



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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P 03 5782 1268 F 03 5782 1553 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

Friday, 3rd March 2022

DISTRICT SWIMMING REPRESENTATIVES



Catherine, Tess, Molly, Lilliana, Josh, Tamira, Matilda, Abigail, Isla, Ryan, Ashleigh, Keely, Kyle, Olivia, Khilah, Charlotte and Archer
Mascot: Blue Bear

Kilmore Primary School

SchoolPix is coming to photograph on:

Thursday, 10 March 2022

ORDER ONLINE AT WWW.SCHOOLPIX.COM.AU

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

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

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

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

Please note: Cash orders will not be accepted



DISTRICT SWIMMING REPRESENTATIVES *continued*

Our KPS Swim Team had such an amazing and successful time on Tuesday 22nd of February at the Seymour Leisure Centre. A new venue meant that we would have a cracking day in the sun, and a lot of great memories from everyone involved, which also includes 'Blue Bear' who is our new swimming mascot.

We placed 5th in the overall standings, but the happiness and excitement throughout the day was as if we had won the whole event. Every swimmer did such an amazing job, considering COVID has stopped a lot of students from practising their swimming.

To make the day even better, we had 6 students who earned their place at the Division Swimming Championships on the 3rd of March at Broadmeadows. What made this day extra special, is that Abigail came 3rd in the breaststroke, our 11 year old Freestyle relay girls (Abigail, Tamira, Isla and Matilda) came 3rd as well and Khilah put in an amazing swim in the backstroke event.

A massive congratulations to all of our swimming representatives!

You could not make myself, the school and your families prouder with how well you all competed.

Mr Babic



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.

March

Thursday 10th
School Photos

Monday 14th
Labour Day Public Holiday

Wednesday 16th
School Tour (refer Page 11 for details)

Friday 18th
Conveyance Allowance Applications Due

Tuesday 29th
School Tour (refer page 11 for details)

HAPPY BIRTHDAY

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

Lily Brebner, Eli Scarlett, Zac Williamson,
Ivory McKenzie and Cody Gatz



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.

Bus Zone

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



School Crossings

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



SCHOLASTIC
Book Club
orders are due:

8th March 2022

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

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

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

Mobile Phones

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

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



Student Wellbeing @ KPS

As a school, we have worked extensively over the last few years to build our wellbeing team and our wellbeing program. Student wellbeing is a priority for all schools as we emerge from the pandemic, and it is important to recognize the impact of the pandemic upon the wellbeing of our society. At KPS, we are focused on supporting every student to be successful at school through our wellbeing programs and services. In 2022, we will be delivering the following services to support student wellbeing:

- The Resilience Project curriculum to develop students' resilience and emotional coping skills.
- Various small group wellbeing programs ranging from martial arts therapy to equine therapy.
- An extensive lunchtimes activities program delivered by our teachers and our wellbeing program officer.
- Individual support for students through counselling services.

Our school has developed a wellbeing framework that is rarely found at the primary school level, and I am incredibly proud of the work undertaken by the wellbeing team in supporting our students and our community.

Student Action Team (SAT)

At this morning's virtual assembly, I presented our new Student Action Team (SAT) members with their leadership badges for 2022. The Student Action Team is one of the main ways in which we use student voice and agency to influence our school direction. Over the last few years, the SAT have organized events, suggested improvements to the school and represented the ideas of their classmates. I look forward to a very successful year working with a newly elected SAT.

Community Events - Returning to the "old normal"

One of the areas of school functioning that has been most heavily impacted by COVID-19 has been parent engagement. As the landscape settles and we are learning to live with COVID, we look forward to re-introducing many of our all parent and community engagement strategies during Term 2. Programs such as our classroom helpers program, sports carnivals and house activities are strong vehicles of community connection and we look forward to reconnecting and involving our community in these events during Term 2.

Bullying No Way

On Friday, March 18th we will be participating in the National Day of Action against Bullying. This day is a great opportunity to revisit our school values and educate students on the topic of bullying. Across Australia, a huge number of schools will be participating in this day to address this key area of student well-being. As a school which has such strong core values of Kind, Proud and Safe this is a valuable opportunity to revisit how we can all work together to create a positive school atmosphere.

