

# Kilmore Primary School

Principal: Mr Neil O'Sullivan

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**NEWSLETTER** 

Friday, 25th March 2022

# HALOGEN YOUNG LEADERS DAY

Some of our Grade 6 Leaders attended the Halogen Young Leaders Day at the Melbourne Convention Centre. We caught the train very early and watched the sun rise as we travelled into the city. We listened to some very inspirational leaders including Lachie Smart, Guy Edmonds, Cate Campbell and Damien Fleming. We also learnt some new dance moves from Dean and Ezra from Dance Curriculum. Some words that really stuck with students were: Resilience—Passion—Goals







### March

Tuesday 29th School Tour (refer page 10 for details)

### **April**

Friday 8th House Colours Day Last day of Term 1–**2.30pm finish** 

Tuesday 26th First day of Term 2

### <u>June</u>

Friday 24th

CSEF Applications Due

### HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays this coming week: Hannah Rutledge, Levy Willow, Lucas Watts,

Charlie Philippe, Madeline Downie, Billymay Stavrou, Blake Benham, Meeka Gardam, Mia Veitch, Millicent Praag, Evelina Arnott and Tian Harris



### **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.

### **Bus Zone**

School Bus Service

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 parking bays.

# 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 stationary until the Crossing Supervisor is back on the footpath.

### **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.



### Thanks and Gratitude—KPS Staff Team

As we are all aware, the implementation of a "living with COVID" approach across our nation has seen an inevitable rise in case numbers. Like many areas of our economy, the impact of quarantine and close contact isolation requirements has had a significant effect on the availability of school staff. In our immediate area, some schools have had to return to remote learning because of staffing shortages. Farther afield in areas such as Shepparton, schools have implemented a 4-day week due to staffing shortages.

The good news for KPS is that we have been able to manage staff absences without resorting to these measures. Over the last number of weeks, we have used members of our leadership team to backfill classroom teacher absences. Additionally, our good relationship with casual relief teacher agencies has ensured that we have had far more access to casual replacement teachers than other schools. When have had to combine or "split" grades, we have tried to ensure that students are "split" to a teacher that they are familiar with, and where possible, work within their current year level.

These measures have allowed us to manage absences in a way that is "the best-case scenario" given the staffing resources that are available to schools. I would like to acknowledge the flexibility of our leadership team and teachers in being able to respond to this challenge in the best interests of our students.

### **Smile Squad at KPS**

The Victorian Government offers free dental care to school aged students through the Smile Squad program. The Smile Squad program offers free annual oral health examinations and free follow-up treatment for all children attending Victorian government schools. In 2022, the Smile Squad will be visiting Kilmore Primary School and parents can choose to avail of this service if they wish. When dates have been confirmed, I will forward these to the community.

### <u>School Council 2022 – Community Engagement Focus</u>

On Wednesday, our School Council held its first meeting for 2022. The major focus for our School Council in 2022 is community engagement and our council are committed to having a thriving community engagement program for 2022. Over the course of the year, we are looking forward to having a rich program of events on site that our community can participate in.

### Halogen Young Leaders Day – Report Back

On Wednesday, Mrs. Rowe and I took 15 of our school leaders to the Halogen Young Leaders' Day at the Melbourne Convention Centre. Our leaders were inspired by the stories of swimmer Cate Campbell, aviator Lachie Smart, writer Guy Edmonds and cricketer Damien Fleming. I was incredibly impressed by the detailed notes that our students took on the day and the insights that they have shared since returning to school. At next week's assembly, some of our leaders will be sharing their learning from the day. On the day, KPS was also the lucky winner of a full day session with the Dance Curriculum company. Later in the year, Dance Curriculum will visit our school and hold a full day of dance workshops with our students. I am looking forward to learning some new moves with the kids!

All the best, Neil O'Sullivan





# **Connecting With Kimberly**



### **Random Act of Kindness**

Our Random Act of Kindness and Kilmore Pantry Supplies initiative is an important part of our wellbeing approach at KPS. Thank you to the families who have continued to provide additional pantry supplies and nominated families to receive hampers. If you would like to nominate a family, please contact me on 5782 1268 or via kimberly.batsas-hill@education.vic.gov.au.







