



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 3rd November 2023



sparkling white
and Ready
to Run.....



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



THE BRIGHTEST DAY AT SCHOOL!

Foundation





Australian school
Fundraising
specialists
School
RUN 4 FUN

COLOUR EXPLOSION

THE BRIGHTEST DAY AT SCHOOL!

Grade 5 and 6



whole school

Australian school
club
Fundraising
specialists
School
RUN 4 FUN

COLOUR EXPLOSION

THE BRIGHTEST DAY AT SCHOOL!

Slime Time !!!!



WELL DONE

MR HORE, MISS MELLING AND MISS CAT

GOOD SPORTS !!

Australian school
Fundraising
specialists
School
RUN 4 FUN

COLOUR EXPLOSION

THE BRIGHTEST DAY AT SCHOOL!

Slime Time !!!!





Thanks and Gratitude—Grade 2 Sleepover

Last Friday night our Grade 2 students enjoyed an evening of activities at our school followed by a sleepover in our gymnasium. This was our first Grade 2 sleepover since 2019, so it was fabulous to provide our students with this independence opportunity as we prepare them for future school camps. The gymnasium looked like a very large dormitory by the time all the air mattresses were inflated. The overall organization of the event was a credit to our Grade 2 teachers and all of their helpers. I would like to thank the Grade 2 team for making the magic happen for our Grade 2 students at a very busy time of year for teachers.

Colour Run at KPS – What A Success!

Today's Colour Run was a resounding success, bringing an explosion of color and excitement to the school oval. The event, organized as a fun run to raise funds for school programs, saw a fantastic turnout of students, parents, and teachers, all eager to participate. Participants were doused in vibrant colored powders as they made their way around our oval, creating a visually stunning spectacle of rainbow-hued runners. Laughter, camaraderie, and a sense of unity were in abundance, making this event not only a great fundraiser but also a memorable experience for the Kilmore Primary School community.

The success of the Colour Run can be measured not only in the joyful faces of participants but also in the funds raised to support the school's initiatives. The money generated from registrations and sponsorships will go towards purchasing additional literacy resources for our students and towards the renewal of our basketball courts. Congratulations to everyone involved for playing their part in such a successful and memorable event. A special mention to our "volunteer" teachers who were covered in slime at the end of the event by our top three student fundraisers – this is definitely a case of going above and beyond the call of duty!

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.

Curriculum Day (student free): Monday, November 6th

Finally, I would like to remind everyone that our final Curriculum Day for 2023 will be held on Monday, November 6th. The focus of the day will be on student assessment and reporting. Please note that this is a pupil free day.

Neil O'Sullivan
Principal



November

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 Graduation and 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 13)

HAPPY BIRTHDAY

Birthday wishes to the following
students who celebrate next week:



Quill Nicholas, Lily Anderson, Noah Tabone, Xavier Tabone,
Amy MacBeth, Chloe D'Ath-Wells, Olivia Gillard, Tileah Stuart,
Ella Jamieson, Olivia Bushby, Del Stoneman, Tyler Tate and
Luca Minnitt



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

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'

GRADE 2 SLEEPOVER FUN



*I think my favourite part was the movie with popcorn, and when we did the night walk. I think that was the best part because we got to go into Mr O'Sullivan's office! We also got to write on the whiteboards in the Grade 2 classrooms! - **Nixon - 2H***

*My favourite bit was the pizza because it had my favourite flavour Hawaiian. The night walk was fun and I loved going into Mr O'Sullivan's office! - **Seth K - 2F***

*My favourite part was being there and getting to see the other Grade 2's. I liked the outside games and I liked having an icypole and pizza! - **Montana - 2P***

*My favourite part was the disco and the night walk. The disco was fun because I love dancing and music. I got a best dancer award! I held open doors for people when we went on the night walk. I liked the margherita pizza! - **Yitali - 2B***

GRADE 2 SLEEPOVER



& GAMES

Whats happening in Social Skills

We learnt how to make Volcano's using Bi-Carb Soda and Vinegar. This was lots of fun watching the Vinegar and Bi-Carb Soda react to make lava and EXPLODE! We also made Goop from Cornflour and Water AND of course, glitter! It was cool how it went solid then back to liquid.



We got in the Halloween spirit and decorated our own biscuits with yummy lollies. We got to mix the icing and make funny faces. Everyone enjoyed eating their biscuits and handing them out to our principals and classroom teachers!



Bandanna Day

Last week we celebrated Bandanna Day on Friday the 27th of October. We had pop up stalls on Wednesday, Thursday and Friday morning. Bandannas were \$5.00 each. In total, we sold 280 out of the 300. Which means that we raised \$1400 for kids with cancer. We all had a great time showing off our bandannas on the Friday. Thank you for donating money for kids with cancer.

By Coby
4R SAT

Rowlands



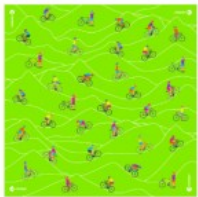
Stylish Dogs - Magenta bandanna



Hop & Swish bandanna



Family Connections bandanna



Bicycles bandanna



Aussie Reptiles bandanna



Waves of Courage bandanna



Under The Sea bandanna



Saltwater Dreaming bandanna



Horses Tinkt bandanna



On Tuesday the 14th of November it is International Diabetes Awareness Day. Ava from 3M who lives with Type 1 diabetes has had the great idea to hold a Guess the Jellybean Competition to raise money for the Type 1 Foundation. This foundation works hard to support people who live with Type 1 diabetes and their families.

