



Kilmore Primary School

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P 03 5782 1268 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

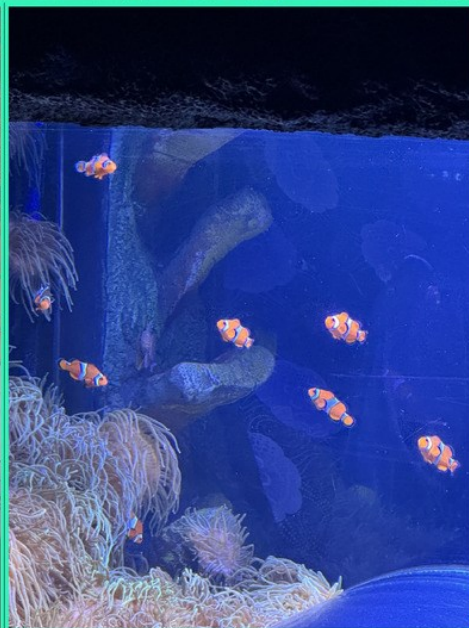
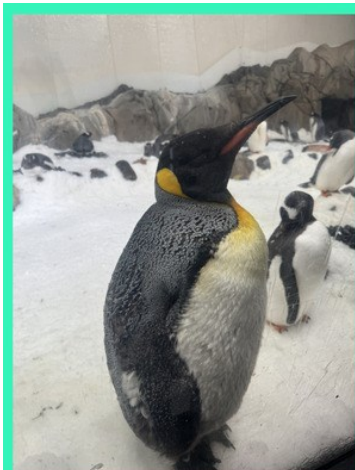
Friday, 17th October 2025

SEA**LIFE**
Melbourne

Grade 1

SEA**LIFE**
Melbourne

Aquarium Excursion



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

ON TIME ATTENDANCE



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

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

Friday 17th Oct.

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

Thank you for your support.

Sandra Allison – Wellbeing Leading Teacher

Every Day Counts



LUNCHTIME CLUBS

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





BREAKFAST CLUB —Mon, Tuesday, Wednesday & Thursday

October

Friday 24th

Virtual Assembly
Young Leaders Day

Friday 31st

Grade 6 Polo and Jacket Orders—**1st Round Orders Due**
Monty's Colour Fun Run
Whittlesea District Primary Cricket Division Competition
World Teachers' Day "Take Your Hat's Off to the Teachers"
students are invited to bring a hat to school.

November

Monday 3rd

Curriculum Day—pupil free day

Tuesday 4th

Melbourne Cup Public Holiday

Friday 7th

Onsite Assembly

HAPPY BIRTHDAY

Birthday wishes to the following students who will be celebrating their birthday over the coming week:



Austin W, Seth S, Jaxon T, Hugo J and Audrey P.

REMINDER TO WEAR YOUR HAT

All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside. Baseball or peak caps are not considered a suitable alternative.

Please note the school does not sell hats. You can purchase your hat from All Things Uniform, Broadford.



Facebook

As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via

kilmore.ps@education.vic.gov.au

or by calling the office on 5782 1268.



2025 School Term Dates

Term 4: 6th October to 19th December

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.



SICK BAY LINEN ROSTER

October

24th Elissah Dwyer-Stone
31st Lucy Wheeler

November

7th Vicki Buggy
14th Ashleigh Desmond
21st Jackie Knight



Drink Bottles

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



2026 Foundation Enrolments NOW OPEN

Please visit the school website for further information and to complete an Enrolment Enquiry

<https://www.kilmoreps.vic.edu.au>

Children must be turning five before 30th April 2026. If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.

Enrol Now!



Principal's Message

Kind • Proud • Safe

Successful Fire Evacuation Drill

Today, our school community participated in a **scheduled Fire Evacuation Drill** as part of our ongoing commitment to student safety. The **entire drill lasted just 10 minutes and 36 seconds**, with **every student, staff member, and visitor safely accounted for**. A huge thank you to our staff for their calm leadership and to all students for following directions so sensibly and quickly. These regular drills help ensure that in the event of an emergency, our whole community knows exactly what to do — and this week's result shows how well-prepared we are.

