

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, 15th August 2025

PRINCIPAL'S DAY

This week we celebrated Principal's Day. Students wrote cards and letters, and staff enjoyed a fabulous morning tea.

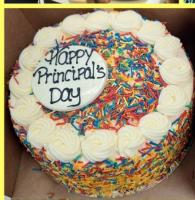
We took the opportunity to thank our fabulous leadership team for their amazing work, supporting our students, families and staff.

Thank you to Michael Nicolaides, Sam Rebbechi, Michelle Vilinskis and Tenille Rowe.













Foundation Excursion



Foundation **Excursion**





Foundation Excursion





BREAKFAST CLUB — Mon, Tuesday, Wednesday & Thursday

Monday 18th to Thursday 21st

Book Week

Monday 18th

Free Library Stall open from 3pm

Thursday 21st

Book Week Parade

Friday 22nd

Common Curriculum Day (pupil free day)

Tuesday 26th

2026 Foundation Specialist Transition Sessions (refer flyer)

Friday 29th

Onsite Assembly

Young Leaders Day

September

Monday 1st to Wednesday 3rd

Grade 5/6 Camp Manyung

Friday 5th

Fathers Day Stall (refer flyer)

District Athletics

Tuesday 9th

2026 Foundation Specialist Transition Sessions (refer flyer)

Friday 19th

2025 Foundation CSEF Autum/Winter Uniform Applications close—refer to flyer at the end of the newsletter

2025 School Term Dates

Term 3: 21st July to 19th September

Term 4: 6th October to 19th December

Drink Bottles

Reminder all students need to bring a

drink bottle to school.



HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthday this coming week:



Tate H, Cain J, Frankie D, Ryan S, Matilda R, Mailda M, Evie T, Arlo R, Brody A, Mackenzie A, Jayden A, Scarlett T and Lemmy G.

Facebook

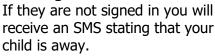
As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via



kilmore.ps@education.vic.gov.au or by calling the office on 5782 1268.

Late Arrivals

If your child arrives after 8.50am please ensure they go to the office to **be signed in.**





CHANGE OF CLOTHES



As term 3 is here and in with the wet weather and winter, could you please make sure **all** students have a change of clothes in their bags.



SICK BAY LINEN ROSTER

August

15th Ashleigh Desmond22nd Jackie Knight29th Elissah Dwyer-Stone



5th Lucy Wheeler 12th Vicki Buggy





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.





Principal's Message — Respectful Communication in the school community



Dear Kilmore Primary School Community,

Is has been a busy and exciting few weeks at Kilmore Primary, filled with learning, new opportunities, and a continued focus on strengthening our community connections. I'd like to share three important updates with you.

1. Respectful Communication in the School Community

At Kilmore Primary School, we strongly believe that when parents, carer, and school staff work together as one team, our students do better. Everyone—staff, parents, carers and visitors—plays a vital role in making our school a positive place for learning and work.

The relationship between families and schools can last for many years, and it's one of the most important partnerships in a child's education. When this relationship is built on **respect and trust**, students feel a stronger sense of belonging and are more likely to thrive academically and socially.

Every member of our school community has the right to feel safe and to be treated respectfully. The Department of Education's **Respectful Behaviours within the School Community Policy** clearly outlines the positive behaviour expected from parents, carers and other adults in Victorian schools. It helps ensure a safe, respectful, and inclusive environment for students, staff, and families alike.

This policy is supported by practical resources, including:

- How to get involved in school life
- Guidance on raising a concern or complaint
- Parenting support tools

You'll see a **new poster** displayed around our school, promoting positive behaviour. These serve as a reminder that **we value** the relationships we have with our parent community and are committed to keeping our interactions respectful and constructive, always in the best interests of our students.

You can read the full policy and access resources here: Respectful Behaviours within the School Community Policy —

<u>Education | vic.gov.au</u>.

2. Glasses for Kids—Free Eye Checks and Glasses

We are excited to share that Kilmore Primary School School will soon be participating in the **Glasses for Kids** program—a fantastic initiative that provides free vision screening and glasses to eligible primary school students.

Many children may not realise they are experiencing vision difficulties, which can impact their learning, confidence, and participation in the classroom. Through this program:

- Optometrists will visit our school to conduct free eye checks.
- If a student needs glasses, they will receive a pair at no cost to families.

We will share more information, including dates and eligibility, in the coming weeks. Stay tuned—this is an incredible opportunity to support our students' learning and wellbeing.





