

Building the foundations for success and happiness

Dear Parents, Staff and Students,

We would like to begin by congratulating all involved in making last week's 'Community Walkathon' such a successful and enjoyable afternoon for all. Our deepest gratitude is extended to our tireless band of volunteers and supporters. Our thanks also go to all those wonderful sponsors for their support, with over \$4100 raised so far.



Remember all students who return their sponsorship money will receive a rubber downball. Major prizes will be drawn at assembly on 6th November for students who raise over \$20. Raffle tickets will be allocated for the draw based on the amount raised- 1 ticket for \$20-\$29, 2 tickets for \$30-\$39, 3 tickets for \$40-\$49 and so on (increasing by one ticket for each \$10 bracket). The more you raise the more chance you have of winning.

Our major prizes will be:

- 1st An iPad + iTunes card
- 2nd A Bicycle
- 3rd \$100 Readings Movie Voucher

BASKETBALL

Congratulations to Jade Dunne, Imogen Wardley and Abby Hildebrand who have been selected to play for Victoria Metro Girls Under 14 Basketball Team in the Southern Cross Challenge Tournament in January 2016.



YEAR 5/6 1:1 IPAD PROGRAM

Thank you to the parents of Year 4 students who attended Tuesday night's iPad information evening. Those who were unable to attend should



ensure they have received our iPad booklet 'Igniting Curiosity' which includes important information regarding the 1:1 program and choice of iPad. Next week parents of students currently in Year 4 will soon receive an iPad commitment letter in which they are asked to indicate their intention to provide an iPad for their child. This information plays a vital part of our school planning.

ARCHIBALD ART PROGRAM

Yesterday our Year 4 & 5 students participated in a virtual Archibald Education



Program on line workshop streamed live from the Art Gallery of Ballarat. The session included a brief history of portraiture along with an overview of the Archibald Prize exhibition and a portrait workshop with a professional artist. Some of the student's art work may end up being displayed on the Art Gallery of Ballarat website.

MEN'S SOCIAL GROUP BAREFOOT BOWLS

Kismet Park Primary School "Men's Social Group" is having its first get together and all Dads, Step Dads, Granddads and Carers of students at Kismet Park Primary School are invited to join us. A Barefoot Bowls night will be held at Sunbury Bowls Club between 6-8pm on Friday 6th November. Please see the flyer that accompanies today's newsletter for further information. RSVP to aaronmalcolm@kismetparkps.vic.edu.au by Thursday 5th November.



CLASS PLACEMENTS 2016

If there is any information that we may not be aware of that may affect your child's class placement next year please put the details in writing or complete the form provided later in this newsletter and forward to the office marked Attention: Mr Glenn McConnell by Friday 30th of October. This is not a teacher / class selection process, but an opportunity to provide information which may assist with your children's social and academic grouping. While all information will be carefully considered we can not guarantee that all needs will be met.

PLANNING FOR 2016

To assist us with our forward planning we ask any families /students who are moving to another area and not returning to Kismet Park in 2016 to notify the school office as soon as possible. This information is critical in terms of class structures and staffing. Thank you for your assistance.

Have a great week!

Glenn & Cynthia

LOST / UNCLAIMED PROPERTY

It is most important that all articles that children bring to school are clearly labelled with the child's name. Lots of things eventually arrive at the lost property room and without names we cannot return them to their rightful owners. If you happen to discover that you have items at home that don't belong to your children, we would appreciate you returning the items to our lost property room as soon as possible. We strongly advise that VALUABLES including expensive toys, clothing etc should not be brought to school.

Contact Us:

McEwen Drive
PO Box 220
Sunbury Vic 3429
(03)9744 4566
E-mail:
kismet.park.ps@edumail.vic.gov.au

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

- Friday 30th October: Region Basketball Mill Park**
- Tuesday 3rd November: MELBOURNE CUP DAY—no School**
- Friday 6th November: Assembly 2:30pm**
- Friday 6th November: Barefoot Bowling Men's Social Club 6-8pm**
- Monday 23rd November: 2016 Prep Parent Information Session 7-8pm**



Engagement & Well-being

Healthy Self Esteem 10 markers of healthy self-esteem

Self-esteem is a greater predictor of a child's success than intellectual ability or natural talent. Numerous studies support this notion. For instance, a longitudinal study by The London School of Economics Centre for Economic Performance followed the fortunes of all babies born in a particular week in Britain. There was clear evidence that children with a higher self-esteem at the age of 10 got more kick to their earning power later in life than those with higher maths, reading and other academic abilities. The study found that 'high self-esteemers' had less chance of being unemployed later in life and if they were, they would soon be back in the workforce. Parents and teachers intuitively know that feelings of self-worth and positive self-esteem are important. But what is self-esteem and how do you know if your child has healthy self-esteem or not? Self-esteem is a healthy and optimistic view of one's value. If a child evaluates him or herself positively and realistically rather than negatively and unrealistically then it is usually deemed that they have healthy self-esteem. Most of the research available tells us that children with health self-esteem do the following:

1. **Take reasonable risks.** They will try new tasks even if success is not assured.
2. **Display favourable attitudes to others.** Children with healthy self-esteem don't need to put others down to feel competent
3. **Generally behave well.** They do not have to find their place in their family or in groups through misbehaviour.
4. **Highlight own strengths, successes and skills.** They don't put themselves down nor do they exaggerate their own skills or successes to gain a sense of superiority.
5. **Downplay and accept mistakes, failure and imperfections.** They don't dwell on mistakes or

failure. Mistakes are part of learning, just ask any golfer.

6. **Are willing to try and show initiative.** Conversely, children with low self-esteem give up easily or show little confidence in areas that are new.

