



Kilmore Primary School

35 Lancefield Road, Kilmore 3764 • PO Box 105, Kilmore 3764 • ABN 85 985 746 253
P 03 5782 1268 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

Friday, 24th October 2025

Young Leaders Day



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 have been sent home asking parents to explain all outstanding absences. Please complete this as soon as possible.

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 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

Tuesday 11th

Remembrance Day Ceremony

Monday 17th to Friday 28th November—Swimming Program

HAPPY BIRTHDAY

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



Aroush A, Gypsy-Rose R, Cash G, Ameena M, Aubrey F, Beau P, Makayla P, Michael M and Jackson S.

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

31st Lucy Wheeler

November

7th Vicki Buggy

14th Ashleigh Desmond

21st Jackie Knight

28th Elissah Dwyer-Stone



Drink Bottles

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



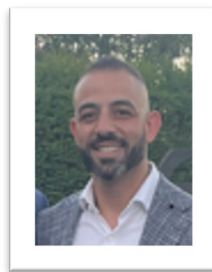
2026 Foundation Enrolments NOW OPEN

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

Dear Kilmore Primary School Community,

This week our staff engaged in focused professional learning to strengthen our **School-Wide Positive Behaviour Support (SWPBS)** approach. Our goal is to ensure consistent expectations and responses across classrooms and yard, so every student experiences a safe, respectful and productive learning environment.

Focus of our learning

Teachers worked together to **revise and clarify what we consider Minor and Major behaviours**, and practised using consistent language when responding and recording incidents. Staff completed an interactive matching activity where they paired behaviours with their definitions and discussed appropriate classroom and leadership responses. This activity supported professional consistency and helped us refine our new behaviour flowchart, which will be rolled out across the school in **2026** — more information and resources will be shared with families soon.

Practice 4 — Positive, Safe and Supportive Learning Environments

Our work was framed through **PCMS Practice 4**, which emphasises creating and maintaining supportive and safe learning environments. In short, Practice 4 asks teachers to:

- Set clear, positively stated expectations and routines;
- Teach and model expected behaviours explicitly;
- Use consistent, calm responses to behaviour that focus on learning and repair;
- Build strong relationships and student voice so students feel connected and responsible for their behaviour;
- Use data and agreed processes to monitor, reteach and support students who need extra help.

Examples of Positive Classroom Management Strategies (PCMS)

To make Practice 4 concrete for families, teachers explored and practised strategies that we use every day, including:

- **Clear routines & signals** (start/stop signals, visual timetables, consistent lesson openings)
- **Explicit teaching of expected behaviours** (modelling, role play, practice)
- **Proactive praise & acknowledgement** (specific, frequent feedback; values tokens; recognition)
- **Low-level redirection & scaffolds** (reminders, proximity, visual cues, brief check-ins)
- **Restorative conversations** (what happened, who was affected, what needs to happen to repair it)
- **Targeted supports** (short reflection tasks, behaviour goals, small-group social skills instruction)

Minor and Major behaviours — definitions & examples

To help families understand how we categorise incidents, here are the definitions and examples we used in our staff session:

Minor behaviours — low-level incidents that can be managed quickly and taught through classroom strategies.

Examples: calling out, unnecessary noise, not following instructions, brief non-compliance, minor rough play, late to class, minor misuse of property (e.g. swinging on a chair).

Typical response: teacher prompts (Prompt → Redirect → Reteach → Provide Choice), reteaching expectations, and a **Compass Yellow** entry when further tracking is needed.



Major behaviours — serious or repeated incidents that harm safety, cause significant disruption, or require leadership intervention.

Examples: physical aggression (hitting, kicking), intimidating language or threats, repeated targeted bullying, deliberate property damage/graffiti, leaving school grounds without permission, possession of prohibited items.

Typical response: immediate assessment of safety, leadership referral, restorative and follow-up processes, parent contact, and a **Compass Red** entry. Major incidents may also result in a behaviour support plan and further interventions.

Updated screentime guidance

An important curriculum and wellbeing update: **students will be allocated a maximum of 90 minutes of total screen time per school day** (this includes laptops, tablets and devices used for learning). Teachers will continue to use technology purposefully to enhance learning, but we will prioritise offline, hands-on, collaborative and physical learning experiences to support wellbeing and balanced learning.

Warm regards,

Michael Nicolaides

Principal

Kilmore Primary School



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 our assembly today.

