



Kilmore Primary School

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NEWSLETTER

Friday, 12th September 2025

Grade 5 / 6 Camp Manyung

The 5/6 camp was such a great experience! The students had an amazing time taking part in activities like the low ropes course, flying fox, bush cooking, tree climbers, and more. It was also a fantastic opportunity for me to get to know many of the kids better, especially those I haven't had the chance to teach before. The energy, teamwork, and laughter across the few days made it a really special time for everyone. – Miss Bennett.



We hereby express our respect for the Taungurung people, who are the Traditional Owners of the land on which we are based.

Grade 5 / 6 Camp Manyung



FROM THE ART ROOM



LIBRARY NEWS!



CONGRATULATIONS CHALLENGERS!



THANK YOU to everyone who participated in the 2025 Victorian Premier's Reading Challenge...we have amazing readers amongst our students!

We had a total of 30 students reading a whopping 2736 books with 27 students meeting their Challenge!

A big thank you to families who supported their children to participate.

A special shout out to Mrs Ford from FF who again has supported her entire class to achieve the experience of over 100 books during the Challenge period!

Even if you didn't take part in the Challenge this year, we know there are lots of great readers at KPS so we hope to see you involved in 2026!

Keep an eye out for certificates which will be handed out in term 4!



Evan M	6M	Gurbaani K	FF	River Jane M	FF
Zachary R	5F	Scarlett I	FF	Cody F	FJ
Becca M	4S	Oliver	FP	Knox R	FF
Harvey C	FF	Tyson V	FF	James D	FJ
Bridie W	FF	Isabella F	FF	Elijah G	FF
Blake C	FF	Lincoln S	FF	Raven T	FF
Sophie S	FJ	Gemma M	FM	Tom O	FM
Chelsea M	FF	Penelope M	FF	Rylee C	FF
Hamish M	FF	Zavier H	FF	Blair S	FF



BREAKFAST CLUB —Mon, Tuesday, Wednesday & Thursday

September

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

Monday 6th—First day of Term 4—**reminder to bring a hat**

Wednesday 15th

Grade 1 Melbourne Aquarium Excursion

November

Monday 3rd

Curriculum Day—pupil free day

Tuesday 4th

Melbourne Cup Public Holiday

Friday 28th

Grade 2 Sleepover

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:



Kayley S, Tylah A, Hope S, Logan B, Benjamin K, Amelia P and Cody K.

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



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

19th Ashleigh Desmond

October

24th Jackie Knight

31st Elissah Dwyer-Stone

November

7th Lucy Wheeler



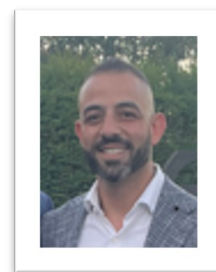
2026 Foundation Enrolments NOW OPEN

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.

Enrol Now!



Principal's Message

Dear Kilmore Primary School Community,

What a fantastic day we had at Kilmore Primary School hosting our **interschool basketball competition** for our Year 5 and 6 students. The atmosphere on site was electric, with students demonstrating skill, teamwork, and sportsmanship throughout the day. A huge congratulations to all who participated—you represented our school with pride, and it was wonderful to welcome neighbouring schools to our campus for such a positive event.

Over the past few weeks our staff have been engaging in our **professional learning focus on revisiting the State Wide Positive Behaviour Support (SWPBS) framework**. This important work ensure that we are consistent across classrooms and the yard in how we respond to behaviours, celebrate positive choices, and maintain a safe, respectful, and supportive environment for all students. I am grateful to our staff for their commitment to embedding these practices into daily routines and ensuring our values of *Kind, Proud, Safe* are visible in all aspects of school life.

I would also like to share with the community that we are currently in the process of expanding our leadership team. We have advertised two significant positions—a **Leading Teacher for Wellbeing and Engagement** and an **Assistant Principal**. Interviews for these roles will take place next week, and I look forward to welcoming additional leadership capacity to support our school's growth and strategic direction.

Over the past month we have unfortunately not been able to hold our usual whole school assemblies due to an increase in disruptions, staff absences, and a number of school events. We understand that assemblies are an important opportunity for our community to come together, celebrate achievements, and share in our school culture.

I am very pleased to let you know that our **Term 4 Assembly Roster has now been finalised**. We will begin with an **onsite assembly on the first Friday back of Term 4**, and from there assemblies will run on a **fortnightly basis, rotating between onsite and online formats**. This approach will allow us to maintain regularity while balancing the busy nature of the term ahead.

We look forward to welcoming families back to assemblies and continuing to celebrate the wonderful learning and achievement of our students.

Finally, a reminder that **Term 3 will conclude next Friday with an early finish at 2.30pm**. Please ensure your arrangements are in place for the earlier pick-up time.

Thank you for your ongoing support of our students, staff and community. It is a privilege to lead Kilmore Primary School and celebrate the achievements and progress we continue to make together.

Warm regards

Michael Nicolaides
Principal
Kilmore Primary School

Community Kindness



Students and staff have been focussing on “**Community Kindness**” where we celebrate random acts of kindness.

These are some examples of what students have said:

- I help my sister with her learning at home.
- I help my mum with the chores, like vacuuming.
- I help my family make dinner.
- I made my mum a cup of tea when she didn't ask.
- I bought my netball friends a zappo.
- I shared my beyblades.
- I gave my friend a spare pencil
- I ate my dinner even though I didn't like it, because my mum made it.



Be **KIND**

Be **PROUD**

Be **SAFE**



SMILE
SQUAD



SMILE
SQUAD



SMILE
SQUAD



*Thank you to Smile Squad for their generous delivery of drink bottles.
Every student will receive a drink bottle which includes toothpaste and a toothbrush.
We look forward to having the Dental Van visit our school in 2026.*



Congratulations to
Miss Emily Edwards and
partner William on the safe
arrival of their gorgeous
daughter

Sophie
born on 29/08/2025



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



What you're going through isn't easy. It's good we can talk about it.

Have you been feeling this way for a while?

That's tough. Keep talking, I'm listening.

R U OK? DAY
11 September 2025

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



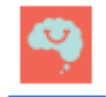
MoodMission

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.

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

Connecting Schools with Indian Communities: Diwali Celebration & Mental Health Awareness Event



Enjoy a variety of Indian classical, semi-classical and Bollywood-style dances, as well as classical Indian music presentations.

- Indian food tasting - FREE!
- Clothing & accessories stalls
- Diwali sweets & items for sale
- Henna hand painting
- Photobooth for families

Seymour Community Arts Centre (Seymour College)
Anglesey Street, Seymour
VIC 3660

Saturday 18 October 2025
11am-4pm

Join us for a vibrant community event celebrating Diwali and promoting mental health and wellbeing, hosted by a cluster of local state schools in Mitchel Shire. Collaborated with Federation of Indian Associations of Victoria and Mental Health Foundation Australia



Every day counts

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.

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



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





ROAD 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



SPRING Holidays



BOOKINGS OPEN NOW! >>

TeamKids have another amazing

SPRING Holiday Program
planned!

- ◆ Learn new skills and make new friends
- ◆ Qualified and REMARKABLE Educators
- ◆ Digital detox with our no screens policy
- ◆ Delicious and nutritious morning and afternoon snacks.
- ◆ CCS— approved care