7. **Acknowledge their own contributions to success.** They take realistic credit for their successes without be boastful or saying that any achievement happened due to luck or good fortune.

8. **Compare themselves to similar children or young people, not glossy images.** It is natural and healthy to compare yourself to others but the choice of yardstick is critical. Those with low self-esteem tend to use unrealistic figures as a yardstick for success.

9. **Have a positive outlook and use positive language.** Take note of the language a child or young person uses. Healthy self-esteemers know how to positive track or reframe negative situations into a positive.

10. **Believe that personal limitations can be worked on.** Children with healthy self-esteem know that success is linked with effort. That is, hard work is no guarantee of success but it certainly increases its likelihood. In the past it was thought that we could enhance self-esteem by simply making a child feel good about themselves. This is too simplistic indeed. The building blocks of self-esteem are multi-dimensional and include the following four aspects:

- positive parent, family and teacher interactions and expectations
- positive peer interactions
- coping skills and,
- successes that show competence and mastery

Student Well-being and Engagement



Bright Spark	Prep	Maya Bassett for writing an excellent beginning of her narrative.
	Grade 1	Nui Kire for always completing his work to an excellent standard.
	Grade 2	Adam O'Brien for using his senses to add details to his writing and creating a Personal Narrative about bubbles.
	Grade 3	Riley Casey for consistently pushing himself in literacy and numeracy
	Grade 4	Brodie Mifsud for eagerly sharing his general knowledge of Science during the Silly Science Incursion and in the classroom.
	Grade 5	Kasey Mueller for excellent results in both English & Maths.
	Grade 6	Jade Dunne for writing a fabulous persuasive letter.

Big Effort	Prep	Cooper Schilling for forming letters correctly during handwriting.
	Grade 1	Luke Chapman for consistently putting effort in all areas of his learning.
	Grade 2	Mila Correia-Bartels for always trying her best in all learning activities.
	Grade 3	Lachlan Wass for working hard at using his knowledge of blends when reading a new text and for showing enthusiasm during science.
	Grade 4	Cameron Freemantle for willingly sharing ideas, providing answers and showing a great interest during the Science Incursion.
	Grade 5	Charlotte Satchwell for always putting 100% effort to her work.
	Grade 6	Holly Cecchini for her great effort when presenting to parents at the Year 4 iPad information session.

Friendly Act	Prep	Marli Woods for helping a friend in need.
	Grade 1	Ruby Sherlock for showing kindness to her peers in the classroom.
	Grade 2	Jarvis Bennett for using his social and emotional intelligence to care for his peers when they are in need of help.
	Grade 3	Tahlua Bradley for always showing kindness to others in the classroom and putting in a big effort with friendship in the yard.
	Grade 4	Syd Guyett for being a cooperative team player in bat tennis.
	Grade 5	Joshua Ewert for always being friendly to his peers.
	Grade 6	Colby Baker for being understanding and helping a friend in need at lunch time.

House points as @ 9th October			
Clarke	Hogan	Lambert	McEwen
7943	6255	6255	7066



Extend OSHC at Kismet Park P.S Term 4 Community Project

Once a year Extend launches a major Extend-a-Hand initiative that equips children to contribute to the wider community.

This year we are partnering with Meals on Wheels so that the children in Extend's programs can make placemats for Meals on Wheels' recipients. Come along to After School Care for an opportunity to contribute to this great team project!

Weekly recap.

Here at extend we have had a very busy, fun filled week. Some of the highlights were our cooking session where the students made colourful peppermint creams. Students took part in a colouring competition and played lots of fun games in between. When the weather made it impossible to play outside, students were very creative in setting up games to ensure everyone had fun

Next weeks activities.

Monday 2nd November: cooking night
Tuesday 3rd November: public holiday
Wednesday 4th November: extend a hand program
Thursday 5th November: round robin sports night
Friday 6th November: finger puppets



CANTEEN NEWS

Friday 30th October: Jane Pumpa 9:00-11:30 am
Toni Wells 12:00-2:00 pm
Friday 6th November: Claire Gilson 9:00-11:30 am
Janine Hodgson 12:00-2:00 pm

New Summer Menu out now. Chicken & Beef noodles \$2.50

Thanks, Sara & Naomi

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- Organic groceries
- Local free range eggs, pure, raw honey, organic cleaning, personal and skin care products
- Customise your organic fruit and vegetable box - have complete control over quantity and cost

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PTA NEWS



MOVIE COUPONS: Thank you to the families who have recently used our Reading Cinema coupons at the cinema. Over the past few weeks, 205 coupons have been handed in to Reading Cinema and we have received 20 movie vouchers to use for prizes.

Please remember to use your coupons when you attend a movie session at Sunbury Reading Cinemas.

Coupons can be collected at the office.



WALKATHON: Thank you to all parent helpers for your support of our walkathon last Friday 23rd October.

All monies for the Walkathon are now due back at school ASAP.

Rupertswood C.C.



Birthplace of The Ashes

Rupertswood Cricket Club Inc
"Birthplace of The Ashes"

Milo in2Cricket

REGISTRATION NIGHTS

Friday 6th & 13th November 2015

6pm - 7.00pm Clubrooms

Rupertswood

Club Website: www.rupertswoodcc.org.au

Email Request: rupocc@optusnet.com.au

0421 991 519



Sunbury Basketball Association

Flight Path Program

Under 8 & 10 Competition

And Development Program.

For more information, collect a flyer from the Kismet Park Primary School office

STUDENT PLACEMENTS FOR 2016

Please return to KPPS marked Attention: Mr McConnell

Child's Name: _____ Grade: _____

List the special educational needs / conditions that your child has that we may not be aware of:

Signed Parent / Guardian _____ Date: _____