



Kilmore Primary School

Principal: Mr Neil O'Sullivan

35 Lancefield Road, Kilmore 3764 • PO Box 105, Kilmore 3764 • ABN 85 985 746 253
P 03 5782 1268 F 03 5782 1553 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

Friday, 6th October 2023

Bike Ed for Grades 3-6 Started this week!



The students were very engaged and enjoyed taking on the responsibility of bringing their bikes to school and learning all about the benefits and safety aspects of riding bikes.





THE BRIGHTEST DAY AT SCHOOL!

Get your Colour on, Kilmore Primary School is hosting a Colour Explosion Fun Run! Colour Explosion Fun Run will be on **Friday 3rd November 2023**.

Not only are we hosting an awesome Colour Explosion Fun Run, students can order up to a total of 5 prizes based on their donations received. They can even mix and match!

On Compass, you will find communication with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au. This is an entirely online fundraiser; all cash donations must be converted to online donations to redeem your prizes.

Extra Incentives to Fundraise!

- * Online Golden Coins – complete fun online tasks to redeem an extra \$75 towards your prize credit.
- * Monty the MonSTAR's Bonus Prizes – achieve milestones to unlock Monty's bonus prizes.
- * \$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student – it could be you!
- * Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2023.
- * A Play Station 5 Gaming Bundle – see your child's sponsorship booklet for more!

For more information, please contact Jacqui Nelson @ jacqueline.nelson@education.vic.gov.au

Happy fundraising!



THE BRIGHTEST DAY AT SCHOOL!

Incentive Prizes

Fundraising for our Colour Explosion School Fun Run is entirely online. At the end of our fundraiser, Students can order up to a total of 5 prizes based on their donations received. They can even mix and match!

You only need to raise a minimum of \$10 to receive an incentive prize. From there, the more you raise the larger prizes you can choose from!

Monty the MonSTAR Prizes!

Monty the MonSTAR is giving away lots of extra prizes to help you reach for the fundraising STARS! Will you collect them all? Check out your sponsorship booklet to see what Monty has up for grabs.

\$10,000 JB Hi-Fi Shopping Spree!

What would your family buy with a \$10,000 JB Hi-Fi Shopping Spree?! The highest fundraising student in our school will go into the draw to win!

Win a PlayStation 5 Gaming Bundle!

Do you have a need for speed? The highest fundraising student in Australia will take home an awesome PlayStation 5 gaming bundle, complete with a NEW PlayStation 5 Console, a Steering Wheel, Pedals and two games!

You have to be in it to win it! If you haven't already, make sure you start fundraising online at www.australianfundraising.com.au.

Happy fundraising!



Welcome Back to Term 4

Over the last week, it has been wonderful to see all our students return refreshed and invigorated after the holiday break. Our teachers have been impressed by how quickly students have reintegrated into their learning routines and as a school, we will be looking to build on the great learning growth of the last three terms right up until the last school day of Term 4. Term 4 is also one of the busiest and most exciting terms of our school year with extensive whole school and year level events planned. It will certainly be an action-packed term as we finish off the school year. This afternoon, parents and carers will receive newsletters from their child's classroom teachers advising them of the curriculum and events program for Term 4. Please keep an eye on our school calendar and our Compass communications because there is a lot happening in Term 4!

Foundation Excursion

Although the sun may not have been shining this morning, our Foundation students were certainly smiling brightly as they boarded the buses for their Bundoora Park excursion. To say that their excitement was high would be a huge understatement. As they trooped onto the buses in their gumboots, it was obvious to all the adults watching how special these events are in the lives of our students. I would like to thank all our Foundation teachers for the work they have put into organising the excursion and for the work they have done in preparing our students for the event.

Foundation and Grade 1 Fun Night

Next Friday will be a very exciting evening with our Foundation and Grade 1 students taking part in the F/1 Fun Night. The Foundation and Grade 1 teachers have planned lots of great activities, including a school disco. I would like to thank the F/1 teaching staff for the preparation they have put into the event and I look forward to seeing our students enjoying this great extra-curricular event.

Bike Education Program

This week our PE teacher, Mrs Nelson, began the Bike Education program with our Grade 3 to 6 students. The Bike Ed program aims to develop the bike and road safety skills so that our students can ride safely in the community. There is an extensive amount of organization and logistics involved in running the program and I would like to thank Mrs Nelson for her efforts in organizing this program. As a long time bike rider, it has been wonderful to see over 70 bikes crammed into our bike shed.

