



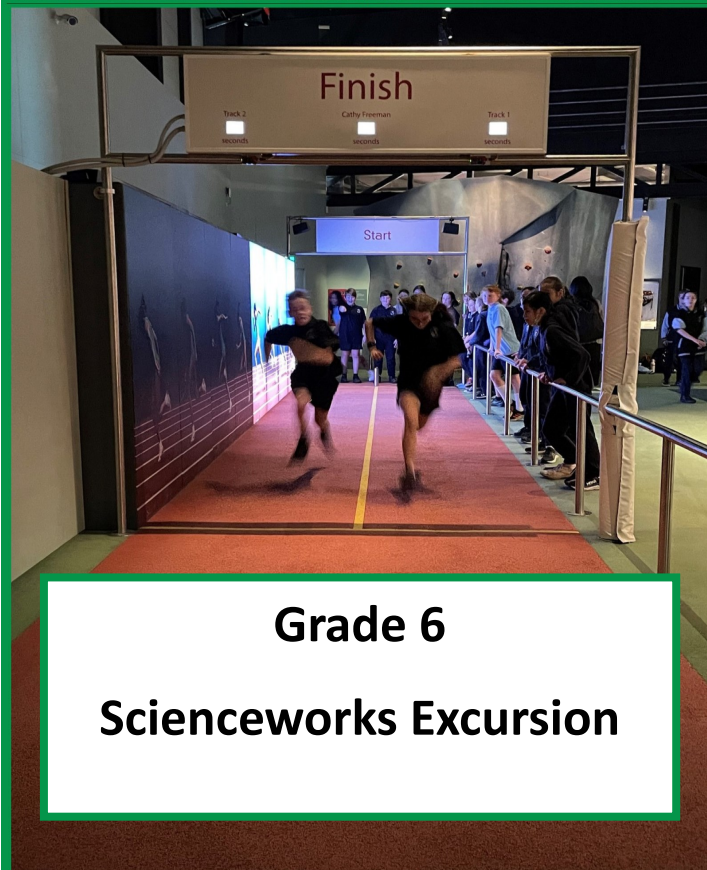
Kilmore Primary School

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, 22 July 2022



Grade 6

Scienceworks Excursion



Students should not arrive at school until the school gates open at 8.30am unless they are attending Breakfast Club on Monday, Thursday or Friday morning. If you are joining Breakfast Club, please enter through the stadium gate on Lancefield Road.

Staff are not on yard duty until 8.30am

MORE WINTER INTER SCHOOL SPORTS



July

Tuesday 26th — Parent Teacher Interviews

Wednesday 27th

School Tour (refer page 14)

Friday 29th

Grade 3/4 Phillip Island Final instalment due

August

Monday 1st

Grade 5 Scienceworks Excursion

Thursday 11th

School Tour (refer page 14)

Tuesday 23rd

School Tour (refer page 14)

Friday 26th

Conveyance Allowance Applications Due

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming week: Alexia Pettit-Evans, Navaeh Loneergan, Tamira Krollig, Hannah Berryman,, Dugfay Goma, Keira Walker, Isabella Steele, Harley Seddon-Anderson, Levi Seddon-Anderson, Matilda Bosworth, Thomas Lynn, Mason Stuart, Jacob Bordin, Langdan Bergin, Bonnie Bassett, Archer Briggs and Liam Nichols.



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.



Bus Zone

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. There is no car parking from the school crossing through until the disabled parking bays.



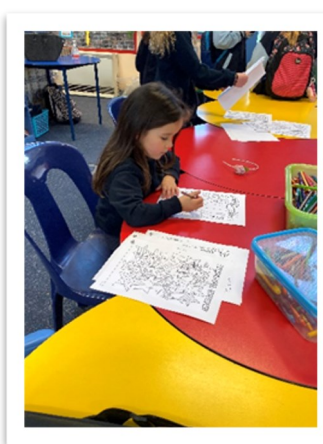
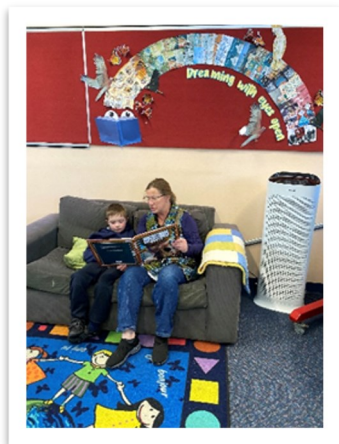
School Crossings

For the safety of all students, parents and our lovely Crossing Supervisors, we ask all drivers to please stop at the school crossings when you see the Crossing Supervisor with their sign pointing out towards the road and remain stationary until the Crossing Supervisor is back on the footpath.



