



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 8th April 2022

HOUSE COLOURS DAY!





April

Monday 25th

Anza Day Public Holiday

Tuesday 26th

First day of Term 2

May

Tuesday 10th May

School Tour

June

Friday 3rd

Conveyance Allowance Applications Due

Monday 13th

Queen's Birthday Public Holiday

Friday 24th

CSEF Applications Due

HAPPY BIRTHDAY

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

Ruby Thomas, Maddi Wilson, Alexandra O'Brien, Bridie Jones, Gemma Walker, Pheobe Rutledge, Chloe Taormina, Nicholas Harvey, Gill Gurleen, Summer Clayton, Gabrielle Clayton, Olivia Riley, Tayte Crute, Jeremy Stute, Zara Shelton, Kyla Reihana, Tarquinn Poorter, Dylan Galea, Ryan Bickerdike, Seth Leahy, Sienna Ward and Keanu Stanton.



Bus Zone

Please leave the bus parking zone on Lancefield Road clear at all times for buses to park. We have at least two buses daily that use the Lancefield Road bus zone. There is no car parking from the school crossing through until the disabled parking bays.



School Crossings

For the safety of all students, parents we ask all drivers to please stop at the Crossing Supervisor with their sign remain stationary until the Crossing



and our lovely Crossing Supervisors, school crossings when you see the pointing out towards the road and Supervisor is back on the footpath.

COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.



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 one. We can reflect with pride at how we have established solid learning routines and coped with all of challenges posed by quarantine and isolation. While this has been a challenge, once again our school community has worked through these circumstances together. I would like to thank all of our staff who shown amazing resilience and a "can do" attitude in dealing with the additional workload pressures that have arisen as a result 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 two.

House Colours Day

There was huge excitement at KPS today as all our students got involved in our House Colours Day. Our school was literally a sea of color as staff and students got into the spirit of the day by dressing up in their House Colours. It was also wonderful to see parents on site watching their children complete laps of our oval. Throughout the rest of 2022, we will continue to hold several exciting House events as building our House culture is an important school goal for us in 2022. I would like to thank our Specialist Team and our student leaders for all the effort they put into this great day. As you will see from the photos, the fun and enjoyment factor was huge!

Rapid Antigen Tests – Term 2

As mentioned in a letter to parents yesterday, Rapid Antigen Testing will continue for the first four weeks of Term 4. Students will bring home a further package of RATs for the first two weeks of Term 2. I would like to thank everyone for their positive support of this initiative -it has played a crucial role in keeping all schools as safe as they possibly can be.

Wishing everyone a wonderful break over the Easter period.

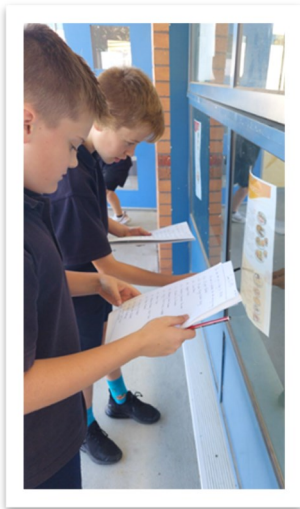
All the best,
Neil O'Sullivan
Principal



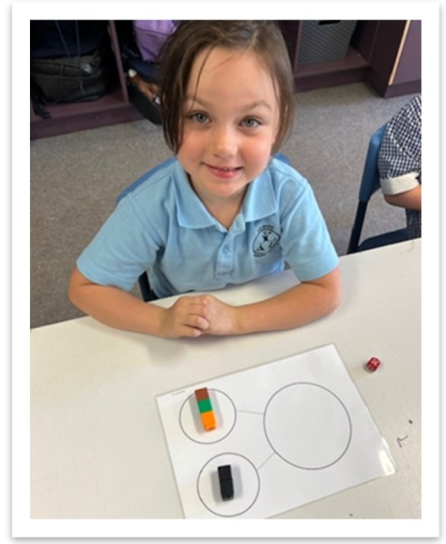
Mathematics News with Captain Marvel

MATHS IS EVERYWHERE!!

