



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 27th October 2023

WORLD TEACHERS' DAY 2023

HATS OFF TO TEACHERS

FRIDAY 27 OCTOBER 2023



We hereby express our respect for the Taungurung people, who are the Traditional Owners of the land on which we are based.

Foundation and Grade 1



**Fun
Night
Activities**

**Egg
&
Spoon
Races**



Thanks and Gratitude: World Teacher's Day

Today is World Teachers' Day and I would like to take a moment to express my appreciation and gratitude to our teachers for their unwavering dedication, passion, and commitment to our students. Their commitment to fostering a nurturing and inspiring learning environment has made a profound impact on the lives of countless students and I want to take this opportunity to celebrate their extraordinary contributions.

Their roles as educators extend far beyond classrooms and we are fortunate to have such a caring, empathic and skilled teaching staff. This day is a reminder of the invaluable service our teachers provide to our community and their direct role in shaping the future. Their influence reaches far beyond the school walls, and their dedication is a source of inspiration for us all. I would like to thank our teachers for being the guiding stars in the journey of education. Hats off to our KPS teachers!

Grade 2 Sleepover

Tonight, our Grade 2 students will be taking part in the Grade 2 sleepover at our school. Our teachers have planned a great evening of events for our students and I would like to thank them for the work they have put into the event at a remarkably busy time of year. The Grade 2 sleepover is the "first rung" of our school camps program and provides our students with a fantastic opportunity to build their independence and resilience. I am sure that there will be many tired students and staff by tomorrow morning but, no doubt, there will have been lots of laughs and smiles along the way.

Student Placement 2024

We are currently working through the process of creating our 2024 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 2024. 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 class in 2024. If parents feel it would benefit their child to be placed with another student in 2024, they are welcome to forward their suggestions to the school's email address Kilmore.ps@education.vic.gov.au. While we will endeavour to factor in parent request in our final classes, it is not always possible to accommodate all requests.

Colour Run – Friday November 3rd

Get ready for an explosion of colour and fun at Kilmore Primary School next Friday! Our much-anticipated Colour Run is just around the corner. It's a day when students and teachers come together for an unforgettable experience which also raises valuable funds for our school. Students and staff will run, jog, or walk through a vibrant course on our school oval while being showered with colorful powder. I would like to thank Mrs Nelson for all of the organizational work that she has put into the event and I am sure that this is a day that our students will remember for a long time.

PLC Link Day Feedback

On Monday, we had a large gathering of teachers and leadership staff from other schools attend KPS to observe the teaching and planning practices of our teachers. It was a great opportunity to celebrate and showcase the school improvement work that our staff have been working on with great dedication over the last few years. We received some great feedback on our teaching practices and school culture and I have included a small excerpt below from Jennifer Small who is one of the most senior educational leaders for the North East Victoria region:

I have been hearing how much you and the whole staff at KPS have achieved over the last few years. It was such a pleasure to see it in action. You all have so much to be proud of. The commitment to your students' wellbeing and learning was a standout and the collaboration and consistency across the school was obvious. Congratulations and thank you once again for your support to other schools in their implementation of PLC.

Neil O'Sullivan
Principal



November

Friday 3rd

Colour Explosion Fun Run Fundraiser

Monday 6th

Curriculum Day—Pupil Free Day

Tuesday 7th

Melbourne Cup Public Holiday

Friday 24th

Conveyance Allowance Applications Due

December

Friday 1st

Payment due for Grade 6 Celebratory Dinner

Tuesday 5th

Grade 6—Broadford Sec College Parent Information Evening

Tuesday 12th

Grade 6 Graduation Bear order and payment due

STATEWIDE TRANSITION DAY

Wednesday 13th

Grade 6 Celebratory Dinner

Friday 15th

Grade 6 End of Year Funfields Excursion

Wednesday 20th

Last day of School Year

February 2024

Thursday 15th - 2nd Round Orders Due for 2024 Grade 6

Jacket & Polo orders (refer page 8)

HAPPY BIRTHDAY



Birthday wishes to the following students who celebrate next week:

Indi Ristic, Gypsy-Rose Roberts,

Cash Grace, Jackson Swift,

Amena Muhammad Nagoggo, Beau Phillipe, Makayla Phillippe,

Michael Montagnese, Spencer Peel, Isla Dove, Harlen Grant,

Divi Gangadhar and Indie Dennis



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.