### My child is anxious, what can I do? Webinar



Join this webinar to explore some practical ideas to soothe children with stress and anxiety. Alison Krusec will look at what anxiety is and how it impacts children's bodies and behaviours and reflect on skills and strategies that can be utilised to help calm stress and activities that work for a range of learning styles and settings. This webinar is suitable for parents and carers of children aged 3 years to 12 years old.

**Date:** Wednesday 6<sup>th</sup> April 2022

**Time:** 7:00-7:30pm

Registration and online details can be found here:

https://www.eventbrite.com.au/e/my-child-is-anxious-what-can-i-do-tickets-294910373867



I can be contacted via email:

<u>Kimberly.batsas-hill@education.vic.gov.au</u> 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/

### Safe Steps



Sexual assault, domestic and family violence

Ph: 1800 015 188 https:// www.safesteps.org.au/

### **Parentline**



Ph: 13 22 89

https:// parentline.com.au/

### Lifeline



Ph: 13 11 14 https:// www.lifeline.org.au/





# Part 5: Summary

## Parent and Carer video series.

This program is an important part of our school's effort to look after the mental health of our community.

In the final part of <u>The Resilience Project's</u> digital series, Hugh shares an important message about allowing our children to experience adversity.

The key to building resilience in our children is allowing them to experience failure, hardship, disappointment etc. As parents we can be too quick to resolve our children's challenges which can deprive our children of enormous growth opportunities.

These typically happen when we experience failure and uncertainty. As parents we should be there for our children when they fail, but not fight their battles for them.

View Part 5 of the series here - Summary https://theresilienceproject.com.au/parent-and-carer-hub-hugh/

Thank you for participating in this Parent and Carer Digital Presentation series. You can re-watch the videos and access activities and resources anytime via the <u>Parent & Carer Hub</u>.

You can also stay up to date with The Resilience Project news and events by signing up to their Newsletter.



**TRP@HOME** 



# TRP@HOME

Welcome to TRP@HOME. A hub of activities and ideas to inspire us to spread happiness and build resilience.

To help you navigate this platform, we've grouped the resources into age-relevant sections.

Our **KIDS** section is headlined by GEM TV – the high-energy video series, starring the energetic Martin Heppell, which teaches positive mental health strategies in a simple and relatable way.

For our **TEENS**, we've handpicked activities, stories and snippets from our popular podcast, The Imperfects, to reinforce the importance of looking after our wellbeing.

ADULTS will be introduced to some extraordinary people and equipped with a practical tools, to prioritise mental health in their day-to-day lives.

Designed specifically for parents & carers, our bonus **PARENTS** section is filled with ideas to support the kids in our care, and just as importantly, ideas to help us look after ourselves.



### Canteen

The online ordering system for the canteen is still being finalised.

To place an order for recess or lunch, write on an envelope your child's name and class, recess or lunch and what they wish to order, enclose money and children place their order in their classroom lunch order tub. Orders are delivered to classrooms for recess snack and lunch eating times.

Students are also able to purchase some items over the counter at recess and lunchtime such as icy-poles etc

### **Visitors**

Anyone remaining onsite at Kilmore Primary School for more than 15 minutes must sign in as a visitor at the office.

### **Drink Bottles**

All students need to bring a drink bottle to school.



### **Late Arrivals**

Dimeh

Orders

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.



### 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.





Be KIND Be PROUD Be SAFE

# Be proud of our school Always put your rubbish in the bin





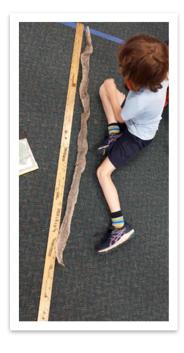


# **Mathematics News with Captain Marvel**

# MATHS IS EVERYWHERE!!

Seth in 3R bought in the shed from a pet python to show to the class. Everyone was impressed by how long it was. We couldn't help ourselves and had to get right into some Mathematics investigations. We had to use two 1 metre rulers to measure the shed. It was 175cm long! Then we just had to know if anyone was longer (taller) than the shed. Here are some photos of 3R investigating.









