

Kilmore Primary School

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NEWSLETTER

Friday, 5th September 2025



WE WISH OUR KPS DADS AND
CARERS A WONDERFUL
FATHER'S DAY ON SUNDAY





OUR TEAM PARTICIPATING AT TODAY'S MITCHELL DISTRICT ATHLETICS CARNIVAL































WELL DONE TO THOSE STUDENTS WHO MADE IT TO OUR DISTRICT EVENT.

YOU ARE ALL SUPERSTARS!!

A SPECIAL SHOUTOUT TO OUR FIRST TIME PARTICIPANTS. ESPECIALLY THOSE WHO SHOWED GREAT COURAGE AND DETERMINATION TO ACHIEVE A FIRST OR SECOND PLACE **MRS NELSON**

Congratulations to the following students:

Karissa 2nd Hurdles Favour 1st Hurdles Cash 2nd Hurdles P Patrick 2nd 100m Favour 2nd 100m 9/10 Girls Relay 2nd Ben 2nd Long Jump Indi 2nd Long Jump Nick 2nd Triple Jump Frankie 1st Triple Jump Vanessa 2nd Triple Jump Oliver 1st Triple Jump

Aashir 2nd Shot Put Ava 1st Discus

Vanessa 2nd Shot Put - competing in an older age group

Young Leaders Day

Last Friday, our grade 6 leaders had the exciting opportunity to travel to Beveridge Primary School for our second Young Leaders Day of the year. The session was centred around the vital leadership skills of communication and body language, and the day was packed with interactive and thought-provoking activities that challenged students in fun and creative ways.

The day began with a non-verbal challenge where students were tasked with lining up in height order and then in alphabetical order (all without speaking). This activity really tested their ability to observe and respond using only body language and gestures.

Next, students took part in Mingle Bingo, a fast-paced and social game that encouraged them to interact with others and discover shared experiences by asking questions. It was a great icebreaker and helped students build confidence in initiating conversations.

One of the highlights of the day was a collaborative group drawing activity. Students had to contribute to a shared drawing using only non-verbal communication. They had to rely on each other's cues and visual ideas without speaking, which resulted in some very creative and team-driven artwork.

We also played a lively game of charades, which focused on reading and expressing body language. This helped students fine-tune their observation skills and work closely with others to interpret actions and emotions.

The day concluded with an exciting group balloon tower challenge. Using communication skills, students worked in teams to build the tallest freestanding tower they could. This activity required planning, cooperation, and strategic thinking.

It was a fantastic day full of learning, laughter, and leadership growth. Our students represented our school with pride and showed great enthusiasm in developing their leadership capabilities alongside their peers from other schools.







BREAKFAST CLUB — Mon, Tuesday, Wednesday & Thursday

September

Tuesday 9th

2026 Foundation Specialist Transition Sessions (refer flyer)

Thursday 11th

RYOK? Day (A touch of yellow)

Friday 12th

Summer Interschool Sport Carnival Onsite Assembly

Tuesday 16th

Division Athletics

Thursday 18th

Foundation and Grade 1 Disco-5pm to 6.30 pm

Friday 19th

2025 Foundation CSEF Autum/Winter Uniform Applications close—refer to flyer at the end of the newsletter

Footy Colours Day

Last day of Term 3-2.30pm finish

October

Wednesday 15th

Grade 1 Melbourne Aquarium Excursion

2025 School Term Dates

Term 3: 21st July to 19th September

Term 4: 6th October to 19th December

Drink Bottles

Reminder all students need to bring a

drink bottle to school.



HAPPY BIRTHDAY

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



Zoe R, Flynn L, Madalynn D and Collins W

Facebook

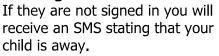
As Facebook is not always monitored by staff, please direct any questions/queries/concerns to the school directly via



kilmore.ps@education.vic.gov.au or by calling the office on 5782 1268.

Late Arrivals

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





CHANGE OF CLOTHES



As term 3 is here and in with the wet weather and winter, could you please make sure **all** students have a change of clothes in their bags.



SICK BAY LINEN ROSTER

September

12th Vicki Buggy

19th Ashleigh Desmond

October

24th Jackie Knight

31st Elissah Dwyer-Stone





2026 Foundation Enrolments NOW OPEN

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

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

Children must be turning five before 30th April 2026. If you have any questions regarding enrolment, please do not hesitate to contact the school on 57821 268.