Grade 6 students were set a Mathematics Inquiry task this week. They had to apply their understanding of financial mathematics, addition, subtraction, and multiplication. Students were given a budget of \$10,000 to cater for an event. They needed to locate required food items on a range of available menus and calculate the cost. The task required collaboration and cooperation as they moved around the school to locate the required menu to find the given item and price. Some groups discussed their teamwork and mathematics strategies before beginning the task and other's dove straight in. It was great to see how engaged all students were! Students were given the option to use cash and rounded amounts or pay by card using exact amounts. There are some photos of teams working at the challenge below.



Foundation M students worked on correct number formation and representing addition as part-part whole. Students modelled the two addends (parts) of the addition problem using unifix and calculated the answer by combining the parts.



Grade 6 Students Showcasing Their Dioramas



SAT News

Student Leadership - Garden Ambassadors

Our Garden Ambassadors have been working hard to brighten up our yard. Here are some photos of them planting some succulents around our Astroturf. Please make sure you take the time to appreciate their handiwork.



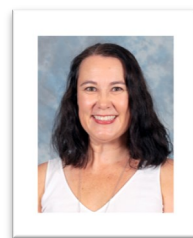
Be **KIND** Be **PROUD** Be **SAFE**

Be proud of our school

Always put your rubbish in the bin



Literacy update



Year 2 Poetry

The Year 2 students have been learning about rhyme and poetry. They wrote colour poems that had to include rhyming words. Here are some colour poems by 2M:



Writing Competition!

Entry is now open in the 2022 Schools Poetry & Short Story 'National Treasures' Writing Competition! Students all over Australia are invited to enter their 16 line poems OR 500 word short stories.

There is no theme. Entrants are encouraged to let their imaginations run wild and write on ANY TOPIC and in ANY STYLE. Students from ALL GRADES are welcome to enter.

Entry is FREE and all entries must be in by the closing date of **Friday 30th April 2022**.

