

## Kismet News

### Building the foundations for success and happiness

#### Dear Parents, Staff and Students,

We would like to acknowledge our and Girls Basketball team performance at last week's Woodland's Division Championships. They demonstrated great skills, team work and sportsmanship in the way they played. The team came second winning two out of their three games. The girl's team members were Chelsi Bowman, Bridie Collings, Amy Holland Natalie Dunne, Leyla Campbell Holly Clarke and Kasey Mueller. We are proud of your excellent efforts and the way you represented our school. Congratulations.

#### 2016 WHOLE SCHOOL DISCO REPORT:

Thank you to all of those children who attended our PTA whole school disco last Friday. What a fantastic night! We had over 300 children attend and 30 volunteer helpers. We raised more than \$3,500.00 at this event which will go towards our new Shade Sails. A big thank you to our PTA, who once again has organised a very successful fundraiser. To all of our helpers, your time and assistance is appreciated; without your help, events like these would not be possible.



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#### WALK TO SCHOOL

It has been great to see so many of our students walking and riding to school. As part of the Walk to School activities, every class will be going on a Mystery Walk on Friday 28th October. The walk will be around the local streets. This is an exciting event to look forward to.

#### REMOVAL OF TREE THIS WEEKEND:

We will be removing a large Sugar Gum tree which we have deemed unsafe, from our school grounds. A tree removal company has been employed to carry out the works on Saturday. For the safety of all, please don't allow your children to play in our grounds on Saturday. If you have any questions about this process, please call to speak with Vanessa (OH&S rep)

Have a great week

Glenn and Cynthia

#### DOG ATTACK:

Three of our students were attacked by 2 dogs on their way to school this morning. The dogs were accompanied by an owner, but only 1 was leashed. Please speak with your children to make them aware of the danger of some dogs, even if they are with their owners. This incident has been reported to Hume City Council.



#### Extend OSHC at KPSS

Our Weekly recap

What a great week we have had at extend. There was lots of fun and games all week. We played lots of group games and had students running some very exciting activities. We were very creative with some science activities, a highlight was defiantly making bouncey balls and giant bubbles. We got very creative with our paper plane designs and had an exciting completion to see which worked the best

All the staff at extend

Next weeks Activities

Halloween week

Monday

Ghost puppets

Pumpkin heads

Tuesday

Cooking- Halloween cookies

Wednesday

Haunted houses

Thursday

Make our own costumes

Face painting

Friday

Zombie tiggly

Dress up party

#### DATES TO REMEMBER:

Tuesday 25th October: Kinder visit Prep classrooms

Friday 28th October: Walktober—whole school

Tuesday 1st November—Melbourne Cup Day—**NO SCHOOL**

# Engagement & Well-being

## SLEEP AND KIDS' MENTAL HEALTH

### REFERENCE: KIDSMATTER ARTICLE

Did you know that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort <sup>(1)</sup>, and the rates are higher in early childhood.

It makes sense that sleep and a child's mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression.

Associate Professor Harriet Hiscock, paediatrician and re-researcher with the Centre for Community Child Health at The Royal Children's Hospital Melbourne, says that behavioural sleep problems make up the bulk of issues seen in kids. Chances are you've already experienced some of them at your place. For example, she says children may:

- Want to co-sleep with adults
- Use stalling techniques ('just five more minutes', wanting a drink etc)
- Refuse to go to bed (engaging in long conversations, tears or tantrums)
- Get out of bed frequently (for a drink, the toilet, to talk)
- Wake often
- Have difficulties getting to and returning to sleep (eg lying awake worrying)
- Experience anxiety-related insomnia (more common in primary-age children)
- Have nightmares or night terrors.

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so widespread.

"There's most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals," she says. "There's definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain's production of melatonin that helps us go to sleep. Kids are also doing more in their day, so time to sleep is probably not prioritised."

It's really important to put a good night's sleep at the top of the to-do list. When your child is sleeping well, chances are you will be too, which means the whole

family will be at their very best, mentally and physically.

Owens JA, Spirito A, McGuinn M, & No-bile C. 'Sleep habits and sleep disturbance in elementary school-aged children.' J. Dev. Behav. Paediatrician.

### 100% SCHOOL ATTENDANCE:

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Each missed day is associated with progressively lower achievement in numeracy, writing and reading.

### Getting in early

Attendance patterns are established early – a child regularly missing days in kindergarten or in the early years of school will often continue to miss classes in the later years, and receive lower test scores than their classmates. It's vital that students go to school every day – even in the early years of primary school.

