



*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.*

## Kilmore Primary School Newsletter No 7 20th March 2013

### Be Sunsmart

A reminder to students to bring their hat every day during Term 1



### From The Principal.....

#### Bullying No Way, Take a Stand

Last Friday Kilmore Primary School was part of the National Day of Action Against Bullying. The theme of the day was 'Bullying No Way, Take a Stand' Students in all units participated in activities to promote our school values – Kind, Proud, and Safe. Thank you to the many parents and grandparents who attended the grade 1 assembly to witness an outstanding performance of 'You've Got a Friend in Me' from the film Toy Story. Many classes viewed a short video clip of an anti bullying song and discussed what it means to be a bystander in bullying situations. Thank you to all staff and students for participating and contributing to this important event.

#### Photo Day

Yesterday was school photo day. It was fantastic to see all the students in their school uniform, especially the grade sixes in their new Year 6 jumpers. We look forward to viewing the photos early in term two. Thank you to the parents who helped out with the organisation of photo day yesterday.

#### End of term 1

It's hard to believe that next week is the last week of term 1 for 2013. In reflecting back on all that has been achieved throughout term one it is rewarding to see the benefits of our two week start up program Ready, Set, Go in establishing classroom routines and procedures and yes even the new Preps know how to line up!

### Important Announcement re— NEWSLETTERS

Following on from the introduction of tiqbiz last week we will no longer be sending home hard copies of our school newsletter. The newsletter will be posted on the school website at [www.kilmoreps.vic.edu.au](http://www.kilmoreps.vic.edu.au)



Alternately you can download tiqbiz to your iPhone, Android phone, iPad or Computer. Go to [www.tiqbiz.com](http://www.tiqbiz.com) and click on 'help' to find out more.

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 etc. Tiqbiz also offers tech support for all parent/guardians. Spare flyers are available at the office.



Working with  
Children Check

To be able to work with children in classrooms, assist in Sport sessions or to accompany a class on excursions, parents need to have a Working with Children's Check card.

You can apply for this at any Post Office. If you already have a WWC card please check that it is still valid and that you have shown your card at the school office so that we can update our records.

## ***From The Principal...continued***

Congratulations to Riley Cook 5/6P and Ben Milgate 3/4B for representing our school at the Regional Swimming carnival held at the Northcote Aquatic Centre. Also GOOD LUCK to Grace Dicker 5/6D. Grace is competing in the 200 metres sprint at the State Little Athletics Competition in Bendigo this weekend.



Julie McCarthy  
Acting Assistant Principal

## **PREP COLOUR DAY**

Green and brown, Colour Day  
will be Thursday March 21st.

## **STUDENT ABSENCES**

Parents are reminded that if students are away from school they can either send a note or phone the office.

## **Upcoming Events**

**PLEASE NOTE - FORMS/PAYMENTS FOR ANY ITEMS IN THE CALENDAR WHICH ARE NOT RETURNED BY THE DUE DATE CANNOT BE ACCEPTED.**

### **MARCH**

- 21** Prep Green and Brown Day
- 22** Whole School Assembly
- 26** Prep Rainbow Day
- 27** Easter Raffle Drawn
- 28** Last Day Term 1—**2.30pm finish**

### **APRIL**

- 15** First Day Term 2
- 24** Athletics Day
- 25 Anzac Day—No School**
- 26 Curriculum Day- No School**

Parents please note the following dates in Term 2:

Thursday 25th April— Anzac Day—  
No School

Friday 26th April—Curriculum Day  
No School

## **2013 Homework Club**

*Homework club for students in grades 3-6 is now running on  
Thursdays 3.10 - 4.15 in the school library.*

*Students interested in joining the homework club need to collect a  
permission form from the office and return it to Ms McCarthy.*



## The Annual Kilmore Community Association Easter Raffle is now seeking donations.

Large or small, your donations will help with this annual fundraiser.

If you wish to purchase tickets in the raffle, sales will be each FRIDAY.

To order tickets:

- \* Place order and money in an envelope with child's name and grade
- \* Send to Parent Club Portable with Icy Pole money

TICKETS \$1.00 each or 6 for \$5.00

Raffle will be drawn Wednesday 27th March.

Donations can left at the office



If you have paid and not received your tickets, please contact the office.



