



Kismet News

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Email: kismet.park.ps@education.vic.gov.au Website: <http://kismetparkps.vic.edu.au>

Building the Foundations for Success and Happiness

30 July 2020

Friday 31st July	Curriculum Day—students do not attend school on this day and no remote learning
Wednesday 5th August	Wellbeing Wednesday
Thursday 6th August	Newsletter Day
Monday 17 August	School Council
Wednesday 19th August	Wellbeing Wednesday

Dear Families,

We all hope that your household has established 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.

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 glenn.mcconnell@education.vic.gov.au. All feedback is collated for consideration during our weekly reviews of remote learning.

CURRICULUM DAY FRIDAY 31 JULY

This is a reminder that tomorrow, Friday 31 July is a whole school curriculum day. On this day teachers will be involved in professional learning activities that support school improvement initiatives to improve learning outcomes for our students in English and Mathematics. The day's work will focus on the implementation of our Instructional Model that sets out how we structure our teaching, the High Impact Teaching Strategies that reliably increase student learning wherever they are applied and Formative Assessment that informs teachers about what they need to teach next. Students do not attend school on this day.

WELLBEING WEDNESDAY 5th AUGUST

Over the last five weeks we have greatly appreciated the work of parents, staff and students in delivering remote learning. Now we believe it is time to take a breath, celebrate what has been achieved and focus on family wellbeing with a Wellbeing Wednesday.

Our Wellbeing Wednesday will be held next week on Wednesday 5th August. We will be providing a range of family activities that promote self-care and wellness. As a family you can decide which three tasks you will do for the day or alternatively you may choose this time to catch up on work or engage in other family-based activities.

While you are catching a breath our teachers will be involved in a Professional Learning program, meaning they will not be contactable on that day. Your teacher would appreciate you sending them one photo of a family activity to let them know how your day went.

Details of Wellbeing Wednesday activities will be sent out via Compass. *Note that onsite supervision will continue on Wellbeing Wednesday, 5th August.



2020 YEAR BOOK

Planning is underway for our 2020 Year Book. Given the extra-ordinary year we are having this may become quite a conversation starter in the years ahead. In addition to being provided in digital form families will be able to order a hard copy version of this year's book. Further details will be provided later.

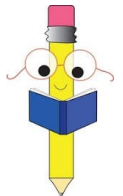
To provide insight into the remote learning experience we are inviting families to provide digital photos of any remote learning experiences they would like to share in this year's copy. Send any items you would like to share to

kismet.park.ps@education.vic.gov.au, listing the subject as 2020 Year Book. Please include names of family members in any photos along with a brief description of the activity portrayed.



PREP 2021 SCHOOL TOURS CANCELLED

Unfortunately due to COVID restrictions schools are unable to hold any tours of the school until further notice. We are working through alternative arrangements which will be communicated soon. 2021 enrolment packs are available. Please contact the office on 97444566 or email kismet.park.ps@education.vic.gov.au to request a copy.



REMOTE LEARNING TIPS

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

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.

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



PREMIERS' READING CHALLENGE CLOSING DATE EXTENDED

The Premiers' Reading Challenge has been extended by two weeks and will now close on Friday 18 September.

The Premiers' Reading Challenge inspires children to read, helping to build essential literacy skills that support their education. The extension aims to give students more time to finish reading their books, in light of the disruptions students have faced as a result of coronavirus (COVID-19).

FREQUENTLY ASKED QUESTIONS

It is essential that everyone pays attention to their Health and Wellbeing. Please don't overwhelm your family with expectations that are not attainable. Focus on completion of the key learning in literacy in numeracy first, then adapt your day around the needs of the family. Some of the ideas below might come in useful in keeping household calm.

STAYING CALM

Being Mindful

When we're stressed about something (such as coronavirus), our thoughts tend to speed up. Taking 10 minutes or so to practise mindfulness can help produce a sense of calmness, and can make it easier to then make decisions. Here are some free options:

Insight Timer has over 25,000 free guided meditations, from 1 to 90+ minutes. Try searching by a topic that interests you (e.g. stress, learning to meditate, sleep).

Smiling Mind might be a good option if you don't want to be overwhelmed by choice. The meditations are organised by structured programs, such as Mindful Foundations, Sleep, Relationships, etc.

