



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 17 June 2022

Our Healthy Harold's Hero Leaders working on teamwork and communication



June

Friday 17th June

Grade 3/4 Phillip Island Camp

Full payment or First instalment due

Wednesday 22 June

Winter Warmer Wednesday (refer page 5)

Thursday 23rd

Last day of term 3 for students — **3.10 pm finish**

Friday 24th

CSEF Applications Due

Staff Professional Development Day and last day of Term 2 — **Pupil Free Day**

July

Friday 1st

Grade 3/4 Phillip Island Second instalment due

Monday 11th

First day of Term 3

Friday 15th

Grade 3/4 Phillip Island Third instalment due

Wednesday 27th

School Tour (refer page 9)

Friday 29th

Grade 3/4 Phillip Island Final instalment due

August

Thursday 11th

School Tour (refer page 9)

Tuesday 23rd

School Tour (refer page 9)

HAPPY BIRTHDAY

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

Sienna Bernardi, Lachlan Hepper,
Charlotte Clark, Tameka Anou,
Marcus Montagnese, Tess McClinton,
Kobe Jennings, Finley Young, Hannah
Cox, Caleb Beattie, Quinn Toseland,
Brycen Longshaw and Easton Yates



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.



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.

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.



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.

STUDENT BEFORE SCHOOL DROP OFF AND AFTER SCHOOL PICK UP

Reminder for parents and guardians to enter and leave through their designated gate when dropping off or collecting your child/children before or after school.

Please do not use the office as a throughfare, only enter for business purposes only.





Thanks and Gratitude – Mrs Trawn

In the coming days, Mrs. Kerry Trawn will be recognized for 40 years of service in Victorian education. This is an outstanding achievement and I would like to congratulate Mrs. Trawn on her service to the Department of Education and thank her for the positive influence she had had on so many students and families at Kilmore Primary School, including our very own Miss McGrath! Mrs. Trawn will be recognized, along with other educators who are receiving awards for career milestones, at an afternoon tea in Melbourne.

Whole School Swimming Program 2022.

I am delighted to announce that KPS will be running a whole school swimming program during Weeks 9 to 11 of Term 4. In recognition of the current financial pressures that families are facing, our School Council has decided to subsidize the program so that it is free for all students. The State Government provides partial funding for swimming programs to all schools and our School Council is covering the “gap” so all families can avail of the program. The program will run from the Kilmore Leisure Centre swimming pool and it will be wonderful for all our students to have the chance to develop their swimming skills.

Bee Hive Bonanza

Bee Tickets have been a part of Kilmore Primary School's culture for many years and next week students will be getting the opportunity to “spend” their Bee Tickets. Students are awarded Bee Tickets when they display behaviours which support our school values of “Kind, Proud and Safe.” Our Wellbeing Team have been busily stocking the Bee Hive and on Tuesday and Wednesday there is certain to be a great buzz (pardon the pun!) as students enjoy the rewards for their positive behaviour.

Congratulations Mrs. Rebecchi

Yesterday we received the news that Mrs. Rebecchi has given birth to a baby girl. I would like to congratulate Mrs. Rebecchi and wish her and her partner the very best as they share this wonderful occasion. I am sure that our students will be very excited when Mrs. Rebecchi comes to visit us at some point in the future.

State Government Investment In Schools:

Over the next five years, the Victorian government is investing 1.6 billion dollars in supporting inclusion in mainstream schools. The purpose of the funding is to support the inclusion of students with disabilities in mainstream schools. In the last few days, the Department of Education has also announced that it will be fund a nine-billion-dollar overhaul of kindergarten education in Victoria. These are exciting funding announcements for schools which will ultimately support the education and wellbeing of our community in the years ahead.

Learning Highlight – Grade 2 Information Reports

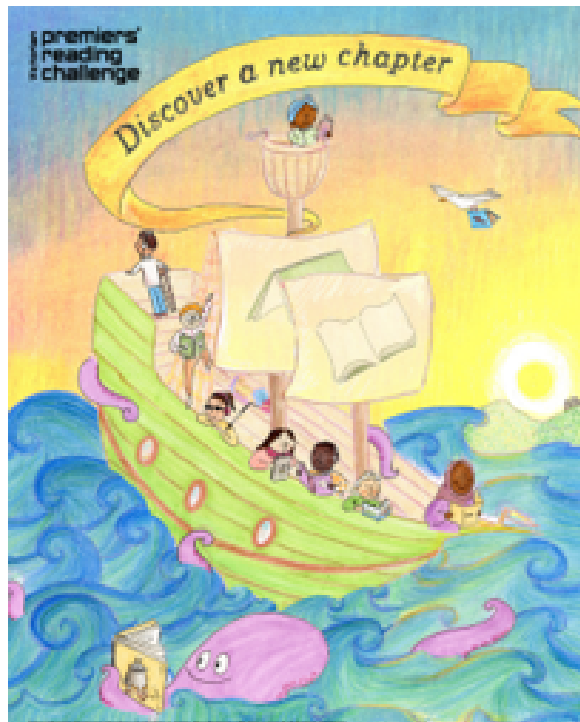
My learning highlight for this week recognizes the great work that our Grade 2 students have been undertaking as part of their unit on information reports. The Grade 2 information reports are beautifully illustrated, contain great technical vocabulary and include features such as author biographies and glossaries! Congratulations to all our Grade 2 teachers and students for their work over the last few weeks. My highlight was the work of Amy MacBeth from 2P who wrote an outstanding report on lions – congratulations Amy on a fabulous piece of writing. Congratulations also to Amarni Bentley who has qualified to represent our school at the state Cross Country event – this is a fabulous achievement and great recognition for the effort that Amarni puts into her sporting pursuits.

