



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 15 July 2022

WINTER INTER SCHOOL SPORTS



Shade Sail Progress



July

Friday 15th

Grade 3/4 Phillip Island Third instalment due

Monday 18th — Parent Teacher Interviews

Tuesday 19th — Parent Teacher Interviews

Tuesday 26th — Parent Teacher Interviews

Wednesday 27th

School Tour (refer page 12)

Friday 29th

Grade 3/4 Phillip Island Final instalment due

August

Thursday 11th

School Tour (refer page 12)

Tuesday 23rd

School Tour (refer page 12)

Friday 26th

Conveyance Allowance Applications Due

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming week:
Remy Donnelly, Seth Curcio, Ruby Streader, Lillie Curcio, Hudson Philpott, Skyla Reid, Lily Sapwell, Hunter Sapwell, Hamish Peggie, Logan Gorsuch, Ashleigh Davon, Olivia Wheatcroft, Patrick Okey, Charlotte Watts, Aeliana Chapple, William Kay, Jerzee Bacon, Nait Harris and Billie Donnelly.



*Just a friendly
reminder...*

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.

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.



CHANGE OF CLOTHES

With the wet weather now upon us, could you please make sure **all** students have a change of clothes in their bags.



We have 2 Disability reserved spaces at the front of the office on Sutherland Street and two reserved spaces on Lancefield Road.

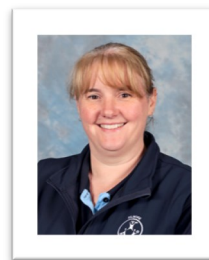
If you do not hold a valid permit please DO NOT PARK in these spaces.

STUDENT BEFORE SCHOOL DROP OFF AND AFTER SCHOOL PICK UP

Reminder for parents and guardians to enter and leave through their designated gate when dropping off or collecting your child/children before or after school.

Please do not use the office as a throughfare, only enter for business purposes only.





Welcome back to Term 3!

Hoping everyone has had an opportunity to rest over the past two weeks and had some time with family and friends.

Parent/Carer Interviews:

Just a reminder to families that our interviews are being held on:

- Monday 18th July
- Tuesday 19th July
- Tuesday 26th July

How the interview will Work:

- The interviews will be held onsite here at the school
- Interviews will be held in your child's/ren's classroom
- Your child/children are not required to be in attendance for the interview
- If there are no other care arrangements for your child/ren, the school Library will be a place where KPS students can wait for their parent/s and or carers whilst you are attending the interview with your child's teacher. Staff will be on hand to supervise your child/ren during their time in the Library.

If you have not booked your interview, please do so via the Compass portal. If you need assistance with this process, please contact our office.

New Shade Sail Area (see photos on page 2):

Over the holiday period, the installation of shade sail poles was completed in front of the stadium in preparation for new sails. The plan for the area is for a deck area to surround the poles and make the asphalt area more usable by our students and staff by adding an additional outdoor learning space. The shade sails should be installed over the area in about 3 weeks, along with the replacement of the shade sail in the 'original' outdoor classroom and the replacement of the two sails above the F-2 Playground which have started to perish.

Staffing Update:

After a busy two years as the new Principal to KPS, along with navigating the school community through a pandemic, Neil is taking a well-earned break for the first two weeks of Term 3. We look forward to welcoming him back in Week 3.

During this period, I will be taking on the role of Acting Principal and be supported by Dave Kiddle and Caitlin Pappin who will be taking on some of the Wellbeing work with our students and their families. We are fortunate at KPS to have such strong middle leaders and as such Michelle Vilinskis, Emma White and Tenille Rowe will be assisting with the running of the school.

Joining us this term are the following staff:

I am pleased to announce that Liz Simner was the successful applicant for the Library position and will be joining KPS on a Monday, Wednesday and Friday.

We have some additional Educational Support Staff assisting our students, Jacky Crook and Tara Duncan, who join dynamic integration team.

KPS is very fortunate to be able to have the services of Merryn Miller who was appointed as school Wellbeing Worker (Funded from National Schools Chaplaincy). Merryn has extensive experience working in schools, community based wellbeing services and equine therapy roles. Merryn will work closely with Kimberly and Richie to support their wellbeing work.

