



Principal: Mrs. Kim Laffan

Kilmore Primary School

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Kind Proud Safe

Issue No.12

Wednesday, 4th May, 2016



Foundation Bulb Garden

The Foundation students are working with Tina and Tracey to plant bulbs to create colourful garden beds in our playground. Each grade has their own garden bed which they will water and look after, waiting patiently for their garden to bloom!



Thank you

to all who participated in the
Lots of Socks Day last Friday
We raised \$341.20 which will be forwarded
to the Down Syndrome Association of
Victoria.



Calendar



MAY

Thursday, 5th May

Young Leaders Program
10.00am-2.00pm
Wandong PS

Friday, 6th May

Mothers Day Stall

Tues, 10th, Wed, 11th, Thurs, 12th May
NAPLAN Grade 3 & 4

Monday, 16th May-Friday, 20th May
Education Week

Tuesday, 17th May

School Council

Thursday, 19th May

Parent Evening
Resilience Project 7.00pm—8.30pm

AUGUST

Thursday, 4th August

Young Leaders Program
10.00am-2.00pm
Broadford PS

**Monday, 15th August -
Wednesday, 17th August**
Grade 3/4 Camp

**Wednesday, 31st August-
Friday, 2nd September**
Grade 5/6 Camp



Kilmore Primary
School Attendance Award
Best class attendance for:
Term 2 weeks 2 & 3



Congratulations to 1G



Kilmore champions!

Manners matter
This weeks focus

I ignore distractions

Kind, Proud and Safe at all times

Happy Birthday

Happy Birthday to the following students
who are celebrating their birthday in the
coming week. We hope you have a lovely
day.

May

4th	Lilly	FJ
	Jemma	45B
5th	Taylah	4W
	Molly	6W
6th	Tanesha	FJ
9th	Ben	2C
10th	Preston	1G
	Logan	1T



From the Principal's Desk...

Welcome to Week 4– Term 2

I have just returned from two of the three sessions run by Hugh as part of the Resilience Project our staff and students have been involved in. I have watched in awe of the children's interest and participation in the presentation and the level of enthusiasm and awareness that Hugh was able to generate by sharing stories and experiences that led him to understand the three keys to resilience and good mental health. Hugh's message is simple in essence but founded on real and personalised experience and research. He has shared with staff, and now our children, the importance of Gratitude, Mindfulness and Empathy in developing positive mental health and provides a range of skills and strategies for us to practice these. I highly recommend that you set time aside on the evening of **May 19th** to attend the parent component of this program. I can confidently say that you will come away having had a '**Dis**' moment that will help you personally and also help you to help your children to grow and develop healthy mindsets and attitudes, which have the potential to impact significantly on their lives. (You'll need to attend to understand what a 'Dis' Moment is or perhaps ask your children!)

On Thursday and Friday of last week Jennene and I attended the annual network conference. The main focus of the conference was identifying the

characteristics of high performing schools and looking at these as precursors to school improvement. It was very timely for us to look at this work and relate it to what we have been doing as part of the KPS School Improvement Strategy. It was extremely reaffirming as we made parallels between the characteristics of high performing schools and the work we have been doing. Strong leadership, high expectations and teacher capacity, an orderly environment where students are well known and a clear focus on what matters are the basis of a high performing school and if we look at the work we are doing around the Kilmore Way the links are glaring. We are on the right path!

NAPLAN testing starts next week for our grade 3 and 5 students. Please ensure that these children have a good night's sleep and healthy breakfast on these days to give the best opportunity to perform well on the test. NAPLAN test are nothing to be anxious over. Remind children that they just need to do the best they can, no more, no less. The results are another set of data to help us to ensure that we are teaching at the child's point of need.

Have a great rest of the week.

Kim Laffan
Principal



In grade 5G we made books for our buddies. We asked them, what they would like to read about in a book. Then we wrote a draft and edited our work to do a good copy. We published fine looking books for our buddies.

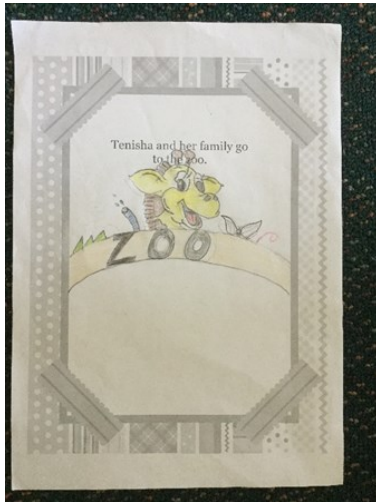
Milla Tara and Ashton 5G





We are PROUD of our efforts in 6B!

