



Kilmore Primary School

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P 03 5782 1268 E kilmore.ps@education.vic.gov.au W www.kilmoreps.vic.edu.au

NEWSLETTER

Friday, 6th June 2025



Division Cross Country



A massive
congratulations to the
following athletes:

Bonnie B,

Isla L,

Nate G and

Thomas L

who braved the cold
conditions making it
extremely hard to get
their bodies working for
a long distance run!

Well done to all of you
for getting to Division
level.



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

June

Monday 9th

Kings Birthday Public Holiday

Friday 13th

Conveyance Allowance applications due
Virtual Assembly

Thursday 19th—School Tour at 12.00 pm

Monday 23rd—School Tour at 9.30 am

July

Friday 4th

CSEF—Applications close
End of Term 2 students—2.30 pm finish

Monday 21st

First day of Term 3

August

Wednesday 6 to Friday 8th

Grade 3/4 Camp to Campaspe Downs

September

Monday 1st to Wednesday 3rd

Grade 5/6 Camp Manyung

Friday 19th

2025 Foundation CSEF Autumn/Winter Uniform Applications
close

2025 School Term Dates

Term 2: 22nd April to 4th July

Term 3: 21st July to 19th September

Term 4: 6th October to 19th December

Drink Bottles

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



HAPPY BIRTHDAY

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

Thomas O, Nikolai T, Aishleen K, Ellie L, Cienna G,
Harrison K, Scarlett I, Parker B, Alaysha L, Olivia W and
Matthue P.



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.



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.



CHANGE OF CLOTHES

As term 2 is here and in
anticipation for the upcoming wet
weather and winter, could you
please make sure **all** students have
a change of clothes in their bags.



SICK BAY LINEN ROSTER

June

13th Lucy Wheeler
20th Vicki Buggy
27th Ashleigh Desmond

July

4th Jackie Knight
25th Elissah Dwyer-Stone



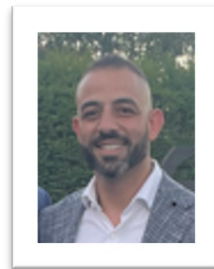
2026 Foundation Enrolments NOW OPEN

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 2026. If you have any questions regarding
enrolment, please do not hesitate to contact the school on 57821 268.

Enrol
Now!



Principal's Report – Week 7, Term 2

Dear Kilmore Primary School Community,

Today I want to share an exciting and powerful learning opportunity that took place for our Education Support Staff during their Professional Learning session this morning. We were incredibly fortunate to be joined by *John Hendry OAM*, a nationally acclaimed educator, psychologist, and founder of *Relationship Based Education (RbE)*. His insights, experience, and approach have had a lasting impact on schools across Australia, and today he brought that wisdom to Kilmore.

Why Relationships Matter in Education

John Hendry's core message is simple but deeply impactful:

"The quality of relationships determines the quality of outcomes."

When schools are built on strong, respectful, and trusting relationships, students thrive. They feel safe, connected, confident, and more likely to take intellectual risks—an essential ingredient for deep learning. Our Education Support Staff explored how they can strengthen the relational culture of the school through every interaction they have with your children, from the classroom to the yard, and through individual and group support.

At Kilmore Primary School, we understand that **learning is relational**. Positive relationships between staff and students, among peers, and between families and school, are not a "nice to have"—they are **essential**. They underpin emotional safety, motivation, engagement, and student wellbeing.

The Five Pillars of Relationship Based Education

Throughout the morning, John shared the five key characteristics that define effective and meaningful relationships in schools. These *pillars* not only shape our staff culture but also offer a shared language that families and students can use at home and in life:

1. **Trust**

Building a school where students know they are seen, heard, and supported requires deep trust. Trust creates safety and openness in the learning environment.

2. **Forgiveness**

Mistakes—whether academic, social, or emotional—are a part of growth. Forgiveness allows relationships to repair, rebuild, and deepen.

3. **Integrity**

When staff and students act consistently and transparently, it fosters mutual respect. We model what it means to live with values.

