Dear Parents, Staff and Students,

Education Week has been a wonderful celebration of learning at Kismet Park. Staff and students have greatly appreciated the support shown by the many parents who have attended our Education Week activities across the school.

Sunbury Rotary Club’s Spelling Competition was held on Tuesday evening and we are very proud to announce that Ellyse Xiberras tied for second place. During the competition students were asked to spell a wide range of complex and challenging vocabulary. All local primary schools were represented and all of the Year 6 students clearly displayed their excellent spelling ability. The adults in attendance were in awe of their skill and confidence throughout a highly competitive session. Congratulations Ellyse, your efforts were highly commendable!

Congratulations also to our Interschool Cross Country Team who won the Sunbury Schools Cross Country on Monday. Well done to all students who show great persistence and determination during our daily fitness program—your efforts have paid off!

On Monday night, as part of the NRL ‘Women In Leagues Round ‘our Year 5/6 Girls Rugby Team attended the NRL Melbourne Storm versus Manly game at AAMI Park. The team played an exciting game against Melton PS during the half time break. Thank you to Mrs Keenan, Mr Gerber, Miss Gilbert and the parents who supported our team in participating in this fantastic opportunity.

HOURS OF SUPERVISION IN GROUNDS Please remember students should arrive at school from 8:40am and leave grounds after school by 3:30pm. Grounds are supervised from 8:40 – 8:55am and from 3:15 – 3:30pm. If you need to access the school earlier in the morning and/or later in the afternoon than these times we do have an excellent Out of School Hours Care facility which is managed by the City of Hume. This program operates in Rooms 1&2 and the program coordinator Alev, can be contacted on 9744 6524.

PREP 2014 ENROLMENTS

Our 2014 Prep enrolment process has commenced. Prep 2014 Information sessions will be held at the following times: Wednesday 29th May at 7:00pm Thursday 30th May at 9:30am Tuesday 4th June at 9:30am

Enrolment forms are available at the office or you can download a copy from our website.

IMPORTANT REMINDER: Our next PUPIL FREE DAY will be held on FRIDAY 7TH OF JUNE. Professional training throughout the day will focus on developing student curiosity and the skills of inquiry. Students do not attend school on this day.

DATES TO REMEMBER

Friday 24th May: Better Buddies Maths games & 2:30pm Assembly
Monday 27th May: Report writing week
Wednesday 29th May: 1/2 Ceres excursion- Prep Info night 7:00pm
Thursday 30th May: Prep Info morning 9:30am
Friday 31st May: 2:30pm Assembly

Friday 7th June: Curriculum Day Students DO NOT attend school this day
Monday 10th June: Queens Birthday – Public Holiday
Thursday 13th June: Hume Division Cross Country
Friday 14th June: Nexus Art Performance
Parents Teachers & Friends Association (PTA)

Last night PTA held their Annual General meeting. The efforts of PTA contribute enormously to the learning environment and opportunities we offer our students and families. Over the past 12 months PTA achievements have included our inaugural Trivia Night, Year 6 Graduation, Community Picnic and our amazing Australiana Twilight Fete. Their support of teaching and learning has provided our students with access to technology resources such as laptop computers while ongoing improvements to our playground areas and facilities is a credit to their hard work.

The election of Office Bearers also took place. We would like to thank those who kindly offered their time to take up the following positions:

PTA Co Presidents: Louise Attard & Cathy Finn
PTA Vice President: Diane Kong
PTA Secretary: Sara Hedgelong
PTA Treasurer: Debbie Burnside

Thank you also to those who have joined as general committee members. Please contact the office if you would like more information about PTA or how to become involved.

REDUCE OUR NATIONAL SLEEP DEBT
Published by Michael Grose Presentations.

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep. Recently I spoke at an overseas conference and sleep, or rather lack of sleep, was high on the agenda. Professor Harlene Hayne, head of the Psychology Department at the University of Otago, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being. The links between sleep debt and poor mental health, including anxiety and depression, are indisputable. Anxiety goes down and confidence and well-being improves when kids get enough sleep.

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practises what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeping kids fresh to maximise their future learning.

Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful. Good sleep habits include:

1. **Regular bedtimes.** Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. **A 45 minute wind-down time before bed.** This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping-time is near.

3. **A bedtime routine:** Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. **Keeping bedrooms for sleep.** Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. **Maximise the three sleep cues.** These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle). With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits.

