

Building the foundations for success and happiness

Dear Parents, Staff and Students,

We start by congratulating our Year 3 & 4 students on the manner in which they conducted themselves down at Camp Wilkin last week. They should be very proud of the way in which they got along, supported others and showed respect. Please see Miss Smyth's report later in this newsletter for student reports.

School Council look forward to meeting with Junior School Council on Monday night to hear about and celebrate their work throughout the year. We will also be seeking feedback and suggestions about how we can continue to improve school life for our students.

Next Tuesday, 6th 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.

ARE YOU READY FOR 2017?

This afternoon we held the first session of our 'Are You Ready?' Transition Program for our current students and new enrolments from Years 1-6. We see this as a great opportunity for students to become familiar with their new surroundings for 2017 and gain a sense of what it will be like to grow and learn together in the next year level setting. Our current teachers provided *You Can Do It!* activities with an emphasis upon Getting Along, Resilience and having fun. The

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groupings, classrooms and teachers assigned during these sessions are not indicative of final class structures for 2017.

PARENT HELPERS THANK YOU MORNING TEA

Invitations to our Parent Helper's Morning Tea have been sent out. The morning Tea is an opportunity to show our appreciation of the wonderful work of volunteers who have assisted in classrooms, extra-curricular activities including our school production, sporting events, camp and the various fundraising and community events held throughout the year.

This year our Parent Helpers Morning Tea will be held in the Building B on Tuesday 13th 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 2016.



Extend

SUMMER HOLIDAY PROGRAM

BOOKINGS ARE OPEN! We have heaps of fun activities planned these school holidays and can't wait for you to attend! Have fun with science experiments, participate in a bunch of craft activities with access to a plethora of art media, and get active with a variety of outdoor sports and team games. Join in on all this and more at Extend's

DATES TO REMEMBER

Friday 2nd December—School Assembly

Tuesday 6th December—Prep Grades Excursion Animal Land Children's Farm

Tuesday 6th December—Grade 3/4 Western Water Incursion

Thursday 8th December—Prep Orientation Day 4

Thursday 8th December—Book Pack Sales from 9:30am—6pm

Thursday 8th December—PTA Christmas Picnic from 5:30pm

Tuesday 13th December—Parent Helper Morning Tea 11:00am

Tuesday 13th December—Fete Meeting 6pm in staffroom

Thursday 15th December—Grade 6 Graduation Evening

Tuesday 20th December—last day of school year . Early dismissal 2.30pm

Summer Holiday Program. To check out what's on visit our website at extend.com.au and book via the Parent Portal.

Weekly recap What a great week we have had here at extend. While all the grade 3 and 4 students were off at camp having an amazing time, we had lots of fun activities planned for those who were still here. We had lots of games this week ranging from cricket and downball, through to chess, boardgames and everything in between. We spent lots of time dressing up (including some of the staff) and we made chocolate truffles for afternoon tea. Our homework club was popular again with students getting lots of work done and then for those who wanted to relax we had plenty of quiet activities to join in with too. All the staff at extend : Next weeks Activities

Monday

Stick Reindeer
Handball Skills

Tuesday

Gingerbread People
Fitness Session

Wednesday

Christmas Diaramas
Reindeer Food

Thursday

Group Games
Homework Club

Friday

Frisbee Golf
Waterfight

Student Well-being and Engagement

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 behaviors. 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 behaviors, 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

KISMET FETE 2017:

Do you hire a stall space at country markets and fairs???

As part of our Country Fair themed Fete next year, we are inviting applications from our community to run their own market stall on the day. So, if you own/run your own small craft business, (candles, jewellery, soaps etc..) and would like to be considered you can pop into the office and collect an application form. (Strictly no food stalls).

You must be able to prove you have your own Public Liability Insurance to be considered for a stall.

Our next Fete meeting will be held on Tuesday 13th December at 6pm in the staffroom. We hope you can join us.

BOOK FAIR THANK YOU

A big thank you to all students, parents and grandparents who came along to support the Book Fair. The library will be receiving many new books to enjoy next year because of your support.

A special thanks to Marian O'Callaghan (Joshua Valdes' Grandmother) and Josh as well, who came along to help after school each day at the fair. Your help was very much appreciated.

