



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 4th February 2022

WELCOME BACK 2022

Grade 6 Student Jumper Presentation



CONGRATULATIONS TO OUR 2022 STUDENT LEADERS

School Captains —Jasper Varcoe and Charlotte Watts

Deputy Captains —Chayse Gould and Pearl Kaur

Hudson House Captains — Noah Johnson and Ruby Pratt

Hume House Captains — Hunter Sapwell and Peyton Dunlop

Mitchell House Captains —Cody Evans and Jade Shearer

Piper House Captains —Diesel Martin and Armani Bentley

Student Voice —Lachlan Berryman, Ryan Bikerdike, Archer Briggs and Arjeetha Kumar

School Wide Positive Behaviour Support (SWPBS) — Lillie Curcio, Marlee Marlow, Lara Rainey and Lily Sapwell

Gardening Ambassadors — Lachlan Hepper, Christina Mayo, Rorie Smith, Jeremy Stute and Meisha Tate



February

Saturday 12th

Grade 6 Jackets Final Orders Close

Monday 14th to Wednesday 16th

Grade 5/6 Sovereign Hill Camp

Tuesday 22nd

Mitchell District Swimming Sports

March

Monday 14th

Labour Day Public Holiday

Friday 18th

Conveyance Allowance Applications Due

June

Friday 24th

CSEF Applications Due

HAPPY BIRTHDAY

Birthday wishes to the following students who have recently celebrated their birthday or are about to celebrate their birthday this coming week:

Blake Francis, Mackenzie Clark,

Grace Glavas-Musgrave, Chelsea Bushby,

Ella Browne, Daniel Biddick, Amber Jamieson,

Ray Holden, Darcie Britton,

Charlotte-Faith Gazzara,

Indie Parker and

Cooper Bacon.



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.



2022 School Term Dates

Term 1: 31st January to 8th April

Term 2: 26th April to 24th June

Term 3: 11th July to 16th September

Term 4: 3rd October to 20th December

FROM THE ART ROOM

Now that art smocks are no longer communal in the art room, please organise an art smock for your child/ren. While a waterproof smock is preferred, an old t-shirt is suitable for most materials we use. Please ensure the smock you choose is easy for your child to put on and take off independently.



REMINDER TO WEAR YOUR HAT

Just a reminder that all students need to wear hats starting the beginning of Term 1. 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.



REMINDER

All students need to bring a drink bottle to school.





Welcome Back

I would like to wish everyone a warm welcome to the 2022 school year. We have had a fabulous start back to the school year at Kilmore Primary School with 522 students (including 72 Foundation students!) bringing tremendous energy to our campus. There is a great buzz across the school as students settle into solid learning routines and establish their classroom culture. It has also been wonderful to welcome our parents and guardians back on site and already our school has the feel of the "old normal." It has been a great pleasure chatting and catching up with parents and guardians each morning. While our school and community coped admirably with the challenges of 2021, nothing can replace the special feeling of parents, students and school staff being together on the one site. I would like to thank all of our staff for the hard work they have put in to ensuring that we begin the 2022 school year with momentum and high expectations.

New Staff

I would like to welcome our new staff who will be working with us at KPS in 2022. Joining our teaching team, we have Gemma Grimmond (Foundation) and Shannan Harris (Grade 1). Mrs Elizabeth Magdato also has returned to KPS in 2022 and will be delivering a Science, Technology, Engineering and Maths (STEM) program to our Grades 3 to 6 students.

Curriculum Focus

In the first two weeks of school, our major curriculum focus is upon implementing the KPS "Ready to Learn" program. This program, which has been devised by KPS staff, focuses on establishing strong learning routines and the personal and social skills that lead to academic success. Walking through our classrooms, I have been greatly impressed by the high expectations that our teachers and students have established during the first five days of the school year.

Foundation Parents and Carers Morning Tea

On Thursday morning, we hosted a morning tea for our Foundation parents and carers. It was a great opportunity to get to meet our new parents and carers and answer any questions that they had. We are well aware that the last two years made it very difficult the parents of those Foundation cohorts to connect to our school. Over the next two Fridays, we will be holding morning teas for our Grade 1 and Grade 2 families to provide them with some of the experiences that they have missed out on over the last two years.

