



Kilmore Primary School

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

NEWSLETTER

Friday, 23rd May 2025

# SIMULTANEOUS STORYTIME



## OUR KPS CLUBS



We hereby express our respect for the Taungurung people, who are the Traditional Owners of the land on which we are based.





## May

### Running Club Reminders

Monday, Wednesday and Friday—Mrs Nelson is encouraging the top 8 winners to attend.

**Tuesday 27th**—School Tour at 4.30 pm

## Friday 30th

Winter Interschool Sports Grade 5 and 6  
Onsite Assembly

## June

### Friday 6th

PPD Reporting—**Student Free Day**

### Monday 9th

Kings Birthday Public Holiday

**Thursday 19th**—School Tour at 12.00 pm

**Monday 23rd**—School Tour at 9.30 am

## July

### Friday 4th

CSEF—Applications close

End of Term 2 students—2.30 pm finish

### Monday 21st

First day of Term 3

# HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthday over the coming week:

Mekai R, Gail D, Hailey P, Ruby W, Becca M,  
Hunter M, Himmat H, Genevieve N, Evie N, Ashton S.



## Facebook

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

[kilmore.ps@education.vic.gov.au](mailto:kilmore.ps@education.vic.gov.au) or by calling the office on 5782 1268.



## Late Arrivals

If your child arrives after 8.50am please ensure they go to the office to **be signed in**.

If they are not signed in you will receive an SMS stating that your child is away.



# CHANGE OF CLOTHES

As term 2 is here and in anticipation for the upcoming wet weather and winter, could you please make sure **all** students have a change of clothes in their bags.



# 2025 School Term Dates

Term 2: 22nd April to 4th July

Term 3: 21st July to 19th September

Term 4: 6th October to 19th December

## Drink Bottles

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



## SICK BAY LINEN ROSTER

### May

23rd Ashleigh Desmond  
30th Jackie Knight

### June

6th Elissah Dwyer-Stone  
13th Lucy Wheeler  
20th Vicki Buggy



# 2026 Foundation Enrolments NOW OPEN

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

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

Children must be turning five before 30th April 2026. If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.

Enrol  
Now!



Principal's Report – Week 5, Term 2

## Principals Report

### Student Behaviour & Engagement – Rebuilding Respect and Kindness

Dear Kilmore Primary School Community,

Today I had the opportunity to lead a vital assembly with our Year 5 and 6 students, joined by their classroom teachers, specialist staff, and education support (ES) team. This was not just any ordinary gathering—it was a collective moment to reflect on the values that shape our school culture and to take a clear stand against the concerning behavioural trends we've seen emerging in our upper years.

Over the past fortnight, we've observed a pattern of escalating behaviours from a small group of students that are disrupting the learning environment and impacting the wellbeing of peers and staff. During today's assembly, I spoke openly with students about these challenges—acknowledging not just the behaviour, but also the frustration and fatigue felt by many students who are making positive choices and want to see their peers do the same.

### What We Discussed:

Our message was clear and anchored in three key values:

#### Respect, Trust, and Kindness.

We asked students:

- What does respect for our teachers and peers look like?
- What does it mean to build trust in your classroom?
- How can kindness be shown in small everyday actions?

We talked about the real impact of behaviour—on others' learning, on how safe people feel at school, and on how we are all responsible for our actions. The session wasn't about blame—it was about ownership, reflection, and rebuilding.

### The Outcome:

Students were engaged and thoughtful in their responses. Many expressed frustration that a few individuals are making choices that affect the whole cohort. Others reflected on times when they had made poor choices and recognised the importance of doing better.