SICK BAY LINEN ROSTER

November

3rd Susan Moore

10th Vicki Buggy

17th Megan Johnson

24th Ashleigh Desmond

December

1st Jemima Allen

8th Jackie Knight

15th Nicole Peter

20th Susan Moore



Facebook

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



Important
Information



Kilmore
Primary School

Important
Information

Parents and Carers, please refer to the attached links to view updated School Policies documents:

[School Policies \(kilmoreps.vic.edu.au\)](https://kilmoreps.vic.edu.au)

Or alternatively visit the KPS School website and go to :

‘About’ — ‘School Policies’

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 our assembly today.

Foundation G — Mia Livori-Scott Jada Ward	Grade 2H — Evie Lynn	Grade 4S — Makayla Philippe Kaleb Agnes
Foundation H — Willow Burrows Jaxx Longshaw	Grade 2P — Alice Taylor	Grade 5B — Adele Stoneman Kody Dodds
Foundation M — Ava Spadafora Aiden Grech	Grade 3K — Amy MacBeth	Grade 5J — Harry Williams
Grade 1A — Elaina Butler Rylee Hillerbrand	Grade 3M — Mackenzie Jones Mason Montagnese	Grade 5M — Lina Gorsuch
Grade 1H — Kayleigh Fowler	Grade 3V — Neeve Hoey George Skoufis	Grade 6J — Emma Knippel
Grade 1M — Max Archibald Pheonix Rochelle	Grade 3/4S — Lennox Daniels	Grade 6O — Jasmine Sherwood
Grade 1T — Zac Williamson	Grade 4F — Oli Fandrich	Grade 6V — Alby McGivney Billie Donnelly
Grade 2B — Favour Handcock	Grade 4M — Beau Philippe Oliver Gooding Trommler	STEM — Annabelle Ryan Indie Dennis Sienna Ward
Grade 2F — Lexi Ireland Stevie Hogarth	Grade 4R — Ellie Lamb	Performing Arts —
	Art — Huma Noor 2H	PE — 4R and 4S

Grade 6 Whittlesea Division Cricket Blast Competition

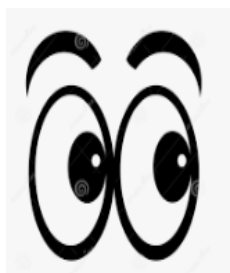
Our KPS cricketers braved the cold and rain yesterday at the Whittlesea Division Cricket finals. Unfortunately none of the teams will go on to the final rounds, but they had a great day, had fun and did their best and played with sportsmanship. Well done.



SAT News



National Bandanna Day
Friday 27 October 2023



Look out in next week's newsletter for an article on today's National Bandanna Day



Bike Ed Grade 3 to 6

Well done to all who participated in the program! The engagement, growth mindsets and development has been awesome to watch over the past 4 weeks.

Thank you to our parents for facilitating the management of bringing bikes to School.

Mrs Nelson

Be KIND Be PROUD Be SAFE



**Be proud of our school
Always put your rubbish
in the bin**



Grade 6 Jacket and Polo Ordering



Families of Grade 5 students will have been emailed via Compass an order form for 2024 Grade 6 Jacket and Polo's.

First round orders closed today 27 October 2023 for delivery to KPS before school commences in 2024. Second round orders are now due 15 February 2024 for delivery to KPS before end of term 1 in 2024.

(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.

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. Basketball or peak caps are not considered a suitable alternative.

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.



FROM THE ART ROOM LOOKING FOR



The Art Room is in need of **magazines** for upcoming projects. If you have any unwanted magazines, kindly drop them off at the office.

**** Attention Grade 5 and 6 students ****

Please bring in cotton t-shirt, socks or pillow case to tie dye in week 6 (6th Nov—10 Nov)

Connecting With Kimberly



Goulburn Young Leaders Day:

Today, all of our grade 6 leaders attended their final Goulburn Young Leaders Day with Richie. Young Leaders is a Department of Education and Training program facilitated by the area Student Support Services team that focuses on strengthening our leadership skills. Well done to all of our Young Leaders for building their current skills and continuing to display our Kind, Proud and Safe values.