Poetry Prizes

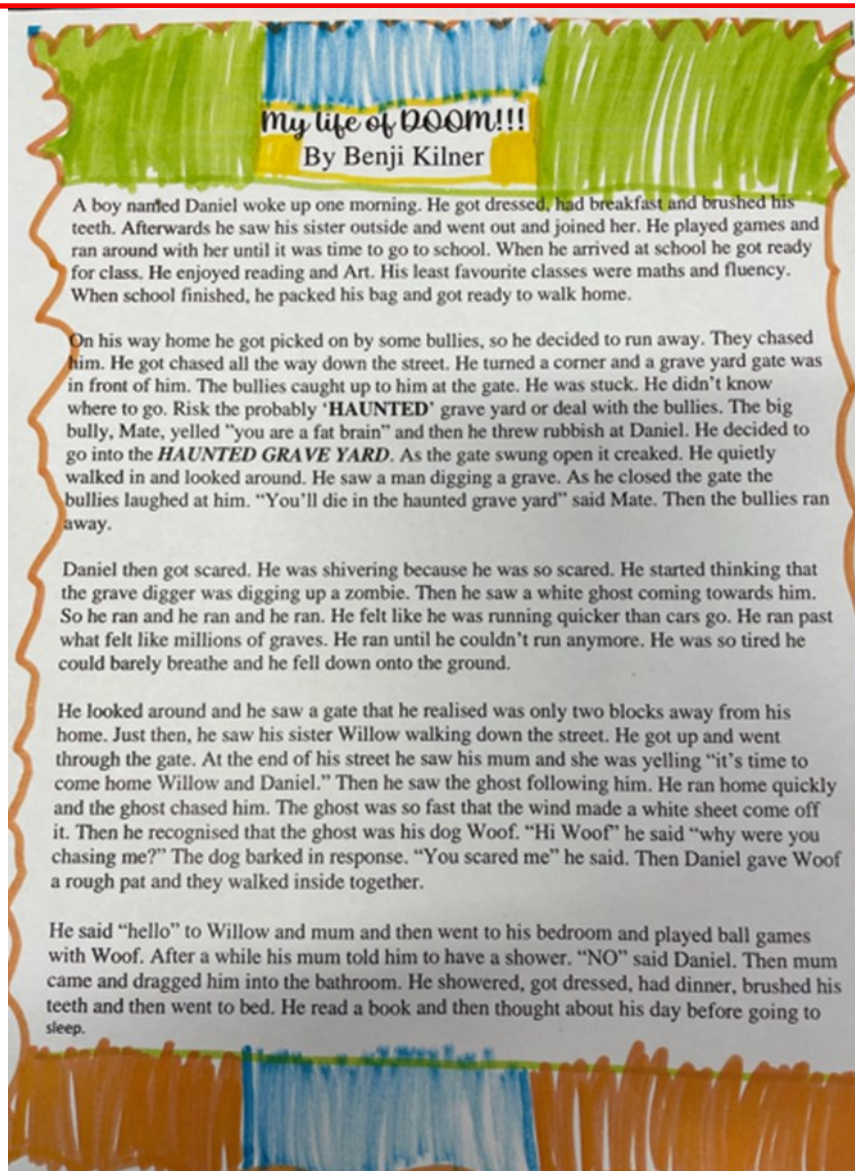
1st \$1,000 CASH, to be divided AUD\$500.00 to the school and AUD\$500.00 to the winning student, a copy of the competition keepsake anthology featuring their writing and YOUR CHOICE of a: \$500 Rebel Sport Gift Card, \$500 Apple Gift Card, \$500 JB Hi-Fi Gift Card, Nintendo Switch. 2nd \$250 CASH + Write4fun Stationery Gift Pack & Book. 3rd \$150 CASH + Write4fun Stationery Gift Pack & Book. 13 x Finalists Write4fun Stationery Gift Pack & Book

Short Story Prizes

1st \$1,000 CASH, to be divided AUD\$500.00 to the school and AUD\$500.00 to the winning student, a copy of the competition keepsake anthology featuring their writing and YOUR CHOICE of a: \$500 Rebel Sport Gift Card, \$500 Apple Gift Card, \$500 JB Hi-Fi Gift Card, Nintendo Switch. 2nd \$250 CASH + Write4fun Stationery Gift Pack & Book. 3rd \$150 CASH + Write4fun Stationery Gift Pack & Book. 13 x Finalists Write4fun Stationery Gift Pack & Book

For more details see www.write4fun.net

Here is Benji's entry. Good luck Benji!



Premiers' Reading Challenge



Kilmore Primary School will participate in the Premiers' Reading Challenge again this year! This year's theme is 'Discover a new chapter', which refers to starting an adventure with every turn of the page and starting a new chapter in a child's life.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: <https://www.vic.gov.au/premiers-reading-challenge>

Thank you to everyone who has registered already. If you would like to register for the challenge, please email Emma White: Emma.White@education.vic.gov.au

Have a great holiday,

Emma





IN TERM 2

Second Hand Uniform Sale

Gold coin donation, with all proceeds to go to State School's Relief Fund.

Sale will take place after school at the picnic tables (weather permitting).

More details to follow with date to be confirmed early Term 2.



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.

Visitors

Anyone remaining onsite at Kilmore Primary School for more than 15 minutes must sign in as a visitor at the office.

Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc

Connecting With Kimberly



The following services are available outside of school hours.

In the event of an emergency please call 000



I can be contacted via email: Kimberly.batsas-hill@education.vic.gov.au or 5782 1268 for any student and family wellbeing needs at any time.

