

# **Kilmore Primary School**

Principal: Mr Neil O'Sullivan

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**NEWSLETTER** 

Friday, 18th February 2022

# GRADE 5 AND 6 SOVEREIGN HILL CAMP





# GRADE 5 AND 6 SOVEREIGN HILL CAMP continued







#### **February**

Monday 21st and Tuesday 22nd Meet the Teacher Interviews

Tuesday 22nd Mitchell District Swimming Sports

#### March

Thursday 10th School Photos

Monday 14th Labour Day Public Holiday

Wednesday 16th School Tour (refer Page 5 for details)

Friday 18th

Conveyance Allowance Applications Due

Tuesday 29th School Tour (refer page 5 for details)

#### <u>June</u>

Friday 24th CSEF Applications Due

### 2022 School Term Dates

Term 1: 31st January to 8th April Term 2: 26th April to 24th June

Term 3: 11th July to 16th September

Term 4: 3nd October to 20th December

#### REMINDER TO WEAR YOUR HAT

Just a reminder that all students need to wear hats starting the beginning of Term 1. 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.





#### **HAPPY BIRTHDAY**

Birthday wishes to the following students who have recently celebrated their birthday or are about to celebrate their birthday this coming week:
Isla Leithhead, Amelia MacEwan, Noah Johnson,
Diesel Martin, Ryan Whyte, Logan Ireland,
George Skoufis and Charlotte Steele

#### 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.



#### **REMINDER**

All students need to bring a drink bottle to school.



### FROM THE ART ROOM

Now that art smocks are no longer communal in the art room, please organise an art smock for your child/ren. While a waterproof smock is preferred, an old t-shirt is suitable for most materials we use. Please ensure the smock you choose is easy for your child to put on and take off independently.

\*\*\*Senior years 3-6 will be working with paint called Vipond that WILL NOT come out of clothes\*\*\*







#### Thanks and Gratitude - Grade 5/6 Camp

From Monday to Wednesday of this week, our Grade 5/6 students participated in our Sovereign Hill school camp. The camp was a huge success and I would like to congratulate all of our administration team, Grade 5/6 teachers and ES staff for how they worked together to create this fabulous experience for our students. The behaviour of our students while they were on camp was exemplary and we received lots of positive feedback from the educators at Sovereign Hill on the engagement of our students. Over the last two years of remote learning, we have developed a great appreciation for how special camps are in the life of students. Seeing our students on camp, engaging with new learning and happily getting along together so well, it reaffirmed for me the special place of camps in the lives of students. It was a wonderful experience and smiles abounded throughout our three days away.

#### **Meet The Teacher Interviews**

On Monday and Tuesday of next week, we will be holding our Meet The Teacher interviews. These interviews are a great opportunity to discuss your child's start to the school year and to establish a strong home and school partnership. If you have not already booked an interview, please do so via the Compass portal. The interviews will be conducted remotely through Google Meet and you will be emailed a meeting link on the day of your interview.

#### Rapid Antigen Testing Extension

Yesterday the Victorian government announced that they will be extending the rapid antigen testing (RAT) program until the end of term one. I would like to congratulate our community on how well they have engaged with rapid antigen testing. Modelling shows that the current testing program prevented 65,000 infections across Victoria. I will send a separate communication to the community outlining the continued COVID Safe measures which we will implement at Kilmore Primary School during the remainder of term one.

#### Lunchtime Activities & PLAY Program

At our assembly this morning, we announced the Grade 5 leaders of our PLAY program for 2022. The PLAY program gives students the opportunity to run structured lunchtime activities as part of our overall lunchtime activities program. In 2022 we have had a large focus upon providing clubs and structured play options during lunch and recess. Some of the more popular clubs include our chess club, our Lego club and our computer skills club. Over the course of the year, we will continue to expand the range of lunchtime clubs, responding to students interests and giving our students leadership opportunities.

