

Kingsley Park Primary

BE SAFE - BE RESPECTFUL - BE A LEARNER

SCHOOL NEWSLETTER - Thursday 4th June 2026

Please reinforce with your children the importance of road safety.

We received a call this morning regarding another near miss involving a child on Franciscan Avenue. In this instance, the child ran between parked cars and across the road. Not only is this incredibly dangerous, but particularly concerning given that the designated crossing was only a few metres away and was not used.

Children need regular reminders that crossings are there to keep them safe and must always be used when crossing the road.

This morning's incident could have had a very different outcome had the driver not been travelling at the school speed limit and remaining alert to the surrounding area.

Taking an extra minute to walk to and use a crossing is always the safest choice. We ask all families to discuss road safety with their children and reinforce the importance of stopping, looking, listening and using designated crossings at all times.

Thank you for your support in helping keep all of our students safe.



IMPORTANT

Curriculum Days 2026

No children to attend school

The following days have been endorsed by School Council: • Friday 5th June
(Monday 8th June is the Kings Birthday Public Holiday)

• Friday 14th August

• Friday 27th November

Students do not attend school on these days. Team Kids will be providing childcare on these days. On the last day of Terms One, Two and Three we have an early dismissal time of 2:30pm and on the last day of Term Four we finish at 1:30pm.

SCHOOL UNIFORM REMINDER

School Uniforms: all students need to bring a jumper each day. Thank you too for helping to ensure your children learn the importance of wearing the correct school uniform particularly during these colder days. School uniform removes the sense of competition in dress, which can often cause stress amongst students and in addition, has the important safety factor of making Kingsley Park Primary School children instantly recognisable.



[Click this link to order school uniform!](#)

It is an expectation that students are in school uniform daily. If you require some assistance in accessing a uniform, please see us at the Office as we are more than happy to help you out so that your children have a strong sense of belonging to the Kingsley Park community.



**WINTER IS HERE
& SO IS THE
COLD & FLU SEASON:**



Stay well this winter

Influenza (flu), can be serious, especially for children. Choose to protect yourself and your loved ones with an annual flu vaccine. The earlier you and your family get vaccinated, the better your protection heading into winter.

Keeping our school community well

We encourage parents and carers and students to:

- wash or sanitise your hands thoroughly and regularly, particularly before and after touching your face
- cough or sneeze into your elbow
- stay home if unwell and consult your GP or Nurse-on-Call as needed
- stay up to date with your flu vaccinations.

Flu vaccinations

Flu vaccination is recommended for everyone aged 6 months and older.

Some people are more at risk of severe illness from flu, especially babies and toddlers. They can get a free vaccination as part of the National Immunisation Program.

You can book a flu vaccine through your GP or pharmacy, or [find a flu vaccine near you.](#)

KINGSLEY PARK

PREP 2027



ONLINE ENROLMENTS
OPEN NOW



Already toured our school ?
Please scan the QR code above to complete
your Prep 2027 enrolment, or call the school
for further information on 9789 0077.

ENROLMENTS CLOSE 31ST JULY

2026

TERM DATES

2026

TERM TWO:

20th April – 26th June
Curriculum Day Friday 5th June

TERM THREE:

13th July – 18th September

TERM FOUR:

5th October – 18th December



Late Arrival Early Release

Students arriving to school after 8.45am must be signed in by a parent/guardian via the school office. Students will be taken to class by a staff member, we ask that parents do not enter rooms during learning times. Any student arriving to school late without a parent will be marked as an unexplained lateness on their attendance record. All absences require a valid explanation from parents/guardians.

Please remember if you are picking up your child early from school, communication to the teacher via Sentral is the most effective option. Interruptions to classrooms during learning time can be very distracting to both children and teachers. With early notice, teachers can ensure children are packed up and ready.



IMPORTANT DATES TERM 2

Add them to your calendar now!!

