



Kismet News

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Building the Foundations for Success and Happiness

20 February 2020

Friday 21st February	Year 3/4 Professional Practice Day
Thursday 27th Feb	Foundation Professional Practice Day
Tuesday 3 March	Division Swimming Sports
Wednesday 4 March	House Athletics Sports (Years 3 to 6)
Thursday 5 March	Family Maths Night Activities 5:30-7:00pm
FRIDAY 6 MARCH	CURRICULUM DAY (Students do not attend school on this day)
Monday 9 March	Labour Day Holiday
Tuesday 10 March	House Athletics Sports back up date (in case of inclement weather)
Wednesday 11 March	House Athletics Sports (Years Prep to 2)
Monday 16 March	SCHOOL PHOTO DAY
Monday 16 March	School Council

Dear Parents, Staff and Students,

Today we wish our swimming team all the best for the Twilight Interschool Swimming Sports which will be held at Sunbury Aquatic Centre from 4:15pm this afternoon. We encourage families to go along and support our swimmers as they represent our school.

Family Math Night - Thursday March 5th 5:30pm - 7:00pm

Teachers are planning an exciting night of math on Thursday 5th March. The aim of the night will be to engage the school community in Mathematics through a range of hands-on activities. Families will have the opportunity to work collaboratively and apply their mathematical skills to problem solve a variety of open-ended challenges.

Invitations with further details will be sent out tomorrow. We look forward to seeing as many families as possible on the night

PUPIL FREE DAY REMINDER

Our next Pupil Free Day will be held on Friday 6th March. This day teachers will focus on:

- Effective Mathematics Teaching, Quality Questioning, Mathematics Teaching Practices, Rich Maths Tasks and Problem Solving in Maths.
- Planning of units of work that include open ended tasks, the use of concrete materials and manipulatives to support learning and using problem solving strategies and rich maths tasks
- Using assessment data to plan sequences of learning
- Unpacking department resources that support teaching and learning in mathematics.

EXTEND WILL BE OFFERING CHILD CARE ON THIS PUPIL FREE DAY. PLEASE CONTACT EXTEND at www.extend.com.au TO MAKE A BOOKING



STUDENT SAFETY, TRAFFIC AND PARKING

For student safety reasons please ensure you always Drive & Park Safely and Legally.

Because of the narrow streets surrounding our school parking can be a problem. School Council is working with local Government and State Government representatives to improve traffic flow and parking issues at peak traffic times. In the meantime please do not exacerbate this problem by careless or illegal practices. To provide a safe environment for all of our students to arrive and leave school safely please ensure that you:



- Do not use the staff car park.
- Do not double park anywhere.
- Do not drop off in the oval car park if there are no parking spaces.
- Leave disability parking spaces for families dropping off / picking up students with special needs
- Always ensure you and your children use pedestrian crossings.
- Ensure your children DON'T jump fences.

Please show consideration of our neighbours by following the road rules and not blocking driveways . As a result of recent unacceptable behaviour reported to us we have requested by laws officers to visit regularly during drop off and pick up times to enforce road rules and safe driver behaviour.

HOURS OF SUPERVISION

Please remember students should arrive at school from 8:40am and leave grounds after school by 3:30pm. Grounds are supervised from 8:40 – 8:55am and from 3:15 – 3:30pm. If you need to access the school earlier in the morning and/or later in the afternoon than these times we do have an excellent Before & After School program which is operated by Extend. For further information about this program please visit their website at www.extend.com.au or call on 1300366437.

TIPS FOR HELPING EARLY READERS AT HOME

The 3 P's – PAUSE, PROMPT, PRAISE

PAUSE - When assisting your children with reading it is important to give them time to try to work out the word for themselves. Wait 3-5 seconds before providing a prompt as young children need time to process the strategies that they are currently learning to read unfamiliar words. For example they may look back at the picture, hesitate to recall the repetitive pattern of language, reread or try to remember where they previously read that word in the text.

PROMPT – Encourage the child to look at the pictures by asking: *What word might make sense?*

What would sound right?

What does it start with?

If the word makes sense, allow the child to continue reading.

If the word doesn't make sense encourage the child to have another try or tell the child the word so that the flow of the story is not unduly interrupted and enjoyment lost.

PRAISE – At all times it is important that children are praised and encouraged for their efforts. The support and encouragement provided through your praise will greatly assist your child's reading development. Try comments such as:

I like the way

Well done for

That's really great how you

You must have been practising

Have a fantastic week!

