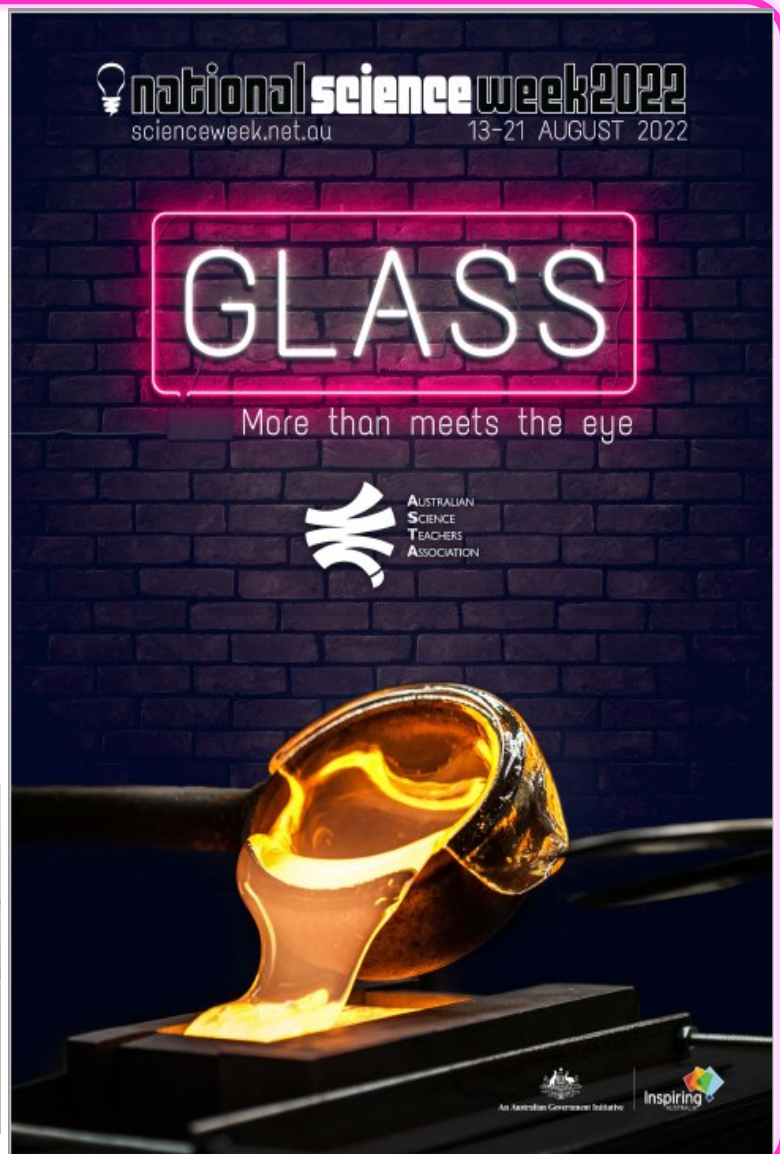




Science Week at Kilmore Primary School

Students who saw the science experiments on Tuesday at recess may remember the 'Walking Water' experiment with the paper towels. This is a slow moving experiment, which stayed in the stadium until Wednesday afternoon.

Below are photos from Tuesday afternoon and Wednesday afternoon. Have a look and compare the results!



August

Tuesday 23rd

School Tour (refer page 14)

Thursday 25th

Dress Up Day for Book Week (refer page 8)

Friday 26th

Conveyance Allowance Applications Due

Tuesday 30th

Father's Day Breakfast (refer page 13)

Wednesday 31st

Father's Day Stall (refer page 13)

HAPPY BIRTHDAY

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

Evie Tweedie, Matilda Miles, Lily Ray,
Scarlett Tillotson, Lemmy Grace,
Mason Isles, Jack Davon and
Isaac Notley



*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 as possible to update our records.

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.



CHANGE OF CLOTHES

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



2023 Foundation Enrolments are NOW OPEN

Please visit the school website for further information and to complete an Enrolment Enquiry

<https://www.kilmoreps.vic.edu.au>

Children must be turning five before 30th April 2023.

If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.

Enrol
Now!

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.