Friday 5th June (Tomorrow)
****Curriculum Day - No children to attend school**

Monday 8th June
Kings Birthday Public Holiday

Friday 12th June
Whole School Assembly
Trivia Night - Postponed

Monday 15th June
Cosmodome Incursion (Juniors)

Tuesday 16th June
Student Led Conferences
until 4:30pm

Wednesday 17th June
Regional Cross Country
Student Led Conferences until 7pm

Thursday 18th June
Student Led Conferences
until 4:30pm

Friday 19th June
Module Assemblies

Thursday 25th June
Winter Lightning Premiership (Seniors)

Friday 26th June
Whole School Assembly
NAIDOC Acknowledgement
Last day of Term 2!
2.30pm finish

YEAR 4 CAMP FOREST LODGE



Thank you for being patient whilst we finalised costings for the Year 4 camp to Forest Lodge Farm Camp.
The outstanding cost for camp is \$310.00. (A total of \$360 less the \$50 deposit)
This can be paid for in a lump sum or over the following payments;

Deposit of \$50 paid
Instalment 1 - 26th June - \$60.00
Instalment 2 - 24th July - \$60.00
Instalment 3 - 21st August \$60.00
Instalment 4 - 18th September \$50.00
Instalment 5 - 16th October \$40.00
Instalment 6 - 13th November - \$40.00



If you have CSEF/SSB or credit on your account, we will use the funds. You are welcome to contact Janine.coe@education.vic.gov.au for an updated amount of what is owing at any time.

Thank you and we look forward to it being a wonderful camp.

 **Attendance Matters**
Every student. Every day.

Acknowledgement of Country

Reconciliation Australia acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.



SCHOOL COUNCIL NEWS

STAY INFORMED - STAY CONNECTED

A MESSAGE FROM THE SCHOOL COUNCIL PRESIDENT

Hello Kingsley Park community,
My name is Jessica Hegarty, I have recently been re-elected as School Council President. Having had the privilege of serving in this role for the past four years and as a Kingsley Park parent myself, with my daughter Abby in Grade 5, I feel grateful to hold this position and I'm committed to making our school the best it can be. I'd like to extend a warm welcome to all the new families who have recently joined the school, I hope you are settling in well.

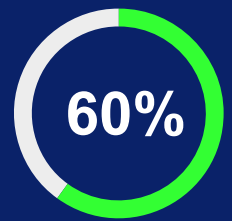
School Council's key focus for 2026 is continuing to improve the facilities our kids learn and play in. We will continue to actively seek to improve the school through grant applications and lobbying for government funding to support upgrades. In the meantime your generosity through fundraising is making a real difference. The next milestone is Phase 1 of the oval upgrade, due to commence over the next school holidays, which will create more space for the kids to enjoy. None of this happens without the support of our community, and it is genuinely appreciated.

I would love to hear from you. If you have feedback, ideas or questions about anything school related, please don't hesitate to reach out. You can contact me via email: jess.hegarty@education.vic.gov.au, come and say "Hi" if you see me in the school yard, alternately, you can share your details with the school office and I will be in contact with you as soon as possible. Your voice matters and helps shape the decisions we make on behalf of all Kingsley Park families.



As always, I extended my sincere thanks to those in our school community who are always willing to lend a hand to help out - we couldn't achieve what we do without you!

PARENT CONTRIBUTIONS



Thank you to the many families in our school community who have already made contributions towards our school resources and programs. Your support is genuinely appreciated and makes a meaningful difference to the learning opportunities we can provide for our Kingsley Kids.

If you haven't yet made a contribution and would like to, it's not too late!

Every contribution makes a real difference to the learning experiences of our Kingsley Kids.

Payment arrangements can also be made if this better suits your circumstances. Please contact our Business Manager, Janine Coe, if you would like to know more.

janine.coe@education.vic.gov.au



If you are not sure if you have paid and would like to check, there are two simple ways;

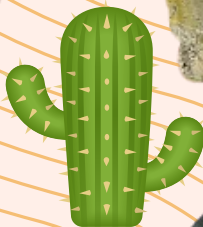
1. Check your receipts on the home page of your QKR App - 3 horizontal lines on the top left
2. Call the school and the office staff can check your school account
3. If unsure, always check first - it may save you money!

REMINDERS

- School council meeting 17th June
- Trivia Night (Term 3 - more info to come!)
- School Disco - Friday 31st July
- School Production at Dromana Drive In - 17th September

What's Happening in Middles?

This term the Middles went on an exciting excursion to The Briars in Mt Martha as part of our Inquiry unit, 'Diverse Places and Environments of Australia'. Students had a fantastic day exploring different types of biomes through three fun activities: Plant Power, Creature Feature, and Sustainable Lands. Throughout the day, students learnt more about plants, animals, and how environments work together while having lots of fun exploring and learning outdoors!