Best,
Kimberly Batsas-Hill
Social Worker -Primary Welfare Officer

Kids Helpline



Ph: 1800 551 800

<https://kidshelpline.com.au/>

Parentline



Ph: 13 22 89

<https://parentline.com.au/>

Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188

<https://www.safesteps.org.au/>

Lifeline

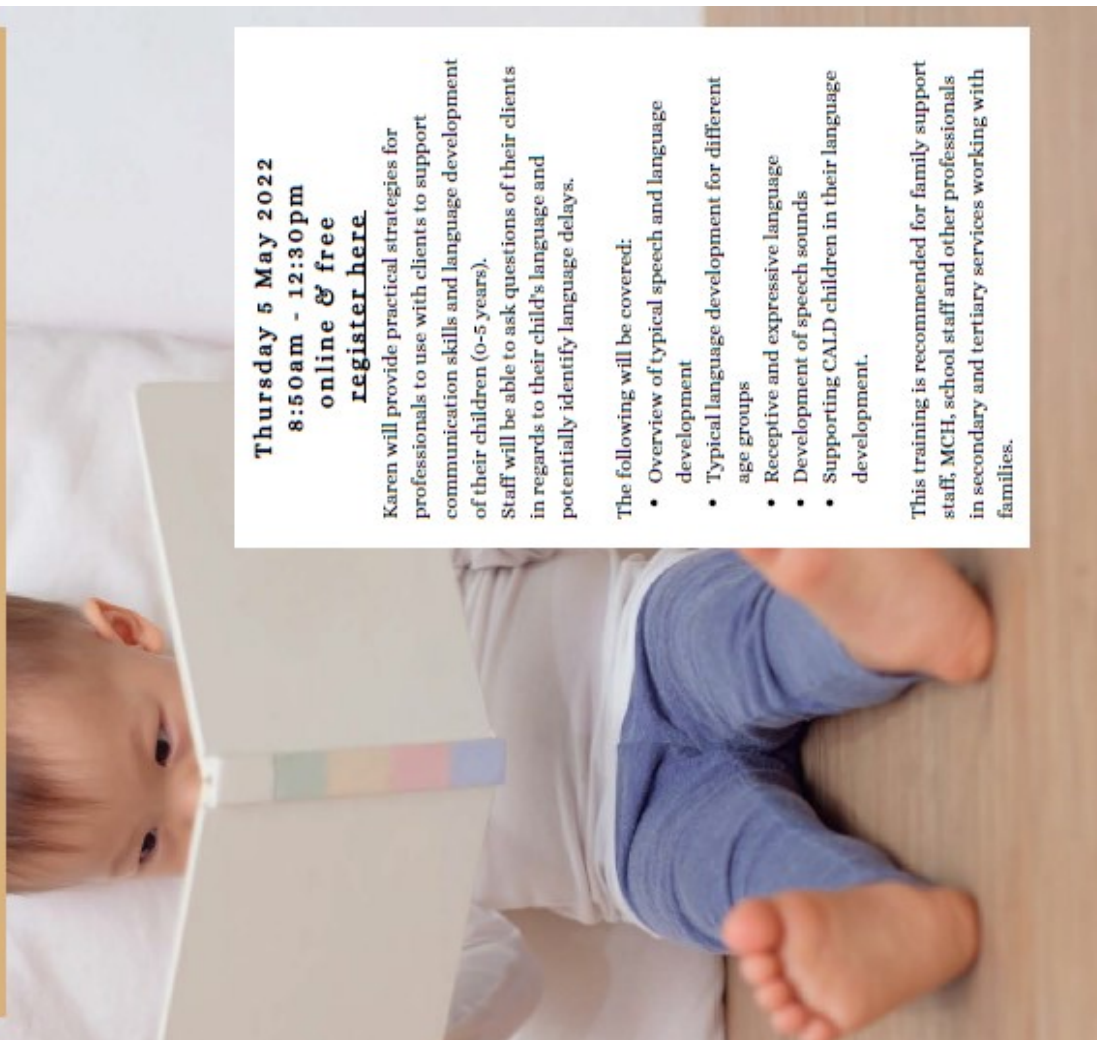


Ph: 13 11 14

<https://www.lifeline.org.au/>

Supporting Early Language Development

facilitated by Karen Speedy - speech pathologist



**Thursday 5 May 2022
8:50am - 12:30pm
online & free
register here**

Karen will provide practical strategies for professionals to use with clients to support communication skills and language development of their children (0-5 years).