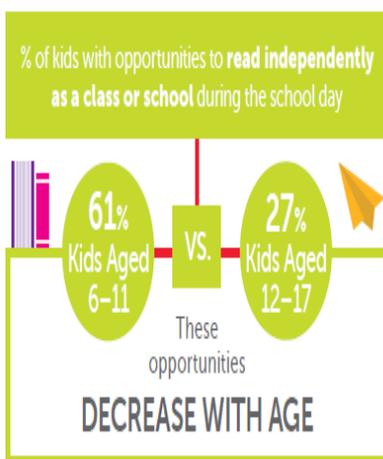
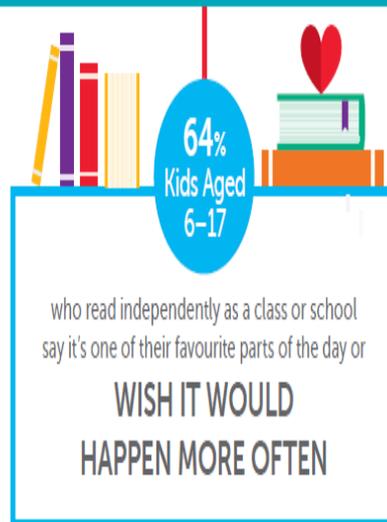
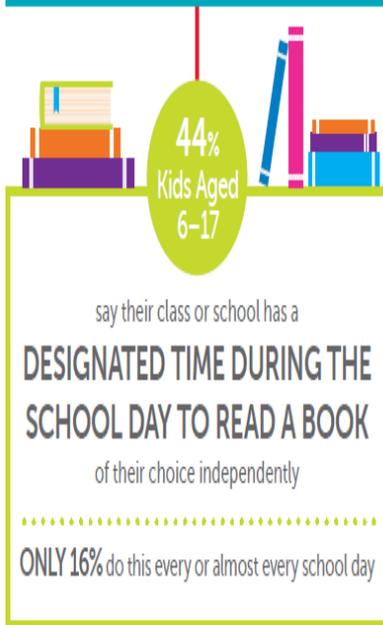
If you're having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

# Student Well-being and Engagement

## The Power of Independent Reading In School

Congratulations to the following students who were awarded ribbons for CONFIDENCE

**You Can DO It**



Children who are given time for independent reading at school are more likely than those who are not to:

- ▶ Be currently reading a book for fun 77% vs. 51%
- ▶ Love or like reading books for fun a lot 69% vs. 53%
- ▶ Agree that reading books for fun is extremely or very important 69% vs. 49%
- ▶ Feel kids their age should read books for fun 5-7 days a week 54% vs. 30%
- ▶ Be frequent readers, reading books for fun 5-7 days a week 52% vs. 26%



PA	Isabelle Carpenter
PC	Pania Kire
PJ	Keira James
PW	Seth Abela
1A	Elektra Marciano
IT	Jye Small
1/2B	Charli Kalms
2H	Indiana Wilson
2Z	Rohan Fitzgerald
3M	Tasha Triffitt
3F	Jack Freemantle
3B	Pearson Elton
4B	Vanessa Kire
4S	Mackenzie Michiein
5/6C	Chelsi Bowman
5B	Kael Sherlock
5N	Henry Bakes
6A	Noah Garcia-Bettinelli
6S	Nickiera Johnson

from 'Kids & Family Reading Report'™

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**LOST PROPERTY:**

When taking school uniforms out of Lost Property, can you please make sure they have the correct name on them. All uniforms should be labelled with your child's name.

**JUNIOR SCHOOL COUNCIL FAB SPELLERS COMPETITION**—find the spelling mistake in this weeks newsletter and put your entries in the box at the office.

**CLASS PLACEMENTS 2017 :**

If there is any information that we may not be aware of that may affect your child's class placement next year please put the details in writing or complete the form provided later in this newsletter and forward to the office marked Attention: Mr Glenn McConnell by Friday 28th of October. This is not a teacher / class selection process, but an opportunity to provide information which may assist with your children's social and academic grouping. While all information will be carefully considered we can not guarantee that all needs will be met.

**PLANNING FOR 2017**

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 2017to notify the school office as soon as possible. This information is critical in terms of class structures and staffing. Thank you for your assistance.

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**STUDENT PLACEMENT INFORMATION FOR 2017:**

Please return to KPPS marked attention: Mr McConnell

Child's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

List the special educational needs / conditions that your has that we may not be aware of:

Signed Parent / Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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