3. VTLM 2.0—Building Teacher Expertise

Our teaching staff have recently taken part in a professional learning session on VTLM 2.0 Knowledge and Memory, facilitated by our SEIL, Rhonda Cole This is part of a networt-wide initiate to strengthen how we teach, based on the latest evidence about how students learn best.

The session explored how students acquire, store and retrieve information—and how teachers can structure learning to help students retain knowledge and apply it in new situations.

Some key highlights included:

- Knowledge and Memory Understanding how different types of memory— factual, experiential, emotional, and procedural) work together in learning
- Cognitive Load Learning how to present information in manageable amounts so students can focus and connect ideas without becoming overwhelmed.
- The Filing Cabinet Analogy Seeing the brain as a place where ideas are piled, connected, sorted, filed, retrieved, and expanded over time.
- **Designated Think Time** Building in moments for students to process and consolidate their learning, leading to stronger retention and understanding.

This learning will help our teachers design lessons that make learning "stick" - ensuring students not only remember what they've been taught but can use it in new and meaningful ways.

We are on a journey of continuous improvement, and sessions like this strengthen our ability to make a lasting difference in every child's education.

In all of these initiatives — from respectful communication to supporting student wellbeing through vision checks, and building teacher expertise — our goal remains the same: to create a safe, supportive, and high-quality learning environment where every child can thrive.

Kind regards

Michael Nicolaides Principal Kilmore Primary School

LIBRARY NEWS!

FREE LIBRARY!



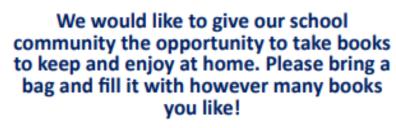
Monday 18th August OUTSIDE THE LIBRARY OPEN FROM 3pM

(IF LEFTOVER STOCK, I WILL OPEN TUESDAY TOO)



To kick start our Book Week celebrations, we will be running a free library stall outside of the library on Monday 18th August to help find some loving homes for our excess books.

We have excess books due to donations, fundraising, books being be out of date and may no longer be relevant, the content does not suit primary aged students, we have purchased an updated version, or we may have multiple copies of a title.



Books will be laid out on a table outside of the library for you to come past after school, so please help yourself!



HAPPY READING! Liz 😉



Children's Book Week 16–23 August 2025



BOOK WEEK @ KPS

Get ready for our favourite week of the year as we celebrate Book Week 2025 at Kilmore Primary School!

There is a competition, free library stall, author visit, amazing door and window displays, scavenger hunt and the highly anticipated dress up day and parade!

Students are welcome to dress up in anything from a book, whether it be a character or prop. Students can choose to wear a full costume, or it can just be as simple as a hat or mask inspired by their favourite character. We want to see what books you love and inspire you most!

EVENTS.

MONDAY

Free library stall from 3pm

TUESDAY

Author visit: Julianne Negri

F-6

THURSDAY

Character dress up day and parade

FRIDAY

Common curriculum day (no students onsite)



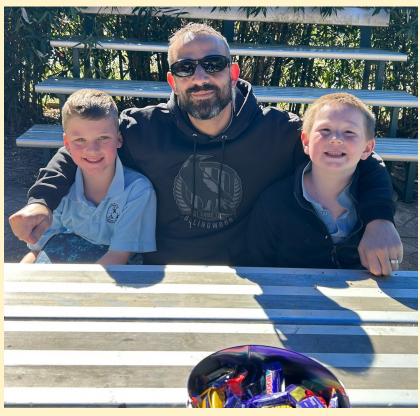






Buzz from the Bee Hive!!!





Austin and Tanner from 1B redeemed their Bee Tickets to have lunch with Mr Nicolaides





Wellbeing



Building Resilience at Home Webinar

Please follow the <u>link to the recording</u> or <u>The Resilience Project presents</u>; <u>Building Resilience at Home - Zoom</u>

If you would like to view the session, this link will expire on 31 August 2025.



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



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:

- \$150 for primary school students
- \$250 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.



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

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,

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.



OLife 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 wellbeing and resilience in young people.

Programs

MindSpot

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



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 mentalhealthonline

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

myCompass

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.



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.



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.



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 thoughts.

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.















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



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



Get up to \$500 for education costs

Achieve a savings goal for 10 months, and **ANZ will match it up to \$500**.

To be eligible, you need to meet these requirements:



18 years

or older



A regular

(you or your

income

partner)



Attend free online financial education workshops



Are studying yourself or have a child at school, or starting next



Current Health Care or Pensioner Concession Card

Saverplus.org.au

1300 610 355



Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street.

It is funded by ANZ and Department of Social Services.