Grade 6 Transition:

On Wednesday, Mrs. Ockenden and I supported Grade 6 students going to Assumption next year for their first transition session. During this session, students were able to ask lots of questions and explore around the school. Students ended the day making bliss balls in the schools food technology area. Our students were highly praised for being respectful, calm and inquisitive during this session.



Connecting With Kimberly



The Grade 5 Experience:

On Monday, Richie and I facilitated our final session of the grade 5 experience. We finished the program with a focus on self care and reflecting on the themes we have been working on. Good luck to all of the Grade 5 students getting ready for their Grade 6 leadership speeches in the next few weeks, the themes we explored and strategies we practiced together will help with your preparation for this!



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://
kids helpline.com.au/](https://kids helpline.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/)



Goulburn

Young

Leaders

Day

Goulburn Young Leaders Day



Mindfulness

is about **purposely paying attention to the present moment** in ways that are helpful for you. **Looking after our mind** can have great positive benefits, both physically and mentally, such as a **reduction in anxiety and stress**. You can practise mindfulness in a formal way by completing meditations/breathing exercises, or in a more informal way by being mindful engaged in your day's activities.



Habits are automated behaviours that we have learned from experience.

Developing daily wellbeing habits will positively impact your mental health and create a sense of wellbeing. They will further develop your resilience skills to help you cope with life's ups and downs.

Creating new habits can be challenging, you need to train your brain. Think about your current daily habits. Do you have a morning routine? What about a pre bedtime routine? **Where could mindfulness fit in?**

"Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone."
Louis L'Amour

Month Of Mindfulness



Click on the image below or scan the QR code to gain access to a **month of mindfulness practices and information**.



Not all of the activities suggested are considered **formal or traditional** mindfulness, but they **encourage an attitude of mindfulness** which will help you to improve your ability to be present or focused, this aids in the practice of more formal pursuits.



The important thing to remember is to **give it a go and try different practices** to see what works for you and **slowly build mindfulness practice into your daily routine** to create a habit.



Listen to Martin from The Resilience Project talk about the **importance of Mindfulness**. Something to think about...

- Do you or your family practise mindfulness?
- If so, what do you do?
- If not, how could you incorporate mindfulness into your life?

Proudly supported by

coles

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

LIBRARY NEWS!

**LAST CHANCE TO BUY A SIGNED COPY OF
ZENO'S BOOKS!**



Since visiting our school, Zeno has been nominated for two more awards for his amazing book *My Strange Shrinking Parent!* Zeno has been placed on the Honour List for IBBY, International Board On Books For Young People, chosen to represent Australia at international Book Fair's across the world! He has also been placed on the shortlist for The Prime Minister's Literary Awards. Don't miss out on adding one of these incredible stories to your collection at home!

To order go to: www.lamontauthors.com.au and select "Buy our Author's Books".

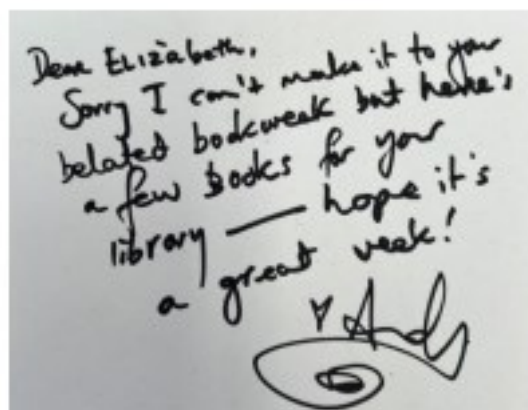
All orders must be completed by **29th October**



**A special message...
from ANDY GRIFFITHS!**



Unfortunately, Andy Griffiths was busy promoting his final book in the Treehouse series so couldn't visit our school during Book Week but when he heard we were doing a special Treehouse display in the front office he wanted to send us a special message...



If you have any questions that you think I may be of help, please do not hesitate to email me at: elizabeth.simner@education.vic.gov.au I ❤️ my library.

Happy reading! Liz 😊



THE BRIGHTEST DAY AT SCHOOL!

Get your Colour on, Kilmore Primary School is hosting a Colour Explosion Fun Run!

Colour Explosion Fun Run Fun will be on **Friday 3rd November 2023**.

Not only are we hosting an awesome Colour Explosion Fun Run, students can order up to a total of 5 prizes based on their donations received. They can even mix and match!