Staff will be able to ask questions of their clients in regards to their child's language and potentially identify language delays.

The following will be covered:

- Overview of typical speech and language development
- Typical language development for different age groups
- Receptive and expressive language
- Development of speech sounds
- Supporting CALD children in their language development.

This training is recommended for family support staff, MCH, school staff and other professionals in secondary and tertiary services working with families.



Supported by the Goulburn Child and Family Services Alliance

GROUP MENTORING FOR CYCLE 2 2022 (AGES 8-22)

INTEREST-BASED GROUPS

- AFL
- Animal Crossing
- Anime
- Dinosaurs
- Disney ~ **NEW**
- Drawing & Art
- Dungeons & Dragons
- Gaming ~ **NEW**
- Harry Potter
- LEGO
- Marvel
- Minecraft
- Pokémon
- Screens, Tunes & Characters
- Sports
- Star Wars
- Transport ~ **NEW**

ADDITIONAL GROUPS

- I CAN Groups Ages 8-12
- I CAN Groups Ages 13-17
- I CAN Groups Ages 17-22
- I CAN Imagination Club® (not Autism-specific; ages 8-12)
- Groups for Autistic-LGBTIQA+ Teens & Young Adults

STARTING WEEK OF 2 MAY

www.icannetwork.com/online





OPEN DAY - COME VISIT US

Mitchell Kindergarten Services

Looking for a kindergarten in Mitchell Shire, come along and have a look at our range of kindergartens and meet our wonderful teaching teams.

Looking to enrol your child into a 3 or 4 year old kindergarten program in 2023? Then come visit our Mitchell Kindergarten Service facilities located across 11 sites in Beveridge, Broadford, Flowerdale, Kilmore, Pyalong, Wallan, Wallan East, Wandong and Seymour.

When: Saturday 30 April 2022, see QR or website for open day times

Kindergarten applications for 2023 can be submitted at www.mitchellshire.vic.gov.au, at our Customer and Library Service Centres, or by contacting the Children's Services Team on (03) 5734 6200.



For more information contact us:

Children's Services Team

t: (03) 5734 6200

e: admin.childserv@mitchellshire.vic.gov.au

w: www.mitchellshire.vic.gov.au





2022 Prep CSEF Uniform Package



Applications for the 2022 Prep CSEF Uniform Package are **now open** and can be placed via our [online application portal](#).

Information sheets for schools & families, plus the order form - can be found on our [website](#) and downloaded as required.

Please note the following;

- Vouchers issued will have an expiry and must be redeemed before the expiration date
- Once vouchers have been issued, we are unable to exchange items for "change of mind"
- Applications for this package will **close at the end of Term 3, 2022**

In order for a student to be eligible to receive the 2022 Prep Uniform Package the student must be a Camps, Sports and Excursion Fund (CSEF) recipient.

To find out more, visit the [Department of Education & Training website](#).

If you could kindly forward this communication to all relevant staff within your school, it would be appreciated.

Should you have any questions about this package, please contact our Applications Support team on 8769 8400 between the hours of 8.30am - 4.30pm, Monday to Friday or email us at :

contact@ssr.net.au

Mobile Phones

It is a Department of Education requirement that students hand their mobile phones in to the office each morning and collect at the end of each day.

The office has a locked mobile phone cabinet for this purpose (pictured).



FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS

FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **Changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



How to Build Resilience in Turbulent Times

Andrew Fuller
Clinical Psychologist, Author and Speaker



Turbulent times call for resilient minds. From COVID-19, the Ukraine invasion and rampant flooding, it's already been a tough start to 2022. As resilience is being tested, young people in our care are looking for support and guidance. This is a brief overview of ideas for how to talk to young people and each other about these times.

