

Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 15th December 2023



Class
of
2023



Good luck for your future education

Grade 6 Funfields Excursion

















End of Year Thank You

At we close in on the end of the school year, I would like to thank all members of the KPS staff for their dedicated work in supporting the education and wellbeing of our students. 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 the year, providing individualised support for students. Over the last 12 months our teachers have continued to demonstrate high quality teaching and wellbeing practices which were recognised and celebrated during our Term 1 School Review. The work of our school's Leadership Team was also celebrated during our School Review and I would like to thank them for how well they are leading our school improvement work across their various portfolios. Finally, I would like to thank all our parents and families for adopting a positive attitude throughout the challenges of the last 12 months.

Grade 6 Graduation

This time of year in schools is very much a case of "beginnings and endings." On Wednesday night, our Grade 6 students celebrated the end of their primary school years. It was wonderful to see so many of our families attend this special event and the atmosphere in our stadium was truly celebratory. We also had a very large number of viewers access our livestream on the night. 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. Today, our Grade 6 students are enjoying an end of year excursion at Funfields as they celebrate the last days of their time together at KPS.

Student Reports and 2024 Grades

Today students will bring home an envelope containing their student reflection on Semester 2 and a letter identifying their 2024 class teacher and classroom. Reports will be released on the Compass portal from 4pm onwards.

Swimming Carnival

Yesterday we held the first day of our end of year swimming carnival. The event was a huge success and our students enjoyed the aquatic activities enormously. Congratulations to Mrs. Nelson, Ms. McCredden, Mrs McKee and Mrs Sloane on all of the planning and preparation they put in to organizing the day – it was truly wonderful to see so many smiles on the faces of our students at the event and during our follow up BBQ lunch back at school. The second day of our carnival takes place on Monday and I am sure that our students from the Ngarrat and Guwiyap houses will also have a great day.

End of Year Reminders:

Finally, a few important reminders for the last three days of the school year. Our Christmas Concert takes place on Tuesday from 6pm to 7pm and we are looking forward to a big attendance on the night. Tuesday will be the last day that our students will spend with their 2023 teacher as Wednesday will be a Professional Practice Day for our classroom teachers. On Wednesday, students will have an alternative learning program with our Specialist Team and other school staff. Our end of year dismissal time will be 1.30pm on Wednesday, December 20th.

Finally, as this is our last newsletter for 2023, I would like to wish everyone a peaceful Christmas with their families and I look forward to seeing everyone again in 2024.

All the best,

Neil O'Sullivan Principal

··· What's ··· Happening

December

Monday 18th
Swimming Carnival—Guwiyap V Ngarrart

KPS Christmas Raffle, last day for donations —refer page 5

Tuesday 19th

Christmas Concert

Wednesday 20th

Last day of School Year—1.30 PM finish

January 2024

Wednesday 31st

First day of Term 1

February

Thursday 15th - 2nd Round Orders Due for 2024 Grade 6
Jacket & Polo orders (refer page 9)

SICK BAY LINEN ROSTER

December

20th Susan Moore



HAPPY BIRTHDAY

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



Lina Gorsuch, Isla Sazegar, Ava Williams, Sophie Pike, Caleb Buggy, Aashna Raj, Kody Dodds, Nash Dyer, Emma Thompson-Boyd, Keely Allingham, Jhett Orani, Tyler White, Afizah Jameel, Daelyn Crute, Oscar Minnitt, Zachary Ryan, Rory Wicks, Lucy Thomas, Caleb Rogan, Alyssa Peter, Chelsea Rhodes, Jaric Fitch, Wyatt Wigg, Alex Downie, Seth Kranenburg, Annastashia Fallon, Nathaniel Fletcher-Seales, Stevie Hogarth, Parker Schultz, Maxi Praag, Noah Davy, Harper French, Alyssa McNab, Logan Saunders, Hunter Johnson, Madalyn Lockwood, Zenith Toseland, Payton Schultz, Caleb Rowlands, Willow May, Nancy Ware, Lachlan Johnston, Seth Walker, Jade Russell-Oakley, Vanessa Willis, Nate McMaster, Harven Diatz Cruz, Oli Fandrich, Oliver Russell, Isabel Spargo, Nicholas Davy, Seth Dodds, Riley Brill, Axel Jensen and Blake Francis.

