



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 7 October 2022

Welcome Back !!!

Enjoy Term 4

Fabulous artwork we have displayed in the office area







Welcome Back To Term 4

Over the last week, it has been wonderful to see all our students return refreshed and rejuvenated after the holiday break. After the challenges brought about by illness during Term 3, Term 4 is shaping up to be a much more "normal" during which we can return to many of our old routines. 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.

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 and how badly they have been missed over the last two years. 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.

Dance Curriculum and Friday Performance

Next week, all our year levels will be completing four dance workshop classes with the Dance Curriculum organisation. Dance Curriculum visited KPS earlier in the year and their workshops were hugely successful. They are acknowledged as one of Australia's leading organisations in supporting student wellbeing through dance, so it will be a fabulous opportunity for all our students to develop their dance skills, have some fun and develop a sense of team spirit with their year level. This program is funded through our student wellbeing program and comes at no cost to students or families. The week long program culminates on Friday with a public performance in our stadium from 9-11am. Parents are welcome to come along to view the performances and join the fun by dancing themselves! We will send out a separate communication to advise families as to when each year level will be performing.

Smile Squad Dental Van

A Smile Squad dental van will be visiting our school this term. All students attending government schools are eligible for free treatment. Students do not need a healthcare card, Medicare or the Child Dental Benefits Scheme. Each student will be bringing home a consent pack to take home (white envelope with orange writing). Families who would like to access the service will need to complete a consent pack for each child. Students will only be seen at the Dental Van if the consent pack is returned to the school.

Assembly In Term 4:

For Term 4, we have changed our Assembly time to Friday at 2.30pm. In Term 4, we will be changing the format slightly by using a combination of virtual and in-person assemblies. Weather permitting, we will hold regular outdoor assemblies at our flagpole area. We will advise parents of the schedule so that they can attend.

COVID Safe Settings

As we are all aware, to our great relief the COVID-19 prevalence in our wider community has dropped significantly over the last month. For the first two weeks of Term 4, however, families are still required to report positive student cases to our office. Once the new COVID Safe settings for the remainder of Term 4 have been announced, I will forward this information to families. Rapid Antigen Tests are also available from our office if you would like to access further tests, please contact our office via phone or email.

All the best,

Neil O'Sullivan
Principal

October

Wednesday 26th

1st Round Orders Due for 2022 Grade 6 Jacket & Polo orders (refer notice on page 8)

Monday 31st

Curriculum Day—**Pupil free day**

November

Tuesday 1st

Melbourne Cup Public Holiday

Friday 25th

Conveyance Allowance applications due

December

Tuesday 20th

Last day of term for students—**1.30pm dismissal**

HAPPY BIRTHDAY

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

Chayse Gould, Pheobie McDonald, Emily Gold, Tillie Rennie, Tevita Fifita, Elly Pankhurst, Kobe Minnitt and Joel Chadwick.



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.



2023 Foundation Enrolments are 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 2023. If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.

Enrol
Now!

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.





A Smile Squad dental van will be visiting our school this term.

All students attending government schools are eligible for free treatment. Students do not need a healthcare card, Medicare or the Child Dental Benefits Scheme.

Each student will be bringing home a consent pack to take home (white envelope with orange writing). Families who would like to avail of the service will need to complete a consent pack for each child. Students will only be seen at the Dental Van if consent pack is **returned to the school**.

The Smile Squad will first visit our school to undertake oral health examinations and preventative care. After the 15 minute examination, students will receive a care plan.

If no further treatment is required, students will be seen in 12 months for their next dental examination. If a student requires follow-up treatment, an individual care plan will be sent home for parental/carer consent before treatment is provided.

Following the students visit to the van, the children will be provided with a free dental pack and education on teeth brushing and healthy eating.

The date for the visit will be advised once confirmed.

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



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

Buzz from the Bee Hive!!!!



You may have heard your child speak about the beehive. Throughout the term, the children earn Bee Tickets by following and demonstrating our school values of Proud, Kind and Safe.

The Beehive is a physical shop the kids can visit twice a term to spend their bee tickets the shop has novelty items, books, and stationery.

We also run a raffle which has more "Big Ticket" items such as sports equipment, craft sets and plush toys!

The children are thriving on this initiative and we are putting out a call to any and all of our wonderful families for even the smallest of donations to our beehive. Any unused (in new condition) toys, books, vouchers, craft or stationery items are accepted with gratitude!

Thank you for your ongoing support!

The Wellbeing Team.



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.

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.



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.

COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.