Grade 6B have been working hard to complete a picture story book for their buddy!

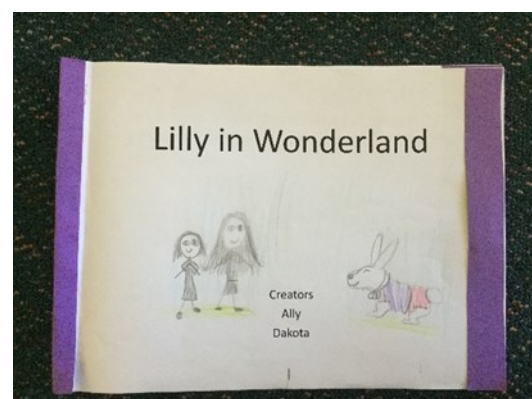


To complete the book, they interviewed their buddy. During the interview, the grade 6's asked their buddy what the picture story book would they like, what the main characters would be called and what they would look like.

This week is the last week 6B students have to publish the picture story book.



Once they are completed, a copy will be in the library for all to read.





\$2 UNIFORM SALE



Are you sick of rushing to get the washing dry so the kids have a clean jumper for school? Stress no more!!!

Huge amount of wind cheaters and jackets Just \$2 each.

Sizes 4- 16.

MONDAY, the 16th MAY,

2.45-3.25pm

In the parent club room

All funds raised go towards school fundraising initiatives.

Sport Helpers



Kilmore PS is looking for any interested parents who would like to assist in coaching our school interschool sports teams in Term 2. Students will be practicing during Session 5 each Friday in preparation for their end of Term competition. If you have any knowledge/skills in coaching for AFL, Netball, Soccer or Tee Ball, please contact Brendan Thompson. Parent helpers will need to have a Working With Children's Check.

SICK BAY LINEN ROSTER TERM 2

6th May
13th May
20th May
27th May
3rd June
10th June
17th June
24th June

Jo Clark
Jen Huffer
Shanelle Scarlett
Natalie Cambell
Anna McGivney
Darleen Brooks
Jo Clark
Jen Huffer

THANK YOU



SICK BAY LINEN ROSTER -HELP NEEDED URGENTLY

Each year we ask if parents are able to assist in the washing and changing of the linen in our sick bay. In most cases this means 2 or 3 times a year. If you are able to help out please return this form to the office by 23rd May. A roster will be distributed shortly after that.

Name: _____ Contact Phone Number: _____

Child's Name: _____ Child's Class: _____



Numeracy News



This week students in Grades 1 to 6 are learning about multiplication and division. Our Foundation students are learning about addition and subtraction.

Family Fun – Skip Counting & Times Tables

Multiplication and division become much easier if we can skip count by different numbers as this will help us learn our times table facts.

Did you know that the Victorian Curriculum says that by the end of Grade 4, students should be able to recall times table facts up to 10×10 ? Learning tables facts is a part of what students cover at school but **practise is what makes perfect!!!** How can you help provide tables practice opportunities at home?

Things to try at home this week:

Foundation: Count different things and add small groups of things together

Grade 1: Complete this pattern: 2, 4, 6, 8, 10.....

Grade 2: Complete this pattern: 5, 10, 15, 20.....

Grade 3: Complete this pattern: 3, 6, 9, 12....

Grade 4: Solve this problem: Mrs Laffan walked 7km every school day. How many kilometres did she walk in one week?

Grade 5: Solve this problem: Mrs Laffan bought 9 chocolate bars that all cost the same amount. She spent \$27. How much did each chocolate bar cost?

Grade 6: What is a prime number?

Lucky Us!

There are some very happy teachers and students at Kilmore PS this week as their wishes have been granted. We've been able to buy some of the things on our numeracy wish list.

Mrs Trawn is happy that her place value flip chart has arrived. Miss Hecker is excited to have more multi link cubes in 2/3H. All the Grade 4, 5 & 6 teachers are delighted that their new class number charts are here and our Foundation teachers now have more resources for our unit on shape later in the year.

Thanks to everyone who supports our KPS fundraisers! Our young mathematicians and their teachers are very grateful. J





What do elves learn in school?

