



Kismet News

McEwen Drive Sunbury. Victoria 3429 Phone: (03) 9744 4566
Email: kismet.park.ps@edumail.vic.gov.au Website: <http://kismetparkps.vic.edu.au>

Building the Foundations for Success and Happiness

19 March 2020

Friday 27 March

Early Dismissal from classrooms at 2:30pm

All families are asked to follow daily school updates on Compass. These updates will include any recent advice from the Department of Education, information about adjustments to school, operations and home learning. Thank you for your patience as we adapt to a rapidly changing world.

Dear Parents, Staff and Students,

I start today's newsletter with a heartfelt thank you to all our community—staff, parents, carers and students for the manner in which they have adapted to the challenges of the time. Over that past week schools across the world have had to make decisions and put in place practices that effect daily routines and rituals that are the fabric of our community. We are no different and on behalf of myself and our staff I thank the community for your understanding and cooperation with newly introduced protocols.

I also congratulate families on the manner that they are dealing with world events at home. It is so pleasing to see the calm manner with which students are going on with their learning and play. Yesterday one of our younger students made this simple, calm request of me: 'Mr Mac - can you please put up a force field around the school so we don't catch corona?' While my super powers left me long ago do know that changes in our practices are all about protecting our students and staff.

Please be assured that we are constantly reviewing our practices in light of the most up to date information we receive. We will err on the side of caution and adjust where advice from experts informs us otherwise. Know that every decision is carefully considered and made in the best interests of all.

I ask that you be considerate of the role of teachers at this time. They are maintaining classroom programs and communicating calmness at school while working on contingencies in case we are required to close in the future. We are doing our best to plan for continuity of learning should we be directed to close. For those choosing to keep children home while school is open we will do our best to provide generic year level learning activities to be completed at home. Learning packs are available by phoning the office to arrange collection. Online learning platforms such as Mathletics and Reading Eggs enable teachers to provide learning targeted more towards individual student needs.

For wellbeing support please contact the school and ask for myself, Andrea or our Chaplain Nikki Gallus.

I will continue to provide daily updates via compass for the remainder of the term and will also share any new information during the holidays. Take care of yourselves and those around you.

Go Blues!, Glenn



CHANGES TO SCHOOL PRACTICES

To further minimise the possibility of infection we are now introducing the following measures until further notice. While these changes will create some inconvenience we trust that you will understand the need to protect our staff and students and greatly appreciate your support at this time.

- Parents / Guardians / carers are asked to remain outside during drop off and pick up times. Please do not enter buildings or classrooms with your child. We ask that if you need to speak with a teacher please notify the office (preferably by phone). The teacher will call you when able to. Please phone the office rather than attend in person wherever possible.
- Water bottles – please ensure your child comes to school with a full water bottle. All bubbler drinking taps have been turned off.
- Our classroom helpers program is suspended until further notice. While the staff will greatly miss your assistance in the classroom we trust that you understand the need to reduce the number of people moving through the school.
- We have suspended PMI Keyboard sessions as well as guitar and flute until further notice. We expect that PMI will communicate arrangements with families involved in the program.
- To minimise cash handling please note the following:
- School banking is suspended until further notice. Please do not send student banking to school tomorrow.
- Wherever possible we ask families to make any payments to the school via COMPASS. Please only send cash as a last resort.
- Canteen: Please place online orders through our Qkr app, please only send cash as a last resort. Counter sales at recess and lunch will continue for the moment. Our amazing canteen staff have very effective hygiene habits.
- Further preventative strategies may be required and will be conveyed to you via Compass in the future.



ANNUAL PRIVACY REMINDER

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy

Please take time to remind yourself of the school's collection statement, found on our website. For more information about privacy, see: Schools' Privacy Policy – information for parents.

LOOKING AFTER YOUR FAMILY WELLBEING BY PRACTISING GRATITUDE

Gratitude, or appreciation for the good things that happen in life, is an essential part of building happiness. When you're going through a tough time it can be hard to remember to be grateful for the good stuff, but there are a stack of benefits that can be gained from working gratitude into your everyday life.

This can help if:

- you want a strategy for helping to deal with a tough time
- you want to boost your mood
- you want to cultivate awareness and appreciation for the good things in your life.