KPS Book Week Events

This week, families received a Google survey inviting them to attend our Book Week Breakfast on Friday, 20th October. This is a great opportunity for our parents to visit our school and join in the Book Week fun. If you are interested in attending or helping out, please register via the survey link which was sent out earlier in the week.

Neil O'Sullivan
Principal

October

Wednesday 11th—Smile Squad Visit

Grade 2 Edendale Farm Excursion

Thursday 12th—Smile Squad Visit

Friday 13th—Smile Squad Visit

Foundation and Grade 1 Fun Night

Monday 16th to Friday 20th

Book Week ([refer to flyer on page 9](#))

Friday 27th

Grade 2 Sleepover

1st Round Orders Due for 2024 Grade 6 Jacket & Polo orders ([refer page 6](#))

November

Friday 3rd

Colour Explosion Fun Run Fundraiser

Tuesday 7th

Melbourne Cup Public Holiday

December

Tuesday 5th

Grade 6—Broadford Secondary College Parent

Information Evening

Wednesday 20th - Last day of School Year

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.



HAPPY BIRTHDAY

Birthday wishes to the following students who celebrate next week:

Emily Gold, Evan McKee, Tilly Rennie, Tevita Fifita, Tylan Reihana, Amber Kaur and Elly Pankhurst



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.



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.

SICK BAY LINEN ROSTER

October

13th Jemima Allen

20th Jackie Knight

27th Nicole Peter

November

3rd Susan Moore

10th Vicki Buggy

17th Megan Johnson

24th Ashleigh Desmond

December

1st Jemima Allen



Important
Information



Kilmore
Primary School

Important
Information

Parents and Carers, please refer to the attached links to view updated School Policies documents:

[School Policies \(kilmoreps.vic.edu.au\)](https://kilmoreps.vic.edu.au)

Or alternatively visit the KPS School website and go to :

‘About’ — ‘School Policies’

Grade 6 Jacket and Polo Ordering



Families of Grade 5 students will have been emailed via Compass an order form for 2024 Grade 6 Jacket and Polo's.

First round orders are due 27 October 2023 for delivery to KPS before school commences in 2024. Second round orders are due 15 February 2024 for delivery to KPS before end of term 1 in 2024.

(All orders and payments must be placed directly with All Things Uniform).

Please contact the office on 5782 1268 if you require any assistance in locating your order form in Compass.

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. Basketball 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.



Drink Bottles

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



A Smile Squad dental van will be visiting our school next week to catch up with students who were not present during the last round of visits:

Wednesday 11/10, Thursday 12/10 and Friday 13/10.

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



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

Connecting With Kimberly



In partnership with Family Care, I am facilitating another Tuning into Kids Parenting Program next term. Tuning into Kids is a free six session program for parents of 2-10 year olds that focuses on emotion coaching and childhood development to best support our kids needs.

This program will commence on **Friday 13th October 2023** from **9.15am-11.15am** at **KPS**.

Registration to attend this program is required and you can register here:

[Tuning in to Kids: for parents of 2 - 10 year olds Tickets, Fri 13/10/2023 at 9:15 am | Eventbrite](#)

Further information can be found in the below flyer.



A FREE six session program for parents of 2-10 year olds

Would you like to learn how to

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Fridays 9:15am - 11:15am
starting 13 October to 10 November 2023
Kilmore Primary School, Kilmore



Register online
or call Central Intake
1800 161 306



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



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/)

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

LIBRARY NEWS



victorian **premiers'
reading
challenge**



**CONGRATULATIONS TO OUR ROCK STAR READERS WHO
COMPLETED THE 2023 PREMIERS READING CHALLENGE!**

Certificates and badges to all of those who completed their challenge will be presented in term 4! Thank you to everyone who participated!



Lucas Robinson	FG
Elly Pankhurst	1T
Benjamin Mecklem	2P
Audrey Pankhurst	3M
Zachary Ryan	3V
Elizabeth Hente	4S
Annabelle Ryan	5M
Abigail Mecklem	6O





BOOK WEEK EVENTS:

MONDAY 16th

***Author visit**

TUESDAY 17th

***Classroom door display unveiling**

WEDNESDAY 18th

***Buddy sharing of writing**

***Parent/carer classroom visit**

***Lunchtime craft in the library**

FRIDAY 20th

***Breakfast**

***Dress up day and parade**



Get ready for our favourite week of the year as we celebrate Book Week 2023, here at KPS!