Our teaching and support staff were unified in reinforcing that school is a place for learning, not conflict—and that we are committed to ensuring **every child feels safe, respected, and supported.**



Principal's Report – Week 5, Term 2 continued

**The following underlying messages were reinforced:**

*"We don't want to give consequences. We want to help every student succeed, feel safe, and be proud of themselves. But safety and respect come first, ALWAYS."*

*"If your behaviour puts others at risk, you may be asked to stay away from class while we find a way forward to re-engage you."*

*"Some students may need to work with teachers and leaders to rebuild trust step-by-step."*

*"Privileges are earned through trust and respect. When we break that trust, those privileges go."*

*"If you're not ready to learn or play safely you will need time out to reflect."*

*"When behaviours are serious, we bring in your family to work with us on solving it."*

### **What Are We Doing at School?**

- Increased staff visibility and supervision in high-traffic areas
- Classroom and playground check-ins to monitor wellbeing and behaviour
- Explicit reteaching of expected behaviours through our SWPBS framework
- Restorative conversations and behaviour support plans for students needing intervention
- Whole-cohort and small-group wellbeing sessions with the leadership and wellbeing teams
- Enforced consequences in the form of community service (giving back to the school environment)

### **How Can Families Support This at Home?**

Parents and carers play a critical role in helping us reinforce the same expectations at home that we promote at school. You can support us by:

- Having daily conversations about your child's behaviour and choices at school
- Reinforcing respect for teachers and adults in authority
- Discussing how trust is built over time and why it matters
- Celebrating kind acts and calling out hurtful behaviour in conversations
- Encouraging your child to speak up when something doesn't feel right and to apologise when they've done wrong



Principal's Report – Week 5, Term 2 continued


### Videos to Watch as a Family:

Here are a few family-friendly, age-appropriate videos that help reinforce these important values. We encourage you to watch them together and use them as conversation starters at home:

 Respect for Teachers & Adults

“Why Respecting Adults Matters”

<https://www.youtube.com/watch?v=2Cg43GskU1E>

 Kindness & Empathy

“The Power of Kindness” by Sesame Street (for older primary too)

<https://www.youtube.com/watch?v=enaRNnEzwi4>

 SWPBS for Families

“What is Positive Behaviour Support?”

<https://www.youtube.com/watch?v=t2z9mdX1j4A>

Together, we can reset the tone and ensure that Kilmore Primary School continues to be a place of learning, belonging, and respect for every child. Thank you for your ongoing partnership and support.

Warm regards,  
Michael Nicolaides



## Breakfast Club Term 2

### Details:

- **Days:** Monday, Tuesday, Wednesday, and Thursday
- **Time:** 8:20am - 8:40am
- **Location:** Stadium (Kilmore-Lancefield will open at 8:20am).

Managed by KPS staff, Breakfast Club offers a selection of cereals and toast for students to enjoy. This program not only provides a nutritious start to the day but also encourages autonomy and enhances social skills. Breakfast Club is a student-only space designed to foster the development of these important skills.

**We kindly remind all families that students should not enter the school grounds before the Breakfast Club gate opens at 8:20am. We are not in a position to supervise or support students before this time, and your support is greatly appreciated.**

**Students attending Breakfast Club must enter via the Lancefield Road gate at 8:20am. Once inside, they are expected to remain in Breakfast Club until 8:30am, when yard supervision begins. This is to ensure the safety and wellbeing of all students.**

**If your child is not attending Breakfast Club, they must wait outside the gate until a school staff member welcomes them in at 8:30am.**

**During Breakfast Club, we are unable to provide one-on-one support. It is the responsibility of Parents and Carers to ensure their child enters and settles into Breakfast Club safely.**

**Thank you for your understanding and ongoing support in helping us maintain a safe and supportive environment for all students.**

If any parents or carers are interested in helping at Breakfast Club, please send an expression of interest to [Richie.Boyer@education.vic.gov.au](mailto:Richie.Boyer@education.vic.gov.au)



Students should not arrive at school until the school gates open at 8.30am unless they are attending Breakfast Club on Monday, Tuesday, Wednesday or Thursday morning. If you are joining Breakfast Club, please enter through the stadium gate on Lancefield Road.

Staff are not on yard duty until 8.30am





MARCH 2025

# LIBRARY NEWS

'The more that you read, the more things you will know. The more that you learn, the more places you'll go' - Dr. Seuss



## The 2025 Premiers Reading Challenge is **NOW OPEN!**

It's time to register for the Premiers Reading Challenge 2025! It is not a competition; but a personal challenge for students to read a set number of books by 5 September 2025. You will receive your own login to record the books you have read and have the opportunity to earn badges, rate books and write book reviews, if you choose! All children who meet the Challenge will also receive a certificate signed by the Victorian Premier!

