



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 5 November 2022

The Happy Gardener

Congratulations to all the students from the lunch time School Art Club who contributed to the creation of our scarecrow.

We are very excited to announce that not only did we win the school prize in the Scaretatics Scarecrow competition, but also shared equal first place at the Kilmore Community Garden event last Saturday. Simply amazing!!!!



Our scarecrow called “The Happy Gardener” will be on display in the office from next week.

Please see the following page to read an article published on the front page of the North Central Review.



North Central Review

Tuesday, November 1, 2022

YOUR COMMUNITY VOICE

FREE Every Tuesday

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www.facebook.com/northcentralreview/



Colour and fun came to the Kilmore Community Garden on Saturday, with the addition of the Kilmore Mechanics Institute's Scaretactics scarecrow competition to a community open day. Scaretactics organiser Leanne Stute said visitors were impressed by the variety of vibrant scarecrows featuring names such as 'The Happy Gardener', 'The Tooth Fairy', 'Mr Barbecue' and 'The Snail' and made by local primary schools and kindergartens. Guest judge Kit Holland of Bendigo Bank Kilmore chose 'The Happy Gardener', pictured, made by Kilmore Primary School's art club, and 'Cleo The Mermaid', made by Wallan's Dudley Street Childcare and Kindergarten, as her winners.

■ For more on Kilmore Community Garden, see pages 12 and 28.

SUSHI TUESDAY

15th November 2022

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

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

No orders or payments will be accepted at the office.

Orders close 11.30pm on Tuesday 10th November 2022.



Just a friendly reminder...





Congratulations to Ms Dixon and The Lunchtime Art Club

Congratulations to Ms. Dixon and the art club crew on winning the scarecrow prize and sharing the overall prize in the Community Garden's artwork competition. This is an outstanding effort from everyone involved and KPS should be very proud of the great work taking place within art program.

Remembrance Day Ceremony

On Friday November 11th, we will be commemorating Remembrance Day with a ceremony at our flagpole. The ceremony will commence at 10.30am and will be conducted by our School Captains. Community members are welcome to attend the ceremony. We will also have student and staff representatives at the community commemoration to honor the sacrifice of our servicemen and servicewomen.

Christmas Concert 2022

On December 19th, we will be holding our Christmas Concert to celebrate the end of the school year and the start of the holiday season. The event will take place at KPS and each year level will perform a concert item on the elevated steps in front of our Foundation classes. After two years of being unable to hold such events, it will be great to welcome our community to school to see our students perform. Further information on the concert will be communicated closer to the date.

Lunchtime Clubs at KPS

Our lunchtime clubs continue to be a huge success at KPS and I am very proud of how all of our staff give so freely their time to put on these extra offerings for our students. On each day of the week, there are approximately ten lunch and recess clubs operating. Our clubs provide an opportunity for our students to interact around interest-based activities and build social connections in a small group format.

Traffic Safety Appeal – Please Use The Pedestrian Crossing

I would like to appeal to all parents to please use our pedestrian crossing when crossing Lancefield Road. After the upgrade of the footpath and crossing area, it is important that we set a good example for our students by modelling correct behaviour for them. It may take fractionally longer to use the crossing, but this is time well spent in instilling lifelong road sense and road safety in our children.

Staffing Updates

Term 4 is always a busy term in regard to school staffing. I would like to advise our community of the following staffing news:

- Ms Catherine Brennan has been appointed to a Performing Arts position for 2023.
- Mr Nathan Babic has been appointed to a Maths / PE position at Assumption College and will commence in this role in 2023.
- Ms. Laura Straghan will be taking a year's leave from KPS in 2023 to pursue an opportunity in the Anglican education sector.

Student Placement 2023

We are currently working through the process of creating our 2023 classes. To assist us with this process, we would appreciate it if parents could notify us if their child will not be enrolled at KPS in 2023. As we work through the process of creating balanced classes, we need to consider a range of factors such as social groupings, academic levels and every student's previous teacher. Additionally, every student is provided with the opportunity to identify three other students who they would like in their classes in 2023. If parents feel it would benefit their child to be placed with another student in 2023, 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.

All the best,

Neil O'Sullivan
Principal

November

Wednesday 9th

Grade 3/4 Melbourne Museum Excursion

Friday 11th

Payment due for Grade 6 Graduation Dance Lessons

Friday 15th

Sushi Tuesday

Friday 25th

Conveyance Allowance applications due

December

Wednesday 7th

Payment Due for the following Grade 6 Events:

- * Funfields
- * Graduation Bears
- * Graduation Dinner

Wednesday 14th

Grade 6 Graduation Ceremony and Dinner

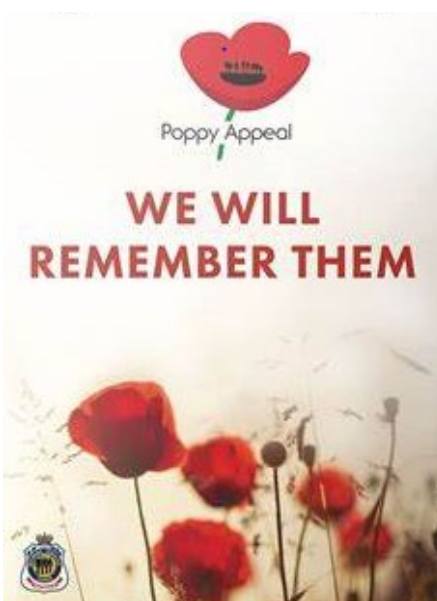
Tuesday 20th

Last day of term for students—**1.30pm dismissal**

HAPPY BIRTHDAY

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

Amy MacBeth, Xavier Trefz, Cooper Schwenke, Chloe D'Ath-Wells, Olivia Gillard, Macey Fraser, Tileah Stuart, Ella Jamieson, Olivia Bushby, Del Stoneman, Tyler Tate, Luca Minnitt and Landon Stuart.