Thanks again and happy reading.

Jennifer Driver

COMMUNITY CHRISTMAS PICNIC

Thursday 8th December

5:30-7:00pm Family Picnic (BYO)

7:00-7:45pm Christmas Carols

We look forward to getting together for a great evening.

Don't forget your Christmas Raffle Tickets—available from the office

2017 CURRICULUM DAYS

The following dates have been designated as Curriculum Days for 2017:

- Monday 30th January
- Tuesday 31st January
- Monday 24th April
- Friday 26th May

Please note these dates in your diary for next year.

Congratulations to the following students who were awarded ribbons for CONFIDENCE

You Can DO It

PA	James Thorn
PC	Caleb Keech
PJ	Nate Chapman
PW	Isabelle Fowler
1A	Marli Woods
1T	Jack Salmon
1/2B	Jaiden Jenkins
2H	Amelia Macasaddu
2Z	Taj Collings
3M	Kitty Sinfield
3F	Oliver Sanders
3B	Xavier Berry
4B	Lachlan Wass
4S	Trent Lynch
5/6C	Skye Burns
5B	Lainee Thorne
5N	Bridie Collings
6A	Treye Bennett
6S	Thomas Threlfall

SCHOOL BANKING

Last banking day for 2016 will be TUESDAY 13th DECEMBER—No more claims for Rewards—save your tokens for 2017.

Banking will change to Wednesdays in 2017.

The first banking day will be Wednesday 8th February 2017.

KISMET KITCHEN—IMPORTANT NEWS!

As the end of the school year draws closer, the canteen will be running down stock levels to enable us to clear out our freezers before the end of the year. As a consequence, your child may not receive their first choice for lunch, and will be offered an alternative. Rest assured we will do our very best to give your child a choice as close as possible to their original order.

Please note also that the Kismet Kitchen's **last day of trading will be FRIDAY 16TH DECEMBER**. We will be closed on MONDAY 19TH AND TUESDAY 20TH for cleaning.

Thanks: Naomi & Kimberley.

CAMP WILKIN GRADES 3 & 4

I would like to thank the staff, aides and parents who joined us on our camp to Anglesea last week. The students enjoyed the many new experiences and displayed great persistence, encouragement towards others and resilience in trying new activities. Well done to all involved.

Rosie Smyth—Camp Co-Ordinator

CAMP WILKIN FROM STUDENTS —

Camp Wilkin was the best camp ever! - Asha

Archery was my favourite activity because I got it on the board. - Cameron

I really liked Rock climbing because once you reached the top you could jump off. - Olivia

I liked the Archery because I nearly got a Bullseye! - Lucas N.

I liked the first night where we had tacos for dinner and ice cream with topping. - Lucas P.

Camp was fun. Rock Climbing and Archery were my favourites! - Lily

My favourite activity was Archery even though I wasn't that good. - Grace

Camp was really fun. I loved the Flying Fox and the Rock Wall. - Jack

I liked the Bike Riding because we went out of the camp and down to the lake. - Nathan

I liked Archery, the food and the Flying Fox. - Joshua

Camp Wilkin was one of the best experiences ever! All the activities were great. Archery was fun. - Caitlyn

I liked the Flying Fox, it was the best. - Alice

Archery was the best. On my last shot I pulled it back and I was an inch off a Bullseye! - Trent

I really liked the Bushwalk and The Frisbee Golf. - Riley

The Bushwalk was cool and we made damper. - Mackenzie

I liked the Orienteering because we got to see the whole camp-site. - Ryan

Orienteering was awesome especially because I got to work out the sentence with friends. This activity taught me a lot about teamwork. -Charlotte

The best thing about camp was the Rock Climbing and Archery. I got a Bullseye! Camp was the best. - Shimone

On the Flying Fox you could pick a tennis ball or a cup of water. If you chose the cup you could get wet! - Mia

I really enjoyed Orienteering because you got to explore the camp and tried to find little tags to make up a sentence. -Maddie

Camp Wilkin was amazing! The activities were so much fun that you weren't bored for one second. I would definitely recommend it to other people. - Amy

5/6 CANBERRA CAMP DEPOSIT for 2017 is due next Friday 9th December—Limited spaces left