



# Kilmore Primary School

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P 03 5782 1268 E [kilmore.ps@education.vic.gov.au](mailto:kilmore.ps@education.vic.gov.au) W [www.kilmoreps.vic.edu.au](http://www.kilmoreps.vic.edu.au)

NEWSLETTER

Friday, 22nd August 2025



## Athletics Carnival



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





# Athletics Carnival







# Athletics Carnival







# Athletics Carnival



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### **BREAKFAST CLUB —Mon, Tuesday, Wednesday & Thursday**

#### **Tuesday 26th**

2026 Foundation Specialist Transition Sessions (refer flyer)

#### **Friday 29th**

Onsite Assembly

Young Leaders Day

#### **September**

#### **Monday 1st to Wednesday 3rd**

Grade 5/6 Camp Manyung

#### **Friday 5th**

Fathers Day Stall (refer flyer)

Mitchell District Athletics Carnival

Premiers Reading Challenge closes (see more info in flyer)

#### **Tuesday 9th**

2026 Foundation Specialist Transition Sessions (refer flyer)

#### **Thursday 11th**

RYOK? Day (A touch of yellow)

#### **Friday 12th**

Summer Interschool Sport Carnival

Virtual Assembly (tbc)

#### **Tuesday 16th**

Division Athletics

#### **Thursday 18th**

Foundation and Grade 1 Disco—5pm to 6.30 pm

## **2025 School Term Dates**

Term 3: 21st July to 19th September

Term 4: 6th October to 19th December

### **Drink Bottles**

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



## **HAPPY BIRTHDAY**

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



Theo K, Lily G, Mason I, Jack D, Isaac N, Wyatt W, Samuel S and Dustin N.

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



### **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.



## **CHANGE OF CLOTHES**

As term 3 is here and in with the wet weather and winter, could you please make sure **all** students have a change of clothes in their bags.



### **SICK BAY LINEN ROSTER**

#### **August**

29th Elissah Dwyer-Stone

#### **September**

5th Lucy Wheeler

12th Vicki Buggy

19th Ashleigh Desmond



# **2026 Foundation Enrolments 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 2026. If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.

**Enrol  
Now!**





### Principal's Message — Book Week Parade Celebration

Dear Kilmore Primary School Community,

What an incredible day we share yesterday at our book Week Parade! On behalf of the entire Kilmore staff, I want to extend my heartfelt thanks to every member of our school community who joined us on Thursday, 21st August, to celebrate the magic of books and story telling.

The energy and joy that filled our school grounds were truly special. Days like these are a shining example of the importance of coming together for shared experiences. Onsite events such as our Book Parade not only strengthen our school spirit, but also build lasting memories for our students and families. They remind us all that education is more than just lessons in a classroom—it's about connection, creativity, and community.

This year's Book Week extravaganza was nothing short of spectacular. The love of reading was evident in every corner of the school—from classroom activities to library displays—and of course, in the brilliant parade itself. A special thank you to our dedicated families and caregivers who poured their time and creativity into preparing such imaginative and vibrant costumes. Your efforts helped bring characters to life and gave our students the chance to proudly share their favourite stories with the school.

Thank you once again for your ongoing support and enthusiasm. It's moments like these that truly make Kilmore a special place to learn and grow. Look out for next week's newsletter which will be highlighting Book Week.

Kind regards

Michael Nicolaides  
Principal  
Kilmore Primary School





Last week, students focussed on our value of KINDNESS and supported “BULLYING - NO WAY” week. They defined what “bullying” means, and ways of continuing to make our school a fun and safe learning space for everyone.

## 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.

 eSafetyyoungpeople
 
[esafety.gov.au/young-people](https://esafety.gov.au/young-people)



Kilmore Primary School



# LIBRARY NEWS



Victorian  
premiers'  
reading  
challenge



THE  
COUNTDOWN  
IS ON!

20 years of  
Words and Wonder

To all our fabulous reading Challengers!

There's only a couple more weeks left to log the books  
you have read! The Premiers' Reading Challenge  
closes on Friday 5<sup>th</sup> September.

Please do not hesitate to contact me if you have any  
questions: [Elizabeth.simner@education.vic.gov.au](mailto:Elizabeth.simner@education.vic.gov.au)

Happy reading! Library Liz ☺





PLEASE JOIN US FOR A


# FATHER'S DAY

*Stall*



**FRIDAY 5<sup>TH</sup> SEPTEMBER**  
**GIFTS RANGE \$1-\$5**

**PROVIDING AN OPPORTUNITY FOR  
STUDENTS TO PURCHASE A SPECIAL  
GIFT FOR DAD, GRANDPA OR A  
SPECIAL LOVED ONE.**



**KILMORE PRIMARY SCHOOL OSHC  
HALL**







## Building Resilience at Home Webinar

Please follow the [link to the recording](#) or [The Resilience Project presents; Building Resilience at Home - Zoom](#)

If you would like to view the session, this link will expire on 31 August 2025.



