



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 24 June 2022



WINTER WARMER WEDNESDAY





WINTER WARMER WEDNESDAY



Congratulations to
Mrs Rebbechi and her
husband Daniel on the
safe arrival of their
gorgeous daughter

Myla
born on 15/06/2022

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

Monday 18th — Parent Teacher Interviews

Tuesday 19th — Parent Teacher Interviews

Tuesday 26th — Parent Teacher Interviews

Wednesday 27th

School Tour (refer page 13)

Friday 29th

Grade 3/4 Phillip Island Final instalment due

August

Thursday 11th

School Tour (refer page 13)

Tuesday 23rd

School Tour (refer page 13)

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.



HAPPY BIRTHDAY

Birthday wishes to the following students who are celebrating their birthdays over the coming weeks:
Bonnie Carter, Evie Lynn, Caleb Hallam, Poppy McCutcheon, Xavier Nicholas, Lara Francis, Axl Fandrich, Xavier McIvor, Daltyn McKay, Kaleb Brebner, Isla-Rose Hillebrand, Emily Catanzaro, Aleah Jones, Charlotte Crone, Dylan Stoneman, Chelsey Dwyer, Zack Staub, Rylee Hillebrand, Aneira Morgan Eeles, Max Bishop, Kayla Banks, Thea Candy, Charli Dow, Ashlea Lang, Ethan Watts, Zoe Walton, Rhiley Notley, Lachlan Berryman, Jaykob Robinson, Mackenzie Stuart, Jocelyn Huffer, Jack O'Rourke, Jewell Zlabek, Nate Robinson, Rojon Kumar and Jase Kneebone.



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.

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.



FROM
Mr O'Sullivan



Thanks and Gratitude

I would like to extend my thanks and gratitude to all members of the Kilmore Primary School community at the conclusion of term two. We can reflect with pride at how we have established solid learning routines and coped with all of challenges posed by COVID-19 and a severe flu season. While this has been a challenge, once again our school community has worked through these circumstances together. I would like to thank all our staff who shown amazing resilience and a "can do" attitude in dealing with the additional workload pressures that have arisen because of staff shortages. I wish everyone a wonderful break for the next two weeks and I hope that everyone has the opportunity to reset and recharge for term three.

Parent Teacher Interviews

Parent Teacher Interviews are now open for booking on the Compass portal. Interviews will take place during Week 2 and 3 of Term 3 and will be held onsite. I encourage all parents and carers to make a booking as the interviews provide a great opportunity to discuss your child's learning progress and future goals.

Looking Forward To Term 3

Term 3 promises to be an exciting time at KPS with lots of great activities set to take place. Our Grade 3/4 students will be heading off to their Phillip Island camp, our Grade 5/6 students participating in an excursion to Scienceworks and our Family and Friends group have also planned some great activities, including a whole school disco. We are looking forward to an exciting term of learning and social interaction in Term 3.

Beehive Bonanza

Over the last week, our students have had a wonderful time "spending" their Bee Ticket at our Bee Hive. I would like to thank our Wellbeing Team for all the organization that they put into making this event run so well. In Term 3, we will hold further Bee Hive bonanza days to recognize the positive behavior of our students.

Wishing everyone a wonderful break over the next two weeks.

All the best,

Neil O'Sullivan
Principal



Best wishes to Kim Evans for her upcoming extended leave



Buzz from the Beehive !!!!

This week, students spent their bee tickets either at the Beehive or on hot chips, movies and popcorn. There was a fantastic buzzzzzzzz around the school!!



Enrichment Day at KPS

On Thursday the 23rd June, students and teachers at Kilmore Primary School took part in our very first 'Enrichment Day'. This event was designed to give students a chance to try something diverse to our regular curriculum, while working with a different teacher and students from a mix of year levels.

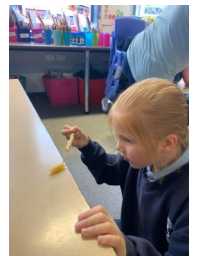
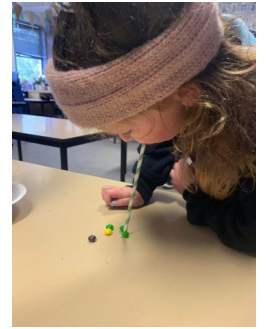
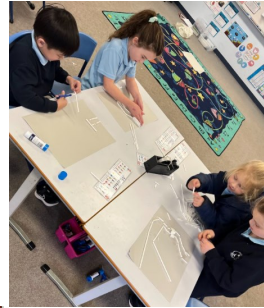
Students took part in an hour long session where activities ranged from origami to meditation to building towers out of spaghetti and marshmallows. We saw some world class paper aeroplanes and some inspiring 'Picasso' style self-portraits.

