



Kilmore Primary School

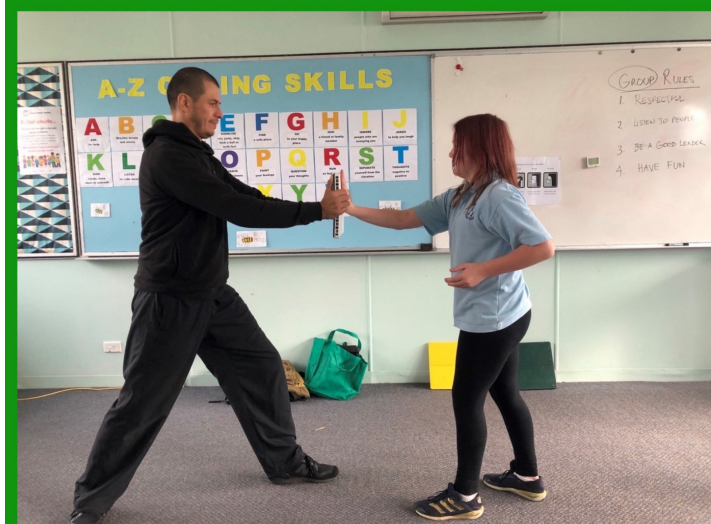
Principal: Mr Neil O'Sullivan

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, 10 June 2022

Martial Arts Therapy



June

Monday 13th

Queen's Birthday Public Holiday

Wednesday 15th

Helping Hands Hub 2pm to 3pm (refer page 4)

2nd Hand Uniform Sale 2.50 pm to 3.30 pm
(refer page 4)

Thursday 16th

2nd Hand Uniform Sale 2.50 pm to 3.30 pm
(refer page 4)

Friday 17th June

Grade 3/4 Phillip Island Camp

Full payment or First instalment due

Thursday 23rd

Last day of term 3 for students — **3.10 pm finish**

Friday 24th

CSEF Applications Due

Staff Professional Development Day and last
day of Term 2 — **Pupil Free Day**

July

Friday 1st

Grade 3/4 Phillip Island Second instalment due

Monday 11th

First day of Term 3

Friday 15th

Grade 3/4 Phillip Island Third instalment due

Friday 29th

Grade 3/4 Phillip Island Final instalment due

HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming week:
Harrison Krollig, Eden Webster, Caleb Szuszkiewicz,
Parker Brooks, Alaysha Laundry,
Maddison Littlewood, Olivia Watts,
Brooklyn Monaco, Faiz Jameel,
Audrey McClinton and Ella Waldie



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.



*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.

CHANGE OF CLOTHES

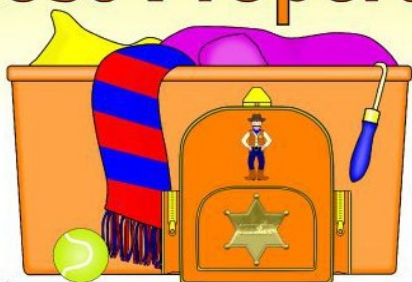
With the wet weather now upon us, could you please make sure **all** students have a change of clothes in their bags.



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.

Lost Property



We have had some precious lost property items handed into the office. These items include such things as a watch, wallet and purse etc..

If your child has lost any of these items please see the office about getting them returned.



Thanks and Gratitude – KPS Staff

Like most schools across Victoria, KPS is currently dealing with the impact of the most serious flu season in many years. I would like to acknowledge the efforts of our leadership team in dealing with the logistical challenge that we have faced each day in staffing our school at this time. I would also like to thank our teachers and Education Support Staff for how well they have supported our students' learning and well-being at this time. Despite the staffing challenge, it has been "business as usual" at KPS, but we could not have made this happen without a phenomenal team effort from our staff.

