



# Kilmore Primary School

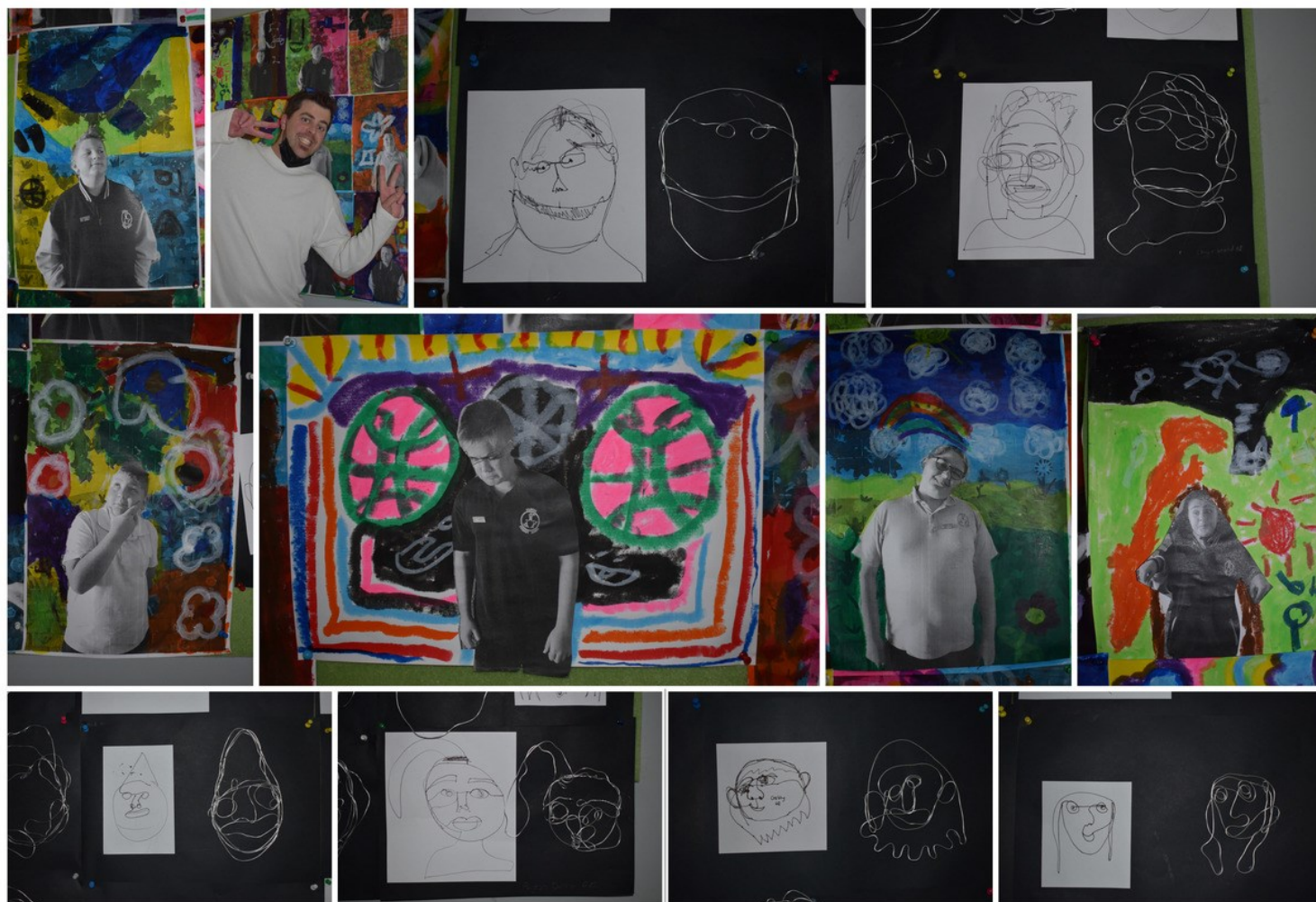
Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 25th February 2022

## From the Art Room



Kilmore Primary School

SchoolPix is coming to photograph on:

**Thursday, 10 March 2022**

**ORDER ONLINE AT [WWW.SCHOOLPIX.COM.AU](http://WWW.SCHOOLPIX.COM.AU)**

Early Bird orders with free delivery to your school close on  
Tuesday, 15 March 2022.

A postage fee will apply for orders placed after this date.

