

# Kismet News

## Empowerment & Excellence in Education for all

### Dear Parents, Staff and Students,

Our KidsMatter experts explain that starting primary and secondary school is an important time for children and families. Children who make a positive start to school are more likely to:

- feel comfortable, relaxed and valued
- feel excited and motivated to learn
- have good relationships with others
- develop a sense of belonging within the school community.

For some children the change brings excitement about making new friends and learning new things, while for others the change can leave them feeling nervous and overwhelmed. You may reflect on your own school experiences and be reminded of the mix of emotions you felt when starting school.

Families play an important role in supporting children to manage the transition to primary and secondary school. With the support of your child's early childhood educator or school teacher, you can help them to cope with the new challenges by developing their social and emotional skills and reinforcing resilience. Children who are mentally healthy are better learners, have stronger relationships and are better able to meet life's challenges. So don't underestimate your role in keeping a positive perspective and encouraging an optimistic outlook in your child.

### 2015 PREP INFORMATION SESSION

Our Parent Information session for 2015 Prep enrolments will be held next Monday 17th November at 7.30pm in

Building B. We look forward to officially welcoming our 2015 Prep parents/carers and introducing them to their child's class teacher. This is a great opportunity to promote a positive start to school by familiarising (especially our new families) with Kismet Park's transition program, meeting with School Council and PTA representatives, being made aware of our newest communication app, hearing about our Prep programs and gaining some tips on preparedness for school.

### YEAR 6 ORIENTATION PROGRAM

Yesterday, Year 6 students enrolled at Sunbury Downs Secondary College for 2015 had their first Orientation day. These days are extremely valuable for familiarising students with Year 7 staff members, programs and routines prior to starting their secondary school life. It also helps students to connect with peers from other Primary schools and begin to see themselves as ready for the next step in their learning journey by accepting new challenges and opportunities towards long-term personal goals. So we look forward to hearing from all our Year 6 students about their experiences after the state-wide orientation day set for Tuesday 9th December. Good luck everyone!

### T BLAST CRICKET

Five teams of Year 5 & 6 students represented our school at the T-Blast Cricket competition that was held last Tuesday.

All teams demonstrated their skill, teamwork and sportsmanship once again so congratulations to all! The results were also very pleasing. One of our three All Boys' teams played in the finals on the day and one of our two All Girls' teams won their finals match and will now compete in the regional carnival to be held in Ballarat later this term. So we wish them the very best of luck and look forward to hearing from all the teams at our next school assembly. Well done to everyone!

### ELECTION DAY BBQ & CAKE STALL

#### Saturday 29th November

We need you! Dust off your aprons, and get ready to help raise funds for our school. KPPS is holding a BBQ and Cake Stall on Election Day - Saturday 29th Nov. Funds raised will be put towards the surfacing of the area recently vacated by the removal of our portables.

In order for this fundraising day to be a success, we really need all KPPS families to assist in some way – either by baking or assisting with the BBQ on the day. Please see the attached letter for further information.

### PLANNING FOR 2015

To assist us with our forward planning we ask any families / students who are moving to another area and not returning to Kismet Park in 2014 to notify the school office as soon as possible. This information is critical in terms of class structures and staffing. Thank you for your assistance.

Have a great week! Glenn & Diane

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

Friday 14th November: Footsteps

Monday 17th November: 2015 Prep Orientation Evening at 7:30pm

Tuesday 18th November: Girls State Rugby Day

Friday 21st November: Footsteps & Assembly

Monday 1st December: PTA Fete Meeting 7pm

## N O T E S H O M E

PTA Christmas Raffle Tickets home today

Election Day BBQ volunteer form & Info

**Answers from last week's challenge:**

**Junior Maths Challenge - Number 3**

(6 [3 + 3]; 5 [2 + 3, 3 + 2]; 4 [2 + 2, 3 + 1, 1 + 3]; 3 [2 + 1, 1 + 2]; 2 [1 + 1]) This is a very good problem for experimenting with sums. Students can use the spinners to make predictions or conjectures and then test them out. What sum do you think will occur most often, least often, why? The fact that four is the most likely sum is not immediately evident but can be the subject of lively discussion.

