



# Newsletter

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## 2021 Dates to Remember

### Term 3

#### August

Sat 21<sup>st</sup>– Fri 27<sup>th</sup> Book Week

#### September

Mon 6<sup>th</sup> School Council Meeting

Fri 17<sup>th</sup> Last day term 3 – 2.30pm dismissal

### 2021 Semester 2 Term Dates

Term 3 Monday 12 July to Friday 17 September

Term 4 Monday 4 October to Friday 17 December



# Principal's Message

Well done everyone for another week in lockdown where we have continued to come together as a learning community to support all our students. Please ensure you have read the comprehensive information in newsletter August 13<sup>th</sup> **Remote Learning Programs from Monday August 16<sup>th</sup>**.

I also wish to note again and stress, the importance of the information in the item **2022 Enrolment Alert**. Any families who have a sibling to enrol for 2022 please ensure that you let us know and begin the process immediately. Currently we have 12 siblings of current students enrolled but, as stated previously information from a survey carried out earlier in the year suggests double this number at least would be expected.

Parents may come on-site to collect an enrolment form or, request one be sent to them.

Congratulations to our 75 Foundation students the **graduating class of 2027**, for achieving the first 100 days of their school life. In 2021 of course this milestone, has been reached by a combination of schooling both on-site and at home.

Please see the message of acknowledgement from the Foundation teachers and, we look forward to hearing much more about the celebrations in future communications.

## Health and Wellbeing Resources

During these times health and wellbeing at the forefront of everyone's minds. There are a range of options out there for you to try by yourself and some you can enjoy with your family. Mindfulness in all its different forms can be ideal ways to self-care and ensuring you are checking in with your mental and physical health. How you practice your mindfulness and self-care is a personal preference, so it is important to have plenty of options to find what suits best. It can be something as simple as noticing your breath, to drawing a whole picture.

There are many great resources available for parents and students at this time that may assist with resilience, positivity, anxiety, life skills and self-esteem. Any that are noted by the school are suggestions only and, we are not recommending one above another or, the purchasing of any specific resource.

**Smiling Mind** is a web and app-based program that encourages the use of meditation to improve their mental health and general wellbeing. It has been developed by psychologists and educators as a tool to assist people in maintaining a balanced life. Research that studied more than 6,000 school students, found that those who practiced mindfulness, displayed better emotional and behavioural regulation, better academic performance, better social skills and lower depression and anxiety levels."

Diet, exercise and sleep are key elements in maintaining physical and mental health. Meditation is another strategy that ensures we are looking after the mind. The Smiling Mind program helps you incorporate mediation practices that can support and assist with:

- stress management
- increased resilience
- increased creativity
- better decision making
- a sense of calm, clarity and contentment



This is a free program, however to access it you will need to create an account and sign up here:

<http://www.smilingmind.com.au/>

### Headspace (for adults and kids)

Headspace is an interactive guides to everything assisting in a healthy mind.

Meditation has been shown to help people stress less, focus more and sleep better.

Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day



**Insight Timer** is a smartphone app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts. Insight Timer is a popular relaxation app that uses guided meditations, music and talks to help with sleep, relaxation and mindfulness. There are thousands of free tools to use on the app which range from stress and anxiety management to improving self-esteem and relationships. The free meditation app has guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.



Insight Timer helps calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.

**Please note: Parental supervision is always recommended**

- some of these APPs begin free but upgrades may require subscriptions
- the following activities may impact on the data usage of home internet connections

**Get Active Victoria - Keeping students active while they learn from home**

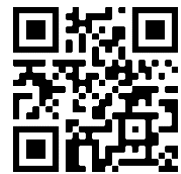
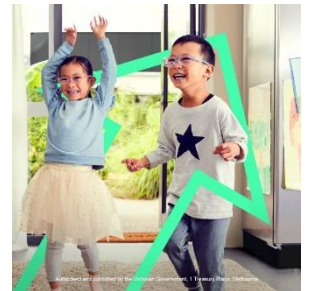
When children participate in regular physical activity, it boosts their physical and mental health and improves academic performance.

Physical activity throughout the day also improves concentration, and the ability to retain information and solve problems.

There are many benefits to being active and getting your move on, but a lot of children aren't moving enough, particularly while learning from home.

15 minutes 4 times a day is all it takes.

To help support your children to stay active while learning from home, families can access a range of free COVIDSafe ideas to stay active and games through [Get Active Victoria](#).