Glenn and Andrea



INSIGHTS

by Michael Grose – No. 1 parenting educator



Why finishing 4th beats winning

We all love to see our kids be successful. But maybe it's their struggles rather than their wins that will set them up for future success.

Everyone wants to win. We want it for ourselves.
We want it even more for our kids.

It's great to see the smile of satisfaction on a child's face after winning a game, a race or finishing on top of the pile in any endeavour.

Winning feels good. It means they're doing well.
It's equated with **success**.

It's a good habit to develop ... *or so the theory goes.*

But winning is just one part of the story.

Not finishing first carries emotion too, though it's not necessarily positive.

It's good for kids to experience disappointment, annoyance and frustration just as it's good for them to experience positive emotions.

It's good to learn when you are young that ***bad feelings happen, but they don't last.*** This is a valuable life lesson.

Not winning also teaches kids that there is a link between success and effort. It teaches them that perseverance pays off eventually.

Helping kids to accept setbacks and unpleasant emotions, rather than blocking them out, is ***the key to building their resilience.***

What about the child who never wins?

Some children seem to never win, or hardly ever do. A friend has a child who always seems to have 4th place sewn up in any race – just missing a ribbon – unless he is trying to get into a four person relay team, in which case he finishes 5th.

As a caring parent my friend works hard keeping her son's chin up year after year. And that's what she has to do. I suspect her son will learn the value of struggle. But it will pay off in his adult life when he understands that persistence is a fabulous asset.



So if you have a child who continually comes 4th (figuratively as well as literally) here are some strategies you can focus on:

- 1. Encourage liberally:** Stanford University professor Carol Dweck (who has written a great deal on this very topic) encourages parents to use process praises: *"You used smart strategies"*, *"You worked hard on that one"*, *"You thought long and hard to work that problem out"*. She says this helps kids value effort and work for longer-term results.
- 2. Focus on struggles, not just on victories:** Your focus as a parent reveals your values. If you value effort and struggle then you need to be on the lookout for these so you can applaud them. If winning is all you value, then you'll only focus on that. There is a choice here.
- 3. Share stories of struggle and overcoming adversity:** Whether it's stories from your own life (kids love to hear about when their parents struggled) or stories from public news and sport, inspire and encourage your kids with the narratives of the struggles of others.

It's easy as a parent to get caught in the winning trap. We sometimes just get carried along with the hype.

But maybe, just maybe, finishing 4th is better for kids in the long term than always being a winner.

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.mycase.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.

ARE YOU ELIGIBLE FOR CSEF? (School funding)

Criteria 1 – Eligibility

To be eligible for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

* A special consideration eligibility category also exists. For more information, see: www.education.vic.gov.au/csef

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

MESSAGE FROM THE CANTEEN

WE ARE NOW STOCKING SWEET
AND SALTY POPCORN.

NO OTHER FLAVOURS ARE AVAILABLE.





EXTEND

Monday 24.02	Tuesday 25.02	Wednesday 26.02	Thursday 27.02	Friday 28.02
Test your skills on our obstacle course	Design your very own pipe cleaner	Make your very own Origami creations	Relax with wilderness colouring in	Let's make playdough

Monday 24.02	Tuesday 25.02	Wednesday 26.02	Thursday 27.02	Friday 28.02
Coding (Start of our term program)	Science Activity: Fizzy colours	Group game: Cricket	Let's get creative with dot painting	Science Activity: Bubble Snakes
Make your very own wind chime to take home	Gardening with Julie	Let's cook a yummy cake	Explore your sense with slime	Make your own Gilbert mascot

The Extend Superstar is...

Jack Moore... for following KPPS moto. Way to go Jack!

What's Been Happening

This week the children have been very busy with different activities. The children made mini Gilberts which will be hanging from around the big Gilbert in the after-care room. On Tuesday, we made our own Maracas out of plastic eggs and beads. The children enjoyed using these around the room. On Friday, the children and Julie made a lemon erupt. Yummy Choc chip cookies were made on Wednesday which contributed to our afternoon tea. All the children enjoy cooking during aftercare, this will be a weekly activity. Outside, this week the children enjoyed games like basketball, cricket and football. Our term project is coming along, we now have a main character and background. It is great to see that all the children are getting involved in this project.



Shout out to PAULA the most friendly crossing lady

Paula is Kismet's very dedicated crossing supervisor who never forgets a name.

Make sure when you use our crossing on McEwen drive you give Paula a high five for all of her hard work making sure you are safe on your journey to and from school.