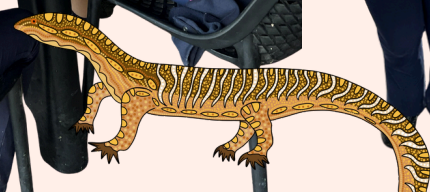
Creature Features: During the Creature Features activity at The Briars, students explored local animals through hands-on experiences, including examining animal skulls and feeling possum fur. They learned how animal features help them survive and observed wildlife during a Wetlands Walk to the Bird Hide.



Plant Power: During the Plant Power activity, students explored the important role plants play in our environment. Through hands-on investigations, they learned to identify plants by their physical features and discovered how they adapt to changing conditions. Students also learned about the cultural significance and traditional uses of native plants from First Nations perspectives. We even discovered that some native plants can be used for first aid in an emergency!



Sustainable Land Use: During the Sustainable Land Use activity, students explored how the property is used and managed through hands-on activities, including land surveys and field sketches. They developed an understanding of sustainable land use and how to balance the needs of people with protecting the environment. A fascinating fact we learnt was that the vibrant autumn colours we see are mainly found in European trees!



STUDENT AWARDS - WEEK 5

WELL DONE TO THESE AWESOME KINGSLEY KIDS!



Jaxon DS (P16)

For your super resilience and persistence with all of your learning in the classroom. We are very proud of the effort you are putting into your work.

Ryder (P17)

For the amazing progress you have made in your reading! I am so proud of you for working independently in Phonics time. You are a superstar!

Arlo S (P18)

For showing so much care towards our classroom belongings and your peers. Thankyou for consistently showing respectful behaviours!

Jack E (P19)

For carefully listening out for the sounds in words during dictation this week. I love how much you focus to make sure your work is completed the best that you can. You are a superstar!

Logan H (J8)

For the fantastic resilience you have been showing during games with your classmates. You should be very proud of the way you stay calm, positive and respectful, even when you do not win. Keep up the great work!

Jacob H (J9)

For your fantastic work in Addition over the last few weeks. Well done for challenging yourself to solve tricky equations. Keep it up!

Ella R (J11)

For always being a great role model to your peers. I can see how much effort you have been putting into your work and I am really proud of you, Well done !

Mikayla L (J13)

For consistently being an outstanding Kingsley Kid! You are a wonderful listener, learner and friend. I'm so proud of you!

Oakley B (M5)

For your outstanding effort and persistence during the research, planning, and writing process of your information report on the Great Victoria Desert. Your determination and focus has been so impressive. Keep up the great work, Oaks!

Bailey B (M6)

For always being a respectful student and an enthusiastic learner, especially when working in his maths groups solving subtraction sums. Well done Bailey, you are a superstar!

Thomas H (M20)

For being a great member of our classroom community by helping to get our classroom ready for our open afternoon.

Billie J (M22)

For your incredible effort and determination during our Information Report unit. It has been wonderful to see your research, summarising, and writing skills about the Daintree Rainforest grow and develop. Keep it up, Billie!

Oliver F (M23)

For his Great Barrier Reef research, summarising and draft paragraphs using subheadings. Your published Information Report will be 'awesome'. Excellent writing skills Oliver.

STUDENT AWARDS - WEEK 5

WELL DONE TO THESE AWESOME KINGSLEY KIDS!



Zane C (S3)

For consistently contributing insightful ideas and thoughtful reflections during our study of The City of Ember. Super proud of you Zane!

Aliyah P (S3)

For demonstrating excellence in using the correct order of operations to solve equations. Keep it up Aliyah!

Luka G (S3)

For demonstrating excellent listening skills and thoughtful inferences while reading The City of Ember. Well done Luka!

Azaria MO (S4)

When learning has been challenging, you continue to persevere, ask questions and keep trying. Your determination to improve is inspiring.

Decklyn B (S4)

For demonstrating excellence in persuasive writing. Your ideas and dedication to improving your skills has been fantastic!

Micah T (S1)

For sharing his knowledge of BIDMAS to assist a friend with his learning. Well done!

Olive S (S2)

For consistently working hard on all of her learning tasks. You always contribute to class discussion and finish your work to a high standard. Well done Olive!

Eva B (S2)

For working so hard on her one point perspective artwork. You have shown such care and dedication to it and you should be so proud. Well done Eva!