4. **Hope**

A hopeful mindset encourages resilience. It's the belief that tomorrow can be better—and that we all play a role in making it so.

5. **Compassion**

Kindness is active, not passive. Compassion reminds us to respond to challenges with empathy, understanding, and patience.



RELATIONSHIP BASED EDUCATION

The Five Pillars of Relationship Based Education



How This Connects to You as Parents and Carers

As the first and most important educators in your child's life, your role in shaping these qualities is invaluable. When we align our approaches between school and home, we create a consistent and emotionally secure environment for children. This shared understanding allows your child to feel confident, understood, and supported, wherever they are.

You can support this work at home by:

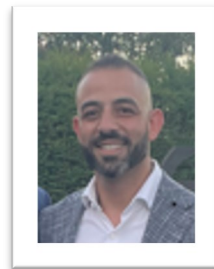
- Having open conversations about *trust, hope, forgiveness, integrity, and compassion.*
- Modelling respectful dialogue, especially during moments of conflict or disappointment.
- Encouraging your child to reflect on their interactions with others and how they can build stronger relationships.
- Practising forgiveness and empathy as a family when challenges arise.
- Reinforcing the importance of effort, kindness, and understanding in both learning and friendships.

Resources for Families – Continue the Conversation at Home

We encourage you to explore the following resources to better understand Relationship Based Education and how you can support your child's emotional and social development:

Articles and Readings

- **John Hendry: "Why Relationships Matter"**
A powerful article highlighting John's core messages – Read it here:
<https://www.parentingideas.com.au/blog/why-relationships-matter-in-schools-john-hendry/>
- **The Five Pillars of RbE (Summary)**
A short, parent-friendly summary of each pillar with reflection prompts—PDF download from RESPECT Victoria
<https://www.respectvictoria.vic.gov.au/resources>



Podcasts

- “The Connection Between Relationships and Learning” - John Hendry on ABC Conversations
<https://www.abc.net.au/radio/programs/conversations/john-hendry-relationships-in-education/>
- Raising Learners – DET/Andrew Fuller & Parenting Ideas
A Department of Education podcast supporting emotional and social development – [Spotify link](#)

Family Conversation Starters

- Create a “Five Pillars” dinner table poster and reflect on which pillar each family member showed that day.
- Watch short videos like BTN’s “Respect” and discuss what it means in real-life situations.

<https://www.abc.net.au/btn/classroom/respect/10531776>

Our Commitment Moving Forward

Today’s session with John Hendry is just one part of our broader commitment to *positive, consistent, and values-based relationships* across Kilmore Primary School. As a school that embraces the **School-Wide Positive Behaviour Support (SWPBS)** framework, we see relationships not as a side element, but as the *core infrastructure* that allows great teaching, learning, and wellbeing to flourish.

We will be continuing to embed these principles throughout our classrooms, yard duty protocols, student support strategies, and our family engagement. Our staff—including our Education Support and Administration teams—are committed to creating a school culture where every student feels emotionally safe, supported, and proud of who they are.

Thank you for continuing to partner with us in your child’s journey. It is through our shared focus on positive relationships that we can make Kilmore PS a school where everyone belongs and thrives.

With appreciation,

Michael Nicolaides

Acting Principal

Interschool Sports—T Ball & Soccer



Tom R won the player of the day for his fabulous sportsmanship. All students did a fabulous job, trying their best pushing through their nerves and playing as a team.

Mrs Johnson



Soccer

KPS took two teams across to ACK. Team 2 won 1 game and lost 2. With Nate W and Odin L being the main goal scorers. A special mention to Jackson Swift who put on a masterclass as goal keeper in the first game, stopping 6 clear cut goal chances.

Team 1 went through undefeated, drawing their first game and winning the last 2. Isaac Notley consistently scoring (6 goals across the 3 games) and Coby Rowlands chipping in with 2 goals in the last game. Kaleb Brebner ran incredibly hard forward and back in all 3 games.

Unfortunately they missed out on the Grand Final by a goal difference of -1 to the team they drew with in the first game.

Extremely proud of everyone's efforts and passion.

