



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, 10th October 2025



Foundation

Grade 1



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

ON TIME ATTENDANCE



Dear families, this term we will be increasing our focus on attendance. Students are expected to be at school, on time, every day, unless they are unwell. When a student is absent, it is a school and DET expectation that families provide a reason so it can be coded on Compass. You can do this by logging the absence via Compass, by sending a note with your student when they return, or by calling the office.

Unfortunately, we currently have a lot of unexplained absences. Emails / Compass notifications will be sent home shortly, asking parents to explain all outstanding absences by next

Friday 17th Oct.

If you need support with improving your student's attendance, please contact the school.

Thank you for your support.

Sandra Allison – Wellbeing Leading Teacher

Every Day Counts



LUNCHTIME CLUBS

Did you know that students can access a range of lunchtime club activities? These include gardening club, board games, chess, quiet games, clean-up club, sports equipment, friendship station, STEM club, and more. Students can select an area of interest, they can connect with friends, extend their social skills.....and just have fun!!





BREAKFAST CLUB — Mon, Tuesday, Wednesday & Thursday

October

Wednesday 15th

Grade 1 Melbourne Aquarium Excursion
Northern Metro Region Athletics

Friday 24th

Virtual Assembly
Young Leaders Day

Friday 31st

Monty's Colour Fun Run
Whittlesea District Primary Cricket Division Competition
World Teachers' Day "Take Your Hat's Off to the Teachers"
students are invited to bring a hat to school.

November

Monday 3rd

Curriculum Day—pupil free day

Tuesday 4th

Melbourne Cup Public Holiday

HAPPY BIRTHDAY

Birthday wishes to the following students who celebrated their birthday this week and will be celebrating this coming week:



Breeann A, Ivy C, Bonnie D, Evie A, Emily G, Evan M, Tilly R, Tylan R, Amber K, Elly P, Tyson V, Amelie B, Kobe M, Lexi I, Oliver M and Charlotte D.

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. Baseball 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.



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
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.



2025 School Term Dates

Term 4: 6th October to 19th December

Drink Bottles

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



SICK BAY LINEN ROSTER

October

17th Jackie Knight
24th Elissah Dwyer-Stone
31st Lucy Wheeler

November

7th Vicki Buggy
14th Ashleigh Desmond



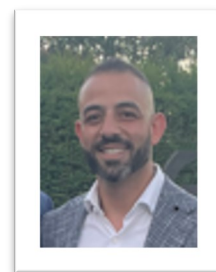
2026 Foundation Enrolments NOW OPEN

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 Message

Welcome back to Term 4

Building Expert Learners – VTLM 2.0 in Action

This term, Kilmore Primary School staff have continued their professional learning journey through the **Victorian Teaching and Learning Model (VTLM 2.0)**.

These sessions have helped our teachers deepen their understanding of how students learn best — with a particular focus on **Knowledge and Memory**, **Attention and Regulation**, and **Retention and Recall**. Each session has built upon the last, providing our staff with practical tools and strategies to design classroom experiences that promote deep, lasting learning for every child.

Session 1 – Knowledge and Memory

Teachers explored how the brain processes, stores, and retrieves information, developing a clearer understanding of how knowledge moves from short-term to long-term memory. A major focus was on **cognitive load** — ensuring lessons are structured so students are not overloaded, allowing them to make meaningful connections. We used a simple but powerful analogy of a **“filing cabinet”** to show how the brain organises information: piling new ideas, connecting them to what’s known, sorting, filing, retrieving, and building upon them over time.

Teachers reflected on the four types of memory — *semantic, episodic, emotional, and procedural* — and discussed how these influence learning. One of the most practical takeaways was the importance of providing **“think time”** in lessons, giving students space to process and consolidate learning.

This session reinforced that effective teaching is **not just about what we teach, but how the brain learns**.

Session 2 – Attention, Focus and Regulation

Building on the first session, teachers explored how emotional regulation and attention shape the learning process.

Staff shared strategies they had already implemented — such as reducing distractions, allowing for thinking time, and incorporating daily reviews. The session explored how **trauma and stress** can impact learning and memory, highlighting the importance of **trauma-informed practices** to support all learners.

Staff were introduced to the **“Window of Tolerance”** — helping teachers understand how to support students when they are over- or under-regulated so they can return to an optimal state for learning. Teachers also practised using **co-regulation** (“time in”) strategies that restore calm and trust, rather than relying on exclusionary approaches.

