

Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 18 November 2022

Ambulance Victoria—Foundation Incursion

On Tuesday, Foundation students were visited by Natasha and Hannah from Ambulance Victoria. Students learnt about some of the important equipment they use, including blood pressure and heart rate monitors, a neck brace, a pulse oximeter, as well as a splint and bandages. Students explored the inside of an ambulance and took a ride on the stretcher.

A huge thank you to Natasha and Hannah for your fun and educational visit!





REMINDER Secondary College Information Nights



Broadford Secondary College

Broadford Secondary College
Parent Information Night with be held on:

Tuesday 29th November commencing at 6.30 PM



Wallan Secondary College Parent Information Night with be held on: Tuesday 6th December

commencing at 6 PM

Thank You! Thank You! Thank You! 🙊



Kilmore Toyota

Bushi Juesday

WOW...KPS munched their way through 301 Sushi rolls today!

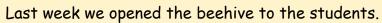
A big thank you to Emily and the crew from Kilmore Toyota for preparing and delivering the lunches to school today.

Kilmore Toyota have also generously donated \$1.50 per roll...so that is a total of \$451.50 going back to the school to support our programs.

Thank you to all families who ordered, we hope the students and teachers enjoyed their special lunch!



Buzz from the Bee Hive!!!!



It's always such a pleasure to see the students enjoying the pop-up shop and being able to choose a little something special to reward their Kind, Proud and Safe values they have displayed during the term.

Thank you to everyone who helps make the beehive such a special place for our students.



The Wellbeing Team.









<u>Thanks and Gratitude - Grade 5 Leadership Speeches</u>

My learning highlight from this week is the great work that our Grade 5 students have put into their leadership speeches. On Tuesday and Thursday our Grade 5 students did an outstanding job in delivering their speeches to their peers. These speeches were some of the best that we have ever heard at Kilmore Primary School, and it is a credit to the work that our teachers have put into supporting our Grade 5 students. After a voting process, the top six students will proceed to an interview process where they will have a further opportunity to demonstrate their leadership skills. I would like to thank all of our Grade 5 teachers for the extensive preparation work they undertook in preparing our Grade 5 students – the results of their work was obvious to everyone. I would also like to thank all of our Grade 5 students for the confidence and risk-taking they showed by putting their names forward for leadership roles – we have some great role models amongst our Grade 5 students and we are very proud of their efforts.

Swimming Program

This week families were notified about KPS whole school swimming program. Over the course of three weeks, every year level will have the opportunity to undertake five swimming lessons at the Kilmore Leisure Centre. The program is being fully funded by KPS so there is no cost to families. While schools are provided with funding, our School Council is dedicating a significant amount of funds towards the program to ensure that no child misses out.

Drumbeat Program

Over the last few weeks, our Wellbeing Program Officer Richie Boyer has been working with many of Grade 2 students as part of our KPS Drumbeat program. The Drumbeat program promotes confidence, co-operation and group interaction through the medium of drumming. The program has been an outstanding success and I would like to thank Richie for his work with the group. Our Drumbeat group will be performing at our next assembly and I look forward to hearing them in action.

Christmas Concert

As mentioned in a previous newsletter, our Christmas Concert will be taking place on Monday, December 19th from 6pm to 7.30pm. The concert will be held outdoors on our AstroTurf area and every year level will perform an item. Our School Captains will host the event and it will be a great opportunity for them to display their public speaking skills in front of a large crowd. Our Family and Friends group will also be catering on the night to raise money for KPS and to provide families with meal options for the night.

Mitchell Shire Carols

While we are on the topic of Christmas Concerts, our KPS choir will be performing two items as part of the pre-show entertainment at the Mitchell Shire Christmas Carols. Ms. Meath has been working with our choir students each week over the last two terms and the students are very excited about displaying their singing talents on the night.

