



**Kilmore Primary School**

**Principal: Mr Neil O'Sullivan**

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**NEWSLETTER**

**Friday, 11 November 2022**

# Remembrance Day 11 November 2022

They shall grow not old,  
as we that are left grow old;  
Age shall not weary them,  
nor the years condemn.  
At the going down of the sun  
and in the morning  
We will remember them.









### **Thanks and Gratitude**

I would like to thank our Grade 3/4 teachers for the work they put into organizing and supervising the Grade 3/4 Melbourne Museum excursion. The students had a wonderful day and enjoyed the learning opportunities provided by the museum experience.

### **Remembrance Day Ceremony**

Today at our flagpole, our school commemorated Remembrance Day with a very moving Remembrance Day ceremony. The ceremony was hosted by our School Captains and I would like to compliment them on the organization and preparation for the ceremony. Our school also sent student and staff representatives to the community ceremony to acknowledge the importance of this day. Over the last week, our teachers have developed our student's understanding of the meaning and history of Remembrance Day and it was wonderful to see so many of our KPS students wearing poppies to acknowledge the service of our servicemen and women. Our ceremony concluded with the laying of wreaths by representatives of each class. I would like to thank all our staff and students for acknowledging the importance of this solemn day.

### **Family and Friends Fundraisers:**

Our dedicated Family and Friends group have several great fundraisers on the go over the next few weeks. Local fundraising is a crucial part of our school budget and I would like to acknowledge the great work undertaken by our F&F group in supporting our school. Please keep an eye on our newsletter and your Compass notifications to keep track of what is coming up and how you can be involved.

### **Oral Language and Literacy Development**

Today Beth Shingles visited from the Murdoch Children's Institute as part of our ongoing relationship in developing the oral language and early literacy skills of our students. Beth visited our F to 2 classrooms and was incredibly impressed by seeing the learning practices we have established in 2022. Additionally, our 2022 learning growth data in literacy is the strongest growth that KPS has produced and Beth commented what great student outcomes have been achieved in such a short period of time. This is a fantastic credit to the commitment of our KPS staff and is hugely motivating as we progress forward with this work.

### **Foundation to Grade 2 Fun Evening**

Our F to 2 teachers will be holding a fun evening for our F to 2 students on Friday, November 25<sup>th</sup>. They have planned some wonderful activities for our students for their extended stay at school and I am sure that our students will enjoy the experience enormously.

All the best,

Neil O'Sullivan  
Principal

## November

Friday 11th

Payment due for Grade 6 Graduation Dance Lessons

Tuesday 15th

Sushi Tuesday

Friday 25th

Conveyance Allowance applications due

Wednesday 30th

"Give the Mo a Go" Day IV

## December

Wednesday 7th

Payment Due for the following Grade 6 Events:

- \* Funfields
- \* Graduation Bears
- \* Graduation Dinner

Wednesday 14th

Grade 6 Graduation Ceremony and Dinner

Tues 15th to Sat 19th November

Family and Friends Pop Up Book Stall (refer page 11)

Monday 19th

Christmas Concert and Amazing Christmas Raffle draw

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:

Meisha Tate, Zoe Smith, Riley Martin and Hope Ratcliffe



Mr Babic is again raising money for Movember, if you would like to donate to this wonderful cause click on the link: <https://movember.com/m/nathanbabic?mc=1>



*Just a friendly reminder...*

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

# CHANGE OF CLOTHES

With the wet weather continuing, could you please make sure **all** students have a change of clothes in their bags.



## 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.



1st Round Orders Are Now Closed for 2023 Grade 6 Jacket & Polo orders (refer notice on page 10)



# 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.





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

A Smile Squad dental van will now be visiting our school next year.

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**

# LIBRARY NEWS!



**PLEASE  
RETURN  
YOUR  
OVERDUE  
LIBRARY  
BOOKS  
NOW!**



Hi everyone!

With the library rejuvenation just around the corner we are getting prepared for the temporary closure of the library space and request that all overdue library books are returned to the library now so they can be stored away. Books borrowed this or next week are not required to be returned yet, only books which have been borrowed for longer than two weeks are considered overdue.

Notices will be issued next week to any students who have not returned their overdue books so please have a look around your home and in your child's belongings to avoid receiving a notice, they are in there somewhere!

We are so excited to show you our rejuvenated library space at the end of the year!

Thank you!

Liz – Library Technician



COULD YOU FOSTER A CHILD?

We **URGENTLY** need **Foster Carers** in your area. Enquire now on how you can help change a child's life.