We congratulate:

Foundation F — Hamish M Tyson V Raven T	Grade 3H — Jasmine H	Grade 6B —
Foundation J — Mannix	Grade 3K — Lucah P Ruby W Charlotte C Isla S Jay-Tia F	Grade 6H — Ryan W
Foundation M — Myla Miles J	Grade 3V — Oakin N Nait H	Grade 6M —
Foundation P — Buckley W Oliver M Chloe B	Grade 4M — Daltyn M Hunter J	Grade 6O — Maddy D
Grade 1A — Ruby S	Grade 4S — Becca M Cody K	PE — Brooklynn H
Grade 1B — Fateh S	Grade 4W — Maxi Praag	ART —
Grade 1S — Whole Class	Grade 5F — Neeve H	Performing Arts —
Grade 2F — Alexander D Oliver F	Grade 5J —	Science —
Grade 2H —	Grade 5M —	PMP —
Grade 2M — Willow B Nate H		



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!!





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

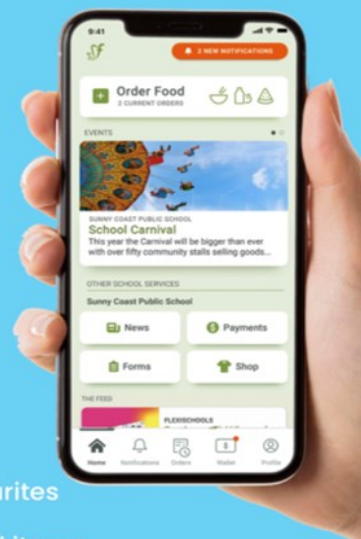
flexischools



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.

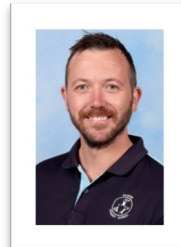
ENJOY!



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.

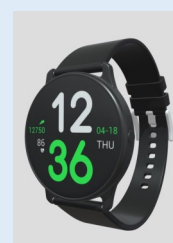
Thank you for your understanding and ongoing support in helping us maintain a safe and supportive environment for all students.

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!!!!

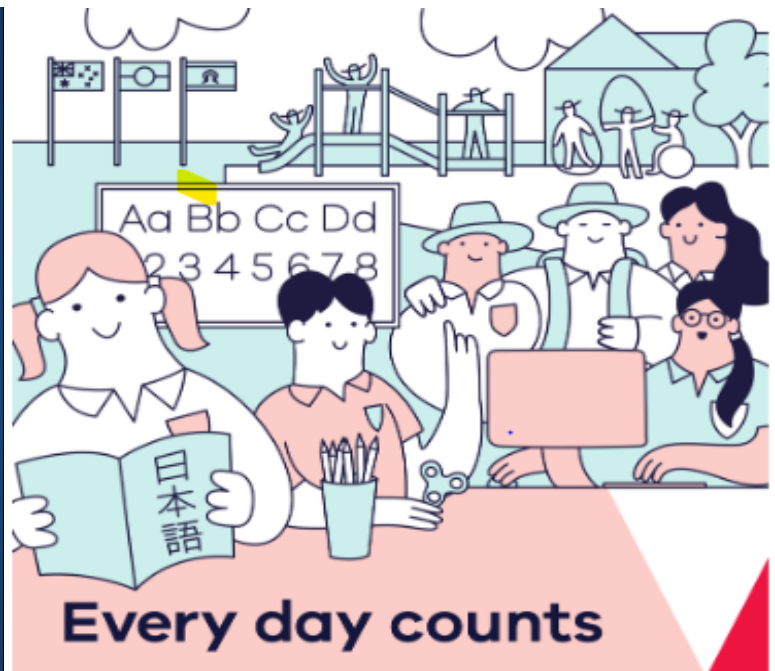
Head to www.play.cricket.com.au and sign up for all the fun of Cricket Blast at Kilmore Cricket Club.

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



Wallan Secondary College

PARENT'S INFO NIGHT

Thursday 30th October, 6 - 7pm

Join us to meet our staff, tour the college and learn about your child's upcoming year.

Due to limited venue capacity and the high number of enrolments for 2026, we kindly ask that only one parent/carer attend per student, along with the Year 7 student for 2026.



ORIENTATION

WHEN & WHERE
NOVEMBER
42 BENTINCK STREET
WALLAN VIC 3756

REGISTER HERE



WWW.HVCT2023.COM.AU

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!