



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, 29 July 2022

National Tree Day

Today Richie and Ms Pappin took a group of students to Kilmore Racecourse to honour National School's Tree Day. National School's Tree Day is an initiative that focuses on educating students about our local environment, supporting our local flora and playing an active role in the sustainability of our community. This initiative is fully supported and funded by Kilmore Toyota and Bendigo Bank. Participating students planted 300 trees today! All students displayed our Kind, Proud, Safe values.



Students with their certificates

Jeremy Stute, Gardening Ambassador
quote

"with a little patience comes something
beautiful"



July

Friday 29th

Grade 3/4 Phillip Island Final instalment due

August

Monday 1st

Grade 5 Scienceworks Excursion

Thursday 11th

School Tour (refer page 12)

Tuesday 23rd

School Tour (refer page 12)

Friday 26th

Conveyance Allowance Applications Due

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming week:
Logan McIvor, Jasmine Haby, Mia Rowe, James Kirwan and Alana Johnson.



Just a friendly reminder...

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.



2023 Foundation Enrolments are 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 2023.

If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.

Enrol Now!

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.



Thanks and Gratitude and Welcome to Mrs Hyde

I would like to extend my thanks and gratitude to Mrs Smith for her role as Acting Principal for the first two weeks of Term 3 and to all the members of our leadership team for their work in supporting Mrs Smith. I would also like to welcome Mrs Christine Hyde to Kilmore Primary. Mrs Hyde is the current Assistant Principal at Broadford Primary School and she is undertaking a four-week principal internship as part of her principal preparation studies.

Colmont Students

As we are all aware, the students, staff and families of Colmont School received the devastating and unexpected news that their school will be closing. Over the last two days, our leadership team have been working with Colmont families to support the transition of Colmont students to KPS over the next week. We are committed to supporting our new students and families and will work intensively with them over next few days to welcome them to Kilmore Primary School.

Jump Rope for Heart

It has been wonderful to see so many of our students skipping in the yard each day as part of the Jump Rope for Heart fundraiser. Jump Rope for Heart is an optional fundraiser which KPS students can become involved in to raise funds for the worthy cause of cardiac health. My skipping highlight has been watching the students of 1N and 1M skip as part of their lining up routine at the end of each lunch and recess. Mr Hore and Mrs Nelson are certainly developing some fabulous skippers amongst our Grade 1 students!

Shade Sails

This week, the last step in our shade sail project was completed in the area adjoining our gymnasium. Our new shade sails provide us with a valuable extra sun-smart area and outdoor learning area. This project was completed using funds provided through a Victorian Government grant and I would like to acknowledge the work of our School Council in obtaining the grant.

Grade 6 Young Leaders' Day

Yesterday, all of our Grade 6 students participated in the KPS Young Leaders. The day was organized by our Grade 6 teachers and provided our students with the opportunity to listen to visiting speakers, reflect upon their own leadership qualities and participate in mock interviews. I was hugely impressed by the quality of the discussions that our students engaged in and I would like to acknowledge the work of the Grade 6 team in putting this valuable day together.

Student Wellbeing – Parent Education Sessions

As part of our commitment to student and family wellbeing, we will be hosting two sessions aimed at promoting student and family wellbeing. The sessions will be held in our gymnasium and will focus on the topics of “Anxiety: What All Families Need to Know” and “Nurturing Resilient Independent Young People”. I would like to thank our wellbeing leaders, Mrs Smith and Kimberly Batsas-Hill for coordinating these great sessions. Registration details can be found elsewhere in the newsletter.

All the best,

Neil O'Sullivan
Principal



Young Leaders Day

“The guest speakers were really helpful. I learnt from Mr O’Sullivan, Mrs Smith and Jodie Cloke how to be a leader. Jodie said everything works out in the end, even though sometimes you may need to reshape it” - Phoebe 6J

“I learned Mrs Smith is a firefighter, I never knew that! It was a great speech, I earned to never give up” - Kayla 6J



Young Leaders Day

“Mr O’Sullivan taught us: A leader is not always having a badge, it is looking out for people, being honest and respectful” - Tristan 6E



“I learnt how to complete an application for a job and some people look for a year 12 certificate under your belt to employ you” —Joel 6B

“It was good because we got to learn about what jobs we do and how to apply” —Ella 6B

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.

STUDENT BEFORE SCHOOL DROP OFF AND AFTER SCHOOL PICK UP

Reminder for parents and guardians to enter and leave through their designated gate when dropping off or collecting your child/children before or after school.

Please do not use the office as a throughfare, only enter for business purposes only.



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

Connecting With Kimberly



The Grade 5 Experience

On Tuesday, all grade 5 students participated in the first day of "The Grade 5 Experience". The Grade 5 Experience is a three day personal development program that focuses on improving our mental health, strengthening our relationships and building on our strengths. Another two days is scheduled this term, to continue unpacking these wellbeing topics and supporting our grade 5 student's transition to grade 6 in 2023. Please see next page for photos.

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



The fol-

Kids Helpline



Ph: 1800 551 800

[https://
kids helpline.com.au/](https://kids helpline.com.au/)

Parentline



Ph: 13 22 89

[https://
parentline.com.au/](https://parentline.com.au/)

lowing

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

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/)

THE GRADE 5 EXPERIENCE





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

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.

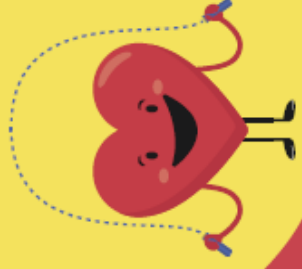
How your donations can help

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.

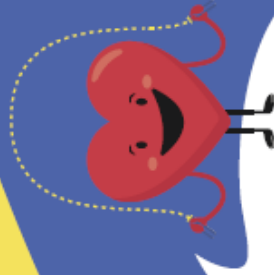
 **\$100** could pay for a DNA test to identify people at high genetic risk of heart disease.

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





JUMPROPE
for **HEART**



\$5000

\$2500



+ one prize from every lower level

\$500



\$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

included their location (i.e., 1000 ft from the shore) and the number of fish observed. The number of fish observed was estimated by counting the number of fish that were visible in the water column. The number of fish observed was estimated by counting the number of fish that were visible in the water column. The number of fish observed was estimated by counting the number of fish that were visible in the water column.

LEWIS & CLARK

Sign up at jumprome.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.