The elf-abet



Did you know that happy people learn more things and it is easier for them to learn too?

Did you know that laughter, exercise and music can make you feel better in seven seconds?

Jokes make us laugh. Sometimes we laugh because they are so funny and sometimes because they aren't really that funny but we laugh at how bad they are!

Kilmore PS has a 'Joke Box'. Every day at recess eating time, one of the school leaders is going to share a joke over the PA system. Our captains spoke about this at assembly on Monday.

The joke box has been given a makeover by some students with the help of Mrs Lewis. It's definitely a work of art!

It will live in the library near Miss Crowther's office. You can write a joke on a piece of paper and put it in the box. Anyone can put a joke in the box - students, mums, dads, brothers, sisters, grandparents. Every week when students come to library they should now bring their library book **AND** a joke!



Q: What gets wetter the more it dries?

A: A towel!



Q: What is it called when a cat wins a dog show?

A: A CAT - HAS - TROPHY!

Q: What do you call an alligator in a vest?

A: An investigator!

Q: Why can't you give Elsa a balloon?

A: Because she will let it go!





**Parent Information Evening
with Mr Hugh van Cuylenburg
Thursday 19th May 2016
7pm – 8:30pm
Kilmore Primary School**

The Resilience Project - helping young Australians to be mentally healthy

1 in 4 adolescents have a mental illness

1 in 7 primary schools kids have a mental illness

65% of adolescents do not seek help for mental illness

Hugh has been working in education for over 12 years. Starting out as a primary school teacher, he then moved into a position with Cricket Victoria as a development facilitator working with disengaged adolescents. The highlight of his teaching career, however, was the year he spent in the far north of India volunteering and living at an underprivileged school in the Himalayas. It was here that he discovered resilience in its purest form.



Inspired by this experience (and subsequent trips to Bangladesh and Sri Lanka) Hugh returned to Melbourne and commenced working on his own programs for schools. 'The Resilience Project' was born. Off the back of his post grad. studies into mental resilience, Hugh's presentations emphasise the values of gratitude, empathy and mindfulness. Of note, Hugh has developed and facilitated programs for over 220 schools Australia wide. In 2015, the National Rugby League asked Hugh to design and implement a program for every single club in the competition. Hugh has also worked closely with Collingwood, Gold Coast Suns, Geelong, Essendon and Hawthorn in the AFL. He has also served as CEO of Step Back Think.

Please RSVP by Tuesday 17th May
crowther.carolyn.v@edumail.vic.edu.au
or Kilmore PS (03) 5782 1268

"I cannot believe the presentation I watched to-night. I cried and I laughed. The most engaging 90 minutes I can remember. I could have listened to you talk all night."

Parent feedback from previous presentation



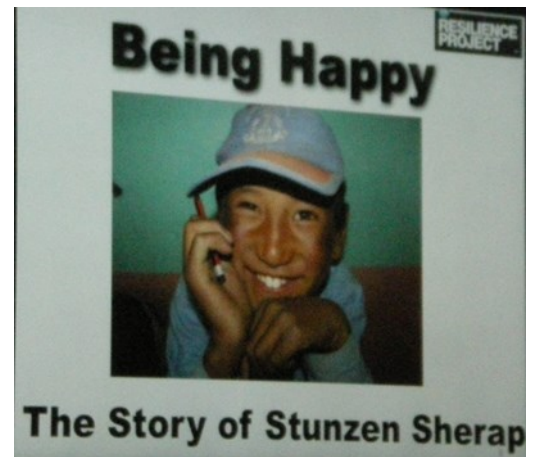
The Resilience Project - helping young Australians to be mentally healthy

Kilmore Primary School students learnt a new word yesterday...

Dis

Hugh, from The Resilience Project, spent time with each year level talking about the tricks to being happy. Our Foundation to Grade 4 students heard about the importance of gratitude and kindness. Our Grade 5 & 6 students heard learnt about the benefits of gratitude, mindfulness and empathy.

Hugh shared stories about his time living and teaching in India. He spoke about a nine year old boy, Stunzen Sherap, who is always very happy. Hugh called him the happiest boy he has ever met. Stunzen lives in India. One night Hugh found him ripping up a cardboard box to make a blanket and a pillow. Stunzen was getting ready to go to sleep in the gutter. However, he was very excited because he had found somewhere undercover to sleep. The same boy cut off the fronts of his shoes when his feet got too big for them.



