



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

30 April 2020

Dear Families,

We trust that your family are all well and finding effective routines and strategies for maintaining your physical and emotional wellbeing during these challenging times.

As you would be aware there has been much talk about the return to school across all media platforms. The message the Victorian Chief Health Officer remains clear: **all children who can learn from home must learn from home. All school staff who can work from home must work from home.** All students must be learning from home, except for children on days when they are not able to be supervised at home and no other arrangements can be made.

As soon as I am advised of any change in this message and directions to schools I will communicate those details through the Compass Portal that you are able to plan accordingly.

All of us at Kismet greatly appreciate your support and cooperation with the delivery of remote learning. Please take care of yourselves and remember to manage your expectations of your children according to the needs of your family.

KISMET PARK FACEBOOK PAGE



We have started sharing optional activities on our school Facebook page for families looking for something extra. We hope they can add a bit of lightness to your days.

We have been overwhelmed by the response to Andrea Moiler's relaxation session that went onto our Facebook page earlier this week. 1.7K views is mind blowing! Andrea is in production mode working on her next clip to provide staff and parents (the adults) with some guided meditation and relaxing breathing techniques. We are so proud to have such a skilled and talented staff member being able to share her passion with the community in a time where it is needed more than ever for us to take a deep breath and relax.

PREP 2021 TRANSITION PROCESS AND SCHOOL TOURS

Due to the Covid-19 restrictions schools are unable to hold any tours of the school until further notice. The Sunbury Network of Primary Schools intend to hold tours and information sessions during Term 3, dependant on advice from the Department of Education at that time. These dates will be promoted on school websites, Facebook pages, local childcare centres and kindergartens as soon as they are confirmed.

2021 enrolment packs are now available. Please contact the office on 97444566 or email kismet.park.ps@edumail.vic.gov.au to request a copy.

Thank you for your patience and understanding as we work through the COVID environment.



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

PTA MEETING

The next meeting of PTA has been scheduled for 7:15pm On Wednesday 13th May. The meeting will be held on Webex with a meeting code being sent out that afternoon. It would be great to see you on our screens. Key agenda items for this meeting will be:

A change of month for the PTA Annual General Meeting due to COVID restrictions

Thoughts about the role of PTA when school returns

The school was officially opened on 4th December 1981. How could we celebrate Kismet's 40th Birthday 2021?



Please email me at mccconnell.glenn.t@edumail.vic.gov.au if you would like further information.

TALKING TO YOUR CHILD DURING CORONAVIRUS (COVID-19)

Minister's message

Your kids, like mine, will have many questions about Coronavirus and what it means for them – and for the people they love. I know it can be daunting for parents and carers to answer those questions. That's why, in close consultation with our child psychologist team, we've developed a resource to help guide you through these conversations. Everyone's child is different, and some will want to talk more than others. What's most important is that you're there for them when they're ready to talk. Without doubt, we face an enormous challenge.

But I want you to know that as parents, caregivers and Victorians, we are in this together.

The Hon James Merlino, MP
Deputy Premier

Minister for Education

This guide will help you talk to your child about coronavirus (COVID-19). It includes tips on how to have a safe and reassuring conversation and links to resources to help you and your family.

Essential actions

- Don't be afraid to discuss coronavirus (COVID-19) with your children
- Be guided by your child
- Stick to a routine
- Close conversations with care
- Remember to look after yourself

Don't be afraid to discuss coronavirus (COVID-19) with your children

- Most children will have already heard about coronavirus and parents and carers should take the opportunity to talk to them about the current situation.
- Honest and regular communication is key. Not talking about something can make children worry more.
- Children often rely on their friends and social media for the news. Parents and carers can help by positioning themselves as a trusted source for information and as a person who can help children with their questions.