## Breakfast Club Term 3

### Details:

- **Days:** Monday, Tuesday, Wednesday, and Thursday
- **Time:** 8:20am - 8:45am
- **Location:** Stadium (Kilmore-Lancefield will open at 8:20am).

Managed by KPS staff, Breakfast Club offers a selection of cereals and toast for students to enjoy. This program not only provides a nutritious start to the day but also encourages autonomy and enhances social skills. Breakfast Club is a student-only space designed to foster the development of these important skills.

**We kindly remind all families that students should not enter the school grounds before the Breakfast Club gate opens at 8:20am. We are not in a position to supervise or support students before this time, and your support is greatly appreciated.**

**Students attending Breakfast Club must enter via the Lancefield Road gate at 8:150am. Once inside, they are expected to remain in Breakfast Club until 8:30am, when yard supervision begins. This is to ensure the safety and wellbeing of all students.**

**If your child is not attending Breakfast Club, they must wait outside the gate until a school staff member welcomes them in at 8:30am.**

**During Breakfast Club, we are unable to provide one-on-one support. It is the responsibility of Parents and Carers to ensure their child enters and settles into Breakfast Club safely.**

**Thank you for your understanding and ongoing support in helping us maintain a safe and supportive environment for all students.**

If any parents or carers are interested in helping at Breakfast Club, please send an expression of interest to [Richie.Boyer@education.vic.gov.au](mailto:Richie.Boyer@education.vic.gov.au)



## 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:

- \$150 for primary school students
- \$250 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.



## Mobile Phones & Smart Watches

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

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





# 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



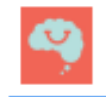
#### MoodMission

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.



## 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



# SPEECH GROWTH STARTS HERE

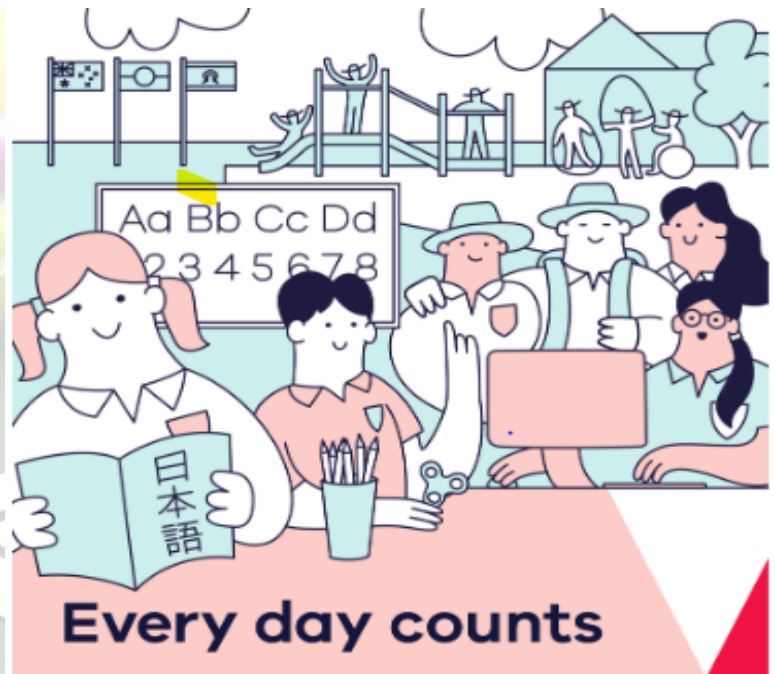
Well Versed  
Speech  
Pathology

- Speech and language therapy
- Social skill development
- Pre-literacy and literacy skill development
- From 12 months to 18 years
- School, home and in-clinic options
- Located in Kilmore

Inquire now

Phone: 0493 989 316

Email: [admin@well-versed.com.au](mailto:admin@well-versed.com.au)



## Every day counts

Missing **one day per fortnight**  
adds up to missing  
**four weeks** of school a year.



Department  
of Education

[vic.gov.au/education](http://vic.gov.au/education)

The  
Education  
State



## Safety around schools

Everyone has a responsibility

### Make school time safe for everyone

Please take extra precautions when dropping children off and picking them up from school. Children are still learning the road rules and can be unpredictable and difficult to see.

Important things to remember:

- Travel at a maximum of 40 km/h
- Never use a mobile phone while driving
- Always follow the crossing supervisor's instructions
- Allow extra time so you don't need to rush
- Consider parking a few streets away and enjoy a walk

Together, let's reduce speeds and improve safety for all children.