Thanks and Gratitude—Grade 3/4 Camp

Yesterday afternoon, our Grade 3 and 4 students returned from a fabulous three-day camp experience at Phillip Island. Though obviously tired as they emerged from the bus, they were full of excitement and keen to share their highlights from the camp. I would like to thank all our teachers, ESS and parent volunteers who helped to make the camp such a success. Camps play a special role in students' social development and our staff have worked incredibly hard to make this event happen. Over the next week or so, I look forward to hearing further highlights from our students, including who was the bravest KPS staff member on the giant swing!

Learning Highlight – Ashleigh and Millicent

My learning highlight for this week is the fabulous presentation put together by two of our Grade 5 students, Ashleigh Davon and Millicent Praag. Ashleigh and Millicent approached me to discuss an idea as to how our Grade 6 students could "leave a mark" upon graduating from KPS. Their concept was to allow each Grade 6 student to colour one of the bricks on our stadium wall so that they could leave their enduring memory. Ashleigh and Millicent presented their concept in an extremely high-quality presentation and they were certainly very persuasive!

Book Week

Next week, we will be celebrating one of the most exciting events in the school year when we celebrate Book Week. Our Book Week team have put together a great week of activities, culminating with our Book Week parade on Thursday. This year's theme is "Dreaming With Your Eyes Wide Open" and I look forward to seeing our school full of colourful and creative costumes on Thursday.

Science Week

This week we have been celebrating Science Week at KPS. Our STEM teacher, Mrs Magdato, has been conducting some very exciting experiments with our students during class time and during breaks. At this morning's assembly, Mrs Magdato also demonstrated one of the experiments and enthralled our students with the wonders of science. If you would like to find out more about Science Week or have a go at some "DIY Science" please follow the web link below:

<https://www.scienceweek.net.au/diy-science/>

Oral Language Development at KPS

Over the last two years, KPS has been working in partnership with the University of Melbourne and the Murdoch Institute in the development of the oral language skills of our students. Today we are being visited by Beth Shingles from the Murdoch Children's Institute as part of our ongoing relationship with the Murdoch team. Beth has been incredibly impressed by the huge gains that we have made in such a short period of time. Over the course of today, Beth has visited our classrooms and has worked with our teachers and leadership staff on setting future goals for this critical piece of work for our school community.

All the best,

Neil O'Sullivan
Principal

WE WANT OUR PARENTS/CAREGIVERS/GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior and student engagement. We encourage all families to participate in this survey. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

A random sample of approximately 30 per cent of parents/caregivers/guardians have been selected to participate in this year's survey.

The Parent/Caregiver/Guardian Opinion Survey will be conducted from **Monday 15th August** to **Friday 16th September**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Simplified Chinese, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

Last year we used the survey results to plan our community engagement strategy for the 2022 year and to inform our student wellbeing programs.

Please speak to the Principal if you would like more information.



Students should not arrive at school until the school gates open at 8.30am unless they are attending Breakfast Club on Monday, Thursday or Friday morning. If you are joining Breakfast Club, please enter through the stadium gate on Lancefield Road.

Staff are not on yard duty until 8.30am

LITERACY UPDATE

DECODABLE TEXTS

We are very excited about our new decodable texts!



"SPELD SA Phonic Books support the teaching of reading by using a structured synthetic phonics approach. They are designed to build on the pre-reading skills of oral language and phonological awareness needed for reading success. The books support the learning of letter-sounds and blending in a sequential phonic order, helping students to develop their independent decoding skills. The stories contain limited high frequency words that need to be taught before reading the book. The questions and activities focus on increasing a student's vocabulary and fluency and encourage the student to make deeper connections with the author's message."

<https://www.speldsa.org.au/SPELD-SA-Phonic-Readers-New-Series>

WRITING COMPETITION!



Pens Against Poverty is a unique writing competition for school students in Years 3-10, reaching students across Australia. This year's theme for entries is *Finding a Home*, and the competition is open until **9 September 2022**.

To be eligible:

- The piece must be an original POEM or STORY and be no more than 500 words
- The theme should be a focus of the story or poem in some way, however, the theme does not need to be overdone. Imagination, lateral thinking and creativity are encouraged!
- No more than 3 entries per student.

The winners will be announced in Anti-Poverty Week.