✦ Headspace

If meditation isn't for you, try doing an everyday activity in a mindful way – in other words, put aside distractions and focus fully on one small task. For example, while you're having a cup of tea, pay attention to your senses (the smell of the tea, the warmth of the cup in your hand and the taste).



Real Life Array Examples



$$5 \times 2 = 10$$



$$3 \times 3 = 9$$

Real Life Array Examples



$$3 \times 4 = 12$$

Real Life Array Examples



$$10 \times 4 = 40$$

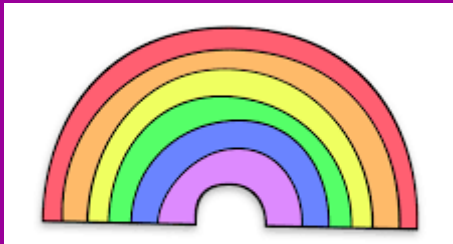


$$10 \times 10 = 100$$

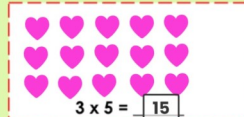


$$3 \times 6 = 18$$

2B



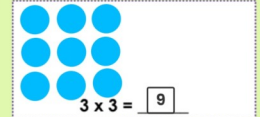
Emoji Multiplication Arrays



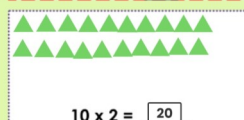
$$3 \times 5 = 15$$



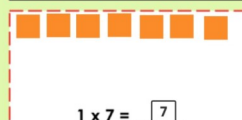
$$8 \times 2 = 16$$



$$3 \times 3 = 9$$



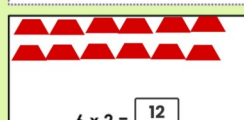
$$10 \times 2 = 20$$



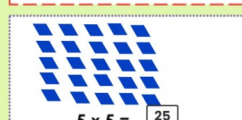
$$1 \times 7 = 7$$



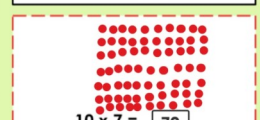
$$2 \times 4 = 8$$



$$6 \times 2 = 12$$



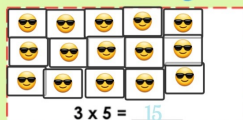
$$5 \times 5 = 25$$



