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Kilmore Primary School fosters a community of learners who are confident, creative and challenged to achieve their full potential within a safe, happy and supportive environment.

EDITION 28
11/09/2013
IMPORTANT
DATES

Friday 13th September

Prep Discovery Day
9.15am—10.15am

Wednesday 18th
September

3/4 Camp final payment

Term 4

Saturday 12th October

Working Bee

16-18th October

3/4 Camp

Saturday 19th October

Spring Fair

Thursday 21st
November

Grade 6 Graduation Photo



From The Principal.....

Hi Everyone

Welcome to Week 9, Term 3. There is a hint of Spring in the air with many of our trees coming into blossom and they look magnificent in our garden and courtyard. Along with the chilly mornings and warmer afternoons we get lots of lost property as students take off their jackets and jumpers. Please make sure that your student's clothing items are labelled properly so they can be returned to their rightful owners.

Walkathon

The school Walkathon last Friday was an outstanding success! Our students, teachers and parents had a great time participating in the walk and then eating the yummy hot dogs for lunch. I would like to acknowledge Phil Zandt and Julie James for organising the event, along with the many parent helpers who willingly gave their time on the day. The Sponsorship money is coming in and **so far we have collected \$2,519.70**. Please continue to send in the promised sponsorship money as soon as possible. Many thanks from all of us at KPS.

2014 Prep Discovery Day this Friday

This Friday will be the second of our Prep Discovery Days this year. We look forward to seeing all of our future Preps on the day as they discover our Music, PE and ICT programs. If you know of anyone who has a child who will be starting school next year but has not yet enrolled, please let them know that they need to contact the school as soon as possible for a tour and enrolment pack. Otherwise, just show up for the Discovery Day and we will take care of the rest.



Go to **www.tiqbiz.com** and click on 'help' to find out more about our school app. When installing and selecting your child/rens year level, please remember to select '**WHOLE SCHOOL**' as well as the appropriate year level/s so that you can receive school newsletters, notifications etc.

KIND, PROUD, & SAFE

Working Bee

The Working Bee that was planned for this Saturday has been postponed until Saturday 12th October. More information will follow in a newsletter closer to the date.

Principal for a Day

This Friday is Principal's Day, and to help us celebrate we have asked students to write a letter explaining why they would like to be 'Principal for a Day'. The writer of the winning letter will have an opportunity to come to school dressed like a Principal, and work with me doing important things like hosting the Prep Discovery Day, visiting classrooms, giving out stickers for good work, making announcements on the PA system, etc. The winner will be announced on Thursday. Good luck everyone – I wonder who it will be? How Exciting!!!

Have a great week everyone,
Denise Barker
Principal

Information from the Office.....



Due By Dates

Parents please note the importance of adhering to the due by dates for permission notes and payments. While we do not wish your child to miss an incursion/ excursion, late payments make the task of organising events very difficult i.e. finalizing numbers and money. We ask for parents to respect due by dates to help make this a more streamlined process for the admin and teaching staff. Thank you for your cooperation

*To use BPay you will need the Biller Code for Kilmore Primary School as well as your own **UNIQUE Reference Number**. You will find both these numbers on your family statement.*

*As with Credit Cards and EFTPOS, a **minimum of \$10** per transaction will apply.*

BPay transactions are not instant, therefore excursion and camp payments will need to be made at least 48 hours prior to the payment due date to ensure they are processed by the bank and reach the school in time for your child to attend the event.

*It is important to remember when paying via BPay that you **return the notice/ permission slip to school** so that payments through our bank can be correctly matched to your family account.*



Please indicate your method of payment on the return slip.

Please note

If you choose to pay for a specific school related expense via BPAY you must notify the school by email at kilmore.ps@edumail.vic.gov.au that this payment has been made. If a BPAY payment is made without notification of items you wish to allocate the payment against, the oldest outstanding debt will be credited. If you have any queries please do not hesitate to contact the school office.



Happy Birthday



SEPTEMBER

- 13 Sabrina Burford
- 14 Cody Mahon
- 15 Tayla Rees
- 17 Kyle George

2013 Homework Club

For students in grade 3-6, the Homework Club runs on a Thursday afternoon in the Library from 3.10 pm—4.15 pm.

This is a great opportunity to complete homework tasks, to access resources from the library or to get a bit of help from a teacher.

