



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 28 October 2022



Ms Hunt, Ms McGrath, Ms Grimmond, Ms MacCaskell and Mrs Jacobs



**Mrs Vilinskis, Mrs Johnson
and Mrs Ockendon**

Ms Sloane and Miss Veitch



Mrs Booth and Miss Scalpello



Mr Babic, Mr Hore, Mr Farrell, Miss Melling and Mrs Magdato



Thanks and Gratitude

Today is World Teachers' Day and I would like to acknowledge and pay tribute to the amazing efforts of our teachers. We are blessed to have such a committed team of teachers at KPS who work so hard in the interests of our students wellbeing and learning. There are many long hours behind the scenes for every teacher, however our KPS teachers are "next level" in their commitment to their students, colleagues and our community. The theme of this year's World Teacher's Day is "Hats off to our teachers" and I certainly take my hat off to our team. We recognized our teachers with a special morning tea, an appreciation certificate and a World Teacher's Day themed cookie. I would like to thank them for all of the big and little ways in which they guide and support our students. From all the KPS community, thank you KPS teachers!

Curriculum Day (student free): Monday, October 31st

Our final Curriculum Day for 2022 will be held on Monday, October 31st preceding the Melbourne Cup holiday. The focus of the day will be on student assessment and reporting. Please note that this is a pupil free day.

Learning Highlight

My learning highlight from this week is the amazing scarecrow that Ms. Dixon has created with students as part of her art lunchtime club. As you will see from the photo, it is a marvellous creation! Congratulations to Ms Dixon and the students involved in creating this great artwork.

Staffing Updates

This week, we have added to our 2023 KPS teaching team by completing a further round of recruitment. I would like to congratulate the following teachers on their appointment to ongoing positions at KPS: The successful applicants for our ongoing classroom teacher positions are as follows:

- Linda Pellis
- Anna Sloane
- Tegan McKee (currently teaching at Craigieburn PS)

I would like to congratulate all three teachers on their appointment to these positions.

Mental Health in Primary Schools

In 2023, the Victorian Government will be investing in further wellbeing supports for schools as part of the new Mental Health in Primary Schools program. In 2023, KPS will be provided with funding to employ a teacher class staff member for three days a week to focus on classroom strategies to support student wellbeing and referral pathways for students. This role will be a great addition to our current wellbeing and a great way to further resource student wellbeing at KPS.

Student Placement 2023

We are currently working through the process of creating our 2022 classes. To assist us with this process, we would appreciate it if parents could notify us if their child will not be enrolled at KPS in 2023. As we work through the process of creating balanced classes, we need to consider a range of factors such as social groupings, academic levels and every student's previous teacher. Additionally, every student is provided with the opportunity to identify three other students who they would like in their classes in 2022. If parents feel it would benefit their child to be placed with another student in 2022, they are welcome to forward their suggestions to the school's email address Kilmore.ps@education.vic.gov.au. While we will endeavor to factor in parent request in our final classes, it is not always possible to accommodate all requests.

All the best,

Neil O'Sullivan
Principal



October

Monday 31st

Curriculum Day—**Pupil free day**

November

Tuesday 1st

Melbourne Cup Public Holiday

Wednesday 9th

Grade 3/4 Melbourne Museum Excursion

Friday 11th

Payment due for Grade 6 Graduation Dance Lessons

Friday 15th

Sushi Tuesday

Friday 25th

Conveyance Allowance applications due

December

Wednesday 7th

Payment Due for the following Grade 6 Events:

- * Funfields
- * Graduation Bears
- * Graduation Dinner

Wednesday 14th

Grade 6 Graduation Ceremony and Dinner

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the past week and coming week:

Cash Grace, Ameena Muhammad Nagoggo,
Gypsy Rose-Roberts, Homa Abbasnejad,
Makayla Phillipe, Beau Philippe, Isla Dove,
Michael Montagnese, Jackson Swift,
Spencer Peel, Divi Gangadhar, Indie Dennis,
Quill Nicholas, Lily Anderson, Noah Tabone and
Xavier Tabone.



*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.

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.



*Just a friendly
reminder...*

**1st Round Orders Are
Now Closed for 2023
Grade 6 Jacket & Polo
orders (refer notice on
page 9)**



2023 Book Lists—Please check your emails

Families have been emailed a link via Compass for ordering 2023 Book Lists. Please remember to order for your child's 2023 class. The email includes our future Foundation students for 2023.

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.



SUSHI TUESDAY

15th November 2022

Information regarding Sushi Tuesday with a link to place and pay for orders has been emailed to all families.

Kindly note that **ALL** orders are to be processed via the link in the email.

No orders or payments will be accepted at the office.

Orders close 11.30pm on Tuesday 10th November 2022.



Just a friendly reminder...



Child and Family Services Timetable Term 4 2022

Tuning in to Kids

A six session program for parents of 2 -10 year old's. Learn how to help your child develop emotional intelligence

ONLINE Thursday 13 October - 17 November
10am - 11:30am [REGISTER HERE](#)

Emotion Coaching - for teens

Our workshops are for parents and carers of teens who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children.

ONLINE Thursday 20 October
5:15pm - 6:45pm [REGISTER HERE](#)

Tuning in to Teens

A six session program for parents of 10 -16 year olds. Learn how to help your teenager develop emotional intelligence

ONLINE Tuesday 11 October - 15 November
7pm - 8:30pm [REGISTER HERE](#)

Drumbeat

Drumbeat is for children and women who have experienced unhealthy relationships or experienced or been exposed to family violence.