Facebook

As Facebook is not always monitored by staff, please direct anyquestions/queries/concerns to the school directly via

<u>kilmore.ps@education.vic.gov.au</u> or by calling the office on 5782 1268.



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.



2024 Book List/Stationery Packs—Please check your emails

Families have been emailed a link via Compass for ordering 2024 Book Lists. Please remember to order for your child's 2024 class. The email incudes our future Foundation students for 2024.

You can also view the booklist/stationery packs on our Kilmore Primary School website: https://www.kilmoreps.vic.gov.au

Go to Parents tab—2024 Stationery Packs and select the year level for 2024.



KPS CHRISTMAS RAFFLE



Any <u>**DONATIONS**</u> people would like to give to go into the Raffle prizes can be given to the office before the Concert day on Tuesday 19th December (this is when the Raffles Prizes will be drawn)

Tickets can be purchased on the night of the Concert (We will have a table set up near stadium)

For purchases before the concert you can buy from Liz before or afterschool in the library on the following dates:

Wednesday 29th Nov Monday 4th December Wednesday 6th December Friday 8th December Friday 15th December

KPS has been donated 2 large portable basketball rings! These will be 1st and 2nd Prize in the Raffle along with some smaller prizes also































Elf has been trying to stay out of the rain this week and has been paying in the Christmas decorations in the office





Grade 6 Jacket and Polo Ordering

Families of Grade 5 students will have been emailed via
Compass an order form for 2024 Grade 6
Jacket and Polo's.

First round orders have closed. Second round orders are now due 15 February 2024 for delivery to KPS before end of term 1 in 2024.

(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.

REMINDER TO WEAR YOUR HAT

All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Basketball or peak caps are not considered a suitable alternative.

Please note the school does not sell hats. You can purchase your hat from All Things Uniform, Broadford.





Drink Bottles

Reminder all students need to bring a drink bottle to school.



THE RUBIKS RUMBLE

SPEED COMPETITION!



On Wednesday at lunchtime, students competed in a speed cubing competition and three of our fastest cubers went head to head in a nail biting race to see who could solve their cube in the fastest time. There was a big crowd of excited onlookers as Sanaj in grade 6 and Oliver and Brayden in grade 5 raced to solve their cube. It was a close finish with Oliver coming in first and solving his cube in just 36 seconds!

FUN FACT: The fastest solve of a 3x3x3 cube is 3.13sec by Max Park (USA) set this year!



LIBRARY NEWS!



IMPORTANT!

PLEASE RETURN ALL LIBRARY BOOKS NOW!

Dear Families,

Its that time of year when we ask that ALL library books be returned to the school. If you received an overdue notice, please help your child/ren look for the book/s at home and in your child's belongings and return as soon as possible. Please feel free to write me a note on the notice and return to school for me to action appropriately. Also, you are welcome to contact me if you have any concerns or questions: elizabeth.simner@education.vic.gov.au. Thank you! Liz – your Library







There's no need to be without books over the holidays!

Your local library will be open throughout the holidays and is even open on weekends! Joining the library is free and will give you access to resources across the entire state of Victoria. You can borrow books, magazines, DVD's plus more! There is also online access to e-books and magazines. The library has computers and printing services as well as running a variety of activities throughout the year. Its definitely worth a look!

TOP TIP: if you feel like going farther afield, the Craigieburn library is a wonderful space to explore with an even wider range of resources and plenty of spaceS to stretch out for the whole family!

Connecting With Kimberly



'Tis the season to remember those who...



