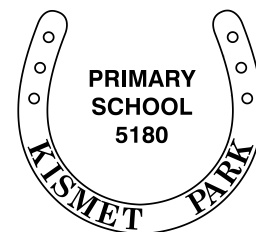




KISMET NEWS



Important Dates

Tuesday 3 and Thursday 5 August
3:30–6:00 Parent Teacher Interviews
(for families who have not had a PT
interview during remote learning)

Thursday 5th August
Grade 3/4 Softball clinic (TBC)

Monday 9th August
Grade 6 Graduation photo

Monday 16th August
School Council meeting

Wednesday 15th September
Summer Sports

CHILD SAFETY OFFICER
Glenn McConnell

Please speak with Ciara if you
have any concerns at all regard-
ing a child's wellbeing or safety.



Dear Families,

Thank you for your ongoing support and understanding as we all make our way through these 'interesting times.' We all greatly appreciate the manner in which families managed drop off and pick ups on the return to school this week. Your continued observation of COVID safe practices including social distancing and mask wearing at these times will help us maintain a full day of learning by avoiding the need for staggered starts and finishes.

Over the coming weeks flexibility will be the key as restrictions are updated. While we aim to maintain scheduled activities late changes due to DET guidelines can not always be avoided. Please be aware of the disappointment many students experience when planned events can not take place or are delayed. It is vital that parents communicate a positive approach to such changes— while there is disappointment there is an opportunity to build resilience. Please avoid negative conversations that reinforce disappointment.

YEAR 5&6 CANBERRA CAMP

Due to the current COVID situation in NSW we are reviewing the year 5&6 Canberra Camp. After discussions with the tour company this morning, the unfolding COVID situation and border restrictions in NSW means at this stage the Canberra camp is unlikely to proceed unless restrictions ease. Due to the popularity of Canberra as a school camp destination, Kismet's planning, scheduling & key bookings for this camp commenced in 2019 so it is disappointing to find ourselves in this situation.

As a possible alternative we have commenced investigating other camp options within Victoria. We will provide regular updates as we work towards giving our students every opportunity to participate in a grade 5/6 camp this year.

If our grade 5/6 camp program has to be abandoned this year due to COVID, families will receive a full refund of any money already paid. You can request a full refund by contacting the school with your bank details on the email address below.

If you have any enquires please don't hesitate to contact the school at

Kismet.park.ps@education.vic.gov.au

Thank you for your understanding.

COVID SAFE PROTOCOLS

The following protocols are in place to keep everyone safe and our school open. Protocols will be reviewed regularly taking changes in DET guidelines into account. Thank you for your support.

Parents will be unable to enter the school grounds unless by prior arrangement with the office. Please phone the office on 9744 4566 from the front gates if you require assistance. A staff member will come out to greet you as soon as possible.

PICK UP AND DROP OFF ARRANGEMENTS: Until further notice students will be dropped off and collected at school gates. Staff will be at all gates to greet and support students as they come into school and students will go straight to classrooms to see their teacher and set up for the day's learning. **Please let your child know where you will meet them at the end of the day**.

Car Park Works - unfortunately works to the car park are yet to be completed. Road works on McEwen Drive have further reduced parking bays. We apologise for this inconvenience, however the timing and nature of the work is beyond our control. Please exercise extra patience and understanding of other road users to ensure everyone's safety.

Face Masks: Parents and carers are required to wear face masks whenever they leave the house, including for school drop-off and pick-up.

Social distancing: Parents are also reminded to practice social distancing between adults during these times and to minimise their time around school gates. Please drop off / collect your child/ren and leave the area as soon as practicable to reduce congestion.

School iPads: Families who borrowed school iPads during remote learning are asked to return them to school by Friday 30 July. Parents are asked to call the office when they arrive at the school gate so a staff member can meet you, accept the returned iPad and sign off the loan agreement.

Please remember all unwell students must stay home. When any student either presents as being unwell or reports to a staff member they are feeling unwell throughout the day the parents will be phoned to collect them as soon as possible.

PREMIER'S READING CHALLENGE

Families have been sent each student's username and password for the Premier's Reading challenge along with a parent consent form. Parents are reminded to sign and return consent forms by the end of term.

The Premier's Reading Challenge website can be easily accessed on the web at this address: <http://www.education.vic.gov.au/prc> and by clicking on the 'Student Login' button on the left hand side. Any questions you have about the challenge can also be answered on the website. If you have any further questions that you cannot find the answer to, please do not hesitate to contact your child's teacher.

2022 PREP ENROLMENTS

Our 2022 enrolment is well underway. We ask any families wishing to enrol at Kismet Park in 2022 to complete their enrolment as soon as possible to assist us with planning for next year. As the number of student enrolments determines staffing and classroom numbers, it is vital that we establish student numbers for 2022 as early as possible. When enrolling a child, please bring proof of age (e.g. Birth Certificate or Passport) and a Immunisation Certificate. Information regarding immunisation certificates can be found at <http://www.medicareaustralia.gov.au/public/services/acir/keeping-track.jsp> cords are accurate.

Confirmation of enrolment letters will be sent out next week.

A NOTE FROM SICKBAY



Kismet Park Primary School

Building the Foundations for Success and Happiness

Term 3



A NOTE FROM SICK BAY...

We're all responsible to maintain a clean, healthy and safe environment for students, staff and the school community at-large. Help keep your family and our school community safe by following these steps for clean and healthy after-school activities.



We're all in this together!

Everyone is busy with school, learning new things, making friends, doing homework and having fun! Don't let germs get in your way. Handwashing is a skill that you will use every day for the rest of your life! Handwashing with soap is a "do-it-yourself vaccine" that, when practiced properly and regularly, prevents infections and saves lives.

|| INSIGHTS ||

by Michael Grose - No. 1 parenting educator



Easing children's anxiety

"Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety."

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious.

Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-

pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

Published by Michael Grose Presentations.

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www.parentingideas.com.au




Parenting ideas
MICHAEL GROSE

**"Goonawarra
Neighbourhood House
is committed to Child
Safety"**

**At Goonawarra, we love, laugh,
play and learn**

**Occasional Childcare &
BUSY BEES 3-4 year Old
Activity Group**

We offer excellent community-based childcare in a safe and nurturing environment.

GNH Occasional Childcare & Busy Bees provides care and educational activities for children to promote their physical, social, emotional, and intellectual development. We feel this gives you, the parent, trust and security whilst your child enjoys being part of an environment that is fun, friendly, and stimulating.

We provide care for children aged between 6 months to school aged & 3-4 yo's for Busy Bees with no more than 16 children per session.

**WE ARE A FULLY LICENSED
TYPE 2 OCCASIONAL
CHILDCARE PROVIDER**

When:

**Mondays - Busy Bees,
Tuesday & Friday -
Occasional Childcare**

Times:

**9.15 am -2.15 pm
5 Hourly Sessions**

Dates:

**During school terms
& School Holidays**

Cost:

\$55 per session

CALL TO BOOK 9740 6627

Our Programs

Our experienced staff plan according to the Early Years & the National Quality Framework as we believe that every child is an individual with different interests and needs.

A day at the Occasional Care & Busy Bees programs provides a balance of planned sessional experiences appropriate to your child's age and skill levels. There is supervised free play, utilising a wide range of toys and equipment. Experiences include painting, puzzles, climbing and sand play. Each day the children enjoy outdoor play in our wonderful playground environment.