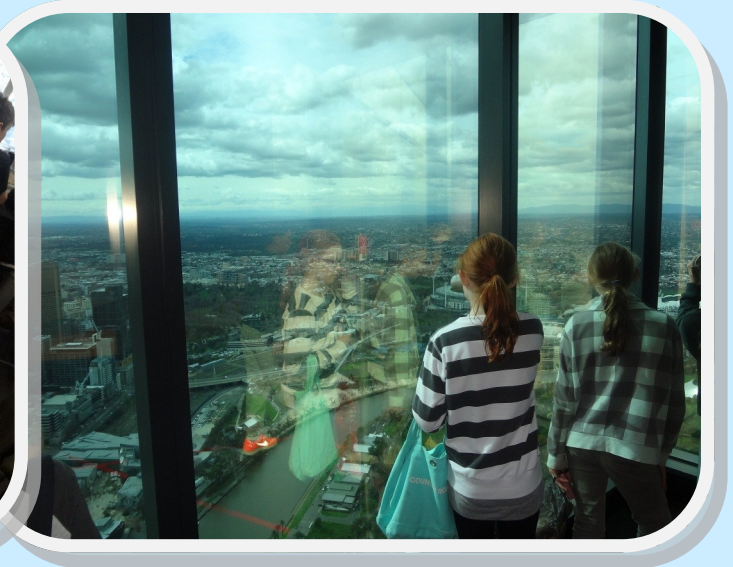
Permission forms can be collected from the office.

5/6 City Camp....



KIND, PROUD, & SAFE

5/6 City Camp



KIND, PROUD, & SAFE

Walkathon.....



KIND, PROUD, & SAFE

INSIGHTS

by Michael Grose - No. 1 parenting educator



Easing children's anxiety

"Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety."

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious.

Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralyzing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

Staying calm

Anxiety is a normal part of life and can be managed, but it takes time.

It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

Calm is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

Accept your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

Challenge the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-

pity. Move their thoughts towards the future rather than allow them to mope around.

Making a plan

Encourage your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short-time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

Anxiety is normal, and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.

Published by Michael Grose Presentations.

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www.parentingideas.com.au



KIND, PROUD, & SAFE

THE GREAT BOOK SWAP CHALLENGE
for
Indigenous Literacy Day

Happy Book Swappers
Thank you to all the students who participated in the Great Book Swap
From Ms McCarthy



Kilmore's Got Talent !!

Prep - 2 Semi-finals:

Term 4 - week 2

Monday 14th October

Where: The Old Hall

When: Lunchtime

If you would like to watch the semi-finals, you must be lined up at the entrance to the old hall at the start of lunchtime. Once the performances have started, no one is permitted to leave or enter the stadium.

Semi-finalists

Prep:

SINGERS Chelsea, Bronte, Jada, Gwen, Tayla, Madeline, Annabel	BREAKDANCING Kyle, Mitch, Jordan, Max and Gus
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Grade 1:

BREAKDANCING Patrick Grade: 10	SINGING Ella Purchase: Grade 1R
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Grade 2:

SINGING Claire, Abby, Jess & Charlotte Grade: 2H	Hip-Hop Dancing William Koumis Grade: 2H
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Well done to everyone!

- Miss Miller

Grade 3-6 auditions are happening currently. Their semi-final will be early in term 4

Lost Property

Parents please note there is a significant amount of lost property both named and unnamed in the lost property box. Please feel free to come in and check for your lost items.

HEAD LICE

We have had several cases of head lice reported to the office this week. Please ensure your children are checked regularly and full treatments are completed.



Parent Information.....



Notices handed out this week...

3/4 Unit—Camp Medical and Dietary Forms

Attention Bus Travellers on Assumption College Services Re- Last Day of Term Friday 20th September

Those wishing to use bus services on this day, please note the following arrangements are in place—

Due to Assumption College end of term finish time 12.30pm the transfer bus will leave our school at **12.15pm** and departing Assumption College at **12.40pm**

SPARE CLOTHING

As a result of the recent rain our school grounds are wet and muddy. Parents are encouraged to supply their child with spare clothing in case they get wet or muddy while at school.



UNIFORM SHOP

Every Friday
2:15 pm - 3:15 pm
in the Conference Room
adjacent to the Art Room. Northern Regional
Uniforms also have a shop at
Unit 21, 8 Oleander Drive
South Morang 9436 4005

info@northernregionaluniforms.com.au

SICK BAY LINEN ROSTER TERM 3

SEPTEMBER

13th Jo Clark
20th Carol Warriner

Term 4 OCTOBER

11th Rose Glavas
18th Krystal Nebauer
25th Lorraine Trethowan

Thank You



Craigieburn Blue Light Disco

2013 Dates.

Friday 22nd of March, 2013

Friday 21st of June, 2013

Friday 13th of September, 2013

Friday 22nd of November, 2013.