Sibling orders must be placed prior to 8am on photo day.

Misplaced your order flyer? Please visit [www.schoolpix.com.au](http://www.schoolpix.com.au) and use the student search to  
find your child's order number or contact our Customer Service team on 1300 766 055.

Please note: Cash orders will not be accepted



**March**

Thursday 10th  
School Photos

Monday 14th  
Labour Day Public Holiday

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

Friday 18th  
Conveyance Allowance Applications Due

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

**HAPPY BIRTHDAY**

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

Montgomery Arnott, Ryker Crute, Favour Hancock, Mia Cleary, Ruby Pratt, Ella Stevens, Malakai-Hudson Kyriacou, Mason Young and Matthew Harrison.



**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](mailto:kimore.ps@education.vic.gov.au) or by calling the office on 03 5782 1268.

**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.



**SCHOLASTIC**  
**Book Club**  
orders are due:

If you are new to Book Club click [here](#) for an overview of Book Club, what it is and how to order.

To view the current catalogue please click [here](#).

The only way to place an order is to complete it through LOOP, please click [here](#) to place an order.

**8th March 2022**

**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).



### **School Council Elections**

At the conclusion of the election process, the four parents elected to our School Council for 2022 are Jodie Cloke, Jill Patford, Rebecca Mason-Fowler and Leonie Nicholas. Jodie and Jill have served on our School Council for a number of years and will provide great continuity in their continuing roles. I would also like to welcome Rebecca and Leonie to our School Council for 2022 and wish them the very best in their new roles. A major focus for the KPS School Council for 2022 will be upon community events and reestablishing community connection after the disruptions of remote learning. I look forward to a highly productive year working in tandem with our School Council in the service of our school and community.

### **Meet The Teacher Interviews**

Thank you to all of our parents and carers who attended our Meet The Teacher interviews this week. These interviews provided a valuable opportunity to develop a strong home and school partnership. I have had lots of great feedback from parents and teachers on how informative and useful the interviews were.

### **Punctuality**

In 2022, punctuality and readiness for learning from 8.50am is a major focus for our school. We have streamlined our morning start-up processes to ensure that focused teaching begins at 8.50am. As the saying goes: "every minute matters." Punctual attendance at school is a key component of supporting your child's engagement in learning and in ensuring they have a great start to the school day. I would urge all parents to ensure that their child is at school by 8.40am to set them up for success, both socially and academically.

### **Foundation – Friday Attendance**

From next week, our Foundation students will attend school for a full week. We have been very impressed with how well our Foundation students have adjusted to their new school routines and we are confident that they will rise to their challenge. No doubt there will be a big sleep in on Saturday! Dismissal time will still remain at 3pm for our Foundation students.

### **Swimming Sports**

Congratulations to all of the students who represented our school at the recent District Carnival. Many thanks to Mr. Babic for coordinating the swimming program and helping our students to represent our school with pride. We are very proud of the efforts of our students' achievements and how well they represented our school.

All the best,

Neil O'Sullivan

Principal







Gratitude  
Empathy  
Mindfulness &  
Emotional Literacy



## ***Part 1: Introducing The Resilience Project***

### ***Parent and Carer video series.***

*Starting this year, we are pleased to be introducing The Resilience Project's online wellbeing curriculum in our classrooms.*

*The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.*

*The Digital Program consists of online presentations and lessons for students, professional development for staff, and **a video series for our parent and carer community.***

*Over the coming weeks, we'll be sharing the Parent and Carer Program with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: Gratitude, Empathy and Mindfulness. You'll hear stories and be introduced to activities to show how these strategies can support our kids learning and development, and also support you as parents and carers.*

*This program is an important part of our school's effort to look after the mental health of our community.*

**\*\*\*View the first presentation of the series here: Part 1: Meet Hugh and learn about The Resilience Project:** <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>



*In this presentation, Hugh shares a personal experience about his sisters battles with Mental Illness.*

**Note:** *This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit [The Resilience Project's Support Page](#).*

***We will be in touch weekly to share the remainder of the program, including research and wellbeing activities to integrate into day to day life.***

# bell schedule

**Session 1: 8:50am — 9:50am**

**Session 2: 9:50am — 10:50am**

**Recess 10:50am — 11:20am**

**Session 3: 11:20am — 12:20pm**

**Session 4: 12:20pm — 1:20pm**

**Lunch Eating 1:20pm — 1:30pm**

**Lunch Play: 1:30pm — 2:10pm**

**Session 5: 2:10pm — 3:00pm**

**First Dismissal (Surnames A — L) 3:05pm**

**Second Dismissal (Surnames M — Z) 3:10pm**

## 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.



## 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



## Visitors

Anyone remaining onsite at Kilmore Primary School for more than 15 minutes must sign in as a visitor at the office.