Leaving us this term:

Congratulations to Rai Jones on being successful in gaining an ongoing teaching position and will be taking up this position at the start of Week 3. Rai commenced at KPS last year in a Family Leave role which is due to end at the conclusion of this school year. We thank Rai for all of her hard work at KPS and wish her well at Newham Primary School.

Enjoy your weekend everyone, stay warm!

Julie Smith

Acting Principal

HELLO FROM... YOUR KPS LIBRARY!



Welcome to term 3 in the Kilmore Primary School library!

My name is Liz and I am your Library Technician. I am so excited to be given the opportunity to oversee the library and I am looking forward to seeing each and every one of our students visiting and borrowing regularly. If you have any questions or feedback about the library, please feel free to contact me.

Happy Reading! Liz 😊

Some library guidelines:



Students in Foundation to grade 1 can borrow one book at a time and students in grades 2 to 6 can borrow up to two.



Students can borrow their book/s for up to two weeks however, if they are still reading their book they can bring it in to be scanned again for another two weeks!



Unfortunately, if a student has an overdue book, they are unable to borrow something new until their overdue book/s have been returned.



Let us know what you want to read! Students can submit book suggestions by writing on the special board in the library.



If you would like to get in contact with the library, please email Liz at: elizabeth.simner@education.vic.gov.au

We are a
Victorian **premiers'
reading
challenge
school**

There is still time to start the PRC...the Challenge does not close until 2nd September! Please email Liz with your child's name and class so I can send you their log in details!



Handy Tips from

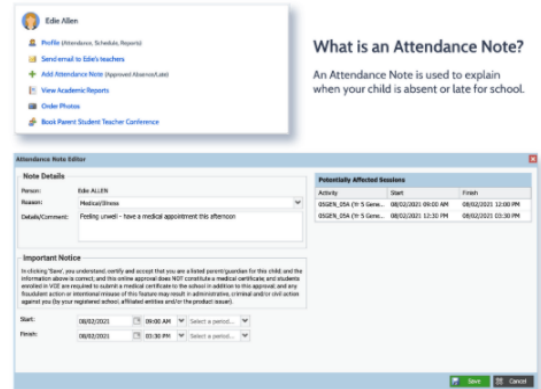


Attendance

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

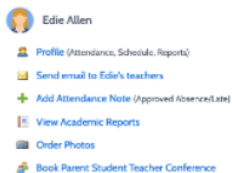
Where possible, attendance notes should be entered prior to the absence/lateness occurring.



Parent-Teacher Conferences

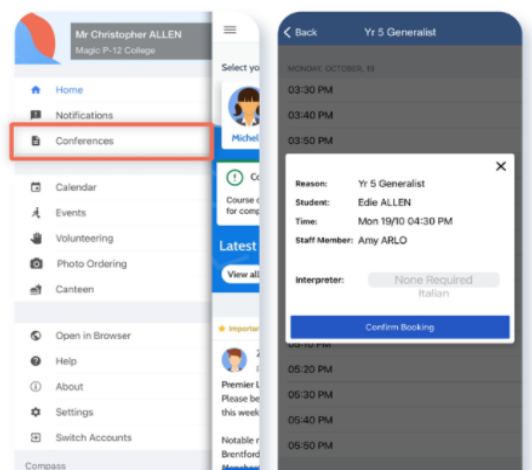
Using Compass you can book your parent-teacher conferences online.

- 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



Connecting With Kimberly



The Big Sister Experience

We have a range of wellbeing programs and initiatives scheduled for this term. One opportunity that we have scheduled, is two parent sessions being facilitated by the Big Sister Experience. The Big Sister Experience is an organisation that delivers in-school workshops and community events that cover a range of health and wellbeing areas.