Children in grades 3, 4, 5 and 6 are invited to attend the Blue Light Disco held at the Craigieburn Primary School Hall 87-91 Grand Boulevard, Craigieburn 6.30 to 8.30PM

There will be heaps of raffle prizes and give aways. Food and drink can also be purchased at the canteen.

The cost of this event is \$7.

No hats or caps – they only end up being used in games of keepings off.

All children attending are required to be collected by an adult. No exceptions. For the safety and welfare of everyone this is a lock out event with no access permitted by the public or parents until pick up time when parents will be allowed onto the dance floor to collect their kids. Early collection of children must be arranged with police supervisors prior to the event.

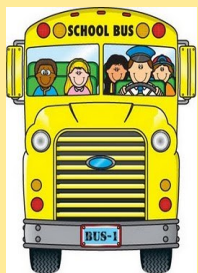
Please contact Sergeant Dale Wesselman at the Craigieburn Police Station if you have any queries on 9303 4433.

KIND, PROUD, & SAFE

Attention all bus travellers on Assumption College Services—

Please be aware applications for 2014 bus services close on 20th September 2013.

All enquiries to Dianne at Assumption College
PH 57 821 422



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No responsibility is accepted by the Department of Education & Early Childhood Development and Kilmore Primary School for accuracy of information contained in advertisements or claims made by them.



Grade 6 'Friends and Health' study

All grade 6 children were recently invited to be part of a Deakin University study being conducted at Kilmore Primary School.

The 'Friends and Health' study is looking at the influence of friends and the impact on health behaviour as students transition from primary to secondary school. Secondary schools are looking forward to being involved next year, so we need your help to have as many grade 6 students as possible take part this year.

Please sign and return the gold coloured consent form (from the information pack) **before the end of term 3** if you would like your grade 6 student to be involved. Spare copies are at school if needed. Thank you if you have already returned the consent form.

If you have any questions on anything about the study, please contact:

Jennifer Marks
Deakin University
Ph: 03 9244 6258
email: mjenn@deakin.edu.au

Kidsfest 2013 Sat 21 & Sun 22 Sept
Open 10am - 4pm both days

festival entry at Kidstown \$2 per person

Humphrey

MINION

LAZY TOWN

ILLUMINATION SEVEN FARMHOUSE

SPC ARDMONA

Kidstown Adventure Playground

www.sheppkidsfest.com.au

7287 Midland Highway, Mooroopna, Victoria ph: 03 5831 4213

Bully Stoppers.
Make a stand. Lend a hand.

Bullystoppers website
For helpful information and advice on what bullying can look like go to:
<http://www.education.vic.gov.au/about/>

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Kilmore Primary School

Term 3: 15 July to 20 September

Term 3 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A Week 1 15 th Jul-21 st Jul	Start of term 3		5/6 camp deposit due		Unit Assemblies	
B Week 2 22 nd Jul-28 th Jul			Prep-2 swimming deposit due		Sch Assembly 2.30pm Grade 5/6 Inter School sport	Working Bee 9.30 – 12.30 BBQ lunch
A Week 3 29 th Jul-4 th Aug	Literacy & Numeracy Week	Active After School Communities (AASC) starts for Grade 3/4	Uni NSW English Competition	Active After School Communities (AASC) starts for grade 3/4	Unit Assemblies	
B Week 4 5 th Aug-11 th Aug	Science Week	AASC Rock Band Rehearsal	Sch Council Member Training (evening)	AASC Homework Club Boite Concert-Choir	Sch Assembly 2.30pm	
Week 5 12 th Aug-16 th Aug		School Council Uni NSW Maths Competition AASC Rock Band Rehearsal	5/6 Camp final payment due Prep- 2 Swimming final payment due	AASC Homework Club	Unit Assemblies	
Week 6 19 th Aug-23 rd Aug	Book Week	AASC Rock Band Rehearsal		Homework Club	Sch Assembly – 9.00am Dress up as favourite book character	
Week 7 26 th Aug-30 th Aug	5/6 Camp	5/6 Camp AASC Prep & G2 swimming	5/6 Camp G1 Swimming	AASC Homework Club	Unit Assemblies Prep & G2 swimming Prep 2014 Discovery Days	
Week 8 2 nd Sep-6 th Sep	G1 Swimming	Prep & G2 swimming AASC Rock Band Rehearsal	G1 Swimming	AASC Homework Club	Kilmore PS Walkathon	
Week 9 9 th Sep-13 th Sep	G1 Swimming	School Council Prep & G2 swimming AASC Rock Band Rehearsal	G1 Swimming	AASC Homework Club	Unit Assemblies Prep & G2 swimming Prep Discovery Days	
Week 10 16 th Sep-20 th Sep		Prep & G2 swimming		Homework Club	End of term 3 2.30pm finish	

