

# Kilmore Primary School

Principal: Mr Neil O'Sullivan

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**NEWSLETTER** 

Friday, 18th March 2022























#### March

Tuesday 29th

Friday 18th Conveyance Allowance Applications Due

School Tour (refer page 10 for details)

#### **April**

Friday 8th House Colours Day Last day of Term 1–**2.30pm finish** 

#### June

Friday 24th

CSEF Applications Due

## HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays this coming week: Matias Peel, Jensen Hains, Ackston Cleary,

Patrick O'Rourke, Jack Wright, Alby McGivney and Phoenix Cole



## **Facebook**

As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via kimore.ps@education.vic.gov.au or by calling the office on 03 5782 1268.

## **Bus Zone**

School Bus Service

Please leave the bus parking zone on Lancefield Road clear at all times for buses to park. We have at least two buses daily that use the Lancefield Road bus zone. There is no car parking from the school crossing through until the disabled parking bays.

# School Crossings

For the safety of all students, parents and our lovely Crossing Supervisors, we ask all drivers to please stop at the school crossings when you see the Crossing Supervisor with their sign pointing out towards the road and remain stationary until the Crossing Supervisor is back on the footpath.

#### COLLECTING YOUR CHILD FROM SCHOOL EARLY

We would like to make families aware of our pick up procedures for collecting students early.

Staff can only arrange for children to come to the office once a parent/guardian arrives at the office.

Children cannot be waiting for parent/guardians in the office prior to your arrival.

Please allow an extra 5 to 10 minutes prior to needing to depart the school.

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



#### **Thanks and Gratitude: Random Act of Kindness**

On Wednesday, I witnessed a lovely act of compassion and care from some of our Grade 5 students. While playing football on our oval, one of our younger students lost a hearing aid. As you can imagine, trying to find a hearing aid on a large oval is not an easy task and the adults (including myself!) were not able to find the lost hearing device. Our Grade 5 boys, sensing how much of an impact that the lost device was having upon the younger student, were incredibly committed to helping in the situation. It was a special moment when they found the hearing aid and I am incredibly proud of how they displayed our school value of "Kind."

#### **Resilience Project Staff Training**

Yesterday, our staff undertook a training session with Peter Seerhusen from the Resilience Project. For may years now, the Resilience Project have been a shining light in promoting student and adult wellbeing within Australia. During the session with Peter, our staff learned about the current statistics regarding student mental health in Australia and also how to assist students who may be experiencing mental health difficulties. As part of our wellbeing focus, all students have three lessons per week using materials from the Resilience Project and other evidence-based resources. Over the course of the year, we will continue to work with the Resilience Project in addressing this important challenge for our community.

#### **Rapid Antigen Test Distribution**

Today students will be taking home a packet of Rapid Antigen Tests to support testing during Weeks 8 and 9. I would like to thank our community for engaging so well with this important initiative. Across the state and within our area, some schools have had to transition back to remote learning for short periods of time due to the extent of transmission of COVID-19. Due to the diligence of our staff, students and community we have been relatively unaffected in comparison to other school settings. This is a fabulous outcome for our community and I encourage everyone to be vigilant in the monitoring of symptoms and the completion of testing.

#### <u>Student Leadership – Gardening Ambassadors</u>

We are fortunate at KPS to have a range of student leadership across our school. In 2022, we have an incredibly committed band of Gardening Ambassadors who have been doing an amazing job in looking after our school garden and grounds. In a short period of time, they have completely overhauled our vegie garden and prepared it for planting. I would like to commend them on their efforts and the passion they have demonstrated for their roles.

#### **Halogen Young Leaders Day**

Next Wednesday, Mrs. Rowe and I will be taking some of our student leaders to the Halogen Young Leaders Day at the Melbourne Convention Centre. This is a great opportunity for our school leaders to learn from the experiences of people such as Olympian Cate Campbell, aviator Lachie Smart and sportsperson Damien Fleming. This event is considered the premier event for school leaders within Australia and I am looking forward to seeing our student leaders learn and grow from their experiences on the day.

All the best,

Neil O'Sullivan

**Principal** 



# **FS Practising Writing High Frequency Words**







Molly Lazurus 5F enjoying activities celebrating St Patrick's Day. Molly dances for O'Shea-Ryan Irish Dancing Kilmore.



esafety.gov.au/young-people

eSafetyyoungpeople

## **Connecting With Kimberly**





I can be contacted via email:

<u>Kimberly.batsas-hill@education.vic.gov.au</u>
or 5782 1268 for any student and family
wellbeing needs at any time.