He was just happy to have shoes – even if his toes poked out the front.

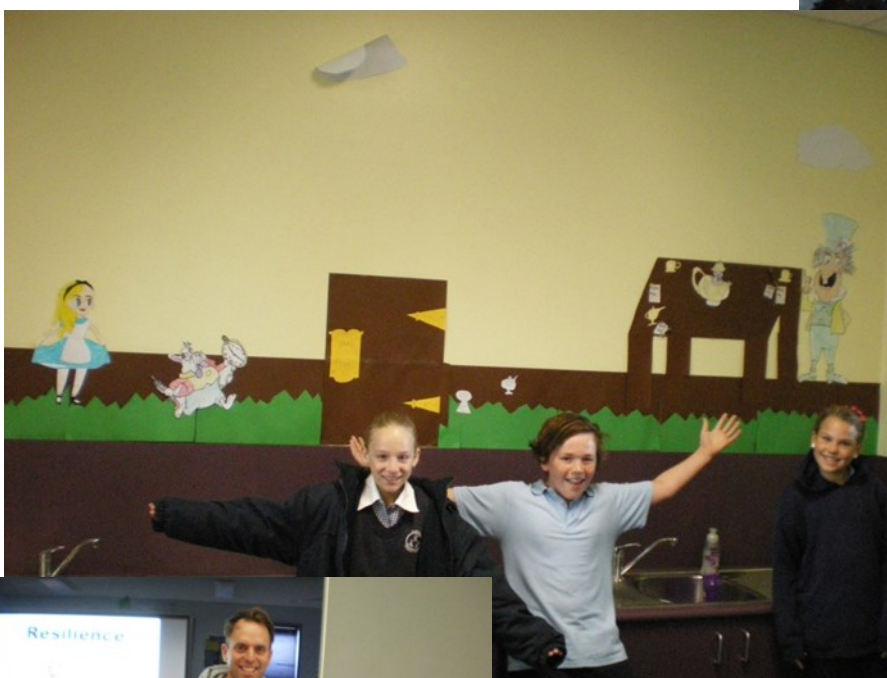
Stunzen had trouble saying the word 'This'. Instead, he would say 'Dis'. Whenever he was happy or grateful for something he would point to it and say 'Dis'. Hugh issued us with the '24 Hour Dis Challenge'. Whenever we notice something we are grateful for, we have to point to it and say 'Dis'. The playground and classrooms were buzzing 'Dis' moments. We wonder what 'Dis' moments happened at home last night?

In amongst his advice were also a lot of funny stories - everything from hiding in a cupboard, nearly knocking himself out on a low door frame and meeting Hamish Blake.

Parents and other adults can hear more about Hugh's messages and advice for looking after our mental health, adventures and stories at the Parent Information Evening. Details are in this newsletter.



THE RESILIENCE PROJECT™



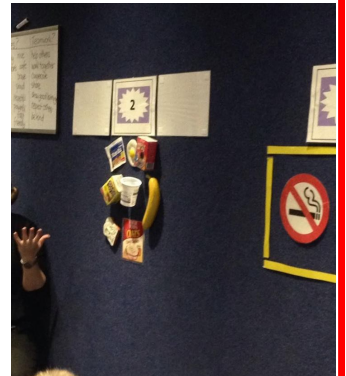
Clockwise from top left:
Foundation students totally absorbed in Hugh's message,
Grade 3/4 students enjoying the presentation, Grade 1/2 students laughing at one of Hugh's stories,
Grade 5/6s enjoying a joke,
Foundation S with Hugh, Grade 5/6 students with Hugh, students from 5D & 5E impressing Hugh with their Alice in Wonderland inspired Gratitude Wall.





2C's visit to the Life Ed Van

On Tuesday the 3rd of May 2C visited the Life Ed Van to meet Harold. We participated in activities that allowed us to join Harold's Team of super heroes. We had fun dressing up in capes and learning about emergencies and when we should call triple 000.





Happy Mother's Day !

**Kilmore Primary School Mother's Day Stall
Friday 6th May**

Our annual KPS Mother's Day Stall will be held on Friday 6th May. Students will have the opportunity to visit the stall with their class and purchase a gift for their mother or another significant person in their life.

Prices will start from \$2.00-\$7.00.

Students can also purchase raffle tickets for \$1.00
(maximum of 2 per child).

