

Kismet News

Building the foundations for success and happiness

Dear Parents, Staff and Students,

We start this week by congratulating all involved in the commemoration of ANZAC Day. At last week's assembly our students made us proud by the manner in which they paid respect through song and prose. On Monday morning Junior School Council did a wonderful job representing our school at the Sunbury ANZAC DAY service. You all represented our school in a manner that makes us very proud.

We also congratulate all of our year Prep, 1 and 2 students on the manner in which they participated in our Prep-2 House Athletics Sports on Tuesday morning. All competitors showed sportsmanship, resilience and persistence. Well done!

FACILITIES UPGRADE

It was very exciting to learn that Kismet Park has been allocated \$700 000 to address identified maintenance issues and upgrade our facilities. Over the coming weeks we will learn more about the processes to be followed and look forward to working together to achieve great things for our students, staff and families.



NAPLAN (National Assessment Program Literacy Numeracy)

Today all students in Years 3 & 5 took home important NAPLAN information from the VCAA (enveloped). NAPLAN

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Testing for students in years 3 & 5 will be on Tuesday 10th May, Wednesday 11th of May and Thursday 12th of May. For more information about the tests please speak to your child's teacher or visit the VCAA website at www.naplan.edu.au

MOTHERS & GRAND-MOTHERS AFTER-NOON TEA

Our Mothers and Grand-mothers afternoon tea will be held on Thursday 5th of May. Please complete the return slip sent out earlier and return it to your child's teacher by Tuesday 3rd of May so we can cater appropriately. We hope to see you there!



PREP 2017 ENROLMENTS

Our 2017 Prep enrolment process will commence soon with information sessions being held at the following times:

Tuesday 24th May at 9:30-10:30am

Wednesday 25th May at 7:00-8:00pm

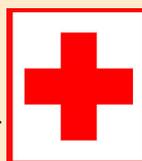
Thursday 26th May at 9.30- 10.30am

Have a great week!

Glenn & Cynthia

FIRST AID

Kismet Park takes our responsibility for duty of care to our students very seriously. As part of our medical management strategy, our staff are expected to maintain their first aid



qualifications to a high standard. Tonight all staff are attending Level 2 First Aid training conducted by a Registered Training Organiser. The certificate obtained for this qualification will be valid for a 3 year period.

ANAPHYLAXIS

As you would be aware there are a number of students within our community who suffer from allergies related to nut, egg and dairy products. Some of these allergies can be triggered simply by coming into contact with food packaging or incidental contact with a child who is eating a particular food.

While we follow the recommended practice of not banning particular products we strive to minimise the risks associated with these allergies by:

- Banning the sharing of food amongst students
- Encouraging the correct disposal of food wrappers
- For special events such as birthdays only commercially manufactured / packaged foods clearly labelled with ingredients can be brought from home so that staff are able to identify contents and distribute appropriately.

We also ask families that wherever possible avoid including trigger foods containing nut products in their children's snacks and lunches. We appreciate the community's support of these practices and ask parents to reinforce the importance of these guidelines with their children.

DATES TO REMEMBER

Friday 29th April: Molly Day wear something Purple & Buddies

Monday 2nd May: Mother's Day stall

Tuesday 3rd May: Prep-2 Cross Country

Wednesday 4th May: Interschool Cross Country money DUE today

Thursday 5th May: Mother's Day Afternoon Tea



Engagement & Well-being

INSIGHTS by Michael Grose

at www.parentingideas.com.au

The most resilient children and young people are those who rise to meet rather than retreat from the challenges present to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests. Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children's thinking styles, how closely a child's explanatory style mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It's better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It's also worth remembering that many children don't stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about. Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

- 1. Take your cues from your child:** If your child doesn't worry about them then neither should you. Be careful not to create a problem that doesn't exist by incessantly talking about, or worse, worrying about the test.
- 2. Focus on doing their best & trying hard:** Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.
- 3. Listen to any concerns they have:** If your child confesses to some nerves then validate their feelings, rather than shut them down with a 'get over it' response. "Yes, sometimes tests can be a little scary, but they get easier every time you take them." Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.
- 4. Give them some relaxation ideas:** Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.
- 5. Help them retain their perspective:** One way to help children who become excessively anxious about an event is to ask what's the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

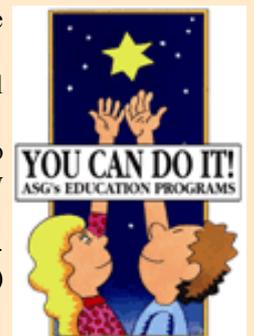
A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club or sitting a NAPLAN test.

YOU CAN DO IT!!!