Best, Kimberly Batsas-Hill Social Worker -Primary Welfare Officer The following services are available outside of school hours.

\*\*\*In the event of an emergency please call 000\*\*\*

#### **Kids Helpline**



Ph: 1800 551 800

# https://

Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188 https:// www.safesteps.org.au/

#### **Parentline**



Ph: 13 22 89 https://

#### Lifeline



Ph: 13 11 14 https:// www.lifeline.org.au/



National Day of Action against Bullying and Violence

Friday 18 March 2022

bullyingnoway.gov.au





## Part 4: Mindfulness

## Parent and Carer video series.

This program is an important part of our school's effort to look after the mental health of our community.

Today's presentation from The Resilience Project is all about Mindfulness.

Mindfulness is our ability to be calm and present at any given moment. We practice this by slowing down and concentrating on one thing at a time.

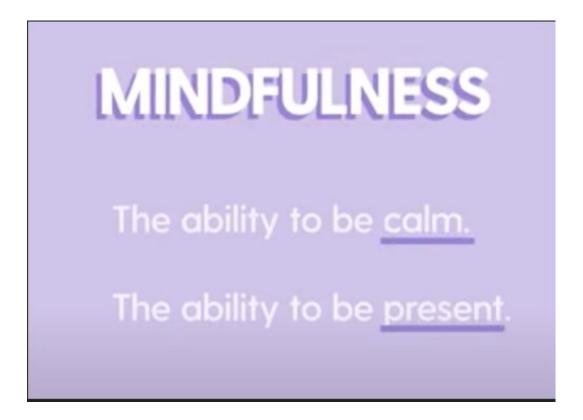
Thousands of studies have proven benefits include reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View Part 4 of the series here - Mindfulness https://theresilienceproject.com.au/parent-and-carer-hub-hugh/

Mindfulness can be practiced through meditation, yoga, flow-states and daily activities such as cooking.

Source: UC Berkeley, Greater Good Science, American Psychological Association

For mental health resources and support information, visit The Resilience Project's Support Page



We will be in touch weekly to share the remainder of the program, including research and wellbeing activities to integrate into day to day life.

# Be KIND Be PROUD Be SAFE

Earlier this week a group of Grade 5 students demonstrated our value of **Kind.** When the children heard that there was a missing hearing aide on the oval, they jumped into action. Out in the drizzling rain as a group they successfully located the very important item. For this demonstration of kindness, the boys were rewarded with 'Queen Bee Tickets'. These are equivalent to 10 of our regular Bee Tickets. Well done boys for demonstrating our Value of Kind! The Leadership team is always on the lookout for students demonstrating our values, worthy of a 'Queen Bee Ticket'.









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# 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 — Pippa Dove	Grade 2H — Mason Montagnese	Grade 5F — Isla Dove
Foundation G— Willow Levy	Grade 2M — Dylan Stoneman	Grade 5M— Brycen Longshaw
Foundation M — Mitchell Fowler	Grade 2P — Caleb Hallam	Grade 5S — Jess Baker
Foundation S — Lukah Pardo	Grade 3D — George Wigg	Grade 6B — Dylan Galea
Grade 1H — Huma Noor	Grade 3K — Frankie Dove	Grade 6E — Seth Curcio
Grade 1M — Aleah Jones	Grade 3R — Hannah Rutledge	Grade 6J — Blake Benham
Grade 1N — Brooklynn Hawkless	Grade 4J — McKenzie Mildren	Specialist F-2— Nikki Skoufis FS 3-6— Xavier Trefz 6E
Grade 1T — Layla Jamieson	Grade 4S — Isabelle Turner	
Grade 2F — Brayden Dunlop	Grade 4V — Adele Stoneman	

## Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc

## **Visitors**

Anyone remaining onsite at Kilmore Primary School for more than 15 minutes must sign in as a visitor at the office.

## **Drink Bottles**

All students need to bring a drink bottle to school.



#### **Late Arrivals**

Dimeh

Orders

If your child arrives after 8.50am please ensure they go to the office to be signed in

If they are not signed in you will receive an SMS stating that your child is away.



#### REMINDER TO WEAR YOUR HAT

All students and staff are required to wear hats that protect their face, neck and ears, i.e. legionnaire, broad brimmed or bucket hats, whenever they are outside.





