



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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P 03 5782 1268 F 03 5782 1553 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

Friday, 29th April 2022



May

Wednesday 4th May

Mother's Days Stall (refer page 8 for details)

Tuesday 10th May

Mother's Day—Special Persons Breakfast (refer page 17 for details)

School Tour (refer page 9 for details)

Friday 27th May

Curriculum Day — Pupil Free Day

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 week
Mason Montagnese, Phoebe Smith, Grace Laffan, Abby Watts, Bryden Morgan, Harper Wade and Logan Mackintosh



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.



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 soon.



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 and our lovely Crossing Supervisors, we ask all drivers to please stop at the school crossings when you see the Crossing Supervisor with their sign pointing out towards the road and remain stationary until the Crossing Supervisor is back on the footpath.



Welcome Back to Term 2

Thanks and Gratitude: ANZAC Day Commemoration

On Wednesday morning at 10.30am, our whole school gathered around our flagpole to commemorate ANZAC Day. I would like to thank all our students on their respectful behaviour and congratulate our School Captains on how well they led the ceremony. In preparation for the ceremony, all of our students undertook lessons on the meaning and significance of ANZAC Day within Australian history and each class placed a wreath at our flagpole. On ANZAC Day itself, I was very proud of all of the students who marched with me to represent Kilmore Primary School at the ANZAC Day march – it is wonderful that our students are so committed to honouring our national history and I would like to thank all of the parents who attended also.

Welcome to Mr Kiddle

As many people will be aware, our current Assistant Principal, Mrs Samantha Rebecchi, will be taking family leave in the coming weeks. At the conclusion of our recent recruitment process, Mr David Kiddle has been appointed to the Assistant Principal position. Mr Kiddle is very familiar with KPS having worked alongside some of our teachers over the last 12 months in his role as a visiting Leading Teacher with the Department of Education. Mr Kiddle is delighted to have joined the KPS team and I would like to warmly welcome him to KPS. An introduction from Mr Kiddle will be in next week's newsletter.

Classroom Helpers Program

After two years, we are delighted to be able to welcome Classroom Helpers back into KPS. If you are interested in participating in our Classroom Helpers program, please complete the survey which can be accessed at the bottom of this section. Once we have collected sufficient responses, we will make contact with you to arrange an induction session. Please note that volunteers will need to hold a valid Working With Children's Check and fulfill vaccination requirements.

<https://forms.gle/MvRPNKrL7QR9NH1k6>

COVID Safety at KPS

At the start of Term 2, there have been many more smiles on display at KPS with the news that staff and students are no longer required to wear face masks. While we welcome this change to the guidelines, our school will continue to be vigilant with its COVID Safe practices. All of our students will continue to practice daily hand sanitising and we will also continue to provide additional daily cleaning of high touch surfaces in our school.

Mothers' Day Stall

On Wednesday, our students will have the opportunity to purchase a gift for one of the special people in their lives by visiting our Mothers' Day stall. As we return to more "normal" school arrangements, we are looking forward to bringing back all of our special days and rituals. In the following week, we will be holding a breakfast for our KPS mothers and I would like to thank all of our Parents and Friends association for their work in co-ordinating these events.

2022 Curriculum Days

All schools are provided with four annual Curriculum Days (student free days) to allow them to focus on teacher professional learning, student assessment and report writing. Our next Curriculum Day is scheduled for Friday, May 27th. Our final Curriculum Day for 2022 will be held on Monday, October 31st.

