Dear Parents, Staff and Students,

It is hard to believe that we are almost half way through 2016! Next Wednesday afternoon families will receive student’s Learning Portfolios including mid year reports detailing their achievements and future learning needs. This portfolio, which also contains samples of your child’s work and student self evaluation provides a valuable insight into your child’s achievements and progress in their learning. Inside your child’s portfolio is a Michael Grose article about ‘Reading you child’s report’ which we hope you will find useful.

Please arrange to speak with your child’s teacher if you require any further information about your child’s progress at this stage. Parent Teacher Inter-views and 3 Way Conferences are scheduled for 2nd and 3rd August. Booking details will be sent home early next term.

BE A CYBERSMART CITIZEN!

The choice is yours! Every time you go online, you can choose who you provide information to, which doors you open and how you engage with others.

Choosing consciously means being aware that you are in control of the decisions you make online. It means thinking before sharing your personal information and understanding that your choices can last forever.

When you choose consciously you make well informed decisions about who you share information with, and are able to take charge of how you interact online. You use your digital literacy and know-how to protect yourself.

Focus on Cyberbullying

Every time you go online, you can choose who you share information with and how you engage with others. Don’t be a bully and remember the choices you make online can last forever.

When you are online make a decision to:

- Choose privacy and security settings carefully and check them regularly
- Choose friends wisely online. Not everybody online is who they claim to be, regularly review your connections and remove people
- If you have made a mistake apologise and take down offensive material as soon as possible
- Ask for permission before uploading pictures of your friends or others.

For useful information about safe and appropriate use of social media please visit the Cyber Smart website at: http://www.cybersmart.gov.au

Kismet Park is a an eSmart registered school.

COLOUR OUR WORLD AT KISMET

KidsMatter and Resilience project is beginning to take shape and we thank those families who have given donations of wool and material to assist with our yarn bombing project.

We are also looking for any donations of old scarves which we can use as part of the project. Please send your donations of material, wool and scarves to the art Room.

The aim of the project is to increase parent and student engagement, develop positive friendships, working together and instilling a sense of PRIDE within our school.

PREP 2017 ENROLMENTS

Our 2017 enrolment has commenced. This information allows us to commence planning for the coming year. As the number of student enrolments determines staffing and classroom numbers, it is vital that we establish student numbers for 2017 as early as possible. When enrolling a child, please bring proof of age (e.g. Birth Certificate or Passport) and a School Immunization Certificate. Information regarding immunization certificates can be found at: http://www.medicareaustralia.gov.au/public/services/acir/keeping-track.jsp

Have a great long weekend!

Glenn & Cynthia

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Kismet News
Building the foundations for success and happiness

DATES TO REMEMBER

Friday 24th June: Last Day of term. School finishes 2:30pm
Monday July 11th: First Day Term 3
The Department of Education & Kismet Park Primary School does not endorse the products or services of any private advertiser.

No responsibility is accepted by the Department of Education or Kismet Park Primary School for accuracy of information contained in advertisement or claims made by them.

ABOUT SELF-ESTEEM: CHILDREN 1-8

Self-esteem is feeling good about yourself. Good self-esteem helps children try new things, take healthy risks and solve problems. It gives them a solid foundation for their learning and development.

Self-esteem: the basics

Self-esteem is about liking yourself and who you are. This doesn’t mean being overconfident – just believing in yourself and knowing what you do well.

For children, self-esteem comes from knowing that you’re loved and that you belong to a family that values you. It also comes from being praised and encouraged for the things that are important to you, and from feeling confident about the future.

Nurturing your child’s self-esteem

Tell your child that you love her. Say it often and for no reason other than to show you appreciate your child.

Here are more tips for nurturing your child’s self-esteem.

Relationships

Give your child a sense of her family, culture and community. Help her to know about relatives, family, family history and cultural beliefs and practices.

Encourage your child to value being part of your family. One way to do this is by involving them in chores. When everyone contributes to the smooth running of the household, you all feel important and valued.

Make your child’s friends welcome and get to know them. Encourage your child to have friends over to your house, and make time for your child to go to their houses.

Time and activities

Develop family rituals. These could include a story at bedtime, a special goodbye kiss or other ways of doing things that are special to your family.

Help your child try hobbies that he’s interested in. But don’t push your child to do something that he’s not keen on, or not good at.

Let your child help you with something, so that she feels useful. For example, your school-age child could help you set the table for dinner.

Achievements and challenges

Encourage your child to think about how to solve problems. When you help your child with problem-solving, you’re giving him the tools he needs to cope with life’s challenges.

Celebrate achievements and successes, whether they’re big or small. Encourage siblings to recognise each other’s successes, and tell other people about them (without going overboard).

Keep special reminders of your child’s successes and progress. You can go through them with your child and talk about your special memories, and the things she has achieved.

Spend quality time with your child. Listen to him, and help him learn new things and achieve goals. When your child is younger, this might mean praising and encouraging him when he learns something new, like riding a bike or writing his name. For older children, it might be taking them to sport on the weekend, helping them practise during the week, and taking an interest in what they value.