### **GET ACTIVE KIDS**

# VOUCHER PROGRAM

The Get Active Kids Voucher Program helps eligible families get their kids involved in organised sport and recreation activities by reimbursing the cost of membership and registration fees, along with uniforms and equipment essential for participation. Eligible children may be able to receive up to \$200 each per round.



### WHO IS ELIGIBLE?

To be eligible for a voucher your child / dependant must be:

- · aged 0 to 18 years
- · a resident in Victoria
- named on a valid and issued (at the time of your application)
   Australian Government Health Care Card or Pensioner Concession Card, or your child is named on their own valid Health Care Card and
- named on a valid Australian Government Medicare card.

You can apply for more than one voucher if you have more than one eligible child/dependant.

Special consideration applies for children residing in Care Services as well as temporary or provisional visa holders, undocumented migrants or international students.



### **FUNDING DETAILS**

You can be reimbursed up to \$200 for costs related to:

- membership, registration or general fees to participate at an affiliated sport or active recreation club, association or program
- equipment (new or second hand) required to participate in the nominated activity
- uniforms and clothing (new or second hand) required to participate in the nominated activity.

You must pay for the membership, registration fees, equipment or uniform first.

You must have incurred membership expenses within eligible expenditure dates to claim unifrom and equipment expenses.

You will then be reimbursed for part or all of the cost up to the value of \$200

### **ELIGIBLE ACTIVITIES**

- the activity or program must be affiliated to a Victorian Government recognised Victorian State Sporting Association or Victorian State Sport and Recreation Body
- activities or programs should be a minimum of four sessions
- organised sport or outdoor recreation programs or camps involving multiple sessions of activities wich may be conducted over one or more days will be eligible

### WHEN CAN YOU APPLY?

There are specific dates (claim periods) when you can apply. You must have incurred your expenses within specific dates too. Please refer to the table below:

ELIGIBLE EXPENDITURE DATES	CLAIM PERIODS (applications open)	
1 Jan 2021 - 11 Apr 2021	1 Mar 2021 - 11 Apr 2021 NOW CLOSED	
1 Jan 2021 - 30 July 2021	31 May 2021 - 30 July 2021 NOW CLOSED	
1 Jan 2021 - 30 Nov 2021	4 Oct 2021 - 30 Nov 2021	
30 Nov 2021 - 15 Apr 2022	7 Mar 2022 - 15 Apr 2022	

### MORE INFORMATION

- w. www.getactive.vic.gov.au
- p. (03) 1800 325 206
- e. getactivekids@sport.vic.gov.au

# GROUP MENTORING FOR CYCLE 2 2022 (AGES 8-22)

## INTEREST-BASED GROUPS

- AFL
- Animal Crossing
- Anime
- Dinosaurs
- Disney ~ NEW
- Drawing & Art
- Dungeons & Dragons
- Gaming ~ NEW
- Harry Potter

- LEGO
- Marvel
- Minecraft
- Pokémon
- Screens, Tunes & Characters
- Sports
- Star Wars
- Transport ~ NEW

### ADDITIONAL GROUPS

- I CAN Groups Ages 8-12
- I CAN Groups Ages 13-17
- I CAN Groups Ages 17-22
- I CAN Imagination Club® (not Autism-specific; ages 8-12)
- Groups for Autistic-LGBTIQA+ Teens & Young Adults

STARTING WEEK OF 2 MAY

ICAN NETWORK



# 2022 Prep CSEF Uniform Package



Applications for the 2022 Prep CSEF Uniform Package are **now open** and can be placed via our online application portal.

Information sheets for schools & families, plus the order form - can be found on our <u>website</u> and downloaded as required.

Please note the following;

- Vouchers issued will have an expiry and must be redeemed before the expiration date
- Once vouchers have been issued, we are unable to exchange items for "change of mind"
- Applications for this package will close at the end of Term 3, 2022

In order for a student to be eligible to receive the 2022 Prep Uniform Package the student must be a Camps, Sports and Excursion Fund (CSEF) recipient.