Be KIND Be PROUD Be SAFE

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





# School Tours Term 1 2022

Wednesday 16th March 9:30am
Tuesday 29th March 9:30am

Please click on your preferred date above to RSVP



KIND

# **Kilmore Primary School**

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

Ph 03 5782 1268 Email Kilmore.ps@education.vic.gov.au

Remember to Stop. Look. Listen. Think. when crossing a road





We have 2 reserved spaces at the front of the school on Sutherland Street and two reserved spaces on Lancefield Road.

If you do not hold a valid permit please keep these spaces clear.

## **Performing Arts**

This term in Performing Arts, the Year 1's and 2's are learning all about sustainable sounds. During this unit, students are going to be making their own instrument out of recycled goods.

We are going to be focusing on making shakers and rain sticks out of recycled tubing and we would like to ask for your help in collecting any recyclable tube shaped items you may have at home.

The perfect pieces would be empty toilet rolls, paper towel rolls and pringle cans, but if you've got something else that may work, we will happily take it and give it a try!

Please feel free to send them along to school and I will organise collecting them from the classrooms.

Thank you so much in advance.

Miss Brennan and the Year 1's and 2's









More information visit:

assumption.vic.edu.au

# ?

#### When is the cut-off date for Year 7 2024?

Applications for enrolment for Year 7 in 2024 are due Friday, 19 August 2022.

#### What is the latest application date for Year 8 to 12?

Applications for enrolment for Year 8 to Year 12 2023 close at the end of Term 3, 2022.

#### What if I miss the cut-off date?

Contact our College Registrar as soon as possible via registrar@ assumption.vic.edu.au. Late applications automatically go on a waiting list.

#### How do I apply?

To apply for a place at Assumption College, please use our online application form which is located on our College website – assumption.vic.edu.au/enrolment/apply-now

## What information needs to be supplied with the completed online application form?

The following supplementary information is required when submitting an application with Assumption College:

- Birth certificate
- Most recent school report
- NAPLAN report
- Baptism information if applicable
- Visa if student born overseas
- Immunisation history statement
- Custodial arrangements (if any)

#### When will I find out if our application has been successful?

Our College Registrar will be in touch with you every step of the way. Year 7 2024 applications will be notified after 21 October 2022.

#### How much is an Application fee?

\$500 is payable upon submission of an application. If you are experiencing financial hardship during this pandemic, please contact the College for an alternative arrangement.

#### Does our family need to be Catholic?

Being Catholic is not a pre-requisite.

#### Can I see the College prior to completing an application?

We encourage families to come and see why we think Assumption College is so great. You can either phone or visit our College website to book a tour.

#### You can't come onsite?

We have the solution! You can now tour the grounds of ACK without leaving your lounge chair! Click on various campus buildings and locations. Visit assumption.vic.edu.au/enrolment/virtual-tour

#### What is myMAP?

myMAP provides a contemporary learning model designed to facilitate the actualisation of life goals – preparing future graduates for high levels of achievement at university and beyond. The goal is for students to experience deep learning in their chosen subjects, attain ownership of their learning and connect the knowledge and skills they develop to the world beyond Assumption College. The "MAP" in myMAP stands for Mastery, Autonomy, and Purpose.

#### What is myBeing?

Created to complement the myMAP platform, myBeing is a threeyear program that fosters social and emotional development. myBeing focuses on:

- Personal relationship building
- · Learning to learn
- Food, nutrition and education
- Safety (online, physical and personal)
- Vocational pathways
- Mindfulness
- Teen Mental Health First Aid

#### What is mySTEP?

The mySTEP transition program includes a fully immersive experience. It aims to help provide opportunities for teachers and students to work together prior to students officially starting in Year 7. The purpose is to ensure Primary school students feel supported so the transition becomes as effortless as possible.

#### What is the Year 7 Quaere Program?

myMAP utilises Year 7 as a transition year where students engage with a variety of diverse learning domains across the Victorian Curriculum. Students will view this year through a lens of self-exploration; discovering and understanding their interests, abilities and goals.

#### Is Assumption committed to wellness?

For our students to flourish academically and in all areas of their lives, it's important that they are happy and enjoy being at school. Their safety and physical and mental wellbeing are of paramount importance to us.

The college has counsellors (including psychologists) who are available to help students and their families. Our wellbeing team includes a paediatric occupational therapist and an educational psychologist who are available for consultations, which may be eligible for Medicare rebates.

