Dear Parents, Staff and Students,

Today our House Athletics sports were postponed for the second time due to inclement weather. They will now be held on Tuesday 22nd March. We encourage students in years 3-6 to continue training and keep their fingers crossed for a bright, sunny day!

P-2 ATHLETICS SPORTS POSTPONED
Due to the re-scheduling of our Years 3-6 House Sports the P-2 Athletics on 22nd March has been postponed to early Term 2. A new date will be advised soon. We sincerely apologise for any inconvenience.

THE LITTLE BAD WOLF
The Little Bad Wolf performance on Tuesday will play an important role in our anti-bullying message. Due to tomorrow’s curriculum day we will be accepting late payments on Tuesday. If you haven’t already returned your permission slip and payment please send it along on Tuesday so your child doesn’t miss out.

JUNIOR SCHOOL COUNCIL
Last week we completed our Junior School Council election process with each nominee speaking in front of their year 3 peers and teachers. All nominees can be proud of the quality of their applications and the manner in which they expressed their thoughts to the audience. Congratulations to Logan Johnston and Katie Pounder on being elected to Junior School Council as our Year 3 representatives. They will be ‘officially’ presented with their badges at our assembly on 24th

PREMIERS’ READING CHALLENGE
Along with today’s newsletter all students have received an invitation to participate in this year’s Premiers’ Reading Challenge. We encourage all students to be involved so please discuss the challenge at home, complete the privacy and consent form and return it to your child’s teacher by Friday 18th March.

PUPIL FREE DAY TOMORROW
Tomorrow, Friday 11th March is a pupil free day. Staff professional training throughout the day will focus on further training in component 1 of the KidsMatter Program, the teaching of Reading with a focus on the Daily CAFÉ approach to the teaching of reading and the moderation of our ‘Writing Model’ A brief explanation of the KidsMatter Program is provided on the next page.

CHICKEN POX
This morning we were informed about a suspected case of Chicken Pox. Chickenpox (varicella) is a highly contagious viral disease caused by varicella-zoster virus (VZV). The incubation period for chickenpox is around 14–16 days before the rash appears. A few days prior to the rash appearing, the person may feel feverish with a sore throat and headache. If you suspect your child may have Chicken Pox please see a doctor and let us know.

GRADE 3 & 4 CAMP
Notes regarding our Grade 3/4 Camp which will be held at Camp Wilkin, Anglesea between Wednesday 23rd and Friday 25th November will be sent home next week. Confirmations along with a $50 non refundable deposit are due by Friday 22nd April. Please speak to your child’s teacher if you require any further information.

TRAFFIC SAFETY
Student safety is always our number 1 priority. Unfortunately unsafe driving practices at Drop off and Pick up times often place our students in unsafe situations. To ensure all of our students arrive at and leave school safely we again ask that all parents diligently follow road rules and parking signs. Traffic infringement officers will be monitoring driving behaviour over coming months.

DATES TO REMEMBER
Friday 11th March: CURRICULUM DAY
Monday 14th March: Labour Day Public Holiday
Wednesday 16th March: SCHOOL PHOTOS
Friday 18th March: National Day of action against bullying
Monday 21st March: Harmony Day
Thursday 24th March: House Cross Country & LAST DAY OF TERM 1 – 2:30PM FINISH
Friday 25th March: Good Friday

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RAISING CALM KIDS
INSIGHTS BY MICHAEL GROSE

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and muck about. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance. So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

Tips for Quiet Time

1 Choose a time that suits you and your child. Morning or evening, just whatever works best for you as a family.

2 Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3 Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4 They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out.

5 After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6 The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7 Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.


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HOW DO WE KEEP SAFE AT SCHOOL?

Firstly, we have high expectations that everyone has the right to be safe and the responsibility to keep others safe.

Secondly, we teach about respect, negotiation, taking turns, being fair and honest, using “I” statements to communicate dis-satisfaction (I don’t like that, because it makes me feel . . . , so please stop), and making good choices.

Thirdly, we always have four staff on duty to monitor children’s behaviour and step in to assist where necessary. We wear fluoro vests so we are easy to find.

We are always ready to listen to both sides of an incident and follow up where necessary. Often this involves problem solving with children who have made poor choices to help them make better choices in the future. Sometimes it means referring them on for more serious consequences.

Always encourage your child to seek out the yard duty teacher for assistance if they feel unsafe at any time and see your classroom teacher if you have any concerns. Help your child see both sides of an argument and approach disagreements from a problem-solving perspective, being fair and positive. We want all our children to be safe and happy at school.

