



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 5 August 2022

100 Days of Foundation



100 Days of Foundation



August

Thursday 11th

School Tour (refer page 15)

Tuesday 23rd

School Tour (refer page 15)

Friday 26th

Conveyance Allowance Applications Due

September

Friday 16th

Last day of term 3

HAPPY BIRTHDAY

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

Mitchell Fowler, Kayleigh Fowler,
Jasmine Sherwood, Austin Laurie,
Thomas Mayo, Christina Mayo,
Emmerson Beaumont, Rhyder
Walley, Phoenix Rachelle, Layla
Sherlock and Lilliana Arnott



*Just a friendly
reminder...*

If any of your personal details change such as address, email, phone numbers, emergency contacts etc. it is important to contact the office as soon as possible to update our records.

Facebook

As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via kimore.ps@education.vic.gov.au or by calling the office on 03 5782 1268.



CHANGE OF CLOTHES

With the wet weather now upon us, could you please make sure **all** students have a change of clothes in their bags.



2023 Foundation Enrolments are NOW OPEN

Please visit the school website for further information and to complete an Enrolment Enquiry

<https://www.kilmoreps.vic.edu.au>

Children must be turning five before 30th April 2023.

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

**Enrol
Now!**

Bus Zone

Please leave the bus parking zone on Lancefield Road clear at all times for buses to park. We have at least two buses daily that use the Lancefield Road bus zone. There is no car parking from the school crossing through until the disabled parking bays.



School Crossings

For the safety of all students, parents and our lovely Crossing Supervisors, we ask all drivers to please stop at the school crossings when you see the Crossing Supervisor with their sign pointing out towards the road and remain stationary until the Crossing Supervisor is back on the footpath.



Thanks and Gratitude—Foundation Students 100 Days of School

On Thursday, our Foundation students celebrated 100 Days of School. These are the first Foundation students in the last three years to achieve this milestone without participating in remote learning, so it has been wonderful to have an unbroken and “normal” start. I would like to congratulate our Foundation team on the work they have done in establishing such great learning and social routines with our Foundation students – they have achieved a lot in 100 days! I would also like to thank our Foundation team for the wonderful activities they organized for the day. As you will see from the photos elsewhere in the newsletter, our Foundation students had lots of fun!

Welcome to Colmont School Students

On Tuesday, we welcomed students from the Colmont School to KPS. We are very understanding that this has been an extremely tricky time for these students and families and we have worked with families and students to make them feel supported in their new school. I would like to thank all of our staff and students for how they have worked to support and welcome our newest students.

Goulburn Area Presentation

On Monday of next week, I will be delivering a presentation at the Goulburn Area Principal Forum on the wellbeing framework which we have developed at KPS over the last three years. Only three schools have been chosen to present so this is great recognition for the work we have undertaken in supporting the wellbeing of our students. We can be justifiably proud of the broad range of wellbeing programs which we offer at KPS – this is a very rare offering at a primary school level and a credit to the commitment and capacity of our wellbeing team.

Grade 5 Excursion

On Monday, our Grade 5 students had a wonderful time at the Science Works Museum in Spotswood. Talking to the students over the last few days, they certainly gained a lot from the experience with the planetarium ranking highly amongst the favorite activities.

National School's Tree Day – Great Feedback for KPS students

Last week, a number of our students participated in the National School's Tree Day. We received fabulous feedback from the organizers of the day and they praised the effort, behaviour and engagement of our students. Well done to all of the students involved on being great ambassadors for our school.

Foundation Transition Sessions

On Friday of next week, we will be beginning our Foundation Transition program for our 2023 students. Our Foundation and wellbeing team have put together a great program of activities which will be delivered during Weeks 5 to 8. We are looking forward to seeing our newest students on site and welcoming them to our school.

Student Wellbeing – Parent Education Sessions

As part of our commitment to student and family wellbeing, we will be hosting two sessions aimed at promoting student and family wellbeing. The sessions will be held in our gymnasium and will focus on the topics of “Anxiety: What All Families Need to Know” and “Nurturing Resilient Independent Young People”. I would like to thank our wellbeing leaders, Mrs. Smith and Kimberly Batsas-Hill for coordinating these great sessions. The first session will run in our stadium on Wednesday, August 10th from 5pm to 6.15pm. Registration details can be found elsewhere in the newsletter.