All the best,

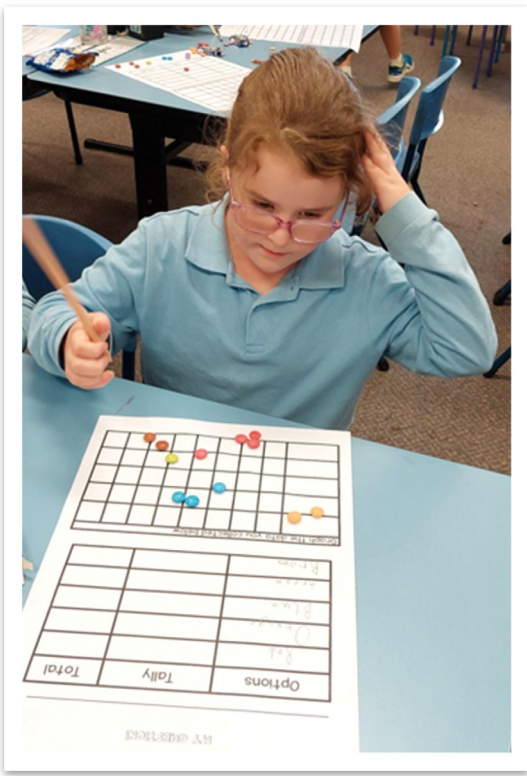
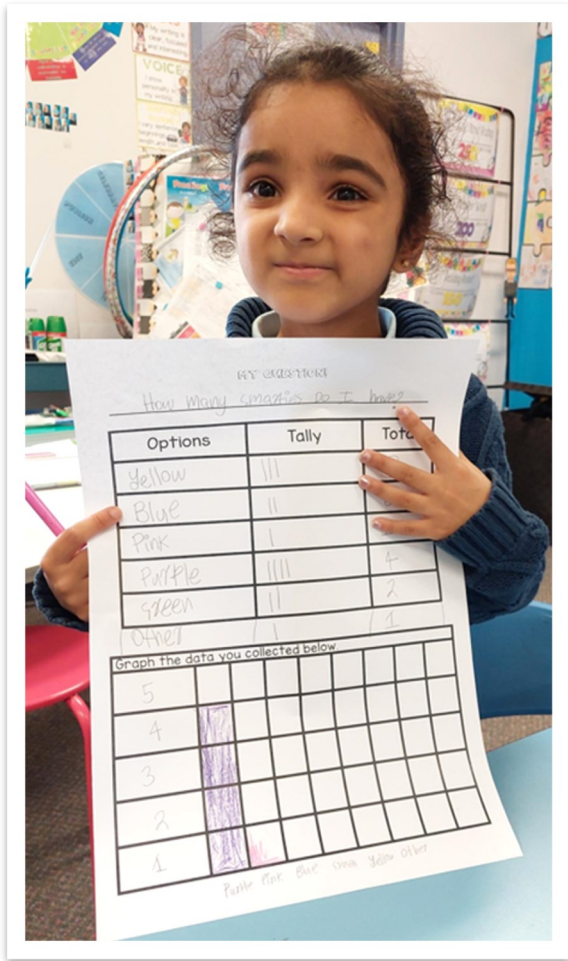
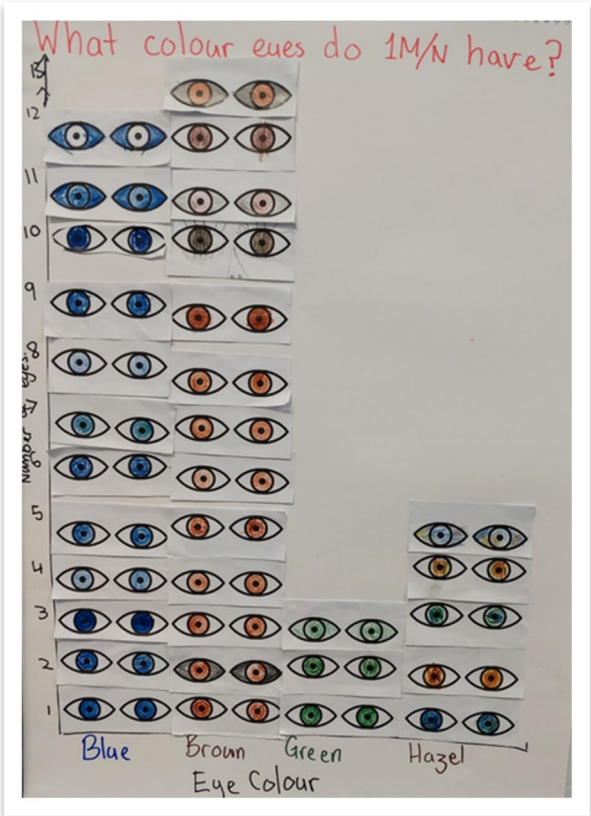
Neil O'Sullivan
Principal

Mathematics News with Captain Marvel

Grade 1 students have been exploring the Statistics and Probability area of our Mathematics curriculum this week. They had a lot of fun creating a graph of student eye colours. Can you tell which colour is most frequent in 1M and 1N?

After this, the next data set they looked at was Smarties! Yum! Who knew you could do maths with food?

They had to sort the colours in their box, create a table to show how many there were for each colour, use tally marks to represent the total and then create a graph. You can see some of the students working hard on their task in the photographs below.



SAT News

Reminder of our upcoming SAT Bread Bag Recycling Program

This year the SAT will be collecting Bread Bags! We have registered for the Wonder Recycling Rewards Program. This program has great environmental and school benefits. We can help the environment by reducing waste and help our school by collecting points that can be used to purchase new sports equipment. We are also in the running to win some play ground equipment.

The program kicks off on the 30th of May but we can start collecting at home before then to boost our collections. All you need to do is keep any bread bags at home and bring them into school when our recycling boxes arrive in Term 2. Last year with your help we collected around 15kg of bread tags. Hopefully this year we can reach **25kg of bread bags!** Some key information is below and we will post more information when it is available. For further information ask your S.A.T representative or Mrs Rowe.



	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
REGISTRATION		14/3 -8/4									
STARTER PACK DELIVERY				25/4 -27/5							
COLLECTIONS				30/5-9/9							
FINAL TALLY IS COUNTED											
REDEEM SPORTS EQUIPMENT											
SPORTS EQUIPMENT DELIVERED TO SCHOOLS											

TWO RECYCLING REMINDERS

It's important that items being recycled are not contaminated with other products and are as clean as possible. Here's a quick checklist for you:

What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process but they do not need to be washed.



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

Be proud of our school

Always put your rubbish in the bin



Literacy update

Writing Competition!



