Dear Parents, Staff and Students,

Throughout the week we have visited many classrooms across the school, focussing on the instruction provided and the work being produced by students. There is a clear focus on ensuring we are setting high expectations while providing instruction that meets the needs of students. These visits play an important role in our whole staff professional learning program.

We are all looking forward to tomorrow’s Cyber Safety Buddy Day. The day is about increasing awareness of safe ‘on line’ behaviours— avoiding cyber bullying and being smart, safe and responsible when using the internet. Please see the ‘Guide To Online safety’ which accompanies this newsletter for further information.

Next week School Council will be sending home a survey about ‘Before and After School Care’ services. The purpose of the survey is to ensure the service is able to meet the needs of all our families. It would be greatly appreciated if you could complete the survey when it is received.

Footy Theme Trivia Night
We would like to remind all families of our second annual Trivia Night to be held on Saturday 10th of August. The night is a great opportunity to join in a night of fun with members of our community. Please contact the office if you would like more information.

Parent Teacher Interviews / 3 Way Conferences Reminder
Semester 2 Parent teacher interviews will be held on Tuesday 13th August for Year P-2 and Wednesday 14th August for Years 3-6. We have now extended the times available to meet with specialist teachers Mrs Keenan, Mrs Rowan and Mr Schumann to between 1:00—5:30pm on each day.
Please remember to register on line by going to: www.schoolinterviews.com.au Put in the school code TEZ52 and follow the simple instructions. Remember that if you do not have internet access you need to contact the school office to arrange a suitable time. Note: That bookings are now open and will close at 4:00pm on Friday 9th of August. Please see the School Interview Online letter which is kept at the school office.

2014 Enrolments
We ask families of Prep students commencing school in 2014 to finalize their enrolment by Friday 16th August. This information allows us to commence planning for the coming year. As the number of student enrolments determines staffing and classroom numbers, it is vital that we establish student numbers for 2014 as early as possible. When enrolling a child, please bring proof of age (e.g. Birth Certificate or Passport) and a School Immunization Certificate.
Information regarding immunization certificates can be found at: http://www.medicareaustralia.gov.au/public/services/acir/keeping-track.jsp

Victorian Schools Cycling Championships
On 28th August Zac Main will compete in The Victorian Schools Cycling Championships (VSCC) West BMX Zone Final. This event gives students the opportunity to experience bike racing in a fun and safe environment at various events across the state.

We wish Zac all the best and look forward to hearing about his experience. If you would like further details about this event please visit: http://www.vic.cycling.org.au/

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Dates to Remember
Friday 2nd August: Better Buddies & Cyber Safety Day
Friday 2nd August: Book Club Orders due today
Tuesday 6th August: 5/6 Gymnastic & Meal Deal Day
Friday 9th August: Better Buddies
Saturday 10th August: Footy Trivia Night
Tuesday 13th August: Parent Teacher Interview & ICAS Maths
Wednesday 14th August: Parent Teacher Interview & Conferences
Friday 16th August: 2:30pm Assembly

Contact Us:
McEwen Drive
PO Box 220
Sunbury Vic 3429
(03)9744 4566
kismet.park.ps @edumail.vic.gov.au
http://kismetparkps. vic.edu.au

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Helping Children Manage Feelings
From Kids Matter

Did you know children aren’t born with innate skills to regulate their emotions? In fact, they need to learn to manage their emotions, attention and behaviours. During the first few years of life, children learn how to concentrate, share and take turns, which helps them move away from depending on parents or carers to beginning to manage by themselves. This process is called self-regulation.

You will notice when your child begins to self-regulate. They will learn to stop themselves from doing something they really want to do (like eating the whole bowl of cake mixture) and motivate themselves to do something they don’t like (like sharing a toy with a sibling). Children who have learned to self-regulate will show more control over their impulses, be able to sustain their attention for longer periods of time and be better able to deal with day-to-day frustrations such as distractions, noise and conflict.

But this process is not always easy. Like with learning any new skill, children experience ups and downs when they are trying to manage their feelings and behaviours. Parents and carers can play an important part in helping children to self-regulate. You can:

- Provide particular support at times when kids are upset, tired or angry. For example, your children might be less likely to cooperate with their siblings before bedtime.
- Break down complicated tasks into smaller parts so children can practise self-regulation without becoming overwhelmed. Help your child get ready for school or their early childhood service by breaking down the morning’s jobs into more manageable things like breakfast, getting dressed and packing a bag instead of simply talking about “getting ready”, which can be overwhelming for many kids.
- Lead by example and demonstrate appropriate self-regulation. Think about how you negotiate decisions at home, manage conflict or a change of plans, and communicate with your child’s teacher.

Further information can be found at: http://www.kidsmatter.edu.au/families/about-behaviour/anger/keeping-balance-managing-feelings-and-behaviours
Sorry everyone there was a typo from last week’s Math quiz answer.
The correct answer was 12 handshakes not 11.

**Week 3 Maths Challenge 3 Term 3**

Can you arrange these pieces so they form a plus sign?

**Answer to Maths Challenge 2 Term 3.**
Denmark, Kangaroo and Orange
Why does this work?
In the first step, you picked a number between 1 and 10...
If you picked 1 you got 9
  2 you got 18
  3 you got 27
  4 you got 36 ......
  10 you got 90
No matter what number you started with in step one, when you added the digits you would have got 9.
Then you get 4 for step 3 and then D. Denmark. There is only one country in Europe that starts with D and that is Denmark. (If you didn’t get Denmark then you need to check your geography!). Most people (but not all) then think of a kangaroo and then orange!