Further information about The Big Sister Experience can be found here: <https://bigsisterexp.com/>

Parent Session 1:

Date: Wednesday 10th August 2022

Time: 5:00pm-6:15pm

Topic: "Anxiety – What all families need to know"

Registration is essential and can occur here: <https://forms.gle/PP9CJ51fBKyaEdJD7>

Parent Session 2:

Date: Wednesday 24th August 2022

Time: 5:00pm-6:15pm

Topic: Nurturing Resilient, Independent Young People

Registration is essential and can occur here: <https://forms.gle/nxUjtJxn9pYzhC7N6>

*****Please note that these sessions are only for families that have students enrolled at Kilmore Primary School*****

Further correspondence will be sent via Compass



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/](https://kidshelpline.com.au/)

Parentline



Ph: 13 22 89

[https://
parentline.com.au/](https://parentline.com.au/)

Safe Steps



Sexual assault, domestic
and family violence

Ph: 1800 015 188

[https://
www.safesteps.org.au/](https://www.safesteps.org.au/)

Lifeline



Ph: 13 11 14

[https://
www.lifeline.org.au/](https://www.lifeline.org.au/)



ABOUT

An informative workshop founded on life experience and research to give you practical tips to support your young person experiencing anxiety.



ANXIETY: WHAT ALL FAMILIES NEED TO KNOW



DETAILS

VENUE
KILMORE PRIMARY SCHOOL

WHEN
DATE: WEDNESDAY 10TH AUGUST
TIME: 5 - 6.15PM

WHO
PARENTS OF ALL GENDERS & YEAR LEVELS (NO CHILDREN)

AS SEEN ON



IN THIS ONE-HOUR PRESENTATION, THE BIG SISTER EXPERIENCE WILL COVER THE SCIENCE BEHIND ANXIETY, HOW TO IDENTIFY IT IN OUR YOUNG PEOPLE, AND HOW TO EMPOWER THEM WITH TOOLS AND STRATEGIES TO SELF-REGULATE.

1300 BIG SIS @bigsisterexperience www.bigsisterexp.com



ABOUT

Learn the secrets behind encouraging your young person to find a strong sense of identity and give you as a parent, confidence around establishing strong foundations that will enable your young person to flourish for 2022 and beyond.



NURTURING RESILIENT, INDEPENDENT YOUNG PEOPLE



DETAILS

VENUE
KILMORE PRIMARY SCHOOL

WHEN
DATE: WEDNESDAY 24TH AUGUST
TIME: 5 - 6.15PM

WHO
PARENTS OF ALL GENDERS & YEAR LEVELS (NO CHILDREN)

AS SEEN ON



IN THIS ONE-HOUR PRESENTATION, THE BIG SISTER EXPERIENCE WILL TAKE YOU THROUGH THEIR KEYS TO NURTURING RESILIENT, CONFIDENT AND HAPPY YOUNG PEOPLE.

1300 BIG SIS @bigsisterexperience www.bigsisterexp.com

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 kicked 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							SCHOOL HOLIDAYS		
STARTER PACK DELIVERY				25/4 -27/5							
COLLECTIONS					30/5-9/9						
FINAL TALLY IS COUNTED			SCHOOL HOLIDAYS			SCHOOL HOLIDAYS			3/10 -7/10		
REDEEM SPORTS EQUIPMENT									10/10 -21/10		
SPORTS EQUIPMENT DELIVERED TO SCHOOLS										24/10-23/12	

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.



FROM THE ART ROOM

WANTED WANTED

The Art Room is looking for 600ml plastic bottles,
your help would be greatly appreciated.



bell schedule

Session 1:	8:50am to 9:50am
Session 2:	9:50am to 10:50 am
Recess:	10:50am to 11:20am
Session 3:	11.20am to 12:20pm
Session 4:	12:20pm to 1:20pm
Lunch Eating:	1:20pm to 1.30pm
Lunch Play:	1:30pm to 2.10pm
Session 5:	2.10pm to 3.00pm
First Dismissal (Surnames A-L)	3.05pm
Second Dismissal (Surname M-Z)	3.10pm

Information for parents

To celebrate 40 years of Jump Rope for Heart, this year we have extra prizes (for parents!) to be won. For every \$40 you raise, you'll go in the draw to win one of three, \$300 VISA Gift Cards.* There are three to be won each term.

Help fight heart disease

Your school is taking part in Jump Rope for Heart – a skipping and fundraising program aimed at getting your child physically active, whilst learning about how to keep their heart healthy.

Donations raised will go toward funding powerful new research that will help end heart disease and the family heartache it causes.