School Values: Kind, Proud, Safe

One of our great strengths at KPS is the explicit set of values which underpin our school. We are beginning the school year with a strong focus on our school value of being proud. We are making a special effort to ensure that our school environment is well presented and that as a school we show pride in our facilities, our uniform and take pride in academic achievement. Across the school, we are engaging in a number of projects to improve our facilities and classroom environment. Over the holidays, we completed a renovation of our Foundation classroom area and our teachers are very excited at the results.

Student Leaders

At this this morning's virtual assembly, our student leaders for 2022 received their leadership badges. Student voice and student leadership are central to our vision for student learning at Kilmore Primary School. As a school we want our students to have a voice in what they are learning, to be self-motivated learners and to know the big picture regarding what they are learning. I wish our new student leaders the very best in their roles for 2022.

School Council Elections

While on the topic of leadership and elections, over the next few weeks we will be holding an election process to constitute our School Council membership for 2022. School Councils play a crucial part in the governance of Victorian state schools and being a part of School Council is a wonderful opportunity to make a lasting contribution to our school. A full overview of the election process will be emailed to parents and guardians on Tuesday, February 8th. .

Looking forward to a fabulous 2022 at Kilmore Primary School. It is great to be back and even better that our community is back with us!

All the best,
Neil O'Sullivan
Principal

Accident Insurance, Ambulance Cover and Private Property

We would like to remind families that the Department of Education and Training does not provide personal accident insurance or ambulance cover for students. Parents and guardians of students, who do not have student accident insurance / ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance or transportation.

Private property brought to school by students, staff or visitors is not insured and the Department of Education and Training does not accept any responsibility for any loss or damage. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. As the Department of Education and Training does not hold insurance for personal property brought to schools and has no capacity to pay for any loss or damage to such property, students should be discouraged from bringing any unnecessary or particularly valuable items to school.

Parents or guardians can purchase insurance policies from commercial insurers if they wish.

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#).

Please take time to remind yourself of the school's collection statement, found on our website: <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>

For more information about privacy, refer to:

[Schools' Privacy Policy – information for parents](#).



Opens Tuesday 8th February

To view menu [U:\Admin\Canteen\CANTEEN MENU- kilmore primary 2022.docx](#)

Pick Up & Drop Off Parking

Parent and Guardians are not to block the crossover or park in the KPS staff car park on Lancefield Road during pickup and drop off.

Students that ride bikes or scooters have to navigate around the cars that are parked on the pavement. This request is made to ensure the safety of all students and prevent an accident from occurring.

Parking Reminder

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.

(Mitchell Shire Local Laws Officers have been patrolling local schools)

CONVEYANCE ALLOWANCE

Applications for Conveyance Allowance for Term 1 2022 are now open. Application forms are available from the school office. Please ensure that the completed form is returned to school by **Friday 18 March 2020**.

Eligibility Criteria

The eligibility criteria varies depending on the type of school attended and where it is located.

Students attending a government or non-government school must:

- attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible
- be enrolled at a school/campus outside Melbourne's metropolitan conveyance boundary
- reside 4.8km or more by the shortest practicable route from that school/campus attended
- be of school age (5 to 18 years old at time of application) and reside in Victoria.

Note: Eligibility is assessed when the school completes your child's application on the Student Conveyance Allowance System (SCAS). If approved, the allowance payable is based on the one way distance to make the journey to and from school. For further information regarding the Conveyance Allowance Program see: www.education.vic.gov.au/travellingtoschool.

Sleep...Why is it so important? Are you or your teenagers getting any or enough?

Hello to our local partner primary schools,

We are pleased to invite our Assumption College community and our wider primary school community, to attend an online course presented by our Wellbeing team.

Families who are interested please register to attend.

Sleep...Why is it so important? Are you or your teenagers getting any or enough?
What stops a good night sleep?

So many questions on something so fundamentally important to our wellbeing. The ACK wellbeing team will be presenting an informative online session to answer these questions and provide advice, suggestions, and sleep tips to get you back into a good sleep routine.

Start the 2022 school year on the front foot!

Parents, Carers, Students, Staff all welcome.

Date - Wednesday the 16 February 2022 6pm-7pm.

