

Kingsley Park Primary School

Respect ~ Excellence ~ Resilience ~ Co-Operation ~ Community

SCHOOL NEWSLETTER - THURSDAY 5TH JUNE 2025



We are so proud of our amazing Kingsley Kids!!

Yesterday 6 of our students attended the Divisional level Cross Country event. It was a bit chilly, but they ran amazing races.

Well done to Savanna M, Mavis B, Jude C, Allaria G, Millie B and Tex P for making it to Divisional level and representing the not just Kingsley Park PS but our whole division, that is an awesome effort. Well done to Tex (new to Kingsley park) who came 2nd in his age group.



What's been happening at Kingsley Park



Grandparents came to visit their Preps and what fun they had! They came back to do some learning with their preppies and joined in with some fun activities.

Turn to page 4 for more pictures



Over the past couple of weeks I have been visiting the Senior classrooms more to gain insight into their learning in class. The senior students have been reading the novel *Bridge to Terabithia*. (If you haven't read it, give it a try or ask your senior students about it) Last week, they looked at the vivid verbs used in the text and how they add impact to a piece of writing. Below are a few sentences that have been improved to add impact.

Original (boring) sentence: Jesse went across the rope swing.

With a smile on his face, Jesse enthusiastically leaps on to the 80-year-old rope swing. Kaylee

Jesse's body trembles in fear as he holds on for his life on the old worn out rope swing. Lachie

UP-LEVELLED SENTENCES FROM S3

With butterflies in his stomach, Jesse tried to shake off his fear and then he gets a vision. What if the rope slowly rips? What if I let go and fall in the canyon? What if the rope disintegrates? Elly

With a grin on his face and the breeze in his hair, Jesse hurled himself across the dirty river onto the long rope that was perfect for swinging. Dulcie

Jesse, sweating and shaking, braces himself, then jumps on the old rope swing. Gemma

Jesse trusted his whole life in Leslie's hands by swinging on the old dusty rope to the other side of the world that looked abandoned. Maisie



Beat the Bell each day! Arrive before 8.40am to be ready for learning time to begin.





Have you met Lorraine ?

Lorraine Patogiannis will be co-ordinating the KP Group in 2025 with the assistance of Leigh Simpson.

The KP group aim to catch up once a month to discuss upcoming events and how we can all help to make these events a success and fun for our children.

Catch ups will either be in the morning after drop off (8:45am - 10am) or before pick up in the afternoon (2:15pm-3:10pm) Days will be varied to suit as many volunteers as possible.

There is no formal membership, assistance with the KP group is all voluntary and your help would be most welcome at anytime you are available. The more people that attend the catch ups, the more ideas and planning can be achieved.

If you would like to know more, have a question and would just like to offer your help, please contact;

Lorraine 0414 209 803
or
Leigh 0407 823 799



Term 2 Activities

Popcorn Days
June 11th, 18th & 25th
Volunteer parents needed please



Term 3 Activities

Bunnings Sausage Sizzle (2/8)

-more information below

Fathers Day Stall

Disco

Footy Pie Day



VOLUNTEERS NEEDED FOR A BUNNINGS BBQ FUNDRAISER ON SATURDAY AUGUST 2ND

Volunteers:

Volunteers will be required throughout the day and a roster has been set up with shifts, commencing at 7:45am - 4:30pm, for 2 hours and 15 minutes. If you are available and can volunteer, please contact the school office on 97890077.

Donations for Fundraising BBQ:

If you would like to contribute and possibly can not volunteer, please consider if you are able to donate any of the following items;

- Napkins
- Soft Drinks (cans only please)
- Water (individual bottled water)
- Tomato Sauce
- BBQ Sauce
- Mustard
- Sausages - do you know a supplier, we need approximately 70kg
- Bread - fresh can be sent to school on Friday 1st August
- Sliced onions 25kgs
- Ice for esky's - required on the Saturday morning

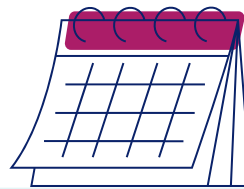


We will also require the loan of some coolers - if you are happy to let us borrow, please leave named esky's at school and these will be returned to you

Please consider volunteering in any capacity you can,
because without you there is no KP Group
but with you, we can achieve so much!

