

Kismet News

Empowerment & Excellence in Education for all

Dear Parents, Staff and Students,

Today we wish our swimming team all the best for the Twilight Interscholar Swimming Sports which will be held at Sunbury Aquatic Centre from 4:30pm this afternoon.

We also wish all of our students in Years 3 to 6 all the best for Friday's House Athletics sports. These are both great opportunities to put the You Can Do It! Foundations of Organisation, Resilience, Persistence, Confidence and Getting Along into practice. Good luck!!

SCHOOL COUNCIL ELECTION

Voting packs containing Ballot papers and information about each candidate were sent home



with students yesterday. The Ballot will remain open for 7 days, closing at 4:00pm Thursday March 5th. Mums and Dads are both eligible to vote.

Please call the office if you have not received your voting pack or require further information.

PARENT HELPERS INDUCTION

Yesterday saw a small group of parents took part in a Parent Helper Induction session provided by teaching staff. We look forward to seeing parent helpers assisting our students and staff across the school. Further sessions will be provided later in term 1. Look out for the dates in upcoming newsletters. Thank you to Mrs Powell and Mrs Matthews for putting together such an informative program.

Contact Us:

McEwen Drive
PO Box 220
Sunbury Vic 3429
(03)9744 4566

D A T E S T O R E M E M B E R

Friday 27th February: Years 3-6 House Athletics
Monday 9th March: Labour Day (No school on this day)
Tuesday 10th March: Curriculum Day (No school on this day)
Monday 16th March: School Photos
Friday 20th March: Kismet Cartoon Fete 3:15-8:00pm
Friday 27th March: Last Day of Term 1



ARE YOU CONNECTED WITH SKOOLBAG ?

Over the past week twelve more people have connected with us through our free Skoolbag app. As of yesterday we have are 279 registered users (at Kismet we have 296 families). To download the Skoolbag app please follow the instructions on our website at <http://www.kismetparkps.vic.edu.au>.



***Note that due to increasing costs our SMS messaging service will not be available after the end of term 1. ***

FACEBOOK

We also use Facebook to share and promote school activities. To sign up for alerts and to stay informed google Kismet Park Facebook and sign up. Remember we like to be liked!

NO KIDS IN HOT CARS

On hot days, it is important to remember that children should never be left alone in a car.

The temperature inside a car on hot days begins to rise as soon as the door closes and within minutes the temperature inside can be double the temperature outside.

Leaving children in hot cars – even for a moment – can result in injury or death.

Young children's smaller body size and underdeveloped nervous system places

them at a much greater risk of life-threatening heatstroke, dehydration and other serious health risks.

Victorian legislation makes leaving a child unattended in a car a criminal offence, with penalties ranging from fines of \$2165 or three months in prison.

If you are travelling with a child in a car and you need to get out, make sure you take your child with you. No exceptions. No excuses.

For more information, see: [Kidsafe Victoria](#)

PUPIL FREE DAY REMINDER

Our next Pupil Free Day will be held on Tuesday 10th March (Day after Public Holiday) Staff professional training throughout the day will focus on the teaching of Reading with a focus on the Daily CAFÉ approach to the teaching of reading.

RED COMMUNICATION BAGS

Parents and students are reminded that all students are expected to use our red communication bag to carry important messages to and from school. Red bags can be purchased from the office for \$8. Next week teachers will begin sending home reminders with students who are not bringing their Red bag to school.

INSIGHTS BY MICHAEL GROSE

This week's article highlights the ten golden rules for successful parenting in 2015.

Have a great week!

Glenn & Diane

10 Golden Rules For Parenting Success in 2015

By Michael Grose

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1. Talk more With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don't parent well in isolation. He's right. It's incredibly important to build your support networks and get 'sparents' into your child's life. Start by working closely with your child's teacher; a natural ally!

3. Build confidence With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children's confidence. It would also seem that we have somehow forgotten how to absorb children's fears, insecurities and anxieties, and instill a sense of **confidence** that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. Aim for redundancy The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it's simply easier to do a job ourselves, and the new expectation that 'good' parents do everything for their kids. The new 'strict parent' is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here's a six-word slogan to help you remember: "*When kids can, let them do!*"

5. Lead the gang Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family's harmonious relationships; your children's sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn't just happen. It takes real leadership by parents to make a family act like a family!

6. Build developmental knowledge

Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don't read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple's second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7. Practice problem-ownership

Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8. Swim against the tide

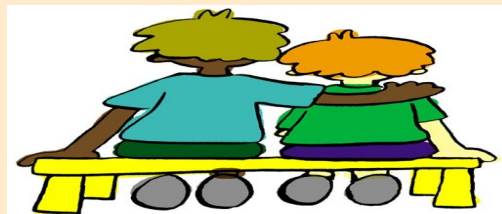
Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you'll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say "*This is the way we do it in our family.*"

9. Be brave

Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It's relatively easy to develop children's independence at home as the stakes aren't as high. If they can't cook a meal then you just have to do it for them. However, developing children's independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that's why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won't stop you worrying, but that's part of the game.

10. Add emotional intelligence to your parenting mix

With kids experiencing mental health challenges at a depressingly high rate it's time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it's important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don't overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.



