Our school photo day is on Tuesday 22nd March. A photo order envelope will be sent home with your child today. As orders can now be placed online, each envelope is personalised with the student name and unique ordering code. If you lose your envelope the opportunity to order online will be lost. You will need to place your order by handing in the envelope by photo day. If you wish to order a family photo please ask for a family photo envelope from the office.

3 Way Conferences will be held on Thursday 25th February and Tuesday 1st March. You may collect your child from their class between 1.10pm – 1.30pm on Thursday if you wish. However it will not be possible to collect your child during lunchtime (1.30 – 2.30pm) as announcements will interrupt the conferences. Alternatively they can remain at school where they will be supervised by our Specialist teachers until 3.30pm. You will need to collect your child to take them to their 3 way conference – a listing of where students will be supervised will be displayed at the office for you to check on arrival.

Our Harmony Picnic is on Friday 11th March from 6 – 8pm. All families are welcome to join in this fun, informal night. Pop the date in your diaries and we will see you there!
Principals Report

Taking Leave

I will be taking leave next term for the duration of term 2. Ngaire also will be on leave. Julie will take over as principal and be supported by a new person trying their hand at the assistant principal role.

Personal Property

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, electronic games, calculators, toys, sporting equipment and cars parked on school premises.

- The Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property.
- Principals are requested to remind staff, students and parents/guardians of this at the beginning of this academic year. Staff and students should be discouraged from bringing any unnecessary or particularly valuable items to school.

Insurance statement from DEECD

- Schools are reminded that the Department does not provide personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs. These costs may be recoverable where an injury is caused by the negligence (carelessness) of the Department, a school council or their employees or volunteers.
- Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance. Kensington PS has no whole-of-school insurance policy so parents/guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs.

Healthy Lunches for Children

A Dietician for the Dieticians Association of Australia has emphasized the importance of eating good foods at school by packing a healthy lunch and enjoying a healthy balanced diet. Julie Gilbert a practising dietician has some tips

- Be prepared-plan and buy everything you need for the week’s lunches in advance
- Get kids involved in preparing and packing school lunches
- Have practice runs at home so your child knows how to open packaged foods
- Pack healthy familiar foods a child will enjoy
- Choose foods that are easy to handle and quick to eat-children are keen to get outside and play
- Keep lunches cool in an insulated-box
- Don’t be too disappointed if your child’s food habits ebb and flow, as they get used to school
- Have healthy foods available when they get home from school-they can be ravenous after a hard days learning

School Council

If you have thought about nominating for School Council now is the time! It is important that parents are part of the decision making process for their school. So if you have considered being a councillor now is the time to step forward and get nominated. It is a rewarding experience. Just get a nomination form at the office and ask someone to nominate you. Nominations close soon.

Hats

Please ensure that all children have sunsmart hats with an appropriate brim. Children without these will be unable to play in the open. If you have any spare unused wide brim hats send them along and we’ll keep these as reserves for children who misplace theirs.

~ 2 ~
Car Safety
As the school continues to grow we seem to have more people travelling to school by car. If you don’t live too far away please consider enjoying a walk to school, or perhaps riding a bike. We have a bike/scooter area beside the school where bikes and scooters can be locked up. Please ensure that you park in the appropriate areas-not close to the crossings as it is extremely dangerous and not in the car park as backing out endangers pedestrians- and a lot of the children are small and cannot be seen, or can be running past the gates. Please don’t let children alight from the car without parking the vehicle and ensure they are buckled in before taking off.

Mark Ryan
Principal

3 Way Conferences

3 Way Conferences
- Thursday, February 25th 2:00 - 6:00pm and Tuesday, March 1st 3:45 - 6:00pm+

Book Your 3-Way Conference time NOW!

Parent/Teacher/Student 3-way Conferences for students in Yr 1 - Yr 6 will be held on Thursday, February 25th 2:00 - 6:00pm and Tuesday, March 1st 3:45 - 6:00pm. Please note: Prep teachers are holding their conferences with parents on Wednesdays during February following their child's Prep Entry Assessment.

All students attend the 3-way conference with their parents and are active participants in the process. These 3-way conferences are a very important opportunity for parents to meet with teachers and to share any relevant information about their child/children. It is also a time when children, parents and teachers set educational goals for the coming year. Students may be asked to leave the meeting if there is information that needs to be shared between the adults. Areas will be set up outside classrooms to enable this to occur. Conferences will be held in the students’ classrooms.