Drumbeat for Kids Aged 9 - 13 years

12 October till 7 December
4pm - 5pm in Wallan (venue to be confirmed)

Drumbeat for Kids Ages 10 - 13 years

6 October till 1 December
4pm - 5pm at FamilyCare Shepparton

Women's Drumbeat

5 October till 2 December
10am - 11:30am at FamilyCare Shepparton

Call Central Intake 1800 161 306

The importance of play

Playing together is one of the most effective tools for building strong relationships with your child.

FamilyCare Shepparton
Wednesday 9 November
10am - 12noon

[REGISTER HERE](#)

Connections

A relationship building group for mothers and young children (0-4 years) who have experienced family violence

FamilyCare, Shepparton
10 October to 5 December
10am - 12 noon

Call Central Intake 1800 161 306



Call 1800 161 306 for more information



A Smile Squad dental van will be visiting our school this term.

All students attending government schools are eligible for free treatment. Students do not need a healthcare card, Medicare or the Child Dental Benefits Scheme.

Each student will be bringing home a consent pack to take home (white envelope with orange writing). Families who would like to avail of the service will need to complete a consent pack for each child. Students will only be seen at the Dental Van if consent pack is **returned to the school**.

The Smile Squad will first visit our school to undertake oral health examinations and preventative care. After the 15 minute examination, students will receive a care plan.

If no further treatment is required, students will be seen in 12 months for their next dental examination. If a student requires follow-up treatment, an individual care plan will be sent home for parental/carer consent before treatment is provided.

Following the students visit to the van, the children will be provided with a free dental pack and education on teeth brushing and healthy eating.

**DO NOT
PARK IN
OR BLOCK
DRIVEWAY
AT
ANYTIME**



**NO PARKING
PLEASE
DO NOT BLOCK
DRIVEWAY
THANK YOU**

Buzz from the Bee Hive!!!!



Bee Hive is Opening Week 6



Thank you for your ongoing support!

The Wellbeing Team.

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.

Please note the school does not sell hats. You can purchase your hat from All Things Uniform, Broadford.



Drink Bottles

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



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.

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.

Connecting With Kimberly

Random Act Of Kindness

If any families would like to nominate a family to receive a Random Act of Kindness food hamper, please contact me via email Kimberly.batsas-hill@education.vic.gov.au or 5782 1268.



The following services are available outside of school hours.

In the event of an emergency please call 000



Best,
Kimberly Batsas-Hill
Social Worker -Primary Welfare Officer

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/)

Kilmore Community Garden together with
The Kilmore Mechanic's Institute
Invite you to

Our Annual Garden "Show and Tell" and Scarefactivities

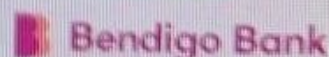
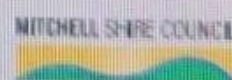
11 Union St, Kilmore behind the Anglican Church
Saturday, October 29 from 10.30am

Guest Speaker:
Dr Kaylene J Evers, PhD
Trophies for best scarecrow

• Plant sales • Messy Play Fun BYO Art Smock/Apron • Real Mud Mud-Pies • Live Light Music
• Sausage Sizzle • Devonshire Teas BYO Mug • Mini Workshops • Mini-Market • Raffle and more!

Contact us: like us on Facebook
Email kilmorecommunitygarden@gmail.com
Scarefactivities - Leanne 0408 166 088

Sponsored/
supported by:



Top 5 online safety tips

- 1 **Think of others' feelings** before you post, like or share content.
- 2 **Ask for permission** before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3 **Be an upstander** Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not okay. Report and delete it.
- 4 **Use privacy and screen time** settings to take control of your digital life and its impact on your mental health.
- 5 **Ask for help** Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

Grade 6 Jacket and Polo Ordering



Families of Grade 5 students will have been emailed via Compass an order form for 2023 Grade 6 Jacket and Polo's.

First round orders closed on 26 October 2022

Second round orders are due 10 February 2023 for delivery to KPS before end of term 1 in 2023.

(All orders and payments must be placed directly with All Things Uniform).

Please contact the office on 5782 1268 if you require any assistance in locating your order form in Compass.



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.



Kilmore Primary School

Helping Hands Hub

Kilmore Primary School is inviting parents and carers to get actively involved in supporting our school community. Helping Hands Hub (**HHH**) is an opportunity for you to connect with the school and meet others, in a casual and relaxed environment.

HHH jobs include a wide range of simple tasks from around the school, mostly taking place in the comfort of the library. You could be doing anything from tidying up the library and stamping books to cutting out and laminating letters for classroom display. You won't be asked to do anything you're not comfortable with and you will be given instructions on how to do it!



Where:
LIBRARY

When:
Every Wednesday
afternoon from
2.15pm

We're meeting every Wednesday afternoon in Term 4, and would love to see you in the school library, feel free to bring along a hot/cold drink, we'll supply the biscuits.

Younger children are welcome!

Getting involved is simple.

- sign in at the school office
- make your way to the library (if unsure where, ask at the office)

For further information, contact Liz at:
elizabeth.simner@education.vic.gov.au or Christina at:
cmvarcoe@bigpond.com