National Treasures Writing Competition 2022

ATTENTION!! ATTENTION!! The
2022 Poetry & Short Story
Competition, 'National Treasures',
is NOW OPEN!! Enter your best 16
line poem OR 500 word or less
story to be in the running to WIN
the great cash and prizes on offer!
**EXTENDED (from 30 April) now
closes 8 May!**

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 **Sunday 8th May**.

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

Have a great week

Emma



Connecting With Kimberly



Ditto's Keep Safe Adventure Incursion

On Tuesday, Foundation to grade 2 students participated in the Ditto Keep Safe Adventure incursion program facilitated by Bravehearts. Ditto's Keep Safe Adventure is a personal safety program that utilises age appropriate song, language, and dancing about keeping safe.

Ditto has three Rules:

1. We all have the right to feel safe with people
2. It's ok to say no if you feel unsafe or unsure
3. Nothing is so yucky that you can't tell someone about.

Further information about the Ditto Keep Safe Adventure Program and Bravehearts can be found here: <https://bravehearts.org.au/keepsafe>

eSafety's Guide to Parental Controls

The eSafety Commissioner is offering a free webinar for parents and carers on how to set up devices and apps to keep young people safe online.

The one-hour event will be held on three occasions throughout the month of May. The webinar will cover: the benefits and limitations of parental controls, how to safely set up popular games, apps and devices and other parenting strategies to manage online risks.

Session dates and times are:

Tuesday 10th May, 7:30-8:30pm

Tuesday 19th May 12:20-1:30pm

Tuesday 31st May 12:30pm-1:30pm

Registration to the above sessions can occur here:

<https://register.gotowebinar.com/rt/8442552073867182349>



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

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/>

Ditto's Keep Safe Adventure Incursion



Mother's
Day Stall

WEDNESDAY 4th MAY

Items to be priced \$1 to \$5.

Students will attend the stall with their classroom teacher.

Students please bring a named bag to carry their purchases home.

School Tours

Term 2, 2022

Tuesday 10th May 9:30am
Wednesday 25th May 9:30am
Thursday 9th June 9:30am



Please scan the QR code above to select your preferred date



Kilmore Primary School

35 Lancefield Road, Kilmore (office entry is via Sutherland Street)

Ph 03 5782 1268

Email Kilmore.ps@education.vic.gov.au

STANDING WITH UKRAINE

I have been saddened to see all the innocent children of Ukraine leaving their homes. Please help me raise funds for them.

By buying one of my scrunchies you can wear it and help show your support.

All sales will go to:

SAVE THE CHILDREN

*I hope to raise \$140 which will:
"provide a family who has fled their home with food for a month"*

Thank you

Tilly B

55

Scrunchies

to help the

Children

of

Ukraine

\$3 Small

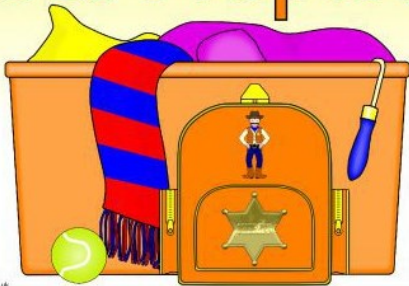
\$5 Large

Students interested in ordering a scrunchie, please put your name, class and money into an envelope and hand deliver to the office.

Scrunchies are made to order and turn around times may vary.



Lost Property



We have had some precious lost property items handed into the office. These items include such things as a watch, wallet and purse etc..

If your child has lost any of these items please see the office about getting them returned.



Thank you and good luck Miss Davies for the future at your new school.

All the best to Shavitha whilst on leave.





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.





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

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



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

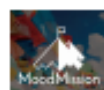
Online program for parents and caregivers providing evidence-based parenting strategies.



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.

Mother's Day/ Special Person Breakfast

on Tuesday 10th May from 8:00am in the stadium

Celebrate with us and make your mum/special person
feel special!

We will be serving egg and bacon rolls, croissants with
jam or honey and cereal

Please RSVP via the below link by Friday 6th May

<https://compasstix.com/e/ah5l4ne7pz>





A FREE seven session program for fathers of 2 -12 year old children

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

Tuesdays 6pm - 8pm
starting 3 May - 14 June 2022
Online

Call FamilyCare's Central Intake 1800 161 306 to register your
place or [register online here](#)



This workshop is for parents and/or carers in the Goulburn Region
(Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)

BROADFORD
SECONDARY
COLLEGE
TUESDAY 10TH
MAY

Open Night

Tours start from 4.30pm through to 7.30pm.

Bookings essential <https://www.trybooking.com/BYSWXT>

Our Vision

To give every person, every opportunity, every day

- . An innovative 7/8 programme catering to individual needs
 - . An engaging 9/10 curriculum reflecting best practice
 - . Academic extension opportunities
 - . A broad range of university entrance pathways
 - . A broad range of VCE, VET & VCAL programmes
 - . Exemplary Advocacy Wellbeing programme
- Contact: Cathy Coppinger, Assistant Principal ph: 5784 1200**
YAAWINBU YANANINON "Enjoy Your Journey"

all welcome

