



Kilmore Primary School

Principal: Mr Neil O'Sullivan

35 Lancefield Road, Kilmore 3764 • PO Box 105, Kilmore 3764 • ABN 85 985 746 253
P 03 5782 1268 F 03 5782 1553 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

Friday, 11th March 2022

Be **KIND** Be **PROUD** Be **SAFE**



Martial Arts Therapy (MAT) program

For further photos and an overview of the program, please refer to "Connecting with Kimberly"

March

Monday 14th

Labour Day Public Holiday

Wednesday 16th

School Tour (refer Page 9 for details)

Friday 18th

Conveyance Allowance Applications Due

Tuesday 29th

School Tour (refer page 9 for details)

April

Friday 8th

House Colours Day— Last day of Term 1

HAPPY BIRTHDAY

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

Luke Oates, Jaxon Pereira-Stones, Ryan Hall, Mia Kenricki, Max Archibald, Lilly Whithurst, Molly Lazarus and Thomas Russell



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.



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.

Thanks and Gratitude

At the end of Week 6, I would like to thank all of our staff and students for their efforts over the last six weeks. We have had a great start to the school year and after two disrupted years of schooling, it has been wonderful to have had such a positive start to the school year. One of the important aims for us as a school in Term 1 is for our students to regain the learning stamina for a full school day. I would like to congratulate everyone in how well they have done in adapting to the "old normal."

School Photos

Yesterday was a very exciting day for our school as we held our annual school photo day. As is usual for photo day, there was a great sense of excitement and anticipation amongst our students and it was great to see how well presented our students were, particularly the Grade 6 students in their Grade 6 bomber jackets.

Science Technology and Engineering Program

In 2022, Mrs. Elizabeth Magdato will be running a Science Technology and Engineering program with our Grade 3-6 students. This is an area of personal passion for Mrs. Magdato and she is loving having the opportunity to share her passion with the students. We have had lots of great feedback from our students and I am looking forward to seeing this program in 2022.

House Colours Day -Last Day of Term 1

Our Specialist Team are currently putting together a program of events for our House Colours Day which is to be held on the last day of Term 1. On the day, we will be holding a cross country fun run which will give our students the chance to earn points for their houses. Running house events is a priority for our school in 2022 and we look forward to providing our students with some of the experiences that they have missed out on over the last two years.

Parent Participation at KPS

Re-engaging our community in school activities in another priority area for KPS in 2022. Next week I will send a survey to our community to identify some of the more important activities which parents and carers would like to be involved in. The survey will allow parents to identify whether they wish to be involved in program such as our Classroom Helpers program and suggest other ways in which our school and community can work in partnership together.

Wishing everyone a wonderful long weekend.

All the best,

Neil O'Sullivan

Principal



Connecting With Kimberly



Richie and I have started to run group programs for the year. The following group programs have started this term:

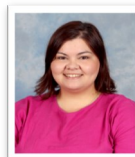
Martial Arts Therapy (MAT) program: Martial Arts Therapy is a small group program that focuses on emotional regulation through the use of therapeutic martial arts techniques, games, metaphors and stories. MAT has four core values that are: **Be Strong, Be Calm, Be Kind** and **TRY HARD**. This program is being facilitated by an external provider and will be an ongoing funded opportunity for students at KPS.

Boys Overcoming Social Situations (BOYSS): To complement the KPS branded GIRLSS program, we have started to run a school-developed BOYSS group. BOYSS is a small group program targeted at building social and emotional regulation skills to manage different situation that may arise.

If you are interested in your child participating in various small group program opportunities, please contact me on 5782 1268 or kimberly.batsas-hill@education.vic.gov.au



Connecting With Kimberly



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

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/>

Parentline



Ph: 13 22 89

<https://parentline.com.au/>

Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188

<https://www.safesteps.org.au/>

Lifeline



Ph: 13 11 14

<https://www.lifeline.org.au/>

This week in

STEM

STEM classes this week were about investigating the properties of different liquids. Students observed a range of simple experiments and will be explaining the science behind what happened in the coming weeks.



3D - Rainbow Milk



4J - Skittles Rainbow



3R - Lava Lamp

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



Gratitude
Empathy
Mindfulness &
Emotional Literacy



Part 3: Empathy & Kindness

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 next presentation from [The Resilience Project](https://theresilienceproject.com.au/) is all about Empathy and Kindness.

Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.

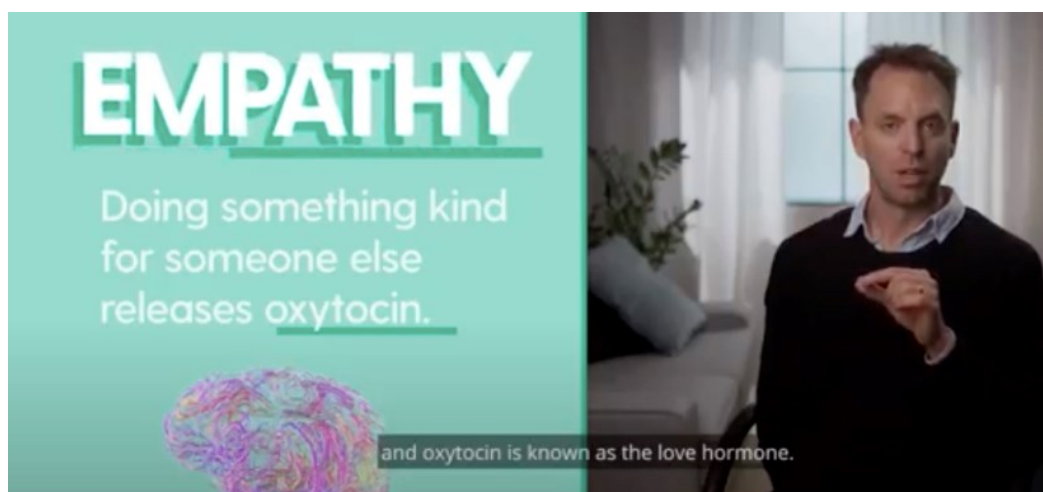
Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practicing empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

View Part 3 of the series here - Empathy <https://theresilienceproject.com.au/parent-and-carer-hub-hugh/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to give an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days time to ask how it went.



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



SchoolPix “Early Bird” orders with free delivery to the school close on Tuesday 15 March 2022

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





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.



Be **KIND** Be **PROUD** Be **SAFE**

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



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

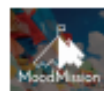
Online program for parents and caregivers providing evidence-based parenting strategies.



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.



Kilmore Netball Club

Kilmore Netball Club Inc

Registrations OPEN

Early bird Registration will close on the 1/3/22 (CODE EARLYBIRD22) and normal registration will close on 23/3/22 so teams can be entered by the start of April. First game is planned for 30th April. If you have a child, you wish to register with a birth year of 2015 for 9 and under there is a separate registration link which I can provide.

please see below year of birth to age group playing

9 and Under Years 2015, 2014,2013

11 and Under Years 2012,2011

13 and Under Years 2010,2009

16 and Under Years 2008,2007,2006

Here is the registration link

<https://netball-registration.worldsportaction.com/userRegistration?organisationId=ab3143fb-0df1-4805-9de5-a8fb34501e1b&competitionId=352e3070-31da-405a-8ce7-332ad44a25ee>

Contact: Will Hanna 0419 471 565