The benefits of gratitude

Increasing your gratitude is useful because:

- it's an instant mood booster and feels great in the moment
- you're likely to feel closer to friends and family
- you're likely to enjoy your life more
- it's good for your physical health
- it's easier to cope with tough times
- good things in life don't stick in our heads as easily as bad events.



This last point is really important. We tend to remember when bad things happen, and the time we spend thinking about them makes us unhappy. But, if we make an effort to increase how often we experience gratitude, it can balance out some of the negative stuff.

That doesn't mean that you should ignore/forget your problems, or that the things wrong with your life are unimportant. It just means that good memories will also stick in your mind, so you get to enjoy them for longer.

How to practice gratitude

Experiencing more gratitude is easy and doesn't take much time. Try these ideas and see what works best for you:

- Keep a gratitude journal. Take five minutes each day or once a week to think of and write down three things that have happened to you since the previous day or week that you're glad you experienced.
- Take pictures. Set yourself a mission to photograph little things in your everyday life that make you smile.
- Tell someone you're grateful to have them in your life. Whether it's someone you look up to, or someone who just makes you happy, take the time to tell them you're glad they're around.

You don't have to think up a whole bunch of really significant things in order to be grateful. You can be grateful for the smallest things, such as the sunshine, your morning coffee, or the fact that you made it to your train on time.



AUTOMATIC EXTERNAL DEFIBRILLATOR FUNDRAISER

We are fortunate to have community members (Rachael and Holly) supporting our school by initiating this fundraiser through Urban Lifesavers to help us raise funds for the installation of an AED. You can donate at the following link <https://www.mycause.com.au/page/222252/AED-for-Kismet-Park-Primary-School> *Urban Lifesavers is a not-for-profit registered charity <https://www.urbanlifesavers.org.au/> Thank you to those who have already donated. Please contact Glenn on 97444566 if you would like any further information.



COLOUR RUN IS POSTPONED

until further notice.



Who are

you?????



Mr and Mrs Sheehan would like to send out their thanks to two of Kismet Park students who found and returned something very valuable to them. We would love to know who you are??....

Please see Andrea or Deb in the office.

EXTEND

	Extend is the place for your children to thrive, learn and play, so what are you waiting for? Book and enrol at www.extend.com.au	
	Hours of Operation Before School Care: 6.30am – 8:45am After School Care: 3:15pm – 6.30pm Holiday Care: 7.00am - 6:00pm	Contact Details 0438 438 014 kismetpark@extend.com.au

Monday BSC	Tuesday BSC	Wednesday BSC	Thursday BSC	Friday BSC
Easter Card making	Let's play	What animal can you make?	Bubble Snakes	MasterChef
Monday ASC	Tuesday ASC	Wednesday ASC	Thursday ASC	Friday ASC
Keep the egg on the spoon	Can you get through the maze	MasterChef Kitchen Delights	How far can your plane fly?	Celebrating end of term

DISCOVER	LEARN	PLAY
		
How have to fun in making playdough	How to make your very own game	Lego with Hudson

<p>STAR OF THE WEEK!</p> <h2>Tenaya</h2> <p>For helping the younger children while they attend the service. Fantastic Job!</p>	<p>The children have been very busy this week on completing the final touches of our game Extendiverse. This was shown on the open afternoon. On Monday, the children enjoyed the experience of making playdough with Julia. Tuesday, the children enjoyed making animal masks which was good to see the children communicating to each other about which animal they were making.</p> <p>A big thank you to the Saints basketball club for coming out on Tuesday. Damon the president of the club ran drills on the basketball court which the children thoroughly enjoyed.</p> <p>Julie Service Coordinator</p>



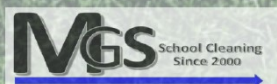
SUNBURY COMMUNITY SOCCER CLUB
SOCCER FOR ALL.

AGES
4-11

2020
SEASON



PROUDLY SUPPORTED BY



Sunbury Community Soccer Club is for all children and young people in Sunbury and surrounding areas.

**CONTACT US FOR
REGISTRATION**

f sunburycommunitysoccerclub@gmail.com
✉ [@sunburycommunitysoccerclub](https://www.facebook.com/sunburycommunitysoccerclub)
☎ Matula: 0413 896 458, Sharon: 0478 413 903