#### Does your child require learning support?

Our Personalised Learning team offers support to all students who would benefit from a personalised approach to supporting them to optimise their educational potential. This includes students with diverse learning and support needs. The Personalised Learning team works in partnership with parents/carers, teachers, students and external support services, to ensure that students are supported to optimise their performance, and to achieve their social, spiritual, physical and academic goals.

#### Where can I find out information pertaining to the College Uniform?

Academy Uniforms are our uniform supplier and all students are expected to wear it. Visit our website for links, opening hours and details pertaining to costs:

assumption.vic.edu.au/enrolment/uniforms



## FINANCIAL ASSISTANCE

### INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

#### **CAMPS, SPORTS & EXCURSIONS**

#### **FUND (CSEF)**

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is: \$125 for primary school students \$225 for secondary school students

#### **MORE INFORMATION**

For more information about CSEF visit: <a href="https://www.education.vic.gov.au/about/programs/Pages/csef.aspx">https://www.education.vic.gov.au/about/programs/Pages/csef.aspx</a>

#### **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.





# 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

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



#### 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).



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.



#### Practical tools, support and moderated forums to

help youth get through everything from everyday issues to tough times.



Black Dog

## The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



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

#### 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.



Free online programs for a range of issues, with self-guided or therapist support options.



#### MvCompass

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.



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.



An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



ParentWorks 4 8 1 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



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.



A free app and online tool that helps users create a safety plan for when experiencing suicidal

#### Aboriginal and Torres Strait Islanders



Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



A social and emotional wellbeing self-help app for young Aboriginal and Torres Striat Islander Australians aged 15 years and older.













A website that links Australians to free or low-cost

# COME & TRY SESSIONS

**ALL SESSIONS ARE FREE!** 

## **BROADFORD**

**MONDAY 28TH MARCH** 

**BROADFORD STADIUM** HIGH STREET BROADFORD 4:30PM - 5:30PM

## WALLAN

WEDNESDAY 30TH MARCH

R.B.ROBSON STADIUM BENTINCK STREET WALLAN 4:30PM - 5:30PM

## **KILMORE**

**TUESDAY 29TH MARCH** 

KIMORE PRIMARY SCHOOL LANCEFIELD ROAD **KILMORE** 4:30PM - 5:30PM

## BEVERDIGE

**THURSDAY 31ST MARCH** 

BEVERDIGE PRIMARY SCHOOL AMBROSIA WAY **BEVERIDGE** 6:00PM - 7:00PM

#### PRE-REGISTRATIONS REQUIRED

Phone: (03) 9001 6910 Email: wallanbasketball@gmail.com www.wallanbasketball.com.au

Scan the QR Code to register





# **GIRLS ONLY!** COME & TRY SESSIONS **ALL SESSIONS ARE FREE!**

**RUN BY WALLAN PANTHERS BIGV WOMEN'S PLAYERS!** 

Girls Only Come and Try Sessions are the perfect place for young female ballers to learn some basketball skills and also get a feel for our programs! There is little to no experience required to attend these sessions, the focus is fundamental skills and enjoyment

**THURSDAYS** MARCH 17TH, 24TH, 31ST & APRIL 7TH

R.B.ROBSON STADIUM BENTINCK STREET WALLAN 5:00PM - 6:00PM

#### PRE-REGISTRATIONS REQUIRED

Phone: (03) 9001 6910 Email: wallanbasketball@gmail.com www.wallanbasketball.com.au

Scan the QR Code to register







#### **SEASON CALENDAR**

28TH APRIL - SKILLS SESSION **ROUND 1 ~ 5TH MAY** ROUND 2 ~ 12TH MAY **ROUND 3 ~ 19TH MAY** ROUND 4 ~ 26TH MAY ROUND 5 ~ 2ND JUNE ROUND 6 ~ 9TH JUNE ROUND 7 ~ 16TH JUNE ROUND 8 ~ 23RD JUNE

\$25.00 BV Annual Insurance \$60.00 Player Registration Fee

**Register Here:** 





# Kilmore Netball Club Inc Registrations OPEN

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

9 and Under Years 2015, 2014,2013

11 and Under Years 2012, 2011

13 and Under Years 2010, 2009

16 and Under Years 2008,2007,2006

#### Here is the registration link

https://netball-

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

Contact: Will Hanna 0419 471 565











