JAMES COOK PRIMARY SCHOOL
Issue 17 - 9th October 2026

Cook's Log

Assistant Principal News

Welcome Back to Term 4
Welcome back to Term 4. We hope all our families enjoyed a relaxing break and are feeling refreshed and ready for a busy and exciting final term of the year.
There is plenty to look forward to this term, including our Year 6 Graduation, swimming program, iRock Extravaganza and Mini Fete, along with the Melbourne Cup long weekend. We look forward to sharing these special events and celebrating the many achievements of our students as we finish the year together.

Keeping Our School Community Safe
A friendly reminder to all families that student safety is our priority, particularly during busy drop-off and pick-up times. Please help us keep everyone safe by following these important guidelines:

- **Park in designated parking spaces** on the street. Please do not park in the staff car park or the kindergarten car park.
- **Do not make U-turns in front of the school.** This creates additional risks for children and families entering and leaving the school grounds.
- **Drive slowly and remain alert** around the school, watching carefully for children and families crossing the road or moving between vehicles.



We understand that drop-off and pick-up times can be busy, but a little extra care and patience makes a big difference. Thank you for working with us to keep our students, families and staff safe.

JAMES COOK PRIMARY SCHOOL
Issue 17 - 9th October 2026

Cook's Log

Assistant Principal News

Summer Uniform – School Hats



With Term 4 bringing the warmer weather, **school hats are compulsory** when students are outdoors. Please ensure your child brings their school hat each day and is ready to enjoy outdoor activities safely.

If your child needs a school hat, please contact the office for assistance.

Icy Poles Are Back!



A little treat for the warmer weather! Icy poles will be available for purchase on **Mondays, Wednesdays and Fridays** for just 50 cents each. Students can look forward to enjoying a cool treat during the week.

We look forward to a wonderful Term 4 filled with learning, celebrations and memorable experiences. Thank you for your continued support and for helping us make our school a safe, welcoming and positive place for everyone.



~ Tracie



Tracie Schwarz
Assistant Principal

Upcoming Events





OCTOBER

Mon 12th	Year 6 Graduation Photos
Tues 13th	School Council Meeting
Mon 19th	Whole School Incursion Boori Monty Pryor: Indigenous Author & Storyteller
Fri 30th	World Teachers' Day







NOVEMBER

Mon 2nd	Curriculum Day (Pupil-Free Day)
Tues 3rd	Melbopurne Cup Public Holiday
Wed 11th	Rememberance Day Mini Fete
Fri 13th	World Kindness Day
Tue 17th	School Council Meeting
Mon 23rd - Tue 1st Dec	Swimming Program





Students of the Week

Week 1: 2026

00T

Wakman

For making a fantastic start at our school and settling into our class so well. We are very happy to have you as part of our class.

Mirha

For consistently being friendly and polite and showing respect to others.

12W

Lucas

For his fantastic start at James Cook PS and settling in positively with his new class.

Mahalia

For making a wonderful start at James Cook PS and settling in really well with her new class.



12E

Fathima

For her growing confidence across all areas of learning and for working well with her classmates.

Pranav

For his enthusiastic approach to all learning tasks and for being a respectful and encouraging member of our class.



34S

Kahtana

For following classroom expectations and being a fantastic listener. Keep it up!

Shahida

For settling in to our class so well and builiding connections with other students. Well done!



34H

Nikola

For his enthusiastic approach to all learning tasks and for being a respectful and encouraging member of our class.

Hasina

For following classroom expectations and being a fantastic listener. Keep it up!

Bella

For making good choices and making a good start to the term.

Students of the Week

Week 1: 2026

Proud of you

Awesome!

Perfect

56R

Hania

For always putting forward her very best effort in every task she tackles. Well done!

Sahil

For contributing to class discussions and willingly sharing his thoughtful responses.

Liam

For making good choices and making a good start to the term

P.E

Eric 34S

For demonstrating great balance, coordination and technique when taking an overhead mark in AFL football during PE.

Nooria 34S

For displaying great determination and skill when handballing an AFL football through a target in PE this week.

Salar 56R

For correctly using his knees and arms when jumping over a mat to take a 'specky' overhead mark in AFL football in PE.

56L

Bekir

for sharing his ideas and contributing thoughtful responses during our text study.

Ibrahim

for being a wonderful help in our classroom and always willing to lend a hand.

Mahtab

for being a quiet but consistent participant in our classroom and always listening carefully.

Fantastic!

amazing!!

Everyone will  when we all follow our "Matrix of Expectations."