## Drink Bottles

All students need to bring a drink bottle to school.



## Late Arrivals

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

If they are not signed in you will receive an SMS stating that your child is away.

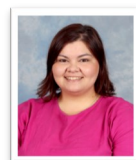


## REMINDER TO WEAR YOUR HAT

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.



## Connecting With Kimberly



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/)

I can be contacted via email:  
[Kimberly.batsas-hill@education.vic.gov.au](mailto: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



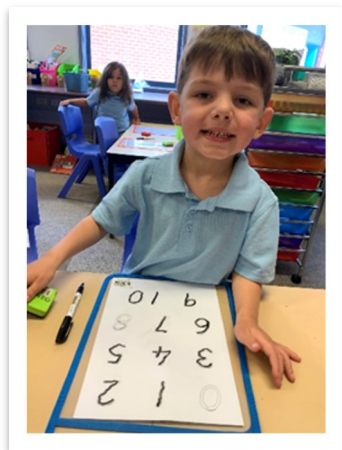
Ph: 13 11 14

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

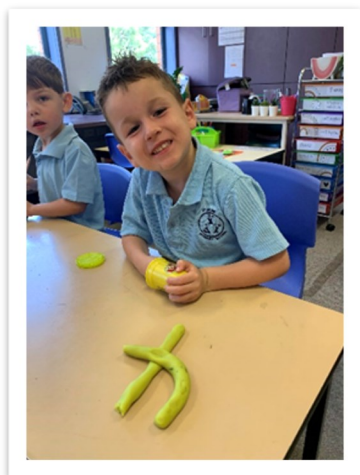
## Mathematics News with Captain Marvel

What a marvellous week of Mathematics at Kilmore Primary School. Our Foundation students were practising writing and making numerals. They also explored patterns.

Here are some photos of Foundation G students sharing their learning.



Phoenix used an overwrite sheet to practise writing his numerals



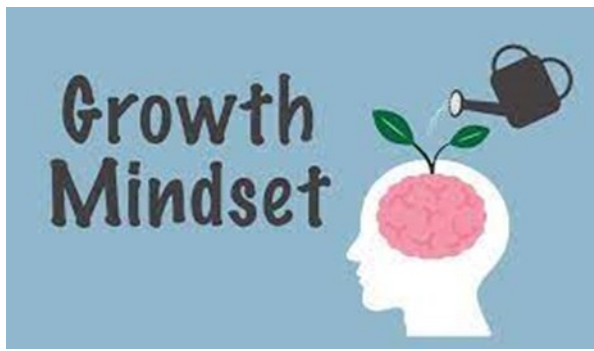
Bonnie used unifix to make a repeating pattern



Excellent listening from 1M students as Mr Hore demonstrated how to model 2 digit numbers using pop sticks.



