



Kilmore Primary School

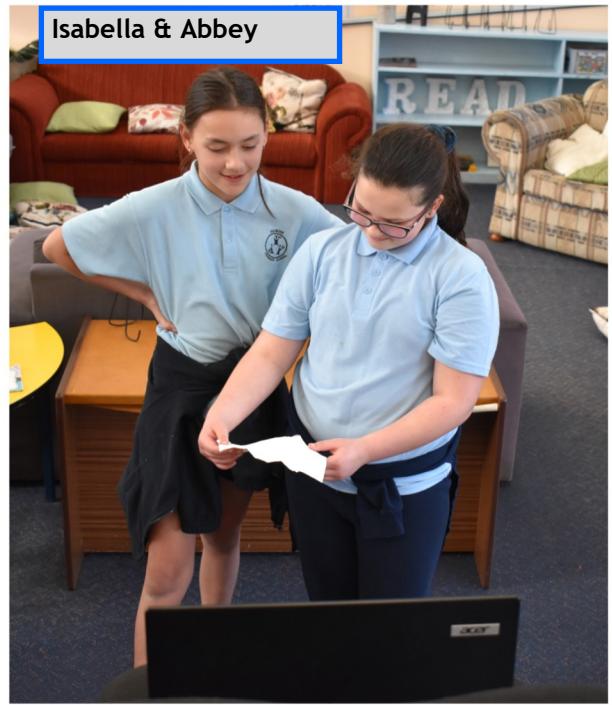
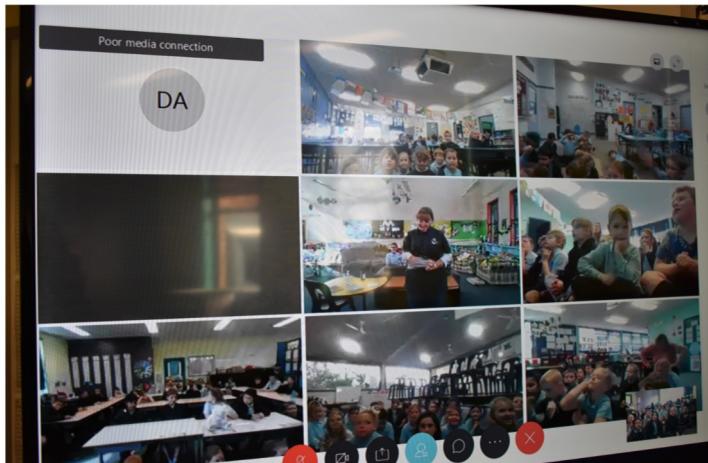
Principal: Mr Neil O'Sullivan

35 Lancefield Road, Kilmore 3764 • PO Box 105, Kilmore 3764 • ABN 85 985 746 253

P 03 5782 1268 F 03 5782 1553 E kilmore.ps@edumail.vic.gov.au W www.kilmores.vic.edu.au

NEWSLETTER

Wednesday, 24th June 2020



Behind the Scenes of Our First Virtual Assembly



Keep Warm, Relax
and Enjoy
the Holidays



Grade 6



4V



FL



**Virtual Assembly
from the
Classrooms**

Pyjama Day



**Let's Celebrate the End of
Term 2**

**Wear your pyjamas to school on
Friday, 26th June 2020**

No Cost

Runners/school shoes must be worn

Thank You

As we come to the end of the most challenging term we have faced as a school community I would like to extend my gratitude to all members of our school community. Our staff have been truly outstanding over the last term, adapting to the challenges they faced with resilience and ingenuity. Our parents and guardians have been fabulous in supporting student learning over this difficult period. The times have asked a lot of our community, but we have risen to the challenge. We know that there may be further challenges ahead, however we also know that if we take a “we’re all in it together” approach that we can overcome these challenges.

Reports

Semester 1 reports will be available on the Compass Parent Portal from 4pm on Thursday afternoon. As I mentioned in last week’s newsletter, this semester’s reports will look different to previous reports due to the impact of Remote Learning. The report comment on student achievement will be limited to:

- A description of the areas of the Victorian Curriculum taught
- A succinct descriptive assessment of student learning achievement, based on the Achievement Standards in the Victorian Curriculum.
- A comment on how the student adjusted to the remote and flexible learning environment, with reference to the Personal and Social Capability curriculum.

The report will not contain:

- A 5 point grading scale for curriculum areas (i.e. A to E grades).

Parents and guardians will be provided with a letter explaining these changes in greater detail on Thursday.

