Dear Parents, Staff and Students,

Yesterday we thanked our Parent Helpers at a special morning tea. Throughout the year our wonderful band of volunteers have assisted with a range of activities including the PMP, Classroom Helpers, a variety of stalls, special events, excursions, camps and weekly Student Banking.

We would also like to thank members of School Council and PTA for the commitment they have shown to providing our students and staff with a teaching and learning environment which strives to support all in achieving personal excellence.

Thanks also to our wonderful band of Casual Relief Teachers (CRT’s) for their contribution to our teaching and learning programs throughout the year.

On behalf of the students and staff we thank you all!

2015 NEWS

2015 will see some new faces on the Kismet Park staff as a result of transfers and leave. We would like to thank Aleks McGregor for her work at Kismet Park during the past two years. Aleks has made a wonderful contribution to our teaching and learning programs and will be sorely missed. We wish her well at her new school. We also wish Emily Gilbert all the best for her leave during 2015.

Finally we extend a warm welcome to our new staff members, Louise Reid and Emily Hassett along with Kate Zemunic who will return to Kismet Park in 2015.

RESILIENCE

The teachers have worked tirelessly to place students in classes for 2015. As explained in an earlier newsletter, students are being placed according to their academic needs with an emphasis on developing positive relationships with others. An important skill is for students to learn how to get along with others in a range of group settings. Please support your child by keeping a positive perspective to enable him or her to grow as a person capable of developing new friendships and resilience. For further information please see the article on resilience later in this newsletter.

Community Picnic Tonight!

Thank you to all those families who have indicated they will be joining us for our Christmas Picnic between 5.30-7pm this evening. At 7.00-7.45pm we’ll gather in the Gym for our students to sit together & perform their Year Level carols. Adults are asked to watch these performances by sitting in the seats provided at the back of the Gym. Please note this event will go ahead even if the weather is not kind to us. In the case of inclement weather the picnic will move into the gym.

There will of course be a special guest making an appearance to spread the Christmas cheer. Please bring along a rug and picnic dinner to share with your family.

We look forward to seeing you there!

ASSEMBLIES

Friday 12th December at 2:30pm
Louise Trollope Award
Sports Award
Citizenship Award
Christmas Performance
PTA House Competition Trophy

Friday 19th December at 12:30pm
Presentation of Year 6 Award Winners
Acknowledgement of our 2014 Student Leaders
Presentation of our 2015 Student Leaders
Have a great week!
Glenn & Diane

LAST DAY OF SCHOOL

Arrangements for the Final day of Term 4:
Friday 19th December
8:55am School Commences
10:15am 2015 Class Visits
11:00am Recess
12:30pm ASSEMBLY
1:30pm EARLY DISMISSAL

Please note: Assembly tomorrow afternoon Thursday 11th December: Community Christmas Picnic Thursday 11th December: Book Pack sales 10:00am—6:00pm Wednesday 17th December: Grade 6 Graduation Thursday 18th December: Christmas Cup Cake Day (no lunch orders on this day) Thursday 18th December: 5/6 Pool Day Friday 19th December: Last Day of term. Dismissal at 1:30pm Friday 19th December: Kismet Kitchen closed

TERM DATES FOR STUDENTS 2015

STUDENTS RETURN TO SCHOOL ON FRIDAY 30th JANUARY 2015

TERM 1: Wednesday 28th January — Friday 27th March
Pupil Free Days: Wednesday 28th January & Thursday 29th January

Thursday 29th January: Book Sales will take place from 10—2pm
PUPIL FREE DAY: Tuesday 10th March

TERM 2: Monday 13th April — Friday 26th June
PUPIL FREE DAY: Friday 22nd May

TERM 3: Monday 13th July — Friday 18th September

TERM 4: Monday 5th October — Friday 18th December

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Canteen Reminder

Thanks for those offering to assist in the Kismet Kitchen for tomorrow, our roster is as follows.

**Friday 12th December**
Rebecca Billet — 11:30am
Kaylene Perry — 12:00pm — 2:00pm

Please note that there will be no fish or potato cakes available to order next Wednesday 17th December. We apologise for any inconvenience this may cause.

Kismet Kitchen will be serving only counter sales at recess on Thursday 18th December. No lunch orders.