Mr Farrell

Netball and football will be in next week's newsletter

CONVEYANCE ALLOWANCE

Applications for Conveyance Allowance for Term 2 2025 are now open. Application forms are available from the school office. Please ensure that the completed form is returned to school by **Friday 13th June 2025**.

Eligibility Criteria

The eligibility criteria varies depending on the type of school attended and where it is located.

Students attending a government or non-government school must:

- attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible
- be enrolled at a school/campus outside Melbourne's metropolitan conveyance boundary
- reside 4.8km or more by the shortest practicable route from that school/campus attended
- be of school age (5 to 18 years old at time of application) and reside in Victoria.

Note: Eligibility is assessed when the school completes your child's application on the Student Conveyance Allowance System (SCAS). If approved, the allowance payable is based on the one way distance to make the journey to and from school. For further information regarding the Conveyance Allowance Program see: www.vic.gov.au/travelling-school



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 — 3:05pm

First Dismissal (Surnames A — L) 3:05pm

Second Dismissal (Surnames M — Z) 3:10pm

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.



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



NO PARKING
PLEASE
DO NOT BLOCK
DRIVEWAY
THANK YOU

Parents and Carers,
please label all of your
child's clothing.

This will greatly assist to
return items when and if
they are misplaced.



Sienna
Moretti



Sofia Rose



Wyatt Clarke



Noah Roberts





Breakfast Club Term 2

Details:

- **Days:** Monday, Tuesday, Wednesday, and Thursday
- **Time:** 8:20am - 8:40am
- **Location:** Stadium (Kilmore-Lancefield will open at 8:20am).

Managed by KPS staff, Breakfast Club offers a selection of cereals and toast for students to enjoy. This program not only provides a nutritious start to the day but also encourages autonomy and enhances social skills. Breakfast Club is a student-only space designed to foster the development of these important skills.

We kindly remind all families that students should not enter the school grounds before the Breakfast Club gate opens at 8:20am. We are not in a position to supervise or support students before this time, and your support is greatly appreciated.

Students attending Breakfast Club must enter via the Lancefield Road gate at 8:20am. Once inside, they are expected to remain in Breakfast Club until 8:30am, when yard supervision begins. This is to ensure the safety and wellbeing of all students.

If your child is not attending Breakfast Club, they must wait outside the gate until a school staff member welcomes them in at 8:30am.

During Breakfast Club, we are unable to provide one-on-one support. It is the responsibility of Parents and Carers to ensure their child enters and settles into Breakfast Club safely.

Thank you for your understanding and ongoing support in helping us maintain a safe and supportive environment for all students.

If any parents or carers are interested in helping at Breakfast Club, please send an expression of interest to Richie.Boyer@education.vic.gov.au



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

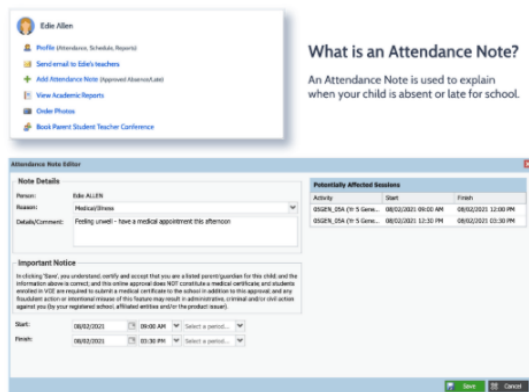
Staff are not on yard duty until 8.30am

Attendance

Entering an Attendance Note

- 1 From the Compass home screen (or from your student's profile), click the **Add Attendance Note** item.
- 2 From the pop-up window
 - ➔ Select the reason
 - ➔ Enter a brief description of the absence
 - ➔ Select the start and finish time
 - ➔ Click the 'Save' button

Where possible, attendance notes should be entered prior to the absence/lateness occurring.

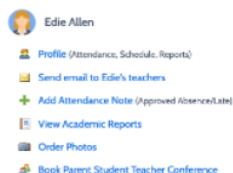


What is an Attendance Note?
An Attendance Note is used to explain when your child is absent or late for school.

