



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 2 September 2022



BOOK WEEK

PRIZE WINNERS!



Congratulations!

YOU BE THE JUDGE COMPETITION!

STUDENTS WERE ENCOURAGED TO GUESS THE BOOK OF THE YEAR AWARD WINNERS BY JUST LOOKING AT THE COVERS. THE WINNERS DRAWN FROM THE CORRECT GUESSES IN EACH CATEGORY WERE:

Book of the Year: Early Childhood (Jetty Jumping)

Jimmy Manning 2M

Book of the Year: Younger Readers (A Glasshouse of Stars)

Isabella Steele 2F

CBCA Award: New Illustrator (The Boy Who Tried to Shrink His Name)

Keely Wall 5S

Eve Pownall Award (Non-fiction) (Still Alive)

Liam Toussaint 5S

The Picture book of the Year (Iceberg)

Lanah Lang 1M

DRESS UP DAY RAFFLE:

WINNERS WERE RANDOMLY DRAWN FROM ALL STUDENTS WHO PARTICIPATED IN THE DRESS UP DAY WITH EITHER A DRESS UP OR BRINGING ALONG THEIR FAVOURITE BOOK:

Foundation:	Cienna G	FG
Grade 1:	Alice T	1M
Grade 2:	Hunter S	2H
Grade 3:	Amaya Y	3D
Grade 4:	Jerzee B	4V
Grade 5:	Chelsea R	5M
Grade 6:	Ella T	6B

**FOLLOWING ON
FROM OUR
AMAZING BOOK
WEEK
CELEBRATIONS,
OUR BOOK WEEK
AMBASSADORS
HARPER, JEREMY
AND PHOEBIE
ANNOUNCED THE
WINNERS FROM
OUR
COMPETITIONS
AT ASSEMBLY
THIS MORNING.
HERE ARE THE
RESULTS:**



MORE BOOK WEEK PHOTOS



September

Thursday 15th

Last day of term for students - **3.10pm dismissal**

Friday 16th

Professional Practice Day - **Pupil free day**

October

Monday 3rd

First day of Term 4

Wednesday 26th

1st Round Orders Due for 2023 Grade 6 Jacket
& Polo orders (refer to notice on page 13)

HAPPY BIRTHDAY

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

Maddison Benham, Zoe Roberts,
Koby Brown, Rorie Smith,
Jackson Both, Flynn Leslie
and Isabella Turner.



*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!

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 – Father's Day Breakfast and Father's Day Stall

Last Tuesday we had an amazing turn out for our Father's Day breakfast. After being unable to hold such events for the last two years, it was fabulous to get the chance to meet so many of our KPS dads and special persons. Our students certainly loved the opportunity to share breakfast with their dad and our staff also valued the opportunity to connect with our community. Feeding 200 people requires a team effort and I would like to acknowledge all of the hard work of our Family and Friends group in planning for and delivering the event. I would also like to acknowledge the efforts of all of those involved in organising our Father's Day stall. Our students loved the opportunity to purchase a special gift and interact with the volunteers who assisted on the day. Building on the success of last week's Book Week parade, these two events are helping to give us a sense of our old normal and reconnect with our community through some of our old traditions.

Reflecting on 2022

While it might seem like an obvious statement, 2022 is the first year that our students have an unbroken run of education in the last three years. For many students, 2022 has involved redeveloping their learning stamina to deal with full school days and full terms. On top of this, we have had heavy exposure to all of the cold and flu nasties which we have avoided over the last two years. As we move towards the end of Term 3, I would like to congratulate our staff and students on how well they have managed the difficulties of illness and redeveloping learning stamina over the last three years – they have done an amazing job!

District Athletics

Last Friday, our KPS athletics team competed at the District Athletics Carnival in Epping. Our teachers were incredibly proud of the effort and sporting endeavour of our students and they represented our school with distinction. 9 of our students have progressed to the Division Carnival and I would like to wish them the very best of luck next week.

