



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 16 September 2022

Toyota AFL Cup Tour



Toyota AFL Cup Tour





Thanks and Gratitude

I would like to extend my thanks and gratitude to all members of the Kilmore Primary School community at the conclusion of term three. We can reflect with pride at how we continued with solid learning routines and coped with all of challenges posed by COVID-19 and a severe flu season. While this has been a challenge, once again our school community has worked through these circumstances together. I would like to thank all our staff who shown amazing resilience and a "can do" attitude in dealing with the additional workload pressures that have arisen because of staff shortages. I wish everyone a wonderful break for the next two weeks and I hope that everyone has the opportunity to reset and recharge for term four.

KPS Shines

Yesterday we held our "KPS Shines" concert to celebrate some of the wonderful instrumental musicians we have at KPS. Our drummers, Jessica Baker and Jack Davon, wowed the audience with their skills and to use Jack's phrase "smashed it!." Annabelle Ryan performed a lovely piano piece and Millicent Praag gave a beautiful rendition of a Taylor Swift song. The concert finished with a performance from the KPS choir who have been practising each week with Ms. Meath. Overall, the concert a wonderful opportunity to reflect upon the talents of our students. In Term 4, we will hold another "KPS Shines" concert and we will be giving our vocalists their moment in the spotlight.

Tutoring Program Extension 2023

Yesterday we heard the fabulous news that the Tutor Learning Initiative will be extended into 2023. The tutoring program has provided our students with extra reinforcement with early literacy skills and has been an outstanding success at KPS thanks to the dedicated work of Mrs Fiona Jacobs and Ms Erin Spencer, ably assisted by our literacy Learning Specialist, Emma White. We look forward to build upon the outstanding program which our tutor team have developed over the last two years.

Learning Highlight

Two of our students, Charlotte Stelle and Mason Young were recently announce as winners of the "Our Water Stories" art competition. The students completed their puzzle artwork as part of their visual arts classes with Ms Dixon. Congratulations to Mason and Charlotte on their achievements.

AFL Cup Visit

Yesterday, 60 of our students visited Kilmore Toyota to be a part of the AFL Premiership roadshow. Then students had the chance to interact with the former Demons' captain, Nathan Jones, and they thoroughly enjoyed the excursion. Many thanks to our Wellbeing Programs Officer, Richie Boyer, for organising the event.

Term 4 Events

As we head into the holiday period, we have lots of great events and activities to look forward to in Term 4. In Week 2, all of our students will have a series of lessons with the Dance Curriculum company who engaged our students so well during Term 2. We will also be holding our whole school swimming program from Week 8 to 11 which is the first time in many years that KPS has run a whole school program. Added into the mix, our Foundation students will be heading off on their first school excursion and our Grade 6 students will be celebrating the end to their primary school years with their graduation ceremony. All in all, it will be a busy and exciting term.

Wishing everyone a restful break.

All the best,

Neil O'Sullivan

Principal

October

Monday 3rd

First day of Term 4

Tuesday 18th

Sushi Day fundraiser—further details coming next term

Wednesday 26th

1st Round Orders Due for 2022 Grade 6 Jacket & Polo orders (refer notice on page 8)

November

Tuesday 1st

Melbourne Cup Public Holiday

Friday 25th

Conveyance Allowance applications due

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming weeks:

Tylah Atkinson, Logan Both, Benjamin Kilner, Cody Kneebone, Allison Bickerdike, Riley Delaney, Amelia Nikiau, Cooper McNab, Charlotte Peter, Brooklynn Hawkless, Emelie Sazegar, Tenisha Schembri, Indi Sannwald, Lennox Daniels, Lana Wright, Annabelle Ryan, Lilly Smith, Ayden Burns, Harvey Pike, Arabella Maxwell—Dedini, Jimmy Manning, Lily Connolly, Ashu Iftikhar, Tom Rennie, Emma Delaney, Mai Kayser, Ruby Evans, Beau Curran-Kuchel and McKenna Peatling-Meehan.



Just a friendly reminder...

If any of your personal details change such as address, email, phone numbers, emergency contacts etc. it is important to contact the office as soon as possible to update our records.

Facebook



As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via kimore.ps@education.vic.gov.au or by calling the office on 03 5782 1268.

CHANGE OF CLOTHES

With the wet weather now upon us, could you please make sure **all** students have a change of clothes in their bags.



2023 Foundation Enrolments are NOW OPEN

Enrol Now!

Please visit the school website for further information and to complete an Enrolment Enquiry

<https://www.kilmoreps.vic.edu.au>

Children must be turning five before 30th April 2023. If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.

STUDENT BEFORE SCHOOL DROP OFF AND AFTER SCHOOL PICK UP

Reminder for parents and guardians to enter and leave through their designated gate when dropping off or collecting your child/children before or after school.

Please do not use the office as a throughfare, only enter for business purposes only.



Kilmore Primary School

Be **KIND** Be **PROUD** Be **SAFE**

Student Awards

At Kilmore Primary School, we are always working on modelling our school values of Kind, Proud and Safe. As a whole school, we explicitly teach and then give our students opportunities to display these values within and beyond the classroom doors.

The students listed below will be recognised for showing our school values at assembly yesterday.