PE - Hudson Z (S3)

For showing such strong leadership qualities in PE over the past 2 weeks. Mr Kenny is really proud of your encouragement and care for your classmates.

Visual Arts - Nikita T (M5)

For his great attitude in Visual Arts and consistent efforts to be safe, be respectful and be a learner.

STEM - Myles M (M22)

For consistently contributing thoughtful ideas and actively participating in Science discussions.

ARE YOUR CONTACT DETAILS UP TO DATE ?



It is very important the school has your most current emergency contact telephone details, email and home address. If you change telephone details, email or home address at any point, we ask that you update the school with your accurate contact details as soon as possible.

Please also update us if your employment status changes. This is an important one for the school data base as it does inform funding for the school. on census dates.

CONGRATULATIONS



Fabulous effort by all children who competed in this weeks Divisional Cross Country at Hastings.
Tex P (M5) and Asher A (S2) have qualified through to the next level.
 We wish both boys all the best for the next event!



INTRODUCING THE BETTER US PROJECT AT KINGSLEY PARK



We are excited to let you know that our school has partnered with The Better Us Project — a wellbeing platform that helps students check in on how they are feeling, build kindness habits and track their personal growth.


What is it ?


Better Us is a device-free classroom wellbeing tool we are currently trialling. Your child does not need a phone or tablet. Instead, children in Prep - Year 4 will use a physical Scan Card — a laminated card with a unique QR code — to check in each day once it is up and running in their classroom. The teacher scans the room with one device. It takes under 2 minutes and gives teachers real data about how every student is feeling. Our children in Years 5-6 will also check in but use a digital login method.

How does the check in work ?

Students are asked questions related to the following feelings they have in these five dimensions



 **Five dimensions:** Mood, Energy, Worry, Belonging and Confidence. Students respond to simple questions by holding up their Scan Card.

 **Private and safe:** Individual responses are visible only to the teacher and wellbeing coordinator. They are never shared publicly or with other students.

OUR WELLBEING TEAM AT KINGSLEY PARK



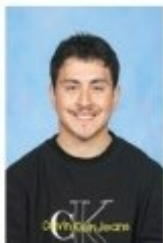
Mr Brand



Ms Sarah



Ms Jessie



Michael



Tamille

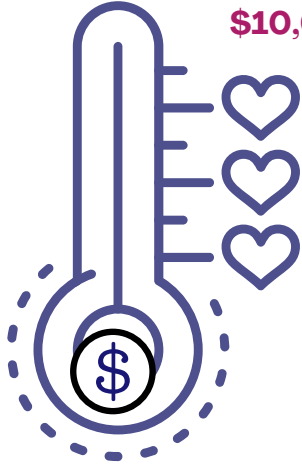


WHATS HAPPENING AT KINGSLEY PARK ?

FUNDRAISING UPDATE



Fundraising Goal
\$10,000



← **\$3200**
(1st June 2026 total)

If you would ever like to donate to Kingsley Park, when completing your own recycling, here is our code.

Zone ID

C2100454310



FREE DRESS DAY — FRIDAY 26 JUNE!

Get ready to swap your school uniform for your favourite outfit because the SRC is holding a Free Dress Day on Friday 26 June!

To join in the fun, please bring a gold coin donation. Every donation will help raise money for the exciting new section of our school oval, which will be arriving soon.

This is a great chance to show off your style while helping to improve our school for everyone.

Thank you for supporting this fantastic SRC fundraiser! ✨



Free Dress Day



SOUP IS BACK!

Pumpkin soup returns next Thursday (10th June) as part of our SRC initiative.

Children are invited to bring along a suitable reusable cup and a gold coin if they would like to enjoy a delicious cup of pumpkin soup at recess. Our pumpkin soup is provided by 'Stocks Matter - Prestige Foods Australia' and is gluten free. The soup packaging is available at the office if any parents need further information.



A Greener Future Starts with You!

SRC RECYCLING PROJECT



The SRC were very excited to get down to business this year and the first job decided was to promote the \$0.10 opportunities at Kingsley Park, by way of collectable containers.

Every Monday & Friday, our SRC students bring the recycled containers from classrooms included with canteen orders, our diligent SRC's can be found near the recycling bin emptying Nippy's drink containers before they go in!

The bin is then emptied when full and along with recycling some fundraising is also achieved!

SO FAR this term the SRC have raised, \$2 100, most of this is from Zooper Doopers but it also includes \$61 from recycling.



