



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 13th May 2022



Our students enjoying our newest lunchtime activity

May

Wednesday 25th May

School Tour (refer page 9 for details)

Friday 27th May

Curriculum Day — **Pupil Free Day**

June

Friday 3rd

Conveyance Allowance Applications Due

Thursday 9th May

School Tour (refer page 9 for details)

Monday 13th

Queen's Birthday Public Holiday

Friday 24th

CSEF Applications Due

Staff Professional Development Day and last day of Term 2 — **Pupil Free Day**

HAPPY BIRTHDAY

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

Robin Bhanot, Eden Dow, Zara Schultz,

Phoenix Burrowes, Maddie Gray,

Emma Knippel, Lucas Brown,

Charlotte Taormina, Harry Wright,

Nathan Stoneman, Pippa Dove,

Leon Kumar and Myles Kayser.



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.



THIS TERM

Second Hand Uniform Sale

Gold coin donation, with all proceeds to go to State School's Relief Fund.

Sale will take place after school at the picnic tables (weather permitting).

More details to follow with date to be confirmed soon.



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.

SICK BAY LINEN ROSTER - HELP NEEDED

Each year we ask if parents are able to assist in the washing and changing of the linen in our sick bay. In most cases this means 2 or 3 times a year. If you are able to help out please email kilmore.ps@education.vic.gov.au or contact the office on 5782 1268 by Thursday 20 May 2022.

A linen roster will be distributed shortly after and we will also have reminders in the newsletter.



Thanks and Gratitude – Family and Friends Group

Over the last week, our Family and Friends group has played a huge role in staging two very engaging school events. Our Mothers' Day stall was a huge success and our students were tremendously excited to purchase gifts for the special person in their lives. I have heard many great stories over the last few days from appreciative mothers, including some funny tales about edible gifts that may not have survived the journey home! On Tuesday, our Family and Friends group served over 450 meals to mothers and families as part of our Mother's Day breakfast. This was a stunning effort from the band of dedicated helpers and we are truly appreciative of the role they play in our school. As part of our fundraising efforts for 2022, our School Council will be holding an election day sausage sizzle on our grounds on May 21st. If you are available to help please email kilmore.ps@education.vic.gov.au with your name, contact number and available times for the day. We will then contact you to confirm the roster for the day.

Learning Highlight – Gratitude

At this morning's assembly, Our School Captain read a gratitude poem which she wrote as part of her inquiry learning studies. Gratitude is one of the central concepts which our students learn about during their weekly Resilience Project wellbeing lessons. Charlotte's poem was very well crafted and contained a powerful personal message. It can be found on the next page of this newsletter.

COVID-19 Reporting Reminder

To assist us in accurately coding student absences, I would like to remind all parents and carers of the importance of reporting COVID-19 cases to our school office. It is also essential that household contact status is reported to our office so that we can follow all the health and safety protocols required by the Department of Education. Thank you in advance for your co-operation.

Cold and Flu Season

As predicted by the medical practitioners, 2022 is set up to be a severe cold and flu season. I would like to remind all parents of the importance of keeping the children at home if they have any cold and flu symptoms. It is crucial that we work together as a school community to promote the health and well-being of our students and staff.

Dance Curriculum Incursion

In the coming weeks we will be visited by the Dance Curriculum organisation who specialise in teaching hip-hop dance to school age students. This is a great performing arts opportunity for our students and the sessions have come about as a result of KPS being the lucky winner of a school-based competition. All year levels will get the opportunity to participate in a 40-minute session with the Dance Curriculum company. If you are interested in finding out more about the sessions, please follow the link: <https://www.youtube.com/watch?v=QO6der8d4L4>

I am looking forward to seeing our teachers showing us their dance moves in the weeks ahead.

NAPLAN Assessments

On Tuesday and Wednesday our grade 3 and grade 5 students undertook their first NAPLAN assessments. 2022 is the first year that KPS has participated in the online NAPLAN program. I would like to thank all of our students for the effort, concentration and patience shown throughout the process and thank our team of teachers and education support staff for the role they played in the smooth running of the assessments.

