

# Kilmore Primary School

Principal: Mr Neil O'Sullivan

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**NEWSLETTER** 

Friday, 2 December 2022



# 'Give the Mo a Go' Day



#### What a fantastic day it was!!

I saw so many stashes, with exceptional creativity and uniqueness. The students involved were so positive and excited throughout the day!

Thank you to all for getting around the day and gathering up donations.

Our wonderful KPS community total of Gold Coin Donation's was an amazing \$270.

It is not too late to donate to my page.

Please visit the following website to donate directly to my Movember Fundraising Page. <a href="https://movember.com/m/nathanbabic?mc=1">https://movember.com/m/nathanbabic?mc=1</a>

At the moment, with the Gold Coin Donations, I am sitting at around \$700 raised which is outstanding.

There is still a massive chance to break my goal of \$1000.

At the assembly today, I let everyone know how much was raised through Gold Coin Donations.

Again, I just want to thank you for your amazing help!

This is going to help so many men around the world in so many ways! Enjoy the photos.....

Nathan Babic | Physical Education and Sports Coordinator

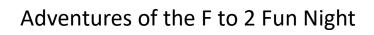




# 'Give the Mo a Go' Day



















#### **Thanks and Gratitude - Foundation Fun Night**

I would like to thank our F to 2 teachers for the effort that they put into organising and running last Friday's Fun Night. The students certainly had a wonderful time participating in the activities, with my personal highlight being the pop-up camp site on our Astro-Turf as our students busily worked together to put up tents. Overall the evening was a great success and I would also like to thank all of our parent helpers who joined in the fun.

#### **Swimming Program**

Our swimming program is off to a great start this week with our Grade 6 students heading off to the pool each day. As we head into the summer season, it is fabulous that all of our students will have the opportunity to develop the swimming and water safety skills. Next week, our Foundation to Grade 2 students will begin their swimming program. We are committed to the swimming program becoming an important part of our annual calendar so that we can build on our program year after year. I would like to acknowledge the work of our Assistant Principal, David Kiddle, in co-ordinating the swimming program. The timetabling and logistical challenge of running a swimming program at a busy time of year is enormous, however Dave has done an outstanding job in pulling it all together.

#### **OSHC Update**

Our School Council is currently working through the process of selecting a new OSHC provider for KPS. We have been extremely pleased with the volume and quantity of responses to our expression of interest process. There are many providers who are very keen to run the KPS OSHC program and we are confident that our future provider will bring an engaging and diverse program to our school. Our School Council aims to have the process finalised by early next week with the successful provider made known to the community by Friday, December 9<sup>th</sup>.

#### **School Review - Community Survey**

In Term 1 of 2023, KPS will be undertaking its four yearly School Review. The School Review process, which is facilitated by an external school reviewer and a Senior Education Improvement Leader from the Department of Education, provides schools with the opportunity to reflect on their achievements and set goals for the next four years. As part of the review process, we would value feedback from our community on what we are doing well at KPS and areas where we can improve our services. If you would like to provide feedback as part of the School review process, please follow the link below:

https://forms.gle/zREFZpdcdJryQqMj9

#### **PLC Summit at KPS**

On Wednesday, educators from all over North Central Victoria came to KPS to participate in a day of professional learning as part of our Professional Learning Communities (PLC) Summit. The day was organised by Caitlin Pappin and Carolyn Crowther and they succeeded in delivering a fabulous day of professional learning for the attendees. As part of the day, world leading educators Daniel Venables and Bronwyn Ryrie-Jones facilitated two fabulous sessions on leading teacher teams and effective assessment methods. The Regional Director for North East Victoria, Karen Money, was also one of the attendees and she commented on what a beautiful feel our school has and how orderly our school environment is.

#### Student Leadership

On Tuesday, Mrs Smith, Mr Farrell and I interviewed six of our future school leaders as part of the process of selecting our 2023 School Captains. I would like to congratulate the six students on their preparation and on how well they handled the interview situation. We will be announcing our 2023 school leaders at a special assembly for our Grade 5 students and families next Friday.

All the best,

Neil O'Sullivan Principal





#### **December**

Tuesday 6th

Wallan SC Year 7 Information Evening (refer P8)

Wednesday 7th

Payment Due for the following Grade 6 Events:

- \* Funfields
- Graduation Bears
- \* Graduation Dinner

Wednesday 14th

Grade 6 Graduation Ceremony and Dinner

Monday 19th

Christmas Concert and Amazing Christmas Raffle draw

Tuesday 20th

Last day of term for students—1.30pm dismissal

#### **HAPPY BIRTHDAY**

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

Charlotte Hepper, Kaleb Agnew,

Cody Evans, Odin Lewis, Odern Rachelle, Lukah Pardo, Kaitlyn Eccles, Linkin Taitoko, Taj Seddon Anderson, Elaina Garrard, Tianna Earp, Jayden Arico and Guilly Duff.