All the best,

Neil O'Sullivan Principal





### \*IMPORTANT REMINDER FROM THE ADMIN TEAM\*

Now that families have received their Student Information Summary details which were email last week, we would like to remind families of the importance of checking students details, parent / guardian details, phone numbers and emergency contact details. Please return these forms to the office by 28 February 2022.

It there are no changes please sign and return the front page to the office.

### **Pick Up & Drop Off Parking**

Parent and Guardians are not to block the crossover or park in the KPS staff car park on Lancefield Road during pickup and drop off.

Students that ride bikes or scooters have to navigate around the cars that are parked on the pavement. This request is made to ensure the safety of all students and prevent an accident from occurring.

## **Parking Reminder**

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.

(Mitchell Shire Local Laws Officers have been patrolling local schools)



Congratulations to Abigail in Year 5 for becoming a published author! Abi wrote a poem last year for the 'Write 4 Fun' competition. Her poem was published in this collection of student writing.







Phonemic awareness refers to the ability to focus on and manipulate individual sounds (phonemes) in spoken words. Phonemes are the smallest units comprising spoken language. Phonemes combine to form syllables and words. For example, the word 'mat' has three phonemes: /m/ /a/ /t/. There are 44 phonemes in the English language, including sounds represented by letter combinations such as /th/. Acquiring phonemic awareness is important because it is the foundation for spelling and word recognition skills.

Phonemic awareness is one of the best predictors of how well children will learn to read during the first two years of school instruction.

Phonological awareness is a broad skill that includes identifying and manipulating units of oral language – parts such as words, syllables, and onsets and rimes.

Students at risk for reading difficulty often have lower levels of phonological awareness and phonemic awareness than do their classmates.

The good news is that phonemic awareness and phonological awareness can be developed through a number of activities.

#### https://www.readingrockets.org/helping/target/phonologicalphonemic

This year students from F-3 will participate in daily phonemic and phonological awareness lessons. All teachers and Educational Support staff have been trained in the program.

#### How Can You Support Phonological Awareness at Home?

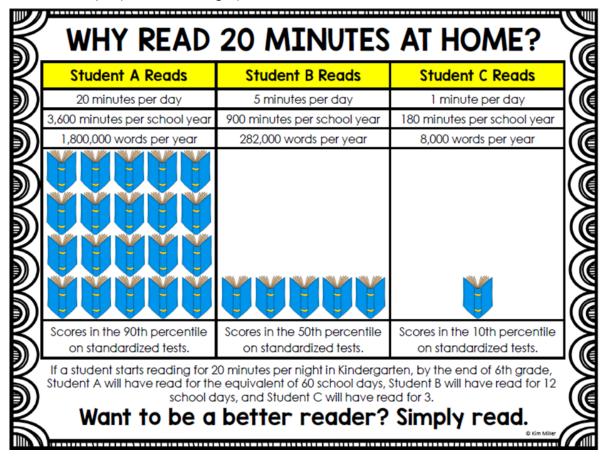
Throughout the school year, you will receive information sharing ideas of games or "ear exercises" you can play with your child. Phonological awareness is simple to support at home - all you need is language! Help your child understand that the words they hear in speech are made up of parts and sounds. You can begin building phonological awareness in your child by:

- ★ Reciting nursery rhymes
- ★ Reading books with rhyming words
- ★ Playing with alliteration (words that begin with the same sound) Example: Seven silly sisters said surprise!
- ★ Reciting tongue twisters with a focus on individual sounds in words. Example: How much wood would a woodchuck chuck, if a woodchuck could chuck wood?

We look forward to supporting you and your child in building foundational literacy skills this school year!



Reading at home is very important as this graphic illustrates.