On Tuesday the 14th November please bring a gold coin and have guess. The winner will take home the entire jar of jellybeans.

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 have closed. 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 ****

Grade 5/6 Students will be doing Tie Dye next week as part of our printing component.

Could students please bring one of the following;

A WHITE T-SHIRT,

or

A PAIR OF WHITE COTTON SOCKS

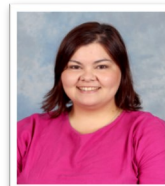
or

A WHITE COTTON PILLOW CASE



TO THEIR ART CLASS NEXT WEEK

Connecting With Kimberly



Christmas Hamper's

With support from Lions International, we are starting to collect donations for our Christmas hampers which will support school families. If you may be able to help, we are seeking donations for our Christmas hampers such as: Christmas puddings, toy's, candy canes and any other Christmas based items. These hampers will be delivered to families in the last week of term. Last year we were able to make 19 twenty-kilogram hampers for our community. If you would like to donate any items, please drop them off at the office for collection. Please call me on 5782 1268 to discuss this further.



Proudly sponsored by
Lions club of Wandong-Wallan
Serving our community

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/)

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



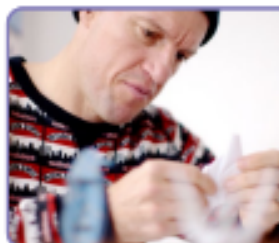
Click on the image below or scan the QR code to gain access to a **month of mindfulness practices and information**.



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.



Get up to \$500 extra in the bank to lighten the load of education expenses



Count me in.

Commit to saving up to \$50 a month for 10 months and **we'll double it.**

saverplus.org.au
1300 610 355



Save \$500 and ANZ will top up your bank account with another \$500.

Yes, it's true. No catch, no scam.

Just real knowledge and information for real people that's easy to understand... It's just, down-to-earth money talk - and a \$500 incentive to build your savings!

Join Saver Plus and get



Free financial education



Your savings doubled (up to \$500)

What can the \$500 be spent on?



Laptops and tablets



Uniforms and shoes



Vocational education



Lessons and activities



Books and supplies



Camps and excursions

Can I join Saver Plus?

To be eligible, you need to meet these requirements:



Be 18 years or older



Have a current Health Care or Pensioner Concession Card



Have a child in school, starting school next year, or be studying yourself



Have regular income (you or your partner*)



Agree to join in free online financial education workshops

Ready to start saving? Let's talk.

saverplus.org.au | saverplus@bsl.org.au | 1300 610 355

* Most types of income are valid. Speak to your local Saver Plus Savings Coach if you're not sure.



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

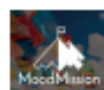
Online program for parents and caregivers providing evidence-based parenting strategies.



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.

MITCHELL SHIRE COUNCIL



A Message from Mitchell Shire Council

School Crossings at Kilmore Primary School

Please DO NOT park in the
No Standing Zone beside any
school crossing

**NO
STANDING
ANY TIME**



KILMORE GOLF CLUB

Anderson Road, Kilmore VIC 3764 (03) 5782 1123

Try Golf and have a Fun Day

Kilmore Golf Club
Sunday, November 19,
10am-1pm

**ALL WELCOME
BRING YOUR FAMILY & FRIENDS**

Putting Competition, Round of Golf:
9 Holes – Awards and Prizes

Best Scores in both Adults &
Juniors:

Prizes for Nearest the Pin all 9 Holes

We welcome Juniors, Adults,
Men and Women; BUT only those
with NO Golf Australia Handicap

Cost: Adults \$20, Juniors \$10
Includes competition fees and a
drink / food voucher

Pre-Register:
info@kilmoregolfclub.com.au
giving your name, phone
& email address

Then Pre-Pay: Kilmore Golf Club Inc.
BSB: 633 000 **A/C:** 147 888 275
Ref: trygolf & your name

Limited amount of golf
equipment available on loan
(with refundable cash deposit)



Be **KIND**

Be **PROUD**

Be **SAFE**



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



Now Available

afterpay 

For all your school wear needs



**Please 'like' our Facebook page to keep updated & informed
- More exciting developments to come**



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



Save The Dates

Hudson Park



**Kilmore Scout Market
Hudson Park
Saturday November 25**

Kilmore Scout Market
Every 4th Saturday

**Charity Twilight Market
Hudson Park
Friday December 8
4 pm - 9 pm**

Gold Coin Entry - All Scouts profits from this event will go to Broadford Love in Action and Berry Street Charities

60+ Stalls

Entertainment, Seasonal Gifts, Fresh Food, Coffee produce and more.

Buskers and Carolers Wanted
SMS: 0487 894 511

Scout Christmas Trees!

**November 25 - December 16
Pickup or Delivery**

Scan Here 



<https://www.trybooking.com/CLXHN>



Drum lessons at Kilmore Primary School



After hours drum lessons are now available at Kilmore Primary School. We are very excited to help create an exciting and thriving drum community at KPS.

Drums are a great instrument to help with coordination, concentration and overall confidence.

We are offering **one free trial** lesson to any students wanting to have a try at the drums before committing to weekly lessons.

Anyone interested in learning drums can contact:

Nathan Brincau
Drum Teacher
Mob: 0490 337 127
Email: nathanbrincau@gmail.com