



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 17th December 2021

CLASS OF 2021



Darnika-Jane
Ajder



Jasmine
Anderson



Judd
Anderson



Nicolas
Arico



Corey
Arnup



Edwin
Bentley



Jhett
Bentley



Riley
Browning



Jensen
Callick



Tyler
Carter



Sienna
Clark



Vander
Corcoran



Cooper
Cornish



James
Delany



Chase
Dennis



Montana
Densworth



Dustyn
Doody



Abbey
Drummond



Jordan
Fowkes



Caden
Galea



Hannah
Gibson



Georgia
Gidman



Gemma
Gwynne



Millie
Harper



Zak
Ivory



Aljaz
Javornik Nahtigal



Ryan
Jenkin



Jayden
Johnson



Charli
Keen



Tiama
Kondratowicz



Jayln
Kumar



Mia
Lees



Joseph
Lockwood



Tahlia
Macrae



Kabeer
Makkar



Sienna
Mann



Matilda
Marlow



Isla
McDonald



Bonny
McGivney



Rory
McKinley



Roman
Moser



Kassidee
Nelson



Charlotte
Nichols



Grace
Osmond



Alexander
Pardo



Lilly
Parsons-Parry



Zali
Patford



Mason
Peacock



Lachlan
Peggie



Mia
Phillips



Maddison
Pike



Madison
Rutledge



Lucas
Schipano



Lincoln
Schultz



Mehar
Shergill



Liam
Sherlock



Jersei
Short



Brooklyn
Smith



Maisie
Snell



Angel
Stanton



Elih
Stuart



Claire
Swift



Clare
Thomas



Cooper
Thompson



Hayley
Thompson-Boyd



Lucy
Wall



Layla
Ward



Jackson
Weir



Bella-Anne
Wilson



Isabella
Wong



Bree
Woods



Hong Kun
Yang



Mr Luke
Baniowski



Mrs Andrea
Evans



Mrs Fiona
Johnson

Time Together!

Today the whole school gathered together to celebrate the last day of 2021. House Captains soon got things organised and a great day was had by all. Lots of teamwork, fun, laughter and big smiles was seen by all.



February

Tuesday 1st

All students return to school

Monday 14th to Wednesday 16th
Grade 5/6 Sovereign Hill Camp

FROM THE ART ROOM

Now that art smocks are no longer communal on the art roomn, please use the time over Christmas break to organise an art smock for your child/ren. While a waterproof smock is preferred, an old t-shirt is suitable for most materials we use. Please ensure the smock you choose is easy for your child to put on and take off independently



HAPPY BIRTHDAY

Birthday wishes to the following students celebrating their birthday over the coming weeks: Zali Patford, Ava Williams, Amaya Yates, Sophie Pike, Caleb Buggy, Kody Dodds, Emma Thompson-Boyd, Mitchell Schleibs, Darnika-Jane Ajder, Cooper Cornish, Raine Adjer, Zane Short, William Naylor, Corey Arnup, Amelia Bell, Keeley Wall, Holley O'Brien, Tyler Atkins, Afizah Jameel, Peter Gold, Ruby Herbert-Allan, Will Heppell, Zachary Ryan, Rory Wicks, Blayze Bryan, Alyssa Peter, Naati Iftikhar, Jaric Fitch, Alex Downie, Seth Taylor, Seth Kranenberg, Nathaniel Fletcher-Seales, Elliot Tillotson, Alexis Connelly, Angel Stanton, Stevie Hogarth, Parker Schultz, Mackenzie Praag, Noah Davy, Claire Swift, Logan Saunders, Maddison Pike, Jasper Varcoe, Hunter Johnson, Madalyn Lockwood, Gemma Gwynne, Jordan Fowkes, Payton Schultz, Caleb Rowlands, Jaxon Herbert-Allan, Jade Shearer, Lucas Schipano, Alex Pardo, Susan Gulla, Lachlan Johnston, Seth Walker, Jade Russell-Oakley, Payton Mackintosh, Vanessa Willis, Oliver Russell, Oli Fandrich, Logan Rainey, Lara Rainey, Elora Munnings, Peyton Dunlop, Shylah Parker, Kassidee Nelson, Isobel Spargo, Nicholas Davy, Seth Dodds, Tristan Taylor and Rory McKinley



Bee Ticket Mystery Bonanza

As a mark of respect, I have made the decision not to publish pictures of our Bee Ticket Bonanza Day at this point in time. On behalf of the KPS community, I send my sincere condolences to the Hillcrest Primary School Community in Tasmania.