**BOOK CLUB**

Tomorrow is the last day for BOOK CLUB orders.
If you would like to order a book please return the order form and money to the Library by lunchtime
on Friday the 2nd of AUGUST. Remember to put your name on each order form.
Book club orders usually take 1 week to arrive at the school and will be delivered to your child’s classroom. If you have any questions regarding Book Club please come and see me in the Library,
Thanks and Happy Reading, Jennifer

**BOOK FAIR THANKS**

Many thanks to all the students and parents who came along to the Book Fair last week.
The Library will be receiving many new books because of your support.
Happy reading and thanks again,

**TRIVIA NIGHT**

Kismet Footy Trivia Night on Saturday 10th August, tickets are available at the office for $15.00 per person BYO nibbles and drinks. Stacks of prizes to be won, come along and enjoy a fun night with the school community.

**Uniform Shop**

Open this Tuesday from 2pm–4pm

**PTA MEETING**

The next PTA meeting is on Monday 19th August at 9.00am.

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Congratulation to the following students who were awarded ribbons for Pupil of the Week for Resilience:

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>PB</td>
<td>Jessica Pierce</td>
</tr>
<tr>
<td>PC</td>
<td>Joel McIlvenna</td>
</tr>
<tr>
<td>PT</td>
<td>Jayden Hodgson</td>
</tr>
<tr>
<td>PW</td>
<td>Xavier Berry</td>
</tr>
<tr>
<td>1/2B</td>
<td>Jack Shalders</td>
</tr>
<tr>
<td>1/2C</td>
<td>Ryan Lewis</td>
</tr>
<tr>
<td>1/2L</td>
<td>Hayley Fisher</td>
</tr>
<tr>
<td>1/2M</td>
<td>Candice Fraser</td>
</tr>
<tr>
<td>1/2W</td>
<td>Lockie Wass</td>
</tr>
<tr>
<td>3A</td>
<td>Noah Garcia Bettinelli</td>
</tr>
<tr>
<td>3B</td>
<td>Ashton Hedges</td>
</tr>
<tr>
<td>3M</td>
<td>Andrew Kostas</td>
</tr>
<tr>
<td>4J</td>
<td>Olivia Courtney</td>
</tr>
<tr>
<td>4S</td>
<td>Taylah Bailey</td>
</tr>
<tr>
<td>4W</td>
<td>Jake Barker</td>
</tr>
<tr>
<td>5/6C</td>
<td>Mikayla Lewis-Howlett</td>
</tr>
<tr>
<td>5/6G</td>
<td>Mackenzie Campbell</td>
</tr>
<tr>
<td>5/6K</td>
<td>Holly Evans</td>
</tr>
<tr>
<td>5/6N</td>
<td>Cody Drennan</td>
</tr>
<tr>
<td>5/6Z</td>
<td>Beth Pantelidis</td>
</tr>
</tbody>
</table>

SNA Junior Netball is seeking interested players in the following programs and age groups:

- **Net Set Go**: Ages 5 (Grade Prep) to 7
- **Netta**: Ages 8 to 10
- **13 & Under Competitions**: Grade 6's on Saturdays 12 pm & Year 7/8 on Thursday’s 6pm.

Anyone who is interested in playing and would like further information please email: Lisa Taylor-Jones taylorjones.lisa.m@gmail.com

**Saturday 10th August**

Sunbury Netball Association are holding a ‘Bring a Friend Day’. All players in Net Set Go, Netta, Under 11 Red & Gold are encouraged to bring a friend to join in on their training/skills session.

**Session Times:**
- Net Set Go/Netta and Under 11 Red Skills Session: 9 to 9:50am
- Under 11 Gold Session: 10 to 10:50am.

Under 11 Red and Gold Competition will run as normal at their designated times.

For further information please contact:
- Lisa Crotty 0419514090
- Amanda White 0408329499

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The Story of Sunbury

We went on a walk through Sunbury,
To learn about it’s history.
The people, the places,
And all of its mysteries.

George Evans and the Jacksons arrived in 1836,
They sailed over on the Enterprise.
And were greeted by the locals,
Wasn’t that a nice surprise?

Evans settled in Emu Bottom,
Jackson along the creek.
Then along came the Clarkes in 1853,
For land they came to seek.

Clarke’s son built Rupertswood,
In 1874.
It is still standing today,
A sight to see for sure.

It was a long walk,
But we filled up our brains.

Grade 1/2 M

Story of the Week!
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Tips for Teens

1. Trip Zero (000)
   - In a hazardous situation, dial 000, your phone will call the police.
   - If there is a threat to your safety, dial 000.
   - Know your local emergency services.

2. Be careful when adding new friends online. Read their profile, study their background.

3. Keep your passwords and personal information safe. Don't share them.

4. Check with your parents before giving out any information.

5. If you need help, contact the Department. Dial 1800 55 1800.

Tips for Parents

1. Know what your child uses online. Help protect your child.

2. Be aware of your child's online activities. Encourage positive online behavior.

3. Help your child use the internet as an effective tool for learning.

4. Help your child develop good online habits and behaviors.

5. Teach your child to protect their personal information.

6. Remember, there are dangers online.

More Tips

1. Never accept any offers that seem too good to be true.

2. Keep your parents informed of any changes in your online activities.

3. If you want to meet someone you've met online, let your parents know.

4. Never accept any offers that you don't understand.

5. If you receive something that you didn't expect, don't respond.

6. Consider your child's online access.

Web safety guide to online tips.

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