Habits of Mind aid students in school and adults in everyday life as they are challenged by situations for which the solutions are not immediately apparent. The following habits of the mind support success both at school and in later life. They are reflected in the You Can Do It! Foundations:

Confidence Organisation Getting Along Perseverance Resilience:

- Accepting Myself (Self-Acceptance) ; not thinking badly about yourself if you make a mistake
- Taking Risks (Take Risks); thinking that it's good to try something new, even though you might not be able to do it to the standard expected of yourself
- Being Independent (Independence); thinking that it's important to try new activities that will be useful in the future
- Believing 'I Can Do It' (Optimism); thinking that when performing is hard, you can still do it. It also means not thinking you're not good at anything and never will be when you have difficulty with a new learning experience.
- Giving Effort (Internal Focus of Control for Learning); thinking that the harder you try, the more successful you will be as well as knowing that success is not caused by external factors (luck, ease of task) but by internal factors (effort).



Finally it is very important that children learn to be aware of their own emotions and physical wellbeing by developing self-awareness. So as parents you have a vital role in providing encouragement, enthusiasm and reassurance as well as reminding your children about the importance of rest and a healthy diet to ensure they are ready to be the best they can be every day!

Student Well-being and Engagement

Helping Children Learn Positive Friendship Skills

<https://www.kidsmatter.edu.au>

At any age, having friends provides support and promotes mental health and wellbeing. Children's friendships are also very important for their social and emotional development. Through friendships children learn how to relate with others. They develop social skills as they teach each other how to be good friends.

Most children want to have friends. Children who have friends are more likely to be self-confident and perform better academically at school than those without friends. When children have difficulty in making friends or in keeping them, it often leads to feeling lonely and unhappy with themselves. Feeling rejected by others may lead to significant distress. Learning positive friendship skills can help children socially so they feel happier and more confident.

How friendships develop and change

Friendships require give and take. By sharing toys, time, games, experiences and feelings, children learn that they can have their social needs met and can meet the needs of others. Since friendships develop through this kind of mutual exchange, close friendships are usually based on well-matched needs.

Children's friendship needs and skills change as they grow. Similarly, children's ideas about friendship change as they develop. This is reflected in the different kinds of activities that children like to spend time doing with their friends at different ages. The table below indicates the ways children tend to describe close friends and the kinds of skills that support positive friendships as they develop.



You Can Do It

Congratulations to the following students who were awarded ribbons for Organisation.

PA	James Thorn
PC	Xavier Whelan
PJ	Sophie Warner
PW	Sophie Merrigan
1A	Jennievieve Keyworth-Horvat
1T	Audrey Elia
1/2B	Aidan Borg
2H	Nui Kire
2Z	Ruby Sherlock
3M	Lucy Hansen
3F	Serena Gilson
3B	Athena Avramopoulos
4B	Eric Carpenter
4S	Lucas Neil
5/6C	Olivia Pashalidis
5B	Hayley Holland
5N	Bridie Collings
6A	Mitchell Duffy
6S	Isaac Wells



IMPORTANT MESSAGE FROM THE CANTEEN!

MOLLY DAY CUPCAKES: As part of our fundraising effort Tomorrow for Epilepsy, the canteen will be selling purple cupcakes at recess. There is no need to pre-order. \$1.50 per cupcake with 50c for each cupcake donated to the Epilepsy Foundation.

REMINDER: MEAL DEAL IS DUE NEXT WEDNESDAY 4TH MAY (PLEASE NOTE: IF PAYING BY QKR YOU MUST COMPLETER YOUR ORDER BEFORE 9AM ON WEDNESDAY 4TH MAY)

Naomi & Sara would love some help on a Friday in the canteen. If you have some spare time please consider volunteering in our canteen, the kids always love having a visit from Mum/ Dad or Nan/ Pop.

Thanks to our parent helper's

Friday 29th April:

9:30-11:30am: Kim Woods

12:30-2:00pm: Leah Gorman

Friday 6th May:

9:30—11:30am: Natalie Fowler

12:30—2:30pm: Janine Hodgson



New School Banking rewards now available!

Exciting new Term 2 rewards with an Outback Savers theme are now available, while stocks last!

Mud Splat Handball



Outback Pat Bag Tag



For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are 2 new items released each term so be sure to keep an eye out for them. Thank you for supporting the School Banking program and don't forget that TUESDAY is School Banking day!

MOLLY DAY TOMORROW!

Junior School Council are organising Molly Day tomorrow. We would like you to wear your school uniform with a little bit of purple. Be creative! You can wear any accessories that are purple such as ribbons, hats, bracelets, shoelaces. Please bring a gold coin donation. All money raised will go to the Epilepsy Foundation (Molly Fund). Thanks, JSC

REMINDER:

INTERSCHOOL CROSS COUNTRY MONEY IS DUE 4TH MAY 2016.

THE NOTE SENT HOME HAS AN INCORRECT DATE TO RETURN MONEY.



'There is always a moment in childhood when the door opens and Lets the future in'

A new School Psychologist Dr Lyndsay Hoyle will commence at Kismet Park early May of this year.

Please have a look at their website if you require some more information:

www.onpsych.com.au