All the best,

Neil O'Sullivan
Principal

Kilmore Primary School

Be **KIND** Be **PROUD** Be **SAFE**

Student Awards

At Kilmore Primary School, we are always working on modelling our school values of Kind, Proud and Safe. As a whole school, we explicitly teach and then give our students opportunities to display these values within and beyond the classroom doors.

The students listed below will be recognised for showing our school values at assembly today.

We congratulate for this week:

Foundation E — Max Spruyt	Grade 2H — Alana Johnson	Grade 5F — Madalyn Lockwood
Foundation G — Harven	Grade 2M — Dakota Jennings	Grade 5M — Cody Gatz
Foundation M — Patrick Okey	Grade 2P — All of 2P	Grade 5S — Tileah Stewart
Foundation S — Elly Pankhurst	Grade 3D — Kaleb Agnew	Grade 6B — Ayden Burns
Grade 1H — Charlotte Gazzara	Grade 3K — All of 3K	Grade 6E — Ruby Streader
Grade 1M — Taneka Anou	Grade 3R — William Kay	Grade 6J — Archer Briggs
Grade 1N — Emily Williams	Grade 4J — Abby Watts	Specialist F-2 — Zachary Ryan 2M 3-6 — Lina Gorsuch 4S
Grade 1T — Charlie Kay	Grade 4S — Bryden Morgan	
Grade 2F — Chanelle Stuart	Grade 4V — Rhiley Notley	



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.



Buzz from the Beehive !!!!



Next week we are getting ready to open the beehive again for all children in Foundation to Grade 6.

The hive has had some exciting changes and we are looking forward to welcoming students from across the school who can come in spend their hard-earned bee tickets!!

A big thank you to our Grade 6 SWPBS ambassadors and our amazing Wellbeing Team for all they do to make this possible.





Reminder of our SAT Bread Bag Recycling Program

Our bread bag boxes have arrived and are overflowing. Our aim is to collect 25kg of bread bags. Collecting runs until the 9th of September and we get points for every kilogram we collect. The points can be used to purchase new sports equipment. We would like to thank Jodie for her help in bagging up our donations.

Our Student Voice Leaders would like to thank everyone for their contributions so far and encourage people who haven't already started collecting to start today. Please bring your bags to school and place them in the pink boxes at the office or in the stadium foyer.

Look at how much plastic we have stopped from going into landfill! That's such a great help to our environment. As well as helping the environment, we are earning points for our school to purchase new sports equipment. We would like to hear from the KPS students which equipment they would like to purchase.



Students should not arrive at school until the school gates open at 8.30am unless they are attending Breakfast Club on Monday, Thursday or Friday morning. If you are joining Breakfast Club, please enter through the stadium gate on Lancefield Road.

Staff are not on yard duty until 8.30am

BOOK WEEK 2022

It's time to get your
thinking hats on...

DRESS UP DAY!

THEME: DREAMING WITH EYES OPEN

Students and staff are
inspired to dress up as their
favourite book character or
bring along/borrow your
favourite book to parade!

More Book Week celebration details
to come...

THURSDAY 25TH AUGUST



Each year since 1945 the CBCA has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators through colourful displays, activities, parades and sharing the shortlist awarded stories.

Theme: Dreaming with eyes open...

Dates: August 20-26

Artwork: Jasmine Seymour

For more information head to:

<https://www.cbca.org.au/cbca-book-week>

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL: [KILMORE.PS@EDUCATION.VIC.GOV.AU](mailto:kilmore.ps@education.vic.gov.au)

Connecting With Kimberly



Richie and I have started to facilitate our term 3 group programs which is really exciting! One program we have commenced this week is the "Sea of Friends" program which starts to explore what it means to be a friend, managing peer conflict, building our communication skills and strengthening our emotional skills.



Term 3 Parent Sessions:

Thank you to the families who have registered for our first parent session on anxiety. A compass email regarding further details of this will come out soon.

Our second parent session is scheduled to be facilitated 24 August 2022—see details below:

Parent Session 2:

Date: Wednesday 24th August 2022

Time: 5:00pm-6:15pm

Topic: Nurturing Resilient, Independent Young People

Registration is essential and can occur here: <https://forms.gle/nxUjtJxn9pYzhC7N6>

*****Please note that these sessions are only for families that have students enrolled at Kilmore Primary School*****

Further correspondence will be sent via Compass



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

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/)



School Activities



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ABOUT

An informative workshop founded on life experience and research to give you practical tips to support your young person experiencing anxiety.