Free Flu Vaccinations:

While on the topic of the flu, last week, the Victorian Government announced it is providing free flu vaccinations to all Victorians aged 6 months and over. The free flu vaccinations will be provided between 1 June and 30 June 2022 to boost vaccination coverage, to help keep Victorians well over winter. With case numbers rising quickly, families are encouraged to get vaccinated against the flu to help stay well and avoid hospitalization during the colder months. More than 3,000 GP clinics and pharmacies across the state have been invited to offer the free flu vaccinations. Along with getting a flu vaccination, keeping up to date with COVID-19 vaccinations will also help your family to stay well this winter. Contact your GP or community pharmacy to ask about receiving a free flu vaccination.

Learning Highlight - Poetry Writing

My learning highlight from this week centres on the great poetry writing which has been taking place at KPS over the last few weeks. At today's assembly, some of our students shared their poems and it was wonderful to see their enthusiasm for writing. My particular highlight was the work of one of our Grade 6 students, Khilah O'Brien, in crafting a very expressive narrative poem. Great work Khilah!

Semester 1 Student Reports:

Semester 1 student reports will be available for download from the Compass portal after 4 pm on Thursday, June 23rd. Parents will also receive a student reflection in which students identify their learning highlights and progress from Semester 1. The final piece of the reporting package is an attendance report which outlines your child's attendance for Semester 1 using a traffic light system. Semester 1 reports will form one of the key discussion points during Parent / Teacher conferences which will take place in Term 3 (further information below).

Parent / Teacher Conferences

In recognition of the impact of illness upon families, we have adjusted our Parent / Teacher conference structure to maximize the opportunities for attendance. In Term 3, interviews will be held over four afternoons during the Monday and Tuesday of Weeks 2 and 3 of the school term. Interviews will be held in person, however we can also accommodate virtual interviews if families are impacted by illness. Full details on the interview schedule and the booking process will be released next week.

Attendance and Illness Notification:

If your child is absent from school due to illness, it would be greatly appreciated if you could log your child's absence via the Compass app or notify our office. Notifying us of an absence due to illness reduces the follow-up communication which we are required to implement for all unapproved absences, in addition to being valuable information for your child's teacher. Thank you to all of our parents and carers who already follow this protocol.

Professional Practice Day and End of Term.

I would like to remind parents and carers that the last day of student attendance for Term 2 is Thursday, June 23rd. Students will be dismissed at their normal dismissal times on this day. On Friday, our teachers and Education Support staff will be undertaking professional learning activities as part of our schoolwide Professional Practice Day.

All the best,

Neil O'Sullivan
Principal

2nd Hand Uniform



2 Days Only

15/06 & 16/06

2:50pm - 3:30pm

at the Library Undercover Area

Gold coin per garment

Please bring along your own bag

All proceeds will be donated to State Schools' Relief who are a not-for-profit organisation that improves the lives of tens of thousands of disadvantaged Victorian students and their families each year.



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 connect with the school 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!

Next week HHH will be:

- Sorting and shelving library books
- Assisting with the 2nd Hand Uniform sale

Where: **LIBRARY**

When: **Wednesday 15 June**
at 2pm



Days and times will change weekly. We'd love to see you in the school library next Wednesday, feel free to bring along a hot 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