Here are some tips for home reading from the Primary English Teaching Association of Australia:

- Establish a home reading routine. Read aloud with your children everyday. Ten minutes for each child around a book of his/her choice. If English is your second language, read in your home language. If you lack confidence in reading aloud, the fact that you are reading with your child is what matters. Talk about the illustrations and contribute where you can. Share your excitement for reading and this will be the model your child will adopt.
- The reader holds the book! There is a lot of power and control in the world of reading. The reader needs to have the power.
- During home reading time, turn off electronic devices and give each child ten minutes of your undivided attention.
- Before you read a book, set your child up for success. Reading is not a test! Reading time is only ten minutes so do some of the following: Keep the introduction short one minute is enough. Talk about the illustrations and the title. Read the blurb and talk about the author, talk about any unusual words, read a page here and there as your child flicks through the book, discuss the characters. This is a short introduction, not an interrogation. If the book is already a familiar one, then this step is unnecessary.
- If reading time is stressful, move the reading to a new location. Instead of sitting at the kitchen bench, move to the lounge room floor, or go outside and sit under a tree or take the books to the local coffee shop.
- Find a reading time that works for your family. Limit the time and set the timer if reading in the past has always been difficult. It is better to have an enjoyable 10 minutes than a laborious 30 minutes where everyone is left feeling frustrated.
- At the end of the 10 minutes, ask questions that encourage discussion, for example: What was your favourite part? Tell me about the characters. What do you think will happen next? What did you think about that setting? What do like/ dislike about this book? There is no need to interrogate the reader. Make it a conversation as you would in a book club.

- Encourage your child to read independently. A bedside light is one of the best enticements for your child to read before going to sleep. After the 10 minutes of reading with you, the child can elect to continue reading independently.
- The less you interrupt the 10 minutes of reading, the more you are supporting the readers independence, resilience and confidence. Zip your lips, monitor the miscues and listen as your child reads.
- Avoid judging your child's reading with words such as 'good', 'excellent' or 'getting better'. Instead say things about the strategies your child uses when reading such as: 'I like how you changed your voice to be the voice of the character in the story'. 'I noticed that you reread the bit that did not make sense'.
- If your child is reading independently and has reached the level of chapter books, it is not necessary for you to read aloud together any more. Your job Is done. That is not to say, you cannot continue to share reading time because it is what you love to do as a family or that you sit and read silently together or that you talk about the books your child is reading because you are interested in his reading choices. Readers read differently in their heads as compared to reading aloud.
- Visit the local library—make it a family ritual on a set day every week. Let your children select their books while you select books you are interested in reading. Not every book has to be read cover to cover. Your child might select books based on illustrations or factual information about a topic of interest.
- Independent readers pick and choose what they read. They are entitled to read some and reject others. They are entitled to not complete books because they are boring. Readers make choices.
- Model what is means to be on enthusiastic reader. Create a home of readers where everyone reads—it is
  just what we do in this house! Talk about what you have read. Read aloud what makes you laugh and
  share if with your child.



Here is an overview of what is planned for this term:

Year	Reading focus	Writing focus
Foundation	Phonemic and phonological awareness, phonics, blending, concepts about print, high frequency words, vocabulary	Bookmaking Handwriting – letter formation Writing words
1	Phonemic and phonological awareness, phonics, blending, high frequency words, vocabulary, comprehension	Handwriting – letter formation Understanding and writing sentences, transactional texts
2	Phonemic and phonological awareness, phonics, vocabulary, comprehension	Handwriting – letter formation Understanding and writing sentences, personal narrative/recounts
3	Phonemic and phonological awareness, phonics, vocabulary, comprehension, parts of sentences, purpose and structure of texts, fluency	Narratives, persuasive
4	Vocabulary, comprehension, parts of sentences, purpose and structure of texts, fluency	Narratives, persuasive
5	Vocabulary, comprehension, parts of sentences, purpose and structure of texts, fluency	Narratives, persuasive
6	Vocabulary, comprehension, purpose and structure of texts, fluency	Recount, narratives, persuasive

Have a great week,

Emma



## **Connecting With Kimberly**



#### Recess and Lunch time activities:

Just a reminder that we have lots of recess and lunch time activities running each day at school. The SWPBS Ambassadors will do recess and lunch time reminders to let us all know what is scheduled for the day. Photos below are of our Connect activity and Lego Masters! Please come and talk to Mrs. Smith or I if you have any recess or lunch time activities you would like to see run at KPS.