Julie Smith
Assistant Principal

Thank You To Everyone at KPS

At the end of an exhausting year for everyone, I would like to thank all members of the KPS community for how we have worked together to overcome the challenging circumstances that we have faced. Transitioning in and out of remote learning has been a test of everyone's resilience and endurance, however we can be proud of how we have made it through together. I would like to thank our office staff for the unceasing support they have provided for our students, teachers and families over the last 12 months. Our Education Support staff have been a priceless asset throughout remote learning, providing individualised support for students when it was needed most. Over the last 12 months our teachers have continued to demonstrate a "can do" attitude despite the challenges they have faced. Finally, I would like to thank all our parents and families for adopting a positive attitude throughout this difficult time. On the last day of the school year, we can proudly say "we made it through together again!"

2022 Student Leaders

At a special assembly on Thursday, we announced our student leaders for 2022. As part of the handover ritual, our 2022 school leaders were congratulated by the 2021 School Captains and leaders. Our leaders for 2022 are as follows:

- School Captains: Jasper Varcoe and Charlotte Watts
- School Vice Captains: Chayse Gould and Pearl Kaur
- Student Voice Leaders: : Ryan Bickerdike, Archer Briggs, Lachlan Berryman and Arjeetha Kumar
- Hume House Captains: Peyton Dunlop and Hunter Sapwell
- Hudson House Captains: Ruby Pratt and Noah Johnson
- Piper House Captains: Armani Bentley and Diesel Martin
- Mitchell House Captains: Jade Shearer and Cody Evans
- School Wide Positive Behaviour Ambassadors: Lily Sapwell, Marlee Marlow, Lillie Curcio and Lara Rainey
- Gardening Ambassadors: Cristina Mayo, Meisha Tate, Rorie Smith, Lachlan Hepper and Jeremy Stute

Grade 6 Graduation

On Monday night, our Grade 6 students celebrated the end of their primary school years during our Grade 6 graduation ceremony. It was wonderful that we could invite families to this special event and the atmosphere in our stadium was truly celebratory. I would like to congratulate all of our Grade 6 students on how well they have finished off the school year and wish them the very best with the next steps in their schooling journey. My thanks and gratitude to our Grade 6 teachers for working so hard to make the event come together so well.

Wishing everyone a peaceful Christmas with their families and looking forward to seeing everyone in 2022.

All the best,

Neil O'Sullivan
Principal



Kilmore Community Garden

Last Saturday, the Kilmore Community Garden had a plant sale and tree planting day .

An olive tree, which is represented in their logo, was planted in the centre of the garden and people from the community came together to discuss future plans for development.

There was an opportunity to begin to paint the raised garden beds, and our school was represented proudly by Corey from 6B who did a great job of designing an image for one of the beds.



COMMUNITY
GARDENS
AUSTRALIA

Sleep...Why is it so important? Are you or your teenagers getting any or enough?

Hello to our local partner primary schools,

We are pleased to invite our Assumption College community and our wider primary school community, to attend an online course presented by our Wellbeing team.

Families who are interested please register to attend.

Sleep...Why is it so important? Are you or your teenagers getting any or enough?
What stops a good night sleep?

So many questions on something so fundamentally important to our wellbeing. The ACK wellbeing team will be presenting an informative online session to answer these questions and provide advice, suggestions, and sleep tips to get you back into a good sleep routine.

Start the 2022 school year on the front foot!

Parents, Carers, Students, Staff all welcome.

Date - Wednesday the 16 February 2022 6pm-7pm.