School Council Report

Our most recent School Council meeting was held on Wednesday. The focus of our work at a School Council level in 2022 centres on community engagement and the continued improvement of our facilities. In the coming weeks we will be communicating some of our short and medium-term building improvement projects, in addition to outlining the community engagement opportunities for our parents and carers to participate in our school life.

All the best,

Neil O'Sullivan
Principal



I'm grateful for all the water I drink,
because it comes from my clean sink,
I'm grateful for all the food I get,
I'm grateful that I don't live in a world
full of regret.
I'm grateful to have the right to go
to School,
and go home so calm and cool..
I'm grateful for my parents I share,
I love how they are always there.
I'm grateful for my friends I hope.
our friendships never end..
I'm grateful for all the lights and
thanks to this I have all the Rights

Charlotte Watts 6E

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.

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.

SAT News

Reminder of our upcoming SAT Bread Bag Recycling Program

This year the SAT will be collecting Bread Bags! We have registered for the Wonder Recycling Rewards Program. This program has great environmental and school benefits. We can help the environment by reducing waste and help our school by collecting points that can be used to purchase new sports equipment. We are also in the running to win some play ground equipment.

The program kicks off on the 30th of May but we can start collecting at home before then to boost our collections. All you need to do is keep any bread bags at home and bring them into school when our recycling boxes arrive in Term 2. Last year with your help we collected around 15kg of bread tags. Hopefully this year we can reach **25kg of bread bags!** Some key information is below and we will post more information when it is available. For further information ask your S.A.T representative or Mrs Rowe.



	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
REGISTRATION		14/3 -8/4							SCHOOL HOLIDAYS		
STARTER PACK DELIVERY				25/4 -27/5							
COLLECTIONS				30/5-9/9							
FINAL TALLY IS COUNTED			SCHOOL HOLIDAYS			SCHOOL HOLIDAYS			3/10 -7/10		
REDEEM SPORTS EQUIPMENT									10/10 -21/10		
SPORTS EQUIPMENT DELIVERED TO SCHOOLS										24/10-23/12	

TWO RECYCLING REMINDERS

It's important that items being recycled are not contaminated with other products and are as clean as possible. Here's a quick checklist for you:

What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process but they do not need to be washed.



Connecting With Kimberly



eSafety's Guide to Parental Controls

The eSafety Commissioner is offering a free webinar for parents and carers on how to set up devices and apps to keep young people safe online.

The one-hour event will be held on three occasions throughout the month of May. The webinar will cover: the benefits and limitations of parental controls, how to safely set up popular games, apps and devices and other parenting strategies to manage online risks.

Session dates and times are:

Tuesday 10th May, 7:30-8:30pm

Tuesday 19th May 12:20-1:30pm

Tuesday 31st May 12:30pm-1:30pm

Registration to the above sessions can occur by inserting the below link details into your browser:

<https://register.gotowebinar.com/rt/8442552073867182349>



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 at any time.

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

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/)

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 this Friday.

We congratulate for this week:

Foundation E — Kieron Maiss	Grade 2H — Jack O'Rourke	Grade 5F — Leo Ricci
Foundation G — Oscar Minnitt	Grade 2M — Avantika Bakshi	Grade 5M — Xavier Nicholas
Foundation M — Maci Bowe	Grade 2P — Amelia Macewan	Grade 5S — Lily Connolly
Foundation S — Kiara Baines	Grade 3D —	Grade 6B — Matthew Harrison
Grade 1H — Nathaniel Fletcher-Seales	Grade 3K — Amber Jamison	Grade 6E — Eden Webster
Grade 1M — Evie Brizzio	Grade 3R — Vanessa Willis	Grade 6J — Emily Catanzaro
Grade 1N — Michael Montagnese	Grade 4J — Sienna Ward	Specialist F-2 — Lucy Pace — FE 3-6 — Liam Toussaint — 5S
Grade 1T — Mackenzie Ivory	Grade 4S — Veronica Milne	
Grade 2F — Harley Seddon-Anderson	Grade 4V — Jay Brown	

