

## Empowerment & Excellence in Education for all

### Dear Parents, Staff and Students,

Over the past week we have enjoyed visiting classrooms during the 'Read To Self' and 'Read to Someone' components of our CAFÉ Reading session at the beginning of each day. 'Read to Someone' is a favourite time of many students. Reading with someone helps readers, especially developing readers, increase areas of comprehension, accuracy, fluency and expression. It also increases reading involvement, attention and collaboration. What's more, children enjoy partner reading and readily participate with books of their choosing (a good fit book that matches their ability). Reading with your child at home can help your child in all learning areas of school. When listening to your child read, ask them questions about the book and encourage retelling of the story. Also ask them about their reading and what strategy they are working on to improve.

### BULLY STOPPERS SURVEY

Staff are currently participating in a Department of Education & Training evaluation of the Bully Stoppers program. We are asking parents of students in Years 3-6 to assist by completing a 5 minute online survey using the following link -

<https://www.surveymonkey.com/s/bysparent2015> which can be copied into your internet browser. Surveys must be completed by Monday



15th June. Please see Glenn if you would like any further information.

### WAKAKIRRI COSTUMES NEEDED

We currently have over 60 students busily rehearsing for their Wakakirri performance on Friday 14th August. Mr Langton and his team of helpers are looking for costumes for their performance. If you have any clothing from the 50's, 60s, 70's or 80's please send them along to Mr Langton. Donations will be greatly appreciated as Wakakirri promotes recycling as an element of the competition.

### CRAZY HAIR DAY—TOMORROW

On Friday, 12th of June we will be holding a Crazy Hair Day to support Skye Burns' efforts to raise money for the Leukaemia Foundation's 'Be brave and Shave' fundraiser. Skye will be having her head shaved at the afternoon's assembly. For a gold coin donation students can come to school with Crazy Hair styles which may include gel styles, wigs and glitter.

*Extreme haircuts and permanent colours are not permitted in line with our uniform policy.*

### It's Not Great To Be Late Classroom Time is 'Five to 9'

Punctuality is a valuable habit for children to learn. Students arriving late miss out on important information or instruction time at the beginning of the learning session. It also distracts other students from their work and disrupts

teachers. As we strive to make the most of all learning times, please assist class teachers by ensuring your children arrive at school on time.

At Kismet Park we use 'Welcome Time' each morning to support a smooth start to our learning day. You can read more about our Welcome Time later in this newsletter.

### PREP 2016 ENROLMENTS

Our 2016 enrolment has commenced. This information allows us to commence planning for the coming year. As the number of student enrolments determines staffing and classroom numbers, it is vital that we establish student numbers for 2016 as early as possible. When enrolling a child, please bring proof of age (e.g. Birth Certificate or Passport) and a School Immunization Certificate. Information regarding immunization certificates can be found at::

<http://www.medicareaustralia.gov.au/public/services/acir/keeping-track.jsp>

Have a great week!

Glenn & Cynthia

### SCHOOL HOLIDAY PROGRAM

We remind families that Extend are offering a holiday care program at Kismet Park during the upcoming holiday period; Monday 29th June — Friday 10th July. Bookings can be made through their website at [extend.com.au](http://extend.com.au). Bookings made after Friday June 12th will attract a late fee.

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

Monday 15th June: School Council

Wednesday 17th June: Region Cross-Country

Wednesday 17th June: Last Day for payment for Kismet Whole School Disco

Thursday 18th June: 3/4 Rugby Clinic

Friday 19th June: Kismet Park Primary Whole School Disco 6—8pm

**Friday 19th June: WAKAKIRRI STUDENTS-PAYMENT NOW REQUIRED!**

**Friday 26th June: Final Payment Due for year 5/6 Canberra Camp**

Friday 26th June: Last Day Term 2— Early Dismissal 2:30pm

Monday 13th July: First Day Term 3



### Contact Us:

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# About self-esteem: children 1-8 years



**Self-esteem is feeling good about yourself. Good self-esteem helps children try new things, take healthy risks and solve problems. It gives them a solid foundation for their learning and development.**

## **Self-esteem: the basics**

Self-esteem is about liking yourself and who you are. This doesn't mean being overconfident – just believing in yourself and knowing what you do well.

For children, **self-esteem comes from knowing that you're loved** and that you belong to a family that values you. It also comes from being praised and encouraged for the things that are important to you, and from feeling confident about the future.

## **Nurturing your child's self-esteem**

Tell your child that you love her. Say it often and for no reason other than to show you appreciate your child.

Here are more tips for nurturing your child's self-esteem.