We are using an online booking system for parents to book their 10 minute conference time with your child’s teacher. This means you can book your 3-way conferences at times that suit your family best.

Go to www.schoolinterviews.com.au Event Code: TRN62

If you do not have access to a computer you are able to book your conference times at school by contacting the Office between 8:45am and 4:00pm. Office staff will book a suitable time for you. Parents can also send a note to school with the approximate times and a conference will be booked for you. Conferences are 10 minutes. Instructions for booking an appointment for your child’s 3 –Way Conference are outlined below.

Interpreters will be booked if requested. Please let your child’s class teacher know if you require an interpreter

BOOKINGS CLOSE Wednesday, February 24th.

Please contact the school if you have any queries.

Julie Stephens
Assistant Principal
Learning the skills to be resilient - Bounce Back

Last week we looked at the first two statements of the Bounce Back acronym. This week, it is the U and N. These statements draw on the cognitive behavioural therapy (CBT) model, based on the understanding that how you think affects how you feel and in turn how you behave. It is based on the assumption that many of the strong feelings we experience like anxiety, anger and depression are influenced by our own thoughts and beliefs and how we interpret the things that happen in our lives. These statements help us to learn tactics to challenge unhelpful interpretations and beliefs and substitute more helpful alternatives.

**Unhelpful thinking makes you feel more upset.**

Types of unhelpful thinking include:

Thinking something is the end of the world (catastrophizing); not getting a reality check; putting yourself down; jumping to conclusions; trying to read someone’s mind; generalising from one small example to thinking it happens all the time or in every situation.

This statement can be used in many ways to support children to:

- tackle challenges (use helpful thinking to support yourself when things are hard);
- solve friendship problems (are you trying to read the other person’s mind? Have you actually talked to them about the issue? Have you talked to someone you trust about the issue to get a reality check etc.);
- overcome small difficulties that they may face in a day (is what happened very serious? Are there some good things about what happened? Are you interpreting what happened in a helpful way?); etc.

The important learning is to help children recognise their thinking, to actively choose helpful thinking and reinforce that their thinking is linked to feelings and behaviour.

**Nobody is perfect – not you and not others. Mistakes help you to learn.**

This statement encourages us to embrace the times when we make mistakes as learning opportunities. The focus is on trying to do your best in every situation, which is different from aiming to be perfect. The consequences of striving for perfection can be that you will be too hard on yourself, lose confidence and give up or become ‘frozen’ and upset when facing new challenges. If you think others should be perfect, the consequences can be that you will be too critical and unfairly angry at others. It can hurt relationships. One of the things to focus on here is the use of language – for example it is easy to say: “that’s perfect”, “you’ve done a perfect job” rather than noticing the effort involved in trying hard. At KPS we actively promote ‘growth mindset’ thinking to encourage risk taking and effort in learning rather than focusing on trying to achieve the impossible goal of perfection.

**Melissa**
*Wellbeing Co-ordinator*
## Kensington Primary School Newsletter

### Care Program

#### OSHClub News

<table>
<thead>
<tr>
<th>Activities for Week:</th>
<th>15 Feb, Monday, Week 7</th>
<th>School: Kensington PS</th>
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<tbody>
<tr>
<td>This week's goal is:</td>
<td>Space</td>
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<tr>
<th>15 Feb, Monday</th>
<th>16 Feb, Tuesday</th>
<th>17 Feb, Wednesday</th>
<th>18 Feb, Thursday</th>
<th>19 Feb, Friday</th>
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<tr>
<td><strong>Before School</strong></td>
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<td>Line Tiggy</td>
<td>Poison ball</td>
<td>Fruit Salad</td>
<td>Octopus</td>
<td>Capture the Flag</td>
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<td><strong>COMMUNITY</strong></td>
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<td><strong>COMMUNITY</strong></td>
<td><strong>LEARNING</strong></td>
<td><strong>WELLBEING</strong></td>
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<tr>
<td>Paper planets</td>
<td>Spyglass Telescope</td>
<td>Space Scene Picture</td>
<td>Crazy Space Alien</td>
<td>Education Week: Space Colouring</td>
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<tr>
<td><strong>LEARNING</strong></td>
<td><strong>IDENTITY</strong></td>
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### OSHClub News