#### Contact us

t. (03) 5734 6200 e. [mitchell@mitchellshire.vic.gov.au](mailto:mitchell@mitchellshire.vic.gov.au)  
[www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)



## SEASON 2025-26



# JUNIOR REGO DAY

FREE SAUSAGE SIZZLE

Saturday, 30th August 2025

12 noon @ KCC Clubrooms, Hunts Road, Kilmore

Registrations can be completed on the  
day or online at  
<https://www.playhq.com/cricket-australia/org/kilmore-cricket-club> or  
scan QR code





# HEALTHY START BREAD PROGRAM

## FREE BREAD FOR HEALTHY KIDS!

### HOW IT WORKS:

Every few weeks, one lucky class is chosen to receive a **free loaf of fresh bread for each student.**

Each child also takes home a voucher for **two FREE loaves per week for 4 Weeks** to redeem at Bakers Delight Wallan.



**4**  
weeks

**VOUCHER**

**EXCLUSIVELY AT**

*Bakers Delight*  
**WALLAN**





**Team  
Kids**

## S.T.E.M CLUB ADVENTURE SERIES

# MISSION POSSIBLE

UNCOVER THE MYSTERIES  
OF THE UNIVERSE

**TERM 3**

### MISSION OBJECTIVES:

- 1 DISCOVER THE PATTERNS, SYSTEMS, AND SECRETS HIDDEN IN THE NATURAL WORLD.
- 2 EXPLORE HOW TECHNOLOGY DECODES INFORMATION AND CONNECTS US ACROSS TIME AND SPACE.
- 3 SOLVE PROBLEMS AND BUILD CLEVER CREATIONS USING NATURAL RESOURCES.
- 4 USE NUMBERS, SHAPES, AND LOGIC TO SPOT PATTERNS AND REVEAL NATURE'S CODES.

**BOOK NOW**





# STATE SCHOOLS' RELIEF

## Prep CSEF Autumn/Winter Uniform Package 2025



### UPDATE FOR PARENTS & GUARDIANS

Applications for the Prep CSEF Autumn/Winter Uniform Package are now open

### What you need to know.

#### Who is State Schools' Relief?

State Schools' Relief (SSR) is a not-for-profit organisation that works closely with all government schools across Victoria. Each year SSR provides assistance to thousands of families experiencing financial disadvantage by supplying new school uniform items and footwear.

#### Introduction to the Camps, Sports and Excursions Fund

The Camps, Sports and Excursions Fund (CSEF) was established to provide payments for eligible students to attend camps, sports days and excursions. To find out more, or to apply for assistance, please refer to the [Department of Education](#).

**SSR offers two\* uniform packages each year to ALL Prep families/guardians that are eligible for CSEF funding.**

#### Prep Autumn/Winter Uniform Package for CSEF recipients

Prep students for 2025 that are recipients of the Camps, Sports and Excursion Fund (CSEF) automatically qualify for the uniform package and/or voucher.

*\*If students received the Prep Summer Uniform Package, they are still eligible to receive the Autumn/Winter Package.*

#### What's in the package?

The Autumn/Winter package contains the following items:

**Outerwear x 1 pce** (i.e., jacket / parka / puffer)  
**Tops x 2 pcs** (i.e., windcheater / polo shirt / rugby top)  
**Pants x 2 pcs** (i.e., trackpants / leggings)  
**Socks x 2 packs**  
**Pair of Shoes x 1**

#### Important:

- a) PE items are not included as part of this package
- b) Shoes must be requested in UK sizes (please refer to our [shoe size conversion chart](#))

#### Cost to parents & guardians

Where State Schools' Relief is unable to provide a uniform item directly that contains a logo (due to contractual agreements with uniform retailers) a **voucher for \$85** will be provided that subsidises the cost of the uniform item/s. The voucher can be redeemed at your child's school uniform shop or independent uniform retailer.

*Please note: vouchers do have an expiry date and must be redeemed before they expire.*

#### How do I apply for the Prep CSEF Autumn/Winter Uniform Package?

Applications are made through your child's school. Please refrain from contacting State Schools' Relief directly as we are unable to accept applications directly from parents/families. Should you have any questions, or wish to apply for assistance, please speak directly with your child's school.

#### How do I receive the uniform package?

All items and/or vouchers provided by SSR will be delivered directly to your child's school. The school will contact you to arrange handover of these items and/or vouchers.

#### Important:

Vouchers are not transferable and cannot be exchanged for cash. State Schools' Relief does not make cash payments to schools parents or guardians.

### What you need to do.

Your child's school will be in contact with you regarding the 2025 Autumn/Winter Uniform Package. Please fill out the 'Prep CSEF Autumn/Winter Uniform Package Order Form' and return it to the school for submission.





# Foundation 2026 Specialist Days

To help you discover more about Kilmore Primary School we would like to invite you to join us for our 2026 Specialist Classes  
Children will have the opportunity to participate in story time, singing, crafts and games.

[Click here to sign your child up!](#)

Tuesday 12th August 2025

Tuesday 26th August 2025

Tuesday 9th September 2025

Sessions run from 3.30pm to 4.15pm. Please enter through the gate on the corner of Sutherland Street and Lancefield Road.