To find out more, visit the Department of Education & Training website.

If you could kindly forward this communication to all relevant staff within your school, it would be appreciated.

Should you have any questions about this package, please contact our Applications Support team on 8769 8400 between the hours of 8.30am - 4.30pm, Monday to Friday or email us at : <a href="mailto:contact@ssr.net.au">contact@ssr.net.au</a>

# **Mobile Phones**

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

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





### 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: \$125 for primary school students \$225 for secondary school students

### **MORE INFORMATION**

For more information about CSEF visit: <a href="https://www.education.vic.gov.au/about/programs/Pages/csef.aspx">https://www.education.vic.gov.au/about/programs/Pages/csef.aspx</a>

### **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.





# 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

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.













A website that links Australians to free or low-cost



# COME & TRY SESSIONS

**ALL SESSIONS ARE FREE!** 

# **BROADFORD**

**MONDAY 28TH MARCH** 

**BROADFORD STADIUM** HIGH STREET BROADFORD 4:30PM - 5:30PM

# WALLAN

WEDNESDAY 30TH MARCH

R.B.ROBSON STADIUM BENTINCK STREET WALLAN 4:30PM - 5:30PM

# **KILMORE**

**TUESDAY 29TH MARCH** 

KIMORE PRIMARY SCHOOL LANCEFIELD ROAD **KILMORE** 4:30PM - 5:30PM

# BEVERDIGE

**THURSDAY 31ST MARCH** 

BEVERDIGE PRIMARY SCHOOL AMBROSIA WAY **BEVERIDGE** 6:00PM - 7:00PM

### PRE-REGISTRATIONS REQUIRED

Phone: (03) 9001 6910 Email: wallanbasketball@gmail.com www.wallanbasketball.com.au

Scan the QR Code to register





# **GIRLS ONLY!** COME & TRY SESSIONS **ALL SESSIONS ARE FREE!**

**RUN BY WALLAN PANTHERS BIGV WOMEN'S PLAYERS!** 

Girls Only Come and Try Sessions are the perfect place for young female ballers to learn some basketball skills and also get a feel for our programs! There is little to no experience required to attend these sessions, the focus is fundamental skills and enjoyment

**THURSDAYS** MARCH 17TH, 24TH, 31ST & APRIL 7TH

R.B.ROBSON STADIUM BENTINCK STREET WALLAN 5:00PM - 6:00PM

### PRE-REGISTRATIONS REQUIRED

Phone: (03) 9001 6910 Email: wallanbasketball@gmail.com www.wallanbasketball.com.au

Scan the QR Code to register







### **SEASON CALENDAR**

28TH APRIL - SKILLS SESSION **ROUND 1 ~ 5TH MAY** ROUND 2 ~ 12TH MAY **ROUND 3 ~ 19TH MAY** ROUND 4 ~ 26TH MAY ROUND 5 ~ 2ND JUNE ROUND 6 ~ 9TH JUNE ROUND 7 ~ 16TH JUNE ROUND 8 ~ 23RD JUNE

\$25.00 BV Annual Insurance \$60.00 Player Registration Fee

**Register Here:** 





# Kilmore Netball Club Inc Registrations OPEN

Early bird Registration will close on the 1/3/22 (CODE EARLYBIRD22) and normal registration will close on 23/3/22 so teams can be entered by the start of April. First game is planned for 30th April. If you have a child, you wish to register with a birth year of 2015 for 9 and under there is a separate registration link which I can provide. please see below year of birth to age group playing

9 and Under Years 2015, 2014,2013

11 and Under Years 2012, 2011

13 and Under Years 2010, 2009

16 and Under Years 2008,2007,2006

### Here is the registration link

https://netball-

registration.worldsportaction.com/userRegistration?organisationId=ab3143fb-0df1-4805-9de5-a8fb34501e1b&competitionId=352e3070-31da-405a-8ce7-332ad44a25ee

Contact: Will Hanna 0419 471 565











