



Kilmore Primary School

Principal: Mr Neil O'Sullivan

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NEWSLETTER

Friday, 9 September 2022

QUEEN ELIZABETH II

KPS would like to acknowledge the life and service of Queen Elizabeth II.

'When life seemed hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future.' Queen Elizabeth



GOULBURN VALLEY WATER

PUZZLE COMPETITION SEMI FINALISTS



Foundation and Grade 1

Grade 2



Grade 3

Grade 4



Thanks and Gratitude – Beehive Team

In Week 10, our Bee Hive will open once again to allow students to spend their Bee Tickets on a chosen item. Bee Tickets are the KPS way of recognising positive behaviour from students and the great news is that our students have lots of Bee tickets to spend! A huge amount of planning goes into organising our Bee Hive and I would like to give a special shout to all of the members of our Wellbeing PLC and parents who help to run the day. There is an enormous amount of behind the scenes work in running these days and I would like to thank our staff and parents for the work they put into supporting such an important part of our school culture.

R U OK Day

On Thursday, as a staff group we acknowledged “R U Ok Day” as part of our commitment to staff wellbeing and promoting a positive approach to mental wellbeing. Each staff member was provided with a 21-day Resilience Project journal in which they get the chance to practice the gratitude, empathy and mindfulness approach which we implement with our students.

School Review 2023

Every four years, all Victorian schools go through a school review process. The review process involves Department of Education senior leaders and external reviewers analysing the school’s performance to celebrate achievements and establish future goals. Our school review will take place in February 2023, and we are looking forward to the process of reflecting on our successes and setting ambitious targets for our future goals.

NAPLAN

Our Grade 3 and 5 students will receive their NAPLAN results in the coming week. The NAPLAN assessments provide a great “point in time” check on how each student is progressing in their learning. In addition to NAPLAN, our teachers conduct a broad range of assessments to give a fuller picture to complement the NAPLAN assessments. If you have any queries or questions about your child’s NAPLAN assessment, please get in touch with your child’s teacher and they will be happy to assist.

Dance Curriculum Workshops – Term 4, Week 2

Last term, all our students (and staff!) had the opportunity to learn hip-hop dance routines through the Dance Curriculum dance incursion. The Dance Curriculum instructors will return to KPS during Term 4 to provide further sessions for our students. During Week 2, each year level will have a daily session with the Dance Curriculum instructors and on Friday, October 15th we will be holding whole school performances which our parents and carers are welcome to attend. This incursion will be free to our students and forms part of our wellbeing program.

Library Revitalisation

Our School Council are continually working on upgrading our facilities and we are excited to announce the exciting next phase in our facilities uplift. During Term 4, we will be working on revitalising our library space. Our library is already one of the best spaces in our school and our revitalisation work will concentrate on renewing its furniture and layout to make a true hub for our community. This is an exciting project for our school and I am looking forward to seeing the end result at the start of the 2023 school year.

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 on which student attendance is not required. Our School Council has approved 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

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

Tuesday 18th

Sushi Day fundraiser—further details coming soon....

Wednesday 26th

1st Round Orders Due for 2022 Grade 6 Jacket & Polo orders (refer notice on page 10)

HAPPY BIRTHDAY

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

Madeline Hall, Kyle Gresham,
Ayden Atkins, Catherine Rae,
Leonardo Ricci, Montana Power,
Leyton Fenton, Brandon Crook,
Parneet Kaur and Marlee Marlow.



*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.



Buzz from the Bee Hive!!!!



Next week our Bee Hive will be opening again!

The Bee Hive will be open Monday—Thursday during lunchtime, year levels on the following days;

Monday—Foundation

Tuesday—Grades 1 & 2

Wednesday—Grades 3 & 4

Thursday—Grades 5 & 6



BEE HIVE RAFFLE



WEEK 10 TERM 3

\$5 Buzz Bucks enter as many times as you like!

Foundation

Raffle #1 Skip Ball

Raffle #2 Colouring book and jumbo pencils

Grades 1 & 2

Raffle #1 Orb

Raffle #2 Pit - Card game

Grades 3 & 4

Raffle #1 Funky things to draw

Raffle #2 Crochet kit

Grades 5 & 6

Raffle #1 Acrylic paints, brushes & canvas

Raffle #2 Soccer ball.





victorian premiers' reading challenge



WHAT A GREAT EFFORT! YOU MET YOUR CHALLENGE!

Congratulations to all students who participated in this year's Premiers' Reading Challenge. We are super proud of your efforts and you should be too! Please find below a list of students who met their personal challenge of reading a set number of books by the end of the Challenge:

PIPPA DOVE FE	ANNABELLE RYAN 4J
BEN MECKLEM 1M	OLIVER SIMNER 4J
MADDISON LITTLEWOOD 1M	NATE MCMASTER 4S
ZACHARY RYAN 2M	NICHOLAS HARVEY 4S
AUDREY PANKHURST 2P	CHARLOTTE LITTLEWOOD 4V
POPPY MCCUTCHEON 2P	ABIGAIL MECKLEM 5F
BONNIE BASSETT 3D	ISLA DOVE 5F
EMELIE SAZEGAR 3K	KYLE GRESHAM 5F
FRANKIE DOVE 3K	MADELEINE RYAN 6B
MITCHELL DOWELL 3R	MARLEE MARLOW 6J

All students who met their Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers, which will be distributed in term 4!

Don't worry if you didn't make it this year, we will be participating again in 2023!

If you have any questions, please email Liz: elizabeth.simner@education.vic.gov.au

Connecting With Kimberly



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 is 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.

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](#) Jetproof Garments
[Read](#) Raising Girls in the 21st Century by Steve Biddulph
[Read](#) Raising Boys in the 21st Century by Steve Biddulph

SCHOOL BREAKFAST CLUBS PROGRAM

Mon, Thur and Fri
 8.15AM — 8.40AM

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



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/>

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.



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.

Kilmore Tennis Club



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

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

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

YOU MITCHELL YOUTH SERVICES

'Try Tennis for Free'



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
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.

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!



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)

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





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.