The session’s key message was clear: **students must feel safe and regulated before they can learn deeply**.

Session 3 – Retention and Recall

The third session focused on how students retain and recall knowledge over time.

Teachers explored **Cognitive Load Theory**, discussing how too much new information or unnecessary detail can hinder learning. Staff were exposed to modelled practical strategies such as lesson reviews, low-stakes quizzes, exit slips, and spaced practice to strengthen memory recall.

Staff also examined different practice types — *massed, spaced, interleaved, and guided practice* — to ensure learning is not only understood but remembered and applied.

The key takeaway: **“Novices use thinking skills; experts use memory.”** Our role as teachers is to help students become expert learners who can connect, consolidate, and retrieve knowledge with confidence.

Looking Ahead

These VTLM 2.0 sessions have been both thought-provoking and practical. Our teachers are now embedding strategies such as:

- Structured lesson design using the *Elements of Learning*.
- Predictable routines that reduce cognitive load.
- Regular retrieval practices to strengthen memory.
- Trauma-informed strategies that support focus and emotional regulation.

By aligning our teaching with the **science of learning**, Kilmore Primary School continues to build strong foundations where every student can *think deeply, remember effectively, and achieve their personal best*.

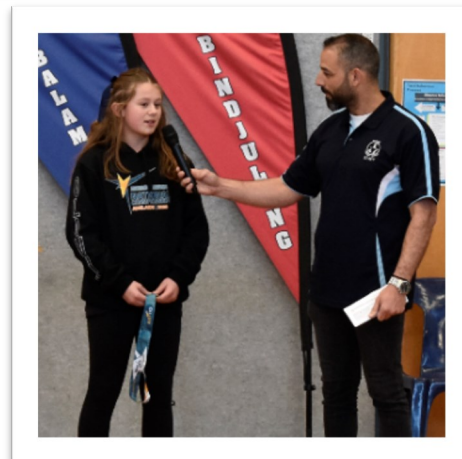


Celebrating Student Success – National Champion!

We are incredibly proud to congratulate **Olivia Collins** on becoming the **National Taekwondo Champion – Age 11 Blue Division!**

This is an extraordinary achievement that reflects Olivia's dedication, perseverance, and skill. Representing not just Kilmore Primary School but her community on the national stage, Olivia has demonstrated what it means to be *Kind, Proud, and Safe* — values that sit at the heart of our school.

Well done, Olivia — your Kilmore family is so proud of you! 🙌



Parent Opinion Survey 2025 Preliminary Results – Key Insights

Thank you to all families who took part in this year's **Parent / Carer / Guardian Opinion Survey**. We received **61 responses**, representing **41%** of our school community. Your feedback is invaluable in helping us continue to grow and improve.

Key Strengths Identified:

- **Communication:** 69% of families agreed they can easily access information and feel comfortable approaching the school.
- **Support for Learning:** 64% of parents feel confident helping their child at home, with many acknowledging the resources and information provided by teachers.
- **Wellbeing and Safety:** 68% of respondents agreed that the school cares deeply about students' safety and wellbeing.
- **School Environment:** 73% of families praised the school's well-maintained and welcoming facilities.

Areas for Continued Growth:

- Strengthening the consistency of **teacher-to-parent communication** around student progress.
- Continuing to enhance our **bullying prevention and behaviour support practices**.
- Building a clearer understanding of how **student learning growth** is tracked and reported to families.



Meet Our Newest Member of Kilmore Primary School – Bluey!

We are so excited to welcome a very special new addition to our Kilmore Primary School family — **our very own Blue-Tongue Lizard, “Bluey”!**

Bluey has quickly become a hit with students (and staff!), and she’s already made herself at home in **Mr Nicolaides’ office**, where she loves basking under her heat lamp and greeting her many visitors throughout the day.

A very big **thank you** to **Ty O’Meara and his children, Logan and Heath**, for generously donating Bluey to our school. Your kindness has brought so much excitement and joy to our students!

Bluey isn’t just any lizard — she’s quickly becoming our very own **Kilmore Primary School mascot**, reminding us to be calm, curious, and kind.