IMPORTANT DATES

TERM 2



Thursday 5th June

Frankston Youth Services (Year 6)

Friday 6th June

Whole School Assembly

Monday 9th June

Kings Birthday Public Holiday

Friday 13th June

Module Assembly

Wednesday 18th June

Regional Cross Country

Thursday 19th June

Year 5 Mt Erin Immersion Day
Werribee Zoo (Middles)

Friday 20th June

Whole School Assembly

Monday 23rd June

Myuna Farm (Juniors)

Tuesday 24th June

Student LED Conferences 3.30-4.20

Wednesday 25th June

Student LED Conferences 3.30-7.00pm

Thursday 26th June

Student LED Conferences 3.30-4.20

Friday 27th June

Winter Lightning Premiership - Seniors
Module Assemblies (No Senior
assembly)

Friday 4th July

Whole School Assembly
SEA Puberty Incursion - Seniors
End of Term 2 - 2.30pm finish



LEARNING TIME STARTS AT 8.45. WE ASK THAT ALL PARENTS ARE OUT OF LEARNING SPACES BY THIS TIME. LATE ARRIVALS MUST COME THROUGH THE SCHOOL OFFICE.



SCHOOL UNIFORM



Thank you for helping to ensure your children learn the importance of wearing the correct school uniform particularly during these colder days.

A 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 children instantly recognisable.

If your child is out of uniform, we will check in with parents as we are noting that for some children, this is a choice and parents are not aware.

As the weather continues to cool down, we begin to see more varied coloured hoodies. Please note that hoodies are not to be worn to school. Students may wear a school coloured beanie which are available through our uniform suppliers, alternatively, a plain navy blue one if fine.

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.

Don't forget that we now have navy blue puffer jackets available in our uniform range.



Our uniform range can be found on our website at <https://www.kingsleypark.vic.edu.au/page/218/School-Uniform>



**VOLUNTEERS NEEDED FOR A
BUNNINGS BBQ FUNDRAISER
ON SATURDAY AUGUST 2ND -**

PLEASE CONTACT

LEIGH (0407 823 799) OR

LORRAINE (0414 209 803)

IF YOU ARE ABLE TO ASSIST.

THIS IS A GREAT

FUNDRAISING OPPORTUNITY!



Our 2024 Annual Report to the School Community is available to be viewed through this link

https://www.kingsleypark.vic.edu.au/uploaded_files/media/kingsley_park_ps_annual_report_2024.pdf

Should any parents wish to discuss the Annual Report, we will have an open meeting this Friday after assembly in the staffroom from 9.40am.

PREP (P16 - P17 - P18)

GRANDPARENTS MORNING

Last Friday our Prep classes welcomed our amazing grandparents! Our Preps and their teachers, Miss Bree, Miss Hayleigh and Miss Alysha were all so excited to have them come in to classrooms and visiting assembly.

Friday was all about celebrating our granparents! This has always been one of our favourite days. As parents and parents to be, we really see just how important grandparents are. We wish to acknowledge the huge role you all play in your grandkids' lives.

From the fun days out to the cuddles, the sleepovers, the school drop-offs and pick-ups, the advice and support, you do so much, and it doesn't go unnoticed.

Even in the quick moments we see at school, it's clear how special you are to your grandkids. They light up when they talk about you or spot you waiting for them. And when they come out with their big school bags, it's so lovely to see your proud smiles and the love that's all over your faces.

You really are such a big part of their world, and we're so lucky to have you as part of our school community as well.

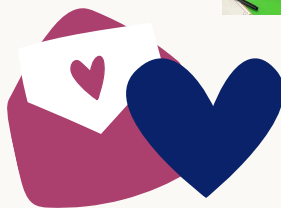
Thank you for everything you do—and we hope you enjoy your special morning with us as VIPs.