👏 **Congratulations to everyone involved for a highly successful practice drill!**

Attitudes to School Survey (ATOSS): Student Voice & Wellbeing Measures

We are incredibly proud to share the latest **Attitudes to School Survey (ATOSS)** results, which reflect how our students feel about their learning, relationships, and wellbeing at Kilmore Primary School.

Measure	2024 Baseline	2025 Target	2025 Result	Outcome
Resilience	54%	65%	71%	✅ Exceeded
Emotional Awareness & Regulation	56%	65%	66%	✅ Met
School Stage Transitions	72%	75%	93%	✅ Exceeded
Advocate at School	56%	80%	84%	✅ Exceeded

These results show that our students are becoming more confident, emotionally aware, and supported at school. The improvements reflect the strong impact of our **Resilience Project**, **DASH initiative**, and **School-Wide Positive Behaviour Support (SWPBS)** program. We're particularly proud of the **School Stage Transitions** result (93%), showing that our Kinder-to-Foundation and Grade 6-to-Year 7 transition supports are making a real difference.

💖 **In summary:** All ATOSS wellbeing indicators were met or exceeded — a testament to the hard work of our teachers and the strength of our school's wellbeing culture.

Parent & Caregiver Survey

We also want to thank all families who took part in the **Parent/Caregiver/Guardian Opinion Survey**. Your feedback is vital in shaping how we continue to support and communicate with our community.

Measure	2024 Baseline	2025 Target	2025 Result	Outcome
Confidence and Resiliency Skills	84%	86%	70%	❌ Below Target
Parent/Caregiver Participation & Involvement	58%	65%	57%	⚠️ Below Target

While parent satisfaction with school operations remains **high at 68%**, we recognise that some families would like to see **greater visibility of our wellbeing programs** and **more opportunities to be actively involved** in school life. Next year, we'll be increasing opportunities for families to connect through classroom visits, community events, and open days so you can see the wonderful learning and wellbeing programs in action.

💬 **We value your voice** — together, we'll continue building a strong and connected Kilmore Primary School community.

As always, thank you for your continued support and involvement in our school. We're proud of the incredible progress our students have made — both in their learning and wellbeing — and we look forward to finishing the term with that same sense of teamwork, kindness, and pride that makes Kilmore PS such a special place.

Warm regards

Michael Nicolaides

Principal—Kilmore Primary School

NORTHERN METRO REGION ATHLETICS

Congratulations and well done to:

Ava W placing 5th in discuss

Oliver G placing 4th in triple jump

What a huge achievement



Grade 6 Polo & Jacket Order Form 2025

**** TWO ORDERING PERIODS ****

1st Round Orders due **31st October 2024** – will be delivered to KPS before the end of the 2024 school year

2nd Round Orders due **20th February 2025** – will be delivered to KPS before end of term 1

ORDER FORMS MUST BE COMPLETED & HANDED INTO ALL THINGS UNIFORM

PLEASE NOTE : **STRICTLY** NO LATE ORDERS CAN BE ACCEPTED



**SURNAMES WILL
BE PRINTED ABOVE SCHOOL
DESIGN ON BOTH
POLOS & JACKETS
(ON THE BACK)
SCHOOL LOGO EMBROIDERED
ON THE FRONT
- PRICING IS INCLUSIVE -**



****ORDER FORMS MUST BE COMPLETED IN FULL & HANDED INTO ALL THINGS UNIFORM ****

MONTY'S COLOUR RUN 31ST OCTOBER

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

#MontytheMonstar #MontytheMonstarFunRun #funrun #colourfunrun
#AustralianFundraising

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

We would love to have you helping on the day!

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





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



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

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

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

Saturday 18 October 2025
11am-4pm

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

DIWALI BUS SERVICE

Day/Date: Saturday 18.10.25

Time/ Pick-up Location:

- 8.50 am – Wallan Secondary College
- 9.00 am - Greater Beveridge Community Centre
- 9.15 am – Upper Plenty Primary School
- 9.30 am – Wandong Primary School
- 9.45 am – Kilmore Primary School
- 9.55 am - Willowmavin Primary School
- 10.10 am – Broadford Secondary College
- 10.15 am – Broadford Primary School
- 10.40 am – Station Street (at the Rotunda)

Destination:

**Seymour Community Arts Centre
Anglesey Street, Seymour**

The Diwali Bus will start back from the Seymour Community Arts Centre at 3.30 pm to drop-off families at the above noted locations, reaching the final location by 5.30 pm.