**Senior Maths Challenge - Number 3 Divide and Solve!**

4. (1.125m) The solution can be obtained by a series of divisions i.e.  $72 \div 2 = 36$ ;  $36 \div 2 = 18$  etc.

Bounce	Height (m)
1	$72 \div 2 = 36$
2	$36 \div 2 = 18$
3	$18 \div 2 = 9$
4	$9 \div 2 = 4.5$
5	$4.5 \div 2 = 2.25$
6	$2.25 \div 2 = 1.125$

**HOUSE POINTS**  
 As at Friday 7th November tallies were as follows:  
**CLARKE:** 465 points  
**LAMBERT:** 320 points  
**HOGAN:** 320 points  
**MCEWEN:** 285 points  
 \*Nude Food Day points will be included in next week's totals\*

**Next PTA meeting will be held on Monday 1st December at 7pm. This meeting will be a 2015 Fete meeting. Please come along and get involved in this wonderful fundraising event! See you at 7pm!**

**club:red**  
GROUP BLOOD DONATION

*Save lives together*



JOIN YOUR LOCAL COMMUNITY GROUP  
IN MAKING A BIG DIFFERENCE

**SUNBURY**  
**Mobile Collection Venue**

Location: Memorial Hall - Barkley Street, Sunbury 3429

Monday 1 <sup>st</sup> December	1:30pm – 7:30pm
Tuesday 2 <sup>nd</sup> December	1:30pm – 7:30pm
Wednesday 3 <sup>rd</sup> December	1:30pm – 7:30pm
Thursday 4 <sup>th</sup> December	2:00pm – 7:30pm
Friday 5 <sup>th</sup> December	9:30am – 3:30pm

To make an appointment call **13 14 95**  
or visit [donateblood.com.au](http://donateblood.com.au)

Roll up your sleeves and give blood together.  
Call 13 14 95 or visit [donateblood.com.au/clubred](http://donateblood.com.au/clubred)

 **Australian Red Cross**  
**BLOOD SERVICE**

**PTA Christmas Hamper Raffle**



This year the PTA has decided to run a Christmas Hamper raffle in place of our usual Christmas stall. You will find a book of 10 tickets accompanying today's newsletter. Feel free to sell to family and friends and if you need more, just pop into the office to collect another book or 2. This raffle will be drawn on Thursday 11th December at our Community Picnic. 3 fantastic hampers to win, on display in the office. Good luck everyone!



**3<sup>rd</sup> Sunbury Scout Group**  
 Max Gifford Hall, Miller Street, Sunbury 3429  
 PO Box 256  
 SUNBURY 3429



**Christmas Tree Sales 3<sup>rd</sup> Sunbury Scout Group**  
 Freshly cut Christmas Trees from \$40  
 Miller St Scout Hall: Sat. 6<sup>th</sup> & Sun. 7<sup>th</sup> Dec  
 Sat. 13<sup>th</sup> Dec

Delivery available. To pre order trees contact Steven 0412 104 008 or Mike 0419 810 727 or online <http://www.3rdsunburyscouts.org.au/component/rsform/form/3-xmas-trees-order>  
 Tradition Special: For those who wish to put up the Xmas Tree on 1st December 2014. You must order by 26 November 2014. All trees to be delivered (included in special price) by our Xmas helpers. If you have any queries I can be contacted on Mobile: 0419 797 705 -- Yours in Scouting Katy



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## Easy ways to develop independence in kids

*If you are anxious about your child's safety and tend to be more protective than you want, then start creating JUNIOR VERSIONS of independent living, so that kids can learn to stand on their own two feet rather than be dependent on you.*

A major challenge for parents is to find ways of safely moving children from being reliant on adults to a position of independence. This can be tough because your natural instinct is to nurture them. Training for independence starts from a young age and continues into adolescence and beyond. Developing independence is one of the best ways to promote self-confidence.

