



# Kismet News

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*Building the Foundations for Success and Happiness*

7 May 2020

Dear Families,

Thanks you for your continued engagement in our remote learning program. Families are doing an amazing job supporting and encouraging our students to maintain their learning while our staff's commitment to delivering a successful remote learning program makes us very proud.

We acknowledge that all families are different. We are grateful for the manner in which families have communicated their needs to their teachers. This information helps us in our planning.

Please remember the Department of Education's minimum daily remote learning expectations of schools are:

## For students in Prep to Grade 2:

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:

Literacy: 45-60 minutes

Numeracy: 30-45 minutes

Physical activities: 30 minutes

Additional curriculum areas: 90 minutes



This translates into approximately 3-3.5 hours of remote learning per day. Families may choose to complete optional tasks beyond this time.

## WELLBEING WEDNESDAY IS COMING on WEDNESDAY 20<sup>th</sup> MAY

Over the last four 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 Wellbeing Wednesdays.

Our first Wellbeing Wednesday will be held during week 6 on Wednesday 20<sup>th</sup> May. We will be providing a range 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.

Look out for further information to be sent home with our week 6 weekly program. Note that onsite supervision will continue on Wellbeing Wednesday.



## 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](mailto:kismet.park.ps@edumail.vic.gov.au) to request a copy.

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



## YEAR 3 & 4 CAMP WILKIN EXPRESSIONS OF INTEREST

Last week we sent out a Compass notification about our Year 3 4 camp in Anglesea which is scheduled for Wednesday 25<sup>th</sup> November to Friday 27<sup>th</sup> November.



Students will study estuarine and coastal environments and participate in activities including archery, rope courses, flying fox, trampolining and orienteering. Although it is difficult to provide an exact price at this stage (as it will depend on the number attending), the cost of the camp will be approximately \$260-\$300 per student. Once we have collated all of the expressions interests we will be able to finalise the price.

The school will offer payments via instalments as soon as total numbers attending and costs are confirmed.

If you are interested in your child attending Camp Wilkin please complete the form on Compass and return it to school or email to [kismet.park.ps@edumail.vic.gov.au](mailto:kismet.park.ps@edumail.vic.gov.au), or deliver to school. Please give us a call if you wish to deliver to school to arrange someone to collect it from you at the door.

## PHYSICAL ACTIVITY WITH MELBOURNE VICTORY

Daily physical activity boosts physical and mental health and improves wellbeing. It also helps with concentration, retaining information and solving problems.

This week the Department have launched a four-week online football program called *Kick it with Victory*, developed by Melbourne Victory Football Club, in collaboration with the Department and School Sport Victoria. This free resource is available to parents to pass on to children to keep them active while learning from home.

### About the program

*Kick it with Victory* features guest videos from Melbourne Victory men's and women's players and coaches, and daily training videos for beginner, intermediate and advanced levels.



The program aims to achieve physical education and health and wellbeing outcomes for students, and covers topics such as:

- keeping students active during remote learning
- encouraging participation in sport building resilience

Week 1 videos are now available, with further videos to be uploaded on a weekly basis.

To access the resource, visit *Kick it with Victory*.

## PTA MEETING

The next meeting of PTA has been scheduled for 7:15pm On Wednesday 13<sup>th</sup> 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 4<sup>th</sup> December 1981. How could we celebrate Kismet's 40<sup>th</sup> Birthday 2021?

Please email me at [mcconnell.glenn.t@edumail.vic.gov.au](mailto:mcconnell.glenn.t@edumail.vic.gov.au) if you would like further information.

## FREQUENTLY ASKED QUESTIONS

### What is the difference between remote learning from home and home schooling

Learning from home is different to home schooling (also known as home education)

#### Remote Learning from home

Remote Learning from home is a school-based remote and flexible learning model. Under this model of learning schools continue to support your child with learning tasks and technology support (as needed). They'll remain in contact with you and your child.

Students remain enrolled at their usual school. They not need to be registered for home schooling.