Adapt information depending on your child's age

- Try to remain calm and positive when talking to your child.
- Think about your child's age. Offer information using language and examples they will understand.
- It's okay if you can't answer everything – and to say you're not sure. Use this as an opportunity to find out information together. Being available to your child is what matters.
- Be careful not to share too much information all at once, as this may be overwhelming.
- Avoid talking in a way that could make your child feel more worried.

Be guided by your child

- Ask your child to tell you anything they may have heard about coronavirus (COVID-19), and how they feel about this situation.



- Check in with your child regularly. Give them opportunities to ask you questions over the coming weeks and months.
- Some children will worry more about others than themselves. Find ways for them to connect with family and friends as much as possible using technology.
- Be reassuring. Tell children that the changes in their life have been introduced to make us all safer. Tell them, that eventually, things will go back to normal.
- Be aware of the language you use with your child while you are around them. Remember that children will be listening to adult conversations more than usual.
- Don't dismiss your child's fears. It is understandable for them to be concerned because they have probably never experienced anything like this before.
- Tell your child that doctors and scientists all around the world are working really hard to learn more about coronavirus (COVID-19) and to keep us safe.

Focus on what you're doing to stay safe

- Give them some control over what is happening. Teach the importance of physical distancing, hand washing and how to do these things properly. Remind them of their responsibility to protect others from coughs and sneezing.
- Remind them to call 000 if they or their family are unsafe.

Stick to a routine

- Over the school holidays, structured days with regular mealtimes and bedtimes are still an important part of keeping children happy and healthy.
- Where you can, have a daily routine. Create a shared timetable with your family and put it up on the fridge where everyone can see.
- If possible, find a time every day to talk about the importance of good hygiene and teach them the essentials of practicing physical distancing.
- Include things like outside time, play time, free time on technology, creative time and learning time.
- It is okay to be flexible and respond to the needs and emotional state of your child.

Keep talking

- Find out what your child already knows or is worried about. It's important to find out if they have heard incorrect information.
- Ask questions that don't have yes or no answers.
- If your child asks you something and you don't know the answer, say so. Use the question as a chance to find out together.
- If your children don't seem interested or don't ask a lot of questions, that's okay.
- Let them know that we are all going to keep listening and talking.

Close conversations with care

- It's important not to leave children feeling worried after a conversation.
- When you wrap up your conversations, look for signs they are feeling anxious. This might be a change in their tone of voice, their breathing or body language.
- Comfort them if they feel this way.

Things to look out for in your children

- It is normal for children and young people to show signs of distress. Common reactions include:
- fear and anxiety
- anger and frustration
- confusion
- sadness
- denial.

Remember to look after yourself



- This situation can be stressful – regardless of your age. To look after the people you love, you also need to look after yourself.
- If you notice that you are feeling anxious, take some time to calm down before having a conversation or answering your child’s questions.
- If you are feeling worried, tell your child that you will find some information and talk to them soon.
- The following external resources are also available to support your mental health and wellbeing:

⇒ [Headspace – for family and friends](#)

⇒ [Beyondblue – COVID19](#)

⇒ [Lifeline – Mental health and wellbeing during the COVID-19 outbreak](#)

Additional resources

To support you when talking to your child

- [Raising Children Network – Coronavirus \(COVID-19\) and children in Australia](#)
- [Emerging Minds – supporting children during the coronavirus outbreak](#)
- [KidsHealth – Coronavirus \(COVID-19\): How to Talk to Your Child](#)
- [eSafety Office – COVID-19: an online safety kit for parents and carers](#)

To share with children and young people

- ♦ [headspace – how to cope with stress related to Novel Coronavirus](#)
- ♦ [ReachOut – coping during the coronavirus](#)

For up-to-date information and advice on coronavirus (COVID-19), visit:

- [DET coronavirus website](#)
- [DHHS coronavirus website](#)



You may like to try a MasterChef session at home using the recipe below:

Sugar Cookies

- 175 grams soft unsalted butter
- 200 grams caster sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 400 grams plain flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 300 grams icing sugar (sieved)
- food colouring



Instructions

1. Cream the butter and sugar together until pale and moving towards moussiness, then beat in the eggs and vanilla. In another bowl, combine the flour, baking powder and salt. Add the dry ingredients to the butter and eggs, and mix gently but surely. If you think the finished mixture is too sticky to be rolled out, add more flour, but do so sparingly as too much will make the dough tough. Halve the dough, form into fat discs, wrap each half in clingfilm and rest in the fridge for at least 1 hour.