We have lots of fun activities for everyone to get involved. We will be having one of the amazing CBCA shortlisted author/illustrators coming to visit, classroom door displays themed on the shortlisted books, buddy activities, lunchtime craft and finishing with a breakfast and dress up day parade!

On Friday 20th October, students are welcome to dress up in anything from a book, whether it be a character or a simple prop. Students can choose to wear a full costume or it can just be a hat or mask inspired by their favourite character. Students who prefer not to dress up can bring along their favourite book (or borrow from the library) to parade. We want to see what books you love and inspire you most!

We look forward to celebrating everything books and writing with you all!



CHILDREN'S
BOOK WEEK

#CBCA2023





Problem-solving

Goal-setting

Social

Speed

Focus

Mindfulness

**Psst.. Something AWESOME IS
COMING IN TERM 4!!**

**KPS IS HOSTING A 3x3 RUBIK
CUBE COMPETITION!!**



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



Jade or Sharon



enquiriesp@berrystreet.org.au



1300 610 355

DELIVERED BY

**BERRY
STREET**

Find out more
at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.



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.

DONNYBROOK & MERNDA
16th October 2023

Employability skills Barista & Cafe Operations

Gain the employability skills required for an exciting and in-demand career.

prace

www.prace.vic.edu.au



Employability skills

Barista & Cafe Operations

Gain the essential employability skills required to be successful in the hospitality industry.

No experience necessary as you will gain the skills that will prepare you to hit the ground running to fill the labour shortage currently advertised in the hospitality industry. This 3 week program includes:

- Hands on training in a cafe environment
- Connect with industry representatives and employment opportunities
- Workplace communication and conflict resolution
- Resume and interview preparation
- Industry specific OHS requirements

Pathways

Employment in the hospitality industry, education pathways.

Workforce Australia

This course counts towards Workforce Australia mutual obligation requirements.

Prace encourages individuals with disabilities to participate in our programs and activities. This training is delivered with Victorian and Commonwealth Government funding. Prace TOID 4036

Location

Shared Space Community Centre at Olivine by Mirvac 995 Donnybrook Road, Donnybrook, and Prace Mernda Campus 56 Schotters Rd, Mernda

Dates and duration

16 Oct - 2 Nov 2023
6 Sessions plus
2 x 5 hour industry placements

Days and hours

Mondays (Donnybrook) & Thursdays (Mernda)
9.30am to 2.30pm

Entry requirements

Enthusiastic and motivated individuals interested in hospitality work

Fees

Course fee \$43
Plus \$10 Services fee

Enrolment

Call 9462 6077 or visit us at Merrilands Community Centre. Or, call Wallan Neighbourhood House on 5783 1450



This course is endorsed by Learn Local.

prace

Prace Main Office
Merrilands Community Centre - 35 Sturdee Street, Reservoir
Phone 9462 6077 | office@prace.vic.edu.au | www.prace.vic.edu.au

RESERVOIR

27th October 2023

Industry Short Course

Office Administration Essentials

Build skills and confidence to work in an office environment.

prace

www.prace.vic.edu.au

Industry Short Course Office Administration Essentials

Build your confidence and gain the essential skills you need to work in office administration.

In this course you will build your communication, teamwork and time management skills and learn a range of general administration tasks. The course covers:

- Formatting Letters
- Recording meeting minutes
- Taking phone messages
- Introduction to MS Word and Excel
- Creating, saving and filing documents electronically
- Emails and attachments
- Workplace Health and Safety
- Google Calendars for appointments

Pathways

Builds skills for employment, volunteer opportunities or further study (e.g. Intro to Bookkeeping) or accredited training (e.g. Certificate I / II in IT, Cert II / III in Business).

Workforce Australia

This course counts towards Workforce Australia mutual obligation requirements.

Prace encourages individuals with disabilities to participate in our programs and activities. This training is delivered with Victorian and Commonwealth Government funding. Prace T01D 4036

Location

Prace - Merrilands
Community Centre
35 Sturdee St, Reservoir

Dates and duration

27 Oct - 15 Dec 2023
8 Sessions

Days and hours

Fridays
9.30am - 2.30pm

Entry requirements

None

Fees

Concession \$50
Full \$54
Plus \$10 Service & Amenities Fee

Enrolment

Call 9462 6077 or visit us
at Merrilands Community
Centre



*This course is endorsed by
Learn Local.*



prace

Prace Main Office
Merrilands Community Centre - 35 Sturdee Street, Reservoir
Phone 9462 6077 | office@prace.vic.edu.au | www.prace.vic.edu.au

Drum lessons at Kilmore Primary School



After hours drum lessons are now available at Kilmore Primary School. We are very excited to help create an exciting and thriving drum community at KPS.