Principal's Message

Dear Kilmore Primary School Community,

What a wonderful week we have had at Kilmore Primary School! This week our Year 5 students had the incredible opportunity to attend *The Wedding Singer* stage production at Springside West Secondary College. The performance was nothing short of extraordinary — the quality of the stage production, acting, singing, and dancing left us all in awe. This excursion was planned with great intention, as we begin to look at ways to **revamp and strengthen our Performing Arts program here at Kilmore.** Providing our students with experiences like this not only inspires their creativity, but also helps them see the potential pathways open to them through the arts.

As principal, I could not have been prouder of our students. Their behaviour throughout the excursion was exemplary. They represented Kilmore Primary School with kindness, respect, and enthusiasm, which was acknowledged by staff and community members who attended. To see our students so engaged, inspired, and well-mannered was a genuine highlight of my week.

This weekend we also celebrate **Father's Day** — a special time to acknowledge the important role that fathers and father figures play in the lives of our children. On behalf of the school, I wish all of our dads, stepdads, uncles and special male role models a very Happy Father's Day on Sunday. I sincerely hope it is filled with love, appreciation, and family time.

A very big thank you must go to our School Council President, Stephanie Hollis, for her leadership in organising the Father's Day stall this week. Thank you also to our dedicated volunteer helpers who gave their time to support the stall and ensure every student had the chance to purchase a thoughtful gift. Your generosity and contribution to our school community are deeply valued and appreciated.

As part of the departments commitment to protect the safety and wellbeing of school staff we have received new resources which we will be displaying around the school to promote respectful behaviours from parents, carers and other adults within our school environment.

School staff have a right to be safe at work. We will be displaying these posters around high traffic areas within our school entrance, office areas and classroom windows to signal our commitment to a safe, respectful, inclusive learning environment and workplace for everyone in our school community.

Wishing all our families a wonderful week ahead.

Warm regards

Michael Nicolaides Principal Kilmore Primary School

Well done to our two students who displayed artwork at the recent Art Exhibition in Broadford





Jasleen K 6H 'Cinnamon Roll'



Olivia R 6B 'Another's Universe'



It was informed last term that Kilmore Primary School and seven other schools in Mitchell Shire that are in a common English as an Additional Language (EAL) program received the 'Connecting Schools with Indian Communities' (CSIC) grant from the Department of Education's International Education and Partnerships Division. CSIC is an education initiative of Victoria's India Strategy.

On August 22, during the lunch break of this year's Common Curriculum Day for teachers in Mitchell and Murrindindi Shire schools, a cultural event was organised at Wallan Secondary College to promote intercultural awareness through the Indian arts. Over 300 staff from schools across the area including our own, were in attendance. The event showcased the rich artistic traditions of India, with a range of live performances and experiences, including:

- Classical Nathaswaram Music an uplifting and traditional South Indian wind instrument performance
- Bharatanatyam Dance a captivating classical dance form known for its grace and storytelling
- Odissi Dance one of the oldest classical dance styles of India, marked by fluidity and intricate expression
- Semi-Classical Medley blending modern elements with classical roots for a lively, engaging performance
- Indian Food Tasting a delicious selection of traditional Indian dishes for staff to enjoy and explore

The event received very positive feedback from teachers, who appreciated the opportunity to learn more about Indian culture through the arts. It was a joyful and enriching experience that reflected our school's values of inclusion, respect, and cultural understanding.

We are excited to share that more activities focused on CSIC will be organised soon, involving our students and families. These future events will offer meaningful opportunities for all school stakeholders to engage with Indian culture through arts, food, storytelling, and more.

Stay tuned for upcoming event details – we look forward to celebrating together as a whole school community!



















Wellbeing



Breakfast Club Term 3

Details:

Days: Monday, Tuesday, Wednesday, and Thursday

• Time: 8:20am - 8:45am

• **Location:** Stadium (Kilmore-Lancefield will open at 8:20am).

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

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

Students attending Breakfast Club must enter via the Lancefield Road gate at 8:150am. Once inside, they are expected to remain in Breakfast Club until 8:30am, when yard supervision begins. This is to ensure the safety and wellbeing of all students.

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

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

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

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



FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

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

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

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

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

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

The annual CSEF amount per student is:

- · \$150 for primary school students
- \$250 for secondary school students

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.



