

Kismet News

Building the foundations for success and happiness

Dear Parents, Staff and Students,

Congratulations to all of our swimmers for their efforts at last night's Swimming Sports. You clearly demonstrated all the You Can Do It! Qualities and participated with great enthusiasm. We sincerely thank all the helpers and the many spectators who provided support and encouragement to our participants.

SCHOOL COUNCIL ELECTION

Our 2016 School Council election process commences today, Thursday, 18th of February with a notice of the election and call for nominations. The following timeline will apply for this election:

Thurs 18th Feb: Notice of election & call for nominations

Thurs 25th Feb: Nominations close

Friday 26th Feb: List of candidates displayed

By Wednesday 2nd March: Ballot papers distributed by this date.

4pm Thursday 10th March: Ballot closes

5pm Thursday 10th March: Vote count

Friday 11th March: Declaration of ballot

Monday 21st March: First School Council Meeting to elect office bearers.

Nomination forms can be collected from the school office. If you would like more information please speak to Glenn or Cynthia.

PUPIL FREE DAY

Our next Pupil Free Day will be held on Friday 11th March. Staff professional training throughout the day will focus on KidsMatter



(student health and wellbeing) and implementation of the teaching of Reading with a focus on the Daily CAFÉ approach and strategies. Staff will also commence a review of our processes for assessing student progress in writing.

EXTEND WILL BE OFFERING CHILD CARE ON THIS PUPIL FREE DAY. PLEASE CONTACT EXTEND at www.extend.com.au TO MAKE A BOOKING

CLASSROOM HELPERS PROGRAM

Next week all families will receive an invitation for parents to attend our Parent Helpers Induction program to be held on Wednesday 16th March from 7-8:30pm and Thursday 17th March between 9-10:30am.

The session aims to make you familiar with expectations and procedures for working with children in the classroom. These procedures are also very useful when helping your own child at home. Sessions will be led by Cynthia Schumann and Donna Matthews. Have a great week!
Glenn & Cynthia



PARENT TEACHER INTERVIEWS

Parent Teacher Interviews will be held next week on Tuesday 23rd and Wednesday 24th February. To book in times for interviews with your child's teacher go to www.schoolinterviews.com.au and enter the school code **HRZ3W**. Then follow the simple instructions. **Book-**

ings will close at 11:00am on Monday 22nd February.

KIDS MATTER ACTION TEAM



Last week a group of students from across the school got together and discussed different ways to support and celebrate a fantastic start to school. This also coincided with our first Classroom Buddy program, whereby every child has a buddy from a different year level to 'Get to Know' and develop their friendships and social skills.

Also last week, our KidsMatter Community action team met and were very excited with the suggestions offered by the Students' KidsMatter team.

How can you assist? At Parent Teacher Interviews we will be asking parents to complete an online survey while they are waiting for their child's interviews.

Stay tuned for further developments on how you can get involved with your child in different aspects of their education. **PMI KEYBOARD FOR YEAR 2** This year we are able to offer a small number of Year 2 students access to the PMI Keyboard program. The program for year 2's will consist of a 30 minute session on Thursdays during lunch time. Please send a written expression of interest including your child's name and class along with your contact details to Glenn indicating your interest by Wednesday 24th of February.

Contact Us:

McEwen Drive

PO Box 220

Sunbury Vic 3429

(03)9744 4566

E-mail:

kismet.park.ps@edumail.vic.gov.au

DATES TO REMEMBER

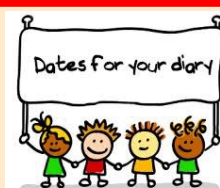
Tuesday 23rd February: Parent Teacher Interviews

Wednesday 24th February: Parent Teacher Interview

Friday 26th February: Buddies

Monday 29th February: Woodlands Division Swimming

Friday 4th March: House Athletics 3-6



10 Golden Rules For Parenting Success in 2016 By Michael Grose

The requirements for effective parenting are changing rapidly just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do? Here are 10 golden rules to guide you along your parenting journey in 2016:

1. Talk more With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2. Lean on others A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don't parent well in isolation. He's right. It's incredibly important to build your support networks and get 'sparents' into your child's life. Start by working closely with your child's teacher; a natural ally!

3. Build confidence With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children's confidence. It would also seem that we have somehow forgotten how to absorb children's fears, insecurities and anxieties, and instill a sense of **confidence** that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4. Aim for redundancy The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it's simply easier to do a job ourselves, and the new expectation that 'good' parents do everything for their kids. The new 'strict parent' is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here's a six-word slogan to help you remember: "*When kids can, let them do!*"

5. Lead the gang Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family's harmonious relationships; your children's sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are

down. This doesn't just happen. It takes real leadership by parents to make a family act like a family!