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

#### **Drink Bottles**

Reminder all students need to bring a drink bottle to school.



#### Grade 6 Jacket and Polo Orders



2nd Round Orders Are Due 10th February for 2023. Please place your order and payment directly with All Things Uniform in Broadford



#### **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 5782 1268.



#### 2023 Book List/Stationery Packs—Please check your emails

Families have been emailed a link via Compass for ordering 2023 Book Lists. Please remember to order for your child's 2023 class. The email incudes our future Foundation students for 2023.

You can also view the booklist/stationery packs on our Kilmore Primary School website: <a href="https://www.kilmoreps.vic.gov.au">https://www.kilmoreps.vic.gov.au</a>

Go to Parents tab—2023 Stationery Packs and select the year level for 2023.

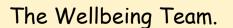




#### Buzz from the Bee Hive!!!!

Stay tuned or next week's newsletter with photos of the final weeks of the Bee Hive.....!!

See you at the beehive!!





# 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.



## Hi, I'm Tilly from 5S!

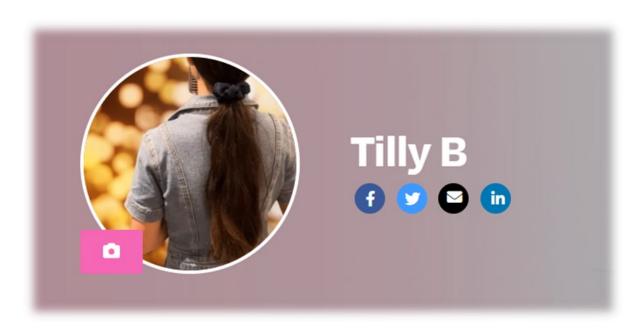
I have been growing my hair for the last 18 months to donate and raise funds to help kids with cancer in Australia. A wig helps kids to feel like themselves again and improve their confidence and self-esteem as they undergo treatment.

Please donate to my Wigs 4 Kids fundraiser, and share with your family and friends. Your KIND donation, no matter how big or small, will allow Kids with Cancer Foundation to continue their support and help relieve the financial burden to families with children undergoing cancer treatment.

**TOGETHER** we can make a difference to other kids!

https://fundraise.kidswithcancer.org.au/fundraisers/tillyb/wigs-4-kids





# **Child and Family Services Timetable Term 4 2022**

#### **Tuning in to Kids**

A six session program for parents of 2 -10 year old's. Learn how to help your child develop emotional intelligence

ONLINE Thursday 13 October - 17 November 10am - 11:30am REGISTER HERE

#### Emotion Coaching - for teens

Our workshops are for parents and carers of teens who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children.

**ONLINE Thursday 20 October** 5:15pm - 6:45pm REGISTER HERE

#### **Tuning in to Teens**

A six session program for parents of 10 -16 year olds. Learn how to help your teenager develop emotional intelligence

Drumbeat is for children and women who have experienced unhealthy relationships or experienced or been exposed to family violence.

# Drumbeat for Kids Aged 9 - 13

12 October till 7 December 4pm - 5pm in Wallan (venue to be confirmed)

# Drumbeat for Kids Ages 10 - 13

6 October till 1 December 4pm - 5pm at FamilyCare Shepparton

#### Women's Drumbeat

5 October till 2 December 10am - 11:30am at FamilyCare Shepparton

Call Central Intake 1800 161 306

#### The importance of play

Playing together is one of the most effective tools for building strong relationships with your child.

FamilyCare Shepparton Wednesday 9 November 10am - 12noon REGISTER HERE

#### **Connections**

A relationship building group for mothers and young children (0-4 years) who have experienced family violence

FamilyCare, Shepparton 10 October to 5 December 10am - 12 noon

Call Central Intake 1800 161 306



**Connecting With Kimberly** 



**Christmas Hampers** 

We are starting to collect donations for our Christmas hampers which will support school families. If you may be able to help, we are seeking donations for our Christmas hampers such as: Christmas puddings, toy's, candy canes and any 👞 other Christmas based items. These hampers will be delivered to families in the last week of term. If you would like to donate any items, please drop them off at the office for collection.

I can be contacted via email:

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 The following services are available outside of school hours.

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

#### Kids Helpline



kidshelp ine 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/



#### Create your own Dream Car and you could win!

#### The 16th Toyota Dream Car Art Contest is now open. Enter your class for a chance to win great prizes!

- Official entry form and terms and conditions are available at toyota.com.au/dreamcar. Make sure to check the appropriate age category for your pupils.
- For free teaching resources including lesson plans and tips on how to enter your class into the Toyota Dream Car Art Contest, visit coolaustralia.org.
- Entries must be hand drawn or painted on a sheet of paper no larger than A3. Digitally created entries are not eligible. You can download a personalised drawing template for your class from toyota.com.au/dreamcar.
- 4. This year the Dream Car Competition is accepting entries online, so there is no need to package and post your class entries. Head to dreamcarentry.com.au and follow the bulk upload process.
- 5. Make sure that each entry to the competition has been approved by a parent or guardian.

