

## Building the foundations for success and happiness

### Dear Parents, Staff and Students,

We are pleased to announce that PSW will be holding a VIP day on Saturday 12th December to launch the arrival of our new school uniform. Further information is included on the flyer accompanying this newsletter. Look out for updates via our Facebook page and Skoolbag.

Next Tuesday, 8th December our Year 6 students will participate in the Statewide Secondary College orientation day program. This day provides a great opportunity for our students to explore their future learning environment, meet with teachers and begin establishing connections with their new peer group. We wish them all the best for the day.

### PACIFIC SCHOOL GAMES REPORT

Congratulations to Jade Dunne and the Victorian Schools Girls Basketball team who won the Gold Medal at The Pacific School Games in Adelaide. Awesome effort!!



### LAST DAY OF SCHOOL

As crossing supervision provided by Hume City Council can not commence until 2:30pm when reduced speed zones are in operation school will finish at 2:30pm on Friday 18th December. If there is any change to this arrangement details will be communicated via next week's newsletter and Skoolbag.

### STUDENT LEADERS

We would like to thank our student leaders who have performed their important roles so diligently throughout the year. Students currently in year 5 are now in the process nominating for 2016 Student Leadership positions including School

Captains, Junior School Councillors and House Captains. Our 2016 Student Leaders will be announced at our final assembly on Friday 18th December.

Please see the program for our final two assemblies below. There will also be an assembly tomorrow afternoon.

#### Friday 11<sup>th</sup> December at 2:30pm

- Final Kids Matter Awards for 2015
- Student Awards
- Christmas Performance

#### Friday 18<sup>th</sup> December at 1:30pm

- Presentation of Year 6 Award Winners
- Acknowledgement of our 2015 Student Leaders
- Presentation of our 2016 Student Leaders
- House Competition Trophy

### PARENT HELPERS THANK YOU MORNING TEA

As mentioned in our invitation which went out earlier, as a token of our appreciation of wonderful work of our PTA members as well as those who have assisted in classrooms and supported a range of extra-curricular activities including our school production, sporting events and camp we will be holding a PARENT HELPERS MORNING TEA in the library on THURSDAY 10<sup>th</sup> of DECEMBER AT 11:00 AM. We hope to see you there to let us say thank you and to celebrate your wonderful work throughout 2015.

Have a great week!  
Glenn & Cynthia



### KISMET PARK COMMUNITY CHRISTMAS PICNIC - THURSDAY 10TH DECEMBER

Thank you to all those families who have indicated they will be joining us for our Christmas Picnic between 5.30-7pm on Thursday 10th



December. To assist with planning it would be appreciated if RSVP's are returned by tomorrow, Friday 4th December. At 7.00-7.45pm we'll gather in the Gym for our students to sit together & perform their Year Level carols and adults to watch these performances by sitting in the seats provided at the back of the Gym. The long range weather forecast looks promising so we look forward to getting together on the school oval to socialise and celebrate Christmas before the carols in the Gym. There will of course be a special guest making an appearance to spread the Christmas cheer. Please bring along a rug and picnic dinner to share with your family. We look forward to seeing you there!

### RESILIENCE

Teachers are working tirelessly to place students in classes for 2016. As explained in an earlier newsletter, students are being placed according to their academic needs with an emphasis on developing positive relationships with others. An important skill is for students to learn how to get along with others in a range of group settings. Please support your child by keeping a positive perspective to enable him or her to grow as a person capable of developing new friendships and resilience

## D A T E S T O R E M E M B E R

Friday 4th December: Assembly 2:30pm

Wednesday 9th December: Session 3 "Are You Ready"

Thursday 10th December: Parent Helper's Morning Tea 11:00am in the library

Thursday 10th December: Book Sales 10 - 6

Thursday 10th December: Community Picnic & Christmas Carols 5:30pm



### Contact Us:

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REMEMBER: SCHOOL BANKING IS ON TUESDAY

# Engagement & Well-being

## Help your child cope with change

### **Transition stress**

How can you help your child cope with the stress of change, such as a new school or new routine? Change is harder for some than others. The transitions between the school year and summer, home to vacation, even between parts of the day can cause stress. What may be fine for us as adults may produce anxiety for our kids - and resulting behaviours. With a little acknowledgment of transitions and planning, you can help reduce transition stress both in the short term and long term.

With the new school year upon us, you may have experienced some issues with transition stress already. Perhaps your child isn't sleeping as well, or a little testier or sillier than usual. Maybe you find yourself more anxious.

Whether you or your child have been able to verbalize the source of these behaviours, recent transitions are worth looking at. There's a reason that stress evaluation quizzes note major transitions as sources of stress - and even if those transitions are ones you want and/or are for the better.

### **Don't dismiss the anxiety**

The first step is acknowledging that change is hard, both for you and your child. Validating feelings followed by some serious reassurance and hugs can go a long way to easing the stress. It can be a simple, "Hey, sweetie, I see that you're a little more anxious in the mornings before school. I completely understand that it's hard to adjust to a new schedule. Let's work together to see how we can make it easier or better for you." We all want to be understood.

Similarly for you, you can seek out support from your partner for your own transition stress. Asking for help isn't a sign of weakness - and asking for help from your partner can help maintain your connection to one

another.

### **Small steps**

If you can, break down really big transitions into smaller steps. Maybe your child is struggling with an emotional leap from Kindergarten to 1st grade; you can break that down into steps that seem less big - it's a new teacher and new classroom, yes, but it's still the same school building, still the same school day, still the same bus ride, and so on. And, of course, you are still going to help your child along.

### **Keep consistency where you can**

During times of transition, keep consistency where you can. A known element can be reassuring when everything else feels up in the air. Whether it's dinner time routine, a regular weekly family outing or even just the same afternoon snack as usual, routine and consistency is helpful while the new parts of the day settle out and become more familiar.

