



# Kilmore Primary School

Principal: Mr Neil O'Sullivan

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## NEWSLETTER

Friday, 9th September 2023



## HOUSE



## BEANIES





# DIVISIONAL ATHLETICS

On Tuesday, 14 students travelled back to Meadowglen for competition in the Division Athletics Meet. The day was great with lots of tough competition and two students progressing to the regional round in 100m and Discus. For some of these students, they competed in events they had never tried before August this year, so I would personally like to congratulate each of them on their attitude and effort for giving it their all and making KPS proud! ..... Mrs Nelson







### **Young Leaders' Day**

Today our Grade 6 leaders are participating in a Young Leaders' Day at Wallan Primary School. Today's workshop is part of a series of workshops to develop the leadership skills of our senior students. Building on their participation in last week's Teach the Teacher workshop, today has been another great opportunity for our Grade 6 students to showcase and develop their leadership skills.

### **Tutor Learning Initiative 2024**

This week, the Department of Education announced that the Tutor Learning Initiative (TLI) will continue in 2024. This initiative has been proven to have a huge impact on the learning outcomes of students in literacy and numeracy and we have seen some outstanding learning growth at KPS as a result of the program. We are awaiting further information on the final funding model for 2024 and there are suggestions that the program may take a different form in 2024. Once the Department of education confirms final arrangement for the TLI program, I will advise the community.

### **House Culture – Beanies and Marquees**

While today's cold weather has been an unseasonal shock to the system, it was wonderful to see so many students proudly wearing their House beanies on the way to school. Our students have embraced the beanies with gusto and already, we have seen how the beanies have built a sense of common identity and connection across our school. As part of our continuing work on our House culture, we have also purchased four marquees with a branded marquee to represent each of our four Houses. This purchase was enabled by the generous sponsorship of Kilmore Toyota and I would like to thank this local business for supporting such a great initiative.

### **End of Term Sports Dress Up Day**

On the last day of term, we will have an out of uniform day. Students can dress up in their favorite sports colours – AFL, NRL, Soccer, Netball, Basketball or any other sport which is important to them. There is no donation required for this event. I would also like to remind parents and carers that we will be dismissing students at the earlier time of 2.30pm on the last day of term.

### **R U OK Day**

Next Thursday (14<sup>th</sup> September) is R U OK? Day and we will be recognising the importance of mental wellbeing by inviting staff and students to add a "touch of yellow" to their clothing. We look forward to seeing everyone's '**touch of yellow**' in the school grounds to celebrate the importance of this day in supporting those struggling with life's ups and downs.

Neil O'Sullivan  
Principal

### September

Thursday 14th

RUOK? Day

Friday 15th

State Schools' Relief Foundation CSEF Uniform Package

Closing date (refer page 11)

Last day of term 3—**2.30pm finish**

Sports Dress Up Day

### October

Monday 2nd—First day of term 4

Friday 6th

Bundoora Farm Foundation Excursion

Wednesday 11th

Grade 2 Edendale Farm Excursion

Friday 27th

Grade 2 Sleepover

1st Round Orders Due for 2024 Grade 6 Jacket & Polo orders (refer page 5)

### November

Tuesday 7th

Melbourne Cup Public Holiday

## CHANGE OF CLOTHES

With the wet weather and winter

continuing, could you please make sure **all** students have a change of clothes in their bags.



## HAPPY BIRTHDAY

Birthday wishes to the following students who celebrate next week:

Collins Walley, Maddie Hall,  
Kyle Gresham, Ayden Atkins,  
Catherine Rae, Leonardo Ricci, Montana Power and  
Leyton Fenton



### 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.



## 2023 School Term Dates

Term 3: 10th July to 15th September

Term 4: 2nd October to 20th December

### SICK BAY LINEN ROSTER

#### Term 3

September

15th Megan Johnson

#### Term 4

October

6th Ashleigh Desmond

13th Jemima Allen

20th Jackie Knight

27th Nicole Peter

November

3rd Susan Moore



Important  
Information



**Kilmore  
Primary School**

Important  
Information

Parents and Carers, please refer to the attached links to view updated School Policies documents:

[School Policies \(kilmoreps.vic.edu.au\)](https://kilmoreps.vic.edu.au)

Or alternatively visit the KPS School website and go to :

'About' — 'School Policies'

## Grade 6 Jacket and Polo Ordering



Families of Grade 5 students will have been emailed via Compass an order form for 2024

Grade 6 Jacket and Polo's.

First round orders are due 27 October 2023 for delivery to KPS before school commences in 2024. Second round orders are due 15 February 2024 for delivery to KPS before end of term 1 in 2024.

**(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.

## 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](https://esafety.gov.au/young-people)



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.

**DO NOT  
PARK IN  
OR BLOCK  
DRIVEWAY  
AT  
ANYTIME**



**NO PARKING  
PLEASE  
DO NOT BLOCK  
DRIVEWAY  
THANK YOU**



# Teach the Teacher





# Young Leaders' Day

Today our School Leaders visited Wallan Primary School for another Young Leaders' Day.