#### Home schooling

Home schooling means:

the child is no longer enrolled at a school

the child must be registered for home schooling with the Victorian Registration and Qualifications Authority (VRQA)

a nominated parent or carer is responsible for setting the child's educational program

a nominated parent or carer is responsible for making sure the child receives regular and efficient instruction across eight key learning areas – including English, mathematics and science

a nominated parent or carer is responsible for documenting how the registration requirements are met.

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](mailto:mcconnell.glenn.t@edumail.vic.gov.au).

## Kismet Park Primary School Facebook Page



If you have not already liked our Facebook page please do so. It is a great way to keep in touch with what is happening at school and for us to share some of the learning happening at home. In case you missed it, how awesome are these clocks that some of our Year 3 students made this week at home using materials from around the house.

## ***Esafety Information for Families***

The **eSafety Commissioner (eSafety)** is Australia's national independent regulator for online safety. It is a one-stop-shop for online safety providing Australians with a range of up to date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying.

Follow the link below to find information and resources for parents on the smart, safe and responsible use of technology including short animations, information on cyberbullying, protecting children from harmful content, time spent online and games and apps, webinars for parents and much more.

The Parent Portal can be accessed at <https://www.esafety.gov.au/parents>

The article below from the eSafety Commissioner website, offers great advice on how to monitor and limit what your child sees and does online. Click the link to read the entire article with some excellent tips on how to keep your child safe and what you can do to protect yourself and your child with online tools, apps and websites

### ***Parent Control Tools using technology and online safety in your home***

All the devices that connect to the internet in your home offer lots of benefits. But you also need to understand the risks associated with these devices and how to protect yourself and your family.

Parental controls are software tools that allow you to monitor and limit what your child sees and does online.

They can be set up to do things like:

- Block your child from accessing specific websites, apps or functions (like using a device's camera, or the ability to buy things).
- Filter different kinds of content — such as 'adult' or sexual content, content that may promote self-harm, eating disorders, violence, drugs, gambling, racism and terrorism.
- Allow you to monitor your child's use of connected devices, with reports on the sites they visit and the apps they use, how often and for how long.

Set time limits, blocking access after a set time.

If a device or program is shared by multiple members of your family, you should be able change the tool settings to reflect each user's age and skills.

No parental control tool is 100% effective. Helping your child build good online safety habits is just as important.



Welcome to the 16th year of the Premiers' Reading Challenge! It is so great to see many students have started the reading challenge already.

We understand that it is a difficult time and trips to the library or bookstore may not be possible. Here are some tips to share with your students to help them read more

- Re-read favourite books from your home collection.
- Borrow eBooks from your local library.
- For young children, search YouTube for 'read a picture book', and listen to dozens of children's books like The Lorax, The Very Hungry Caterpillar and The Rainbow Fish.

Watch your favourite authors read their books at [The Big List of Children's Authors Doing Online Read Alouds and Activities](#).

Watch astronauts on the Space Station read children's books at [Storytime from Space](#).

Stream videos of authors reading children's books with illustrations at [Storyline Online](#).

Listen to a [David Walliams audio book](#).



Download a free classic children's or young adult's book from [International Children's Digital Library](#) or [Many-Book.net](#).

Reading is more important than ever to develop literacy skills. We hope your students have fun exploring the wider world and new exciting places without leaving their living rooms

Register for **Victorian Premiers' Reading Challenge 2020** at [www.education.vic.gov.au/about/events/prc](http://www.education.vic.gov.au/about/events/prc).  
Your teachers have all your log in details.

Happy Reading

# BOOK CLUB IS Running!

To order from this issue go to  
[scholastic.com.au/book-club/virtual-catalogue-1/](http://scholastic.com.au/book-club/virtual-catalogue-1/)

**45 titles @ \$5 or UNDER**

**Book Club**

**SCHOLASTIC**

# Year 4 this week was to make a koinobori.

## Koinobori (こいのぼり)

Children's Day, or Kodomo No Hi (こどもの日), is a Japanese celebration which takes place every year on the 5th of May. It is the final celebration in Golden Week, and it was created as an opportunity to respect children's personalities and to celebrate their happiness and good fortune.

