

Kismet News

Empowerment & Excellence in Education for all

Dear Parents, Staff and Students,

We commenced this week with the celebration of Japanese Children's Day (formerly known as Boy's Day). Students across the school have been busy creating a sea of colour making Koinobori (carp kites) to display in our corridors. The carp is one of the fish that can swim upstream, even jumping over small waterfalls. They are determined and persistent, never giving up! Fits in well with our 'You Can Do It' foundation of Persistence this term.



MOTHERS & GRANDMOTHERS AFTERNOON TEA ON 8TH MAY

All preparations are underway in classrooms for a variety of gustatory delights for the Mothers and Grandmothers afternoon tea this Friday 8th of May from 1:45pm followed by classroom visits. Hope to see you there.



FAMILY MATHS EVENING

WEDNESDAY 20TH MAY 6:30-8:00PM

To celebrate Education Week this year a Whole School Family Maths evening will be held at 6:30-8:00pm on Wednesday 20th of May. A wide variety of activities have been organised that will give you an insight into what your child

experiences in maths at school! Invitations will accompany this newsletter.

| | |
|-------|--|
| Preps | Length; shape; patterns; mass, and number. |
| 1/2's | Number—games/ lpads; Measurement activities. |
| 3 | All mathematical areas covered at school so far. |
| 4 | Problem solving activities |
| 5/6 | Coding activities |

NAPLAN (National Assessment Program Literacy Numeracy)

NAPLAN Testing for students in years 3 & 5 will be held next week on Tuesday 12th May, Wednesday 13th May and Thursday 14th of May. Last week students in Years 3 & 5 received further information about NAPLAN. It is particularly important that the students in this area of the school are here and ready for the start of the school day.

Catch up tests for students who miss tests through absences will be offered wherever possible. Catch up tests must be undertaken by Friday 15th May. For more information about the tests please speak to your child's teacher or visit the VCAA website at www.naplan.edu.au

WAKAKIRRI

It is with great excitement that we announce the opportunity for students at Kismet Park to partake in the annual Wakakirri Competition held in August

this year. The word "Wakakirri" is indigenous for "dance".

Schools compete against each other during heats and then (hopefully) in the finals. The performance will be a seven minute long dance.

Mr Langton has already given out information to interested students.

Please come along to the information night next week, 13th May at 7:00pm (Library) whereby he can answer any queries you may have. Signed contracts will then need to be returned by Friday the 15th May.

PREP 2016 ENROLMENTS

Our 2016 Prep enrolment process will commence soon with information sessions being held at the following times:

Tuesday 26th May at 9:30-10:30am

Wednesday 27th May at 7:00-8:00pm

Thursday 28th May at 9.30- 10.30am

Have a great week!

Glenn & Cynthia

INTERSCHOOL ATHLETICS

The Interschool Cross Country was held on Monday 4th May at Clarke Oval. Congratulations to all the Kismet Park competitors who competed on the day.

Thank you to the staff and parents who supported our day.



Results

1st— St Annes

2nd— Kismet Park

3rd— Sunbury Primary

4th— Killara Primary

8 students have qualified to compete at Division on the 11th June.

Bev Keenan

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

Contact Us:

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

Friday 8th May—Mother's Day Afternoon Tea From 1.45pm

Tuesday 12 May—NAPLAN Year 3 & 5

Wednesday 13 May—NAPLAN Year 3 & 5

Wednesday 13 May—Wakakirri- Meeting 7.00pm in the library

Thursday 14 May—NAPLAN Year 3 & 5

Friday 15th May—Year 3&4 Jamie Oliver Food Education Session

Reminder Canberra Camp payments are due by Friday the 26th of June (Instalments can be made at the office any time)



KIDSMATTER HANDY HINTS

Helping your child to recognise, label and express their feelings and emotions

As your child gets older, labelling their feelings is one of the first steps in helping them understand and manage them. Children who know and manage their feelings are better able to recognise the feelings of others and to manage relationships.

Some ideas: Name and label your own emotions:

“I’m so excited to go to the park with you.”

“I feel a bit nervous when I meet new people”.



Using feeling words when you talk with your child about everyday situations will help them to learn the language of emotions. It will become their way of expressing themselves if the language is used consistently.

Invite your child to describe their own feelings:

“I feel a bit disappointed that the trip has been cancelled. How about you?”; “How did you feel when...?”

Starting conversations During times of change, try to find time and space to allow your child the opportunity to talk about their thoughts and experiences. This can help you to gauge how they are feeling. You might share a story about a time when you felt a similar way about a change and how you handled it. Children need to know that they are not alone and that many people have similar experiences – even adults.

Using pretend play: Children also express their thoughts and emotions through their everyday play. The use of toys, dolls or animal figures can help with imaginative play and allow your child to act out a situation that they may be experiencing. As a parent or carer you can assist them in working through the situation by discussing and developing possible solutions. This can help your child in their everyday life.

Active listening: Active listening is a practical way you can help your child express how they are feeling, particularly when you notice changes in their behaviour. It involves naming the feeling and the situation or event that led to it. Importantly, it can also allow your child to feel that you understand what they are going through. Picking the right time is important for active listening. If your child is very distressed or says they don’t want to talk, ‘being there’ (sitting with them, cuddling them or being nearby) until they are less upset, or saying you are ready to talk when they are, is likely to be more helpful.

Sometimes children may not be able to talk about how they are feeling and may need your help to name the emotion. With the use of active listening you can help by suggesting the name of the feeling for them. For example: “It sounds like you felt upset when Dad didn’t ask what you wanted for lunch.”