KPS Canteen News

Orders are available on
WEDNESDAY

&

FRIDAY

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

OUR CANTEEN IS ONLINE WITH

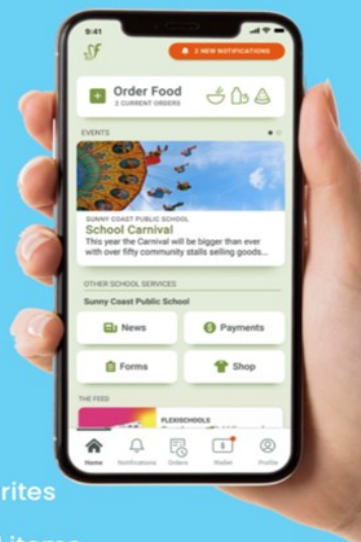
flexischools



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

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

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



Download the app &
register for Flexischools



HOW TO REGISTER



WITH *flexischools*

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



Download Flexischools app

HOW TO PLACE A CANTEEN ORDER



WITH *flexischools*

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

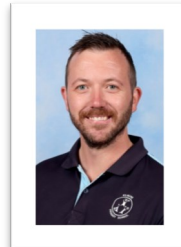
ENJOY!



Download Flexischools app



Wellbeing



Breakfast Club Term 3

Details:

Days: Monday, Tuesday, Wednesday, and Thursday

- **Time:** 8:20am - 8:45am
- **Location:** Stadium (Kilmore-Lancefield will open at 8:20am).

Managed by KPS staff, Breakfast Club offers a selection of cereals and toast for students to enjoy. This program not only provides a nutritious start to the day but also encourages autonomy and enhances social skills.

Breakfast Club is a student-only space designed to foster the development of these important skills.

We kindly remind all families that students should not enter the school grounds before the Breakfast Club gate opens at 8:20am. We are not in a position to supervise or support students before this time, and your support is greatly appreciated.

Students attending Breakfast Club must enter via the Lancefield Road gate at 8:150am. Once inside, they are expected to remain in Breakfast Club until 8:30am, when yard supervision begins. This is to ensure the safety and wellbeing of all students.

If your child is not attending Breakfast Club, they must wait outside the gate until a school staff member welcomes them in at 8:30am.

During Breakfast Club, we are unable to provide one-on-one support. It is the responsibility of Parents and Carers to ensure their child enters and settles into Breakfast Club safely.

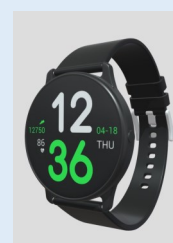
Thank you for your understanding and ongoing support in helping us maintain a safe and supportive environment for all students.

If any parents or carers are interested in helping at Breakfast Club, please send an expression of interest to Richie.Boyer@education.vic.gov.au

Mobile Phones & Smart Watches

It is a Department of Education requirement that students hand mobile phones and smart watches in to the office each morning and collect them at the end of each day.

The office has a locked mobile phone cabinet for this purpose.



Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

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

Phone and Online Counselling



Lifeline 13 11 14

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



Suicide Call Back Service 1300 659 467

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



Beyond Blue Support Service 1300 22 4636

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



1800RESPECT 1800 737 732

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



MensLine Australia 1300 78 99 78

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



QLife 1800 184 527

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



Butterfly Foundation 1800 33 4673

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



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

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



FriendLine 1800 424 287

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

Young People



Kids Helpline 1800 55 1800

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



Niggle

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



eheadspace

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



ReachOut

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



The BRAVE Program

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



BITE BACK

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

Programs



MindSpot

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



THIS WAY UP

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



Mental Health Online

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



MyCompass

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



MoodGYM

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



e-Couch

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



Healthy Mind

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



ParentWorks

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



Centre for Clinical Interventions

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

Apps



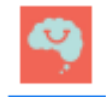
MoodMission

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



Daybreak

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



Smiling Mind

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



BeyondNow

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

Aboriginal and Torres Strait Islanders



WellMob

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



iBobbly

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

Food Relief

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

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

Mitchell Shire

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



SIGN UP NOW!!!!