There are many wonderful traditions associated with the celebration of Kodomo No Hi. The most well-known are the carp-shaped windsocks or kites, known as Koinobori (こいのぼり), which are raised to celebrate each member of a family.

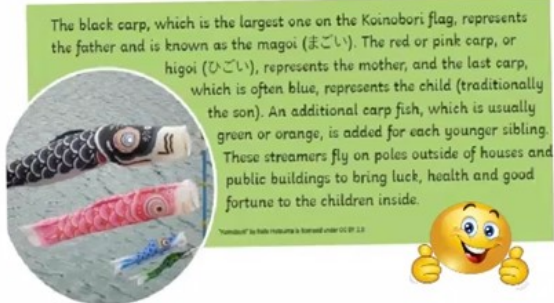
According to a Chinese legend, a carp fish swam upstream to become a dragon. In the wild, carp are also known to have the ability to fight upstream against strong currents and overcome obstacles. Japanese families have a strong desire for their children to be a human representation of the carp fish, so it was chosen to represent Children's Day as it symbolises strength and success.



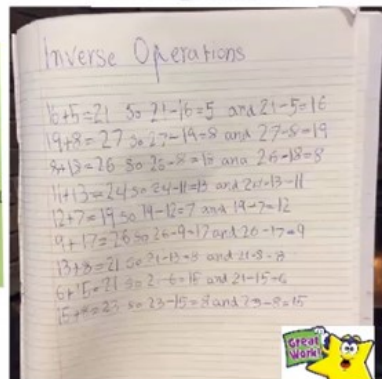


4GG's shout out of the day...