#### Plus, your school could win a \$2,500 VISA Gift Card!

The child who wins first prize in the competition will win a \$2,500 VISA Gift Card for their school and another \$2,500 VISA Gift Card for themselves. There are also eight \$275 VISA Gift Cards to be won spread across three age groups - Under 8, 8-11 and 12 -15.

Entries submitted before 12th December 2022 will automatically be entered into the early bird prizing competition with a chance to win one of  $5 \times 100$  VISA Gift Cards.



#### **OH WHAT A FEELING**

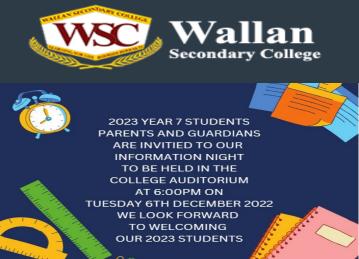
Entry Terms and Conditions can be found at toyota.com.au/dnamear-terms-conditions. Privacy collection statement is available in the Entry Terms and Condition

Has anyone seen an Elf???

Check your bags......

Is he hiding in your bag?





PSW)





WALLAN SECONDARY COLLEGE

OFFERING: FREE WALLAN CAP WITH ORDER VALUE OVER \$450



#### **PSW CAMPBELLFIELD**



2/283 REX RD, CAMPBELLFIELD VIC 3061 (03) 9768 0337

#### SCHEDULED DATES

Thursday 8th December (5pm – 7pm)

#### FITTING BOOKING APPOINTMENTS ESSENTIAL

(please head to our PSW website and click on YOUR FITTING APPOINTMENTS under the School name

ORDER TODAY AT PSW.COM.AU



# DO NOT PARK IN OR BLOCK DRIVEWAY AT ANYTIME

# PLEASE DO NOT BLOCK DRIVEWAY THANK YOU

# 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 — Oakin Newall                      | Grade 2H — Cain Jackson  | Grade 5F — Parker Schultz                  |
|--|--|--|
| Foundation G — Hudson Philpott<br>Ryan Whyte     | Grade 2M — Jimmy Manning   | Grade 5M — Alby McGivney<br>Chelsea Rhodes |
| Foundation M — Connor Rogan<br>Gina Delos Santos | Grade 2P — Chloe Trefz<br>Chloe D'Ath Wells                            | Grade 5S — Tamira Krollig                  |
| Foundation S — Meeka Gardam                      | Grade 3D — Isaac Notley<br>Tilly Rennie<br>Amaya Yates<br>Evie Tweedie | Grade 6B — Ivy Ponomarev                   |
| Grade 1H — Lily Brebner                          | Grade 3K — Lyriq Maa<br>Tyler Tate<br>Zack Staub                       | Grade 6E —                                 |
| Grade 1M — Ben Mecklem                           | Grade 3R — Grace Hughes<br>Seth Dodds<br>Jackson Swift                 | Grade 6J — Ryan Bickerdike                 |
| Grade 1N — Divi Gangadhar                        | Grade 4J — Beau Curran-Kuchel  | Specialist<br>F-2—<br>3-6—                 |
| Grade 1T — Matias Peel                           | Grade 4S — Phoenix Burrows   |  |
| Grade 2F — Odin Lewis                            | Grade 4V — Riley Streader  |  |



# We need your HELP!

KPS Family and Friends are reaching out for your assistance with donations for our AMAZING CHRISTMAS RAFFLE!

Suggested items - Chocolates, Christmas decorations, wrapping paper, baking goods, candles, toys, mugs, chips etc.

Donations can be dropped at the school office or the Canteen drop boxes.

Raffle tickets sales will be announced shortly!

Raffle drawn at our end of year celebration evening Monday 19<sup>th</sup> December.

Any questions please contact Jodie 0433271301





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.