Kismet Kitchen will be closed on Friday 19th December for cleaning. No lunch orders or counter sales on this day.

We would like to thank all our wonderful helpers that have donated their time over 2014 to help with the Special Meal Deal days, and general canteen duty.

Your help was always appreciated.

Thanks,

SARA & NAOMI

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PTA Voucher Booklets

There are still some voucher booklets available for purchase at the office for $5. Please support the PTA with this fundraiser.

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Contact Us:
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PO Box 220
Sunbury VIC 3429
(03)9744 4566

kismet.park.ps@edumail.vic.gov.au
http://kismetpark.ps.vic.edu.au

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Resilience: helping your child to ‘bounce back’
(Article extract by Toni Noble & Helen McGrath)

What is Resilience?
Resilience is the ability to cope and ‘bounce back’ after encountering negative events, difficult situations or adversity and to return to almost the same level of emotional wellbeing. It is also the capacity to respond adaptively to difficult circumstances and still thrive. Young people who encounter difficult or challenging situations can learn from them and become stronger.

Young people will always need the personal skills and attitudes to help them to bounce back. Everyone encounters everyday challenges such as making mistakes, falling out with a friend, moving to a new... classroom... or school, or losing in a sports competition. When young people are resilient they are able to cope reasonably well with difficult situations and things that go wrong and then ‘bounce back’.

Resilience is more than just ‘coping’
When someone is resilient they are also more prepared to seek new experiences and opportunities and take reasonable risks to achieve their goals. Risk-taking may mean some setbacks and rejections but it also creates more opportunities for successes and greater self-confidence.

Some key messages to communicate to your child to help them become more resilient

- Life is mainly good, but now and then everyone has a difficult or unhappy time. That’s a normal part of life.
- Things nearly always get better even though sometimes they may take a bit longer to improve than you would like. Stay hopeful and work on the problem if you can
- You will feel better and have more ideas about what you might do if you talk to someone you trust about what’s worrying or upsetting you.
- Take fair responsibility for the thing you have done or not done that contributed to a difficult or unhappy situation. Don’t over-blame yourself because circumstances, bad luck or what others did may have contributed too.
- If a situation can’t be changed, you just have to accept it and live with it. Don’t make yourself miserable by exaggerating how bad something is or by assuming that the worst possible picture is the one that will happen.
- Everyone gets scared at times but not always about the same things. Facing your fears will help you to grow stronger.

Other approaches you can take to develop resilience in your child

- Don’t over-protect your child from the normal challenges that young people have at different ages. Don’t do things for them without checking to see if they are capable of doing it for themselves.
- Encourage your child to talk about what’s troubling them and help them to find solutions. Encourage them to talk about how they are feeling and what they are thinking about the problem. Show them that you understand and then help them think about the positives and negatives of different solutions.
- Gently dispute their self-defeating or unhelpful talk (e.g. I can’t do this, I’m hopeless).
- Don’t fight all of your child’s battles for them. They need to experience some difficult times and deal with them so they can learn how to bounce back.
- When your child is upset about an unwelcome or distressing situation, help them to keep things in perspective by asking them: Does this really matter as much as you think it does? Are you getting upset over very little? On a scale from 1 to 10, how bad is this really’?
- Let your child see and hear you using positive tracking, showing appreciation to others for the support they give them, saying ‘things will get better soon’ and expecting that good outcomes are possible.
KISMET KIDS

5/6G Graduating Class of 2014

Harry
Most likely to visit Mars.

Jordan
Most likely to get a Guinness World Record.

Nijayta
Most likely to become a Dora the Explorer actor.

Campbell
Most likely to join the Wiggles.

Diana
Most likely to become a teacher.

Tyson
Most likely to become a Ninja Turtle.

Charlea
Most likely to write the next Harry Potter book.

Bailey
Most likely to have his own reality show.

Jewel
Most likely to win a Nobel Prize.

Ellie
Most likely to become a princess.

Mikalya
Most likely to win an Oscar.

Jack
Most likely to live in New York.

Drew
Most likely to become Prime Minister.

Zoe
Most likely to dance in a Beyoncé video.

Riley
Most likely to beat Mario to the Princess.

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