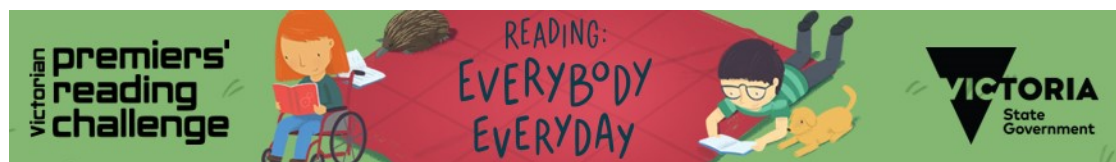
2. When you are ready to make the biscuits, preheat the oven to 180°C/160°C Fan/gas mark 4/350°F.

Sprinkle a suitable surface with flour, place a disc of dough on it (not taking out the other half until you've finished with the first) and sprinkle a little more flour on top of that. Then roll it out to a thickness of about ½ cm / ¼ inch. Cut into shapes, dipping the cutter into flour as you go, and place the biscuits a little apart on the baking sheets.

Bake for 8–12 minutes, by which time they will be lightly golden around the edges. Cool on a rack and continue with the rest of the dough. When they're all fully cooled, you can get on with the icing. Put a couple of tablespoons of just-not-boiling water into a large bowl, add the sieved icing sugar and mix together, adding more water as you need to form a thick paste.

Colour as desired: let the artistic spirit within you speak, remembering with gratitude that children have very bad taste.

Victorian Premiers' Reading Challenge



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.

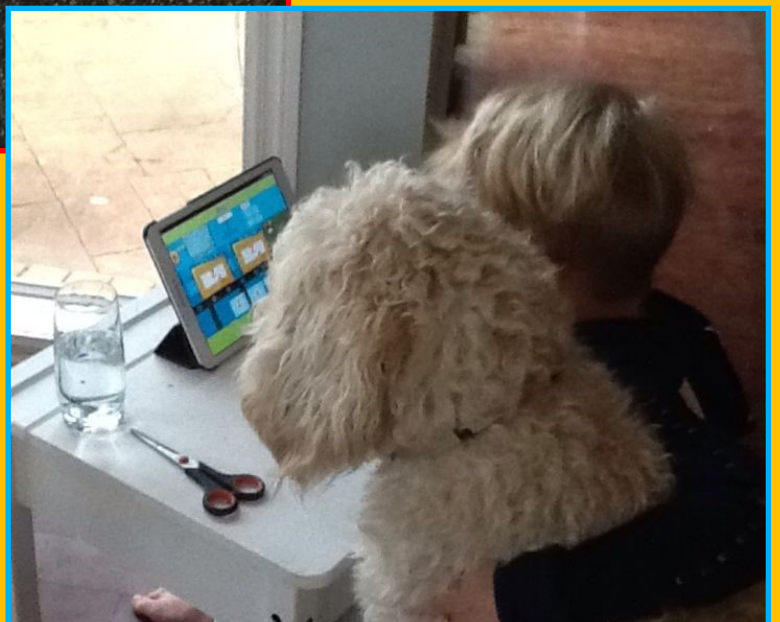
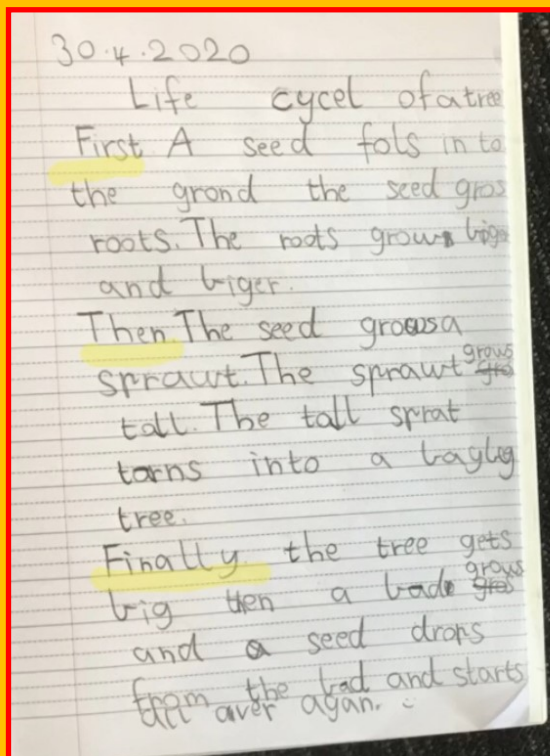
All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