**XAVIER**



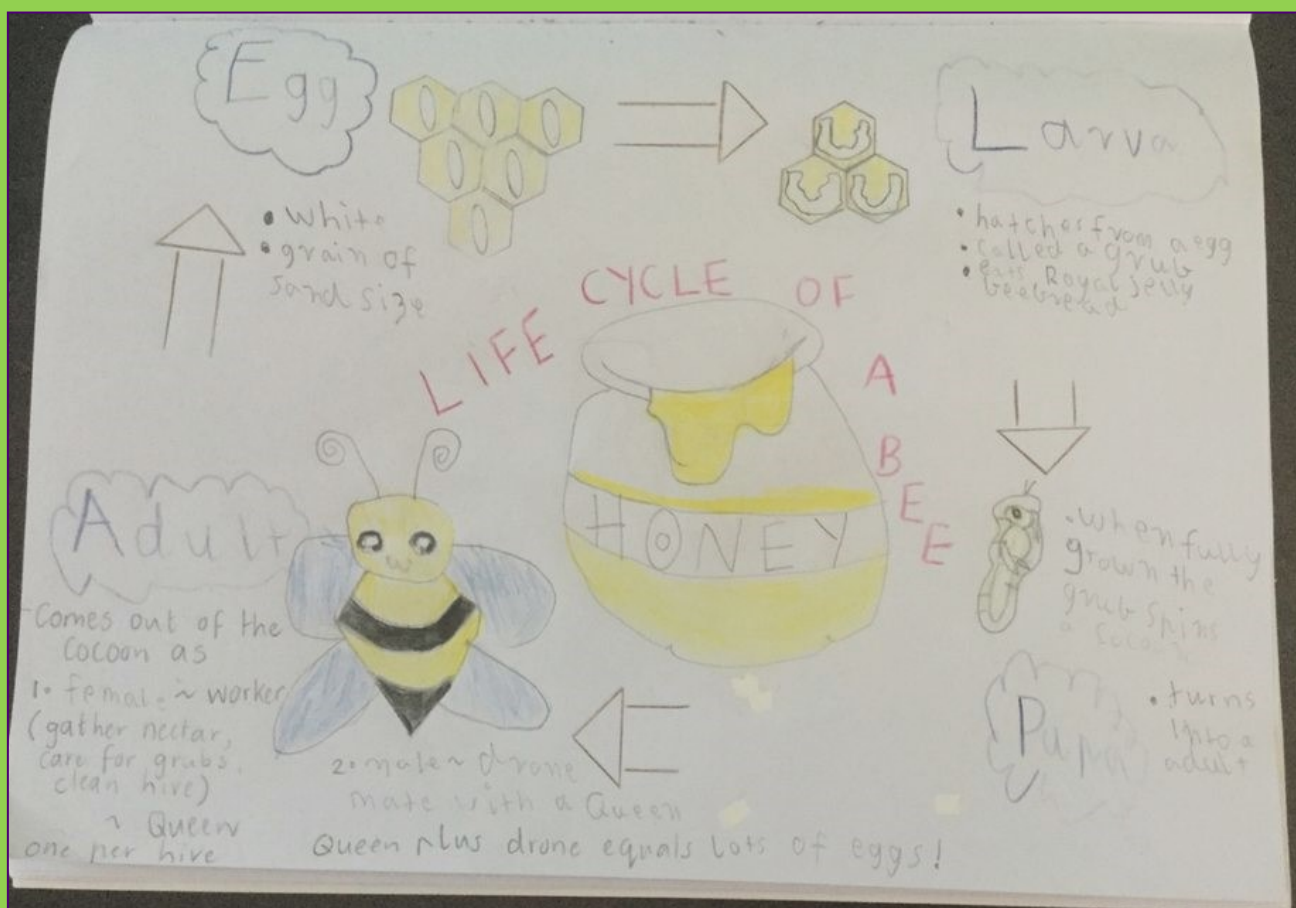
**SOPHIE**

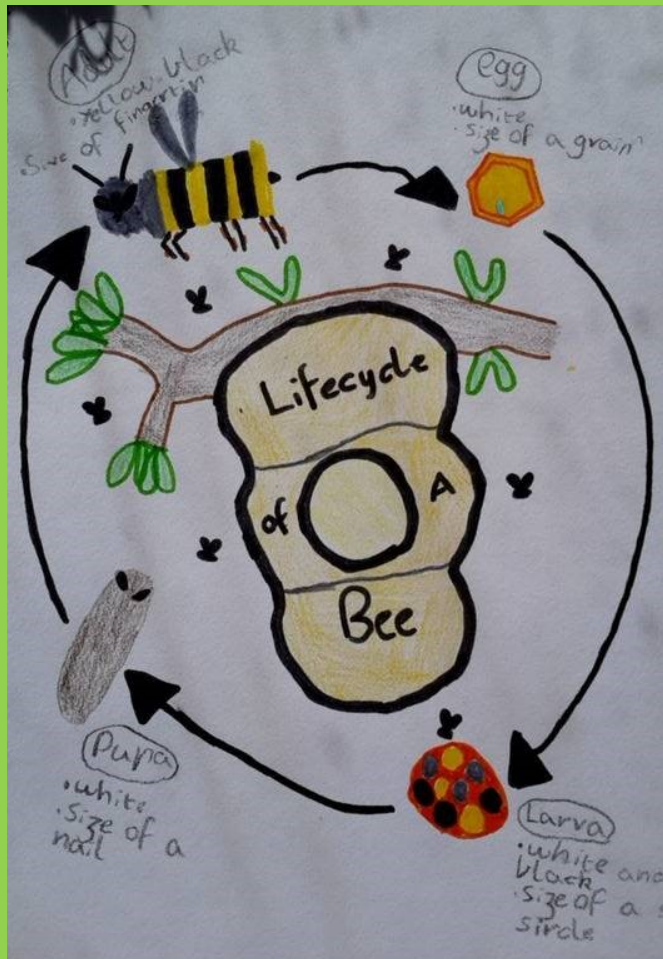


**HUNTER**

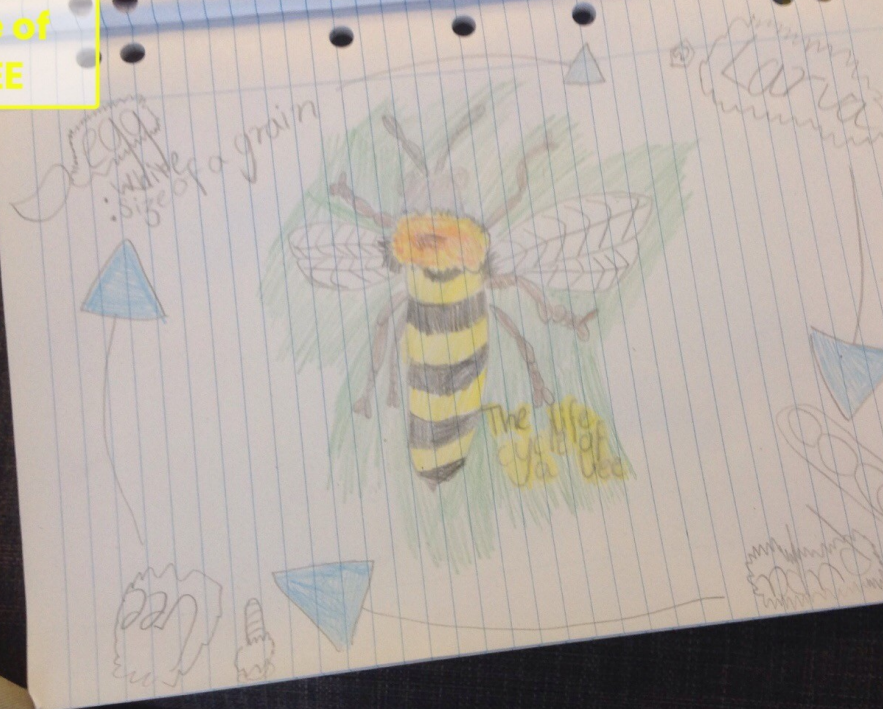


## Work from Grade 1/2

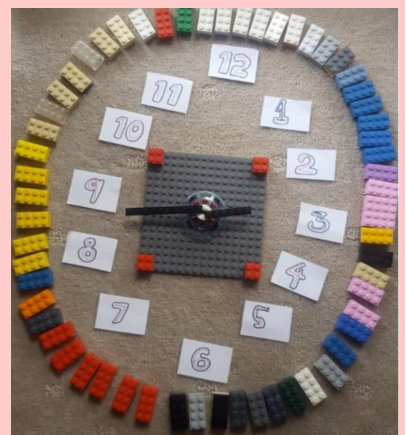




# The life cycle of a BEE







# Salesian College Sunbury

## Year 7 2022 Applications

To Parents of students currently in Grade 5

Did you know now is the time to apply for a Year 7 2022 place for your child?

Applications are currently being accepted and close on Friday 21 August 2020.

Due to current social and economic challenges in the wake of the COVID-19 pandemic, Salesian College Sunbury is waiving our usual \$100 application fee.

We hope this alleviates stress on families looking to enrol currently.

**An** online application form can be started and returned to at any time. Alternatively visit our **College website** for all other information - [salesiansunbury.vic.edu.au](https://salesiansunbury.vic.edu.au)

I wish to extend a personal invitation to you and your family to attend our Virtual Open Day on Wednesday 6 May. Find out the Salesian College Sunbury difference and why we are a “Home that Welcomes”.

We would love to see you online at either 9am, 11am or 2pm. You can meet me, the College Principal, hear from key leaders and be guided on a virtual tour of our facilities and grounds from your very own lounge room. Book your tour now;

[salesiansunbury.vic.edu.au/enrolment/tour](https://salesiansunbury.vic.edu.au/enrolment/tour)

I look forward to welcoming you to the College on 6 May and showing you virtually what makes our school so unique.

Mark Brockhus

Principal - Salesian College Sunbury



**SALESIAN**  
**COLLEGE**  
**CHADSTONE EST.1957**



## The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

- First, get a clear jar with a lid and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.
- Finally, use the following script or take inspiration from it to form your own mini-lesson:  
“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions”

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try having the kids focus on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.