If you would ever like to donate to Kingsley Park, when completing your own recycling, here is our code.

Don't forget, when shopping at IGA, you can also nominate for us to receive funds through points. So far we have received \$195 for this year through your support.



Zone ID

C2100454310



[Watch our recycling video here](#)

Thanks to the SRC's Audrey, Bailey, Rory, Eva, Miakoda and Ella for making the video.



REFUSE

single-use plastics and unnecessary packaging



REDUCE

consumption by choosing quality over quantity



REUSE

by opting for reusable bags, bottles, and containers



RECYCLE

correctly to ensure waste is properly processed



ROT

organic waste through composting

TEAM KIDS HOLIDAY PROGRAM



TeamKids has another exciting school holiday program planned this winter! Families can look forward to:

- Unique daily experiences, incursions and excursions 🎨
- Screen-free fun and active play 🏃
- Delicious morning and afternoon snacks included daily 🍎
- CCS-approved care ✅
- Flexible booking options 📅

📌 Check out what's on at your school → https://downloads.teamkids.com.au/kingsley_primary.pdf

📅 Book now → www.teamkids.com.au/venues/kingsley-park-primary-oshc

Team Kids VIC - Kingsley Park Primary - Frankston

7:00 AM START | PLEASE ARRIVE BY 9AM ON EXCURSION DAYS | **6:00 PM END**

🏠 INHOUSE | 🎒 INCURSION | 🚗 EXCURSION

Team Kids

=SCREEN FREE FUN

**FUN CLUBS
EPIC EVENTS
HOLIDAY FUN
YUMMY SNACKS
AWESOME PARTIES
FUN ZONES & GAMES
MAKE NEW FRIENDS
AND MORE...**

Team Kids

=SCREEN FREE FUN

**FUN CLUBS
EPIC EVENTS
HOLIDAY FUN
YUMMY SNACKS
AWESOME PARTIES
FUN ZONES & GAMES
MAKE NEW FRIENDS
AND MORE...**

*Child Care Subsidies may apply. OS-Admin Fee per family. Late Fees apply within 7 days per child. Payment plans available. **Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy.

FIND A VENUE
TEAMKIDS.COM.AU/VENUES

CHOOSE YOUR ADVENTURE
BOOK TODAY!

TEAMKIDS.COM.AU | VERSION #02082021 | 1300 035 000

STUDENT LED CONFERENCES



Student Led Conferences

Week 9



Kingsley students are conducting their Student Led Conferences in Week 9. Bookings are open now via Sentral.

Tuesday 16th June between 3.30-4.30pm
Wednesday 17th June between 3.45-7.00pm and
Thursday 18th June between 3.30-4.30pm
Have you booked your time in?

This is an ideal opportunity for your child to share their learning goals and progress, classroom successes and work samples. If you have attended an SSG (Student Support Group) Meeting you are not required to have a Student Led meeting time, these discussions will be had in your most recent or next SSG.

Student Led Conferences are done face to face in your child's classroom where you can view student learning goals and some of their work samples showing their learning progress. Please ensure your child joins you to showcase their efforts.

We hope that your Student Led Conferences are a positive experience and help to build the partnership between home and school while keeping you updated on your child's learning progress and goals.

We will be providing student achievement reports for Semester One this year as usual. The reports will be available on Sentral on Thursday 25th June.

The reports will continue to provide important details about student learning attainment, but full descriptive comments will not be included as a result of industrial action taken earlier this term by the Australian Education Union.

We will of course be pleased to discuss with you your child's progress at our Student Led Conferences or, as always, you can contact your child's teacher to arrange a meeting



SMILE SQUAD

SMILE SQUAD



Are on site at our school - this is a Victorian Government FREE school dental program - ALL children are eligible

OUR SERVICES:

- ◆ Free dental check ups
- ◆ Preventative Services
- ◆ Treatments
- ◆ Parent consent required :
Scan the QR code to
register your child for the
program



Happy Birthday

JUNE

June 1st
Justin VS (M6)

June 17th
Eden T (M22)
Zoe G (M23)

June 2nd
Angus B (P16)
Ruby Rose M (M23)
Taj H (M23)

June 18th
Indiana M (P19)
Ava C (M20)

June 4th
Giorgio F (J8)
Maddie F (J9)

June 19th
Millie R (M5)
Isla T (S3)