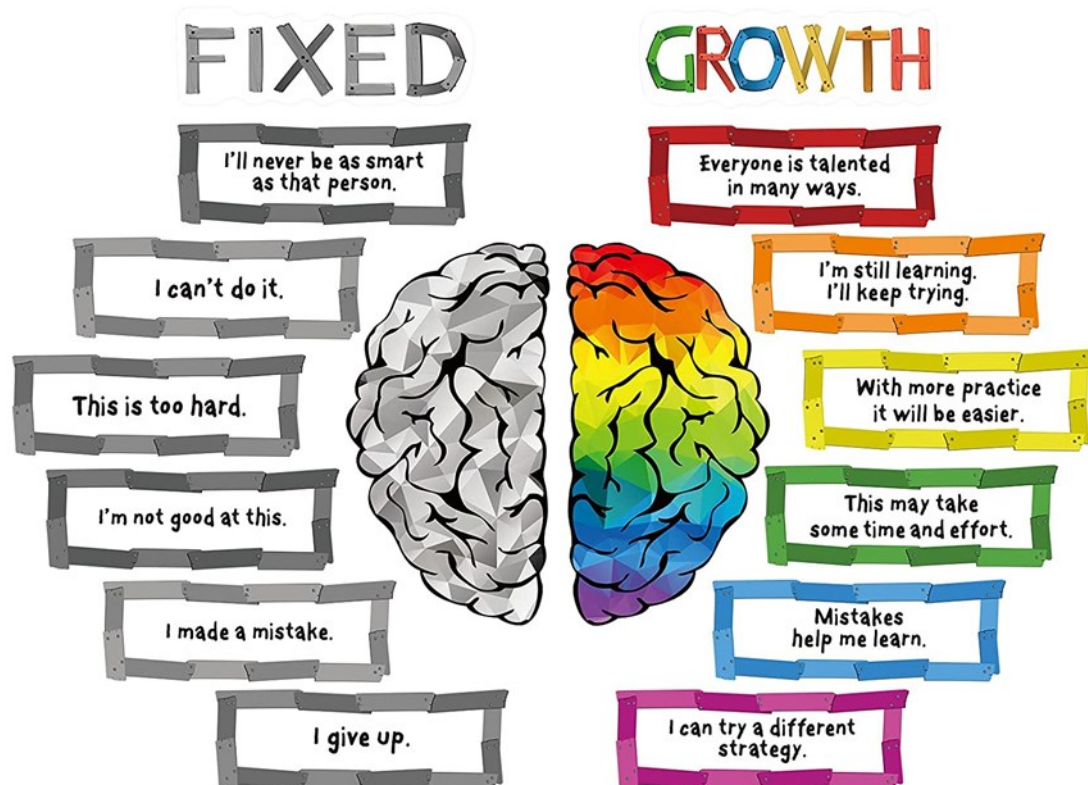




Last week at our whole school assembly, Bryden from 4S used a Rubiks cube to demonstrate how using a Growth Mindset can help you learn anything! Last year, Bryden could not solve a Rubiks cube and found it very frustrating. Instead of giving up he jumped into the Learning Pit and found a way to learn how to solve it. He told us he used lots of YouTube videos to help him. With all his practise he just keeps getting quicker! Well done, Bryden!



**CHANGE YOUR WORDS;  
CHANGE YOUR MINDSET.**





# School Tours

Term 1 2022

Wednesday 16th March 9:30am

Tuesday 29th March 9:30am

Please click on your preferred date above to RSVP



**Kilmore Primary School**

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

Ph 03 5782 1268

Email [Kilmore.ps@education.vic.gov.au](mailto:Kilmore.ps@education.vic.gov.au)

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

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

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

### **Performing Arts**

This term in Performing Arts, the Year 1's and 2's are learning all about sustainable sounds. During this unit, students are going to be making their own instrument out of recycled goods.

We are going to be focusing on making shakers and rain sticks out of recycled tubing and we would like to ask for your help in collecting any recyclable tube shaped items you may have at home.

The perfect pieces would be empty toilet rolls, paper towel rolls and pringle cans, but if you've got something else that may work, we will happily take it and give it a try!

Please feel free to send them along to school and I will organise collecting them from the classrooms.

Thank you so much in advance.

Miss Brennan and the Year 1's and 2's



smokea



# OPEN EVENING



*Start Your Journey with us*

**21 MARCH**

**4pm-7pm**

More information visit:

**[assumption.vic.edu.au](http://assumption.vic.edu.au)**



# FAQ

## Frequently Asked Questions



### When is the cut-off date for Year 7 2024?

Applications for enrolment for Year 7 in 2024 are due Friday, 19 August 2022.

### What is the latest application date for Year 8 to 12?

Applications for enrolment for Year 8 to Year 12 2023 close at the end of Term 3, 2022.

### What if I miss the cut-off date?

Contact our College Registrar as soon as possible via [registrar@assumption.vic.edu.au](mailto:registrar@assumption.vic.edu.au). Late applications automatically go on a waiting list.

### How do I apply?

To apply for a place at Assumption College, please use our online application form which is located on our College website – [assumption.vic.edu.au/enrolment/apply-now](http://assumption.vic.edu.au/enrolment/apply-now)

### What information needs to be supplied with the completed online application form?

The following supplementary information is required when submitting an application with Assumption College:

- Birth certificate
- Most recent school report
- NAPLAN report
- Baptism information if applicable
- Visa if student born overseas
- Immunisation history statement
- Custodial arrangements (if any)

### When will I find out if our application has been successful?

Our College Registrar will be in touch with you every step of the way. Year 7 2024 applications will be notified after 21 October 2022.