Let's just ..... 	 Protecting yourself and others	 Looking after yourself and making good choices	 Looking after people and property
ALL SETTINGS	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.	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.	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	We give others privacy. We wash our hands with soap. We report problems to a staff member.	We close the door when in use. We flush the toilet. We leave when finished.	We use toilets for their correct purpose. We are quiet. We wait our turn.
LEARNING AREAS	We get permission before leaving. We walk inside. We remain properly seated during learning times.	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.	We are quiet during independent learning times. We allow others to stay on task. We wait our turn to speak.
OFFICE	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.	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.	We wait until the first aid adult invites us in. We enter the office quietly. We wait our turn.
PLAY AREAS / OUTDOORS	We walk on ramps. We stay in the correct play areas. We leave sticks, rocks and stones on the ground.	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.	We discuss, agree to and follow the rules of the game. We accept or decline politely others' playing choices.
ICT	We only use sites on Bookmarks. We use our own log in details. We keep our passwords private. We walk with our Chromebook.	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.	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

JAMES COOK PRIMARY SCHOOL MATRIX OF EXPECTATIONS

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

LOST PROPERTY ANNOUNCEMENT

James Cook Primary School

There are a number of clothing items currently in lost property.

If your child is missing any clothing, you may visit your child's module in between 3:00 - 3:15pm.



To assist with the return of misplaced items, we kindly ask that all children's uniforms and belongings are clearly labelled.

Labelling can be done using a black permanent marker or iron-on labels. This simple step greatly reduces the likelihood of items being lost or unclaimed.



