



Kismet News

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Building the Foundations for Success and Happiness

23 April 2020

Dear Families,

We all hope that your families are establishing a daily routine that assists in maintaining calm while being able to complete tasks set by your child's teacher/s. Thank you to all who have provided positive and constructive feedback about the remote learning program our teachers are providing for students. Over the next few weeks remote learning programs will feature a more predictable daily structure to assist families in establishing routines while aiming to increase the independence of students.

As mentioned last week the key to providing the best remote learning possible is communication. We know some ideas will work well and some aspects of our delivery will require adjustments to ensure families, students and staff are not overwhelmed. Please either send feedback directly to your child's teacher or to me at mcconnellglenn.t@edumail.vic.gov.au. All feedback is collated for consideration during our weekly reviews of remote learning.

DAILY LEARNING GUIDE

Over the coming weeks we will be introducing optional activities for families looking for a bit extra. These will include ideas for Physical Education, Music and Japanese. Please remember these are optional activities. Parents are reminded to manage in a manner that maintains calm in your household and communicate your needs to your child's teacher.

Remember the Department of Education's minimum daily remote learning expectations are:

For students in Prep to Grade 2, we will be providing learning programs that include the following:

Literacy activities that take a total of about 45-60 minutes

Numeracy activities of about 30-45 minutes

Additional learning areas, play-based learning and physical activity of about 30-45 minutes.

For students in Grades 3 to 6 will be provided with learning programs allocated as follows:

Literacy: 45-60 minutes

Numeracy: 30-45 minutes

Physical activities: 30 minutes

Additional curriculum areas: 90 minutes



Establishing routines and expectations

It is important to develop a routine to support your child as they learn from home. This is important for them and for family members, to provide an environment that encourages learning.

Start and end each day with a check in to help your child:

- clarify and fully understand the instructions they get from their teachers
- help them organise themselves and set priorities for their learning at home.
- Encourage regular exercise breaks. Your school is likely to provide some suggested activities.

- encourage healthy eating habits and make sure they drink enough water.
- try to keep normal bedtime routines for all children, especially for younger ones.

Managing screen time and online safety

As your child is likely to be spending time online, it is important that you talk to them about online safety. This will help them to make good digital choices and use information and communication technologies responsibly.

You may wish to speak to your children about ensuring they:

- use only the online tools recommended by their school or the Department of Education and Training (DET)
- are respectful when communicating online, just as they would be when speaking face-to-face
- use digital devices in open areas of the home

For more online safety advice for parents and carers go to: www.esafety.gov.au



Mental health and wellbeing check in

Just as you set aside time for physical exercise, it is important to make time each day to check in on your child's mental health and wellbeing.

It may take your child some time to adjust to their new routine for learning and key changes such as not seeing classmates in person. Every child will react differently to new circumstances – feelings of sadness, frustration, anxiousness and even anger are entirely normal.

You can help your child by:

- providing an opportunity to talk about how they feel and listening to what they say
- identifying some specific actions they can take by themselves or with you to address any concerns they might have
- asking how they are finding learning remotely, and if there is anything they'd like your help with.

If you have any other concerns about the health and wellbeing of your child, please contact your child's teacher directly or the school on 9744 4566 to speak with a staff member.

FREQUENTLY ASKED QUESTIONS

To support families we will be using weekly newsletters to clarify questions frequently asked by parents. If you have a question or require clarification regarding remote learning please email me at mcconnell.glenn.t@edumail.vic.gov.au

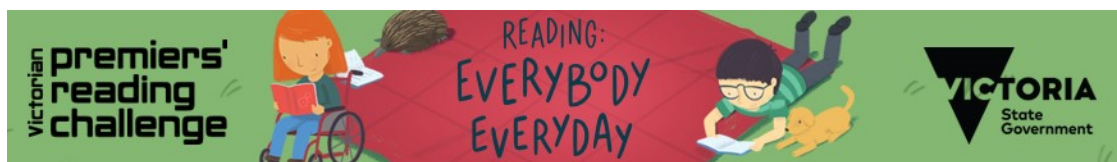


WHAT DOES ONSITE LEARNING LOOK LIKE?

The Department of Education's directive to schools is 'The learning program delivered on-site will be the same as the learning program delivered to students undertaking remote learning. Students learning on-site will be supervised by an on-site teacher but follow the teaching and learning program provided by their classroom teacher.

Students attending onsite will continue to receive their support from their online classroom teacher. Students attending onsite are not advantaged by one to one instruction as staff are following instructions from the Department of Education while implementing social distancing protocols.

Staff who attend onsite are doing so voluntarily as has been directed by the Department of Education. While we acknowledge there is some frustration for all in this situation (staff included) please accept that we are following the instructions of our employer.



Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Kismet Park Primary School is excited to be participating. A new application is being used this year that offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved

the option for students to mark books as a favourite, give them a star rating or complete a book review



The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 4 September 2020.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

Please ask your child's teacher for their log in details.

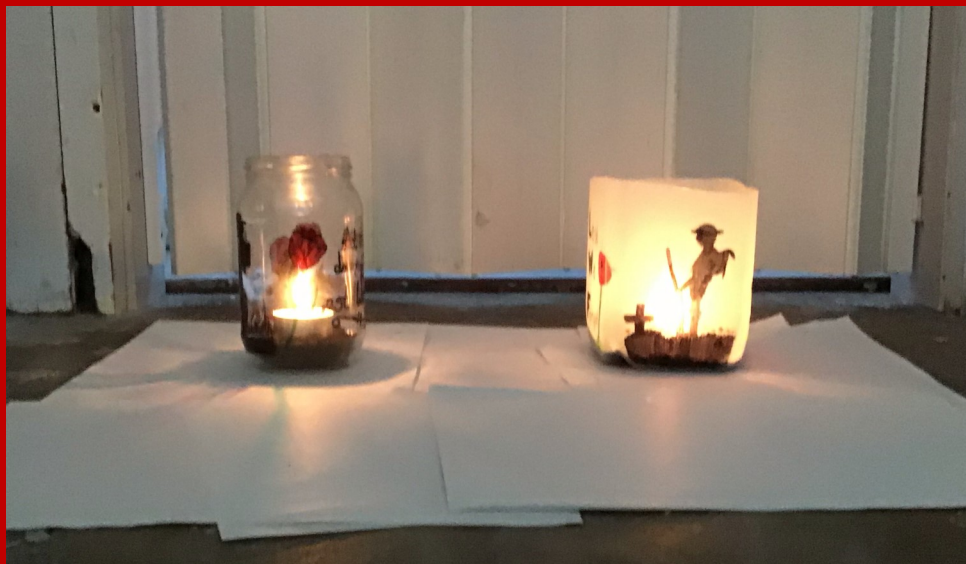
ANZAC DAY

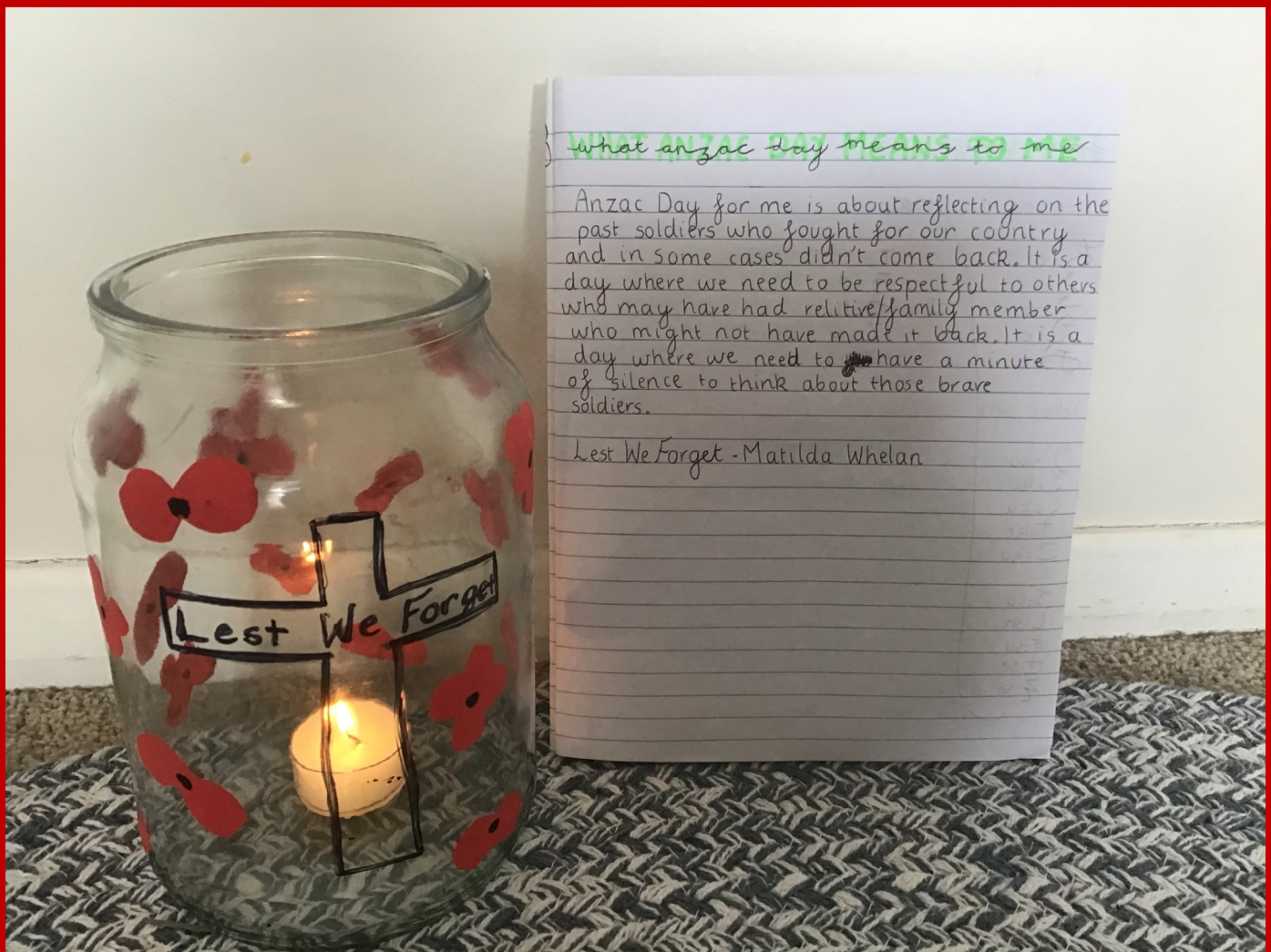
In recognition of the importance of ANZAC Day teachers have included a focus on this special day in class activities. We hope samples of the amazing work being submitted by students will inspire conversation about the ANZACs and the importance of 25 April in our annual calendar