### **If it's more than just "change"**

If after an appropriate amount of time, the transition doesn't seem to be easing, it may be something more. Maybe something else is going on at school that your child hasn't told you about, or maybe for you some deeper sense that something is not going to work out long-term. These follow-on signs should not be dismissed. You can seek out others that might have knowledge of the situation in question for assistance - or maybe just as a sounding board.

Eventually, transition stress does settle out over time. Acknowledging and reassuring can help ease even the seemingly simplest of changes.

# Student Well-being and Engagement

## 5 Tips to manage the morning meltdown

by Elaina Verhoff

### Simplify your morning routine

Are your mornings a chaotic rush of lunch packing, missing shoes, and not enough coffee? Do you sometimes feel like your kids aren't the only ones having a morning meltdown? With some advance preparation and the right attitude, you can smooth out the madness. Here are five tips to help you manage your morning routine.

### Evening preparation

Get as much done the night before as you possibly can. Here are some ideas for evening prep work:

- Pack lunches
- Get backpacks loaded and ready
- Fill water bottles and put them in the freezer
- Have kids choose and lay out their clothes

### Stick to a schedule

The key to avoiding a morning meltdown is to remember that the schedule starts the night before. Protecting your child's bedtime is essential. A well-rested child is going to have a much smoother morning than one who is burrowing into the quilt for "just five more minutes" of sleep.

Set a morning schedule that allows for ample time to get through the morning routine without a mad rush. (If your kids are out of bed 30 minutes before it's time to leave the house, and it takes 40 minutes to cycle through their morning routine, you're setting yourself up for disaster.) Your morning schedule should include a set wake-up time for you and your kids, a designated time for breakfast and morning responsibilities, and the precise time everyone needs to be out the door.

### Create a personalized checklist

A detailed checklist will help each child motor through their morning. Items might include:

- Make bed
- Get dressed
- Eat breakfast
- Brush Teeth
- Put on sunscreen
- Get backpack, water bottle and lunch

### Let go of perfection

There are probably a lot of things you said you'd NEVER do as a mother. In reality, that commitment to perfection may be your downfall. Take a step back and look at your mornings. Are there some compromises you could make that might help your morning routine?

### Go for quick and easy breakfasts

Don't waste time being a short-order cook. Keep things simple by giving your kids limited choices for breakfast.

## You Can DO It

Congratulations to the following students who were awarded ribbons for Confidence.

PB	Ethan Recinos
PC	Ruby Lucca
PW	Forde Paterson
1/2 M	Alyssa Carpenter
1R	Tanisha Pitts
1T	Mia Castagnini
2B	Isabella Pashalidis
2H	Ashton Draicchio
2S	Aidan Doolan
3B	Lillie McCosh
3C	Matilda Guyett
4J	Lachlan Higham
4S	Liam Cherry
4Z	Eden Johnson
5/6C	Byron Lynch
5W	Shaelyn Connor
5Z	Will Merrigan
6A	Amelie Bakes
6G	Thomas Raiman-Mizzi





Extend OSHC at Kismet Park P.S  
**SUMMER HOLIDAY PROGRAM**  
**BOOKINGS ARE OPEN!**

Booking deadlines:

**Book for January by Monday 21 December**

We have heaps of fun activities planned these school holidays and can't wait for you to attend! Participate in an epic egg drop challenge, make your own burlap pillow, and play lots of sport including cricket and basketball! Join in on all this and more at Extend's Summer Holiday Program.

To check out what's on visit our website at [extend.com.au](http://extend.com.au) and book via the Parent Portal.

This week at extend we have been having lots of fun. There were lots of group games to get everyone involved in some sport. We played lots of cricket and downball. We got creative and did lots of arts and craft activities with the rainbow strings being very popular with everyone.

**Next weeks activities.**

- Monday 7th December: newspaper hockey
- Tuesday 8th December: Christmas cookies
- Wednesday 9th December: baseball skills night
- Thursday 10th December: life size paintings
- Friday 11th December: Movie night



**CANTEEN NEWS**

**Friday 4th December: Danielle Fenn 9:00-11:30 am**  
**Kaylene Perry 12:00-2:00 pm**

**Friday 11th December: Jodie Nielsen 9:00-11:30 am**  
**Paula Satchwell 12:00-2:00 pm**



**'Christmas Cup Cake Day'**  
**Thursday 17th December**

Please be advised that some items may not be available over the next few weeks as we deplete our stock for the end of the year.

Thanks, Sara & Naomi

**PTA NEWS**

Christmas Hamper Raffle  
 Tickets \$2.00 each.



Please return your booklets to the office by Wednesday 9th December

Raffle will be drawn Thursday 10th December at the Kismet Community Picnic.

Thank you, in advance, for your support!

Contact us at: [kismet-pta@hotmail.com](mailto:kismet-pta@hotmail.com)



**NATIONAL HOME DOCTOR SERVICE™**

*Australia's largest network of home visiting doctors*

National Home Doctor Service is a network of qualified doctors that provides **bulk-billed** after hours medical care to patients in their home.

While your GP is best positioned to manage your family's health care, sometimes it's not possible to see them. When you need a doctor, and it's not an emergency, calling National Home Doctor Service after hours for a doctor home visit is the next best thing. Once the doctors have completed the consultation, they will send your regular GP a report the following day for continuity of care.

Call Centre is open:

- Weekdays from 4pm
- Saturday from 10am
- Sundays and public holidays all day and night.

There is no out-of-pocket cost for your Home Doctor visit; this is a FREE service if you hold a Medicare or DVA gold card.

**2016 BOOK PACK SALES**  
**THURSDAY 10TH**



**DECEMBER**  
**10AM—6PM**