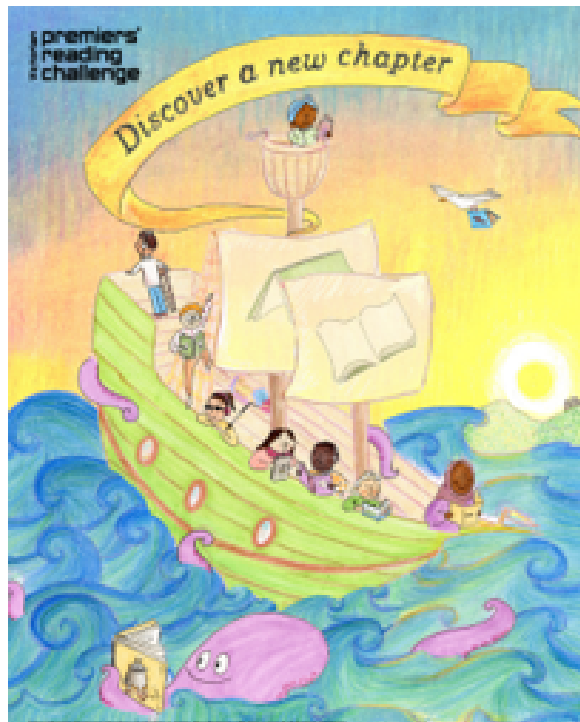
Students completed team challenges, used tactics and strategies to overcome obstacles, and let their creativity run free in a variety of hands-on activities.

We'd like to express our gratitude to our students for approaching each new task with a positive attitude and sense of adventure.

It goes without saying that the day was enjoyed by many, and we look forward to Enrichment Day, 2023!







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! 😊

Jump Rope for Heart kicks off in Term 3!

Jump Rope for Heart is a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 36 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.



Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$104 million for the Heart Foundation's lifesaving work.

It's important you [register your child online](https://www.jump rope.org.au/parents), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.
www.jump rope.org.au/parents

Students will be skipping in P.E Sessions, Recess, Lunch Times and at home. During this time you can share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school Jump Off Day on Friday 19th August, this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills.

Thank you for supporting the Jump Rope for Heart program!

Mr Babic



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 on Thursday.

We congratulate for this week:

Foundation E — Pippa Dove	Grade 2H — Neeve Hoey	Grade 5F — Jewell Zlabek
Foundation G — Phoenix Rachelle	Grade 2M — Macey Fraser	Grade 5M — Josh Carmichael
Foundation M — Kyle Hobbs	Grade 2P — Amy Macbeth	Grade 5S — Matilda Bosworth
Foundation S — Axl Fandrich	Grade 3D — Kaleb Brebner	Grade 6B — Alexis Connolly
Grade 1H — Reid Sumner and all of the class IH	Grade 3K — Tyler Tate	Grade 6E — Thomas Mayo
Grade 1M — Alice Taylor	Grade 3R — Aashir Iftikhar	Grade 6J — Jade Shearer
Grade 1N — Hunter Johnson	Grade 4J — Jaxon Periera-Stones	Specialist F-2 — Brooklyn Monaco 3-6 — Shae Zeinert
Grade 1T — Isla-Rose Hellebrand	Grade 4S — Hamish Peggie	
Grade 2F — Kylah Reihana	Grade 4V — Saxxon Daniels	

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.



CONGRATULATIONS



Well done to Alex 3R who achieved her yellow belt grading for Karate on 20th June



bell schedule

Session 1:	8:50am to 9:50am
Session 2:	9:50am to 10:50 am
Recess:	10:50am to 11:20am
Session 3:	11.20am to 12:20pm
Session 4:	12:20pm to 1:20pm
Lunch Eating:	1:20pm to 1.30pm
Lunch Play:	1:30pm to 2.10pm
Session 5:	2.10pm to 3.00pm
First Dismissal (Surnames A-L)	3.05pm
Second Dismissal (Surname M-Z)	3.10pm

Connecting With Kimberly



Yesterday at assembly, our Healthy Harold's Heroes (HHH) leaders received their leadership badges! HHH is a grade 4 leadership program that aims to engage students to become change makers in our school community. The aim of the program is to develop student voice by building problem solving skills, team work, collaboration and organisation skills. Next term, our HHH leaders will develop wellbeing initiatives within the school and facilitate these initiatives at recess and lunch time. Congratulations on all of our HHH leaders! We are excited to see what wellbeing initiatives our leaders come up with next term!



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/>

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/>

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

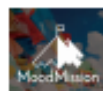
Online program for parents and caregivers providing evidence-based parenting strategies.



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.



SMARTPHONES/SMART FILMS




Learn Skills | Make Films | Your Phone | Your Voice

Register today at www.smartphonestories.com



HOME **Club** **WORK**
WALLAN



 Australia Council
for the Arts



For more information or to register in your area, visit www.smartphonestories.com. You can also email us at info@cinespace.org.au

MAKE YOUR FIRST TWO MOVIES, ONE DURING THE WORKSHOP, AND ONE WITHIN THREE MONTHS! SCREEN YOUR FILM!

PLANNING
SHOOTING
EDITING
SHARING

This two-day workshop, funded by VicHealth and delivered by Cinespace Inc. gives you all the skills you need to get started.