All the best,

Neil O'Sullivan

Principal





Gratitude
Empathy
Mindfulness &
Emotional Literacy



Part 2: Gratitude

Parent and Carer video series.

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

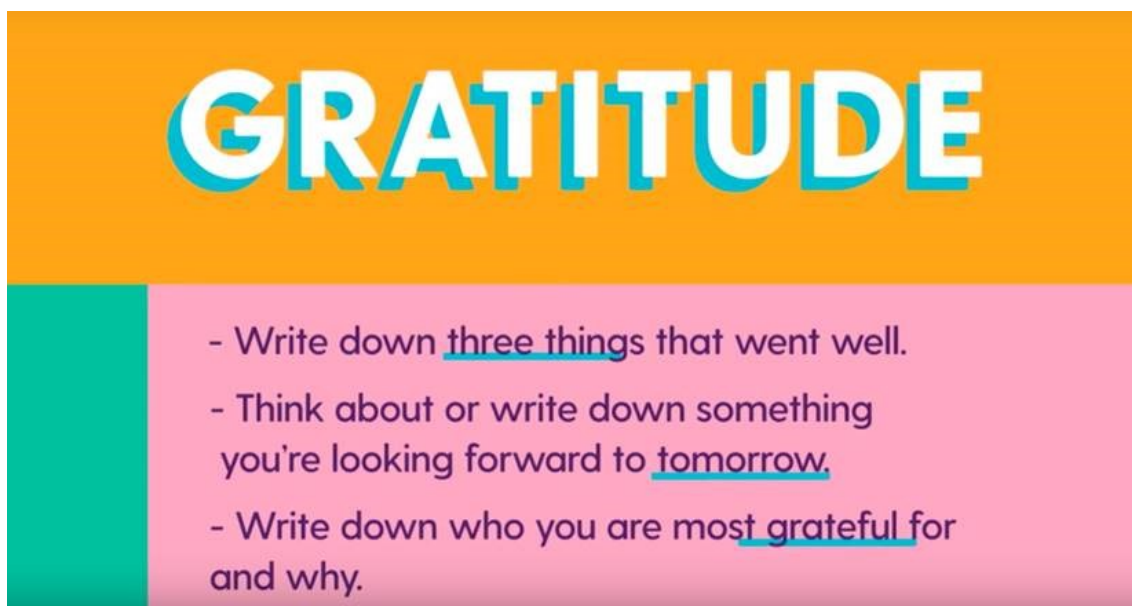
This week's presentation from [The Resilience Project](https://theresilienceproject.com.au) focuses on Gratitude.

Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

View Part 2 of the series here - Gratitude <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

There are many ways in which you can practise gratitude, including starting a [Wellbeing Journal](#). In the image below are a few ideas to get started



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

bell schedule

Session 1: 8:50am — 9:50am

Session 2: 9:50am — 10:50am

Recess 10:50am — 11:20am

Session 3: 11:20am — 12:20pm

Session 4: 12:20pm — 1:20pm

Lunch Eating 1:20pm — 1:30pm

Lunch Play: 1:30pm — 2:10pm

Session 5: 2:10pm — 3:00pm

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

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

A message from SWPBS Representatives

Hi KPS Students and Parents, Guardians and Teachers,

We are SWPBS Reps, Lillie Curcio and Marlee Marlow. We are here today to tell you about some of the school clubs that run during recess and lunch. Teachers dedicate their time to various clubs like Friendship Stops, Coding Club and more.

- **Friendship Stop** is where you can meet new friends and play lots of games.
- **Coding Club** where you can learn how to code and there is lots of coding games.
- **Song and Dance** with Miss Cat, you can dance freely like no one is watching, you can sing and listen to songs and do the most amazing tricks and no one can judge you.
- **Stadium Sports** with Mr Farrell and Mr Hore. This is for the Grade 4, 5 and 6 on various days. It's all for fun. Mr Farrell and Mr Hore play lots of games like basketball, cricket and lots more.
- **Art** with Mrs Trawn is to let your creativity flow with arts and craft.
- **Chess Club** you can play chess, meet new friends and have lots of fun challenging each other.
- **Uno Club** to meet new people while playing a great game as a group.
- **Connect 4**, you can Connect 4— it is really fun and tricky to hit the target.
- **Play on the Oval** with Ritchie where Ritchie teaches / helps you to learn how to play various games.