MORE INFORMATION

For more information about CSEF visit: https://www.education.vic.gov.au/about/programs/Pages/csef.aspx

Mobile Phones & Smart Watches

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

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







Managing Your Mental Health Online







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.



OLife 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



5ANE 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.



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

MindSp

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



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.

mentalhealthonline

Mental Health Online

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

myCompass

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.



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.



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.



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 thoughts.

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.











Head to Health

A website that links Australians to free or low-cost





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

Australian Plants Society Mitchell Group Inc

Annual Spring Plant Expo & Sale

Saturday 6 September 9.00am—3.00pm

Wallan Multi-purpose Community Centre 42 Bentinck St, Wallan

Native Plant Floral Displays
Australian Native Plant Sales
Gardening & Plant Book Sales
FREE ENTRY

Website:- www.apsmitchell.org.au

Contact:- aps.mitchell@gmail.com

Bendigo Bank

Community Bank Wallan Kilmore and Broadford



Missing one day per fortnight adds up to missing

four weeks of school a year.



vic.gov.au/education





Safety around schools

Everyone has a responsibility

Make school time safe for everyone

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

Important things to remember:

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

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

HEALTHY START BREAD PROGRAM

FREE BREAD FOR HEALTHY KIDS!

HOW IT WORKS:

Every few weeks, one lucky class is chosen to receive a free loaf of fresh bread for each student.

Each child also takes home a voucher for two FREE loaves per week for 4 Weeks to redeem at Bakers Delight Wallan.









EXCLUSIVELY AT

Bakers Delight WALLAN

SHIRE COUNCIL



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



TROAD JUNIOR DEVELOPMENT DAYS 2025

EXPERIENCED COACHES, ENDORSEMENTS & SUPPORT

OPEN TO:

- · Junior Riders (16 years and under)
- Senior Riders (under 20 years who are requiring coaching at beginner level.)
- All juniors who wish to learn and practice road racing.
- All Juniors who wish to learn and practice Super Moto.

VENUE

State Motorcycle Sports Complex Broadford 260 Strath Creek Road, Broadford. Motorcycling VIC 1300 454 406

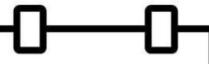
www.motorcyclingvic.com.au



ENTRIES FOR OUR NEXT JDD WILL BE OPEN SOON.

PLEASE WATCH THIS SPACE FOR ENTRY OPEN DATE

ENTRIES VIA RIDERNET



NEXT JUNIOR
DEVELOPMENT DAY

September 22nd 2025

2026 Dates to be Confirmed









7:00 AM START 6:00 PM END

PLEASE ARRIVE BY 9AM ON EXCURSION DAYS







MON · 22nd SEP

TUE · 23rd SEP

WED · 24th SEP

THU · 25th SEP

FRI · 26th SEP







PUBLIC HOLIDAY

TeamKids kickers

Calling all young soccer enthusiasts! Get ready for the ultimate day of honing your soccer skills. Join us and learn new techniques to play like a pro, leaving your friends in awe of your impressive soccer prowess.

Mini Golf

We're putting our skills to the test in a TeamKids Mini Golf Tournament! We'll experience a labyrinth of challenges that are sure to amaze all our senses. Will you score a hole-in-one? *Closed-toe shoes required.

Magic Bubbles

It's time for the most incrediBUBBLE show you have ever seen with the King of bubbles, Tim Credible! This interactive magic show will POP your mind plus every child will get to go inside a giant bubble!

The Bad Guys 2

Today, you are off to the movies to witness The Bad Guys struggling to find trust and acceptance in their newly minted lives as Good Guys, when they are pulled out of retirement and forced to do "one last job". * Rated PG, Allergy Alert



Daily Fee \$112



Daily Fee \$136



Daily Fee \$117



Daily Fee \$135

After Max CCS*

\$11.20

After Max CCS*

\$13.60

After Max CCS*

\$11.70

After Max CCS*

\$13.50

MON · 29th SEP



TUE · 30th SEP











TK Spy Academy

Kangaroo

Dreamtime Journey



Inflatable World



Animal Antics

Today we are turning into spies to crack codes, uncover mysteries, and complete topsecret missions! Get ready to test your sneaking skills and solve hidden puzzles. Your mission begins now, Agent - do Outback. *Rated PG, Allergy Alert you accept the challenge? *Allergy Alert

to watch Chris and a young Indigenous girl named Charlie team up to rescue and care for a group of orphaned joeys in a remote community in the

Today, you are off to the movies Get ready for an exciting day full of stories, games and fun as we learn about Aboriginal and Torres Strait Islander cultures - the oldest cultures in the world!