## **Relationships**

Give your child a sense of her family, culture and community. Help her to know about relatives, family, family history and cultural beliefs and practices.

Encourage your child to value being part of your family. One way to do this is by involving them in chores. When everyone contributes to the smooth running of the household, you all feel important and valued.

Make your child's friends welcome and get to know them. Encourage your child to have friends over to your house, and make time for your child to go to their houses.

## **Time and activities**

Develop family rituals. These could include a story at bedtime, a special goodbye kiss or other ways of doing things that are special to your family.

Help your child try hobbies that he's interested in. But don't push your child to do something that he's not keen on, or not good at.

Let your child help you with something, so that she feels useful. For example, your school-age child could help you set the table for dinner.

## **Achievements and challenges**

Encourage your child to think about how to solve problems. When you help your child with problem-solving, you're giving him the tools he needs to cope with life's challenges.

Celebrate achievements and successes, whether they're big or small. Encourage siblings to recognise each other's successes, and tell other people about them (without going overboard).

Keep special reminders of your child's successes and progress. You can go through them with your child and talk about your special memories, and the things she has achieved.

Spend quality time with your child. Listen to him, and help him learn new things and achieve goals. When your child is younger, this might mean praising and encouraging him when he learns something new, like riding a bike or writing his name. For older children, it might be taking them to sport on the weekend, helping them practise during the week, and taking an interest in what they value.

## **Things that can damage children's self-esteem**

Messages such as 'You are slow, naughty, a bully, a sook ...' say something bad about children as people. If a child does something you don't like, it's better to tell her what she could do instead. For example, 'You haven't done your homework. You need to sit down now and finish your maths questions'.

Threatening to leave children if they don't do what you want, or messages that imply that life would be better without them, might harm children's self-esteem. For example, 'If it weren't for the children, we could afford a new car'.

**Ignoring children, treating them like a nuisance, not taking an interest in them**, or sending any message that you don't like them – these things are likely to be bad for children's self-esteem. An example might be, 'I am sick and tired of you.' Frowning or sighing all the time when your child wants to talk to you or ask you for something might have the same effect. All parents do this occasionally. But if you do it all the time, children get the message that they're a nuisance. Negative comparisons with other children, especially brothers and sisters, are unlikely to be helpful. Each child in your family is different, with individual strengths and weaknesses. It's better if you can recognise each child's successes and achievements. Moving house, divorce or arriving in Australia from another country are all changes that might affect your child's self-esteem. You could maintain the connection with your child's roots by keeping a diary with pictures of where he has been.



# FUN THINGS TO DO ON A RAINY DAY

Activities from <http://www.realsimple.com/health/mind-mood/fun-things-to-do-rainy-day/>

## HAVE AN INDOOR TREASURE HUNT

Children in the house? Keep their day lively with a treasure hunt. Make one set of clues for every player (try rhyming the clues for fun), each clue leading to the next one and, finally, to the treasure. Seal them in envelopes marked with a clue number (i.e., 2/7, or “two of seven”); this will help the treasure hunters keep track. Whoever solves the clues first and finds the treasure—a small toy, an IOU for a movie, maybe a cache of coins (regular or chocolate)—is the winner. Or have your kids play as a team to solve the clues—and uncover the treasure—together.

## CAMP IN THE GREAT INDOORS

Who says tents have to stay outside? If you have a pop-up or small dome tent, it’s easy to set up camp for your kids indoors. If not, you can create tents by draping sheets over the couch. Make them comfy with airbeds, pillows and sleeping bags and then follow through with an indoor picnic to be eaten “under canvas.”

## STORY TIME

**One-word story:** Starting with “Once upon a time,” go around the room and have each person add a single word to the story. Tip: Decide on a genre in advance—fairy tale, ghost story, etc.—and go from there.

### Improvised poetry:

One person says a line of poetry, and the next must say a line that rhymes with it, and so on. Let kids say the first line; it’s up to you to find the rhyme.

### Movie Time

Queue up some classics, old (*Singin’ in the Rain*) and new (*Toy Story 3*), let the kids add a few favorites—and have a marathon screening. Keep a cozy throw on hand to snuggle under, a big bowl of popcorn to dip into, and settle in to enjoy the show(s).