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<tbody>
<tr>
<td>Backyard Cricket</td>
<td>AFL Football</td>
<td>Football skills</td>
<td>NFL-American Football</td>
<td>Touch Rugby</td>
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<td><strong>WELLBEING</strong></td>
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<td><strong>IDENTITY</strong></td>
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<td>Breakfast: Toast with butter, vegemite, jam, honey and cheese, Cereals including porridge, cheerios, rice bubbles and cornflakes, Milk and Juice</td>
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<tr>
<td>Afternoon tea: Apples, bananas, oranges, carrots, celery, melons, Mashed Potatoes</td>
<td>Afternoon tea: Apples, bananas, oranges, carrots, celery, melons, Grilled Fish and Rice</td>
<td>Afternoon tea: Apples, bananas, oranges, carrots, celery, melons, Veg Soup and Risoni</td>
<td>Afternoon tea: Apples, bananas, oranges, carrots, celery, melons, Pasta and Sauce</td>
<td>Afternoon tea: Apples, bananas, oranges, carrots, celery, melons, Chili</td>
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ADULT GARDENING MORNINGS

Tuesday was the first parents’ gardening session for the year and we had a lovely morning with 8 ladies getting involved. It was a morning of chatting while we gardened and it was great to meet some new people. The garden was transformed with much needed general tidying and the pruning of those plants past their best after some hot summer days. Beds were also prepared for the children to use in their Wednesday gardening sessions with their classes.

If you couldn’t make it Tuesday and would like to join us please come along on Thursday 3rd March 9am - 10.30am in the Plantmania garden and for coffee afterwards.

If you would like to help with watering the garden (about 30mins once per week) please email me. We would still like some more volunteers please.

sharynolive@gmail.com

There will be a Sustainability/Grubbies meeting on Wednesday the 2nd March at 8pm.

26 Bayswater Rd. Kensington. 0417237497

Master Plan

What’s happening with the resurfacing of the playground?

Here is an update!!!!!!

Although it may appear that nothing has much happened... be assured that much groundwork, no pun intended, has been laid down. (Woops there’s another one.)

The master plan group continued working right up into the last weeks of the school year, some volunteer time was spent over the summer break and we meet again last week. We are pleased to inform you all that a design has been finalised that will be able to accommodate a relocatable classroom, should it be required in the next few years. The design has taken into consideration the requirements of the PE program and many of the ideas and thoughts put forward by the community in the master plan survey conducted last year. This document has been our guiding brief.

The contractor has been contacted and will have a site meeting soon to iron out a few questions and wonderings raised by the group. Some preparation work needs to be done before the new surface can be laid down and there will be some landscaping needed afterwards, plans for these steps and the timing of the project is now underway.

Thanks to the efforts many, volunteers who worked very hard to raise the money at the last school fete, the volunteer designers and project overseers.

We will aim to keep you informed of the progress over the next few months.

Linda Weisser Master Plan Group volunteer.
School Sport Victoria (SSV) provides the opportunity for talented children to complete a series of trials towards the ultimate goal of achieving selection in a Victorian Representative Team. Students turning 10, 11 or 12 years of age in 2016 are eligible to trial. Children who are ultimately selected during this State-wide process will play in a National Carnival representing Victoria (levies often apply). See the School Sport Victoria (SSV) website for specific information.

In 2016, the registration process must be completed on-line by the parent of the registered student for the following sports:

- Australian Rules Football (boys only)
- Soccer (boys and girls)
- Basketball (boys and girls)
- Netball (girls only)

School Sport Victoria provides comprehensive information about this process including a downloadable letter and on-line video. Follow the link

https://www.ssv.vic.edu.au/TeamVic/Pages/onlineRegistrationInformation.aspx

Please take the time to review this information before registering your child as there are recommendations in place and levies involved. If you do opt to register your child, please select the Maribyrnong Division in the Western Metropolitan Region on the entry form. Registrations close on the 16th March, 2016.