All the best,

Neil O'Sullivan Principal





November

Friday 25th

Conveyance Allowance applications due

Wednesday 30th

"Give the Mo a Go" Day 4

December

Wednesday 7th

Payment Due for the following Grade 6 Events:

- * Funfields
- * Graduation Bears
- * Graduation Dinner

Wednesday 14th

Grade 6 Graduation Ceremony and Dinner

Tues 15th to Sat 19th November

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

Monday 19th

Christmas Concert and Amazing Christmas Raffle draw

Tuesday 20th

Last day of term for students—1.30pm dismissal

HAPPY BIRTHDAY

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

Spencer Suturkovski, Evie Brizzio,

Indiannah McNab, Kate Oates, Arlo Lamb. Sully Fandrich, Payton McDonnell, Levi Potter, Ryan Wills, Arjeetha Kumar and Shahmeer Khan.



If any of your personal details change such as address, email, phone numbers, emergency contacts etc. it is important to contact the office as soon

CHANGE OF CLOTHES



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



2nd Round Orders Are Due 10th February for 2023 Grade 6 Jacket & Polo orders (refer notice on page 13)



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 5782 1268.



2023 Book List/Stationery Packs—Please check your emails

Families have been emailed a link via Compass for ordering 2023 Book Lists. Please remember to order for your child's 2023 class. The email incudes our future Foundation students for 2023.

You can also view the booklist/stationery packs on our Kilmore Primary School website: https://www.kilmoreps.vic.gov.au

Go to Parents tab—2023 Stationery Packs and select the year level for 2023.

AFL Victoria

VICTORIA

This week we had AFL Victoria attend KPS to deliver their AFL Primary Play footy program to our Grade 3 cohort. This

program focused on hand ball and marking skills, strengthening our practical skills needed to play AFL. The students also participated in fun and interactive games and a skills talent show to show of their own footy skills!







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 — Jasmine Haby	Grade 2H — Asher Everitt	Grade 5F — Abigail Mecklam
Foundation G — Lucas Brown Bonnie Carter	Grade 2M — Isla Leithhead	Grade 5M — Josh Carmichael Liam Nichols
Foundation M — Charlotte Peter	Grade 2P —	Grade 5S — Hamish King
Foundation S — Madeline Knight Tate Hoebert	Grade 3D — Samantha Alyssa Peter Olivia Riley Axel Jensen	Grade 6B — Ayden Burns
Grade 1H — Evie Nicholas	Grade 3K — Ruby Evans Grace Lappan	Grade 6E — Shylah Parker
Grade 1M — Alex Downie	Grade 3R — Charlotte Hepper Patrick O'Rourke	Grade 6J — Jade Shearer
Grade 1N — Jade Russell-Oakley	Grade 4J — Dean Hyatt Cooper	Specialist F-2 — Evie Novak 1T 3-6 — Aeliana Chapple 6E
Grade 1T — Kaylee Wright	Grade 4S — Luca Minnitt	
Grade 2F — Chanelle Stuart Caleb	Grade 4V — Logan Ireland	





PLEASE NOTE SMILE SQUAD NOW POSTPONED TO 2023

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

All students attending government schools are eligible for free treatment. Students <u>do not need</u> a healthcare card, Medicare or the Child Dental Benefits Scheme.

Each student will be bringing home a consent pack to take home (white envelope with orange writing). Families who would like to avail of the service will need to complete a <u>consent pack for each child</u>. Students will only be seen at the Dental Van if consent pack is returned to the school.

The Smile Squad will first visit our school to undertake oral health examinations and preventative care. After the 15 minute examination, students will receive a care plan.

If no further treatment is required, students will be seen in 12 months for their next dental examination. If a student requires follow-up treatment, an individual care plan will be sent home for parental/carer consent before treatment is provided.

Following the students visit to the van, the children will be provided with a free dental pack and education on teeth brushing and healthy eating.

DO NOT PARK IN OR BLOCK DRIVEWAY AT ANYTIME

PLEASE DO NOT BLOCK DRIVEWAY THANK YOU

"Give the Mo a Go' Day.



On Wednesday 30th November, KPS will be holding the 4th Annual 'Give the Mo a Go' Day.

Students will be able to bring in their own unique and creative Moustache and wear it throughout the day.

This will be a fundraising opportunity where students can bring in a gold or silver coin donation, with the proceeds going straight to my Movember Page.

This month does mean a lot to me, so to have the school community support will be amazing.

If you would like to donate, please click the link below:

https://movember.com/m/nathanbabic?mc=1

My goal is to reach \$1,000 for the 4th year in a row.