Hi, my name is Shanai Quinn, I've made this poster to remind people that bullying is not cool, it is a no go zone, so take a stand together.

### Sick Bay Linen Roster 2013 Term 1

March

22 Carolyn Hanel

28 Jo Clark



Thanks everyone

### *Icy pole Day Every Friday of Term 1*

50c an icy pole with a limit of one per student.



Please place money in an envelope with the students name and grade on the front.

### Notices handed out this week...

- \* Grade 1B info Letter

### 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.

Notifications of outbreaks are being sent via Tiqbiz



## KPS CLUBS PROGRAM

Term 1



Thursday afternoon, session 6 (2.20 pm) is clubs time at KPS. We are looking for volunteers to assist with clubs activities. Arts, craft, sport, science, dance music, computers and games.

Please contact Julie McCarthy or your child's classroom teacher if you can assist. Volunteers require a Working With Children

## Happy Birthday

### March

23 Kellan Ireland, Caitlyn Henderson, Joey Francis, Casey Jensen

24 Ashley Harvey, Rebecca Leech

26 Jared Coen



## Lemons

Lemons are needed for the Clubs Program.

If you can donate some lemons,

Please leave at the office.



All Students in the Prep—  
Grade 2 Units-

Students are requested to bring along a box of tissues each for their class room.



Thank you

*Kilmore Primary School  
Athletics Day  
Wednesday 24th April 2013  
School Oval, Whole Day  
Bring—Hat, Sunscreen*



## LOST PROPERTY

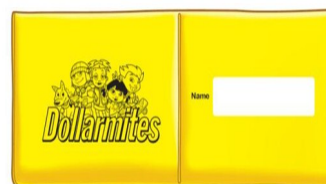
Lost Property is located in the hallway in the administration building towards the computer room.



Please remember to label all clothing so it can be returned.

LOST— Named hat belonging to Tysara Austin

## Student Banking



School Banking Day is Tuesday, bring your deposit books to the office.

If you haven't received a 2013 rewards chart please ask at the office.

## PARENT HELPERS

A reminder to anyone wishing to assist in classrooms, school excursions, etc that a Working With Children Check (WWCC) is required.

Application forms are available from the school



# National Day of Action against Bullying and Violence

Friday 15 March 2013



TAKE A STAND TOGETHER **BULLYING NO WAY!** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)



## Calling parents and carers!



KidsMatter is an Australian mental health and wellbeing initiative set in primary schools and in early childhood education and care services – like preschools, kindergartens and day care centres. We are currently developing new resources to support families, early childhood educators and school staff and need your help!

### The Project

#### Starting school – resources to support transition to primary school

Starting school is not just about the first day - it is a process that happens over time. KidsMatter has a number of resources currently available to assist children and their families starting school. If you haven't done so already why not take a look at what we already offer:

[www.kidsmatter.edu.au/](http://www.kidsmatter.edu.au/)

We are about to add to our existing range of resources to support families and children through the transition to school by developing a range of new videos that will be freely available on our website. Now is your chance to contribute to this exciting new project and tell us what you think would be helpful.

### What we need

#### Would you be willing to spare some time?

We are seeking parents and carers to come along to a focus group for around 1.5 hours (lunch will be provided!) to discuss the projects described above. We are keen to hear your ideas and thoughts to help ensure the resources we develop will be valued by families, early childhood educators and school staff. You don't need to bring anything apart from your experiences. If your child started school (prep) this year then we are keen to hear from you!

### Contact

Are you interested? For the first 10 participants that sign up and take part we offer a \$100 Myer Voucher. Please email your details to Kylie Brown – [k.brown@pspsychology.org.au](mailto:k.brown@pspsychology.org.au) for more information.

## Could you spare a couple of hours?

If so, the first 10 to register and come along will get a \$100 Myer voucher as a thank you for taking part in our focus group.

#### When:

Tuesday 19<sup>th</sup> March 2013.

12.30 – 2pm

#### Where:

Level 11, Australian Psychological Society, 257 Collins Street, Melbourne.



Australian Government  
Department of Health and Ageing



APS  
Australian Psychological Society

# INSIGHTS

by Michael Grose - Australia's No 1 parenting educator



## Helping kids manage anger

*Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.*

Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.