Sunbury Lions Football Netball Club seek players for their Youth Girls teams for 2020. Spots are still available for the following teams U11's, U13's, U15's and U18's. If you are a girl and want to give footy a go now is the chance. No experience needed. Come on down you won't regret it.

For further details contact Michelle Taylor the Youth Girls Coordinator on 0403 204 503.



KIDS CHILL ZONE



Sunbury
Library

20 MINUTE MINDFULNESS LEARNING,
FOLLOWED BY PLAY AND ACTIVITIES
(AGES 6 – 12)

guided by Shukona,
an experienced Mindfulness Coach

HELP YOUR CHILD LEARN HOW TO:

- stay calm and manage their emotions
- be grateful for good things in life

SUNBURY GLC (LIBRARY), CHILDREN'S CORNER
EVERY WEDNESDAY 4PM

BOOK YOUR FREE SPOT ON:

 9356 6970

 OR SEARCH 'CHILL ZONE' ON EVENTBRITE



Body and mind go hand in hand

CONDITIONS OF ENTRY AVAILABLE BLUELIGHT.ORG.AU/CONDITIONS_OF_ENTRY

FRIDAY
FEB 21ST



PROUDLY RUN BY LOCAL
POLICE AND VOLUNTEERS



6-8PM | PRIMARY AGE | \$7 ENTRY

SUNBURY MEMORIAL HALL

INT BARKLY & MACEDON STS, SUNBURY

CONTACT SUNBURY POLICE STATION 9744 8111



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PLEASE ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13



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SUFC



IT'S GAME TIME

GIRLS AND WOMEN WANTED 2020

ALL AGES - Under 10s to Senior Women's

NO MATTER YOUR SKILL LEVEL, COME AND BE A PART OF OUR TEAM!

Registration Day 9th Feb at Langama Park

for further information + inquiries contact

Antonia Anderson, Head of Female Participation at sunburyunitedwomens@gmail.com
or call on 0400 799 446

2020 REGISTRATION

SUNBURY UNITED FOOTBALL CLUB

- Girls, Boys, Men's & Womens

- ALL AGES,
ALL SKILL LEVELS

- LEGENDS VS. ALL-STARS
1pm Kick Off

- Free Sausage Sizzle

FEB 9, 11AM - 3PM — @ LANGAMA PARK

HUME CITY COUNCIL

Leisure Programs for your children to stay fit and active within your community.

BOXFIT for Kids classes give participants the best aspects of learning to box, that focus on non-contact drills, fitness, strength building exercises and working with partners. The classes are fun and well-structured in a relaxed atmosphere.

TAEKWONDO 'Just for Fun' Offers classes instructed by a qualified Taekwondo coach in a fun and relaxed environment that promotes physical activity for your child. We do not operate a grading system - it's just for fun!

DANCE CLASSES: Classes are based on learning different styles of dance to the latest music releases, working on technique and movement that enhances skills

SINGSTARS: A fun and exciting new program that teaches singing all in the one class. Our classes will make you feel good enrich lives and it's fun, what more can you ask for?

* Private singing lessons can be arranged is required.

ACROBATICS: Our acrobatics classes are taught using artistic gymnastic tumbling techniques and also include elements of partner balancing, trampette work and contortion. Acrobatic classes help dancers build upper body strength, agility and flexibility which can be beneficial in other dance genres. Our acrobatics classes are divided on skill base rather than age to allow for students to work to their fullest potential.

For more information please visit: www.hume.vic.gov.au/leisureprograms

Or call Leanne Cacoyiannis on 9205 2513.

https://www.hume.vic.gov.au/Leisure_Sport_amp_Recreation/Leisure_Centres/Programs_and_Activities?fbclid=IwAR3ZIYYgzXWV194V6BmC9D88PF7BFsa6uMzxGAAMWpyZ4qZ8qT8DT4lqzic



BASKETBALL CLUB



**Gem Investment
Jeweller**
(03) 9740 9004

**FREE Bring a friend
Learn, Play and Have Fun**

3 Week Program

25th of February, 3rd & 10th of March

**Available to U12 (Born 2009 & 2010)
and U14 (Born 2007 & 2008)
Boys and Girls!**

**Tuesday 6:30pm to 7:30pm at
Lakeside Stadium, Rupertswood!**

Sausage Sizzle after each session!

Enquiries

E: saintsrupobball@gmail.com

PH: 0439 974 454