6. Build developmental knowledge Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don't read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple's second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7. Practice problem-ownership Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8. Swim against the tide Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you'll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say "*This is the way we do it in our family.*"

9. Be brave Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It's relatively easy to develop children's independence at home as the stakes aren't as high. If they can't cook a meal then you just have to do it for them. However, developing children's independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that's why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won't stop you worrying, but that's part of the game.

10. Add emotional intelligence to your parenting mix With kids experiencing mental health challenges at a depressingly high rate it's time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it's important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don't overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.



Student Well-being and Engagement



Good Sport		
	Grade 1	Emily Kaminski for excellent skills when working on the running circuit
	Grade 2	Ned Casey for his great application when working on the running circuit.
	Grade 3	Jarvis Bennett for showing excellent discus skills.
	Grade 4	Alice Hedgelong for showing great resilience and persistence when performing at the interschool swimming.
	Grade 5	Tanisha Clark for her excellent performance in High Jump.
	Grade 6	Charlotte Satchwell for excellent performance at the Interschool swimming.
Budding Artist		
	Grade 1	Zoe Koekoek for staying on task and completing her work.
	Grade 2	Laura Upton for great estimation of thirds for her colour wheel painting.
	Grade 3	Mackenzie Thomas for her brilliant pattern work in her interpretation of the "Princess and the pea"
	Grade 4	Jack Kenney for demonstrating movement through line in his composition of a fish.
	Grade 5	Lochlan Fitzgerald for using technology to create his front cover.
	Grade 6	Shaelyn Connor for her informative digital folio.
Great Performer		
	Grade 1	Nyah Threlfall is happy to attempt new tasks and instruments in the music room.
	Grade 2	Nicholas Davies is using the music room instruments correctly and this is due to his careful listening in class.
	Grade 3	Molly Borg is bringing a wonderful attitude to her music room activities. She is showing good improvement.
	Grade 4	Cooper Dunne is one of the latest members of the school band and is working well on new songs.
	Grade 5	Isabella Drummond is bringing enthusiasm to the music room and is consistently trying her best.
	Grade 6	Daniel Arnold has begun the school year well in all areas of Performing Arts. He is a courteous and diligent student.



Our weekly recap

We have had a fantastic week at extend. There have been lots of smiles and happy children joining in with lots of different activities. There have been lots of group games, some arts and craft activities and lots of sport being played. Cricket is still a big favourite with games almost being endless. We finished the week off with a cooking session making honeyjoys and students were more than happy to eat them all.

- All the staff at extend

Next weeks activities

Monday 22nd February: Waterfight, volleyball skills

Tuesday 23rd February: Group games, chess club

Wednesday 24th February: Basketball, Cooking-cupcakes

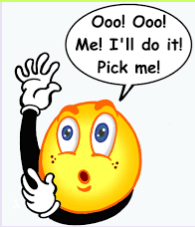
Thursday 25th February: Sand sculptures, Balloon animals

IMPORTANT MESSAGE FROM THE CANTEEN!

HELP HELP... WE REALLY NEED AN EXTRA PAIR OF HANDS IN OUR KITCHEN, if you have some spare time and would like to volunteer

please contact the school. We need a copy of your Working with Children Check. QRK is our preferred method of ordering if you have access. Please ensure you have the correct money in your lunch bag to avoid any disappointment. We do remove items if we don't have enough money for them. You can pick up a new menu from the office or download one from our website.

Thanks, Naomi & Sara



SCHOLASTIC BOOK CLUB.

FIRST ONE FOR THE YEAR .

Notices for the Scholastic Book Club are being sent home today. It is the FIRST Book Club for the year. If you would like to order

a book from Book Club, all orders and monies must be returned by lunchtime on

Thursday FEBRUARY 25th.

Alternately, you can order your own child's Book Club online using the new LOOP system. If you have any queries regarding Book Club or the LOOP system, or would like some extra brochures, please come and see me in the Library. Orders usually take about 1 week to arrive and will be delivered to your child's classroom.

Thanks, Jennifer Driver



Join School Banking on an outback adventure!

Every year the School Banking program launches a new savings theme and 8 new exclusive School Banking reward items. This year's program is themed the **Outback Savers** and School Banking is taking students on a wild adventure through the Canyon of Savings, where they'll learn to master smart savings habits Flying Snake Tail

There are 8 new Reward items this year:

- Wildlife Writer Set
- Mud Splat Handball
- Outback Pat Bag Tag
- Backtrack Eraser Pen
- Jump and Skip Rope
- Bush Fly Fan
- Wriggly Glow Worm



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Confidence and communication skills.
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www.helenogrady.com.au

Studio Locations: Sunbury & Craigieburn

Contact the Principal:

Joanna Melo Howard

0459 160 263 or 1300 OGRADY



Sunbury Lions Registration Day

THIS SUNDAY 21st FEBRUARY 2016

9:30am—11:30am

At Boardman Oval

Enquires: registrar@sunburyfc.com.au

Season Commences Sunday 17th April.

Website: www.sunburyfc.com.au