Parent Teacher Interviews

Parent Teacher interviews to discuss Semester 1 reports will take place on Friday, July 17th. This is a Curriculum Day for our school and students will not attend on this day. The interviews will be held either via web-conference or phone, depending on your preference. Interviews can now be scheduled using the Compass Parent Portal which provides step by step instructions on how to complete the process. Timeslots are filling up quickly so I would encourage everyone to make a booking before the end of term.

Staffing News

Ms Andrea McKenzie has been appointed to an Acting Leading Teacher position at Aitken Creek Primary School. Ms McKenzie will commence in her new role from the start of Term 3. I would like to wish Ms McKenzie the best of luck in her new role. This is an exciting career opportunity for Ms McKenzie and fitting recognition for the energy and commitment she has put into her classroom teaching and leadership roles over her time at KPS.

At the end of this term, we will also be saying goodbye (for a little while) to Mrs Magdato as she begins a period of family leave. On behalf of everyone at KPS I would like to wish Mrs Magdato and her husband the very best of luck as they embark on this exciting next stage in their family life. Mrs Magdato will be replaced by Ms Kayla Melling who has worked extensively at our school over the last two years and is familiar with all the students of 4M.

FROM
Mr O'Sullivan

Continued.....

Camps

Schools have been advised by the Department of Education that school camps may now proceed in Term 3 and 4. Our school is currently working with all of our camps to see if it is economically viable for the camp providers to run these camps. At this stage, we are surveying our Grade 3/4 families to see if the level of interest will make it viable for the provider to run this camp. We are still awaiting advice from Sovereign Hill, which is the venue for our Grade 5/6 camp, to see whether they will be holding school camps in Semester 2.

End of Term Pyjama Day

Everyone at KPS is looking forward to our end of term Pyjama Day which will be held on Friday, June 26th. This will be a fabulous way for us to celebrate the end of this challenging term as a school community. I am looking forward to seeing a sea of smiles on the day as we all come to school in our PJs.

Wishing everyone a restful holiday with their family,

All the best,

Neil O'Sullivan
Principal



Bell Times

Children should not arrive at school prior to 8.35 am

- | | |
|---------------------|---------------------|
| Session 1 | - 8.50am - 9.50am |
| Session 2 | - 9.50am - 10.50am |
| Recess | - 10.50am - 11.20am |
| Session 3 | - 11.20am - 12.20pm |
| Session 4 | - 12.20pm - 1.20pm |
| Eating Time | - 1.20pm - 1.30pm |
| Lunch | - 1.30pm - 2.10pm |
| Session 5 | - 2.10pm - 3.10pm |
| End Of School (A-L) | - 2.50pm |
| | (M-Z) - 3.00pm |

Student supervision ceases at 3:25pm

Compass

Things you are able to do via Compass:

- Advise of Student Absence
- View Student Reports
- Book Parent Teacher Interviews
- View Newsletters
- Receive All Communication
- View any previous Communication
- Provide permission for excursions



HAPPY BIRTHDAY

Happy Birthday to the following students who are celebrating their birthday in the coming week.

We hope you have a lovely day.

June

25th	Hayden Renz	6E 6O
26th	Caleb	FM
27th	Lacie Harry Tahlia	FM 1N 5H
29th	Xavier Sean Charlotte	FF 1H 6E
30th	Roman Kenzie	5F 6E



July

1st	Kaleb	1J
2nd	Emily Shaela	4V 6O
3rd	Charlotte Dylan Maddison	FF FJ 6O
4th	Chelsey Shelby Alyssa	4W 6E 6O
6th	Kayla	4B
7th	Ashlea Ethan Bree Jordyn	FL 2D 5M 6E
8th	Matilda	5F
9th	Jessica	6M
10th	Jaydin William Rhiley Airlie Lachlan Lincoln Fynley	FM 2S 2T 4M 4W 5H 6E



Birthdays Continued.....

July

11th	Jaykob Mackenzie Jocelyn Neza	FJ 2T 3R 6E
13th	Jack Jewell	FM 3S
14th	Rojon	FL
15th	Remy Seth Lillie	FJ 4B 4V



iPad/Laptop Loans

Any families that borrowed technology devices over the Remote Learning Period that are yet to return them, if you could do so by the end of the week, that would be greatly appreciated.