What's involved

Jump Rope for Heart is a fun way for your child to be more physically active, leading them to a future of better health outcomes and reducing their risk of heart disease in adulthood.

Your child's teacher will organise skipping activities during school hours and encourage your child to skip at home by using our online resources! Over the coming weeks, you'll notice your child become more active and confident as they learn some awesome new skills and healthy habits.

How do I get started?

1. Register your child online. Visit jump rope.org.au/parents

2. Set your fundraising goal
Show everyone what you're aiming to raise. Most people start with a \$200 goal which you'll easily achieve with a little help from family and friends.

3. Make the first donation
It helps get things moving and sets the bar for friends, family, co-workers and neighbours (trust us, it works!).

4. Share your child's page with friends and family and ask them to donate to support your child's effort.
Every dollar you raise will help fund vital research, support and programs that help save lives.

Social media, email and SMS are a great way to get the word out there!

5. Log your child's skipping activity so they track their progress and earn virtual badges.

* Visit jump rope.org.au/parents for Terms and Conditions

Your support gives hope to thousands of families that we can end heart disease.

Open-heart surgery is intimidating. Especially for a toddler.

At the age of two, Isla had open-heart surgery to treat an

atrial septal defect (ASD), which means she was born with a

hole in the wall, or septum, that separates the top two chambers of the heart. When this happens, extra blood leaks through the hole into the right chamber making the heart and lungs work harder.

Thankfully, Isla's story has a happy ending. The surgery was a success, and her condition does not affect her day-to-day life. But there are still thousands of Australians, like Isla, who are living with a compromised heart where daily life is a struggle.

When Isla learned her school was doing Jump Rope for Heart, she felt a real connection to the cause"

"She told me, 'Mum, I can't go in the school talent show, because I don't have a talent. But this is skipping. I can do that and also help other kids like me'."

Isla registered for the program and practiced her skipping almost every day. She not only improved her skipping skills markedly throughout the term, she finished the program as Carramar Primary School's highest fundraiser.

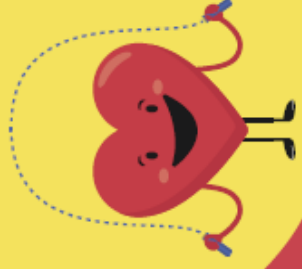
How your donations can help

Over the last 40 years, families like yours have helped make innovative research and future medical breakthroughs possible.

 **\$50** could cover the cost of basic tools like syringes and test tubes that researchers can use to grow heart cells in the lab.

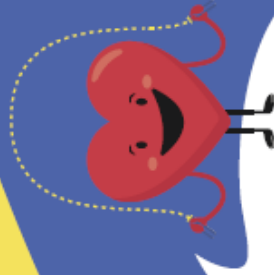
 **\$100** could pay for a DNA test to identify people at high genetic risk of heart disease.

 **\$500** could cover the cost of research antibodies used to detect viral or bacterial infections in the heart.





JUMPROPE
for **HEART**



\$5000

\$2500

Razor Scooter
+ one prize
from every
lower level



+ one prize from every
lower level



\$1000

Slam Ball Set



Mystery Prize Box



\$250

Supersonic Ball



\$100

Shoot Ball
Animal (Lucky Dip)



\$60

Handball



\$35

Mystery Skipping Rope



\$250

BONUS PRIZE!
Ring Toss Game
when you raise \$250 or more

[illegible]

LEWIS & CLARK

Sign up at jumprome.org.au

Sign up now at
jumprome.org.au/parents

Parents and Guardians Guide

Thank you for becoming heart heroes.

Skip, learn new tricks and help your heart grow stronger whilst you raise funds to help researchers find new ways to fight heart disease.

Have fun

Learn tricks

Raise funds and earn cool prizes

School Tours

Term 3, 2022

Wednesday 27th July 4:00pm

Thursday 11th August 9:30am

Tuesday 23rd August 9:30am



Please scan the QR code above to RSVP to 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



Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

Mitchell Shire

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

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program

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



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Programs



MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

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



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Healthy Mind

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



ParentWorks

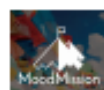
Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

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

Aboriginal and Torres Strait Islanders



WellMob

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



iBobbly

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