- Have lost a loved one
- Are struggling financially
- Have had a tough year



- Don't feel safe at home
- Are working through the holidays
- Are spending the holidays alone



- Are unwell over the holidays
- Are experiencing stress



Tis the season to be asking TM CONTROLL OF THE SEASON TO BE ASKING THE SEASON TH

Get tips at ruok.org.au

Connecting With Kimberly



Sunday	Saturday	Friday	Thursday	Wednesday	Tuesday	Monday
Ask someone who has experienced loss this year how they'd like to acknowledge it over the holidays.	2	Grab a cuppe and have a chat with someone you know who has had a tough year.	endar of nection) (*)
10	9 Organise a pionic to bring people together and connect.	*	P. Extend an invitation to someone who will be alone this Christmas.	6	Organise a Kris Kringle featuring handmade gifts or acts of kindness.	
Have a virtual catch up with someone you can't see in person.	16	Think about who in your world might be finding this time difficult and ask them, "Are you OK?"	14	Oheck in with a colleague before they go on break.	12	Team up with friends to volunteer at a local organisation.
2	Remind your friends that helplines, such as Lifeline (131114), are operating 24/7 over the holidays.	22	Suggest a 'walk and talk' with someone you know who usually finds the holidays tough.	20	Drop off a meal for a friend or family member.	18
Suggest a device break and head outdoors with a friend for some fresh air.	30	Ask a friend who's working over the holiday period how you can support them.	28	Check in with a friend who's been struggling to see how they're tracking.	26	Send a text to let someone know you're thinking of them.



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://

551 800 Ph: 13 22 89

https://

Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188 https:// www.safesteps.org.au/

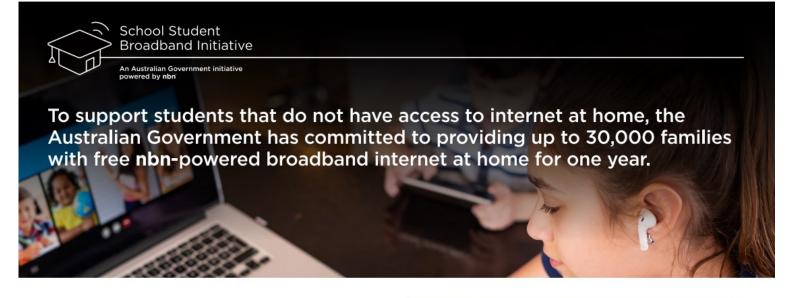
Lifeline



Parentline

Ph: 13 11 14

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



You may be eligible for the School Student Broadband initiative (SSBI) if you:

Have a school-aged child

Have no active **nbn** connection or have not disconnected in the last 14 days

Live in a premise that is serviced by the **nbn**



Scan the QR for more information.

To check your eligibility:

- Contact the National Referral Centre on 1800 954 610 (Mon-Fri, 10am-6pm AEDT)
- www.anglicarevic.org.au/student-internet

Callback and webchat functions are also available via the website.



Translating and Interpreting Services are available.



An Australian Government initiative powered by nbn'

To support students that do not have access to internet at home, the Australian Government has committed to providing up to 30,000 families with free nbn-powered broadband internet at home for one year.

You may be eligible for the School Student Broadband initiative (SSBI) if you:

Have a school-aged child

Have no active **nbn** connection or have not disconnected in the last 14 days

Live in a premise that is serviced by the **nbn** network.



Scan the QR for more information.

To check your eligibility:

- Contact the National Referral Centre on 1800 954 610 (Mon-Fri, 10am-6pm AEDT)
- www.anglicarevic.org.au/student-internet

Callback and webchat functions are also available via the website.



Translating and Interpreting Services are available.



School orders - DUE NOW



ONLINE ORDERING AVAILABLE



afterpay&

Place orders prior to Christmas to avoid any supply disappointment in January

http://kps.allthingsuniform.getworkgear.com/





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



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).



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.



Practical tools, support and moderated forums to

help youth get through everything from everyday issues to tough times.



Black Dog

The BRAVE Program

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



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

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.



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



MvCompass

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.



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.



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



ParentWorks 4 8 1 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



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.