Kilmore Primary School

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

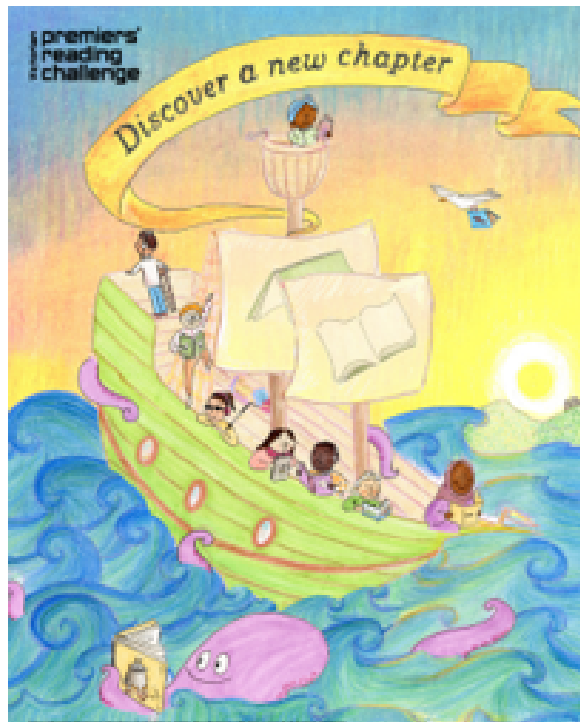
Student Awards

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 this Friday.

We congratulate for this week:

Foundation E — Mason Isles	Grade 2H — Tom Rennie	Grade 5F — Jocelyn Huffer
Foundation G — Daniel Biddick	Grade 2M — Archie Gould	Grade 5M — Gurleen Gill
Foundation M — Kyle Kenny	Grade 2P — Kabir Sidhu	Grade 5S — Braydan Neasham
Foundation S — Nait Harris	Grade 3D — George Wigg	Grade 6B — Maleah Munokoa
Grade 1H — Robin Bhanot	Grade 3K — Oli Fandrich	Grade 6E — Meisha Tate
Grade 1M — Alaysha Laundry	Grade 3R — Willow Penrose	Grade 6J — Ryan Bickerdike and Pearl Kaur
Grade 1N — Aneira Morgan-Eeles	Grade 4J — Oliver Simner	Specialist F-2 — Maxi Praag 3-6 — Archer Briggs
Grade 1T — Zara Schultz	Grade 4S — Noah Tabone	
Grade 2F — Mason Connolly	Grade 4V — Kate Oates	



victorian premiers' reading challenge

START
READING
NOW!



The Victorian Premiers' Reading Challenge is **NOW OPEN** and **KPS** is excited to be participating!

Thank you to those students who have already registered...we hope you are enjoying the Challenge! We would love to see the whole KPS student community participating and there is still plenty of time to start logging books. The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 2 September 2022.

The PRC has its own website where students can log the books that they read. It also offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with digital badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

Also...all students who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers!

If you child/ren would like to join in the fun, please email Liz:

elizabeth.simner@education.vic.gov.au and I will send you a username and password, a link to the PRC login page and instruction to get you started!

Happy Reading! 😊

SAT News

Reminder of our upcoming SAT Bread Bag Recycling Program

This year the SAT will be collecting Bread Bags! We have registered for the Wonder Recycling Rewards Program. This program has great environmental and school benefits. We can help the environment by reducing waste and help our school by collecting points that can be used to purchase new sports equipment. We are also in the running to win some play ground equipment.

The program kicks off on the 30th of May but we can start collecting at home before then to boost our collections. All you need to do is keep any bread bags at home and bring them into school when our recycling boxes arrive in Term 2. Last year with your help we collected around 15kg of bread tags. Hopefully this year we can reach **25kg of bread bags!** Some key information is below and we will post more information when it is available. For further information ask your S.A.T representative or Mrs Rowe.



	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
REGISTRATION		14/3 -8/4							SCHOOL HOLIDAYS		
STARTER PACK DELIVERY			25/4 -27/5								
COLLECTIONS				30/5-9/9							
FINAL TALLY IS COUNTED			SCHOOL HOLIDAYS			SCHOOL HOLIDAYS			3/10 -7/10		
REDEEM SPORTS EQUIPMENT									10/10 -21/10		
SPORTS EQUIPMENT DELIVERED TO SCHOOLS										24/10-23/12	

TWO RECYCLING REMINDERS

It's important that items being recycled are not contaminated with other products and are as clean as possible. Here's a quick checklist for you:

What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process but they do not need to be washed.



Buzz from the Beehive !!!!



KPS' Beehive is buzzing with our Bee Ticket Bonanza fast approaching!

This special day will give our students a chance to "cash in" some of their hard-earned Bee Tickets. Stay tuned for more details over the coming weeks!