When you teach children to do jobs for themselves, you send a powerful message that you believe that they are capable. Your actions speak louder than words.

Developing independence in kids can be tricky these days. Recently I heard a brilliant, yet deceptively simple idea that all parents can use to develop independence in their kids of any age.

I attended an advanced presentation skills seminar, conducted by Australian professional speaker Glenn Capelli.

Glenn said that many speakers complicated matters for audiences, making things too complex. One way of making it easy for audiences to learn is to create a JUNIOR VERSION of whatever we are talking about.

He likened this to the way that many sporting bodies have now developed modified versions of adult sports, so kids can learn the basic skills of the sport in fun, enjoyable ways.

I had one of those light bulb moments as I listened, and realised that effective parents create JUNIOR VERSIONS of the GAME all the time to help kids develop the skills of self-sufficiency and independence from a very early age.

Here are some examples:

1. We get toddlers to smooth the doonas and arrange their teddies on their beds – that's a JUNIOR VERSION of making a bed.
2. We encourage early primary school kids to make snacks, prepare breakfasts and help prepare a meal. That's a JUNIOR VERSION of cooking an evening meal.
3. WE drive primary school kids half way to school and let them walk the rest. That's a JUNIOR VERSION of walking to school.
4. We let an early teen go to a local cinema with friends. That's a JUNIOR VERSION of going out without adult supervision.

There are plenty of ways to create JUNIOR VERSIONS of independent living every day so kids can become more self-sufficient. What JUNIOR VERSIONS of independent living are you creating for your kids ?

If you are anxious about your child's safety and tend to be more protective than you want, then start creating JUNIOR VERSIONS of independent living, so that kids can learn to stand on their own two feet rather than be dependent on you.

Remember, REDUNDANCY is your aim as a parent!

Similarly, one way for kids to develop self-help skills is to create JUNIOR VERSIONS of what you already do, so they can develop the skill-sets needed to look after themselves, and help out the rest of the family.

Now that's an idea worth thinking about!

*Want your kids to help more at home without being paid? Get your FREE kids' Chores & Responsibilities Guide when you subscribe to Happy Kids, my regular newsletter for parents at [www.parentingideas.com.au](http://www.parentingideas.com.au).*

Comment: [www.twitter.com/](http://www.twitter.com/)

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michaelgrose  
Presentations. All  
support and ad-  
lenges visit:



### Canteen Reminder

Thanks for those offering to assist in the Kismet Kitchen in the next few weeks, our roster is as follows.

#### Friday 14th November

Annalise Lawrence 9am-11:30am

Jodi Collins 12pm—2pm

#### Friday 21st November

Rebecca Billet—9-11:30am

Kaylene Perry 12pm– 2pm

**IF YOU ARE FREE on Friday 28th November**

**please CONTACT SARA OR NAOMI**

#### **For sale: Sunbury College uniform**

Winter skirt size 8/10 \$15

Girls short sleeved shirt size 8/10 \$15

Or \$25 for both. Contact Lynn 0403 996 255



SUNBURY NETBALL ASSOCIATION Inc.  
Eric Boardman Stadium Wilsons Lane, Sunbury  
SUMMER REGISTRATION DAY FOR 2015

Saturday 15<sup>th</sup> November

9:30AM-3.00PM

This will be a one off registration day.

**Please ensure that you register on or by this date.**

**We will not be accepting payments after this date.**

Registrations can be paid cash or cheque on the day. Credit Card on Line: EFT details at

[www.sunbournetball.org.au](http://www.sunbournetball.org.au)

Cost for all players is \$160, which includes NV for 2015

For further information please contact:

Amanda White on 0408 329 499

Lisa Crotty on 0419 514 090

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