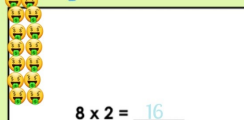
$$10 \times 7 = 70$$



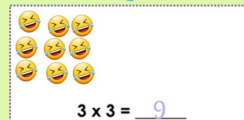
Emoji Multiplication Arrays



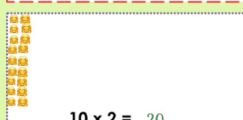
$$3 \times 5 = 15$$



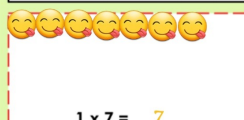
$$8 \times 2 = 16$$



$$3 \times 3 = 9$$



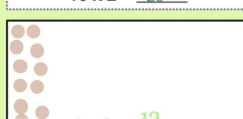
$$10 \times 2 = 20$$



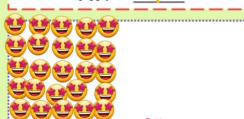
$$1 \times 7 = 7$$



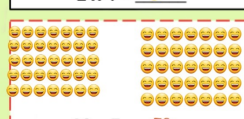
$$2 \times 4 = 8$$



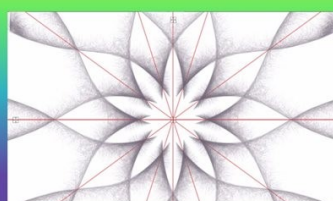
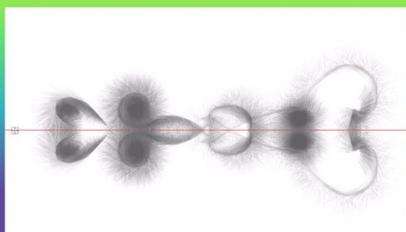
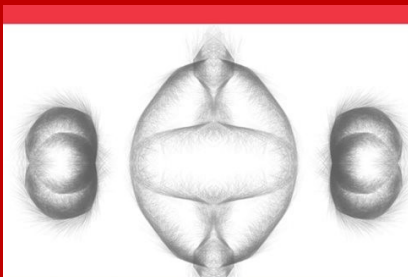
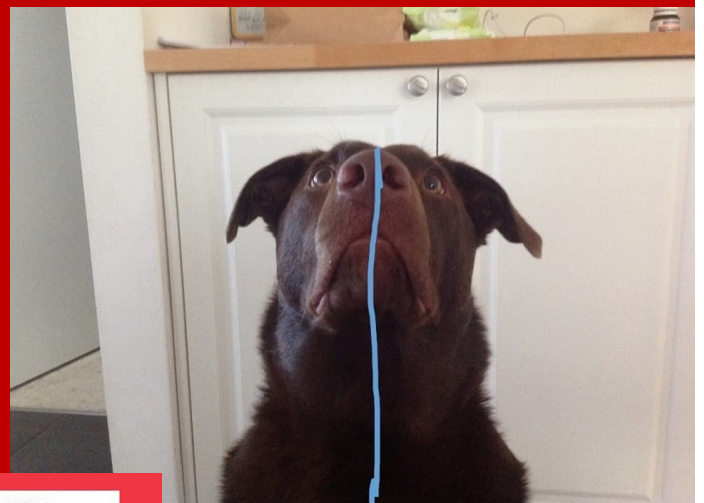
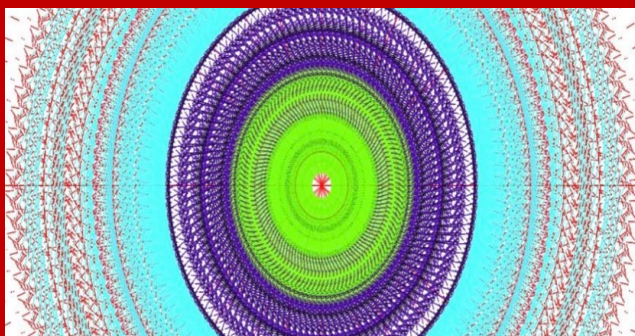
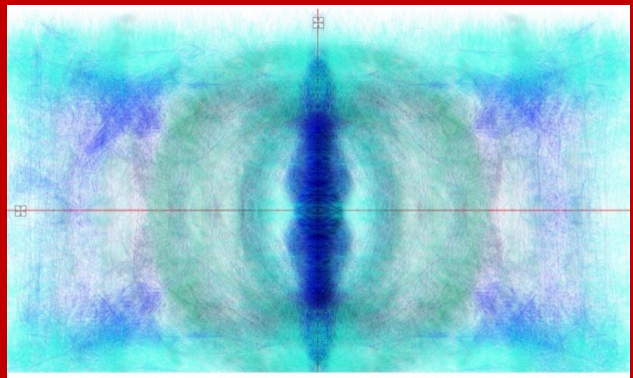
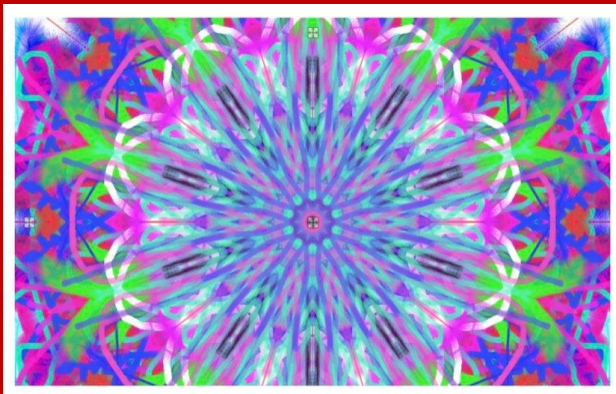
$$6 \times 2 = 12$$



$$5 \times 5 = 25$$



$$10 \times 7 = 70$$



3S

2T One of our Kismet students in 2T has been learning about the importance around reuse, reduce and recycle. Using objects in the garage, trees and around their vegetable patch. They have started a little drive way shop which is teaching him about money management and customer service .

Well done Reggie!