## REGISTER HERE:

[elizabeth.simner@education.vic.gov.au](mailto:elizabeth.simner@education.vic.gov.au)

For more information visit:

[www.education.vic.gov.au/PRC](http://www.education.vic.gov.au/PRC)

**Happy Reading!**



**Don't forget to email Liz to request your username and password :)**



**Foundation to Grade 2** are encouraged to read or 'experience' 30 books with their families and teachers

**Year 3 to 6** are challenged to read 15 books



**Need more books?**  
Please let Liz know.

**1**

### READING REDUCES STRESS

Reading reduces stress and anxiety levels. It is proven to make you happier!

**2**

### READING MAKES YOU SMARTER

Reading is the best exercise for your brain.

**3**

### READING IS FREE

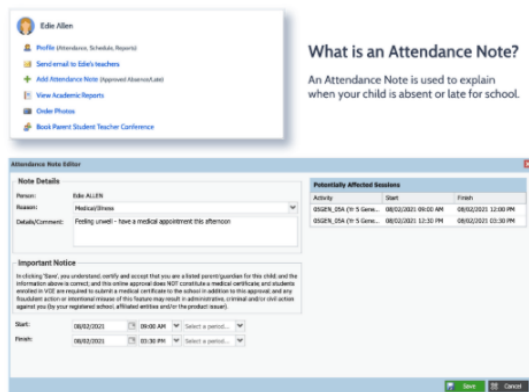
You can borrow books from school for free. Reading doesn't have to cost a thing!

## Attendance

### Entering an Attendance Note

- 1 From the Compass home screen (or from your student's profile), click the **Add Attendance Note** item.
- 2 From the pop-up window
  - ➔ Select the reason
  - ➔ Enter a brief description of the absence
  - ➔ Select the start and finish time
  - ➔ Click the 'Save' button

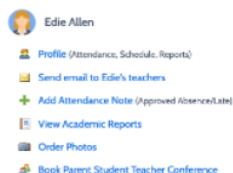
Where possible, attendance notes should be entered prior to the absence/lateness occurring.



### Parent-Teacher Conferences

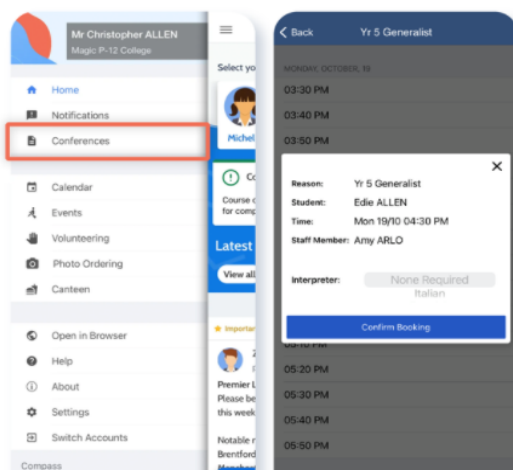
Using Compass you can book your parent-teacher conferences online.

- 1 On the home screen, beside the student you wish to make bookings for, click 'Book Parent Student Teacher Conference'.
- 2 A list of parent-teacher conference cycles will be displayed along with their booking status. Click on the relevant cycle.
- 3 Your booking sheet will be displayed and will show your available booking times. Click on a time in the grid to display teachers available for booking at that time.