June 6th
Billie G (S3)
Azaria M0 (S4)

June 23rd
Estelle F (P18)
Carter H (M6)

June 8th
Mack B

June 25th
Gisma L (P16)
Ciarra DS (M6)
Kora S (S4)

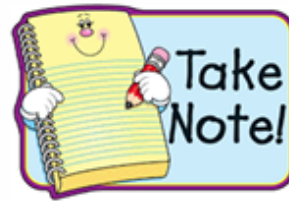
June 10th
Violet C (J12)

June 28th
Storey L (P18)
Francesca E (M22)

June 11th
Elayna R (P16)
Abby V (S2)
Vada T (S2)

June 29th
Emma K (M20)

June 15th
Angus W



A magical winter journey at FROSTED - A Winter Spectacular, celebrating Christmas in July is coming to Melbourne!

Between 19 June - 19 July, the big field in Narre Warren opposite Westfield Fountain Gate will be transformed into a whimsical sanctuary where all can revel in the magic of a winter Christmas under the Big Top.

There's activities and adventure at every turn, with so much to see and do, including an inflatable playground, PAW Patrol Live Show, Craft Activities, Ball Pit, artificial Skating rink and so much more.



We have one family ticket to give away. For your chance to be in it to win it, make sure you get a Positive Shout-Out in May.



nova 100 PRESENTS

FROSTED

A WINTER SPECTACULAR
Celebrating a Christmas in July

Under The Big Top
Cnr Princes Highway & Brechin Drive
NARRE WARREN

JUNE 19 - JULY 19

Book now at *ticketmaster*[®]
or call 0400 881 007





WWW.FROSTEDAWINTERSPECTACULAR.COM.AU

Westfield smoothfm SHOWTIME ATTRACTIONS EVENT TOURING



SCAN HERE



We have one family ticket to give away. For your chance to be in it to win it, make sure you get a Positive Shout-Out in May.

Winter is Coming so is Flu Season!

As we enter the colder months of the year, it is important to remind families there are many things we can still do to prevent the transmission of illness be it COVID or flu-like colds and coughs:

- Stay home if unwell.
- Ventilation (Air purifiers on in school)
- Vaccinate
- Wash hands thoroughly after going to the toilet.
- Sneeze into elbow
- Sanitize hands on entry to buildings.
- Mask wearing

Our combined efforts to implement these above-mentioned strategies will go a long way to ensuring the overall health of all students, staff, and parents.



Reminder - Mobile Devices Policy

The school understands that a number of students own a mobile phone or a smart watch (with SIM capability). Students are not allowed to access their mobile phones during school hours or and smart watches must be turned off for notifications.

From the beginning of Term 3:

all smart watches must also be handed to teachers to be placed in lockable cabinets during the school day. All students must give their mobile phone, tablet or smart watch to their classroom teacher to be stored away. Devices will be given out at the end of the day. This policy can be found on our school website.





Last week we celebrated National Reconciliation Week!

National Reconciliation Week, held annually from 27 May to 3 June, is a time for all Australians to learn about our shared histories, cultures and achievements. It is also a time to recommit ourselves to reconciliation. This year's theme, 'All In' is a powerful reminder that reconciliation isn't a spectator sport. It's a call for all of us to step up, take action, and make meaningful changes in our homes and communities every single day!

Reconciliation requires active truth-telling, deep listening, and a commitment to walking together with courage. Let's take this opportunity to learn more about our shared histories, celebrate First Nations cultures, and build a fairer, more united future for all Australians.

At Kingsley Park, we are committed to establishing an inclusive and culturally safe school where the strengths of Aboriginal culture, values and practices are respected. We ensure the values of all cultures are respected and racism is not tolerated.

We think about how every student can have a positive experience in a safe environment. For Aboriginal students, we recognise the link between Aboriginal culture, identity and safety and actively create opportunities for Aboriginal students and the Aboriginal community to have a voice and presence in our school planning, policies, and activities.

SUCCESS WITH SLEEP!

As part of our ongoing commitment to student wellbeing and academic success, we would like to remind families of the importance of ensuring children get adequate sleep each night.