Students engaged in team building activities with students from other schools. The leadership and maturity demonstrated by the students was praised by the organisers. Well done to our student leadership team for always representing us with pride. A special thank you to Richie Boyer for his organisation of the day, getting everyone to and from the venue.





## Connecting With Kimberly



### **R U OK DAY – Thursday September 14<sup>th</sup>**

Next Thursday September 14<sup>th</sup> is R U OK DAY.

On this day, we encourage all students and staff to add a 'touch of yellow' to our school uniforms. This is not an out of uniform day but we suggest wearing items such as yellow socks, scarves, beanies, hair-bows, scrunchies, jackets, tutu's and yellow hair. This day is an important reminder that it is important we check in on one another. All students will also complete some classroom activities as part of our whole school social and emotional learning curriculum.

### **The Grade 5 Experience**

On Monday, the grade 5 cohort participated in their second Grade 5 Experience Day. The Grade 5 Experience is a whole cohort program that explores self-identity, teamwork, emotional regulation and preparing for getting ready for grade 6. The grade 5's will participate in another two days of this initiative next term.





## Connecting With Kimberly



The following services are available outside of school hours.

\*\*\*In the event of an emergency please call 000\*\*\*



I can be contacted via email:

[Kimberly.batsas-hill@education.vic.gov.au](mailto:Kimberly.batsas-hill@education.vic.gov.au)

Or 5782 1268 for any student and family wellbeing needs.

Best,

Kimberly Batsas-Hill

Social Worker -Primary Welfare Officer

### Kids Helpline



Ph: 1800 551 800

[https://  
kids helpline.com.au/](https://kids helpline.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/)

## Buzz from the Bee Hive!!!



As term 3 comes to a close,  
the beehive makes a return!

The beehive will be open

**Monday 11th to Thursday 14th of September**

Monday - Foundation

Tuesday Grades 1/2

Wednesday Grades 3/4

Thursday Grades 5/6



for our students to spend their very well-earned  
bee tickets.

Exciting new items and great raffles  
for all to enjoy!

## The Wellbeing Team



# The Kilmore Primary School

# Helping Hands Hub



**MONDAY 11TH**  
**TUESDAY 12TH**  
**WEDNESDAY 13TH**  
**Where: LIBRARY**  
**Time: 1:15 - 2:15**

**WE WELCOME VOLUNTEERS FOR EITHER,  
ONE TWO OR ALL THREE DAYS – ANY HELP  
IS MUCH APPRECIATED!**

We are looking for 3 or 4 members of our wonderful community to assist staff with the running of the much loved Beehive! The Beehive is where our students get to spend Bee Tickets which they have earned throughout the term for displaying positive behaviours and it is a very exciting time! Volunteers will help with setting up, the 'purchase' of items and some packing up at the end of the session. It will only be approximately one hour of your time on each day as the Beehive is only open during lunchtime. If you are happy to help, please email Liz with your availability (either a preference for one or both days) to:  
[elizabeth.simner@education.vic.gov.au](mailto:elizabeth.simner@education.vic.gov.au)



**THANK YOU! 😊**

\*Please note: Volunteers will require a valid Working With Children Check





## 2023 Prep CSEF Uniform Package



Applications for the 2023 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 [website](#) 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, 2023**

In order for a student to be eligible to receive the 2023 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 :

[contact@ssr.net.au](mailto:contact@ssr.net.au)

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



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





16th - 20th October

**Monday**

Unveiling office book display (Treehouse)

**Tuesday**

Unveiling your classroom door display

**Wednesday**

Session 4 - Buddy Sharing of Writing

Session 5 – Parent/carer visit the classroom for their child to share their writing.

**Thursday**

Guest Reader

**Friday**

Book Week Breakfast followed by Book Week Parade

CHILDREN'S  
BOOK WEEK®

#CBCA2023

READ  
GROW  
Inspire







# Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

Here are some of the school costs the \$500 can be used for:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact your local Saver Plus coordinator:



Jade or Sharon



[enquiriesp@berrystreet.org.au](mailto:enquiriesp@berrystreet.org.au)



1300 610 355

DELIVERED BY

**BERRY  
STREET**

Find out more  
at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.



**Now  
Available**

**afterpay** ↻

**For all your school wear needs**



**Please 'like' our Facebook page to keep updated & informed  
- More exciting developments to come**





## 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	<a href="#">Broadford Living and Learning Centre Facebook</a>	156-158 High St, Broadford Ph: 5784 4006
Freedom Care	<a href="#">Freedom Care Website</a>	127C Northern Hwy, Kilmore Ph: 0422 599 735
Love in Action Broadford and Wallan	<a href="#">Love in Action Broadford Facebook</a> <a href="#">Love in Action Wallan Facebook</a>	0473 845 808 - Broadford 0436 457 154 - Wallan
Rotary Seymour	<a href="#">Rotary Seymour Facebook</a>	44 Emily St, Seymour
Salvocare / The Salvation Army Corporation Seymour	<a href="#">Salvocare Website</a>	8-10 Victoria St, Seymour
St Vincent De Paul Conference Kilmore and Seymour		0428 546 328 - Kilmore 5792 4167 - Seymour
Wallan Gateway	<a href="#">Wallan Gateway Website</a>	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](http://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.