    **If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.**

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From the Office

Sorry for the confusion with our Maths Quiz—we’ve had our weeks muddled up :)

Family Maths Challenges Number 7

The Year 1961 reads the same when read upside down. In what year will this next occur?

Family Maths Challenge 3 – Answer

There are 44 triangles.

Family Maths Challenge 6 - Answer

Here are some answers:
map, mapping, mass, mathematics, maximum, mean, measure, median, method, metre, metres per, mid point, mile, miles per hour, millennium, millilitre, millimetre, minimum, minus, minute, mirror line, mixed number, modal class, mode, month, most significant digit, multiple, multiplication, multiply, multiply out, mutually exclusive.

Garage Sale this Saturday 25th May,
46 De Lisle Ave
Sunbury 9:00—11:30am
Loads of Kids clothes, toys etc.
Come along for a look!!!

LOST PROPERTY—A reminder to all parents, please clearly label all items of clothing that’s brought to school, and please double check that you haven’t taken home another student’s clothes accidently.

Winter Meal Deal!

Notices have been handed out along with the Newsletter for our Winter Meal Deal. Please note: To save any disappointment all notices & money MUST be handed in by Wednesday 5th June. Unfortunately we are unable to accept any late orders for catering purposes.

Hume City Council
Vacation Care

We are now taking bookings.
Program Dates:
Monday 1st July to Friday 12th July 2013
Closing date: Friday 7th June 2013
Enrolment & booking request forms are now available from their website; www.hume.vic.gov.au

Changing your contact details?? Mobile or work number?

Please don’t forget to tell the school office.

You can come into the office and fill out a form or alternatively you can download one from the school website; http://kismetparkps.vic.edu.au email /fax it in, our contact information is on the front of this Newsletter.

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Pupil of the Week

Congratulations to the following students who were awarded ribbons for Pupil of the Week for GETTING ALONG.

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>PB</td>
<td>Deakon Murphy</td>
</tr>
<tr>
<td>PC</td>
<td>Joel McIlvenna</td>
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<tr>
<td>PT</td>
<td>Isabella Pashalidis</td>
</tr>
<tr>
<td>PW</td>
<td>Ella Campbell</td>
</tr>
<tr>
<td>1/2B</td>
<td>Name not supplied by teacher</td>
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<tr>
<td>1/2C</td>
<td>Isabelle Lawrence</td>
</tr>
<tr>
<td>1/2L</td>
<td>Brodie Misfud</td>
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<tr>
<td>1/2M</td>
<td>Cameron Freemantle</td>
</tr>
<tr>
<td>1/2W</td>
<td>Mia Wardley</td>
</tr>
<tr>
<td>3A</td>
<td>Noah Garcia-Bettinelli</td>
</tr>
<tr>
<td>3B</td>
<td>Georgia Bullows</td>
</tr>
<tr>
<td>3M</td>
<td>Brodie Dunne</td>
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<tr>
<td>4J</td>
<td>Sabrina Trombini</td>
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<tr>
<td>4S</td>
<td>Danae Wilson</td>
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<tr>
<td>4W</td>
<td>Josie Burrell</td>
</tr>
<tr>
<td>5/6C</td>
<td>Charlea Williams</td>
</tr>
<tr>
<td>5/6G</td>
<td>Madison Lawer</td>
</tr>
<tr>
<td>5/6K</td>
<td>Joe Pounder</td>
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<tr>
<td>5/6N</td>
<td>Landon Greaves</td>
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<tr>
<td>5/6Z</td>
<td>Ethan Rapetti</td>
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</tbody>
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“On Monday night 8 lucky Kismet girls were invited to play rugby league during halftime at the Melbourne Storm game. We were pretty nervous about playing in front of so many people but it was a really cool experience. We played against Melton. Nijayta scored 2 tries and Ruby scored one to draw the game, just like the Melbourne Storm! Thanks to Ryan, Mrs Keenan, Mr Gerber, Miss Gilbert and our parents for coming along to support us.”
By Kyla Wardley

GREEN PLANET NURSERY MASSIVE CLOSING DOWN SALE 20% OFF ALL STOCK! DON'T MISS OUT ON A BARGAIN...
780 SUNBURY ROAD, SUNBURY 9740 8144

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Prep W had a wonderful time learning about Rugby League. Coach Ryan from the Melbourne Storms took us through the rules of the game. He spoke about ‘cuddling’ the ball and ‘squashing the ball’ into the line. Many of the students later said in class that they ‘liked being tagged’ by Ryan and the teacher.