Little Kids

What we should look out for

At every age, we want to keep an eye on how people usually are and whether any changes seem to be occurring in multiple settings.

For example, a child who often shows some anxiety when their parents leave them at school or kindergarten but settles soon after their departure is less concerning than one who has a sudden increase in anxiety or fear and shows this when left at kindergarten or school and also when they go shopping with their parents.

- Clinginess
- Nightmares
- Stranger danger
- Nervy behaviours – rumbling tummies, unusual soreness, or heightened sensitivity.

What we can say

- Keep it simple. Fewer words are usually better.
- "Sometimes a person gets bossy and wants to tell others what to do"
- "Sometimes countries get bossy, and we need to help them learn a different way of doing things"
- "Our weather is changing, and we need to plan to make everyone safe"

What we can do

- Talk about how we can look out for and care for others.
- How we can be good friends
- What do we do when we feel angry – sort it out.

Middle Primary

What we should look out for

- School reluctance
- Wariness about some peers
- Odd theories and interpretations.

This age group can be susceptible to some unlikely conspiracy ideas. If this occurs, rather than disputing, do some research on the topic with them.

What we can say

- "I am someone you can talk to about this"
- "What have you heard or seen?"
- "There is a war, but it is a long way away and we will be safe"
- "We need to make sure our country is safe in the future"

What we can do

Show young people the distance between Ukraine and Australia (almost 12,000 km) on a map or even better on a globe of the world.

Walk with them for 1 km. Then ask them to imagine travelling for 12,000 km.

Ask them to work out if we could drive at 100 kms per hour how long would it take us to drive 12,000 km.

Upper Primary

What we should look out for

- We're all going to die – dooming and glooming
- Panic
- Feeling overly responsible

What we can say

- "How are you feeling?"
- Reassure (e.g. "I am not going to let you be hurt, we will stay safe")
- Don't be dismissive of fears or drama (even if they do seem over the top)
- Talk in terms of probabilities (frequency of weather events, the likelihood of Australia being directly involved etc.)

What we can do

- Look at forms of action.

Teens

What we should look out for

- Throwing in the towel – some teenagers can dramatically take a 'the sky is falling' attitude to adversity.
- Increased grumpiness
- Responses range from drama +++ to indifference

What we can say

- Ask them what they know.
- Ask them to research it themselves (generally, teens believe the information they access themselves more than they trust the information provided by others.
- If you can, share research findings together.

What we can do

- Show children the outpouring of help and aid sent to people in Queensland and New South Wales in the midst of the floods and the support offered.
- This is an opportunity to contribute to others. Ask teens to consider what they think would make a difference.
- Talk about what others are doing. For example, the support people provide for each other in flood-affected areas.
- Australia is accustomed to overcoming challenges – ask them what they think we could contribute to the world.

Ourselves

We also need to look out for changes in each other as adults. After everything that has happened, parents and educators can lose some of their usual sparkle. We need to connect, protect and respect one another.

What we should look out for

- People isolating themselves more than usual – either physically, emotionally or verbally.
- An increased rate of illness, despair or hopelessness.
- A tendency to furiously look after everyone else at their own expense.

What we can say

- "You matter to me"
- "I'm feeling worried about you"
- "How can I help?" If they say, they don't need help, say, "Ok so how can I help anyway?"

What we can do

- Check-ins
- Having a message that 'wellbeing is for everyone'.
- Developing a plan to contribute as a collective group.
- Teach people the RESOLVE method of conflict

Where to get help

- Headspace (ages 12–25) 1800 650 890
- Kids helpline (ages 5–25) 1800 551 800
- Lifeline (24/7 crisis support) 13 11 14
- BeyondBlue (mental health support) 1300 224 636
- Butterfly helpline (eating disorders) 1800 334 673
- Suicide Call Back service (all ages) 1300 659 467
- Mensline (24/7 counselling for men) 1300 789 978

theparentswebsite.com.au



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

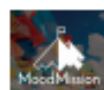
Online program for parents and caregivers providing evidence-based parenting strategies.



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.