	Prep	Year 1/2	Year 3/4	Year 5/6
Bright Spark	Kaleb Walsh for always completing his work to a high standard and pushing himself with his learning.	Alexia Campbell for consistently achieving a high standard of work across the curriculum.	Luke Tabone for achieving high standards in being a mathematician!	Kiralee Collings for showing improvements in maths and completing all tasks asked of her to an impressive standard.
Big Effort	Patrick Hansen for giving his writing a good go!	Tex Drew for always trying his best.	Syd Guyett for a friendly smiling face and being a great help in the Kismet garden!	Zac Ramsay for his big effort and big improvement in all areas of his learning.
Friendly Act	Audrey Elia for going out of her way to support others, both inside and outside of the classroom.	Taj Collings for his consistent effort to encourage others and contribute to a friendly classroom.	Helayna Carr for going above and beyond when looking after her friends,.	Charlotte Satchwell for constantly sharing materials and helping those around her.



## Extend OHS at Kismet Park HOLIDAY PROGRAM BOOKINGS ARE OPEN!

### Book by Friday 12 June to avoid a late fee.

We have heaps of fun activities planned these school holidays and we can't wait for you to attend! Activities include a range of arts and crafts, sports, team games, science, cooking, and much more.

To check out what's on visit our website at [extend.com.au](http://extend.com.au) and book via the Parent Portal.

#### Weekly recap.

We have had a fantastic week with lots of fun and games occurring. Arts and craft activities have been a big hit, particularly when the weather meant we were unable to play outside. The rain didn't stop the fun though, with everyone still having something fun and entertaining to do, from building cubby houses to playing indoor soccer, there was always smiles on all the kids faces.

#### Next weeks Activities

Monday 15th June - Flip books and comic book design  
Tuesday 16th June - Rugby Skills and Touch Rugby  
Wednesday 17th June - Dream Catchers  
Thursday 18th June - Balloon Sports  
Friday 19th June - Cooking Fruit roll ups

### 2015 CHC30213

#### Certificate III in Education Support

Meadow Heights Education Centre

3-13 Hudson Circuit

Meadow Heights

Email: [Assist2@mhls.com.au](mailto:Assist2@mhls.com.au)

Ph: 9301 9200

Registered Training Organisation

Rebecca Egan - Administration Assistant

Course outline: This certificate III Education Support is made up of 17 units, 12 core and 5 electives, chosen by Meadow Heights Education Centre, to provide students with a broad range of skills to succeed as a Teacher's Aide. This course is run 1 day a week for 21 weeks with 100 hours of placement.

#### 5/6 CANBERRA CAMP 2015.

**PAYMENTS FOR CANBERRA CAMP ARE DUE BY  
FRIDAY THE 26TH OF JUNE.**

**PAYMENTS CAN BE MADE AT THE OFFICE.**

#### WAKAKIRRI STUDENTS

**PAYMENT NOW REQUIRED ASAP! NO LATE PAYMENTS WILL  
BE ACCEPTED!**

#### MELBOURNE STORM TICKETS

**12 Free Melbourne Storm tickets available for the game  
played on Monday the 15th of June at 7.00pm. Please see  
Mrs Keenan if you are interested.**



### CANTEEN NEWS

#### Friday 12th June

Maryanne Ristic- 9.00 - 11.30am

Jenn Dunn- 12.00 - 2.00pm

#### Friday 19th June

Stacey Denner- 9.00 - 11.30am

Jodie Nielson- 12.00 - 2.00pm

If anyone is available to help out in the canteen, please fill out a volunteer slip at the office. Thanks, SARA & NAOMI



Working with  
Children Check



### Parent Helpers in the Classroom

If you are wishing to help out in your child's classroom you are required to have a valid Working With Children Check (WWCC) card. Please present your card to the office staff when you sign in if you have not already done so.

All helpers are required to wear a volunteer badge whilst helping in the classroom.

### CAMPS, SPORTS & EXCURSION FUND

Were you eligible for EMA last year? Are you aware the Victorian Government has announced a new initiative called the Camps, Sports & Excursion Fund? Please call Deb at the office to check your eligibility for this allowance. You can pick up an application form from the school or download one :

<http://www.education.vic.gov.au/.../h.../cseapplicationform.pdf>

Closing date for applications is Monday 22nd June.

### **LOOKING FOR SOMETHING TO DO THESE SCHOOL HOLIDAYS?**

#### **Free Junior Netball Clinics for boys and girls aged 8yo – 12yo.**

**When:** Tuesday 30<sup>th</sup> June (10am – 11.30am)  
Thursday 2<sup>nd</sup> July (1pm – 2.30pm)

\* Children may attend one or both clinics \*

**Where:** Broadmeadow Leisure Centre Netball Courts (indoor location)

**Who:** Boys and Girls aged 8yo – 12yo. **Beginners and experienced welcome.**

**Cost:** FREE

**Contact:** [broadmeadowsnetball@hotmail.com](mailto:broadmeadowsnetball@hotmail.com)