We have only mentioned a few so keep your eyes out for a club that best suits you.

Thank you Lillie and Marlee



Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc



Visitors

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

Drink Bottles

All students need to bring a drink bottle to school.



Late Arrivals

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

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

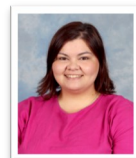


REMINDER TO WEAR YOUR HAT

All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.



Connecting With Kimberly



The following services are available outside of school hours.

In the event of an emergency please call 000

Kids Helpline



Ph: 1800 551 800

[https://
kidshelpline.com.au/](https://kidshelpline.com.au/)

Parentline



Ph: 13 22 89

[https://
parentline.com.au/](https://parentline.com.au/)

I can be contacted via email:

Kimberly.batsas-hill@education.vic.gov.au

or 5782 1268 for any student and family wellbeing needs at any time.

Best,

Kimberly Batsas-Hill

Social Worker -Primary Welfare Officer

Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188

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

Lifeline



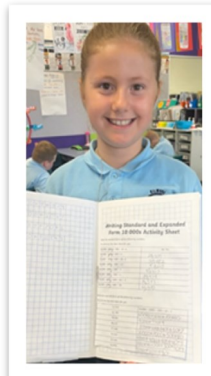
Ph: 13 11 14

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

Mathematics News with Captain Marvel



Another magnificent week of Mathematics at Kilmore Primary School. Place Value has been a large focus across the school this week. Students in Grade 3 have been learning to represent numbers in different ways. They learnt about expanded and standard notation. Saige, Alex and Madeline are using materials to help them model numbers as they expand them. Sophie is sharing her completed task.

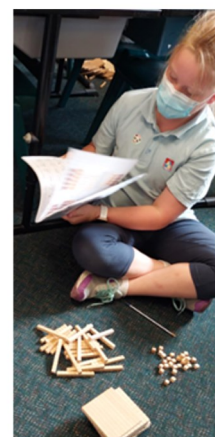


Grade 3 students also used the KPS problem solving cycle to construct place value towers and determine which was the largest. We had to measure the height and width of the towers in centimetres and then calculate the value of the tower. Calculating the value was a bit challenging as students had to group their hundreds, tens and ones and rename their numbers. Harry worked out that he could group them in 500s and then he knew that 2 groups of 500 was 1,000.



3R students building their towers. From left to right Beau, Ryan, Indie, Seth, Willow, Saige. Students discussed different strategies they could use to build their towers and showed our school value of safe by explaining we should build our towers on the floor, so they don't fall on anyone.

Aashir, Patrick, Benji and Vanessa have grouped their hundreds, tens and ones to help them calculate the value of their towers.



Congratulations to our 2022 Student Action Team Representatives

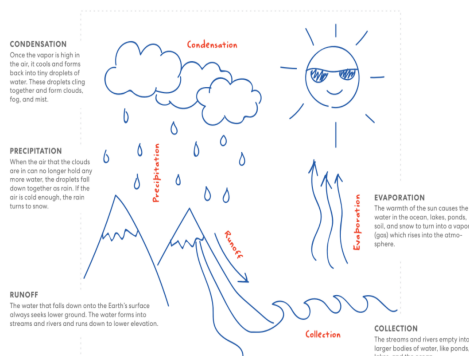
Each class follows a structured nomination and election process to select their SAT. In some year levels this involves students preparing and giving a speech to their class mates. Congratulations to the following students. We are looking forward to working with you to further improve our amazing school and community.

1H	Tianna Earp
1M	Luke Oates
1N	Mackenzie Praag (Maxi)
1T	Evie Novak
2M	Zachary Ryan
2F	Odin Lewis
2H	Alana Johnson
2P	Kabir Sidhu
3R	Sophie Pike
3D	Bonnie Bassett
3K	Emelie Sazegar
4J	Oliver Simner
4S	Phoenix Burrows
4V	Jay Brown
5F	Jack Wright
5S	Keeley Parkinson
5M	Caleb Rowlands
6E	Fynley Young
6J	Phoebie McDonald
6B	Ryder Wally



This week in

STEM



So far this term, Grade 3/4 students have been learning about solids, liquids and gases. They have observed what happens when you apply heat to ice, chocolate and wax. This week, students drew a diagram of the water cycle on a bag to take home. This was an opportunity for students to pour some water into the bag, leave it in sunlight and observe the water cycle over a few days.

