



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 20th May 2022

Mitchell District Cross Country Carnival



Young Leaders Day—Grade 6

On Thursday 2nd June our Grade 6 students will be participating in the Young Leader's Day. This day will be held onsite at school and run within school hours. Students are expected to wear their school uniform and bring their snack and lunch as normal.

This will provide opportunities for the students to consider future job prospects and teach them how to write a Curriculum Vitae and apply for employment. Self confidence and leadership skills will be promoted through mock interviews and public speaking opportunities. Guest speakers will be invited to share a variety of experiences.



REMINDER
Friday 27th May is a Curriculum Day
and Pupil Free Day



May

Wednesday 25th May
School Tour (refer page 8 for details)

Friday 27th May
Curriculum Day — **Pupil Free Day**

June

Friday 3rd
Conveyance Allowance Applications Due

Thursday 9th
School Tour (refer page 8 for details)

Monday 13th
Queen's Birthday Public Holiday

Friday 24th
CSEF Applications Due
Staff Professional Development Day and last
day of Term 2 — **Pupil Free Day**

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming week:
George Wigg, Coby Rowland, Mackenzie Jones, Tristan Vanboxtel-Pattison, Asher Everitt and Keeley Parkinson.



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.



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.



THIS TERM

Second Hand Uniform Sale

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

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

More details to follow with date to be confirmed soon.



We have 2 Disability reserved spaces at the front of the office on Sutherland Street and two reserved spaces on Lancefield Road.

If you do not hold a valid permit please **DO NOT PARK** in these spaces.

SICK BAY LINEN ROSTER - HELP NEEDED

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

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





Thanks and Gratitude – Education Support Staff:

On Monday, KPS celebrated Education Support Staff Day to recognise the outstanding efforts of our KPS ESS team. At KPS, we are fortunate to have a large team of ESS who play an outstanding role in supporting the learning and wellbeing of our students. Our ESS are a tight-knit team who have developed some extremely close relationships with students and families and I would like to acknowledge the essential role they play in the functioning of our school.

Learning Highlight – Grade 2 Narratives:

Over the last two weeks, our Grade 2 students have been planning, drafting and publishing narratives. Visiting the Grade 2 classrooms this week, it was wonderful to see the creativity and passion that the students have brought to their writing. The students were extremely keen to read their stories to me and I was greatly impressed by care, effort and joy they demonstrated towards the writing process. Well done to all of the Grade 2 team.

Science of Reading Approach:

Since 2021, our school has been undergoing concentrated professional learning on an approach to reading called the Science of Reading. The Science of Reading approach emphasises the crucial importance of explicitly teaching oral language and decoding skills in the first three years of primary school. In 2021 our school was fortunate enough to partner with the University of Melbourne to undertake a series of professional learning activities. In 2022, our Foundation to Grade 2 teams have focussed on embedding the key practices of this Science of Reading approach within their teaching. We have been delighted with the impact of these new practices and we are seeing excellent growth in students' oral language and decoding skills.

Rapid Antigen Testing:

RATs will continue to be distributed to families as they have been throughout this school year for the remainder of this term. However, from Monday 23 May 2022, students will no longer be recommended to undertake either twice weekly RATs in mainstream schools or 5 days a week in specialist schools. RATs however will continue to be required by students who are household contacts to attend school (5 negative tests over a 7-day period) or who have symptoms. Families must continue to notify the Department of Health and the school if their child returns a positive RAT result. Additionally, you should inform us if any of your children are household contacts.

Vaccination Pop Up Clinic:

KPS has been selected to host a mini COVID-19 vaccination clinic on site for members of the local community during Term 2, 2022. We are one of five schools in our local area who have been selected to host a clinic. To minimize disruption to our school, the clinic will operate outside of school hours on Thursday 9th June from 3:30pm-7pm. Parents/carers must attend the vaccination clinic to provide consent for vaccination and to support and supervise their child. COVID-19 vaccination is voluntary for students, however, it is strongly encouraged to protect individuals, families and school communities from further outbreaks and the spread of COVID-19.

National Sorry Day and Assembly:

Due to our scheduled Curriculum Day on Friday and our Dance Curriculum incursion on Thursday, next week's Assembly will be held on Wednesday at 9am. At our Assembly, we will be recognising National Sorry Day in addition to celebrating the great work from KPS students over the last fortnight.

District Cross Country:

Today, 41 of our students are representing KPS at the District Cross Country event in Broadford. Mr Babic has been running training sessions at lunch and the students are excited about the day. The Broadford course offers a true, muddy cross-country experience and I look forward to hearing about the event from the students.

Democracy Sausage @ KPS:

On Saturday, our stadium is being used as one of the voting centres for Kilmore. Our School Council are running a fundraising barbecue on the day and I would like to thank the School Council for their commitment to raising funds for our school. If you are available to help out, please see the contact details elsewhere in the newsletter.

Curriculum Day Reminder (May 27th) and Professional Practice Day June 24th :

I would like to remind all families that Friday, May 27th is a Curriculum Day for KPS and that students do not attend school on this day. The focus of next Friday's Curriculum Day is on assessment and reporting. Friday. Additionally, the last day of term for students will be on Thursday, June 23rd with students being dismissed at 3.10pm on this day. Teaching staff are provided with one Professional Practice Day each term during which they are free of teaching duties. As a result of the state-wide shortage of replacement teachers, the Department of Education has recently requested that schools hold a common Professional Practice on which student attendance is not required. Our School Council has approved Friday June 24th as the Professional Practice Day for our staff. Students do not attend school on this day.