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/

I can be contacted via email: Kimberly.batsas-hill@education

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

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



#### St Patrick's Parish Kilmore after School Catechism Classes **Sacrament of Holy Eucharist Information Night for Parents**

For parents/guardians who have children in grade four or above, wishing their children to receive the Sacrament of Holy Eucharist.

The Information night is on Monday the 21<sup>st</sup> of February at 6.45pm at St Patrick's Parish Centre Kilmore.

Please phone the parish office on Monday, Wednesday or Friday 9.30 – 5pm to book. Phone

57821084.

# 1st Kilmore Scout Group

# February is 'bring a friend day we welcome you to join us. challenges while making amazing ooking for fun, adventure and ...then Scouting is for you! new friends?

**K** 

11-14 Years Wednesdays 7:00-8:30pm <u>8</u>-11 Years Mondays 6:30-8:00pm 5-8 Years (Wallan & Broadford)

For more information...

Scan the QR code or

email: ql.1stkilmore@scoutsvictoria.com.au

Location: Apex Park Reserve, Corner Victoria Pde

& Foote St, Kilmore





Scout Sections:



#### 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: <a href="https://www.education.vic.gov.au/about/programs/Pages/csef.aspx">https://www.education.vic.gov.au/about/programs/Pages/csef.aspx</a>

#### **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.





# 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



#### 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).



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.



#### 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.



Free online activities, psychoeducation and positive psychology aiming to promote

#### **Programs**



#### MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults

#### 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.



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



#### MvCompass

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.



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.



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



#### ParentWorks 4 8 1

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



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.



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

#### Aboriginal and Torres Strait Islanders



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



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





wellbeing and resilience in young people.











## **Tuning in to Kids**

A six session program for parents on 2 -10 year olds. Learn how to help your child develop emotional intelligence

ONLINE Wednesdays 10am-12pm 2 March - 6 April 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 Tuesdays 6pm-8pm 1 March - 5 April Register here

# **Emotion Coaching**

For parents and carers of children 2-10 years of age who would like to understand their children's emotional development and learn how they can connect with their children.

> ONLINE Monday 21 February 1pm - 3pm Register here

ONLINE Thursday 24 Februar 10am-12pm Register here

Call 1800 161 306 for more information

**Child and Family Services Timetable** Term 1 - 2022



# acilitated by Karen Speedy - speech pathologist Supporting Early -anguage Developmen

Thursday 5 May 2022 8:50am - 12:30pm online & free

communication skills and language development professionals to use with clients to support Karen will provide practical strategies for of their children (0-5 years).

Staff will be able to ask questions of their clients in regards to their child's language and potentially identify language delays.

The following will be covered:

- Overview of typical speech and language
- Typical language development for different development
  - Receptive and expressive language age groups
    - Development of speech sounds
- Supporting CALD children in their language development.

This training is recommended for family support in secondary and tertiary services working with staff, MCH, school staff and other professionals









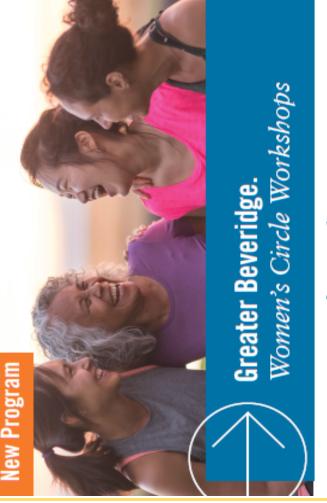








supported by the Goulburn Child and Family Services Alliance



# A women's circle is a gathering to unite women in the community.

Come join us for a series of free weekly workshops that will be engaging women who are seeking to live their better life.