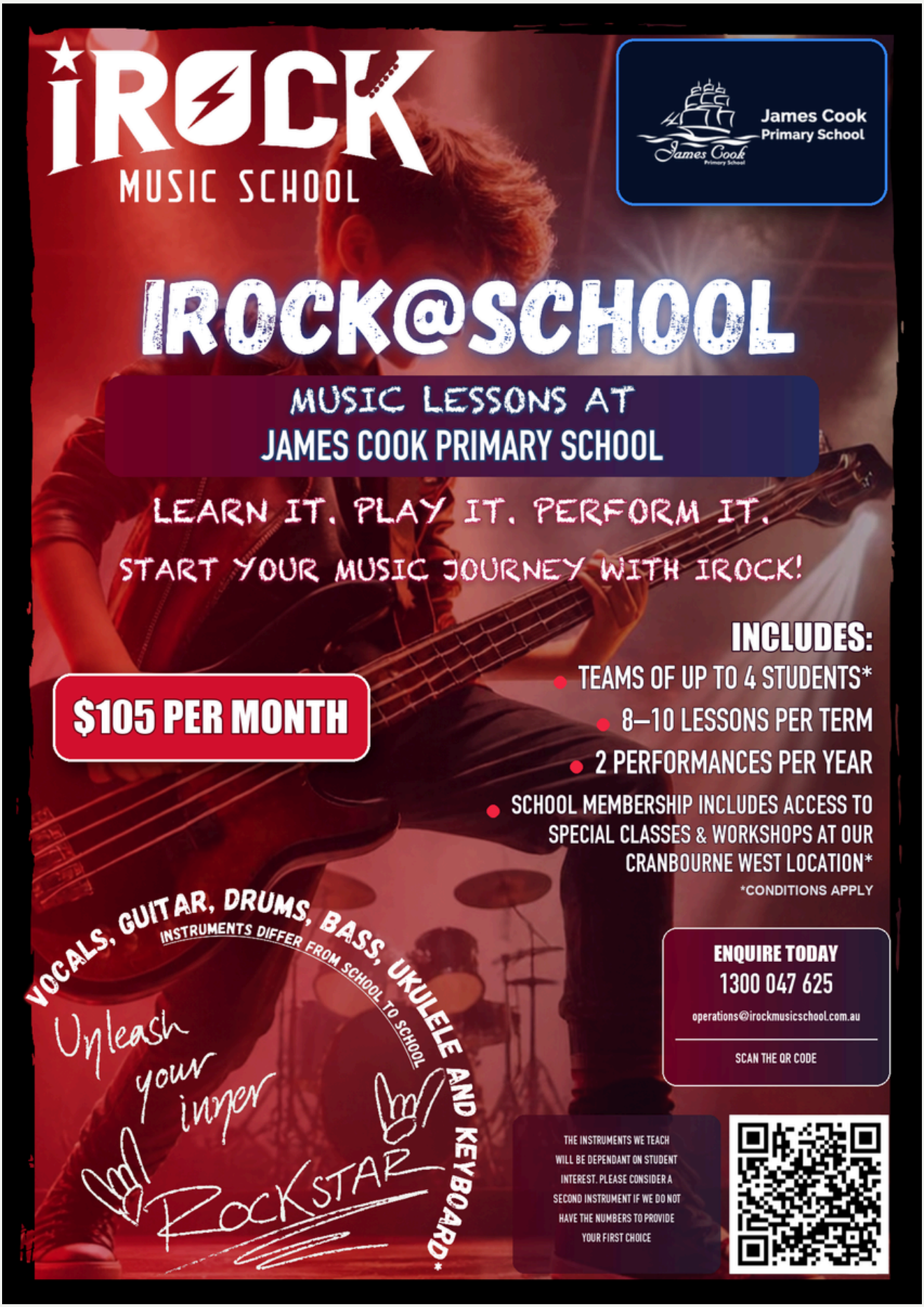
FOOD PANTRY

Every Wednesday

8:30am - 9:00am

Module 4

Community News



October Activities for dads & kids in Casey

OCT
02/16/30
7.00 PM
The Meetup men's group

OCT
17
10.00 AM - 11.30 AM
Gardening Together

OCT
18
9.00AM - 11.00 AM
Pancake breakfast

OCT
22
7.00 PM
Jump Start men's group

OCT
24
1.00 PM - 2.30 PM
First-time Dads Community Catch-up

OCT
26
6.30 PM - 7.30 PM
Blokes & Bubs Evening story & play time

SEPT
30
6.30 PM - 8.00 PM
Halloween BBQ and fancy dress

The community-led groups are supported by:

VICTORIA State Government
City of Casey
Dads Matter (it's a family thing)

52nd KNOX ART SHOW

https://knoxartshow.org.au









SEE SOMETHING EXTRAORDINARY

Step into a vibrant celebration of creativity at the **Knox Art Show**. Explore an inspiring collection of original works, discover talented local and regional artists, and perhaps find the perfect piece to take home. Bring your family and friends—everyone is welcome.

WHEN	WHERE	ENTRY
Saturday 7th to Sunday 8th November 10:00am to 4:30 pm	Churchill-Waverley Golf & Bowls Club 82 Bergins Road Rowville	Adults $10 Concession $8 Children under 18 FREE

COME FOR THE ART. STAY FOR THE INSPIRATION.

Save the date • Invite a friend • Support our local community

For more information click here

Rotary Bayswater and Rowville - Lysterfield

Knox Art Show Website

Proudly supported by Knox City Council

The Knox Art Show has been supported by a grant from the Knox City Council Community Development Fund



Circle of Security Parenting™ (City of Casey)

An 8-session program designed for parents of children aged 4 months to 6 years.

Ever puzzled by your child's behaviour or unsure how to respond to their needs? Imagine understanding what your child is truly asking for - and knowing exactly how to respond.

Grounded in decades of research, the *Circle of Security Parenting™* program helps you build a stronger, more secure relationship with your child.

What You'll Learn:

Read emotional cues:
Interpret and respond effectively to your child's emotional cues.

Boost self-esteem:
Build your child's confidence and sense of security.

Build emotional resilience:
Give your child tools to manage big feelings.

Trust your instincts:
Tap into your natural wisdom and confidence as a parent.

Please note: *This program is in partnership with the City of Casey and designed for parents/carers living in the City of Casey only. Please note children cannot attend the sessions, however* ***FREE CHILDCARE*** *is available for your convenience.*

City of Casey

Uniting

COST
Free
(Registration essential)

DATES
Mondays (8 sessions)
Oct 19, 26 | Nov 2, 9, 16, 23, 30 | Dec 7

TIME
10:00 am – 12:00 pm

VENUE
Bunjil Place Library
2 Patrick Northeast Dr
Narre Warren VIC

REGISTER HERE
https://bit.ly/3UUwiBE

ENQUIRIES
(03) 9704 8377
groupwork.south@vt.uniting.org



Bringing Up Great Kids

(Narre Warren)

***Bringing Up Great Kids (BUGK)* is a free 6-week program designed to help parents and carers of children aged 2–12 build stronger, more meaningful relationships with their kids.**

Discover mindful parenting tools to better understand your child's needs, manage everyday challenges, and strengthen family bonds.

What You'll Learn:

Understand your child's world:
Gain insights into brain development and what drives child behaviour.

Improve communication:
Learn mindful, calm ways to connect and respond to your child.

Refine your parenting style:
Reflect on what shapes your parenting and overcome daily challenges.

Prioritise self-care:
Build strategies to support your own wellbeing alongside your family's.