For more information please see:

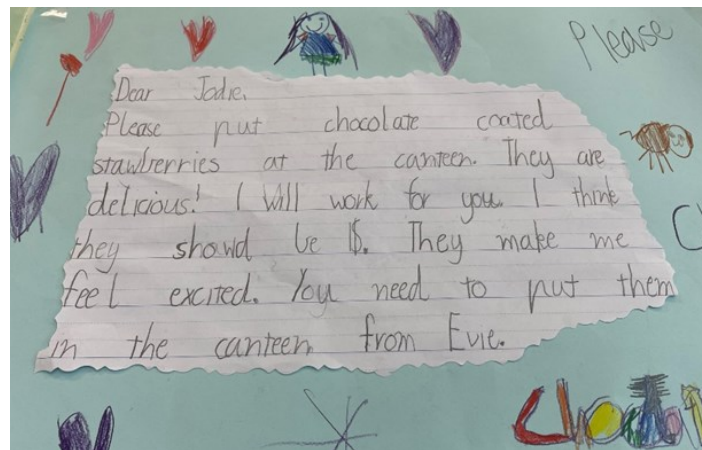
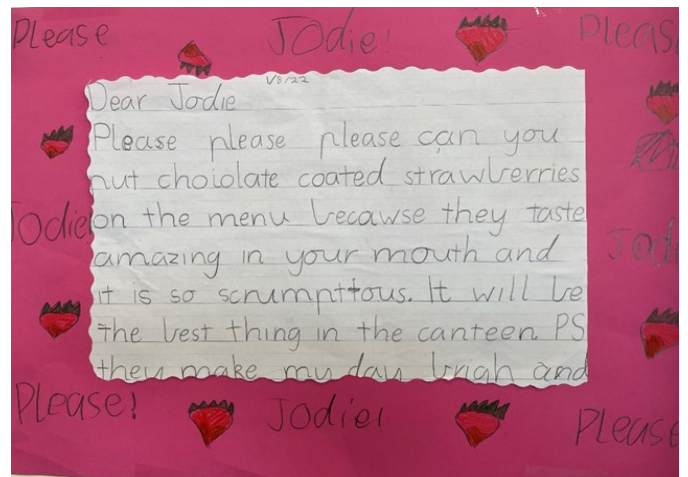
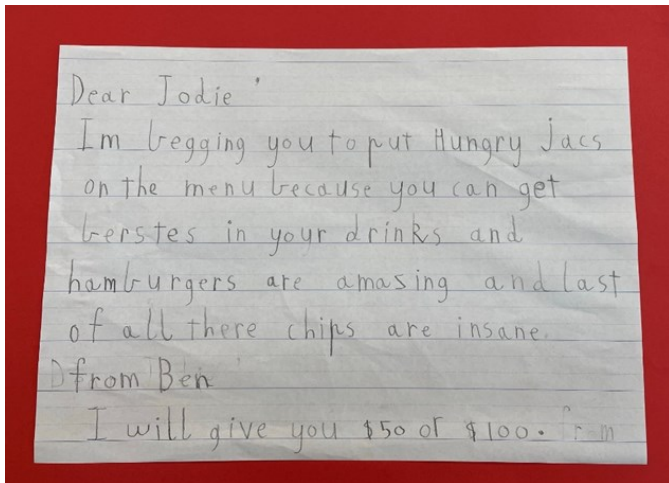
<https://pensagainstopoverty.org/>

To enter the competition please see:

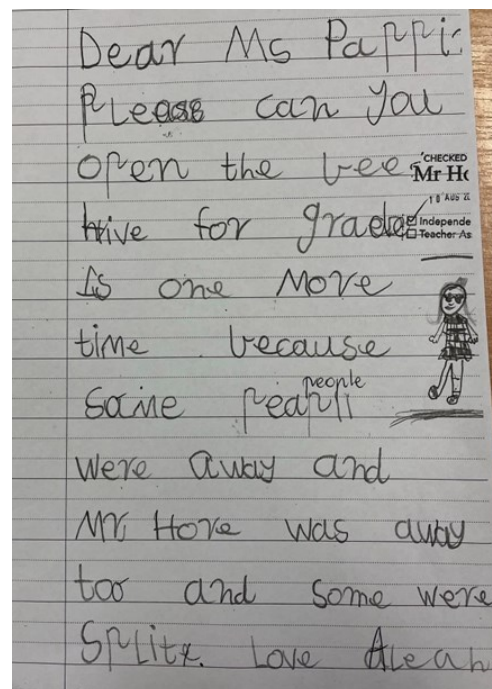
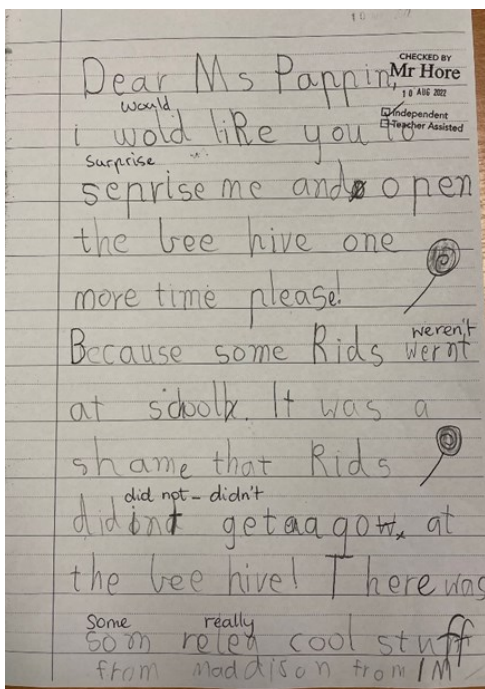
<https://pensagainstopoverty.org/enter/>