The women's circle is designed to help women of all ages to gain confidence, practise self-care, and support each other's personal or professional growth.

The women's circle can recharge you with energy and provides you with an opportunity to connect with other women on the same path of inner and personal development, supporting you to achieve your goals and dreams whilst still having fun. Topics addressed are flexible based on the needs of the group members and may include the following:

- Career Counselling
- Financial Literacy Centrelink
- Cooking Healthy Meals
- Legal Information
- Parenting in 2022
- Personal Styling
- General Makeup Tips
- Art Therapy
- Drumming Workshop
- Mindfulness/Wellness

MITCHELL SHIRE COUNCIL

and have particular access or childcare needs please contact us on 5734 6395 so we can We aim to make this event accessible and inclusive. If you would like to attend this event see how we may help.

Thursday 10 February Career Counselling - Go Tafe Thursday 17 February Family Payments - Centrelink Thursday 24 February Cooking Healthy Family Meals Thursday 3 March Access Legal Services in Mitch International Women's Day Ce	Thursday 10 February Career Counselling - Go Tafe Thursday 17 February Family Payments - Centrelink Thursday 24 February Cooking Healthy Family Meals - Nexus Primary Health Thursday 3 March Access Legal Services in Mitchell - Northern Community Legal
Thursday 17 February Family Thursday 24 February Cooking Thursday 3 March Access	r Payments - Centrelink  Realthy Family Meals - Nexus Primary Health  Legal Services in Mitchell - Northern Community Legal
Jary	ig Healthy Family Meals - Nexus Primary Health Legal Services in Mitchell - Northern Community Legal
	Legal Services in Mitchell - Northern Community Legal
Thursday 10 March Guest	International Women's Day Celebrations - Guest Speaker/Dancing/Drumming
Thursday 17 March Groome	Groomed To Go – Personal Styling/Makeup tips
Thursday 24 March Wellnes	Wellness/Mindfulness - Finding the Better Inner You
Thursday 31 March How to	How to Download Immunisation Certificate - Centrelink
Thursday 7 April Parenti	Parenting in 2022 - Family Care
Thursday 14 April Drumm	Drumming Workshop - Finding your Inner Beat

minimum amount of enrolments. Events are subject to COVID restrictions, please call If you are interested in more information about the Beveridge Women's Circle, please contact Anne Coall. Bookings essential as all activities will only proceed with the for more information.



For more information contact Anne Coall:

- t: (03) 5734 6395
- e: gbco@mitchellshire.vic.gov.au
- w: www.mitchellshire.vic.gov.au





# Labour Day, 14 March 2022 King's Park, Seymour 8am Start (Stall Holders 6am)

Display Gars : \$10/car incL all occupants Spectators : Gold Coin Entry \*ALL MAKES OF CARS
\*SWAP MEET \*MARKET
\*KIDS' ENTERTAINMENT

For all enquiries contact: secretary@seymouranddistrictcarclub.com.au or Judy on 0407 562 003





Kilmore Junior Football Club

2022 Registrations are now OPEN !! Football for Boys and Girls Born: 2004 - 2015 No experience necessary, come along to be part of a great club and get to know your local community

Contact: kjfcregister@gmail.com





Proudly sponsored by





# **Handy Tips from**



#### **Attendance**

### **Entering an Attendance Note**

- From the Compass home screen (or from your student's profile), click the **Add Attendance Note** item.
- From the pop-up window

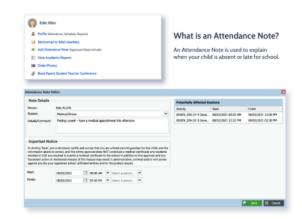
  Select the reason

  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.

On the home screen, beside the student you wish to make bookings for, click 'Book Parent Student Teacher Conference'.



A list of parent-teacher conference cycles will be displayed along with their booking status. Click on the relevant cycle.



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

- From the Compass home screen on your app, select the menu (top left) and click **Conferences.**
- 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