Currently, our community is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or community. 'Civilised people don't get angry' seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bury anger deep-down and it will go away is the attitude! This doesn't work for many children as bottled up emotions don't always dissipate. They simmer away, eventually spilling over into physical violence or hurtful verbal abuse, which so often backfires on the angry person.

Kids need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves. Here are six steps that parents can use to help kids of all ages keep their emotions under check, and respond safely when emotions run high:

- 1. Understand it:** Help kids understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way and being teased by others. Help kids to reflect on the events that trigger a 'wobbly', so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers
- 2. Name it:** Help them recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. "Mad as a snake", "about to lose it", "throwing a tanty" are some possibilities. Children can probably generate more! Naming emotions promotes good emotional literacy in kids.
- 3. Diffuse it:** You need some strategies to diffuse anger and bring down emotional levels in kids. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents should use diplomacy rather than discipline. You may need to give some kids some space on their own before attempting to talk. Listening to their story,

validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger go away.

- 4. Choose it:** Help children understand that they do have a choice about how they respond to their anger. They may feel like lashing out, but they don't have to get physical or verbally aggressive when they get angry. Let kids know in clear terms that slamming doors, throwing things and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, as they mature they need to choose socially acceptable ways of handling anger.
- 5. Say it:** Encourage children to express how they feel verbally, rather than bottle things up or become aggressive. The use of I statements is one way of letting others know how they feel. 'I feel really mad when you say nasty things to me. I really don't like it!' is one way of being heard and letting the anger out.
- 6. Let it out safely:** Boys, in particular, need physical outlets for pent up anger. They may go for a run, belt a pillow or play a physical game to let their frustration out. Some kids may even pour their anger into a letter, some work on a productive activity. Help children find legitimate outlets for their anger.

Parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

The maxim for families who want to learn to manage anger in healthy ways should be: "There is nothing so bad that we can't talk about it. However there are behaviours that are not acceptable."

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For more ideas, support and advice for all your parenting challenges visit: [www.parentingideas.com.au](http://www.parentingideas.com.au)





## 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

## END OF SUMMER SALE

NORTHERN REGIONAL UNIFORMS  
END OF SUMMER STOCK SELL OUT  
20% OFF ALL SUMMER STOCK  
UNTIL THE END OF MARCH  
SATURDAY 29<sup>TH</sup> MARCH 2013  
TRADING HOURS: MONDAY – FRIDAY 9AM TO 5PM  
SATURDAY 9AM TO 1PM  
  
NO LAY BUYS OR BACK ORDERS  
  
PHONE NO: 9436-4005



**BOOTEK SHOES**  
SHOP 6, 47 SYDNEY STREET  
KILMORE, 3764  
Ph: 57822847 Fax: 57821543  
BOOTEKSHOES@BIGPOND.COM.AU

## NOW IN STORE— NEW SEASONS

- \* **FOOTBALL BOOTS— ALSO USED FOR  
SOCCER  
BASEBALL  
AUSKICK**
- \* **NETBALL RUNNERS**
- \* **THERMAL SPORTS WEAR— TOPS,  
SHORTS AND TIGHTS**

## Petition

A petition has been started to request a footpath on Left/Eastbound side of Lancefield Rd from the new housing sub-divisions—Kingsgate Village, Kilmore Gardens Estate, Willowmavin Estate .

Currently the children are crossing the very busy Conway St without any assistance—a footpath will enable pedestrians safe access to the town and school, in particular children walking to Kilmore Primary School.

Please consider signing,  
Petition is located in the office.

## ELECTRICIAN

A N C CONTRACTORS PTY LTD

SHED'S  
UNDERGROUND'S  
SPLIT SYSTEMS  
SWITCHBOARD REPLACEMENT

**ANDREW CROFT**  
R.E.C 10450



Email-anc\_contract@bigpond.com  
P O BOX 571 KILMORE 3764  
MOB- 04111 93 933  
PH- 5784 1796

## Craigieburn Blue Light Disco

### 2013 Dates.

**Friday 22<sup>nd</sup> of March, 2013**

**Friday 21<sup>st</sup> of June, 2013**

**Friday 13<sup>th</sup> of September, 2013**

**Friday 22<sup>nd</sup> 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.

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