RESERVOIR

October 2023

Everyday English

# Living and Working in Australia

Develop your understanding of Australian culture and practice your English language skills to prepare for the Australian Citizenship Test.

prace

[www.prace.vic.edu.au](http://www.prace.vic.edu.au)

Everyday English

## Living and Working in Australia

Develop your understanding of Australian culture in the community and the workplace while you build skills in speaking, listening, reading and writing English.

In this small, friendly class you will build the skills needed to:

- For the Australian citizenship test
- Confidently participate in the local community
- Develop an understanding of Australian workplace culture.

### Pathways

Further study (English or vocational studies), volunteer work or employment. Undertaking the Australian citizenship test.

### Workforce Australia

This course counts towards Workforce Australia mutual obligation requirements.

*Prace encourages individuals with disabilities to participate in our programs and activities. This training is delivered with Victorian and Commonwealth Government funding. Prace TOID 4036*



**Location**  
Prace - Merrilands  
Community Centre  
35 Sturdee St, Reservoir

**Dates and Duration**  
10 Sessions

**Days and hours**  
Wednesday (Evenings)  
4 October  
6:00pm - 8:30pm  
or  
Friday (Daytime)  
6 October  
9:30am - 12:30pm

**Entry requirements**  
Permanent Resident  
(must hold a current  
Green Medicare Card)

**Fees**  
Free

**Register your Interest**



*This course is endorsed by  
Learn Local.*

prace

Prace Main Office  
Merrilands Community Centre - 35 Sturdee Street, Reservoir  
Phone 9462 6077 | [office@prace.vic.edu.au](mailto:office@prace.vic.edu.au) | [www.prace.vic.edu.au](http://www.prace.vic.edu.au)





# YOUTH FEST 2023

As part of the State Government initiative 'Youth Fest', Mitchell Youth Services will be delivering a range of events, training, workshops and celebrations in partnership with other local organisations for young people connected to Mitchell Shire.

- **Saturday 9 September**  
Seymour Skate Comp
- **Sunday 10 September**  
Broadford BMX Track Fun Day with Wheel House Bikes
- **Thursday 21 September**  
Come Try Bowls with Kilmore Bowls Club
- **Saturday 23 September**  
Youth Painting Workshop with Club Mandalay in Beveridge
- **Tuesday 26 and Wednesday 27 September**  
Barista for Beginners Workshop in Wallan

For more details and how to register visit [tiny.cc/mitchellyouthfest](https://tiny.cc/mitchellyouthfest)



@mitchellyouthservices  
Mitchell Youth Services



Mixed Under 8s  
Competition +  
Junior  
Domestic



## REGISTRATIONS OPEN

Ending September 22nd 2023

### Thursday night Under 8's

Born in 2017-2018

Register Here:

<https://www.playhq.com/basketball-victoria/register/71484b>

Fees:

\$29.00 BV Annual Insurance

Registration \$130

### Saturday Junior Domestic

Born in 2006-2016

Register Here:

<https://www.playhq.com/basketball-victoria/register/495386>

Fees:

\$29.00 BV Annual Insurance

Registration

\$175 (U10s) \$230 (U12s+)

## STILL TO COME TERM 3

Team Kids

## FUN FUN FUN!



TeamKids' Book Week was HUGE! Onto the next chapter... our **Spring Dance Party!** That's not all! We can't wait to see you soon for school holiday FUN.

## SAVE NOW!

FROM JULY 2023

CHILDCARE WILL BE CHEAPER FOR:

- MOST FAMILIES (increased subsidy rate)
- MORE FAMILIES will be eligible

If your family earns under \$530K, your child care subsidy (CCS) will increase.



## FIND OUT MORE

1300 035 000 | [teamkids.com.au](https://teamkids.com.au)

## BOOK NOW SEE YOU SOON!

## SPRING Holidays

Team Kids

N° 50



BEST HOLIDAY PROGRAMS IN AUSTRALIA

## REGISTER TODAY

IT'S FREE! [teamkids.com.au/register](https://teamkids.com.au/register)

## BOOK

[teamkids.com.au](https://teamkids.com.au)  
1300 035 000



KILMORE JUNIOR FOOTBALL CLUB

## Expressions of Interest for Season 2024!!

### GIRLS OF ALL AGES

U10 GIRLS - BORN 2014, 2015, 2016

U12 GIRLS - BORN 2012, 2013

U14 GIRLS - BORN 2010, 2011

U16 GIRLS - BORN 2008, 2009

U18 GIRLS - BORN 2006, 2007

### INTERESTED?

CONTACT - [KJFCPRESIDENT@GMAIL.COM](mailto:KJFCPRESIDENT@GMAIL.COM)