Exciting Events: KPS Shines and AFL Premier Cup

On Wednesday of the last week of term, we will be holding a lunchtime concert called "KPS Shines" to give our instrumental musicians the chance to shine. The concert will be a low stakes chance to celebrate our KPS musicians and give them the chance to inspire other KPS students. On Thursday of the last week of term, two groups of our students will get the opportunity to see the AFL Premiership Cup at Kilmore Toyota as part of the AFL Roadshow. All in all, it will be an exciting last week of term.

Professional Practice Day and End of Term Arrangements - Reminder

The **last day of term** for students will be on **Thursday, September 15th** with students being dismissed at **3.10pm** on this day. Teaching staff are provided with one Professional Practice Day each term during which they are free of teaching duties. As a result of the state-wide shortage of replacement teachers, the Department of Education has recently requested that schools hold a common Professional Practice Day on which student attendance is not required. Our School Council has approved Friday September 16th as the Professional Practice Day for our staff. Students do not attend school on this 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.



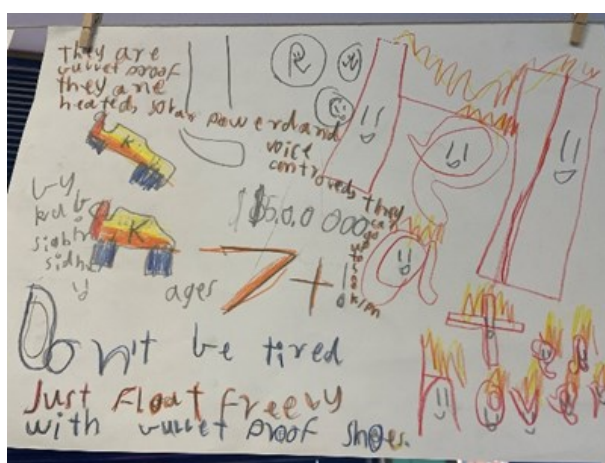
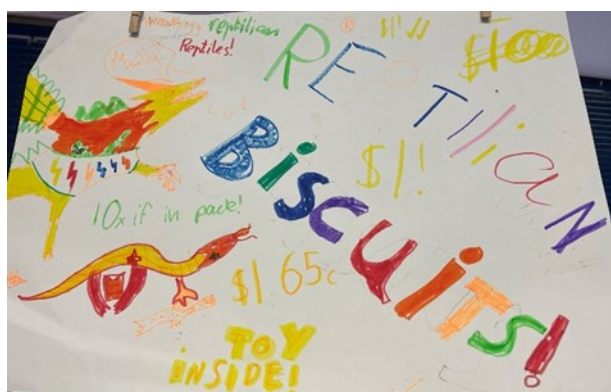
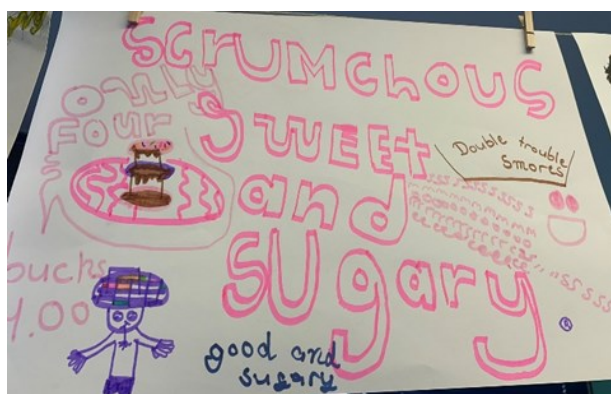
Students should not arrive at school until the school gates open at 8.30am unless they are attending Breakfast Club on Monday, Thursday or Friday morning. If you are joining Breakfast Club, please enter through the stadium gate on Lancefield Road.