To book your free place visit <https://www.trybooking.com/BVWYS>

With thanks,



KYLIE LAWTEY | Community Relations and Enrolments Officer

a Sutherland Street, Kilmore VIC 3764

p PO Box 111, Kilmore VIC 3764

t 03 5783 5000 | d 03 5783 5361 | m

w www.assumption.vic.edu.au

Proudly on Taungurung Country



**CHECK-IN
NOW**



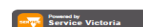
Kilmore Primary School
35 Kilmore-Lancefield Rd KILMORE
Kilmore Primary School



Location code AF9 HHR



Can't scan? Download the Service Victoria app or visit: go.vic.gov.au/check-in
Open the app and enter: AF9 HHR



Service Victoria is the State Government's dedicated customer service agency. We will only use or disclose your check-in information for coronavirus (COVID-19) contact tracing. We'll delete your data within 28 days. Your details won't be used for marketing or other purposes. Learn more: www.vic.gov.au/check-in



Our Friendship Bench

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.



Connecting With Kimberly

Welcome back everyone to another school year! Just a reminder that 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. Richie and I have some wonderful opportunities organised for this term.

Breakfast Club will start back on Monday 7th February in the Stadium from 8am to 8.30am. Breakfast Club will run every Monday, Thursday and Friday.



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/>

Best,
Kimberly Batsas-Hill
Social Worker -Primary Welfare Officer



**KILMORE
COMMUNITY
CENTRE**



- Occasional Care / 3 Yr Old Kinder Program (Enrolments open and places available for 2022)
- Playgroup
- Yoga
- Meditation
- Gardening Course - new in 2022
- Social Functions



38 VICTORIA PARADE KILMORE - Enquiries - Please phone Madeline 5782 2319



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

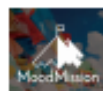
Online program for parents and caregivers providing evidence-based parenting strategies.



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.

A young boy with short brown hair and black-rimmed glasses is shown in profile, shouting enthusiastically into a white and red megaphone. He is wearing a blue and yellow plaid button-down shirt. The background is plain white.



New Program



Greater Beveridge. Women's Circle Workshops

*A women's circle is a gathering to unite women
in the community.*

Come join us for a series of free weekly workshops that will be engaging women who are seeking to live their better life.

The women's circle is designed to help women of all ages to gain confidence, practise self-care, and support each other's personal or professional growth.

The women's circle can recharge you with energy and provides you with an opportunity to connect with other women on the same path of inner and personal development, supporting you to achieve your goals and dreams whilst still having fun.

Topics addressed are flexible based on the needs of the group members and may include the following:

- > Career Counselling
- > Financial Literacy - Centrelink
- > Cooking Healthy Meals
- > Legal Information
- > Parenting in 2022
- > Personal Styling
- > General Makeup Tips
- > Art Therapy
- > Drumming Workshop
- > Mindfulness/Wellness

We aim to make this event accessible and inclusive. If you would like to attend this event and have particular access or childcare needs please contact us on 5734 6395 so we can see how we may help.

| Dates 2022 at 1-3pm | Workshops at Greater Beveridge Community Centre |
|----------------------|---|
| Thursday 10 February | Career Counselling - Go Tafe |
| Thursday 17 February | Family Payments - Centrelink |
| Thursday 24 February | Cooking Healthy Family Meals - Nexus Primary Health |
| Thursday 3 March | Access Legal Services in Mitchell - Northern Community Legal |
| Thursday 10 March | International Women's Day Celebrations - Guest Speaker/Dancing/Drumming |
| Thursday 17 March | Groomed To Go - Personal Styling/Makeup tips |
| Thursday 24 March | Wellness/Mindfulness - Finding the Better Inner You |
| Thursday 31 March | How to Download Immunisation Certificate - Centrelink |
| Thursday 7 April | Parenting in 2022 - Family Care |
| Thursday 14 April | Drumming Workshop - Finding your Inner Beat |

If you are interested in more information about the Beveridge Women's Circle, please contact Anne Coall. Bookings essential as all activities will only proceed with the minimum amount of enrolments. Events are subject to COVID restrictions, please call for more information.



For more information contact Anne Coall:

t: (03) 5734 6395

e: gbcc@mitchellshire.vic.gov.au

w: www.mitchellshire.vic.gov.au