Nuc
Sports Co-ordintator

Harvey in 1/2M has lost his Pokemon album. He left it on the asphalt in front of the library (where the down ball squares are) last week and when he went back to collect it it wasn’t there. It’s a blue/orange plastic album with pockets inside filled with his Pokemon cards. If anyone has found it please can you return to Harvey in his class.
Thanks
Cultural Performances – A Request for the Harmony Picnic

Dear Parents/Community Members,

As you may know, the KPS Harmony Picnic is coming up on Friday 11th March. It is always a special occasion, designed to celebrate diversity across Australia and within our school. This year, some families have expressed interest in performing cultural items as part of the festivities. We would like to encourage others to get involved.

If you, or someone you know, would be interested in performing either a cultural dance or song at the Harmony Day Picnic, please email Louise Grace (nee Louise Donn) at donn.louise.m@edumail.vic.gov.au.

Thank you 😊

CONFIRMATION at HOLY ROSARY PARISH 2016

Holy Rosary Parish will be celebrating the sacrament of Confirmation on Sunday the 15th of May at 2:30pm. A number of sessions leading up to this celebration are planned for early in Term 2.

If your child has received the sacrament of First Eucharist (Communion) and is interested in participating in this program, please contact Yvette Oswald at the parish house on 9376 6148 or yvetteosw@gmail.com in the next few weeks.
Community News

Department of Education & Kensington Primary School do not endorse the products or services of any private advertiser. No responsibility is accepted by the Department of Education or Kensington.
Kensington Primary School Newsletter

KIDS CLASSES
Free Trial Lesson
Regular 30 min. classes are low-compression balls that children learn to hit with high-math tennis tennis fun and easy for new or low-level young children. This means that kids are able to start playing a healthy sporting hobby! For more information please call...

Cost: $9.00 a session

CARDIO TENNIS
Free Trial Lesson
- High energy workout and burn 300 to 1000 calories
- Drill-based and play-based activities
- Lose weight, get fit and have fun
- Participants wear tennis shirts, exercise to music and use low compression balls and a variety of equipment such as agility ladders

Cost: $12.50 a session.

Brooke Fitness Training & Nutrition

SPECIAL OFFER
OUTDOOR GROUP FITNESS FREE TRIAL CLASS

5 x CLASS PASS $60
*USED OVER 6 WEEKS

10 x CLASS PASS $100
*USED OVER 12 WEEKS

For more information or to book in, please contact James using the below:
PHONE: 0401 964 986
EMAIL: JAMES@BROOKEFITNESS.COM.AU
WEB: WWW.BROOKEFITNESS.COM.AU
Kensington Primary School Newsletter

HOOKINZ2HOCKEY

CLUB: Essendon Hockey

CONTACT NAME: Kirsten Davidson

CONTACT NUMBER: 0425 776 632

LOCATION: Essendon Hockey Centre, 1 Hockey Lane, Ascot Vale, VIC, 3032

START DATE: Thursday, 18th February, 2016

TIME: 5:00pm

EMAIL: essendonhockey@outlook.com

ADDITIONAL INFORMATION: Come and try hockey at a well established & friendly local club.

Hockey is a great team sport to be involved in and a fun way to make new friends. Please register your interest at essendonhockey@outlook.com

“Come and Try” Day

Victoria University Western Spurs
Women’s Football Club

VU Western Spurs are running a come and try day for GIRLS ONLY!

Ages 10-17 years

Saturday 27th February 2016

Henry Turner South Oval,
Farnsworth Ave, Footscray

9:30am – 11:30am

Register your interest: http://bit.ly/1SEKnSt

www.facebook.com/westernspurs


**OUR CITY KIDS NEED A CITY SCHOOL**

There are thousands of children in the CBD, Docklands and surrounding areas who have no local school to go to – families have waited long enough.

Join us for a morning tea to address overcrowding and the need for new schools in the inner city.

**FIND OUT MORE:**
[CITYSCHOOLS4CITYKIDS.COM](http://www.cityschools4citykids.com/)

**JOIN THE DISCUSSION:**

**TIME**
10am –11am
Thursday 25 February 2016

**LOCATION**
Federation Room
Parliament House
Spring Street, Melbourne
Morning tea provided

**RSVP**
info@cityschools4citykids.com

Aren't able to come to the morning tea, but would like to voice your support? Sign our online petition at [http://www.cityschools4citykids.com/](http://www.cityschools4citykids.com/)