Year 1 Persuasive Texts

Our Year 1 students have been putting their persuasive techniques into practise. They have been trying to convince Jodie that the canteen should add some items to the menu.



They also tried to persuade Miss Pappin to open the Bee Hive! They have used various techniques such as providing reasons and using emotive language.



And it worked! Miss Pappin opened the Bee Hive for another session!
Have a great week.
Emma



**JUMP
ROPE for
HEART**

**JUMP
OFF
DAY**





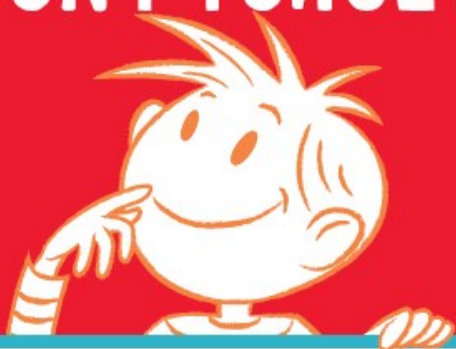
A Message from Mitchell Shire Council

There have been numerous incidents at the School Crossing around Kilmore Primary School.

The incidents included drive throughs, stopping on the school crossing, not waiting for the supervisor to leave the school crossing and more recently parents are parking in no standing areas blocking the supervisors view of the road.

- A driver must approach a school crossing at a safe speed, if necessary to stop safely.
- Please do not park in the No Standing areas beside the crossing
- A driver approaching a school crossing must stop at the stop line if:
 - A hand held stop sign is displayed at the crossing
 - A pedestrian is on or entering or exiting the school crossing
- If a driver stops at the school crossing for a hand held stop sign, the driver must not proceed until the holder of the sign:
 - No longer displays the sign towards the driver
 - Otherwise indicates that the driver may proceed
- If a driver stops at the school crossing for a pedestrian, the driver must not proceed until there is no pedestrian on or entering the school crossing.

DON'T FORGET!



 **SCHOLASTIC**

Book Club

orders are due:

26th August

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.