Things that can damage children’s self-esteem

Messages such as ‘You are slow, naughty, a bully, a sook …’ say something bad about children as people. If a child does something you don’t like, it’s better to tell her what she could do instead. For example, ‘You haven’t done your homework. You need to sit down now and finish your maths questions’.

Threatening to leave children if they don’t do what you want, or messages that imply that life would be better without them, might harm children’s self-esteem. For example, ‘If it weren’t for the children, we could afford a new car’.

Ignoring children, treating them like a nuisance, not taking an interest in them, or sending any message that you don’t like them – these things are likely to be bad for children’s self-esteem. An example might be, ‘I am sick and tired of you.’ Frowning or sighing all the time when your child wants to talk to you or ask you for something might have the same effect. All parents do this occasionally. But if you do it all the time, children get the message that they’re a nuisance. Negative comparisons with other children, especially brothers and sisters, are unlikely to be helpful. Each child in your family is different, with individual strengths and weaknesses. It’s better if you can recognise each child’s successes and achievements. Moving house, divorce or arriving in Australia from another country are all changes that might affect your child’s self-esteem. You could maintain the connection with your child’s roots by keeping a diary with pictures of where he has been.
**Student Well-being and Engagement**

**WINTER**
Colds and viruses

Viral respiratory infections (such as the common cold) are very common triggers for asthma in children, especially pre-schoolers.

Even in a child whose asthma is normally under control, getting a cold can make asthma worse or even cause an asthma ‘attack’.

Of course, you can’t stop your child picking up colds. But if you know colds have always led to asthma episodes in the past, talk to your doctor about what you can do. Your doctor might advise you to use a reliever medication at the first sign of a cold, or to use preventer medication during winter.

Make sure your child’s written asthma action plan includes instructions about what to do when your child gets a cold.

Always ensure that your child is up to date with their immunisations and discuss with your doctor the benefit of immunisation against influenza. This is particularly important if your child is travelling overseas.

**YOU CAN DO IT PARENTING TIPS**
Guidelines For Setting Rules That Work At Home

Decide upon a few important rules.

Discuss the reasons for these rules with your child.

Involve your child in discussing the limits of the rules, as well as fair and reasonable consequence for breaking the rules.

Praise your child when he or she follows the rules.

Consistently, assertively, and calmly follow through with the consequences when the rules are broken.

Change the rules and expectations as your child grows up.

**PTA news:**

As you all know we have just begun a new PTA year which means memberships are up for renewal or new memberships can be activated! All you need to do is provide an email address and pay $1 to the office. Bring your fresh ideas to our monthly meetings, we welcome any new members...Thank you.
Extend OSHC at KPPS

WINTER HOLIDAY PROGRAM BOOKINGS ARE OPEN!

Book by the deadline to take advantage of lower rates! Booking deadline: Friday 10 June

We have heaps of fun activities planned these school holidays and can’t wait for you to attend!

Join in on Extend’s own mini Olympics tournament and aim for gold! Have fun with science experiments, come along in costume and join in on our party afternoons, and participate in a bunch of craft activities and team games. Join in on all this and more at Extend’s Winter Holiday Program.

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

Our weekly recap

We have had a very creative week with lots of arts and craft taking place. Student continued with our butterfly display, learnt some new origami, completed some mandala pictures and did lots of drawing and colouring. We also played lots of games including downball, dodgeball and a variety of group games. We finished the week off making cupcakes that everyone enjoyed.

- All the staff at extend

Next weeks activities

Monday 20th June: Production Props & Football skills
Tuesday 21th June: Pancake night & Homework club
Wednesday 22nd June: Blow golf & Colouring competition
Thursday 23rd June: Balloon tennis & Group games
Friday 24th June: End of term party

Book Fair Thank You

A Big thank you to all the students, parent and grandparents who came along to support the Book Fair last week. The library will be receiving many new books to enjoy next term because of your support.

A special thank you to Marian O’Callaghan (Joshua Valdes’ grandmother) who came along to help at the fair.

IMPORTANT MESSAGE FROM THE CANTEEN!

Thanks to our parent helpers:
Friday 17th June:
9:30-11:30am: Kylie Lowdell
12:30-2:00pm: Linsay Knight
Friday 24th June:
Canteen Closed for cleaning

Cross Country

The northern Metropolitan Region Cross Country was held at Bundoora Park yesterday, 15 June. Kismet Park held 5 competition who qualified for this event. The following students are to be congratulated on their effort. Chelsi Bowman, Hayley Edwards, Bridie Collings, Harley Vowles and Maddison Vowles. Special congratulations to Maddison who won her event, she will now compete at the State Championships next term.

Winter Round Robin

The interschool Sport Round Robin was held last Thursday 9th June. We had students compete in Soccer, Football, T-ball & Netball. The day was a great success across Sunbury. Thanks to the Secondary College for providing some umpires and assistance for the day. It was great to see the support given by our parent community. Special thanks to our students who showed great sportsmanship and attitude throughout all sports.

Results - Boys Soccer—won the Big Schools competition
- Girls Netball—won the overall and will now compete at Division level.

Thanks you to the teachers who coached and supported each team.