HAPPY
GRANDPARENTS
DAY

PREP

GRANDPARENTS MORNING



HAPPY
GRANDPARENTS
DAY





What's Happening in Middles?

During Education Week, students celebrated culture by sharing stories about how they celebrate their own backgrounds. This led into Reconciliation Week, where they explored the theme "Bridging Now to Next" and learned about the importance of working together with respect.



What's Happening in Middles?



This term, students have been busy writing their own information reports on an Australian state or territory as part of our integrated Geography unit. Through this engaging task, they have conducted independent research to explore different landmarks, native animals, and more. It's been a wonderful opportunity for students to deepen their understanding of Australia's diverse environments while developing their research and writing skills.



Student Led Conferences are coming up at the end of this term. Students will discuss their learning goals and progress with you in these meetings. Parents will have access to their child's online curriculum tracker to review what has been achieved and areas students still need to work on.

Dates for these are;

Tuesday 24th June 3.30-4.20,
Wednesday 25th June 3.30-7.00pm and
Thursday 26th June 3.30-4.20pm.

Bookings are now open on Sentral.



Dental Intake: 03 9784 8184
If you missed the van or would like to schedule your child's next 12 month check up, please contact Smile Squad.



June 1st
Justin VS (M5)

June 18th
Ava C (J13)
Lukas B (S2)

June 2nd
Taj H J11
Ruby-Rose M (J13)

June 19th
Millie R (M6)
Isla T (M20)

June 4th
Giorgio F (P16)
Maddison F (P18)

June 23rd
Carter H (M5)
Grace B (S1)

June 6th
Billie G (M20)
Azaria MO (M22)

June 24th
Jai S (S4)
Mavis B (S1)

June 8th
Mack B (J9)

June 25th
Ciarra DS (M5)
Kora S (M20)

June 10th
Violet C (J8)

June 28th
Francesca E (J13)

June 11th
Abby V (M22)
Vada T (M22)

June 29th
Edie L (J11)
Emma K (J13)

June 15th
Angus W (S4)

June 17th
Zoe G (J12)
Eden T (J13)



STEM - PREP

Mrs Fillis

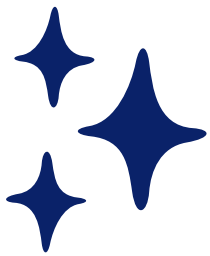
So far this term in STEM, the Preps have been learning about the 4 seasons; what the weather is like, and how we dress and behave differently. We have been learning about how the sky changes at different times of the day and that each season means we have a different amount of daylight. We have been singing 'season' songs and creating crafts that help us remember what each season is like. They have also been excited to learn what season they were born in calling themselves 'summer babies', or 'winter babies' etc.



Mrs Fillis

We have now moved on to learning about animal habitats and what happens when the animals no longer have their needs met in those habitats.





STUDENT AWARDS

WEEK 6 – TERM 2



Giorgio F (P16)

For being a superstar reader and working hard to decode Level 2 sounds. Keep it up!

Billie H (P17)

For the amazing effort she made when learning about Maths this week and for being a kind student who is always supportive of others!

Coby F (P18)

For being a fantastic learner by carefully counting your groups of ten to make the number 90.

Violet C (J8)

For being a caring and kind classmate who always strives to give her best effort, well done! Your positive attitude makes our class a better place.

Harlow H (J9)

For working hard to get out of the learning pit when practising vertical addition. You continued to try and didn't give up, and smahed your tricky equations. What a superstar!

Zach H (J11)

For his positive attitude towards trying more challenging tasks in maths and his cheerful, happy smile! Fabulous effort, Zach!

Heath C (J12)

For always taking on feedback to improve his amazing work. Well done SUPERSTAR, keep up the great efforts.

Finn M (J13)

For showing a growth mindset towards writing tasks this term. I am proud of how you have tried your best even when it felt hard.