Staff are not on yard duty until 8.30am

LITERACY UPDATE

YEAR 2 PERSUASIVE TEXTS

Our Year 2 students have been learning about persuasive texts. They designed a product and created advertising posters. Students considered their target audience, created characters for their advertising campaigns and developed slogans. They included persuasive devices such as: alliteration, bright colours and pictures.



Year 3 Procedural Texts

On Tuesday the Year 3s followed a procedure and made chocolate truffles. They then wrote the procedure. Students included the: ingredients, equipment, steps and tips. Apparently the truffles were pretty good!



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 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.

Connecting With Kimberly



Peer Mediators:

Today our peer mediators were given their peer mediator badges! Peer mediators have been working with Richie to develop their leadership skills by strengthening their communication, conflict management and social skills. Next term, peer mediators will support students in the yard at recess and lunch time to be able to help students and work through situations that may come up. Well done to all of our peer mediators for becoming a peer mediator at KPS!



Parent sessions:

This term we have facilitated two parent sessions; the first session focused on anxiety in young people and strategies to best support their needs. The second session focused on building resilient young people. Attached further in the newsletter today are some additional resources to best support our young students. Please reach out at any time if I can offer any further resources regarding student wellbeing needs.



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/)

Nurturing RESILIENT, INDEPENDENT YOUNG PEOPLE



SELIGMAN'S PERMA MODEL

- P Positive Emotions: feeling good, satisfaction, resilience
- E Engagement: doing things we enjoy for "flow" state
- R Relationships: bonds with friends, family, community
- M Meaning: connect to something bigger than yourself
- A Achievement: achieving things to conquer and be proud of
- H Health: healthy eating, moving your body, sleep, water and positive mindset

BUDDY BATTLES

1 Allow each person to re-tell the situation

2 Explain how you felt. I felt ___ when you ___

3 Talk it out, aim to forgive and forget. Remember why you are friends!

BEING MEAN ON PURPOSE

1 Say your quick, respectful comeback

2 Walk away, no conversation

3 Tell an adult

REMEMBER

"Vulnerability is the key to connection"

"Prepare the child for the road, not the road for the child"

RESOURCES

Take the [Authentic Happiness Questionnaire](#)
[Shop](#) Family Resource
 The Big Sister Experience's [Online Programs](#)

Anxiety

WHAT YOUR YOUNG PERSON NEEDS YOU TO KNOW

RESPONSES THAT CREATE CONNECTION

1. I'm here
2. You're not a bother, I care for you, that's why I'm here
3. You are not alone, even if it feels like it
4. Your feelings are valid and you are allowed to feel this way. You are safe
5. I'm here if you want to talk
6. Let me know if there's something specific I can do to make you feel better
7. It's ok not to be ok right now, but you will be
8. You are loved and cared for
9. I don't know exactly what you're feeling, but I've had unpleasant feelings too, so I'm here for you
10. Can I sit with you until you feel a bit better?

GROUNDING EXERCISE



5 THINGS YOU CAN SEE
 4 THINGS YOU CAN TOUCH
 3 THINGS YOU CAN HEAR
 2 THINGS YOU CAN SMELL
 1 THING YOU CAN TASTE

PHYSICAL EXERCISES

1. Breathe 4-4-6
2. Physical touch increases levels of dopamine and serotonin
3. Move it! Stand up, walk around or do star jumps

RESOURCES

Worry Time by ReachOut app
 Anxiety explained video can be found [here](#)
 The Big Sister Experience's [Family Resources](#)
[Read](#) Make Your Worrier a Warrior by Dan Peters
[Shop](#) Jettproof Garments
[Read](#) Raising Girls in the 21st Century by Steve Biddulph
[Read](#) Raising Boys in the 21st Century by Steve Biddulph

Buzz from the Beehive !!!!

KPS' beehive is buzzing with our Bee Ticket Bonanza week fast approaching!



The hive is stocked and ready to have hard earned buzz bucks spent!