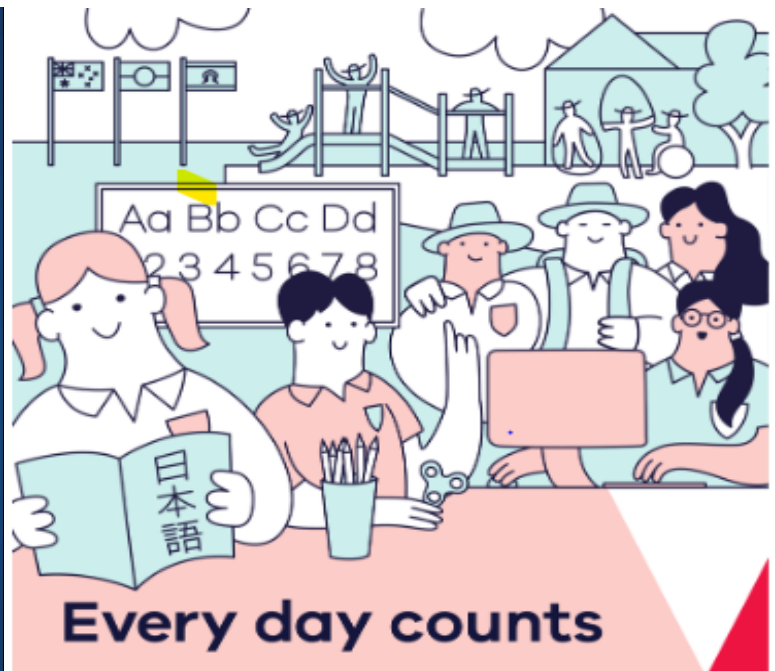
Head to www.play.cricket.com.au and sign up for all the fun of Cricket Blast at Kilmore Cricket Club.

Sessions start on 26/10/25 at 4pm.

Any queries call Cath on 0408 855 833.

Cricket Blast is back at Kilmore Cricket Club and we want all girls and boys who want to learn cricket in a fun and supportive environment to join in the fun.

Sessions are on Sundays at 4pm. To register head to www.play.cricket.com.au



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



Department of Education

vic.gov.au/education

The Education State



Safety around schools

Everyone has a responsibility

Make school time safe for everyone

Please take extra precautions when dropping children off and picking them up from school. Children are still learning the road rules and can be unpredictable and difficult to see.

Important things to remember:

- Travel at a maximum of 40 km/h
- Never use a mobile phone while driving
- Always follow the crossing supervisor's instructions
- Allow extra time so you don't need to rush
- Consider parking a few streets away and enjoy a walk

Together, let's reduce speeds and improve safety for all children.

Contact us
t. (03) 5734 6200 e. mitchell@mitchellshire.vic.gov.au
www.mitchellshire.vic.gov.au



HEALTHY START BREAD PROGRAM

FREE BREAD FOR HEALTHY KIDS!

HOW IT WORKS:

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



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



EXCLUSIVELY AT

Bakers Delight
WALLAN



Goulburn Valley Water presents

FREE
EVENT



Let's Grow

Waterwise Gardens

Wednesday 22 October
7pm - 9pm
Eastbank Shepparton

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



Cathy Olive

Native Plant Enthusiast



Louise Costa

Landscape Architect



Don't miss out!

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



WATER NIGHT



waternight.com.au

SCAN ME
TO REGISTER

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

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

Join Aussies in changing the way we value water.

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



REGISTER FOR YOUR CHANCE TO WIN!



Supported by



ORIENTATION

WHEN & WHERE
NOVEMBER
42 BENTINCK STREET
WALLAN VIC 3756

REGISTER HERE



WWW.HVCT2023.COM.AU

HVCT
HVCT
EST 2023

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

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



Dear Parents and Carers,

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

How Do We Fundraise?

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

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

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

Event Information

31st October, 2025

All day!

Kilmore PS

Wear a white shirt to make the colour pop!

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

Students are required to wear closed-in shoes!

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

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

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

or 57821268

Jacqueline Nelson – Run4Fun Coordinator