BOOK WEEK 2022

**1 WEEK
TO GO!**

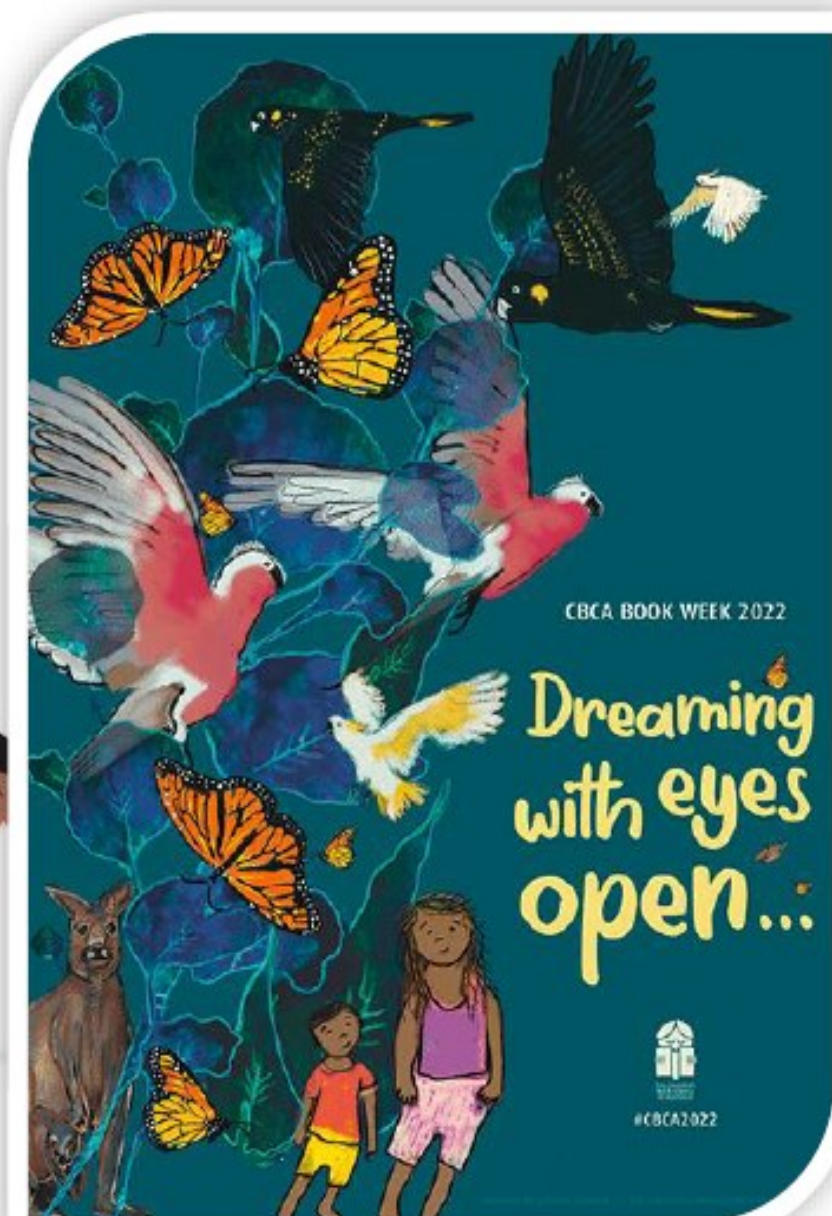
DRESS UP DAY!

**THEME:
DREAMING
WITH EYES OPEN**



Students and staff are inspired to dress up as their favourite book character or bring along/borrow your favourite book to parade!

**THURSDAY
25TH AUGUST**



Dress up day is all about fun and celebrating our favourite books, authors and illustrators. We would love to see all students take part whether it be a full costume, some face paint, a character prop or bringing along their favourite book.

Homemade/recycled costumes and/or props are highly encouraged, just use your imagination and see what you can create! Students will join in a parade and there will be prizes drawn from each year level from those who participate in the day! Winners from Book Week competitions will be announced during Friday morning assembly. We are so excited to celebrate Book Week with our students!

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL: [KILMORE.PS@EDUCATION.VIC.GOV.AU](mailto:kilmore.ps@education.vic.gov.au)

Kilmore Primary School

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

Student Awards

At Kilmore Primary School, we are always working on modelling our school values of Kind, Proud and Safe. As a whole school, we explicitly teach and then give our students opportunities to display these values within and beyond the classroom doors.

The students listed below will be recognised for showing our school values at assembly today.

We congratulate for this week:

Foundation E — Sullivan Fandrich	Grade 2H — Neeve Hoey	Grade 5F — Holden Ray
Foundation G — Elaina Butler	Grade 2M —	Grade 5M — Jasmine Sherwood
Foundation M — Quill Nicholas	Grade 2P — Isabel Spargo	Grade 5S — Billie Donnelly
Foundation S — Harvey Pike	Grade 3D — Tori Riddle	Grade 6B — Lara Rainey
Grade 1H — Ackston Cleary	Grade 3K — Thomas Lynn	Grade 6E — Guildford Duff
Grade 1M — Nate Robinson	Grade 3R — Mitchell Dowell	Grade 6J — Christina Mayo
Grade 1N — Caleb Buggy	Grade 4J — Tevita Fifita	Specialist F-2 — Isla Leithhead 2M 3-6 — Seth Curcio 6E
Grade 1T — Wyatt Wilson	Grade 4S — Amelia Hammoud	
Grade 2F —	Grade 4V — Liam Warner	

Connecting With Kimberly



Term 3 Parent Sessions:

Our second parent session is scheduled to be facilitated Wednesday 24 August 2022—see details below:

Parent Session 2:

Date: Wednesday 24th August 2022

Time: 5:00pm-6:15pm

Topic: Nurturing Resilient, Independent Young People

Registration is essential and can occur here: <https://forms.gle/nxUjtJxn9pYzhC7N6>

*****Please note that these sessions are only for families that have students enrolled at Kilmore Primary School*****

Further correspondence will be sent via Compass

THE Big Sister EXPERIENCE

ABOUT

Learn the secrets behind encouraging your young person to find a strong sense of identity and give you as a parent, confidence around establishing strong foundations that will enable your young person to flourish for 2022 and beyond.

