanding of Mandarin multi-digit numbers in games, conversations and their writing.



15	十五	115	一百一十五
52	五十二	124	一百二十四
36	三十六	126	一百二十六
37	三十七	3137	三千一百三十七
248	二百四十八	4138	四千一百三十八
116	一百一十六	56120	五万六千一百二十
115	一百一十五	15	十五
124	一百二十四	12	十二
126	一百二十六	30	三十
3137	三千一百三十七	17	十七
4138	四千一百三十八	20	二十
56120	五万六千一百二十	60	六十



In Mandarin, the Moon Festival is called "zhong qiu jie". It has been considered as the Asian Thanksgiving Day, which involves family reunions, harvests, and expressions of gratitude. The Moon Festival 2025 will be on 6th October, Monday.



Everyone will



when we all follow our "Matrix of Expectations."

Let's just 	 Safe Protecting yourself and others	 Responsible Looking after yourself and making good choices	 Respectful Looking after people and property
ALL SETTINGS	<ul style="list-style-type: none"> We keep our hands and feet to ourselves. We use property and furniture for its correct purpose. We transition in two lines. We tell a staff member if something is wrong. We stay in designated areas. 	<ul style="list-style-type: none"> We return equipment to its rightful place. We put rubbish in the correct bins. We keep all our belongings in their correct place. We follow instructions from staff. We wait quietly when lining up. We ask for help when needed. We admit our mistakes. 	<ul style="list-style-type: none"> We share school property. We wear the correct school uniform. We take turns. We use please, thank you and excuse me. We ask before touching others' belongings. We transition quietly during learning times. We let other out the door before entering.
TOILETS	<ul style="list-style-type: none"> We give others privacy. We wash our hands with soap. We report problems to a staff member. 	<ul style="list-style-type: none"> We close the door when in use. We flush the toilet. We leave when finished. 	<ul style="list-style-type: none"> We use toilets for their correct purpose. We are quiet. We wait our turn.
LEARNING AREAS	<ul style="list-style-type: none"> We get permission before leaving. We walk inside. We remain properly seated during learning times. 	<ul style="list-style-type: none"> We have our tools and equipment ready. We are on time. We complete our work on time. We stay on task to reach our goals. 	<ul style="list-style-type: none"> We are quiet during independent learning times. We allow others to stay on task. We wait our turn to speak.
OFFICE	<ul style="list-style-type: none"> We use the correct doors. We listen to office staff. We sign in and out, when we are late or leaving early. We return to class straight away. 	<ul style="list-style-type: none"> We bring one person only with us to first aid. We sign our mobile phone in and out. We place all payments and forms in the post box. 	<ul style="list-style-type: none"> We wait until the first aid adult invites us in. We enter the office quietly. We wait our turn.
PLAY AREAS / OUTDOORS	<ul style="list-style-type: none"> We walk on ramps. We stay in the correct play areas. We leave sticks, rocks and stones on the ground. 	<ul style="list-style-type: none"> We move to the Module as soon as the music starts. We ask the yard duty teacher for help if needed. We bring our equipment and belongings in after play. 	<ul style="list-style-type: none"> We discuss, agree to and follow the rules of the game. We accept or decline politely others' playing choices.
ICT	<ul style="list-style-type: none"> We only use sites on Bookmarks. We use our own log in details. We keep our passwords private. We walk with our Chromebook. 	<ul style="list-style-type: none"> We adhere to the ICT user agreement. We carry our Chromebook as instructed. We return our Chromebook to the charging area. We plug in the charger. 	<ul style="list-style-type: none"> We remove our earbuds when the teacher is giving instructions. We half-close the lid when the teacher is speaking. We keep our hands off the keyboard when the teacher is giving instructions.



JAMES COOK PRIMARY SCHOOL MATRIX OF EXPECTATIONS

Our goal is to build successful and responsible learners, in a safe and respectful environment.

Community News

iROCK
MUSIC SCHOOL



James Cook
Primary School

IROCK@SCHOOL

WANNA ROCK AT JAMES COOK?

**COME LEARN AN INSTRUMENT WITH THE
IROCK TEAM TODAY!**

PRICES START FROM \$25* PER LESSON

OR CALL US ON 1-3000-IROCK

WANT TO FIND OUT MORE ABOUT WHAT WE DO?