SPEECH **GROWTH** STARTS HERE

Well Versed Speech **Pathology**

- Speech and language therapy
- Social skill development
- Pre-literacy and literacy skill development
- From 12 months to 18 years
- School, home and in-clinic options
- Located in Kilmore

Inquire now

Phone: 0493 989 316

Email: admin@well-versed.com.au



Every day counts

Missing one day per fortnight adds up to missing four weeks of school a year.



vic.gov.au/education



KPS Canteen News

Orders are available on

FRIDAYS

Please see next page on how to set up and register with Flexischools and place your canteen orders.

OUR CANTEEN IS ONLINE WITH

Sflexischools

With Flexischools, you can quickly place school orders online through the Flexischools app, which has a 4.8-star **App Store rating!**









HOW TO REGISTER WITH Sflexischools

- Download the Flexischools app and select "<u>Register</u>".
- Type in your email and submit to create an account.
- Go to your inbox and click the link to verify your email (remember to check your junk).
- Follow the registration process, creating a password and adding your personal details.
- 5 Add your student under "Profile" and start ordering online!





HOW TO PLACE A CANTEEN ORDER



- Click "Order food" at the top of the home page on your app.
- Select the child you want to order for, then the date you wish to receive your order on.
- Choose the food items you wish to purchase, then select "Confirm Order".
- 4 Choose your desired payment option.
- **5** Press "<u>Place Order</u>" to confirm your purchase.

ENJOY!





Download Flexischools app

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







STATE SCHOOLS' RELIEF

Prep CSEF Autumn/Winter Uniform Package 2025

UPDATE FOR PARENTS & GUARDIANS

Applications for the Prep CSEF Autumn/Winter Uniform Package are now open



What you need to know.

Who is State Schools' Relief?

State Schools' Relief (SSR) is a not-for-profit organisation that works closely with all government schools across Victoria. Each year SSR provides assistance to thousands of families experiencing financial disadvantage by supplying new school uniform items and footwear.

Introduction to the Camps, Sports and Excursions Fund

The Camps, Sports and Excursions Fund (CSEF) was established to provide payments for eligible students to attend camps, sports days and excursions. To find out more, or to apply for assistance, please refer to the <u>Department of Education</u>.

SSR offers two* uniform packages each year to ALL Prep families/guardians that are eligible for CSEF funding.

Prep Autumn/Winter Uniform Package for CSEF recipients

Prep students for 2025 that are recipients of the Camps, Sports and Excursion Fund (CSEF) automatically qualify for the uniform package and/or voucher.

*If students received the Prep Summer Uniform Package, they are still eligible to receive the Autumn/Winter Package.

What's in the package?

The Autumn/Winter package contains the following items:

Outerwear x 1 pce (i.e., jacket / parka / puffer)
Tops x 2 pcs (i.e., windcheater / polo shirt / rugby top)
Pants x 2 pcs (i.e., trackpants / leggings)
Socks x 2 packs
Pair of Shoes x 1

Important:

- a) PE items are not included as part of this package
- b) Shoes must be requested in UK sizes (please refer to our shoe size conversion chart)

Cost to parents & guardians

Where State Schools' Relief is unable to provide a uniform item directly that contains a logo (due to contractual agreements with uniform retailers) a **voucher for \$85** will be provided that subsidises the cost of the uniform item/s. The voucher can be redeemed at your child's school uniform shop or independent uniform retailer.

Please note: vouchers do have an expiry date and must be redeemed before they exprire.

How do I apply for the Prep CSEF Autumn/Winter Uniform Package?

Applications are made through your child's school. Please refrain from contacting State Schools' Relief directly as we are unable to accept applications directly from parents/families. Should you have any questions, or wish to apply for assistance, please speak directly with your child's school.

How do I receive the uniform package?

All items and/or vouchers provided by SSR will be delivered directly to your child's school. The school will contact you to arrange handover of these items and/or vouchers.

Important:

Vouchers are not transferable and cannot be exchanged for cash. State Schools' Relief does not make cash payments to schools parents or guardians.

What you need to do.

Your child's school will be in contact with you regarding the 2025 Autumn/Winter Uniform Package. Please fill out the 'Prep CSEF Autumn/Winter Uniform Package Order Form' and return it to the school for submission.



Foundation 2026 Specialist Days

To help you discover more about Kilmore Primary School we would like to invite you to join us for our 2026 Specialist Classes

Children will have the opportunity to participate in story time, singing, crafts and games.

Click here to sign your child up!

Tuesday 12th August 2025 Tuesday 26th August 2025 Tuesday 9th September 2025

Sessions run from 3.30pm to 4.15pm. Please enter through the gate on the corner of Sutherland Street and Lancefield Road.