ANXIETY: WHAT ALL FAMILIES NEED TO KNOW



DETAILS

VENUE
KILMORE PRIMARY SCHOOL

WHEN
DATE: WEDNESDAY 10TH AUGUST
TIME: 5 - 6.15PM

WHO
PARENTS OF ALL GENDERS & YEAR LEVELS (NO CHILDREN)

AS SEEN ON



IN THIS ONE-HOUR PRESENTATION, THE BIG SISTER EXPERIENCE WILL COVER THE SCIENCE BEHIND ANXIETY, HOW TO IDENTIFY IT IN OUR YOUNG PEOPLE, AND HOW TO EMPOWER THEM WITH TOOLS AND STRATEGIES TO SELF-REGULATE.

1300 BIG SIS @bigsisterexperience www.bigsisterexp.com



ABOUT

Learn the secrets behind encouraging your young person to find a strong sense of identity and give you as a parent, confidence around establishing strong foundations that will enable your young person to flourish for 2022 and beyond.



NURTURING RESILIENT, INDEPENDENT YOUNG PEOPLE



DETAILS

VENUE
KILMORE PRIMARY SCHOOL

WHEN
DATE: WEDNESDAY 24TH AUGUST
TIME: 5 - 6.15PM

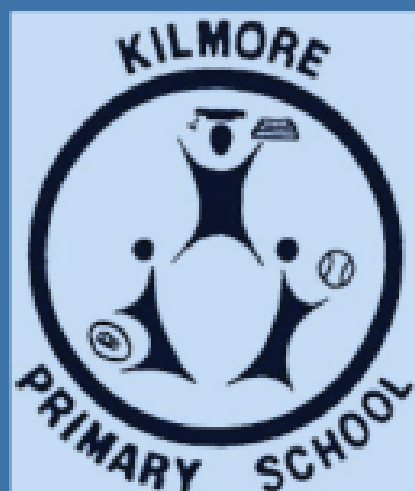
WHO
PARENTS OF ALL GENDERS & YEAR LEVELS (NO CHILDREN)

AS SEEN ON



IN THIS ONE-HOUR PRESENTATION, THE BIG SISTER EXPERIENCE WILL TAKE YOU THROUGH THEIR KEYS TO NURTURING RESILIENT, CONFIDENT AND HAPPY YOUNG PEOPLE.

1300 BIG SIS @bigsisterexperience www.bigsisterexp.com



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:
Friday 22 July 2.15pm
Wednesday 27 July 2.15pm
Friday 5 August 2.15pm
Wednesday 10 August 2.15pm
Friday 19 August 2.15pm

Days and times will change weekly. We'd love to see you in the school library, feel free to bring along a hot 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

Information for parents

To celebrate 40 years of Jump Rope for Heart, this year we have extra prizes (for parents!) to be won. For every \$40 you raise, you'll go in the draw to win one of three, \$300 VISA Gift Cards.* There are three to be won each term.

Help fight heart disease

Your school is taking part in Jump Rope for Heart – a skipping and fundraising program aimed at getting your child physically active, whilst learning about how to keep their heart healthy.

Donations raised will go toward funding powerful new research that will help end heart disease and the family heartache it causes.

What's involved

Jump Rope for Heart is a fun way for your child to be more physically active, leading them to a future of better health outcomes and reducing their risk of heart disease in adulthood.

Your child's teacher will organise skipping activities during school hours and encourage your child to skip at home by using our online resources! Over the coming weeks, you'll notice your child become more active and confident as they learn some awesome new skills and healthy habits.

How do I get started?

1. Register your child online. Visit jump rope.org.au/parents

2. Set your fundraising goal
Show everyone what you're aiming to raise. Most people start with a \$200 goal which you'll easily achieve with a little help from family and friends.

3. Make the first donation
It helps get things moving and sets the bar for friends, family, co-workers and neighbours (trust us, it works!).

4. Share your child's page with friends and family and ask them to donate to support your child's effort.
Every dollar you raise will help fund vital research, support and programs that help save lives.

Social media, email and SMS are a great way to get the word out there!

5. Log your child's skipping activity so they track their progress and earn virtual badges.

* Visit jump rope.org.au/parents for Terms and Conditions

Your support gives hope to thousands of families that we can end heart disease.