For children aged **5 to 12 years**, it is recommended that they get **9 to 11 hours** of sleep per night. To support this, we encourage families to aim for the following bedtimes:

- 5–8 year olds**: between 7:00 pm and 8:00 pm
- 9–12 year olds**: between 8:00 pm and 9:00 pm

A consistent bedtime routine helps children feel secure, improves concentration and behaviour at school, and supports their physical and emotional development. We understand that every family has unique routines, but we kindly ask that you prioritise sleep as part of your child's daily schedule.

many students struggle through the day due to lack of sleep at night. Quite a few, in particular those in years 5 & 6 readily admit this is because of device time while in bed.

If you need support establishing a bedtime routine, please do not hesitate to reach out to us. On the following page is some parenting tips on how to prepare children for sleep.



SLEEP RELAXATION FOR CHILDREN



Suitable for
5-10
years

Sleep relaxation for children

Deep breathing for sleep relaxation



Deep breathing in and out can help your child relax. Bubble-blowing can help your child practise deep breathing.



At bedtime, get your child to relax their shoulders. Ask your child to **breathe in for 4 counts** (count, '1 rabbit, 2 rabbits, 3 rabbits, 4 rabbits'). Ask your child to hold the breath in for 4 counts.



Ask your child to **breathe out for 4 counts**. Ask your child to hold the breath out for 4 counts. Repeat up to 4 times. Tell your child that deep breathing gets easier with daily practice.

Using pictures for sleep relaxation



Choose a book with pictures of a place your child can imagine. Avoid scary pictures. Talk about the pictures. Ask your child if they can see a picture in their mind.



When your child sees pictures in their mind, it can help them relax. Your child can use their imagination to change the picture if they want to.

Sleep relaxation after a busy day



A quiet, dimly lit bedroom is good for sleep. Too much light can make it harder for your child to fall asleep. Your child can use a warm-coloured night-light.



Try to keep devices like computers, TVs and phones out of the bedroom. Playing games and watching TV takes up sleep time.



Try a worry box. Before bedtime, your child can draw or write down their worries. At bedtime, worries go into the box. Talk about worries the next day.



Stage
School
Australia

Auditions soon!
Scan the QR code to find out more!



Kingsley Park Primary
School



RESIDENTIAL CONVEYANCING
SEAFORD, VICTORIA

Buying
or selling
a home?
Let's make it **simple.**

★★★★★ 5.0 - 73 Google reviews

EMConvey is a small, paperless conveyancing practice in Seaford. We help families across Victoria buy, sell and transfer property — in plain language, with no surprises. Director **Emma Burns** has been part of the Kingsley Park community for 5 years and brings over two decades of experience to your settlement.

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Looking for a school holiday treat your K-Pop fan will love?

K-POP LIVE! is landing at Frankston Arts Centre with a high-energy, joy-filled show packed with hits from Blackpink, BTS, Stray Kids and more - plus fan-favourites like Golden and Soda Pop.

Directed by internationally acclaimed choreographer Rina Chae, it's a professionally produced show that's perfect for families. Give them the excitement of a live K-Pop concert experience - without the stadium crowds.

Book now and make their holidays unforgettable!

School photos are currently in production and we hope to have them soon!



WINTER SCHOOL HOLIDAY PROGRAM

JNR KEEPER CLUB

Become a Junior Keeper for a Day and experience life behind the scenes at Moonlit Sanctuary.

- Meet and feed our amazing Aussie animals
- Help with real-life wildlife care
- Learn about conservation and animal behaviour
- Get hands-on with enrichment activities, animal diets and more

Ages: 7-14

9:00am-2:00pm

Registration Fee

\$114

Learn more: moonlitsanctuary.com.au

Info: (03) 5978 7935

550 Tyabb-Tooradin Rd, Pearcedale



Kids Unlimited

EXTRA CURRICULAR ACTIVITIES AT Kingsley Park PS

why learn Robotics with us?

Build, Code, and Discover with Robotics!

Our program helps kids:

- ✓ Explore the world of robotics using LEGO Spike and WeDo.
- ✓ Build and program real robots in a fun, team-based environment.
- ✓ Learn how things move, work, and interact through guided discovery.
- ✓ Ask questions, solve problems, and think creatively every step of the way.
- ✓ Led by enthusiastic and experienced coaches who make learning fun.
- ✓ Boost your child's confidence while preparing for a tech-powered future.

Robotics



Day: WEDNESDAYS
Time: 3:15 – 4:15 pm
Cost: \$220 for 8 weeks
Starts on: 22 July
For Years: Years 1-6
Location: Science Room

**ENROL
ONLINE
NOW!**

HURRY! Spaces are limited.