#### 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.



# Mitchell Shire

| Food Relief<br>Organisation                              | Facebook or<br>Website   | Contact<br>Details   |
|--|--|--|
| Broadford Living and<br>Learning Centre                  | Broadford Living and Learning<br>Centre Facebook                 | 156-158 High St, Broadford<br>Ph: 5784 4006  |
| Freedom Care   | Freedom Care Website   | 127C Northern Hwy, Kilmore<br>Ph: 0422 599 735                                       |
| Love in Action<br>Broadford and Wallan                   | Love in Action Broadford Facebook Love in Action Wallan Facebook | 0473 845 808 - Broadford<br>0436 457 154 - Wallan                                    |
| Rotary Seymour   | Rotary Seymour Facebook  | 44 Emily St, Seymour   |
| Salvocare / The<br>Salvation Army<br>Corporation Seymour | Salvocare Website  | 8-10 Victoria St, Seymour  |
| St Vincent De Paul<br>Conference Kilmore<br>and Seymour  |  | 0428 546 328 - Kilmore<br>5792 4167 - Seymour  |
| Wallan Gateway   | Wallan Gateway Website   | 7 Commercial Drive, Wallan<br>Ph: 5783 2777 - Gateway<br>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



#### 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.



#### 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

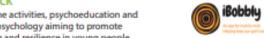


Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



A social and emotional wellbeing self-help app for young Aboriginal and Torres Striat Islander Australians aged 15 years and older.















# SCOUT CHRISTMAS TREES!



Christmas Trees available for pick up or delivered directly to your home!

Kilmore Scouts are having our annual fundraiser.

Order you Christmas Tree online

www.trybooking.com/CDIYO or visit

www.1stkilmorescoutgroup.com.au

Scan here to buy!





FOOD TRUCKS: 5PM

PRE SHOW ENTERTAINMENT: 6:30PM

MITCHELL SHIRE COUNCIL

IN PARTNERSHIP WITH BGGROUPAU PRESENTS

CAROLS: 7PM





#### **FREE ENTRY**

SATURDAY 17 DEC HUDSON PARK KILMORE





#### Mitchell Shire Library Service.

#### Join. Borrow. Read. Win!

If you are aged 0-18, join the BIG Summer Read for your chance to WIN!

All you need to do is read and log ten books using the Beanstack app.

The competition starts on 1 December 2022 and closes on 31 January 2023.

Pop into any Mitchell Shire Library branch from the 1st of December to pick up a FREE Summer Read calico bag with fun activities and goodies inside.

Registrations are open now online at https://plv.beanstack.org/reader365

Scan the QR code to register or you can pick up a reading log from Thursday 1 December at any Mitchell Shire Library branch.

Greater Beveridge Community

Centre Corner Lithgow Street and Mandalay Circuit, Beveridge

Broadford Customer and Library Service Centre, 113 High Street, Broadford

Kilmore Customer and Library Service Centre 12 Sydney Street, Kilmore

Seymour Customer and Library Service Centre 125 Anzac Avenue, Seymour

Wallan Customer and Library Service Centre Wellington Square Shopping Centre 12/81 High Street, Wallan

#### MITCHELL SHIRE COUNCIL

# FREE SWIM PASS AND SNACKS!

FOR YOU AND YOUR FRIENDS!

Mitchell Youth Services are giving away free passes for 12-24 year olds who live, socialise or study in Mitchell Shire

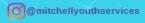
You and three friends will receive entry into a Mitchell Leisure Services pool as well as snacks and a drink - all for FREE!



Interested? Pop your name in the draw to win here!

tiny.cc/freeswimpassandsnacks







- t: (03) 5734 6451
- e: libraries@mitchellshire.vic.gov.au w: libraries.mitchellshire.vic.gov.au

















# **GAMES DAY AT YOU**





DEC

Looking for something to do over the Summer School Holidays?

If you're a young person aged 12-18 bring your friends and challenge our staff to a board game of your choice. Snacks provided. Cost: FREE

#### When and Where:

Tuesday 17 January, 12-2 pm - Seymour Youth Room Front Room of Seymour Sports and Aquatic Centre, Chittick Park, Pollard Street, Seymour

Wednesday 18 January, 12-2pm - Wallan Youth Room 42 Bentinck Street, Wallan

Tuesday 24 January, 12-2pm - Broadford Youth Room 152 High Street, Broadford

Wednesday 25 January, 12-2pm - Greater Beverige Community Centre

Cnr Lithgow St and, Mandalay Cct, Beverige







Mitchell Youth Services



mitchellyouthservices



Check out tiny.cc/gamesdayatyouthrooms For more info!





Popping up in

HADFIELD PARK 5 JAN - 7 JAN

#### **Featuring**

bean beds, popcorn, snacks and a bar **GATES OPEN AT 7:30PM** 



Tickets are limited and bookings essential Cinemapopup.com.au











# J N Tennis Coaching

EVENTS

Check Out Our Upcoming Events for the end of year! Limited spots available so book your spot now!

# FUN TIME PROGRAM 9am-3pm daily

Arts and Crafts

food allergies/Intolorances when you

#### January Dates for JN Tennis Coaching

Tuesday — 10 January

Wednesday — 11 January

Thursday —1 2 January

Monday — 16 January

Tuesday — 17 January

Wednesday — 18 January