Parent/Carer Interviews

We have had 369 families book interviews with classroom teachers. It has been fantastic to see families back onsite and having the opportunity to meet face to face. Our specialist teachers have done a great job in providing care for students so that parents can meet with teachers one on one.



A final reminder to families that our last night for interviews is on:

- Tuesday 26th July

How the interview will Work:

- The interviews will be held onsite here at the school
- Interviews will be held in your child's/ren's classroom
- Your child/children are not required to be in attendance for the interview

If there are no other care arrangements for your child/ren, the school Library will be a place where KPS students can wait for their parent/s and or carers whilst you are attending the interview with your child/s teacher. Staff will be on hand to supervise your child/ren during their time in the library.

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

Staffing Update - Leaving us:

Barry Parkinson has decided to step away from KPS, to pursue new opportunities. The staff had an opportunity to farewell Barry last night at Trackside and present him with a gift. I would like to thank Barry for the work that he has undertaken as a coach and mentor during his time at KPS and for his valued contributions to the leadership team.

Finally...Thanking everyone for the support over the past two weeks, I look forward to welcoming Mr O'Sullivan back on Monday.

Julie Smith
Acting Principal



Handy Tips from

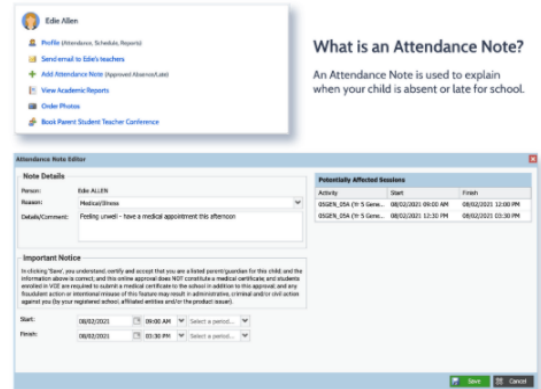


Attendance

Entering an Attendance Note

- 1 From the Compass home screen (or from your student's profile), click the **Add Attendance Note** item.
- 2 From the pop-up window
 - ➔ Select the reason
 - ➔ Enter a brief description of the absence
 - ➔ Select the start and finish time
 - ➔ Click the 'Save' button

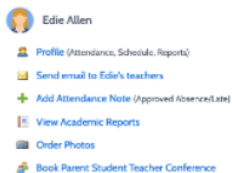
Where possible, attendance notes should be entered prior to the absence/lateness occurring.



Parent-Teacher Conferences

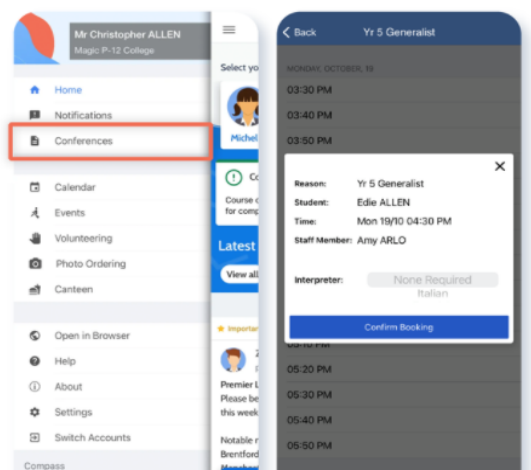
Using Compass you can book your parent-teacher conferences online.

- 1 On the home screen, beside the student you wish to make bookings for, click 'Book Parent Student Teacher Conference'.
- 2 A list of parent-teacher conference cycles will be displayed along with their booking status. Click on the relevant cycle.
- 3 Your booking sheet will be displayed and will show your available booking times. Click on a time in the grid to display teachers available for booking at that time.



Parent-Teacher Conferences - app

- 1 From the Compass home screen on your app, select the menu (top left) and click **Conferences**.
- 2 From the list of parent-teacher conference cycles
 - ➔ Select the relevant cycle you wish to book for
 - ➔ Select the student you wish to place a booking for
 - ➔ Select the class or interview group
 - ➔ Click on a time slot to make a booking and confirm



Kilmore Primary School

Be **KIND** Be **PROUD** Be **SAFE**

Student Awards

At Kilmore Primary School, we are always working on modelling our school values of Kind, Proud and Safe. As a whole school, we explicitly teach and then give our students opportunities to display these values within and beyond the classroom doors.