We're jumping for joy because TeamKids is going to Inflatable World, the home of some of the biggest indoor inflatables in Aus! We'll climb, leap & crawl through all the thrilling obstacles. *Socks required.

Build it like Brickham! Are you ready to get your Master Build on during this EPIC animalinspired brick fest? Build 2D mosaic models of your favourite mammal, reptile, or marsupial the animal choice is yours!



Daily Fee

\$135 **Daily Fee**

\$120 Daily Fee



Daily Fee \$143



Daily Fee \$116

After Max CCS*

\$9.70

\$97

After Max CCS* \$13.50 **After Max CCS***

\$12.00

After Max CCS*

\$16.18

After Max CCS*

\$11.60

*Child Care Subsidies may apply. \$5 Admin Fee per family. \$10 Late Fees apply within 7 days per child. Payment plans available. **Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy



FIND A VENUE TEAMKIDS.COM.AU/VENUES



CHOOSE YOUR ADVENTURE BOOK TODAY!



STATE SCHOOLS' RELIEF

Prep CSEF Autumn/Winter Uniform Package 2025

UPDATE FOR PARENTS & GUARDIANS

Applications for the Prep CSEF Autumn/Winter Uniform Package are now open



What you need to know.

Who is State Schools' Relief?

State Schools' Relief (SSR) is a not-for-profit organisation that works closely with all government schools across Victoria. Each year SSR provides assistance to thousands of families experiencing financial disadvantage by supplying new school uniform items and footwear.

Introduction to the Camps, Sports and Excursions Fund

The Camps, Sports and Excursions Fund (CSEF) was established to provide payments for eligible students to attend camps, sports days and excursions. To find out more, or to apply for assistance, please refer to the <u>Department of Education</u>.

SSR offers two* uniform packages each year to ALL Prep families/guardians that are eligible for CSEF funding.

Prep Autumn/Winter Uniform Package for CSEF recipients

Prep students for 2025 that are recipients of the Camps, Sports and Excursion Fund (CSEF) automatically qualify for the uniform package and/or voucher.

*If students received the Prep Summer Uniform Package, they are still eligible to receive the Autumn/Winter Package.

What's in the package?

The Autumn/Winter package contains the following items:

Outerwear x 1 pce (i.e., jacket / parka / puffer)
Tops x 2 pcs (i.e., windcheater / polo shirt / rugby top)
Pants x 2 pcs (i.e., trackpants / leggings)
Socks x 2 packs
Pair of Shoes x 1

Important:

- a) PE items are not included as part of this package
- b) Shoes must be requested in UK sizes (please refer to our shoe size conversion chart)

Cost to parents & guardians

Where State Schools' Relief is unable to provide a uniform item directly that contains a logo (due to contractual agreements with uniform retailers) a **voucher for \$85** will be provided that subsidises the cost of the uniform item/s. The voucher can be redeemed at your child's school uniform shop or independent uniform retailer.

Please note: vouchers do have an expiry date and must be redeemed before they exprire.

How do I apply for the Prep CSEF Autumn/Winter Uniform Package?

Applications are made through your child's school. Please refrain from contacting State Schools' Relief directly as we are unable to accept applications directly from parents/families. Should you have any questions, or wish to apply for assistance, please speak directly with your child's school.

How do I receive the uniform package?

All items and/or vouchers provided by SSR will be delivered directly to your child's school. The school will contact you to arrange handover of these items and/or vouchers.

Important:

Vouchers are not transferable and cannot be exchanged for cash. State Schools' Relief does not make cash payments to schools parents or guardians.

What you need to do.

Your child's school will be in contact with you regarding the 2025 Autumn/Winter Uniform Package. Please fill out the 'Prep CSEF Autumn/Winter Uniform Package Order Form' and return it to the school for submission.



Foundation 2026 Specialist Days

To help you discover more about Kilmore Primary School we would like to invite you to join us for our 2026 Specialist Classes

Children will have the opportunity to participate in story time, singing, crafts and games.

Click here to sign your child up!

Tuesday 12th August 2025 Tuesday 26th August 2025 Tuesday 9th September 2025

Sessions run from 3.30pm to 4.15pm. Please enter through the gate on the corner of Sutherland Street and Lancefield Road.