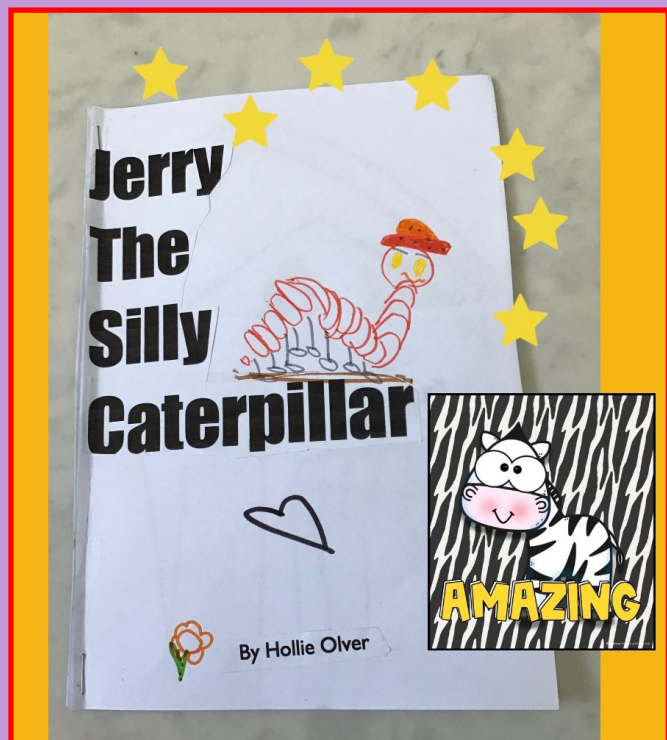
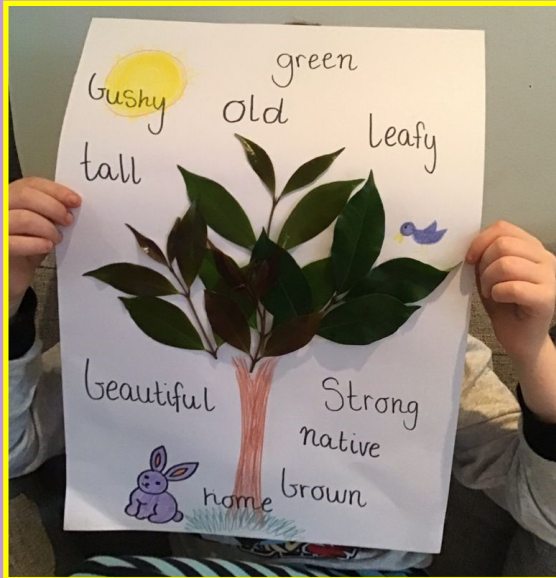
To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