### Parent-Teacher Conferences - app

- 1 From the Compass home screen on your app, select the menu (top left) and click **Conferences**.
- 2 From the list of parent-teacher conference cycles
  - ➔ Select the relevant cycle you wish to book for
  - ➔ Select the student you wish to place a booking for
  - ➔ Select the class or interview group
  - ➔ Click on a time slot to make a booking and confirm





**DO NOT  
PARK IN  
OR BLOCK  
DRIVEWAY  
AT  
ANYTIME**



**NO PARKING**  
**PLEASE**  
**DO NOT BLOCK**  
**DRIVEWAY**  
**THANK YOU**

**Every Day Counts**



## bell schedule

**Session 1:** 8:50am — 9:50am

**Session 2:** 9:50am — 10:50am

**Recess** 10:50am — 11:20am

**Session 3:** 11:20am — 12:20pm

**Session 4:** 12:20pm — 1:20pm

**Lunch Eating** 1:20pm — 1:30pm

**Lunch Play:** 1:30pm — 2:10pm

**Session 5:** 2:10pm — 3:05pm

**First Dismissal (Surnames A — L)** 3:05pm

**Second Dismissal (Surnames M — Z)** 3:10pm

## 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:

- \$150 for primary school students
- \$250 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.



## Mobile Phones & Smart Watches

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

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



# 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.



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





# Safety around schools

Everyone has a responsibility

## Make school time safe for everyone

Please take extra precautions when dropping children off and picking them up from school. Children are still learning the road rules and can be unpredictable and difficult to see.

Important things to remember:

- Travel at a maximum of 40 km/h
- Never use a mobile phone while driving
- Always follow the crossing supervisor's instructions
- Allow extra time so you don't need to rush
- Consider parking a few streets away and enjoy a walk

Together, let's reduce speeds and improve safety for all children.

### Contact us

t. (03) 5734 6200 e. [mitchell@mitchellshire.vic.gov.au](mailto:mitchell@mitchellshire.vic.gov.au)  
[www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)



## Community Programs

# Women in the Driver's Seat

Gain the skills and confidence to pass your driver licence test.



[www.prace.vic.edu.au](http://www.prace.vic.edu.au)



## Community Programs

### Women in the Driver's Seat

Gain the skills and confidence to pass your driver licence test.

From learning the rules, to driving for the first time, we will support you every step of the way. This free program offers education, driving lessons and funding for your driver licence test.

During the program you will:

- Build skills and knowledge around road rules
- Gain practical driving experience under guidance from professional driving instructors
- Learn about the probationary testing process and requirements

This program is designed for women aged 21 and older. We especially encourage women, who face challenges in obtaining a driver licence, to enrol.

Places are limited.

Register your expression of interest [here!](#)



This project is funded through an ACFE Family Learning Partnerships grant.

**Location**  
Wallara Waters  
Sales Centre  
170 Wallan-Whittlesea Rd  
Wallan

**Dates and duration**  
28th May to 2nd July  
2025  
6 Sessions and 5 x 60 minute driving lessons (timing is subject to your and the instructor's availability).

**Days and hours**  
Wednesdays  
10.00am to 12.30pm

**Entry requirements**  
This program is designed for women aged 21+. Women facing barriers to obtaining a licence and those with young children are encouraged to enrol. You will need to have a learner permit (Ls) and the English language skills to undertake driving instruction and the test. You must live, study or work in Mitchell Shire.

**Fees**  
Free



*Prace encourages individuals with disabilities to participate in our programs and activities.*



Prace - Main Office  
Merrilands Community Centre - 35 Sturdee Street, Reservoir  
Phone 9462 6077 | [office@prace.vic.edu.au](mailto:office@prace.vic.edu.au) | [www.prace.vic.edu.au](http://www.prace.vic.edu.au)  
(Prace Inc. No. A00327132 TOID 4036 ABN 93 736 262 050)



## Every day counts

Missing **one day per fortnight** adds up to missing **four weeks** of school a year.



# HER

PARTIES & EVENTS

Presents

## 2ND-HAND CLOTHING MARKET

Ladies - Men's - Children

10AM-2PM  
31ST  
MAY

Upgrade your wardrobe sustainably with budget-friendly, stylish finds at HER Second-hand Clothing Market while reducing waste, saving money, supporting eco-friendly fashion and giving to a good cause

JK Pavilion  
KILMORE East St, Kilmore, VIC  
**TRACKSIDE**



**TOYOTA**

Kilmore Toyota