**Parenting Ideas**

Michael Grose is the Founder & Director of **Parenting Ideas**. Michael holds a Master of Educational Studies from Monash University specialising in parenting education, a Bachelor of Education and a Diploma of Primary Teaching from SCV Toorak (now Deakin). He is a former primary school teacher with 15 years' experience and a parenting educator with 30 years' experience.

At Parenting Ideas, there aim is to help people successfully raise confident, happy and resilient kids by connecting parents and educators to expert child development knowledge through a first class digital channels and accompany it with a genuine human interface to make parenting support more accessible and impactful.

The link will take you to the **Parenting Ideas** blog page [Parenting Blog - Parenting Ideas](#) where you can find topics covering

- Maintaining kids' mental health during the coronavirus pandemic
- Micro-habits to parent better every day
- Taming digital distractions
- Win kids' cooperation



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**Congratulations to all the Foundation Students who today** celebrated their 100<sup>th</sup> day of school.

The students have been counting down to this moment since their first day in the classroom and have been looking forward to this celebration with excitement. We would like to congratulate the students and their proud families on a successful first 100 days of school. In 2021 of course this milestone has been reached by a combination of schooling both on-site and at home.

The teachers and students will be providing a newsletter article accompanied by some photos of this very special day as soon as possible.

## Camp Australia feedback survey

To any parents who have used the services of Camp Australia who are the providers of our **Out of School Hours Care (OSHC)** please see the link to their current client survey.

<https://www.surveymonkey.com/r/MRR6TN3?id=41603>



## Kingsville Awards

To be presented on Friday 27<sup>th</sup> August

<b>FFW</b>		<b>34M</b>	Gabriel Mansfield/ Liam Duong
<b>FLB</b>	Zoe Clarke	<b>34P</b>	Scarlett Bull
<b>FLI</b>	Scarlett Domone	<b>34S</b>	Nirvair Gill / Daisy Mitchell
<b>FJH</b>	Archer McDonald	<b>34H</b>	Charlie Stevens
<b>1CW</b>	Eden Coleman	<b>34A</b>	Thomas Hine
<b>1DG</b>	Arihia Gemmell / Oscar Monk	<b>5AA</b>	Luka Mendelsohn-Thornton / Vivan Mondkar
<b>1RT</b>	Tessa Moon	<b>5AT</b>	Lily Rowntree
<b>1GD</b>		<b>5TD</b>	
<b>2EE</b>	Nina Skladzien	<b>56S</b>	Abel Hafte / Maya Hawke
<b>2MC</b>	Lottie McKeown	<b>6JI</b>	Ari Sherwood / Frances Marks
<b>2JD</b>	Grace McDonald	<b>6KG</b>	Maggie Ellis
<b>2AO</b>	Mae Serpell	<b>6SE</b>	Jasmine Volpato / Liam Craig
<b>34L</b>	Tia Williams		
<b>34C</b>	Charlie Panton		



## Happy Birthday

21<sup>st</sup> – 27<sup>th</sup> August

Happy Birthday to: Sydney Bailey, Frances Marks, Bailey Windle, Myra Raynold Peter, Nina Skladzien, Alfie Raine, Celine To, Poppy Giansiracusa, River McMaster, Teya Buttigieg, Frankie Hollingsworth

# Newsletter



## A message from your Coordinator

Hello Kingsville Families,

In last few weeks, children expanded their imagination and made creative characters using plasticine and playdough.

This week we have been celebrating "Science Week". Children enjoyed wide varieties of activities such as No-cook playdough, Puffy Paint Pictures, Fizzy Fun and many more. Children explored their scientific skills and imagination with lots of fun.

In the upcoming week, we plan to deliver a fun and exciting program related to "Book week".

Looking forward to see you all back at the service very soon.

## Activities coming up

- Ninja Headband
- Book week activities
- Football
- Netball



## What's on the menu

- Wholemeal Pizza
- Salad Sandwiches
- Fruit / Vegetables

## It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campastralia.com.au](http://pp.campastralia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



## Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

# Will your child /children be at Kingsville in 2022

If you know your child / children will not be returning to Kingsville in 2022 or  
If they will be only here for a short time e.g. you could be moving in Term 1  
Please fill in below or email the school [Kingsville.ps@education.vic.gov.au](mailto:Kingsville.ps@education.vic.gov.au)

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CHILDREN NOT ATTENDING KINGSVILLE P.S. IN 2022

Name: ..... Year level in 2021: ..... Date finishing at KPS: .....

Name: ..... Year level in 2021: ..... Date finishing at KPS: .....

Name: ..... Year level in 2021: ..... Date finishing at KPS: .....

New school (if known): .....