All the best,

Neil O'Sullivan
Principal

Mathematics News with Captain Marvel

There has been so much engagement in Mathematics over the last two weeks. When learning new concepts, it is important for students to have time to explore the language and practise using it in a range of contexts. Foundation G students are pictured below practising their ordinal language. One student would hide a teddy under a cup and their partner would have to guess which cup it was under using questions such as “is it under the 4th cup?” You can see how excited these students are as they work with their partners!



Sporting Highlight

Morning Circles are a regular part of our day at Kilmore Primary School. We start the day with a greeting, discuss our values and how we will show them in our classroom, explain the daily timetable, students share important announcements, and we engage in a positive primer. This week, Rydah from Grade 3 excitedly shared with his class that he was awarded a medal at his Football game. Rydah explained that he was voted as the ‘best opposition player’ by the coach of the opposition team. It is so great to see and hear about our students returning to normality with their weekend sports and other activities outside of school. Well done, Rydah! Keep up the great sportsmanship.



SAT News

Reminder of our upcoming SAT Bread Bag Recycling Program

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

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



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

TWO RECYCLING REMINDERS

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

What is a bread bag for recycling purposes?

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

How clean do the bags have to be?

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



Buzz from the Beehive !!!!



KPS' Beehive is buzzing with our Bee Ticket Bonanza fast approaching!

This special day will give our students a chance to "cash in" some of their hard-earned Bee Tickets. Stay tuned for more details over the coming weeks!



Connecting With Kimberly



eSafety's Guide to Parental Controls

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

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

Session dates and times are:

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

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

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



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

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

Random Act of Kindness

Our Random Act of Kindness and Kilmore Pantry Supplies initiative is an important part of our wellbeing approach at KPS. Thank you to the families who have continued to provide additional pantry supplies and nominated families to receive hampers. If you would like to nominate a family, please contact me on 5782 1268 or via email at kimberly.batsas-hill@education.vic.gov.au



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/](https://kidshelpline.com.au/)

Parentline



Ph: 13 22 89

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

Safe Steps



Sexual assault, domestic
and family violence

Ph: 1800 015 188

[https://
www.safesteps.org.au/](https://www.safesteps.org.au/)

Lifeline



Ph: 13 11 14

[https://
www.lifeline.org.au/](https://www.lifeline.org.au/)

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

Kilmore Primary School Activities Term 2

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

School Tours

Term 2, 2022

Tuesday 10th May 9:30am
Wednesday 25th May 9:30am
Thursday 9th June 9:30am



Please scan the QR code above to select your preferred date



Kilmore Primary School

35 Lancefield Road, Kilmore (office entry is via Sutherland Street)

Ph 03 5782 1268

Email Kilmore.ps@education.vic.gov.au

COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.

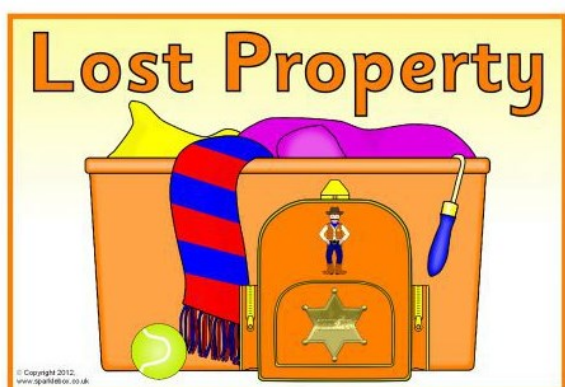
Bus Zone

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.



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

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

Canteen

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

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

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



2022 Prep CSEF Uniform Package



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

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

Please note the following;

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

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

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

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

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

contact@ssr.net.au

Mobile Phones

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

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



FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

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

CAMPS, SPORTS & EXCURSIONS

FUND (CSEF)

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

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

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

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

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

HOW TO APPLY

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

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

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

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

Check with the school office if you are unsure.





Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

Mitchell Shire

Food Relief Organisation	Facebook or Website	Contact Details
Broadford Living and Learning Centre	Broadford Living and Learning Centre Facebook	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	Freedom Care Website	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	Love in Action Broadford Facebook Love in Action Wallan Facebook	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	Rotary Seymour Facebook	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	Salvocare Website	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	Wallan Gateway Website	7 Commercial Drive, Wallan Ph: 5783 2777 - Gateway Ph: 0491 075 404 - Foodbank

POLLING BOOTH

8AM-6PM SATURDAY 21ST MAY

KILMORE PRIMARY SCHOOL

ENTER VIA LANCEFIELD ROAD



DEMOCRACY SAUSAGES

WILL BE AVAILABLE FROM 9AM!!

ALSO AVAILABLE
EGG & BACON ROLLS
AND DRINKS

ALL MONEY RAISED WILL GO TO
KILMORE PRIMARY SCHOOL

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Programs



MindSpot

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



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

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



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Healthy Mind

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



ParentWorks

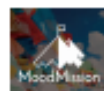
Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

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

Aboriginal and Torres Strait Islanders



WellMob

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



iBobbly

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

Dads TUNING IN TO KIDS

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

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

Children with good emotional intelligence:

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

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

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



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

Autumn Movie NIGHTS UNDER THE STARS

20 May Hadfield Park, Wallan

Movie screening
Mamma Mia



Entertainment 5pm

Food local takeaway or
event food trucks

Movie starts 6.30pm

Info mitchellshire.vic.gov.au