Please call into the office if you would like to make a small purchase in support of the RSL Poppy Appeal

—while items last



Just a friendly reminder...

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



2023 Book Lists—Please check your emails

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

STUDENT BEFORE SCHOOL DROP OFF AND AFTER SCHOOL PICK UP

Reminder for parents and guardians to enter and leave through their designated gate when dropping off or collecting your child/children before or after school.

Please do not use the office as a throughfare, only enter for business purposes only.



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 — Lilah Taylor	Grade 2H — George Skoufis	Grade 5F — Jack Wright
Foundation G — Porsha Goodwin Max Archibald	Grade 2M — Avantika Bakshi	Grade 5M —
Foundation M — Evelina Arnott Wyatt Wigg	Grade 2P — Kaitlyn Eccles	Grade 5S — Imogen Canning
Foundation S — Zac Williamson	Grade 3D — Lily Taylor	Grade 6B — Ella Thompson
Grade 1H — Mason Young	Grade 3K — Lily Anderson Troy Hobbs Skyla Reid Georgia Rhodes	Grade 6E — Gabrielle Clayton
Grade 1M — Maddison Littlewood	Grade 3R — Sophie Pike Mia Kendrick	Grade 6J — Joshua Hanna
Grade 1N — Cash Grace	Grade 4J — Layla Sherlock	Specialist F-2 — Gypsy-Rose Roberts FS 3-6 — Levi Seddon-Anderson 3K
Grade 1T — Lana Wright	Grade 4S — Keanu Stanton	
Grade 2F — Isabella Steele Homa Abbasnejad	Grade 4V — Catherine Rae	



**PLEASE NOTE SMILE SQUAD NOW
POSTPONED TO 2023**

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

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

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

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

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

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

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



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

Buzz from the Bee Hive!!!!



Our beehive will be opening next week!
It has been restocked and we have some amazing raffle prizes for Term 4.

We look forward to welcoming the students into the hive to spend their hard-earned bee tickets.



Thank you for your ongoing support!

The Wellbeing Team.

REMINDER TO WEAR YOUR HAT

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

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



Drink Bottles

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



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

If you do not hold a valid permit please DO NOT PARK in these spaces.

COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.

Bus Zone

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



School Crossings

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

Connecting With Kimberly

Random Act Of Kindness

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



The following services are available outside of school hours.

In the event of an emergency please call 000



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

Kids Helpline



Ph: 1800 551 800

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

Parentline



Ph: 13 22 89

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

Safe Steps



Sexual assault, domestic
and family violence

Ph: 1800 015 188

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

Lifeline



Ph: 13 11 14

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

Child and Family Services Timetable Term 4 2022

Tuning in to Kids

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

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

Emotion Coaching - for teens

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

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

Tuning in to Teens

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

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

Drumbeat

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

Drumbeat for Kids Aged 9 - 13 years

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

Drumbeat for Kids Ages 10 - 13 years

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

Women's Drumbeat

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

Call Central Intake 1800 161 306

The importance of play

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

FamilyCare Shepparton
Wednesday 9 November

10am - 12noon
[REGISTER HERE](#)

Connections

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

FamilyCare, Shepparton
10 October to 5 December

10am - 12 noon
Call Central Intake 1800 161 306



familycare

Call 1800 161 306 for more information

Top 5 online safety tips

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

Grade 6 Jacket and Polo Ordering



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

First round orders closed on 26 October 2022

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

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

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



Food Relief

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

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

Mitchell Shire

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

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

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

Phone and Online Counselling



Lifeline 13 11 14

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



Suicide Call Back Service 1300 659 467

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



Beyond Blue Support Service 1300 22 4636

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



1800RESPECT 1800 737 732

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



MensLine Australia 1300 78 99 78

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



QLife 1800 184 527

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



Butterfly Foundation 1800 33 4673

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



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

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



FriendLine 1800 424 287

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

Young People



Kids Helpline 1800 55 1800

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



Niggle

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



eheadspace

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



ReachOut

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



The BRAVE Program

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



BITE BACK

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

Programs



MindSpot

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



THIS WAY UP

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



Mental Health Online

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



MyCompass

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



MoodGYM

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



e-Couch

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



Healthy Mind

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



ParentWorks

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



Centre for Clinical Interventions

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

Apps



MoodMission

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



Daybreak

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



Smiling Mind

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



BeyondNow

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

Aboriginal and Torres Strait Islanders



WellMob

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



iBobbly

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



Kilmore Primary School

Helping Hands Hub

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

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



Where:
LIBRARY

When:
Every Wednesday
afternoon from
2.15pm

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

Younger children are welcome!

Getting involved is simple.

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

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