Community Event
Everyone is welcome!



centrelink

medicare

child support

The Australian Government
Mobile Service Centre is coming to:
Kilmore Neighbourhood Centre
Victoria Parade, KILMORE
Monday 16 September 2013
9.30 am to 4.00 pm

We invite you to attend our service provider information day. Come along and find out about the government and community services that may be available to support you.

Services Available:

- * Dept of Justice
- * Shire of Mitchell
- * Nexus Health
- * Dept of Human Service
- * Berry St Family Care
- * Youth Connections



Australian Government
Department of Human Services

humanservices.gov.au

KIND, PROUD, & SAFE

Faith Education Evening Sacrament of Confirmation

Dear Parents,

A Faith Formation Evening focusing on the Sacrament of Confirmation will be held on **Tuesday 8th October**, commencing at 7.00 pm in St. Patrick's School Stadium. This will be a faith formation evening for those parents wishing their child to receive the Sacrament of Confirmation. Children need to be in Year 6 or above and need to have celebrated the Sacrament of Eucharist.



Parent(s) and children are **expected** to attend the evening. The structure of the gathering will include a prayer and blessing followed by children moving to a learning centre with a teacher. Children will begin their first formal lesson on this evening. During this time the parents will acquire an insight into the Sacrament through a presentation. An outline of the ceremony and questions you may have will be discussed on the evening. If your child was not baptised in St. Patrick's Parish a copy of your child's baptism certificate will need to be sighted on this evening.

Sacrament of Confirmation will be celebrated on Friday 8th November at 7.00pm, Sunday 10th November at 1.00pm and Sunday 10th November at 3.00pm

Classes will be conducted in the Parish Centre lead by Pat & Leonie Dunlop. They will be on Thursday's starting at 4.00pm – 5.30pm. There will be 5 sessions – 10th October, 17th October, 24th October, 31st October & 7th November.

The cost of \$45.00 for all the requirements of the Sacrament will need to be paid on the evening or by the first Thursday lesson.

We look forward to seeing you all for this wonderful celebration! If you have any questions please forward them to me at St. Patrick's School ph: 57821579 or tracey@spkilmore.catholic.edu.au

Yours sincerely,

Mrs. Tracey Brincat
(Religious Education Leader)

NETBALL 'NET SET GO'

A Netball Vic program to teach basic netball skills.

Starts Friday October 11th from 4 - 4.45pm at the Wallan Stadium.

Runs for 7 weeks for 6 – 8 year olds

Cost per player:

\$60 for program, insurance & Net Set Go kit.

All coaching volunteered by qualified coaches.

Registration will be held on Thursday 19th September from 3.30 – 4.15pm at the Wallan Stadium.

For more information email mitchellmagicnetball@gmail.com



Kilmore Cricket Club

Junior Registration

Tuesday 17 September 2013
4.30–6.30pm

Kilmore Cricket Club are looking for children aged between 5–15 to join our successful Milo, U12, U14 and U16 sides.

Excellent facilities including turf wicket, nets, club room and more.

Each side has its own dedicated coach and team manager who will help you to develop your cricketing skills.

Bring your kit as we will be running a mini-session, which will also include a speed gun challenge to see who is the quickest bowler.

For further information contact Tony Maher on **m** 0401 808 581 or **e** kilmorecc@gmail.com for more details.



KILMORE TENNIS CLUB LADIES ROUND ROBIN TOURNAMENT

14TH OCTOBER KILMORE TENNIS COURTS
9.15AM REGISTRATION. 10AM START

ENTRY \$20 PER PLAYER.
ENTRY INCLUDES LUNCH, TEA & COFFEE + DOOR PRIZES.
COURT PRIZES AWARDED ON THE DAY.

ALL GRADES WELCOME.

PLEASE REGISTER BEFORE FRIDAY 10TH OCTOBER
NOMINATING WHAT SECTION YOU PLAY (1, 2 OR 3)
TO THE FOLLOWING

PAULA 0409810051 OR JENNY 57821912.

TENNIS WEAR WILL BE ON SALE.

RACQUET RESTRINGING WILL BE
AVAILABLE ON THE DAY.

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