Kilmore Primary School Activities Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 8:15-8:40am	Where: Stadium Foyer			Where: Stadium Foyer	Where: Stadium Foyer
RECESS					
PLAY	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Lego Masters	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 
Connect (Eating Area)	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 
LUNCH TIME					
Friendship Stop (1st Half Lunch)	Where: Library 	Where: Library 	Where: Library 	Where: Library 	Where: Library 
Minecraft Club (1st Half Lunch)	Where: ICT 		Where: ICT 		Where: ICT 
Coding Club (1st Half Lunch)		Where: ICT 		Where: ICT 	
Art		Where: Art room 		Where: Art room 	
PLAY Lunch	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Song and Dance				Where: Performing Arts Room 	
Pokemon Club (2nd Half)	Where: Spare classroom 				Where: Spare classroom 
Stadium Sports 1st Half Lunch			Where: Stadium Grade: 4 	Where: Stadium Grade: 5 	Where: Stadium Grade: 6 

School Tours

Term 2, 2022

KIND

PROUD

SAFE

Tuesday 10th May 9:30am

Wednesday 25th May 9:30am

Thursday 9th June 9:30am



Please scan the QR code above to select 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

STANDING WITH UKRAINE

I have been saddened to see all the innocent children of Ukraine leaving their homes. Please help me raise funds for them.

By buying one of my scrunchies you can wear it and help show your support.

All sales will go to:

SAVE THE CHILDREN

*I hope to raise \$140 which will:
"provide a family who has fled
their home with food for a month"*

Thank you

Tilly B

SS

Scrunchies

to help the

Children

of

Ukraine

\$3 Small

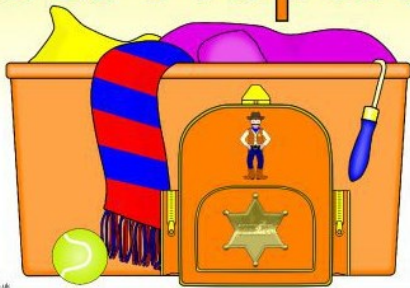
\$5 Large

Students interested in ordering a scrunchie, please put your name, class and money into an envelope and hand deliver to the office.

Scrunchies are made to order and turn around times may vary.



Lost Property



We have had some precious lost property items handed into the office. These items include such things as a watch, wallet and purse etc..

If your child has lost any of these items please see the office about getting them returned.

Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc



2022 Prep CSEF Uniform Package



Applications for the 2022 Prep CSEF Uniform Package are **now open** and can be placed via our [online application portal](#).

Information sheets for schools & families, plus the order form - can be found on our [website](#) and downloaded as required.

Please note the following;

- Vouchers issued will have an expiry and must be redeemed before the expiration date
- Once vouchers have been issued, we are unable to exchange items for “change of mind”
- Applications for this package will **close at the end of Term 3, 2022**

In order for a student to be eligible to receive the 2022 Prep Uniform Package the student must be a Camps, Sports and Excursion Fund (CSEF) recipient.

To find out more, visit the [Department of Education & Training website](#).

If you could kindly forward this communication to all relevant staff within your school, it would be appreciated.

Should you have any questions about this package, please contact our Applications Support team on 8769 8400 between the hours of 8.30am - 4.30pm, Monday to Friday or email us at :

contact@ssr.net.au

Mobile Phones

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

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



FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS

FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **Changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





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

POLLING BOOTH

8AM-6PM SATURDAY 21ST MAY

KILMORE PRIMARY SCHOOL

ENTER VIA LANCEFIELD ROAD



DEMOCRACY SAUSAGES

WILL BE AVAILABLE FROM 9AM!!

ALSO AVAILABLE
EGG & BACON ROLLS
AND DRINKS

ALL MONEY RAISED WILL GO TO
KILMORE PRIMARY SCHOOL

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

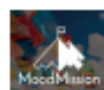
Online program for parents and caregivers providing evidence-based parenting strategies.



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.

Dads TUNING IN TO KIDS

A FREE seven session program for fathers of
2 -12 year old children

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

Tuesdays 6pm - 8pm
starting 3 May - 14 June 2022
Online

Call FamilyCare's Central Intake 1800 161 306 to register your
place or [register online here](#)



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

Autumn Movie NIGHTS UNDER THE STARS

20 May Hadfield Park, Wallan

Movie screening

Mamma Mia



Entertainment 5pm

Food local takeaway or
event food trucks

Movie starts 6.30pm

Info mitchellshire.vic.gov.au