Connecting With Kimberly



Little People, Big Feelings

Dr. Justin Coulson will be hosting a free webinar where he will talk about supporting our children's emotional regulation and key strategies to best support our children in tricky moments.



This webinar will occur Tuesday 14th June and registration to this can be found here:

https://happyfamiliesfamilyeducation.ac-page.com/little-people-big-feelings-free-webinar?utm_source=Website&utm_medium=LandingPage&utm_campaign=FW_051_LPBF_ORG



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://>

Parentline



Ph: 13 22 89

<https://>

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

Kilmore Primary School Activities Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 8:15-8:40am	Where: Stadium Foyer			Where: Stadium Foyer	Where: Stadium Foyer
RECESS					
PLAY	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Lego Masters	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 
Connect (Eating Area)	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 
LUNCH TIME					
Friendship Stop (1st Half Lunch)	Where: Library 	Where: Library 	Where: Library 	Where: Library 	Where: Library 
Minecraft Club (1st Half Lunch)	Where: ICT 		Where: ICT 		Where: ICT 
Coding Club (1st Half Lunch)		Where: ICT 		Where: ICT 	
Art		Where: Art room 		Where: Art room 	
PLAY Lunch	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Song and Dance				Where: Performing Arts Room 	
Pokemon Club (2nd Half)	Where: Spare classroom 				Where: Spare classroom 
Stadium Sports 1st Half Lunch			Where: Stadium Grade: 4 	Where: Stadium Grade: 5 	Where: Stadium Grade: 6 

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

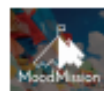
Online program for parents and caregivers providing evidence-based parenting strategies.



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.



**A FREE seven session program for fathers of
2 -12 year old children**

Dads Tuning in to Kids teaches you how to help your child understand and manage feelings ('emotional intelligence')

Children with good emotional intelligence:

- have better concentration at school
- have greater success with making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry

**Tuesdays 6pm - 8pm
starting 3 May - 14 June 2022
Online**

**Call FamilyCare's Central Intake 1800 161 306 to register your
place or [register online here](#)**



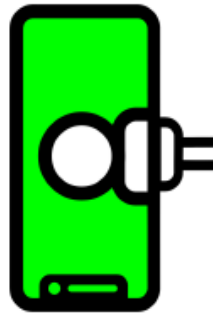
**This workshop is for parents and/or carers in the Goulburn Region
(Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)**



VicHealth® Everyday Creativity Partnership



proudly supports



SmartphoneStories

**FREE COMMUNITY-BASED SMARTPHONE FILMMAKING
WORKSHOP IS COMING TO MITCHELL SHIRE (AGES 12-18)**

Learn Skills | Make Films | Your Phone | Your Voice

Dates: Wednesday 6th and Thursday 7th July 2022

Times: 10am - 5pm

Location: Wallan Youth Room (located inside the Wallan Multipurpose centre) - 42 Bentinck St Wallan, 3756
Bookings essential.

Register today at www.smartphonestories.com

YOUE MITCHELL YOUTH SERVICES

Project Partners



This project has been assisted by VicHealth - Everyday Creativity Partnership grant and the Australian Government through the Australia Council, its arts funding and advisory body



Mitchell Youth Services supported by



SMARTPHONES/SMART FILMS

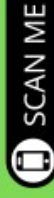
START MAKING FILMS TODAY

This two-day workshop, funded by VicHealth and delivered by Cinespace Inc. gives you all the skills you need to get started.

PLANNING
SHOOTING
EDITING
SHARING

**MAKE YOUR FIRST TWO MOVIES, ONE DURING
THE WORKSHOP, AND ONE WITHIN THREE
MONTHS! SCREEN YOUR FILM!**

For more information or to register in your area,
visit www.smartphonestories.com
You can also email us at info@cinespace.org.au



YOUE MITCHELL YOUTH SERVICES

Project Partners



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