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

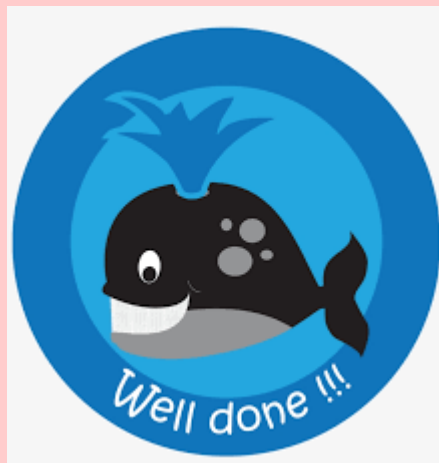
REMOTE LEARNING

We have all been impressed by the work of students and families as they have adjusted to remote learning that we felt the need to share samples through our newsletters. We hope you enjoy them as much as we have. If your family would like to share any work with the community please email Andrea Moiler at moiler.andrea.a@edumail.vic.gov.au so that we can all share in your success.



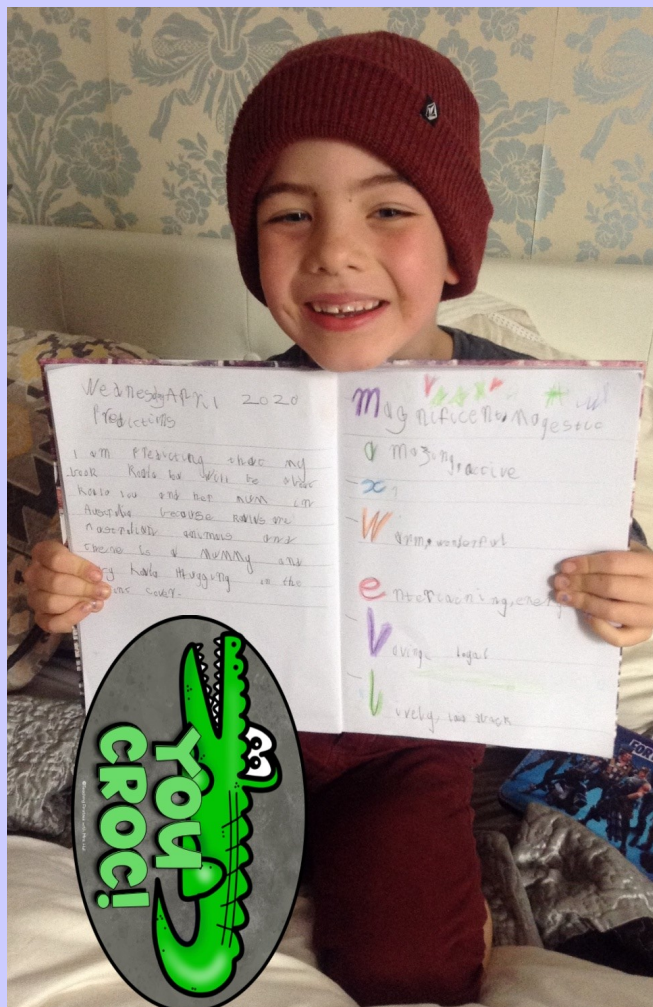


leafshes 2 syllables 4 sounds
 snifshes 2 syllables 4 sounds
 cupshes 3 syllables 4 sounds
 spishes 2 syllables 5 sounds
 toothbrushes 3 syllables 5 sounds
 unleashes 3 syllables 4 sounds
 unleashes 3 syllables 5 sounds
 publishes 2 syllables 5 sounds
 I have a lot of dog leashes.
 Jack smashes the glass again.
 Daniela has big eyelashes.
 he splashes water too much.
 Now you have a lot of toothbrushes.
 arguments unleashes trouble.
 she undresses the doll.
 the Dad punishes the son.



ab ab at at ch ch ck ck nl nl n
 nk dl dl ht ht ll ll th th ul ul
 ut ut bl bl ml ml nl nl el el
 ll ll et et lk lk it it nt nt
 Yellow butter melts quickly
 Yellow butter melts quickly
 Is there salt in the salad
 Is there salt in the salad







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.