PB





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



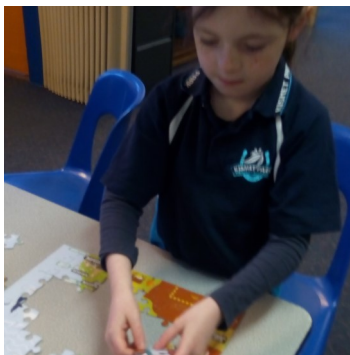
Hours of Operation

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
Green Playdough	Shrek Colouring in	Green Slime	DIY: Puss in boots	Shrek Tigi
Monday ASC	Tuesday ASC	Wednesday ASC	Thursday ASC	Friday ASC
DIY: Shrek	Shrek Salad	DIY: Donkey face mask	Term Project: Sustainability	Lemon Explosion

DISCOVER	LEARN	PLAY
		
Your Inner Scientist	About Sustainability	Puzzles

STAR OF THE WEEK!

Felix

For being a mentor to other students.

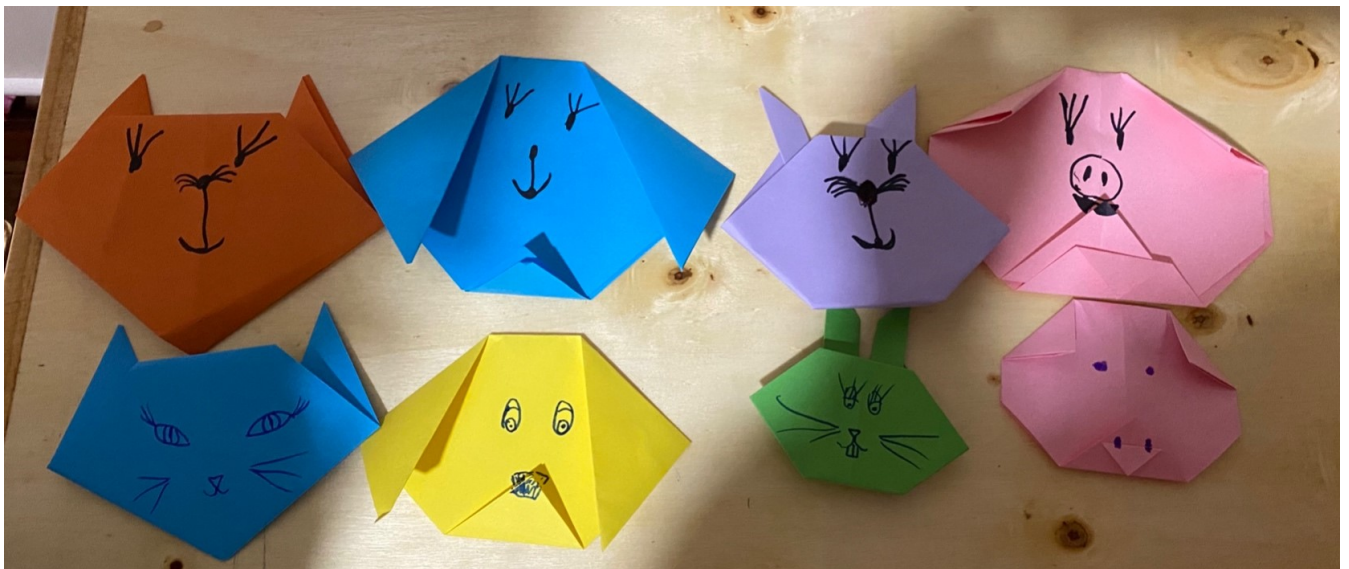
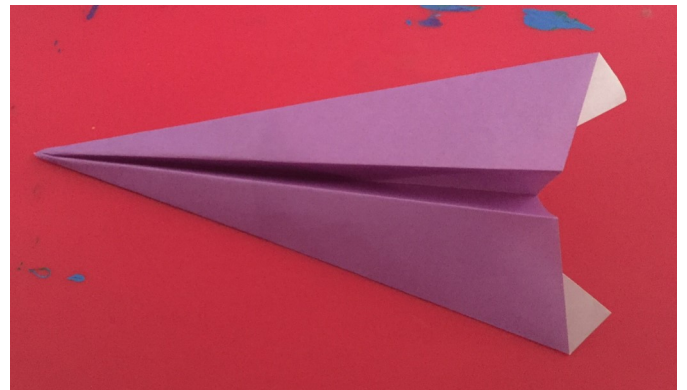
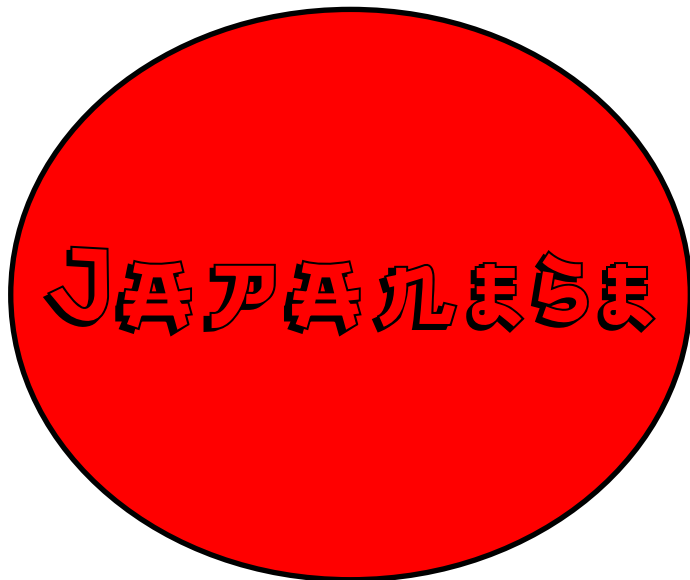
Alexis