The students listed below will be recognised for showing our school values at assembly today.

We congratulate for this week:

Foundation E — Hugo Jensen	Grade 2H — Eden Dow	Grade 5F — Kobe Jennings
Foundation G — Jacob Bordin	Grade 2M — Lennox Daniels	Grade 5M — Ayden Atkins
Foundation M — Zoe Smith	Grade 2P — Jack Davon	Grade 5S — Ruby Ingram
Foundation S — Lara Francis	Grade 3D — Flynn Leslie	Grade 6B — Maleah Munokoa
Grade 1H — Faiz Jameel	Grade 3K — Riley Martin	Grade 6E — Naati Iftikhar
Grade 1M — Lanah Lang	Grade 3R — Alex O'Brien	Grade 6J — Tenisha Shembri
Grade 1N — Mckenna Peatling-Meehan	Grade 4J — The Amazing 4J	Specialist F-2 — Charli Dow 3-6 — Linkin Taitoko
Grade 1T — Seth Leahy	Grade 4S — Lina Gorsuch	
Grade 2F — Olivia Watts	Grade 4V — Grace Glavas-Musgrave	



FREE

BOOK OFFER!

ON ISSUE 5



Receive	When you spend over
1 Free Book	\$30
2 Free Books	\$50
3 Free Books	\$70



ORDER BY FRIDAY 29TH JULY



SCHOLASTIC

SAT News

Reminder of our SAT Bread Bag Recycling Program



Our bread bag boxes have arrived and are overflowing. Our aim is to collect 25kg of bread bags. Collecting runs until the 9th of September and we get points for every kilogram we collect. The points can be used to purchase new sports equipment. We would like to thank Jodie for her help in bagging up our donations.

Our Student Voice Leaders would like to thank everyone for their contributions so far and encourage people who haven't already started collecting to start today. Please bring your bags to school and place them in the pink boxes at the office or in the stadium foyer.

Look at how much plastic we have stopped from going into landfill! That's such a great help to our environment. As well as helping the environment, we are earning points for our school to purchase new sports equipment. We would like to hear from the KPS students which equipment they would like to purchase. Please let your class SAT representative know what equipment you would most like to see. Your representative will share your thoughts at our next meeting.



Connecting With Kimberly



Welcome Merryn Miller: This week, we welcomed Merryn (Mez) Miller to KPS. Mez will be working on Monday's, Tuesday's and Friday's in the wellbeing team and she will start to support group work and program delivery at KPS. Please welcome Merryn to KPS if you see her around!

Term 3 Parent Sessions: We have two parent sessions scheduled for Term 3. Further information about these sessions can be found below and also in our newsletter flyers.

Parent Session 1:

Date: Wednesday 10th August 2022

Time: 5:00pm-6:15pm

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

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

Parent Session 2:

Date: Wednesday 24th August 2022

Time: 5:00pm-6:15pm

Topic: Nurturing Resilient, Independent Young People

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

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

Further correspondence will be sent via Compass



Merryn Miller



I can be contacted via email:

Kimberly.batsas-hill@education.vic.gov.au or
5782 1268 for any student and family wellbeing needs at any time.

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

The following services are available outside of school hours.

*****In the event of an emergency please call 000*****

Kids Helpline



Ph: 1800 551 800

<https://kidshelpline.com.au/>

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/>



ABOUT

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



ANXIETY: WHAT ALL FAMILIES NEED TO KNOW



DETAILS

VENUE
KILMORE PRIMARY SCHOOL

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

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

AS SEEN ON



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

1300 BIG SIS @bigsisterexperience www.bigsisterexp.com



ABOUT

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



NURTURING RESILIENT, INDEPENDENT YOUNG PEOPLE



DETAILS

VENUE
KILMORE PRIMARY SCHOOL

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

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

AS SEEN ON



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

1300 BIG SIS @bigsisterexperience www.bigsisterexp.com

Healthy Relationships, Consent & Safety

A Live Panel Discussion



29 JULY 2022
12PM-1PM AEST

**FREE ONLINE
EVENT!**

Yellow Ladybugs is bringing together three experts on all things healthy relationships, consent and safety to support parents, carers and teachers of autistic girls & gender diverse students.