Child and Family Services Timetable Term 4 2022

Tuning in to Kids

A six session program for parents of 2 -10 year old's. Learn how to help your child develop emotional intelligence

ONLINE Thursday 13 October - 17 November
10am - 11:30am [REGISTER HERE](#)

Emotion Coaching - for teens

Our workshops are for parents and carers of teens who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children.

ONLINE Thursday 20 October
5:15pm - 6:45pm [REGISTER HERE](#)

Tuning in to Teens

A six session program for parents of 10 -16 year olds. Learn how to help your teenager develop emotional intelligence

ONLINE Tuesday 11 October - 15 November
7pm - 8:30pm [REGISTER HERE](#)

Drumbeat

Drumbeat is for children and women who have experienced unhealthy relationships or experienced or been exposed to family violence.

Drumbeat for Kids Aged 9 - 13 years

12 October till 7 December
4pm - 5pm in Wallan (venue to be confirmed)

Drumbeat for Kids Ages 10 - 13 years

6 October till 1 December
4pm - 5pm at FamilyCare Shepparton

Women's Drumbeat

5 October till 2 December
10am - 11:30am at FamilyCare Shepparton

Call Central Intake 1800 161 306

The importance of play

Playing together is one of the most effective tools for building strong relationships with your child.

FamilyCare Shepparton

Wednesday 9 November

10am - 12noon

[REGISTER HERE](#)

Connections

A relationship building group for mothers and young children (0-4 years) who have experienced family violence

FamilyCare, Shepparton

10 October to 5 December

10am - 12 noon

Call Central Intake 1800 161 306



Call 1800 161 306 for more information

Connecting With Kimberly



The following services are available outside of school hours.

In the event of an emergency please call 000



I can be contacted via email:

Kimberly.batsas-hill@education.vic.gov.au

or 5782 1268 for any student and family wellbeing needs

Best,

Kimberly Batsas-Hill

Social Worker -Primary Welfare Officer

Kids Helpline



kidshelpline

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/)

Grade 6 Jacket and Polo Ordering



Families of Grade 5 students will have been emailed via Compass an order form for 2023 Grade 6 Jacket and Polo's.

First round orders are due 26 October 2022 for delivery to KPS before school commences in 2023. Second round orders are due 10 February 2023 for delivery to KPS before end of term 1 in 2023.

(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.

Kilmore Community Centre

MITCHELL SHIRE COUNCIL
PLAYGROUP VICTORIA
38 VICTORIA PARADE, KILMORE 3764 PH 5782 2319

Three Year Old Program

The program offers a fun, quality learning, caring and nurturing time for your child. It is run by very experienced Early Childhood Educators.

Who can providing small groups and specialised care.

The children will learn through play, incorporating individual needs by using a variety of experiences, songs, rhymes, planting/growing, cooking, social skills and so much more.

Wednesday & Thursday 9.15am – 2.15pm

Friday 9.15am – 12.15pm

We are not a government funded program.

Discounts may apply please enquire by calling the Centre or via email.



Top 5 online safety tips

- 1 Think of others' feelings before you post, like or share content.
- 2 Ask for permission before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3 Be an upstander Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not okay. Report and delete it.
- 4 Use privacy and screen time settings to take control of your digital life and its impact on your mental health.
- 5 Ask for help Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

serve & volley Tennis Coaching

Programs Offered

- All ages and playing levels welcomed
- Beginners through to Advanced
- Private, semi private or group lessons
- Squad Training for development and advanced players
- Development Coach Training
- Australian Open Ballkids Training
- Racquet re-stringing

Gavin Moreira

Mobile 0419 549 107

TCA Certified Club Professional and a Team of 3 Assistant tennis coaches ready to help you improve your game





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

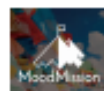
Online program for parents and caregivers providing evidence-based parenting strategies.



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.



Kilmore Primary School

Helping Hands Hub

Kilmore Primary School is inviting parents and carers to get actively involved in supporting our school community. Helping Hands Hub (**HHH**) is an opportunity for you to connect with the school and meet others, in a casual and relaxed environment.

HHH jobs include a wide range of simple tasks from around the school, mostly taking place in the comfort of the library. You could be doing anything from tidying up the library and stamping books to cutting out and laminating letters for classroom display. You won't be asked to do anything you're not comfortable with and you will be given instructions on how to do it!



Where:
LIBRARY

When:
Every Wednesday
afternoon from
2.15pm

We're meeting every Wednesday afternoon in Term 4, and would love to see you in the school library, feel free to bring along a hot/cold drink, we'll supply the biscuits.

Younger children are welcome!

Getting involved is simple.

- sign in at the school office
- make your way to the library (if unsure where, ask at the office)

For further information, contact Liz at:
elizabeth.simner@education.vic.gov.au or Christina at:
cmvarcoe@bigpond.com