DETAILS

VENUE
KILMORE PRIMARY SCHOOL

WHEN
DATE: WEDNESDAY 24TH AUGUST
TIME: 5 - 6.15PM

WHO
PARENTS OF ALL GENDERS & YEAR LEVELS (NO CHILDREN)

AS SEEN ON

IN THIS ONE-HOUR PRESENTATION, THE BIG SISTER EXPERIENCE WILL TAKE YOU THROUGH THEIR KEYS TO NURTURING RESILIENT, CONFIDENT AND HAPPY YOUNG PEOPLE.

1300 BIG SIS @bigsisterexperience www.bigsisterexp.com

SCHOOL BREAKFAST CLUBS PROGRAM

BREAKFAST CLUB

Mon, Thur and Fri
8.15AM — 8.40AM

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/>

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

FRIENDS 'N' FAMILIES



DAY STALL
WEDNESDAY 31st of August

Gifts from \$1.00 - \$6.00

Raffle tickets \$1.00 each

Students will have an opportunity to purchase gifts and raffle tickets when their class visits the Father's Day Stall.

Helpful tips to make your child's Father's Day Stall shopping experience easy:

Please put your child's money in an envelope or snap lock bag with their name, class and amount on the front. Please also send a reusable bag with their name on it, so the gifts will not get misplaced after they visit the stall.

KPS Father's Day Raffle Donations

We are seeking donations to make up hampers for this year's raffle. Suggested items for donation include: toiletries (e.g. soap, shower gels, aftershave or cologne), frames, books, recipe books, kitchen or BBQ utensils, car products, vouchers, etc. Please be mindful to donate unused, quality items. Donated items can be left in the donation boxes in the office or the canteen.

Father's Day Breakfast:

for Dad, Stepdad, Grandpa or someone special

Tuesday 30th August

Look out for a Compass notification to RSVP for the Father's Day Breakfast.

Volunteers needed

Volunteers always help our special events to run smoothly. If you are able to help out at the Father's Day Stall or Father's Day Breakfast, please contact Jodie or the school office.

Thank you for continuing to support KPS



The Kilmore Primary School

Helping Hands Hub

Kilmore Primary School is inviting parents and carers to get actively involved in supporting our school community, in an alternate setting.

Helping Hands Hub (HHH) is an opportunity for you to reconnect with the school in a casual and relaxed environment.

HHH jobs will include a wide range of simple tasks from around the school, mostly taking place in the comfort of the library space. You could be doing anything from tidying up the library and stamping books to cutting out and laminating letters for classroom displays.

You won't be asked to do anything you are not comfortable with and you will be given instructions on how to do it!



Upcoming dates:

Mon 29th August 2:15-3:00pm
Wed 7th September 2:15-3:00pm
Mon 12th September 2:15-3:00pm



Location: LIBRARY

**Feel free to bring along a hot drink
and we will supply the biscuits!**
**Younger children are most
welcome!**

Getting involved is simple...

- **Sign in at the school office**
- **Make your way to the library (if unsure where, just ask at the office)**

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

School Tours

Term 3, 2022

Wednesday 27th July 4:00pm

Thursday 11th August 9:30am

Tuesday 23rd August 9:30am



Please scan the QR code above to RSVP to your preferred date



Kilmore Primary School

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

Ph 03 5782 1268

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



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 Community Centre



38 VICTORIA PARADE, KILMORE 3764 PH 5782 2319

Three Year Old Program

The program offers a fun, quality learning, caring and nurturing time for your child. It is run by very experienced Early Childhood Educators.

Who can providing small groups and specialised care.

The children will learn through play, incorporating individual needs by using a variety of experiences, songs, rhymes, planting/growing, cooking, social skills and so much more.

Wednesday & Thursday 9.15am – 2.15pm

Friday 9.15am – 12.15pm

We are not a government funded program.

Discounts may apply please enquire by calling the Centre or via email.