To book your free place visit <https://www.trybooking.com/BVWYS>

With thanks,



KYLIE LAWTEY | Community Relations and Enrolments Officer

a Sutherland Street, Kilmore VIC 3764

p PO Box 111, Kilmore VIC 3764

t 03 5783 5000 | **d** 03 5783 5361 | **m**

w www.assumption.vic.edu.au

Proudly on Taungurung Country



Congratulations to
Mrs Sibbison and her
husband Aaron on the
early but safe arrival of
their handsome son,
Zayd Orion.
Born 13/12/2021

Connecting With Kimberly

Kilmore pantry supplies: Thank you to the families who have continued to support Kilmore Pantry Supplies. This initiative has been able to continue with our generous donations by families. A special mention to Jodie Cloke and Jill Pafford for continuously helping pack and distribute our hampers. Kilmore Pantry Supplies, Random Acts of Kindness initiative will continue in 2022. If you would like to donate pantry items or nominate a family to receive a hamper, please contact me via email on kimberly.batsas-hill@education.vic.gov.au

2022 Group Programs: Richie and I have been busy facilitating and coordinating a range of small group and whole cohort programs for next year. We are really excited for these initiatives and we have some great opportunities scheduled. If you feel like your child may benefit from a social and emotional group next year, please contact me via email about this.

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/>

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/>

Wishing you all a lovely break

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



**KILMORE
COMMUNITY
CENTRE**



- Occasional Care / 3 Yr Old Kinder Program (Enrolments open and places available for 2022)
- Playgroup
- Yoga
- Meditation
- Gardening Course - new in 2022
- Social Functions



38 VICTORIA PARADE KILMORE - Enquiries - Please phone Madeline 5782 2319

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 this Friday. We congratulate for this week:

Foundation E — Robin Bhanot	Grade 2K — Coby Rowlands	Grade 5F — Jasper Varcoe
Foundation J — Antonius Gulla	Grade 2S — Cooper Parkinson	Grade 5H — Lara Rainey
Foundation M — Zara Schultz	Grade 2T — Charlotte Steele	Grade 5M — Chelsea Dwyer
Foundation R — Charlotte-Faith Gazzara	Grade 3A — Lilliana Arnott	Grade 5O — Jade Shearer
Grade 1H — Archie Gould	Grade 3R — Jaric Fitch	Grade 6B — Lachlan Peggie
Grade 1M — Isabel Spargo	Grade 3S — Abigail Watts	Grade 6E — Grace Osmond
Grade 1N — Caleb Hallam	Grade 4F — Oscar Pearson	Grade 6J — Lincoln Schultz
Grade 1S — Emmerson Beaumont Darcie Britton	Grade 4M — Abigail Mecklem	
Grade 2D — Skyla Reid	Grade 4V — Zoe Roberts	

SCHOOL UNIFORMS

We can't stress enough how important it is to place your School uniform orders NOW for 2022. COVID has placed huge demands on Australian imports & therefore product on hand, take advantage of our deposit free layby..... no payment required at the time



you place an order, ~ but please place an order, & AVOID DISAPPOINTMENT just let us know what you'd like & we will have it ready in January.

Phone & email orders welcome



~ Please don't wait till the last minute ~



**Congratulations to our
2022 Grade 6
Student Leaders**





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

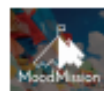
Online program for parents and caregivers providing evidence-based parenting strategies.



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.

1st Kilmore Scouts Christmas Tree Sales 2021



Order online

www.trybooking.com/BUVAF

Pick up or delivery

Eftpos available

Pick up and sales; 94 Sydney st, Kilmore
December 4th, 11th, & 18th
10am onwards

PRESENTED BY THE PUSH & TRIPLE J UNEARTHED



TICKETS
\$20+BF

**20 ALL-AGES EVENTS ACROSS REGIONAL
& OUTER-SUBURBAN VICTORIA**

ALEX LAHEY • ALICE SKYE • ALLDAY • THE CHATS
DALLAS WOODS • JK-47 • KAIT • KIAN • MALLRAT
MLBRN • NINAJIRACHI • THE SMITH STREET BAND
SYCCO • TEENAGE JOANS • THELMA PLUM

→ LINEUP VARIES AT EACH EVENT

4 FEBRUARY - 27 MARCH 2022

FULL LINEUPS, LOCATIONS & TICKETS AT THEPUSH.COM.AU



This is a fully supervised, drug, alcohol and smoke-free tour. No ponies.



Community Christmas Carols

Kilmore

DECEMBER

SATURDAY

18

2pm
til
6pm

LET'S CELEBRATE

Hudson Park
Kilmore

... Food, music and fun for the whole family ...

Christmas carols
Live music
Market stalls
Entertainment

Bring your own picnic or
purchase at local food vendors



Visit from Santa
Kilmore Miniature Railway

www.mitchellshire.vic.gov.au

Presented by



with support from



Special thank you for funding from Victorian Government