WWW.IROCKMUSICSCHOOL.COM.AU

VOCALS, GUITAR, DRUMS, BASS, UKULELE AND KEYBOARD

Unleash
your
inner
ROCKSTAR

OR HEAD TO FACEBOOK AND
SEND US A MESSAGE!



*\$25 EXCLUDES GST

Community News



North Dandenong Cricket Club

JUNIOR Summer Cricket 2025-26

COME AND JOIN THE FUN

WHY PLAY CRICKET AT NDCC:

- SAFE ENVIRONMENT
- HELPS BOOST THEIR HEALTH AND CONFIDENCE
- TEACHES THEM PERSONAL SKILLS
- KEEPS THEM ACTIVE WHILE HAVING FUN
- GETS THEM OUTSIDE INTO THE FRESH AIR
- PROVIDES AN OPPORTUNITY TO MEET OTHERS
- HELPS THEM TO DEVELOP NEW SKILLS
- IS A GAME FOR ALL ABILITIES.

JUNIOR TEAMS AGES U10-U18 & WOOLIES BLASTER

FOR MORE INFO CONTACT:

Vimal Ranganath - 0413404659
Rohullah Habibi - 0470369227






MOONLIT SANCTUARY

SPRING HOLIDAY CLUB

JNR KEEPER CLUB

Ages: 7-14

9:00am-2:00pm

Registration Fee \$104

Become a Junior Keeper for a Day and experience life behind the scenes at Moonlit Sanctuary.

- Meet and feed our amazing Australian animals
- Help with real-life wildlife care
- Learn about conservation and animal behaviour
- Get hands-on with enrichment activities, animal diets and more

Unplug the devices and send your junior explorer off for an unforgettable day with real keepers, real animals, and real adventures.

Moonlit Sanctuary
the best way to see Aussie animals

Learn more: moonlitsanctuary.com.au Info : (03)5978 7935






Youth Road Safety Fact Sheet



Whether you're biking or riding an e-scooter, follow these simple road safety tips to stay safe and have fun on the move!

MODIFIED OR PETROL POWERED BICYCLES

- Illegal.



MOTORBIKES

- To ride on or offroad it must be registered with a full or recreation registration
- Helmet must be worn at all times.



E-BIKES

- 25 km/h MAX speed
- Motor cannot provide power at speeds higher than 25km/h
- Helmet must be worn at all times
- No passengers
- Cannot be ridden on footpaths.



E-SCOOTER

- Be aged 16 yrs or over
- Max speed 20 kmph
- Helmet must be worn at all times
- No passengers
- Cannot be ridden on footpaths.



For more information, visit police.vic.gov.au/road-safety

PUBLIC

School Holiday special – Bus trip to CERES Environmental Park
Green Living in Casey



2025

Hop on the Eco-Bus: A Fun Family Adventure to CERES Park 🚌 🌿
Thursday, 25 September, from 8:30 am to 5:30 pm
\$10 per person



Ready for an awesome family adventure?

Casey is hosting a bus trip to CERES Environmental Park in Brunswick during the school holidays.

It's all about learning how to reduce waste and tackle climate change, with two cool sessions and plenty of free time to explore the park.

CERES is packed with fun stuff like market gardens, community gardens, playgrounds, a shop, nursery, bulk food co-op, and loads of educational opportunities. Plus, there are composting toilets – how cool is that?

The trip is perfect for both adults and kids (6 and up), but remember, kids need to bring an adult. The bus will take a round trip from and back to Bunjil Place in Narre Warren. You can bring your own snacks or grab something at the on-site cafe.

The cost is just \$10 per person. Please let us know if that cost is a barrier at eduwaste@casey.vic.gov.au

Here is the event post for more details: <https://www.facebook.com/share/19swNhxQcM/>

Booking link: <https://events.humanitix.com/school-holiday-ceres-environmental-park>

Join the [Green Living in Casey](#) Facebook group to keep up to date with waste and sustainability events and information.

Scan for the latest version of this flyer and direct links to book in for Casey's green events.

Community News

FREE

Father's Day Family Event

Bunnings Dandenong



BUNNINGS
warehouse

Thursday 4th of September
5:00pm – 7:00pm

Activities and fun for the whole family

Join us instore & enjoy a night filled with FREE Father's Day activities, face painting, entertainment, refreshments & lots more!! Bookings Essential via our QR code!
101 Princes Highway, Dandenong South

Don't miss out, register now!



Scan Me

BUNNINGS
warehouse