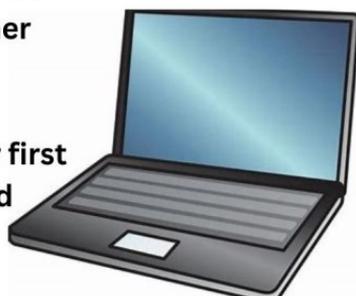
CanIFoster.com.au | 1800 932 273

# 2023 Registrations Now Open!!

\$195 for first child, \$145 for second & \$0 for all other children after 2.

After 1-1-23

Price increase is \$245 for first child, \$195 for second



## 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.

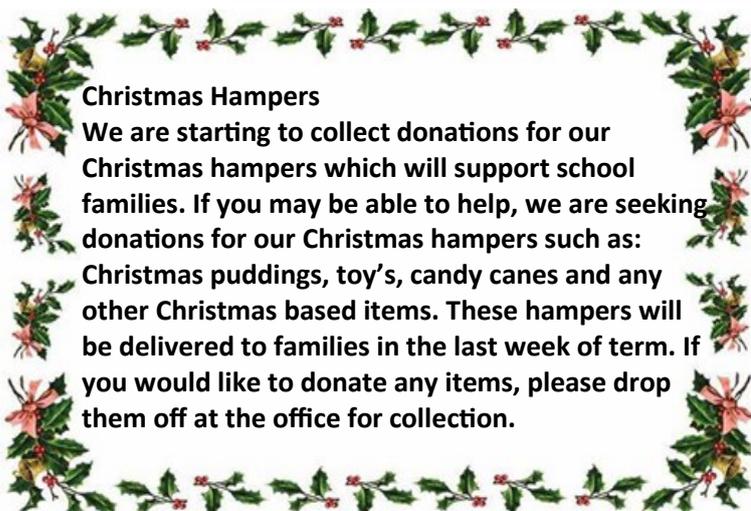
Please also be mindful that it is difficult for children to hear announcements whilst out in the playground enjoying themselves, should you need to collect them during break times it may take us quite a bit longer.

# Connecting With Kimberly



## Group Programs

Richie and I have met to plan our whole cohort and group programs for next year and we are really excited for lots of different programs and opportunities scheduled from Term 1, 2023! This term we have Sea of Friends running across two different grades and we also have two Drumbeat classes. Sea of Friends is a social skills program that encourage students to build their friendship and communication skills. Drumbeat is a drumming program and Drumbeat stands for: Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts. If you would like your student to participate in additional social and emotional support programs, please contact me to discuss this further.



## Christmas Hampers

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. If you would like to donate any items, please drop them off at the office for collection.

I can be contacted via email:

[Kimberly.batsas-hill@education.vic.gov.au](mailto:Kimberly.batsas-hill@education.vic.gov.au)

Or 5782 1268 for any student and family wellbeing needs.

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



kidshelpline

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**



**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.



### Family and Friends Pop Up Book Stall

Why not get some Christmas Shopping done and at the same time support the school....

Where- Stadium Foyer

When –

Tuesday 15<sup>th</sup> November 2.30pm to 4pm & 6 to 7pm

Wednesday 16<sup>th</sup> November 2.30 to 4pm

Thursday 17<sup>th</sup> November 2.30 to 4pm

Saturday 19<sup>th</sup> November 9.30 to 11am

EFTPOS available

Any questions please contact Jodie 0433271301



## We need your HELP!

KPS Family and Friends are reaching out for your assistance with donations for our **AMAZING CHRISTMAS RAFFLE!**

Suggested items - Chocolates, Christmas decorations, wrapping paper, baking goods, candles, toys, mugs, chips etc.

Donations can be dropped at the school office or the Canteen drop boxes.

Raffle tickets sales will be announced shortly!

Raffle drawn at our end of year celebration evening

Monday 19<sup>th</sup> December.

Any questions please contact Jodie 0433271301



## Food Relief

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

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

## Mitchell Shire

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

# 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](http://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



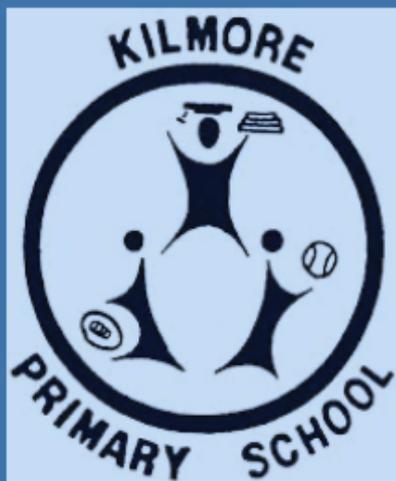
#### WellMob

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**