For showing respect

It has been great to see the children last week and what a busy week it was. We celebrated Christmas in July and it was a lot of fun. The children engaged in activities like the skittles experiment, the children enjoyed watching the rainbow appear in their individual bowl.

This week, the children enjoyed activities like experiments, golden child, popsicle boxes and planting flowers in our garden. It was great to see the children so engaged in all the activities. Next week will be Shrek week as per children's request.

Julie
Service Coordinator



Online Music Lessons- Term 3

Direct to your home via video link to our tutor



Lessons still available for Term 3 !

- Primary Music Institute now offer online instrumental music lessons – a fun, flexible option that students can access from home whilst they are learning remotely this term. All you need is an instrument, and an internet connection!
- Lessons are held once per week. Only \$18.50 per child per small group lesson (for 30 minutes)
- Private lessons (1-on-1) and pair lessons (max 2 students) are also available
- Instrumental music can improve your child's school results – including for reading, maths, coordination, IQ, abstract reasoning, performance confidence... and is great fun!
- Please **ENROL TODAY** via PMI's website

P: 1300 362 824

E: admin@primarymusicinstitute.com.au

www.primarymusicinstitute.com.au

CORONAVIRUS (COVID-19)

CHILD TEMPERATURE SCREENING

Your child will have their temperature checked as they enter school grounds.

- 1 If their temperature is 37.5° Celsius or above**, we will contact you to collect them. Where this occurs, you are encouraged to seek medical advice.



- 2 If your child is unwell**, please ensure they stay at home.



- 3 Temperature screening does not replace other health measures such as hand hygiene.**





How to wear a face mask

There are two types of face masks you can use: cloth masks and surgical masks. Cloth masks are made of washable fabric and can be re-used.

For more information: <https://www.dhhs.vic.gov.au/face-masks-covid-19>



Wearing a face mask protects you and your community by providing an additional physical barrier to coronavirus (COVID-19).



Wash your hands before putting on the mask.



Make sure it covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face.



Do not touch the front of the mask while wearing it.

If you do touch the mask, wash or sanitise your hands immediately.
Do not allow the mask to hang around your neck.



To remove the mask wash or sanitise your hands first.

Carefully remove your mask by grasping the ear loops or untying the ties. For masks with a pair of ties, unfasten the bottom one first, then the top one.

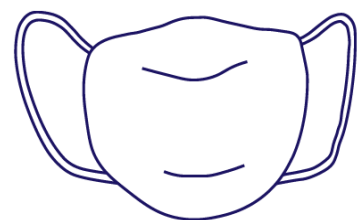
If your mask has filters, remove them and throw them away.
Fold the mask and put it directly into the laundry or into a disposable or washable bag for laundering. Single use surgical masks should be disposed of responsibly.



Wash or sanitise your hands after removing the mask.

What you need to keep doing

- Wash your hands regularly
- Keep 1.5 metres from others
- Get tested, even if you have mild symptoms
- Stay home if you're feeling unwell.



To receive this document in another format [email Public Health branch](mailto:public.health@dhhs.vic.gov.au) <public.health@dhhs.vic.gov.au>.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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Available at [DHHS.vic - Coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>



Health
and Human
Services