Zach (M5)

For showing increased confidence in his abilities by trying to complete his information report to a very good standard.

Peyton M (M6)

For her great information report that had some fascinating facts about the emu.

James B (M20)

For consistently demonstrating excellence through his behaviour, strong work ethic, and impressive persistence when solving challenging addition and subtraction problems.

Max H (M22)

For showing dedication and resilience in all areas of learning. Your hard work is showing, especially in maths and writing. Keep it up superstar!

Millie B (M23)

For showing fabulous persistence in your learning and doing a wonderful job on your information report. I am so proud of you, Millie. Keep shining!

Grace B (S1)

For her growing confidence towards her learning and persistence when completing challenging tasks. Well done Grace!

Ruby P (S3)

For making a terrific start at your new school. Thank you for working hard and showing lovely manners. Well done!

Lucas H (S4)

For his exceptional Maths thinking and 'working out' with measurement tasks, Maths Olympiad and being awarded two Silver Mathletics Certificates. Awesome Lucas!



Frankston Communities for Children

CfC Frankston workshops are free and suitable for parents, carers, community sport and recreation volunteers as well as staff working or living with children and families who are seeking information and practical strategies. They are engaging and informative workshops facilitated by expert presenters in their respective areas.

Dad Chat with Tony - Dad, Teacher and Counsellor

This free online workshop presented by Tony Vallance is a practical presentation all about Dad stuff! It's suitable for dads, stepdads, grandads or those working with or wanting to support dads. Uncover fun and engaging ways to communicate, play and connect with your children.

Date: Thursday 7th August 2025

Time: 7.00pm - 8.30pm

[Read more -
Dad Chat Link](#)

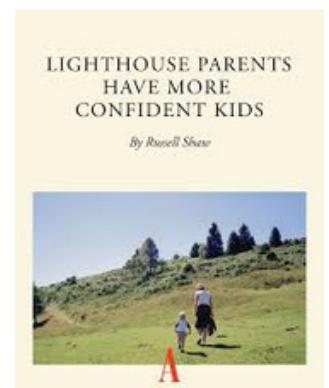
Lighthouse Parents Have More Confident Kids

by Russell Shaw (*The Atlantic*, 2024), offers powerful insights into the long-term benefits of stepping back so our children can step up.

Several quotes resonated deeply with me:

- "We're biologically wired to prevent our children's suffering... but a young person who grows accustomed to having a parent intervene begins to believe they're not capable of acting on their own."
- "When parents seek to control outcomes for their kids, they are trading short-term wins for long-term thriving."
- "Sometimes what a child needs is simply to be acknowledged: "Wow, that sounds like a lot." "I can tell you are working really hard." "Do you have ideas about what you want to do?"

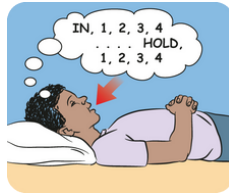
The article makes a compelling case for the Lighthouse Parent—a calm, reliable presence who provides guidance and boundaries while allowing children to navigate challenges independently. It suggests that when parents substitute their impulse to fix problems with patient listening, they foster resilience, confidence, and emotional growth in their 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.

Interestingly, we have quite a few students come to school who are very tired. This is more prevalent in the years 3-6. Many admit, they are often on devices in their rooms until late and then can't get to sleep. Some admit to having between 3-4 hours of device time every night. It is important that devices are off at least an hour before bed and that students do not access them alone in bedrooms.

How to sleep better for children and teenagers: tips

1. Set up a bedtime routine

A regular bedtime routine starting around the same time each night encourages good sleep patterns. A bedtime routine of bath, story and bed can help younger children feel ready for sleep. For older children and teenagers, the routine might include quietly chatting with you, turning off digital technology, having a shower, listening to music or reading, and turning out the light.

2. Relax before bedtime

Encourage your child to relax before bedtime. Older children might like to wind down by reading a book, listening to gentle music or practising breathing for relaxation. If your child takes longer than 30 minutes to fall asleep, your child might need a longer wind-down time before turning out the lights to go to sleep.