Drums are a great instrument to help with coordination, concentration and overall confidence.

We are offering **one free trial** lesson to any students wanting to have a try at the drums before committing to weekly lessons.

Anyone interested in learning drums can contact:

Nathan Brinciau

Drum Teacher

Mob: 0490 337 127

Email: nathanbrinciau@gmail.com



Kilmore SES *Open Day*

Saturday October 28th, 2023

10am to 12:30pm

and

2pm to 4pm

We're excited to invite you to the KILMORE SES Open Day, a thrilling event that offers a captivating insight into the world of emergency response. 🚒 Get ready to witness the dedicated volunteers of the Kilmore SES as they showcase their incredible skills and life-saving techniques.



0408 937 257



www.ses.vic.gov.au



kilmore@ses.vic.gov.au



KILMORE PRIMARY SCHOOL

Family Learning Multicultural Playgroup at Kilmore

WE ARE DELIGHTED TO ANNOUNCE OUR PLAN TO START A FAMILY LEARNING MULTICULTURAL PLAYGROUP!

THROUGH THE PLAYGROUP KILMORE PRIMARY SCHOOL AIMS TO CONNECT WITH PROSPECTIVE STUDENTS AND THEIR FAMILIES EARLIER DURING THEIR PRESCHOOL YEARS AND PROVIDE A SMOOTH TRANSITION.

THE PLAYGROUP WILL BE STARTED NEXT YEAR AT THE KILMORE LIBRARY. COMMUNITY MEMBERS FROM A LANGUAGE BACKGROUND OTHER THAN ENGLISH WITH A FORMAL TRAINING IN CHILDCARE INTERESTED IN WORKING AS FACILITATORS FOR THE PLAYGROUP ARE REQUESTED TO CONTACT THE SCHOOL.

CALL US: (03) 03 5782 1268

Web: www.kilmoreps.vic.edu.au

Email: kilmore.ps@education.vic.gov.au



Now Available

afterpay

For all your school wear needs



**Please 'like' our Facebook page to keep updated & informed
- More exciting developments to come**



all things uniform



KILMORE JUNIOR FOOTBALL CLUB

**Expressions of
Interest for
Season 2024!!**

GIRLS OF ALL AGES

U10 GIRLS - BORN 2014, 2015, 2016

U12 GIRLS - BORN 2012, 2013

U14 GIRLS - BORN 2010, 2011

U16 GIRLS - BORN 2008, 2009

U18 GIRLS - BORN 2006, 2007

INTERESTED?

CONTACT - KJFCPRESIDENT@GMAIL.COM

**School crossings are back.
*Take care and lead by example.***



School zone speed limits return

Students are back at school, so our school crossings are back in action.

Our fantastic school crossing supervisors will be helping children cross safely and we'd love adults to lead by example by using the designated crossings.

School zone speed limits will be back in force, and Council's Local Laws Officers will enforce parking restrictions.

Please use the drop-off points and remain patient as the school rush hits.

mitchellshire.vic.gov.au/crossing-safety



Kilmore Cricket Club

Cricket Blast is Back

Kilmore Cricket Club will again host its **Cricket Blast** program over summer and registrations are filling up fast for the popular junior program.

Cricket Blast is a junior program with two formats for 4-7 year olds and 7-10 year olds.

Junior Blast (4-7 years) is a fun, skill based program that introduces boys and girls to the game in a supportive environment with skills based activities that everyone can join in with. This program will commence on Sunday, October 15 at 4pm at the Kilmore Cricket Club, Hunts Road Oval.

Master Blast (7-10 years) is a modified T20 game program where participants take the skills they have learned at Junior Blast and apply them in a game.

This program will commence on Sunday, January 28 at 4pm.

Participants can sign up at:

<https://www.playhq.com/cricket-australia/org/kilmore-cricket-club/9d374d01/register>

and will receive a pack with shirt, bat and cap.

Players are also welcome to just “come and try” at the first session to see how they like it.

For any queries, please contact Blast Coordinator Cath Mogridge on 0408 855 833