A new addition to the hive is our raffle ticket option; it has been awesome to see the kids rewarded with some cool prizes!!



The Wellbeing Team

Kilmore Tennis Club



Tennis Racquets
 Available for Participants
 1 Clarke St
 Kilmore
 Phone : 0419 549 107

Monday
 12th of September
 4:30-6:30pm

"A Victorian Government initiative,
 supported by Mitchell Shire Council"



'Try Tennis for Free'



Kilmore Primary School

Be **KIND** Be **PROUD** Be **SAFE**

Student Awards

At Kilmore Primary School, we are always working on modelling our school values of Kind, Proud and Safe. As a whole school, we explicitly teach and then give our students opportunities to display these values within and beyond the classroom doors.

The students listed below will be recognised for showing our school values at assembly today.

We congratulate for this week:

Foundation E — Spencer Suturkovski	Grade 2H — Tom Rennie	Grade 5F — Logan Rainey
Foundation G — Levi Potter	Grade 2M — Archie Gould	Grade 5M — Mason Stuart
Foundation M — Olivia Gillard	Grade 2P — Kaitlyn Eccles	Grade 5S — Ella Browne
Foundation S — Lucas Watts	Grade 3D — Cooper Parkinson	Grade 6B — Armani Bentley
Grade 1H — Lexi Ireland	Grade 3K — Levi Seddon-Anderson	Grade 6E — Tristan Taylor
Grade 1M — Alex Downie	Grade 3R — Ryan Stuart	Grade 6J — Rorie Smith
Grade 1N — Kayden	Grade 4J — Juliet Rutledge	Specialist F-2 — Lara Francis 3-6 — Samuel Anderson Parker Schultz
Grade 1T — Aishleen Kaur Kaylee Wright	Grade 4S — Noah Guzman	
Grade 2F — Rojon Kumar	Grade 4V — Kody Dodds	

SAT News

Our SAT Bread Bag Recycling Program has come to an end.

The KPS Student Action Team would like to pass on a huge THANK YOU to everyone for their support. We filled 9 boxes with bread bags. That is an amazing 45kg of plastic that will not be going to land fill. We know that there are a number of students who still have bags at home. Unfortunately, these can not be traded for points, however they can still be recycled. Simply take your bags along to your closest Redcycle Drop Off (any Coles or Woolies store) where they will be used to make play equipment.



Thank you to Fat Rat Trading for donating games and activities for our recess and lunch time wellbeing activities.

We greatly appreciate your support for providing additional resources for our school.

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.

Kilmore Community Centre

MITCHELL SHIRE COUNCIL
PLAYGROUP VICTORIA
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.



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.



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)

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!

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

serve & volley Tennis Coaching

Programs Offered

- All ages and playing levels welcomed
- Beginners through to Advanced
- Private, semi private or group lessons
- Squad Training for development and advanced players
- Development Coach Training
- Australian Open Ballkids Training
- Racquet re-stringing