Parent-Teacher Conferences

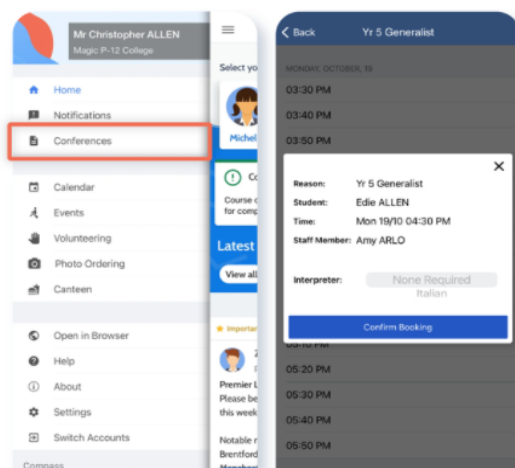
Using Compass you can book your parent-teacher conferences online.

- 1 On the home screen, beside the student you wish to make bookings for, click 'Book Parent Student Teacher Conference'.
- 2 A list of parent-teacher conference cycles will be displayed along with their booking status. Click on the relevant cycle.
- 3 Your booking sheet will be displayed and will show your available booking times. Click on a time in the grid to display teachers available for booking at that time.



Parent-Teacher Conferences - app

- 1 From the Compass home screen on your app, select the menu (top left) and click **Conferences**.
- 2 From the list of parent-teacher conference cycles
 - ➔ Select the relevant cycle you wish to book for
 - ➔ Select the student you wish to place a booking for
 - ➔ Select the class or interview group
 - ➔ Click on a time slot to make a booking and confirm



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:

- \$150 for primary school students
- \$250 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.



Mobile Phones & Smart Watches

It is a Department of Education requirement that students hand mobile phones and smart watches in to the office each morning and collect them at the end of each day.

The office has a locked mobile phone cabinet for this purpose.



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.

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



Safety around schools

Everyone has a responsibility

Make school time safe for everyone

Please take extra precautions when dropping children off and picking them up from school. Children are still learning the road rules and can be unpredictable and difficult to see.

Important things to remember:

- Travel at a maximum of 40 km/h
- Never use a mobile phone while driving
- Always follow the crossing supervisor's instructions
- Allow extra time so you don't need to rush
- Consider parking a few streets away and enjoy a walk

Together, let's reduce speeds and improve safety for all children.

Contact us

t. (03) 5734 6200 e. mitchell@mitchellshire.vic.gov.au
www.mitchellshire.vic.gov.au



WITCHES, GHOULS,
GHOSTS & ZOMBIES
WELCOMED TO THE

FRIDAY 13TH JUNE SPOOKTACULAR

5.30PM - 9.30PM
LAURIE GREEN PAVILION,
LANCEFIELD PARK

PRIZES FOR
BEST COSTUMES &
BEST GROUP
COSTUMES

FACE PAINTING & ACTIVITIES
MUSIC BY DJ X
CANTEEN OPEN
ICE CREAM TRUCK

EVERYONE WELCOME

PROUDLY PRESENTED BY
LANCEFIELD JUNIOR FOOTBALL NETBALL CLUB



Get up to \$500 for education costs

Achieve a savings goal for 10 months,
and **ANZ** will match it up to \$500.

To be eligible, you need to meet these requirements:



18 years
or older



A regular
income
(you or your
partner)



Attend
free online
financial
education
workshops



Are studying
yourself or
have a child
at school, or
starting next
year



Current
Health Care
or **Pensioner**
Concession
Card

Saverplus.org.au

1300 610 355



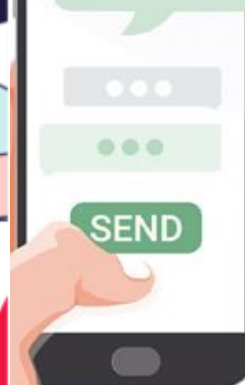
Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street. It is funded by ANZ and Department of Social Services.



Every day counts

Missing **one day per fortnight**
adds up to missing
four weeks of school a year.

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.