Google Classroom

Some students have come back to school excitedly sharing what happened when they put water in their bag. Others have asked to share photos of what they noticed. So on Google Classroom, I have created a task with a Google Slides presentation, called "Water Cycle Photos", which can be added to by students. Additional instructions can be found on Google Classroom. This is entirely optional but will be a fun way to share with the class next week. If you would like any assistance in logging in or using Google Classroom, please feel free to email me.

Mrs Liz Magdato - STEM Teacher - elizabeth.magdato@education.vic.gov.au

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 this Friday. We congratulate for this week:

Foundation E — Lucy Pace	Grade 2H — Emily Gold	Grade 5F — Kyle Gresham
Foundation G— Cienna Graham	Grade 2M — Jimmy Manning	Grade 5M— Afizah Jameel
Foundation M — Xienna Daniels	Grade 2P — Logan Both	Grade 5S — Keeley Parkinson
Foundation S — Nikki Skoufis	Grade 3D — Ryan Wills	Grade 6B — Elliot Tilotson
Grade 1H — Zara Sheldon	Grade 3K — Hudson Newberry	Grade 6E — Marlee Marlow
Grade 1M — Seth Kranenburg	Grade 3R — Saige Zoch-Sutherland	Grade 6J — Ruby Pratt
Grade 1N — Samuel Streader	Grade 4J — Abby Watts	Specialist F-2— Lilly Whitehurst 2F 3-6— Peyton Dunlop 6E
Grade 1T — Isla-Rose Hillebrand	Grade 4S — Nicholas Harvey	
Grade 2F — Ava Williams	Grade 4V — Zac Laffan	

School Tours

Term 1 2022

Wednesday 16th March 9:30am

Tuesday 29th March 9:30am

Please click on your preferred date above to RSVP



Kilmore Primary School

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

Ph 03 5782 1268

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

Remember to Stop. Look. Listen. Think.
when crossing a road



We have 2 reserved spaces at the front of the school on Sutherland Street and two reserved spaces on Lancefield Road.

If you do not hold a valid permit please keep these spaces clear.

Performing Arts

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

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

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

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

Thank you so much in advance.

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



smokea



OPEN EVENING

Start Your Journey with us

21 MARCH

4pm-7pm

More information visit:

assumption.vic.edu.au

FAQ

Frequently Asked Questions



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

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

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

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

What if I miss the cut-off date?

Contact our College Registrar as soon as possible via registrar@assumption.vic.edu.au. Late applications automatically go on a waiting list.

How do I apply?

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

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

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

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

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

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

How much is an Application fee?

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

Does our family need to be Catholic?

Being Catholic is not a pre-requisite.

Can I see the College prior to completing an application?

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

You can't come onsite?

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

What is myMAP?

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

What is myBeing?

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

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

What is mySTEP?

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

What is the Year 7 Quare Program?

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

Is Assumption committed to wellness?

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

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

Does your child require learning support?

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

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

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

assumption.vic.edu.au/enrolment/uniforms

FINANCIAL ASSISTANCE

INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS

FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

\$125 for primary school students

\$225 for secondary school students

MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **Changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





Food Relief

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

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

Mitchell Shire

Food Relief Organisation	Facebook or Website	Contact Details
Broadford Living and Learning Centre	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

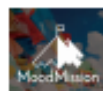
Online program for parents and caregivers providing evidence-based parenting strategies.



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.

Seymour's Annual



SHOW & SHINE

Labour Day, 14 March 2022

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

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

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

For all enquiries contact:
secretary@seymouranddistrictcarclub.com.au
or Judy on 0407 562 003



**Kilmore Junior
Football Club**

**2022
Registrations
are now OPEN!!**

Football for Boys and Girls
Born: 2004 - 2015

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

Contact: kjfcregister@gmail.com



Proudly sponsored by
Nutrien Harcourts