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click the
QR code
to enrol
online!



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Kids Unlimited

1300 424 377 info@kidsunlimited.com.au

THE MUSICBUS

Music Bus lessons at Kingsley Park Primary School
The Music Bus has opened their term 2 enrolments and are inviting new students to apply.

Classes offered are:

Keyboard (Prep-y6) - Ukulele (Prep-y6)

Drums (y1-y6) - Guitar (Y2-y6)

Singing (Prep -y6)

Lessons are:

* be 30 minute duration - once per week

* held in the hi tech music classroom on wheels on our site

* cost \$22 per week (\$24 drums) payable by the term on commencement

If you wish to take part please complete this expression of interest form.

<https://app.smartsheet.com/b/form/ee4627a5204c46158e1ab17e7c8069c6>



or scan this QR code
for the music Bus

Soccer X

sports for better minds



sportsx

Kingsley Primary School



*** Come & Try ***

Friday April 24th

3.20 - 4.20pm

[REGISTER HERE](#)

Term 2 2026



www.sports-x.com.au

Program Information

Our Goal: Every child having fun, learning something new and going home with a smile :)

DATES Friday's 3.20 - 4.20pm
9 weeks
starting May 1st (week 2)

AGES Prep - Year 6

PRICE \$162



[link to register](#)

Register here!

Contact us

Luke | melbourne@sports-x.com.au | 0405765943



FREE EXTRAS
available on YouTube



Does your child arrive at school Ready to Learn?



Everyone has the right to be safe and protected from abuse

If someone is making you feel unsafe or afraid at school, home or anywhere else – tell an adult you trust at your school.

They will help you.

vic.gov.au/protect



Teachers at Kingsley Park Primary School are committed to explicit and responsive instruction. Our approach to instruction across the school is flexible but is underpinned by 3 key principles.

We establish the conditions for learning. Every child has the right to learn in a calm and orderly learning environment. We establish clear routines to minimise disruption and maximise instructional time.

We build knowledge and achieve success. We teach a knowledge-rich curriculum, and equip all students with the solid foundations of literacy and numeracy.

We promote autonomy and self-regulated learning. We encourage students to be active participants in learning, because their learning goals ultimately belong to them.

The Zones of Regulation®

<p>BLUE ZONE Sad Sick Tired Bored</p>	<p>GREEN ZONE Happy Calm Focused Relaxed</p>	<p>YELLOW ZONE Frustrated Worried Silly Excited</p>	<p>RED ZONE Angry Terrified Elated Out of Control</p>
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VICTORIAN PREMIERS READING CHALLENGE 2026



The Victorian Premiers' Reading Challenge is open, and we're excited to be taking part!

All children from birth to Year 10 are welcome to join in. This year's Challenge theme is **'Stories to discover. Stories to tell.'**

Stories can inspire and challenge us and help us grow. They open our eyes to new worlds and new ways of thinking. The number of books read can be varied for everyone's needs.

All children who complete the Challenge will receive a certificate of achievement signed by the Victorian Premier and former premiers. To learn more about the Challenge, visit [Challenge | vic.gov.au Premiers' Reading](https://vic.gov.au/Premiers%20Reading) Students will receive their logs from their teacher while there is also a paper record sheet option.

You can also contact Mrs. Kate Cox, our Challenge Coordinator, with any questions. Happy reading!





YOUNG MINDS: OUR FUTURE
is coming to an area near you.

**MAKE YOUR VOICE
COUNT!**

ymof.org.au

The Australian Government has funded an Australia-wide study of child and adolescent mental health and wellbeing. The study, known as Young Minds: Our Future (#YMOF), will survey families across the country. This research, led by Curtin University and The University of Queensland, will help improve mental health services for all young Australians.

Selected households in our area will be approached in person by interviewers from Roy Morgan over the next few weeks. You may also get a flyer in your mailbox. You can't opt in but, if you're invited, we encourage you to make your voice count.

For more information, visit www.ymof.org.au where you can watch a short video about the survey. You can also contact youngminds@curtin.edu.au.

NOTE: We recommend including the social media tile (attached to our email) or embedding the video which is available from here: <https://youtu.be/S3hVYQfPFJo>.

YOUNG MINDS OUR FUTURE

(YMOF)

Scan the
QR code
for more
information