To me ANZAC Day is important because my great great grandfather was in war in Gallipoli and to me family is very important sadly my grandfather passed so on the side of my home-made lantern I put his name in memory of him.



Lest we forget





BOOK CLUB IS HERE—Virtual Catalogue
while Students Learn from Home

In these unprecedented times we're all being asked to change the way we work and live. Our tradition of putting books into the hands of kids isn't going to change, but for Term 2, we're doing things a little differently.

We have set your school for 'HOME DELIVERY' as directed for Term 2 but need your help to get the Book Club offer to your community and students.

Copy the link below and share -

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

WE'RE HERE TO SUPPORT YOU...

Encouraging kids to read is our goal, **but we need your help!**

**1**

Let your school community know
there is a Virtual Book Club in Term 2

YOU COULD:

- Send the link to the catalogue to students and parents advising them of the closing date
- Use the school email distribution list
- Attach the link to the school e-newsletter
- Share with students on a student portal or have teachers share as part of their class communication
- Ask your Principal to share with families supporting reading at home in Term 2.

ANZAC DAY KITCHEN FUN

Anzac Biscuits

Each year the 25th April marks the anniversary of our brave troops who fought and died in Gallipoli. This biscuit is an all time favourite in Aussie households and it's simple and delicious.

Prep Time 10 minutes

Cook Time 15 minutes

Servings 24

INGREDIENTS

1 cup [rolled Oats](#)

1 cup [plain flour](#)

1 cup [white sugar](#)

$\frac{3}{4}$ cup [desiccated coconut](#)

120 grams [butter](#) melted

2 tablespoons [golden syrup](#)

$\frac{1}{2}$ tsp [bi-carb soda](#)

1 tbs [boiling water](#)



INSTRUCTIONS

1. Preheat oven to 150 degrees and boil some water in a kettle.
2. Lightly spray the baking tray with spray oil to stop them sticking
3. In a large mixing bowl, combine the oats, flour, sugar and coconut and mix with a wooden spoon
4. In a small saucepan, melt the butter (or you can melt it in the microwave in a safe dish)
5. Once butter is melted, add the golden syrup to the butter and mix.
6. In a separate cup, measuring the boiling water and the soda and mix these together in a cup, then add the water and soda to the melted butter mixture.
7. Add the melted butter mixture (with the water and soda now mixed through it) to the large mixing bowl and through mix all the ingredients together until soft dough forms
8. Using a metal spoon, scoop out balls of the mixture about the size of a 20 cent piece and leave space between each as they will spread on the tray when baking
9. Bake in the oven for 15 minutes until golden brown.
10. Allow to cool on tray and remove using a spatula.

Eat and Enjoy!

RECIPE NOTES

Optional Extras

Try adding 1 teaspoon of cinnamon for a little extra spice

Equipment Mixing Bowl, Wooden spoon, Small saucepan or microwave proof bowl, Measuring Cups, Measuring Spoons, Non-stick baking tray, Kettle, **Adult Assistance**, Melting the butter in saucepan or microwave, Using the hot oven Pouring the boiling water from kettle.



YOU ARE INVITED TO OUR

VIRTUAL OPEN DAY

6 MAY

Virtual tours 9am, 11am or 2pm

Meet our staff and see our facilities
from your own lounge room

Book online - salesiansunbury.vic.edu.au

Year 7 2022 applications close 21 August

Complete application online now.

Nil application fee

Visit salesiansunbury.vic.edu.au



Salesian College
SUNBURY

Striving
in life.

Wellbeing

BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.