If you have any questions please contact - Mr Babic



LIBRARY NEWS!



Hi everyone!

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

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

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

Thank you!

Liz – Library Technician



2023 Registrations Now Open!!

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

After 1-1-23

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



Can|Foster.com.au | 1800 932 273

REMINDER TO WEAR YOUR HAT

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

Please note the school does not sell hats. You can purchase your hat from All Things Uniform, Broadford.





Drink Bottles

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





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

If you do not hold a valid permit please DO NOT PARK in these spaces.

COLLECTING YOUR CHILD FROM SCHOOL EARLY

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

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

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

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

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

Connecting With Kimberly



Parent Information Session - Building Resilience in Children



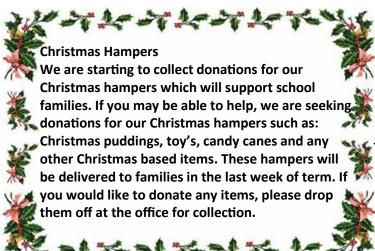
You are invited to attend an online parent information session, facilitated by psychologist and author, Andrew Fuller. Andrew will discuss building resilience in children and how parents can develop these skills.

Time: 7.00pm-8.00pm

Date: Tuesday 22nd November 2022

Register to attend here:

Parent Information Session - Building Resilience in Children Tickets, Tue 22/11/2022 at 7:00 pm | Eventbrite



***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 <u>https://</u> 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.

Best,

Kimberly Batsas-Hill

Social Worker - Primary Welfare Officer

Child and Family Services Timetable Term 4 2022

Tuning in to Kids

A six session program for parents of 2 -10 year old's. Learn how to help your child develop emotional intelligence

ONLINE Thursday 13 October - 17 November 10am - 11:30am REGISTER HERE

Emotion Coaching - for teens

Our workshops are for parents and carers of teens who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children.

ONLINE Thursday 20 October 5:15pm - 6:45pm <u>REGISTER HERE</u>

Tuning in to Teens

A six session program for parents of 10 -16 year olds. Learn how to help your teenager develop emotional intelligence

Drumbeat

Drumbeat is for children and women who have experienced unhealthy relationships or experienced or been exposed to family violence.

Drumbeat for Kids Aged 9 - 13 years

12 October till 7 December 4pm – 5pm in Wallan (venue to be confirmed)

Drumbeat for Kids Ages 10 - 13 years

6 October till 1 December 4pm – 5pm at FamilyCare Shepparton

Women's Drumbeat

5 October till 2 December 10am – 11:30am at FamilyCare Shepparton

Call Central Intake 1800 161 306

The importance of play

Playing together is one of the most effective tools for building strong relationships with your child. FamilyCare Shepparton Wednesday 9 November

Wednesday 9 Novembe 10am - 12noon REGISTER HERE

Connections

A relationship building group for mothers and young children (0-4 years) who have experienced family violence

FamilyCare, Shepparton 10 October to 5 December

10am - 12 noon

Call Central Intake 1800 161 306



Top 5 online safety tips



- Think of others' feelings before you post, like or share content.
- Ask for permission before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 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.
- Use privacy and screen time settings to take control of your digital life and its impact on your mental health.
- Ask for help Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

Grade 6 Jacket and Polo Ordering



Families of Grade 5 students will have been emailed via Compass an order form for 2023 Grade 6 Jacket and Polo's.

First round orders closed on 26 October 2022

Second round orders are due 10 February 2023 for delivery to KPS before end of term 1 in 2023.

(All orders and payments must be placed directly with All Things Uniform).

Please contact the office on 5782 1268 if you require any assistance in locating your order form in Compass.



Family and Friends Pop Up Book Stall

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

Where- Stadium Foyer

When -

Tuesday 15th November 2.30pm to 4pm & 6 to 7pm
Wednesday 16th November 2.30 to 4pm
Thursday 17th November 2.30 to 4pm
Saturday 19th November 9.30 to 11am
EFTPOS available

Any questions please contact Jodie 0433271301



We need your HELP!

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

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

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

Raffle tickets sales will be announced shortly!

Raffle drawn at our end of year celebration evening Monday 19th December.

Any questions please contact Jodie 0433271301



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



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.