### How much is an Application fee?

\$500 is payable upon submission of an application. If you are experiencing financial hardship during this pandemic, please contact the College for an alternative arrangement.

### Does our family need to be Catholic?

Being Catholic is not a pre-requisite.

### Can I see the College prior to completing an application?

We encourage families to come and see why we think Assumption College is so great. You can either phone or visit our College website to book a tour.

### You can't come onsite?

We have the solution! You can now tour the grounds of ACK without leaving your lounge chair! Click on various campus buildings and locations. Visit [assumption.vic.edu.au/enrolment/virtual-tour](http://assumption.vic.edu.au/enrolment/virtual-tour)

### What is myMAP?

myMAP provides a contemporary learning model designed to facilitate the actualisation of life goals – preparing future graduates for high levels of achievement at university and beyond. The goal is for students to experience deep learning in their chosen subjects, attain ownership of their learning and connect the knowledge and skills they develop to the world beyond Assumption College. The "MAP" in myMAP stands for Mastery, Autonomy, and Purpose.

### What is myBeing?

Created to complement the myMAP platform, myBeing is a three-year program that fosters social and emotional development. myBeing focuses on:

- Personal relationship building
- Learning to learn
- Food, nutrition and education
- Safety (online, physical and personal)
- Vocational pathways
- Mindfulness
- Teen Mental Health First Aid

### What is mySTEP?

The mySTEP transition program includes a fully immersive experience. It aims to help provide opportunities for teachers and students to work together prior to students officially starting in Year 7. The purpose is to ensure Primary school students feel supported so the transition becomes as effortless as possible.

### What is the Year 7 Quare Program?

myMAP utilises Year 7 as a transition year where students engage with a variety of diverse learning domains across the Victorian Curriculum. Students will view this year through a lens of self-exploration; discovering and understanding their interests, abilities and goals.

### Is Assumption committed to wellness?

For our students to flourish academically and in all areas of their lives, it's important that they are happy and enjoy being at school. Their safety and physical and mental wellbeing are of paramount importance to us.

The college has counsellors (including psychologists) who are available to help students and their families. Our wellbeing team includes a paediatric occupational therapist and an educational psychologist who are available for consultations, which may be eligible for Medicare rebates.

### Does your child require learning support?

Our Personalised Learning team offers support to all students who would benefit from a personalised approach to supporting them to optimise their educational potential. This includes students with diverse learning and support needs. The Personalised Learning team works in partnership with parents/carers, teachers, students and external support services, to ensure that students are supported to optimise their performance, and to achieve their social, spiritual, physical and academic goals.

### Where can I find out information pertaining to the College Uniform?

Academy Uniforms are our uniform supplier and all students are expected to wear it. Visit our website for links, opening hours and details pertaining to costs:

[assumption.vic.edu.au/enrolment/uniforms](http://assumption.vic.edu.au/enrolment/uniforms)



## 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	<a href="#">Broadford Living and Learning Centre Facebook</a>	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	<a href="#">Freedom Care Website</a>	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	<a href="#">Love in Action Broadford Facebook</a>  <a href="#">Love in Action Wallan Facebook</a>	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	<a href="#">Rotary Seymour Facebook</a>	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	<a href="#">Salvocare Website</a>	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	<a href="#">Wallan Gateway Website</a>	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](http://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

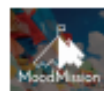
Online program for parents and caregivers providing evidence-based parenting strategies.



#### 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.



# Seymour's Annual



## SHOW & SHINE

**Labour Day, 14 March 2022**

**King's Park, Seymour  
8am Start (Stall Holders 6am)**

**Display Cars : \$10/car incl all occupants  
Spectators : Gold Coin Entry**

**★ ALL MAKES OF CARS  
★ SWAP MEET ★ MARKET  
★ KIDS' ENTERTAINMENT**

For all enquiries contact:  
[secretary@seymouranddistrictcarclub.com.au](mailto:secretary@seymouranddistrictcarclub.com.au)  
or Judy on 0407 562 003



**Kilmore Junior  
Football Club**

**2022  
Registrations  
are now OPEN!!**

Football for Boys and Girls  
Born: 2004 - 2015

**No experience necessary, come along to  
be part of a great club and get to know  
your local community**

Contact: [kjfcregister@gmail.com](mailto:kjfcregister@gmail.com)



**Proudly sponsored by  
Nutrien Harcourts**