On Compass, you will find communication with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au. This is an entirely online fundraiser; all cash donations must be converted to online donations to redeem your prizes.

Extra Incentives to Fundraise!

- * Online Golden Coins – complete fun online tasks to redeem an extra \$75 towards your prize credit.
- * Monty the Monstar's Bonus Prizes – achieve milestones to unlock Monty's bonus prizes.
- * \$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student – it could be you!
- * Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2023.
- * A Play Station 5 Gaming Bundle – see your child's sponsorship booklet for more!

For more information, please contact Jacqui Nelson @ jacqueline.nelson@education.vic.gov.au

Happy fundraising!



THE BRIGHTEST DAY AT SCHOOL!

Incentive Prizes

Fundraising for our Colour Explosion School Fun Run is entirely online. At the end of our fundraiser, Students can order up to a total of 5 prizes based on their donations received. They can even mix and match!

You only need to raise a minimum of \$10 to receive an incentive prize. From there, the more you raise the larger prizes you can choose from!

Monty the Monstar Prizes!

Monty the MonSTAR is giving away lots of extra prizes to help you reach for the fundraising STARS! Will you collect them all? Check out your sponsorship booklet to see what Monty has up for grabs.

\$10,000 JB Hi-Fi Shopping Spree!

What would your family buy with a \$10,000 JB Hi-Fi Shopping Spree?! The highest fundraising student in our school will go into the draw to win!

Win a PlayStation 5 Gaming Bundle!

Do you have a need for speed? The highest fundraising student in Australia will take home an awesome PlayStation 5 gaming bundle, complete with a NEW PlayStation 5 Console, a Steering Wheel, Pedals and two games!

You have to be in it to win it! If you haven't already, make sure you start fundraising online at www.australianfundraising.com.au.

Happy fundraising!



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)*
- ✓ Be 18+ years old

*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



Jade or Sharon



enquiriesp@berrystreet.org.au



1300 610 355

DELIVERED BY

**BERRY
STREET**

Find out more
at saverplus.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.



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.

PRE SEASON KICK OFF

MEET THE COACHING TEAM



**UNDER 16
GIRLS &
UNDER 14
GIRLS TEAMS**
BORN
2008, 2009, 2010, 2011

**WEDNESDAY 1ST NOVEMBER
5-6:30PM @ JJ CLANCY RESERVE**

**NO BOOKINGS REQUIRED, JUST TURN UP!
PLEASE BRING A WATER BOTTLE
NEW PLAYERS AND CURRENT PLAYERS
WELCOME!**

BRING A FRIEND.

Any questions?

Contact - kjfcsecretary@gmail.com



KILMORE PRIMARY SCHOOL

Family Learning Multicultural Playgroup at Kilmore

WE ARE DELIGHTED TO ANNOUNCE OUR PLAN TO START A FAMILY LEARNING MULTICULTURAL PLAYGROUP!

THROUGH THE PLAYGROUP KILMORE PRIMARY SCHOOL AIMS TO CONNECT WITH PROSPECTIVE STUDENTS AND THEIR FAMILIES EARLIER DURING THEIR PRESCHOOL YEARS AND PROVIDE A SMOOTH TRANSITION.

THE PLAYGROUP WILL BE STARTED NEXT YEAR AT THE KILMORE LIBRARY. COMMUNITY MEMBERS FROM A LANGUAGE BACKGROUND OTHER THAN ENGLISH WITH A FORMAL TRAINING IN CHILDCARE INTERESTED IN WORKING AS FACILITATORS FOR THE PLAYGROUP ARE REQUESTED TO CONTACT THE SCHOOL.

CALL US: (03) 03 5782 1268

Web: www.kilmoreps.vic.edu.au

Email: kilmore.ps@education.vic.gov.au



Kilmore SES *Open Day*

Saturday October 28th, 2023

10am to 12:30pm

and

2pm to 4pm

We're excited to invite you to the KILMORE SES Open Day, a thrilling event that offers a captivating insight into the world of emergency response. 🚒 Get ready to witness the dedicated volunteers of the Kilmore SES as they showcase their incredible skills and life-saving techniques.

📞 0408 937 257

🌐 www.ses.vic.gov.au

✉ kilmore@ses.vic.gov.au