Help Us Rename Bluey! – Student Competition

Now, here’s the fun part — we’re holding a **school-wide competition to officially rename Bluey!**

Over the next week, students are invited to:

1. **Draw a picture** of Bluey.
2. **Think of a new name** for her.
3. **Write a short reason** explaining *why* you’ve chosen that name.

Teachers will collect all entries, and our staff will choose **2 entries from each classroom**.

Once the finalists are announced, all students will get the chance to **vote for their favourite name**, and the winning name will become Bluey’s *official school name!*



Entries close: Friday, 17th October



Where to submit: Hand your entry to your classroom teacher.



Prize: The winning student will get a photo with Bluey and a special certificate presented at assembly!

We can’t wait to see your creative ideas and colourful drawings. Let’s give our scaly school friend a name that’s as special as she is!

Together We Thrive

At Kilmore Primary School, our success continues to be driven by our partnership with families, the dedication of our staff, and the enthusiasm of our students. Thank you for your ongoing support as we work together to ensure every child feels connected, capable, and confident in their learning.

Warm Regards

Michael Nicolaides

Principal

Kilmore Primary School



Mr Nicolaides, Bluey, Logan and Heath



To: Mr Nicolaides.

Bluey

sheds skin

Hard and
Scaly

Reptile

Sharp
claws

Rough
skin

Cold
Blooded

Live
Biting

Nocturnal
Nights
dies

Snails
Slugs
Vegetables
Eggs

QUILL N, 3V
HOLDING
BLUEY AT
TODAYS'
ASSEMBLY

MONTY'S COLOUR RUN 31ST OCTOBER

Fundraising to help support our school is easy! Simply create a profile page at www.myprofilepage.com.au and share to family and friends to receive donations. Receive a Monty Handball by receiving all your online virtual badges!

#MontytheMonstar #MontytheMonstarFunRun #funrun #colourfunrun
#AustralianFundraising

You can also volunteer by contacting Mrs Nelson:
jacqueline.nelson@education.vic.gov.au

We would love to have you helping on the day!

This year we have the Monty's Magical Wonderland experience to look forward to. Get you fundraising going today!!



Never too old for the playground! - Grade 6 students having fun.....



KPS Canteen News

Orders are available on
FRIDAYS

Please see next page on
how to set up and
register with Flexischools
and place your canteen
orders.

OUR CANTEEN IS ONLINE WITH

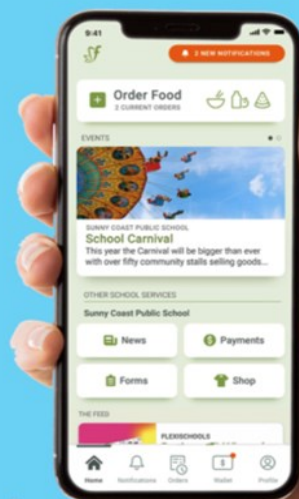
flexischools



With Flexischools, you
can quickly place school
orders online through
the Flexischools app,
which has a 4.8-star
App Store rating!

- ☒ Order and pay in seconds
- ☒ Quickly re-order your favourites
- ☒ See up-to-date menus and items

Download the app, create your account and
place your next order online via Flexischools.



Download the app &
register for Flexischools



HOW TO REGISTER



WITH flexischools

- 1 Download the Flexischools app and select "Register".
- 2 Type in your email and submit to create an account.
- 3 Go to your inbox and click the link to verify your email (remember to check your junk).
- 4 Follow the registration process, creating a password and adding your personal details.
- 5 Add your student under "Profile" and start ordering online!



Download Flexischools app

HOW TO PLACE A CANTEEN ORDER



WITH flexischools

- 1 Click "Order food" at the top of the home page on your app.
- 2 Select the child you want to order for, then the date you wish to receive your order on.
- 3 Choose the food items you wish to purchase, then select "Confirm Order".
- 4 Choose your desired payment option.
- 5 Press "Place Order" to confirm your purchase.

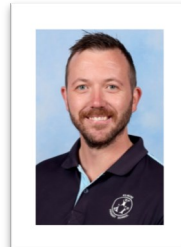
ENJOY!



Download Flexischools app



Wellbeing



Breakfast Club Term 3

Details:

Days: Monday, Tuesday, Wednesday, and Thursday

- **Time:** 8:20am - 8:45am
- **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 8:150am. 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.