Gavin Moreira

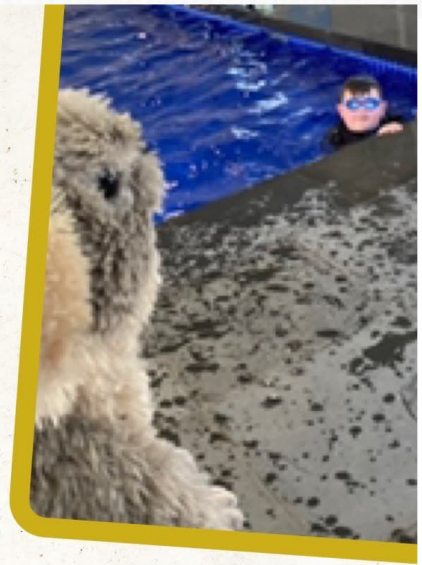
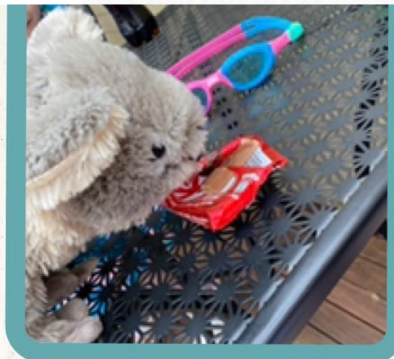
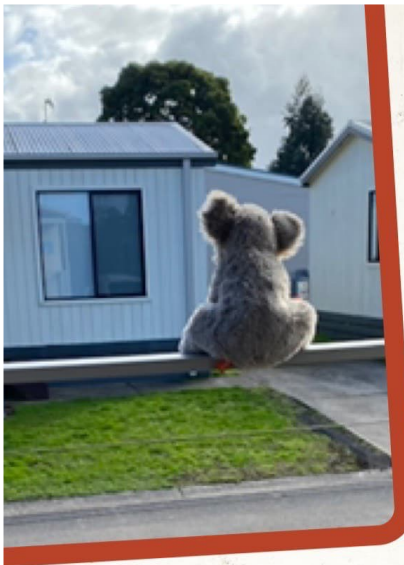
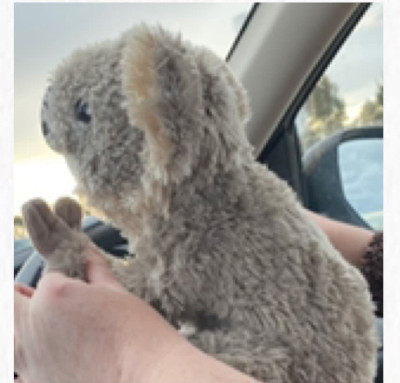
Mobile 0419 549 107

TCA Certified Club Professional and a Team of 3 Assistant tennis coaches ready to help you improve your game

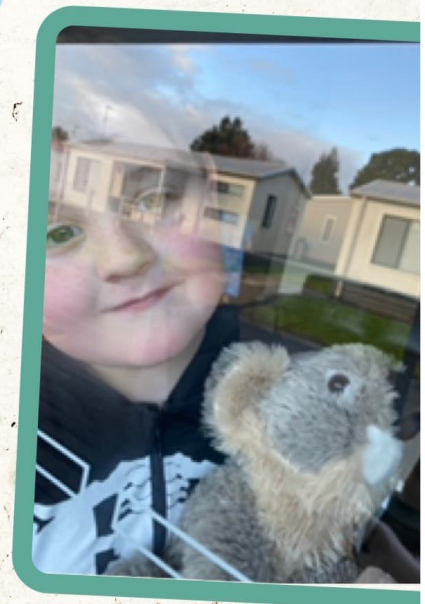
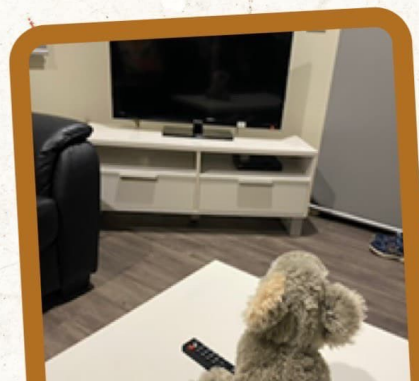




let
THE
Adventure
BEGIN



Let's
GO!





Let's go
TO THE
BEACH



NIGHT TIME
FUN

SUNDAY
FUNDAY





Thank you for spending
the weekend with my
family, Chris.

We had so much fun!

Our favourite part was visiting the
games arcade.

You also loved eating icecream at
the beach.

But having you to cuddle all
weekend was my favourite part.



BACK to SCHOOL



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

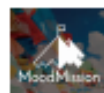
Online program for parents and caregivers providing evidence-based parenting strategies.



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.