Please note: *Open to parents/carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. To keep this a dedicated space for parents to connect and focus on themselves, children are unable to attend.*

COST
Free
(Registration essential)

DATES
Wednesdays (6 sessions)
Oct 21, 28 | Nov 4, 11, 18, 25

TIME
10:00 am – 12:30 pm

VENUE
Uniting Narre Warren
55 Webb Street,
Narre Warren VIC

REGISTER HERE

https://bit.ly/4qRWDZR

ENQUIRIES
(03) 9704 8377
groupwork.south@vt.uniting.org

Uniting



Tuning in to Teens™

(Endeavour Hills)

This engaging 6-session program is designed for parents and carers of adolescents aged 10 to 18 years.

Based on an easy-to-follow, 5-step emotion coaching approach, *Tuning in to Teens™* empowers families to build stronger relationships and support their teen's emotional well-being. Join us and make a lasting impact on your family!

What you'll learn:

Understand emotional intelligence:
Learn how to nurture your teen's emotional growth and awareness.

Coach through big feelings:
Gain confidence in helping your teen navigate intense emotions.

Build problem-solving skills:
Equip your teen with tools to manage emotions, resolve issues, and handle challenges.

Handle conflict constructively:
Teach your teen healthy ways to manage conflict and build lasting resilience.

Please note: *Open to parents/carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. To keep this a dedicated space for parents to connect and focus on themselves, children are unable to attend.*

COST
Free (Registration essential)

DATES
Mondays (6 sessions)
Oct 12, 19, 26 | Nov 2, 9, 16

TIME
10:00 am – 12:30 pm

VENUE
Chalcot Lodge Family & Community Centre
26 Haverstock Hill Close
Endeavour Hills VIC

REGISTER HERE
https://bit.ly/4ylPnLA

ENQUIRIES
(03) 9704 8377
groupwork.south@vt.uniting.org

Anglicare Victoria | PARENTZONE

Uniting



Parenting and Mental Health Workshops

Uniting, in partnership with Families Where a Parent Has a Mental Illness (Monash Health), is pleased to offer a **three-session Parenting and Mental Health Workshop Series** for parents who are navigating their own mental health challenges.

Together, we will explore:

- Hands-on, realistic self-care strategies that fit into family life
- Personal wellness and recovery planning
- Helpful local services, supports, and activities for the whole family

Enjoy a provided morning tea, along with plenty of take-home resources to support your parenting journey.

Enquiries:
Ph: 9704 8377 **Email:** groupwork.south@vt.uniting.org

Important details: Open to parents and carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. This series focuses solely on personal wellbeing (not parenting strategies or clinical care). To keep this a dedicated space for you to recharge, children are unable to attend.

VICTORIA State Government

the bouverie centre FAMILY INSTITUTE

The Victorian FaPMI Program
Families where a Parent has a Mental Illness

MonashHealth

Uniting

COST
Free (Registration essential)

DATES
Thursday 22 October
Thursday 29 October
Thursday 5 November

To get the most out of the program and build connections with the group, participants are asked to attend all three sessions.

TIME
10:00 am – 12:30 pm

VENUE
Outlook Community Centre
24 Toomuc Valley Road, Pakenham VIC

REGISTER HERE

https://tinyurl.com/2bz5xdj8



Parenting Groups.

Join a parenting group for practical strategies and support.

We can help if you are looking for support to:

- Develop your parenting skills
- Build confidence as a parent

We offer free group programs to provide support and information to strengthen parent-child relationships and provide practical knowledge and skills development to support you with the challenges of parenting.

Our groups create a safe space for you to build connections with other parents. Engaging with others through parenting groups and sharing common issues with other parents can help to build on your support network and reduce any feelings of isolation.

These groups are available exclusively to caregivers living in the City of Casey, Cardinia Shire, or Greater Dandenong.

Further Information:

To learn more about the parenting groups we offer in the **City of Casey**, **Cardinia Shire**, and **Greater Dandenong**, and to receive updates about upcoming sessions, please click the link below or scan the QR code to register your interest.

https://forms.office.com/r/NaLZJ39cga

Contact us:

P: 9704 8377

E: groupwork.south@vt.uniting.org

Uniting

PUBLIC

POP UP PLAYGROUP

Discover Learn Play

The City of Casey free 'Pop-up Playgroup' Term 4 2026

Come along and enjoy playgroup activities outdoors with your child, music, art, reading, blocks, imaginary, sensory and active play.

You can also pick up information about Community Playgroups, Maternal and Child Health, Kindergarten and other community services.