We congratulate for this week:

Foundation E — Isla Sazegar	Grade 2H — Quinn Toseland	Grade 5F — Logan Saunders
Foundation G — Thea Candy	Grade 2M — Kobe Minnitt	Grade 5M — Eli Stuart
Foundation M — Jhett Orani	Grade 2P — Emmerson Beaumont	Grade 5S — Maddie Hall
Foundation S — Gypsy-Rose Roberts	Grade 3D — Liam Isles	Grade 6B— Joel Chadwick
Grade 1H — Zoe Walton	Grade 3K — Emelie Sazagar Scarlett Tillotson	Grade 6E — Shylah Parker
Grade 1M — Nixxon Daniels	Grade 3R — Indie Parker Seth Dodds	Grade 6J — Jade Shearer
Grade 1N — Mackenzie Praag	Grade 4J — Annabelle Ryan	Specialist F-2 —FS 3-6 —Madeline Willis
Grade 1T — Aashna Rai	Grade 4S — Jaric Fitch	
Grade 2F — Monty Arnott	Grade 4V — Odern Rachelle	

Buzz from the Bee Hive!!!!



Our beehive went off with a bang this week!!
The excitement around the hive was a beautiful end to term 3.

The raffles were very popular with smiles from ear to ear from our winners!

We just want to send a huge shout out to our parents who helped out and donated items to the hive, without your ongoing support the hive would not be possible!

Stay tuned for what's happening next term!

The Wellbeing Team.



Mr Farrell and Mr Hore

STANDING WITH UKRAINE

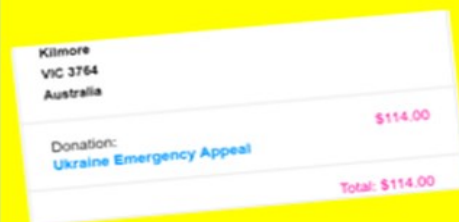
*Thank you to everyone who
purchased one of my scrunchies
to help the CHILDREN OF UKRAINE*

*\$114 was raised and donated to
Unicef's Ukraine Emergency Appeal*

Thank you

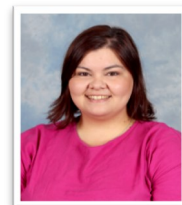
Tilly B

SS



Scrunchies
to help the
Children
of
Ukraine

Connecting With Kimberly



I can be contacted via email:

Kimberly.batsas-hill@education.vic.gov.au

or 5782 1268 for any student and family wellbeing needs

Best,

Kimberly Batsas-Hill

Social Worker -Primary Welfare Officer

The following services are available outside of school hours.

In the event of an emergency please call 000

Kids Helpline



Ph: 1800 551 800

[https://
kidshelpline.com.au/](https://kidshelpline.com.au/)

Parentline



Ph: 13 22 89

[https://
parentline.com.au/](https://parentline.com.au/)

Safe Steps



Sexual assault, domestic
and family violence

Ph: 1800 015 188

[https://
www.safesteps.org.au/](https://www.safesteps.org.au/)

Lifeline



Ph: 13 11 14

[https://
www.lifeline.org.au/](https://www.lifeline.org.au/)

Grade 6 Jacket and Polo Ordering



Families of Grade 5 students will have been emailed via Compass an order form for 2023 Grade 6 Jacket and Polo's.

First round orders are due 26 October 2022 for delivery to KPS before school commences in 2023. Second round orders are due 10 February 2023 for delivery to KPS before end of term 1 in 2023.

(All orders and payments must be placed directly with All Things Uniform).

Please contact the office on 5782 1268 if you require any assistance in locating your order form in Compass.

Kilmore Community Centre

MITCHELL SHIRE COUNCIL
PLAYGROUP VICTORIA
38 VICTORIA PARADE, KILMORE 3764 PH 5782 2319

Three Year Old Program

The program offers a fun, quality learning, caring and nurturing time for your child. It is run by very experienced Early Childhood Educators. Who can providing small groups and specialised care.

The children will learn through play, incorporating individual needs by using a variety of experiences, songs, rhymes, planting/growing, cooking, social skills and so much more.

Wednesday & Thursday 9.15am – 2.15pm

Friday 9.15am – 12.15pm

We are not a government funded program.

Discounts may apply please enquire by calling the Centre or via email.



Top 5 online safety tips

- 1 Think of others' feelings before you post, like or share content.
- 2 Ask for permission before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3 Be an upstander Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not okay. Report and delete it.
- 4 Use privacy and screen time settings to take control of your digital life and its impact on your mental health.
- 5 Ask for help Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

serve & volley Tennis Coaching

Programs Offered

- All ages and playing levels welcomed
- Beginners through to Advanced
- Private, semi private or group lessons
- Squad Training for development and advanced players
- Development Coach Training
- Australian Open Ballkids Training
- Racquet re-stringing

Gavin Moreira

Mobile 0419 549 107

TCA Certified Club Professional and a Team of 3 Assistant tennis coaches ready to help you improve your game





Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

Mitchell Shire

Food Relief Organisation	Facebook or Website	Contact Details
Broadford Living and Learning Centre	Broadford Living and Learning Centre Facebook	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	Freedom Care Website	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	Love in Action Broadford Facebook Love in Action Wallan Facebook	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	Rotary Seymour Facebook	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	Salvocare Website	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	Wallan Gateway Website	7 Commercial Drive, Wallan Ph: 5783 2777 - Gateway Ph: 0491 075 404 - Foodbank

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Programs



MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Healthy Mind

An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



ParentWorks

Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

Aboriginal and Torres Strait Islanders



WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.