3. Keep regular sleep and wake times

Keep your child's bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child's internal body clock in a regular pattern. It's good to do this on weekends and during holidays, as well as on school days.

4. Keep older children's naps early and short

Most children stop napping at 3-5 years of age. If your child is having bedtime struggles at night, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward your child whenever they're brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child's bedroom

Check whether your child's bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets suppresses melatonin levels and delays sleepiness. Bright light in the hour before bedtime can have the same effect on young children.

Try these tips:

- **Turn off devices at least one hour before bedtime.**
- **Keep digital technology out of your child's room at night.**
- **Dim the lights an hour before bed for children of preschool age and younger.**

If your child uses a night-light, choose a dim, warm-coloured globe, rather than a bright, white, cool-coloured globe.

7. Avoid the clock

If your child is checking the time often, encourage your child to move the clock or their watch to a spot where they can't see it from bed.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for your child to get to sleep. In the morning, a healthy breakfast helps to kick-start your child's body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don't offer them at these times.

FREE CHAMPS

6 Week After School Program

Frankston Area

TUESDAY AFTERNOONS TERM 2
4:00PM-5:30PM

CHAMPS is a support program for children from families where a parent or carer faces mental health challenges. It's all about learning and connecting through fun activities and supported conversations.

FOOD/SNACKS Provided

BOOKINGS ESSENTIAL

Scan QR Code to register your interest

Applicants will be contacted for more details

FREE PROGRAM FOR CHILDREN 8-12YRS

Peninsula Health Families, Parenting and Mental Health (FaPMH)

Koorie Kids' Day Out

Save The Date
Friday 17th October 2025

Open to all First Nations' Students across the Mornington Peninsula

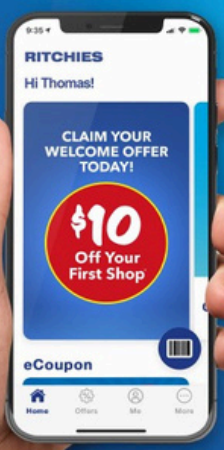
Contact Ange
clwb@willumwarrain.org.au
0475 078 041
10C Pound Rd Hastings 3915
Transport Available



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Apply Now Year 7 2027

Applications are due by Friday 1 August 2025

Apply via the JPC website




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Biggest Circus in Australia

Circus Rio - Patterson Lakes Tennis Club tickets

MOONLIT SANCTUARY

WINTER HOLIDAY CLUBS



JNR KEEPER CLUB

Ages: 7-14
10:00am-3:00pm

Registration Fee
\$104

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

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

Unplug the devices and send your junior explorer off for an unforgettable day with real keepers, real animals, and real adventures.



**Moonlit
Sanctuary**
the best way to see Aussie animals

Learn more: moonlitsanctuary.com.au



Info : (03)5978 7935

Statewide Art Competition for Young Creatives – Win a Spot at Camp!

The Portsea Camp is calling on school students across Victoria to enter a special art competition as part of our 2025 Creative Camp.

Theme:

“Inner Landscapes – Exploring Mindfulness and Wellbeing”

We’re inviting kids and teens to explore how they experience emotions, calm, resilience and growth—through sculpture, installation, or mixed-media art. Any medium welcome!

- Open to Primary and Secondary students
- Selected pieces will be featured at our Art Expo on Thursday 11 July
- Winning students will be awarded a place at our 2025 Creative Camp in the July holidays
- Entries close 5pm, 13 June

Each piece will be displayed with a short artist statement explaining how it connects to the theme. Let students' voices and creativity shine.

How to Enter:

- Post your piece to: The Portsea Camp
- OR email a photo of the student holding their piece, with their name, school, parent/carers contact and a brief description of inspiration, to Damon: mad@theportseacamp.com.au

Questions? Reach out at mad@theportseacamp.com.au or give us a call!

This is a fantastic opportunity for creative kids and teens to have their work seen and to join a unique school holiday experience designed just for young artists.