Eddie Barron Reserve

21A Bemersyde Dr, Berwick

https://maps.app.goo.gl/UQZmyKYUsF9GRqQy7

Wednesday 7 October	9:30 am – 11:00 am.
Wednesday 14 October	9:30 am – 11:00 am.
Wednesday 28 October	9:30 am – 11:00 am.

Zanda Park

216 Alexander Boulevard, Clyde North

https://maps.app.goo.gl/WiW5p2mTHrFiUEGC9

Wednesday 4 November	9:30 am – 11:00 am.
Wednesday 11 November	9:30 am – 11:00 am.
Wednesday 25 November	9:30 am – 11:00 am.



Please note Pop-up Playgroup is an outdoor event.
Please bring water, snacks, and spare clothes.
No bookings are required.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 43 320 295 742

TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 مترجم شفاهي ਦੁਭਾਸ਼ੀਆ සහෙ පරිවර්තක

PUBLIC

POP UP PLAYGROUP

Discover Learn Play

City of Casey

The City of Casey free 'Pop-up Playgroup' Term 4 2026

Come along and enjoy playgroup activities outdoors with your child, music, art, reading, blocks, imaginary, sensory and active play.

You can also pick up more information about Community Playgroups, Maternal and Child Health, Kindergarten and other community services.



Junction Village Recreation Reserve Playground

33 Craig Road, Junction Village

https://maps.app.goo.gl/kqzWNBToTyZusy8E9

Thursday 8 October	9:30am – 11:00am.
Thursday 15 October	9:30am – 11:00am.
Thursday 29 October	9:30am – 11:00am.
Thursday 5 November	9:30am – 11:00am.

Wildbloom Playground

Corner of Mellow Place & Ochre Street, Clyde North

https://maps.app.goo.gl/1XmWppyBdChiyQzYA

Thursday 12 November	9:30am – 11:00am.
Thursday 19 November	9:30am – 11:00am.
Thursday 26 November	9:30am – 11:00am.



Please note Pop-up Playgroup is an outdoor event.

Please bring water, snacks, and spare clothes.

No bookings are required.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 43 320 295 742

TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 مترجم شفاهي ਦੁਭਾਸ਼ੀਆ සහාය වේවැයය

CASEY.VIC.GOV.AU

PUBLIC

POP UP BABY PLAYGROUP (Babies 0 - 12 months)

City of Casey

Discover Learn Play

The City of Casey is hosting free Pop-up Baby Playgroup

Where: **Dharrang Balit Community Centre**

51 Sovereign Avenue, Clyde North

https://maps.app.goo.gl/JZVsYrViFELCKqGWA

When: Tuesday 6 October 2026 – Tuesday 8 December 2026 (excluding Melbourne Cup Public Holiday)

Time: 10:30 am – 12:00 pm





Come along and experience a range of activities for babies aged **0 to 12 months**. Enjoy singing, playing and sharing activities that you and your baby could do at home whilst connecting with other families. Bring your own snacks, water and a change of clothes for baby.

No bookings are required.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseycc@casey.vic.gov.au
Phone: 03 9705 5200
Post: PO Box 1000, Narre Warren VIC 3805
NRS: 133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:

Narre Warren: Bunjil Place, Patrick Northeast Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 43 320 295 742

TIS: 131450 (Translating and Interpreting Service) المترجم الفوري 翻译 مترجم شفاهی ਦੁਭਾਸ਼ੀਆ සහස පරිවර්තක

CASEY.VIC.GOV.AU

Casey North Community Information & Support Service

FM9.25

Food and Emergency Assistance

🥗 Do you need food or emergency support?

We provide **material aid** for people and families experiencing crisis or emergency situations.

✓ What support can we provide?

- 🛒 Food hampers / pantry items when available
- 🎟️ Food vouchers
- 💊 Help with some medical prescriptions
- 🚿 Shower passes

👥 What to expect when you visit

Our staff and volunteers will:

- 👂 listen to your situation (listen to you about your situation)
- 📝 complete a short assessment
- 🧑‍🤝‍🧑 work with you to find the right best support available

🔁 Ongoing support

Our funding is limited, so we will not be able to provide ongoing support. We can help you to **connect with other food relief agencies** if you need continued assistance.

🤝 We can also help with

- ➡️ referrals to other community services & organisations
- ➡️ referrals to financial counselling for budgeting and money management
- ➡️ finding better utility providers (electricity and gas)
- ➡️ organising setting up payment plans

Please note: we cannot pay utility bills, but we will help you explore your options.

🌍 Language support 🗣️

Telephone Interpreter Services are available.

You don't have to go through this alone - We're here to help.