Attendance and Illness Notification:

If your child is absent from school due to illness, it would be greatly appreciated if you could log your child's absence via the Compass app or notify our office. Notifying us of an absence due to illness reduces the follow-up communication which we are required to implement for all unapproved absences, in addition to being valuable information for your child's teacher. Thank you to all our parents and carers who already follow this protocol.

All the best,

Neil O'Sullivan
Principal



victorian premiers' reading challenge

START
READING
NOW!



The Victorian Premiers' Reading Challenge is **NOW OPEN** and **KPS** is excited to be participating!

Thank you to those students who have already registered...we hope you are enjoying the Challenge! We would love to see the whole KPS student community participating and there is still plenty of time to start logging books. The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 2 September 2022.

The PRC has its own website where students can log the books that they read. It also offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with digital badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

Also...all students who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers!

If you child/ren would like to join in the fun, please email Liz:

elizabeth.simner@education.vic.gov.au and I will send you a username and password, a link to the PRC login page and instruction to get you started!

Happy Reading! 😊



WINTER WARMER WEDNESDAY

22 June 2022

Wear your Pj's

Wear your Oodie

Wear anything Warm

Please wear your usual shoes to school

You can pack your slippers to wear on class only



SAT News

Reminder of our upcoming SAT Bread Bag Recycling Program

This year the SAT will be collecting Bread Bags! We have registered for the Wonder Recycling Rewards Program. This program has great environmental and school benefits. We can help the environment by reducing waste and help our school by collecting points that can be used to purchase new sports equipment. We are also in the running to win some play ground equipment.

The program kicked off on the 30th of May but we can start collecting at home before then to boost our collections. All you need to do is keep any bread bags at home and bring them into school when our recycling boxes arrive in Term 2. Last year with your help we collected around 15kg of bread tags. Hopefully this year we can reach **25kg of bread bags!** Some key information is below and we will post more information when it is available. For further information ask your S.A.T representative or Mrs Rowe.



	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
REGISTRATION		14/3 -8/4							SCHOOL HOLIDAYS		
STARTER PACK DELIVERY			25/4 -27/5								
COLLECTIONS				30/5-9/9							
FINAL TALLY IS COUNTED			SCHOOL HOLIDAYS			SCHOOL HOLIDAYS			3/10 -7/10		
REDEEM SPORTS EQUIPMENT									10/10 -21/10		
SPORTS EQUIPMENT DELIVERED TO SCHOOLS										24/10-23/12	

TWO RECYCLING REMINDERS

It's important that items being recycled are not contaminated with other products and are as clean as possible. Here's a quick checklist for you:

What is a bread bag for recycling purposes?

The rule of thumb is that if it has contained bread of some sort and is a soft plastic, then it's a bread bag. If it hasn't contained bread, then it's not a bread bag.

How clean do the bags have to be?

Bread bags should be free from crumbs to ensure no contamination during the recycling process but they do not need to be washed.



Buzz from the Beehive !!!!

Hot Chip: **LUNCHTIME**

Foundation - Grade 2, Tuesday 21st June

Grades 3-6, Wednesday 22nd June

If your child has ordered permission is required through Compass Events—you will have received notification today.

Bee Hive Open Lunch times: Students will have told their teachers if they wish to attend the Bee Hive

- Monday - Foundation
- Tuesday - Grade 1 and 2
- Wednesday - Grade 3 and 4
- Thursday - Grade 5 and 6



Connecting With Kimberly



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.

eSafetyyoungpeople esafety.gov.au/young-people

SCHOOL BREAKFAST CLUBS PROGRAM

BREAKFAST CLUB

Mon, Thur and Fri
8.15AM — 8.40AM

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





























<https://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 at any time.

Best,
Kimberly Batsas-Hill
Social Worker -Primary Welfare Officer

Kilmore Primary School Activities Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Club 8:15-8:40am	Where: Stadium Foyer			Where: Stadium Foyer	Where: Stadium Foyer
RECESS					
PLAY	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Lego Masters	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 	Where: Wellbeing Room 
Connect (Eating Area)	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 	Where: Eating Area 
LUNCH TIME					
Friendship Stop (1st Half Lunch)	Where: Library 	Where: Library 	Where: Library 	Where: Library 	Where: Library 
Minecraft Club (1st Half Lunch)	Where: ICT 		Where: ICT 		Where: ICT 
Coding Club (1st Half Lunch)		Where: ICT 		Where: ICT 	
Art		Where: Art room 		Where: Art room 	
PLAY Lunch	Where: Oval PLAY		Where: Oval PLAY		Where: Oval PLAY
Song and Dance				Where: Performing Arts Room 	
Pokemon Club (2nd Half)	Where: Spare classroom 				Where: Spare classroom 
Stadium Sports 1st Half Lunch			Where: Stadium Grade: 4 	Where: Stadium Grade: 5 	Where: Stadium Grade: 6 

School Tours

Term 3, 2022

Wednesday 27th July 4:00pm

Thursday 11th August 9:30am

Tuesday 23rd August 9:30am



Please scan the QR code above to RSVP to your preferred date



Kilmore Primary School

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

Ph 03 5782 1268

Email Kilmore.ps@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

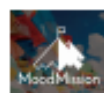
Online program for parents and caregivers providing evidence-based parenting strategies.



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.



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 Australia Council
for the Arts