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**Student Well-being and Engagement**

**Essendon**

On Thursday the 3rd of March 2016, students from 4B and 4S joined three Essendon players for a session of footy, their names were Zach Merret, James Guilt and Gach Nyoon. They each told us a couple of things about themselves.

Examples:
Zach is twenty
Gach is 200 cm tall.

Then they tested our knowledge and asked us questions. After that we got separated into groups. First we just handballed it to who ever we were with. Next we played the marking game. Finally we kicked goals. Then we returned to our class. I was blown away that I got to meet Essendon players! :)

*By Vanessa Kire 4B*

**HOUSE POINT**

**04/03/2016**

1st CLARKE—2499
2nd HOGAN—2440
3rd MCEWEN—2159
4th LAMBERT—2103

**You Can DO It**

Congratulations to the following students who were awarded ribbons for Getting Along.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Name</th>
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<tbody>
<tr>
<td>PA</td>
<td>Ava Drummond</td>
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<tr>
<td>PC</td>
<td>Ruby Hamer-Law</td>
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<tr>
<td>PJ</td>
<td>Keira James</td>
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<tr>
<td>PW</td>
<td>Emily Dicker</td>
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<tr>
<td>1A</td>
<td>Benjamin Reynolds</td>
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<tr>
<td>1T</td>
<td>Marley Beaumont</td>
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<tr>
<td>1/2B</td>
<td>Saraya Kairouz</td>
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<tr>
<td>2H</td>
<td>Sepideh Saberi</td>
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<tr>
<td>2Z</td>
<td>Hayley Beattie</td>
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<tr>
<td>3M</td>
<td>Charlie Hynes</td>
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<tr>
<td>3F</td>
<td>Chloe Strange</td>
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<tr>
<td>3B</td>
<td>Pearson Elton</td>
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<tr>
<td>4B</td>
<td>Tilly Guyett</td>
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<td>4S</td>
<td>Joshua Valdes</td>
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<td>5/6C</td>
<td>Luke Tabone</td>
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<tr>
<td>5B</td>
<td>Kaiden Kong</td>
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<td>5N</td>
<td>Isaac Macasaddu</td>
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<tr>
<td>6A</td>
<td>Kai Beaumont</td>
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<tr>
<td>6S</td>
<td>Natalie McCubbin</td>
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</table>
AUTUMN HOLIDAY PROGRAM
BOOKINGS ARE OPEN!

Book by the deadline to take advantage of lower rates!

VIC booking deadline: Friday 18 March. We have heaps of fun activities planned these school holidays and can’t wait for you to attend! Create a diorama of the Amazon jungle, mould an autumn leaf dish out of clay, and participate in lots of group games including a time challenge and secret agent maze! Join in on all this and more at Extend’s Autumn Holiday Program. To check out what’s on visit our website at extend.com.au and book via the Parent Portal.

Our weekly recap

what a fun week we have had here at extend.
There has been lots of arts and craft activities this week, students have spent lots of time making cubby houses and playing indoor games when it was too hot to be outside. Some students have been very busy creating their own game that has captured the attention of the group and is quickly becoming the most popular game to play.

- All the staff at extend

Next weeks activities

Tuesday 15th March: School production- paper mache animals
Wednesday 16th March: Colouring competition/ dioramas
Thursday 17th March: Football skills/ homework club
Friday 18th March: Group games/ volcanoes

IMPORTANT MESSAGE FROM THE CANTEEN!

Hot Chicken Noodle Cups are NOW AVAILABLE!!

Reminder: Please ensure when you order your child’s lunch on QKR you MUST have correct date & class— there has been a few mix ups which leaves children a little upset.

PLEASE REMEMBER TO PAY FOR YOUR PAPER BAG 20c.

Thanks to parents helpers Friday 18th March:
9:00-11:30am: Nat Fowler
12:30-2:00pm: Kristy Upton

Physical activity during childhood can help with:
- Building strong bones and muscles
- Improving self-esteem

Things to consider when being active:
- Keep hydrated
- Know your children's limits

Suggested activities you can do as a family:
- Kick to kick with a footy or soccer ball
- Fly a kite
- Game of backyard cricket

2015 Victorian Premiers’ Reading Challenge

The Victorian Premiers’ Reading Challenge is now open and Kismet Park Primary School is excited to be participating.

The Challenge is open to all Victorian children from birth to 16 years in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by September 14.

Children from Prep to Year 2 are encouraged to read or ‘experience’ 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

If you would like your child to participate, please return the attached privacy and consent form.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. For more information about the Victorian Premiers’ Reading Challenge and to view the booklists, visit: www.education.vic.gov.au/prc