WITH SUPPORTING PANELLISTS:



Host: Katie Koullas
Yellow Ladybugs CEO



Tess Moodie
Intersectional Advocate



Louise Mapleston
Check + Chat



Joanne Hatchard
Better Being Me

Registration is essential! Sign up for free:

WWW.TRYBOOKING.COM/CAQNZ



Education
and Training



Yellow Ladybugs acknowledges Aboriginal and Torres Strait Islander Peoples as the Traditional Custodians of the land and acknowledges and pays respect to their Elders, past and present.

Information for parents

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

Help fight heart disease

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

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

What's involved

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

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

How do I get started?

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

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

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

4. Share your child's page with friends and family and ask them to donate to support your child's effort.

Every dollar you raise will help fund vital research, support and programs that help save lives. Social media, email and SMS are a great way to get the word out there!

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

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

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

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

At the age of two, Isla had open-heart surgery to treat an atrial septal defect (ASD), which means she was born with a hole in the wall, or septum, that separates the top two chambers of the heart. When this happens, extra blood leaks through the hole into the right chamber making the heart and lungs work harder.

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

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

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

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

How your donations can help

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

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

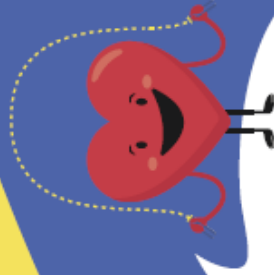
\$100 could pay for a DNA test to identify people at high genetic risk of heart disease.

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





JUMPROPE
for **HEART**



\$5000

\$2500

Razor Scooter
+ one prize
from every
lower level



\$1000
slam Ball set

Slam Ball Set



\$500

Mystery Prize Box



\$250

Supersonic Ball



\$100

Shoot Ball
Animal (Lucky Dip)



\$60

Handball



\$35

Mystery Skipping Rope



\$250

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

[illegible]

LEWIS & CLARK

Sign up at jumpope.org.au

Parents and Guardians Guide

Thank you for becoming heart heroes.

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

Have fun

Learn tricks

Raise funds and earn cool prizes

Sign up now at
jumprome.org.au/parents

School Tours

Term 3, 2022

Wednesday 27th July 4:00pm

Thursday 11th August 9:30am

Tuesday 23rd August 9:30am



Please scan the QR code above to RSVP to your preferred date



Kilmore Primary School

35 Lancefield Road, Kilmore (office entry is via Sutherland Street)

Ph 03 5782 1268

Email Kilmore.ps@education.vic.gov.au



Food Relief

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

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

Mitchell Shire

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

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

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

Phone and Online Counselling



Lifeline 13 11 14

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



Suicide Call Back Service 1300 659 467

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



Beyond Blue Support Service 1300 22 4636

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



1800RESPECT 1800 737 732

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



MensLine Australia 1300 78 99 78

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



QLife 1800 184 527

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



Butterfly Foundation 1800 33 4673

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



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

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



FriendLine 1800 424 287

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

Young People



Kids Helpline 1800 55 1800

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



Niggle

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



eheadspace

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



ReachOut

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



The BRAVE Program

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



BITE BACK

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

Programs



MindSpot

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



THIS WAY UP

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



Mental Health Online

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



MyCompass

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



MoodGYM

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



e-Couch

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



Healthy Mind

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



ParentWorks

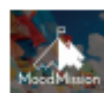
Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

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

Apps



MoodMission

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



Daybreak

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



Smiling Mind

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



BeyondNow

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

Aboriginal and Torres Strait Islanders



WellMob

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



iBobbly

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

Is your child a carer?

- Do they care for a family member or friend with disability, mental illness, age or health issues?
- Does their caring responsibilities affect work, study or social activity?
- Could they use some support to make life easier?



Henry, carer to his mother.

If you or your child answered yes to any of these questions, then Carer Gateway can help. Young carers help with tasks like household chores, paying bills, personal care, giving medication and emotional support.

What services does Carer Gateway provide for young carers?

Carer Gateway is the Australian Government's national carer hub. It provides reliable services, supports and advice, including:

- **Counselling**
- **Respite care – emergency & planned**
- **Connection with other young carers**
- **Financial support, and more.**

How do I contact Carer Gateway?

By calling **1800 422 737** Monday to Friday between 8am and 5pm, visit **carergateway.gov.au** or email **mstephens@familycare.net.au**



Summar, carer to her brother.