Open-heart surgery is intimidating. Especially for a toddler.

At the age of two, Isla had open-heart surgery to treat an atrial septal defect (ASD), which means she was born with a hole in the wall, or septum, that separates the top two chambers of the heart. When this happens, extra blood leaks through the hole into the right chamber making the heart and lungs work harder.

Thankfully, Isla's story has a happy ending. The surgery was a success, and her condition does not affect her day-to-day life. But there are still thousands of Australians, like Isla, who are living with a compromised heart where daily life is a struggle.

When Isla learned her school was doing Jump Rope for Heart, she felt a real connection to the cause"

"She told me, 'Mum, I can't go in the school talent show, because I don't have a talent. But this is skipping. I can do that and also help other kids like me'."

Isla registered for the program and practiced her skipping almost every day. She not only improved her skipping skills markedly throughout the term, she finished the program as Carramar Primary School's highest fundraiser.

How your donations can help

Over the last 40 years, families like yours have helped make innovative research and future medical breakthroughs possible.

 **\$50** could cover the cost of basic tools like syringes and test tubes that researchers can use to grow heart cells in the lab.

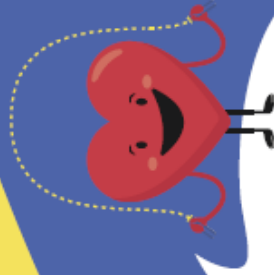
 **\$100** could pay for a DNA test to identify people at high genetic risk of heart disease.

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





JUMPROPE
for **HEART**



\$5000

\$2500

Razor Scooter
+ one prize
from every
lower level



+ one prize from every lower level



\$500

Mystery Prize Box



\$250

Supersonic Ball



\$100

Shoot Ball Animal (Lucky Dip)



\$60

Handball



\$35

Mystery Skipping Rope



\$250

BONUS PRIZE!
Ring Toss Game
when you raise \$250 or more

[illegible]

LEWIS & CLARK

Parents and Guardians Guide

Thank you for becoming heart heroes.

Skip, learn new tricks and help your heart grow stronger whilst you raise funds to help researchers find new ways to fight heart disease.

Have fun

Learn tricks

Raise funds and earn cool prizes

Sign up now at
jumprome.org.au/parents

School Tours

Term 3, 2022

Wednesday 27th July 4:00pm

Thursday 11th August 9:30am

Tuesday 23rd August 9:30am



Please scan the QR code above to RSVP to your preferred date



Kilmore Primary School

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

Ph 03 5782 1268

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



Food Relief

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

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

Mitchell Shire

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

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

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

Phone and Online Counselling



Lifeline 13 11 14

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



Suicide Call Back Service 1300 659 467

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



Beyond Blue Support Service 1300 22 4636

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



1800RESPECT 1800 737 732

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



MensLine Australia 1300 78 99 78

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



QLife 1800 184 527

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



Butterfly Foundation 1800 33 4673

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



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

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



FriendLine 1800 424 287

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

Young People



Kids Helpline 1800 55 1800

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



Niggle

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



eheadspace

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



ReachOut

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



The BRAVE Program

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



BITE BACK

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

Programs



MindSpot

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



THIS WAY UP

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



Mental Health Online

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



MyCompass

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



MoodGYM

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



e-Couch

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



Healthy Mind

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



ParentWorks

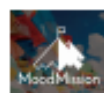
Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

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

Apps



MoodMission

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



Daybreak

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



Smiling Mind

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



BeyondNow

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

Aboriginal and Torres Strait Islanders



WellMob

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



iBobbly

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

Is your child a carer?

- Do they care for a family member or friend with disability, mental illness, age or health issues?
- Does their caring responsibilities affect work, study or social activity?
- Could they use some support to make life easier?



Henry, carer to his mother.

If you or your child answered yes to any of these questions, then Carer Gateway can help. Young carers help with tasks like household chores, paying bills, personal care, giving medication and emotional support.

What services does Carer Gateway provide for young carers?

Carer Gateway is the Australian Government's national carer hub. It provides reliable services, supports and advice, including:

- **Counselling**
- **Respite care – emergency & planned**
- **Connection with other young carers**
- **Financial support, and more.**

How do I contact Carer Gateway?

By calling **1800 422 737** Monday to Friday between 8am and 5pm, visit **carergateway.gov.au** or email **mstephens@familycare.net.au**



Summar, carer to her brother.