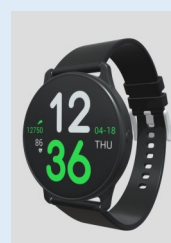
Thank you for your understanding and ongoing support in helping us maintain a safe and supportive environment for all students.

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

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	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

Connecting Schools with Indian Communities: Diwali Celebration & Mental Health Awareness Event



Enjoy a variety of Indian classical, semi-classical and Bollywood-style dances, as well as classical Indian music presentations.

- Indian food tasting - FREE!
- Clothing & accessories stalls
- Diwali sweets & items for sale
- Henna hand painting
- Photobooth for families

Seymour Community Arts Centre (Seymour College)
Anglesey Street, Seymour
VIC 3660

Saturday 18 October 2025
11am-4pm

Join us for a vibrant community event celebrating Diwali and promoting mental health and wellbeing, hosted by a cluster of local state schools in Mitchel Shire. Collaborated with Federation of Indian Associations of Victoria and Mental Health Foundation Australia



Every day counts

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



vic.gov.au/education



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
www.mitchellshire.vic.gov.au



HEALTHY START BREAD PROGRAM

FREE BREAD FOR HEALTHY KIDS!

HOW IT WORKS:

Every few weeks, one lucky class is chosen to receive a free loaf of fresh bread for each student.



Each child also takes home a voucher for **two FREE loaves per week for 4 Weeks** to redeem at Bakers Delight Wallan.



EXCLUSIVELY AT

Bakers Delight
WALLAN



Goulburn Valley Water presents

FREE
EVENT



Let's Grow

Waterwise Gardens

Wednesday 22 October
7pm - 9pm
Eastbank Shepparton

Discover how to design gardens that thrive in the Goulburn Valley with gardening experts.



Cathy Olive Native Plant Enthusiast



Louise Costa Landscape Architect



Don't miss out!

Scan the QR code to book your tickets or find more information. Or visit riverlinksvenues.com.au



WATER NIGHT



waternight.com.au

SCAN ME
TO REGISTER

Join this year's challenge to **turn off your taps for 5 hours on 23 October 5pm - 10pm.**

Be a part of Australia's biggest water awareness event, and go in the draw to win some epic prizes!

Join Aussies in changing the way we value water.

Register today to **turn off and tune in!**



REGISTER FOR YOUR CHANCE TO WIN!



Supported by



ORIENTATION

WHEN & WHERE
NOVEMBER
42 BENTINCK STREET
WALLAN VIC 3756

REGISTER HERE



[WWW.HVCT2023.COM.AU](https://www.hvct2023.com.au)

HVCT
HVCT
EST 2023

Hidden Valley Calisthenic Team aims to inspire and provide access and opportunities for those living in the Mitchell Shire to engage in this enriching sport.

If you would like to see what calisthenics is all about, don't miss your chance to attend our orientation classes in November. Simply scan the QR code and let's get connected!



Dear Parents and Carers,

Thank you so much for supporting our school to be the best it can be! Next term we are hosting a **Monty's Colour Fun Run** for our students and raising funds for revamping the front of the school, including security fencing.

How Do We Fundraise?

Fundraising for our school is easy! Simply go to www.myprofilepage.com.au and click the register button to create a cybersafe, online profile page. Once you've created a parent account and profile page, you can share that around to family and friends to receive online donations. Please note that this is an online fundraiser only and donations are accepted until the 31st October, 2025.

Receive a prize for your fundraising efforts by simply raising \$10 online! At the end of the fundraiser, students can mix and match up to a total of five prizes based on their donations received or they can give back to one of the six causes on offer - The Great Barrier Reef Foundation (coral planting or turtle protection), Carbon Neutral (tree planting), OzHarvest (providing meals to those in need), The Smith Family (reading support) or Dolly's Dream (end bullying in schools).

You can also receive some bonus Monty the Monstar incentive prizes! Check out your sponsorship page for more information!

Event Information

31st October, 2025

All day!

Kilmore PS

Wear a white shirt to make the colour pop!

Each student will also receive a pair of sunglasses and a headband!

Students are required to wear closed-in shoes!

Students will be covered in non-toxic, biodegradable colour powder!

We look forward to seeing the students all bright and colourful on the day of our Monty's Colour Fun Run!

For further information, please contact Jacqueline Nelson via Jacqueline.nelson@education.vic.gov.au

or 57821268

Jacqueline Nelson – Run4Fun Coordinator

