

BOOK WEEK DRESS UP DAY 2022!

BOOK WEEK IN THE LIBRARY!



WHAT GREAT FUN WE HAVE HAD THIS WEEK CELEBRATING OUR FAVOURITE BOOKS, AUTHORS AND ILLUSTRATORS! THANK YOU TO EVERYONE WHO PARTICIPATED. FROM CLASSROOM ACTIVITIES TO SPECIAL LIBRARY SESSIONS AND RECESS PUZZLES AND CRAFT TO OUR BOOK WEEK DRESS UP DAY...WE HOPE YOU HAD FUN!



STUDENT PRIZE WINNERS WILL BE ANNOUNCED AT NEXT WEEKS ASSEMBLY!





August

Friday 26th

Conveyance Allowance Applications Due

Tuesday 30th

Father's Day Breakfast (refer page 10)

Wednesday 31st

Father's Day Stall (refer page 10)

September

Friday 16th

Last day of term 3

October

Wednesday 26th

1st Round Orders Due for 2022 Grade 6 Jacket & Polo orders (refer notice on page 9)

HAPPY BIRTHDAY

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

Kiara Baines, Samuel Streader,
Wyatt Wilson, Gevevieve Cox,
Liam Isles, Reid Sumner, Samuel
Anderson, Hunter Smith, Kikki Skoufis,
Kaylee Wright, Juliet Rutledge, Emily
Williams and Avantika Bakshi.



*Just a friendly
reminder...*

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

Facebook



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

CHANGE OF CLOTHES



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

2023 Foundation Enrolments are NOW OPEN

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

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

Children must be turning five before 30th April 2023.

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

Enrol
Now!

Bus Zone

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



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



Thanks and Gratitude—Book Week

Yesterday was a fabulous day for KPS as we celebrated Book Week by holding a Book Week dress up day. I am always impressed by the effort that our students and families put into this day and there certainly were some fabulously creative costumes on display. Perhaps what was even more impressive was the sheer number of students who dressed up for the day. Our teachers and education support staff also did a fabulous job with their costumes and our students smiled at seeing their teachers dressed up. During the parade in our stadium and the great turnout by our parents and families added to the atmosphere and created a feeling of the “old normal” from the pre-COVID years. My highlight from the day was to see the smiles of staff, students and families as we paraded around the stadium. I would like to thank our Grade 6 team for the work they put into organising our Book Week activities and also thank our librarian Liz Simner for the huge amount of organisational work she has completed to make Book Week such a success.

Learning Highlight – Art Work Displays

My learning highlight for this week is the outstanding artwork which is currently on display in our foyer area. I would encourage everyone to come and view the great displays which have been created by our arts teacher to showcase the work they have undertaken in creating terracotta warriors and other Asian art inspired artworks.

Grade 1/ 2 Incursion

Today our Grade 1/2 students are enjoying a shadow puppetry incursion. The incursion supports the learning they have been undertaking as part of their inquiry studies. Students have had the opportunity to watch a shadow puppetry performance and then follow up with some class-based puppetry work. It has been great to see our students embrace such a great learning opportunity.

Father's Day Breakfast and Father's Day Stall

Next week KPS will be shining a light on all of our fathers and special persons. On Tuesday morning, our Family and Friends organisation will be providing a special Father's Day breakfast from our stadium foyer. On Wednesday, students will have the chance to buy something special for their special person at our Father's Day stall. I would like to give a big shout out to all our Family and Friends group for the dedicated work they put in behind the scenes to make these great events happen.

District Athletics

37 of our students are competing at the District Athletics Carnival in Epping today. KPS has always performed very strongly in sporting events and our squad are very committed and focused on doing their best for their school. I look forward to hearing about the performances and results from the day.

All the best,

Neil O'Sullivan
Principal



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

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

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

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

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

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

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



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

Staff are not on yard duty until 8.30am

Connecting With Kimberly



The Grade 5 Experience:

This term we have been facilitating a wellbeing program with the grade 5 cohort, focusing on building our social and emotional skills. This program is a 3 day initiative, getting our students ready to transition to grade 6. To complement this program, we have also facilitated two parent sessions on anxiety and resiliency in young people presented by The Big Sister Experience. Thank you to those families who engaged with these parent sessions!



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

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/](https://kidshelpline.com.au/)

Parentline



Ph: 13 22 89

[https://
parentline.com.au/](https://parentline.com.au/)

Safe Steps



Sexual assault, domestic
and family violence

Ph: 1800 015 188

[https://
www.safesteps.org.au/](https://www.safesteps.org.au/)

Lifeline



Ph: 13 11 14

[https://
www.lifeline.org.au/](https://www.lifeline.org.au/)

Grade 5 Experience





A Message from Mitchell Shire Council

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

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

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

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 are due 26 October 2022 for delivery to KPS before school commences in 2023. 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.

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.

FRIENDS 'N' FAMILIES



DAY STALL
WEDNESDAY 31st of August

Gifts from \$1.00 - \$6.00

Raffle tickets \$1.00 each

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

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

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

KPS Father's Day Raffle Donations

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

Father's Day Breakfast:

for Dad, Stepdad, Grandpa or someone special

Tuesday 30th August

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

Volunteers needed

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

Thank you for continuing to support KPS



The Kilmore Primary School

Helping Hands Hub

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

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

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

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



Upcoming dates:

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



Location: LIBRARY

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

Getting involved is simple...

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

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



Food Relief

Food relief helps our community members who need some support to access food. Below is a list of organisations to contact if you are needing food relief. Please contact your local provider to find out what types of food are available and if delivery is an option.

For community members who would like to support these organisations, they can do this by donating extra food.

Mitchell Shire

Food Relief Organisation	Facebook or Website	Contact Details
Broadford Living and Learning Centre	Broadford Living and Learning Centre Facebook	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	Freedom Care Website	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	Love in Action Broadford Facebook Love in Action Wallan Facebook	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	Rotary Seymour Facebook	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	Salvocare Website	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	Wallan Gateway Website	7 Commercial Drive, Wallan Ph: 5783 2777 - Gateway Ph: 0491 075 404 - Foodbank

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low-cost online and phone mental health services.
headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program

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



BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Programs



MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

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



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Healthy Mind

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



ParentWorks

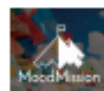
Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

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

Aboriginal and Torres Strait Islanders



WellMob

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



iBobbly

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



Kilmore Community Centre



38 VICTORIA PARADE, KILMORE 3764 PH 5782 2319

Three Year Old Program

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

Who can providing small groups and specialised care.

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

Wednesday & Thursday 9.15am – 2.15pm

Friday 9.15am – 12.15pm

We are not a government funded program.

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