STUDENT ENGAGEMENT & WELLBEING



Helping younger students feel safe and cared for, and older students to feel valued and respected. Better Buddies, an initiative of The Alannah and Madeline Foundation, helps students entering their first year of primary school to feel safe, valued and connected to the school community.

The Framework teaches students the values of caring for others, friendliness, respect, valuing difference, including others and responsibility. It aims to create positive behaviour, as well as build students' self-esteem, connectedness, social skills, trust and sense of community.

Buddy Bear is the mascot of Better Buddies – a fun-loving and caring purple bear, who promotes care, security, warmth, comfort and the values of the Framework.

Our KPPS Purple Buddy Benches

All children need to feel that school is a safe place where people will care about them, where their needs for support, respect and friendship will be met and where they will be able to get help to work out problems. When these needs are met children develop a sense of belonging at school. Belonging is very important for children's mental health and wellbeing.

As part of our Better Buddies program all the Buddy Groups last Friday talked about our Buddy Benches. Teachers and students discussed their purpose and the important role we all play in ensuring every student feels they are a valued member of our school community.

Here is the script we placed on the class poster that you may wish to use at home to reinforce the purpose of our circular benches.

“Our purple, circular Buddy Benches in the playground are places to go to if you need help to find some friends to play with or just somewhere to sit and rest or a spot to chat with a buddy.

If you see someone sitting alone on a Buddy Bench, ask them if they need someone to play with or help to join in an indoor or outdoor activity. A teacher can help too!”



	Prep	Grade 1/2	Grade 3/4	Grade 5/6
Good Sport	Luka Calfapietra for an excellent running style in Phys. Ed	Ella Campbell for an excellent attitude when running	Riley Draicchio for an excellent effort in the class fitness program	Mitchell McLean for excellent resilience in the House high jump competition.
Budding Artist	Baren Nakamura for excellent use of primary colours to paint a self portrait.	Madeleine Northey for excellent mixing to create value of two colours.	Arkelyz Tukapua for an excellent drawing of “Fire Boy”.	Shaelyn Connor for an excellent front cover design for her digital folio.
Great Performer	Tayla Barnard for working very well during performing arts classes and is a wonderful participant in musical activities.	Monique Burrows for being a friendly student who is keen to participate in all activities in the performing art classes. She is an excellent listener who consistently tries her best.	Amy Beattie for having an excellent start to performing arts classes in 2015. She is always smiling and eagerly participates in all activities. Amy should be congratulated on her efforts.	Sally Hedgelong for actively involving herself in the performing arts area. She is an excellent participant in the band, and always tries her best during class time.

Extend OSHC at Kismet Park PS

Our weekly recap

What a fantastic week we have had here at Extend. We had everyone involved in whole group games. Our tennis round robin was a great success.

The favourite this term is still lego and cricket.

The week ended with the students making pizza for afternoon tea on Friday.

The way the students have been sharing and working well together is a pleasure to watch.

- Extend Staff.

Next weeks activities:

Monday 2nd
Stencil painting

Tuesday 3rd
Commando course

Wednesday 4th
Cooking- fruit roll ups

Thursday 5th
stress balls and finger puppets

Friday 6th
non stop sports

AUTUMN HOLIDAY PROGRAM COMING SOON!

Our team have been working hard on developing the Autumn Holiday Program. We have a number of fun activities planned that you won't want to miss out on! Bookings opening soon!



PTA NEWS

A pre-fete second hand book stall will be held on Tuesday 3rd March 2:30-4:00pm Everyone welcome.

NEXT MEETING: Monday 2nd March, 9am

Reminder: School banking is every Tuesday



Rewarding good savings:

To help reward individual savings efforts, every time a student deposits into their Youthsaver account through School Banking, regardless of the amount, they'll receive a Dollarmites token.

Once they've collected 10 tokens, they can redeem them for a variety of exciting reward items. They'll also receive a certificate when they reach certain savings milestones.

Available in Term 1 when you have collected 10 tokens are:



Boilerhouse Theatre Company presents....

The Jungle Book Kids & The Jungle Blues.

Show Dates:

Friday 27th Feb—7pm
Saturday 28th Feb—7pm
Sunday 1st March—2pm Matinee

Friday 6th March—7pm
Saturday 7th March—7pm
Sunday 8th March—2pm matinee

Friday 13th March—7pm
Saturday 14th March—7pm

Tickets \$15

Buy 4 tickets, get 1 free!!!

Order online @ www.trybooking.com



Recorders are currently out of stock in the office. We will alert you via the newsletter when they come in.

Give that they may grow

GOOD FRIDAY APPEAL 3 April 2015



The Royal Children's Hospital Appeal is on again! If you would like to donate to this VERY worthy cause, please use the envelope provided and return to school no later than Friday 20th March. If you require a receipt for taxation purposes please pop into the office and fill out the register. Thanks for your generosity.

School Photos: Monday 16th March

This week Advanced Life envelopes were sent home for our school photos.

School photos can now be ordered on line. If you wish to order sibling photos on line, please note that the order must be placed on the Advance Life website (www.advancelife.com.au) by Thursday 12th March. Envelope orders can be returned to the classroom teacher up to the day of photos.