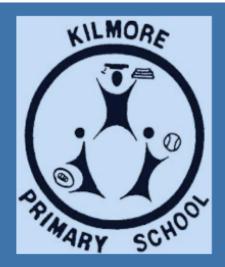












Kilmore Primary School

Helping Hands Hub

Kilmore Primary School is inviting parents and carers to get actively involved in supporting our school community. Helping Hands Hub (HHH) is an opportunity for you to connect with the school and meet others, in a casual and relaxed environment.

HHH jobs include a wide range of simple tasks from around the school, mostly taking place in the comfort of the library. You could be doing anything from tidying up the library and stamping books to cutting out and laminating letters for classroom display. You won't be asked to do anything you're not comfortable with and you will be given instructions on how to do it!



When: Every Wednesday afternoon from 2.15pm

We're meeting every Wednesday afternoon in Term 4, and would love to see you in the school library, feel free to bring along a hot/cold drink, we'll supply the biscuits.

Younger children are welcome!

Getting involved is simple.

- sign in at the school office
- make your way to the library (if unsure where, ask at the office)

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











25TH
NOVEMBER

26TH
NOVEMBER
10AM TO 10PM

27TH
NOVEMBER
10AM TO 2PM



MEET MINNIE MOUSE FROM DISNEY, BOB FROM THE MINIONS, PEPPA PIG OR SONIC THE WORLD'S FASTEST HEDGEHOG



CARNIVAL RIDES, FOOD TRUCKS, LIVE MUSIC, ENTERTAINMENT, MARKET STALLS, FIREWORKS AND MUCH MORE!



® RURBAN_KILMORE

SEE YOU THERE!

HELD AT ASSUMPTION COLLEGE KILMORE, 1 HOUR NORTH OF MELBOURNE TICKETS NOW OPEN – RURBAN.COM.AU









1.5 November 2022



Dear Neil,

ASSUMPTION COLLEGE

After the very tumultuous past few months, we'd like to invite you and your school community to come and have some FUNI Assumption College is once again hosting its annual *Pop-Up Theme Park* 'RURBAN' (RURal meets urBAN, for those who were wondering!).

RURBAN successfully launched in 2019 with all of the big rides and a number of side attractions, but it was in 2021 when we hosted 10,000 patrons to celebrate the end of COVID-19 restrictions that the event really made a name for itself. In 2022 we'd like to invite you and your school community to join us in a celebration of the very best of our region with people from all across our region!

Carnival rides!

Carnival ride ticketing is available in a variety of packages. More information about ticket package options and purchase can be found here.

Looking for a 'home base' for the day? Families can hire a marquee!

Make it easy to gather together to enjoy good food, company and entertainment with a 'home base' as you sample the delights of RURBAN. Families will love the opportunity to provide their kids with somewhere to come and go from, while older members of the group will appreciate a respite! Sessions will be available across the entire weekend. Visit the RURBAN website for more information about marquee booking options.

Fine Dining and Fireworks

Looking for something a little more special? For those who'd like to gather with some colleagues, friends or family for Fine Dining on Saturday evening (rather than the 'food of the fair'), this may be the option for you! Gather in the newly opened beautiful Neale Daniher Community and Sports Pavilion for a fully catered fine dining experience. Following a 3 course menu curated by two Assumption College graduates now working in first class restaurants across Australia, this package offers the best seats in the house to watch the fireworks display from the Pavilion balcony. Tables of 8, 10 and individual tickets are available. Tickets are \$150 and include alcoholic and nonalcoholic drinks. Bookings are essential here.

Colouring Competition

This year, we are introducing a RURBAN colouring competition – a great opportunity to showcase the budding Picassos of our community! The design has been attached to this email and is available for download from the RURBAN website. Simply colour in the design and upload the entry via the RURBAN website. The competition is open now to children aged between 5 and 12 and will close at 5pm on November 23. Entries are limited to one per child.

We have attached some flyers and materials to assist with communication to your school community and would be delighted to supply hard copy materials should you need support with this. A program of events for RURBAN will become available in the week leading into the event via the RURBAN website.

We look forward to celebrating with you, your staff, your family and friends very soon. Don't miss out on the opportunity to show your people that you value them and you value 'local'.

Kind regards,

Kate Fogarty Principal

Hatefogart