Tips to get you started

Stop and try to give your child your full attention (i.e., stop whatever you are doing) as this can help you to be fully attentive and shows your child that they are important. **Look** at your child and, if possible, getting down to their level to show them that you are listening. This may help your child to open up. You might also move somewhere quiet where you can both sit and relax together (e.g., on the couch).

Listen carefully to what is said without interrupting – it is easy for children to lose track of what they want to say if they are interrupted. Show your child you are listening by giving them eye contact and nodding where appropriate.

Reflect the feeling. Use the opportunity to gently describe what you think your child is feeling and why. Be like a mirror – reflect or describe the emotion you think your child is feeling and why. This allows you to check if you have understood how your child is feeling – he or she can usually tell you if you are right or wrong.

Active listening can be useful not only during transition, but in any situation where your child is experiencing strong emotions.

Information sourced from www.kidsmatter.edu.au/primary

PERSISTENCE

Persistence is revealed when young people try hard when doing schoolwork they find frustrating and do not feel like doing, and finish their work on time.

Young people who keep trying to complete an assignment rather than becoming distracted and those who elect to play after they've done their work, demonstrate motivation and can be described as being persistent.

Practical Things You Can Do To Develop Persistence in Your Child

- Provide your child with accurate feedback concerning the amount of effort he/she is expending and how much and time is really needed to complete a task such as a puzzle or a drawing.
- Discuss with your child repeatedly how his/her big effort results in learning or success.
- Provide strong, immediate reinforcement (i.e, verbal and non-verbal) for effort your child puts toward hard work that he/she finds hard or boring (little jobs, puzzle, colouring)
- Catch your child doing something that requires effort, and praise him/her for trying hard.
- Praise your child for returning to a task (chore) that requires effort to complete.



You Can DO It

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

| | |
|------|-------------------------------------|
| PB | Marli Woods Eli Panetta |
| PC | Sara Hogg Jack Jorgensen |
| PW | Charlize Dremel Audrey Elia |
| 1/2M | Matilda Whelan Hayden Spence |
| 1R | Mabel Clarke Patrick Merrigan |
| 1T | Robyn Longworth Bailey Mowlam |
| 2B | Chloe Strange Lincoln Hayes-Pyle |
| 2H | Tahlia Johnson Tyler Dowdy |
| 2S | Brigitte Burnside Brandon Bish |
| 3B | Lillie McCosh Arkylez Tukapua |
| 3C | Bella Mowlam Liam Gilson |
| 4J | Zara Hedges Brodie Mifsud |
| 4S | Bridie Collings Ayden Evans |
| 4Z | Kaiden Kong Kody Rapp |
| 5/6C | Jessi Green Joshua Hunter |
| 5W | Charlotte Satchwell Jason Coates |
| 5Z | Georgia Bullows Joshua Ewert |
| 6A | Emma Drummond Narong Thaipun |
| 6G | Georgia Bullows Tomas Mueller |

Extend OHS at Kismet Park



Weekly recap.
It has been another fun filled week here at Extend. Students have put in lots of hard work into some surprises for some very lucky mums. We had a great time making ANZAC biscuits and have played some pretty cool games along the way too. The older students have played a big part in running some group games for the younger year levels and they have been very successful in doing so.

Next weeks Activities

Monday 11th May -Plaster Fun House
Tuesday 12th May- Touch Rugby
Wednesday 13th May - Make our own board games
Thursday 14th May - Netball night
Friday 15th May - Pizza night



CANTEEN NEWS

Friday 8th May

Maryanne Ristic—9.00 -11:30am

Toni Wells—12:00pm-2:00pm

Friday 15th May

Kimberley Woods-9.00-11.30am

Kaylene Perry—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

MOTHERS DAY MARKET



Saturday

May 9th, 2015

9am—2pm

Memorial Hall & Village Green

CHAPLAINCY TRIVIA & GAMES NIGHT

7pm Saturday 23rd May

Sunbury Downs Secondary College
(Mitchells Lane)

Raffles! Prizes!
Fun games!



BYO snacks/drinks
6-10 per table

Join us for a fun night !! Tickets \$15

For more info or to book, phone Helen on 0407 506 507
or by email to: sunburychaplaincy@hotmail.com

50% Off all in store at

J.Gem Investment Jeweller

59 Evans Street Sunbury, Vic, 3429

Ph/Fax: 03 9740 9004

E-Mail: jgeminvestmentjeweller@gmail.com



BOOK CLUB NEWS.... Our school is now in the LOOP!



A big thank you to all the parents who used the LOOP online ordering for Book Club this issue. Your orders have already arrived at school and have been sent home with students. If parents have any questions regarding the LOOP system of purchasing or any other Book Club questions please come and see me in the Library.

Happy Reading
Jennifer



Cancer and Natural Therapy Foundation – What's on in May, 2015

Fundraiser Dance Night –A fun filled dance night with a 'Leather or Lace' theme on Saturday 16 May, 2015 at the Goonawarra Golf Club from 7.30pm-midnight. \$30 entry. Includes finger food, drinks at bar prices, live band, door prizes and raffle. Bookings Essential!

Meditation Workshop - Learn to Meditate. Facilitated by: Travis Edwards, Transpersonal Counsellor. Cost \$55 (Members of CNTF:\$45). Afternoon Tea Included. Sunday 24 May, 2015. From 1-4pm.

Held at Neighbourhood House and Community Centre, Elizabeth Drive, Sunbury. Phone: 9740 3977 (Mon/Wed/Fri) or Sandra on 0411 100 947

See Website for further details:

www.cancernaturaltherapyfoundation.org/