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

Aboriginal and Torres Strait Islanders



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



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















Info / Rob - 0419 142 297

BYO CHILD, MOTORBIKE, HELMET, BOOTS & SAFETY GEAR

Proudly brought to you by the Goulburn Valley Motor Cycle Club Inc

UNDERA-KHANA COME & TRY DAY

ENTRY LEVEL MOTORCYCLE EVENTS THAT ARE SUNDAY 17TH DECEMBER

FUN, SAFE & EDUCATIONAL

Ages 4 - 16years

NO LICENCE NEEDED

9am - 1pm

(BBQ lunch & drinks available)

UNDERA PARK SPEEDWAY COMPLEX 1915 ECHUCA ROAD UNDERA





Golf Scholarships for Junior Girls - Now Recruiting

Kilmore Golf Club (KGC) has obtained funding from The Australian Golf Foundation (AGF) to support **six girls** to pursue their golf. **Scholarships are open to girls aged 9 to 16** and the program aims to retain their participation in golf by giving them a shared golf experience. Girls new to golf can also apply for the program if they demonstrate a commitment to learning the sport.

This is a terrific opportunity, the girls receive 24 coaching sessions in total, 8 sessions per term during 2024. Coaching sessions will be run by our nominated coach on Saturdays at Kilmore Golf Club in Anderson Street Kilmore.

Participants also receive a one-year junior club membership that carries playing rights, to encourage the girls to participate in club competitions and obtain a handicap. They will also be given a cap and golf shirt to wear, showing that they are part of this program.

The Scholarship program is part of a national campaign to get more girls playing golf. Along with over 160 other golf facilities across Australia, Kilmore Golf Club will be working closely with golf's national body Golf Australia throughout 2024. A total of six scholarships will be available at Kilmore Golf Club for the 2024 year.

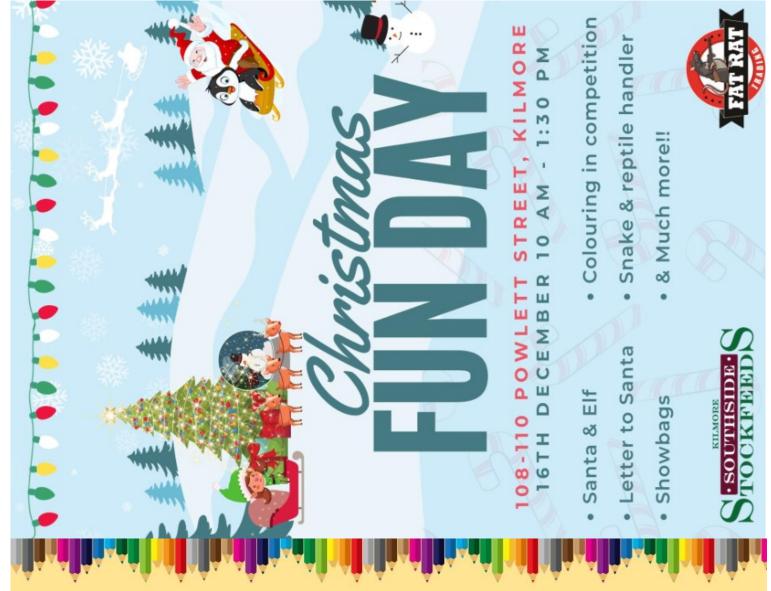
All we ask is that applicants display a desire and willingness to improve their golf skills, obtain a handicap, play in club competitions (or at least social play) and engage in any extra-curricular activity that fosters friendships between scholarship holders.

For further information and to register your interest, please contact Bea Lay 0437 712 973 or Helen Dennett 0407 542 949. Alternatively please apply by leaving your name, email and phone number on email info@kilmoregolfclub.com.au or call (03) 57821123.



wallan CHAMBER OF COMMERCE INCORPOR

SATURDAY 16 DEC HUDSON PARK KILMORE



COLOURING COMPETITION

I Entry per child.

Entries close on December 16th at our Christmas Fun Day.

Winner will be drawn and contacted on December 19th.

Please leave a name and contact number on the back.

Head in to Fat Rat Trading or Southside Stockfeeds to

choose your colouring!