DATES TO REMEMBER

June

Friday 26th CSEF Applications Close

School finishes for Term 2
2:10pm – 2:20pm (A-L)
2:20pm – 2:30pm (M-Z)
As per Term 2 arrangements

July

Monday 13th Term 3 Commences
Students return to school

Friday 17th Parent Teacher Interviews
Students don't attend school

Literacy

Information Reports

Our Year 3 students have been learning about information texts. They have written information reports and given speeches to their peers about their chosen topic.



Abigail M 3R



Alyssa B 3M

Premiers' Reading Challenge

50 million books...

Can you believe that since the Premiers' Reading Challenge began in 2005, Victorian students have read nearly 50 million books...?! What an amazing achievement and the exciting news is that your child can take part in this year's Challenge starting now!

The Challenge encourages children and students from birth to year 10 to read a set number of books (F-2: 30 books and 3-6: 15 books) between now and the Challenge end date of Friday 4th September. Students who complete the Challenge will receive a certificate of achievement signed by the Victorian Premier and former premiers.

To register, please email:

F-2 - Mrs Jacobs (jacobs.fiona.f@edumail.vic.gov.au) or Ms Sloane (sloane.anna.m@edumail.vic.gov.au)

3-6 - Mrs Rowe (rowe.tenille.r@edumail.vic.gov.au)

Please join us in building a lifelong love of reading.

Reading over the school holidays

Reading with your child at home will help your child in all areas of school.

Fun Ways to Keep Your Child Reading Over the Holidays:

The school holidays can be a tricky time to convince your child to continue with their regular reading schedule. But practising their reading doesn't have to mean sitting still at the table and reading a book they don't like until the timer goes off. Here are some ways you can keep your child reading and having fun over the school holidays.

1. Let your child show off their reading skills to relatives. Set aside some time for your child to show off their new reading skills to relatives by encouraging them to read them a story or retell one of their favourite tales from memory.
2. Read and talk about books in the car. Encourage your child to talk about what happened in the story. Ask reading comprehension questions like, "How did the story start?", "Who was your favourite character and why?" and "How did the story make you feel and why?"
3. Write a special holiday reading list. Create a list of at least five books for your child to read each week over the holidays. Let them choose their books in advance and write down the list together. Display the list on the fridge and cross off each book once they have been completed. You can create some incentives by rewarding a prize for each book completed per week.
4. Cook and prepare your meals together and let your child read out the ingredients and quantities for you. It will also be a great way to learn measurements and temperatures, and shows them just how useful reading can be for making their favourite foods!

For the full article, please see

<https://blog.readingeggs.com/2015/01/09/6-fun-ways-to-keep-your-child-reading-over-the-holidays/>

Writing professional learning

On Friday 19 June, some teachers participated in professional learning about information text writing with Ann Korab, a Literacy consultant. We learnt about some really engaging ways to teach information texts. We can't wait to implement what we learnt next term!

This Friday, Ann will run another session for some teachers about persuasive writing. We are looking forward to learning more from Ann.

Enjoy the rest of your week,

Emma White

Literacy Leader



WORDS FROM WELBEING

Just a reminder that all students and families can access school based wellbeing supports. Kimberly can be contacted on 5782 1268 or at kimberly.batsas-hill@education.vic.gov.au

Best,

Kimberly Batsas-Hill
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/>



ACTIVITY 4

Soothing Touch

One simple way to bring mindfulness into your everyday is to offer yourself a gesture of soothing touch whenever you're feeling stressed or upset. Bringing awareness to the sensation of touch activates the parasympathetic nervous system which helps us feel calm, safe and settled. While it may feel awkward or embarrassing at first, your body doesn't know this. It simply responds to the physical gesture of warmth and care. Research indicates that physical touch, whether from a

trusted other or ourself, provides a sense of security and can help to soothe distressing emotions.

We encourage you to try it out for yourself. The more you practise the more natural it will feel and you'll start to develop the habit of physically comforting yourself whenever you need it. This is a surprisingly simple yet effective way to use mindfulness to offer yourself care and kindness.

HAND-ON-HEART

- When you notice you're under stress gently place your hand over your heart.
- Take 2 to 3 long, slow breaths. See if you extend your exhalation so that it's longer than your inhalation.
- As you breathe, notice the sensation of your hand against your heart - the gentle pressure and warmth of your hand, the natural rising and falling of your chest as you breathe in and as you breathe out.
- You might like to rub your hand over your heart, making small circles.
- Experiment by placing both hands over your heart. Notice the difference between one hand and two hands – use whichever feels most comforting.
- Linger with the feeling for as long as you like.

Tip: If you're out in public you can do this discreetly by placing a hand over your heart underneath your jacket.

Note: Placing a hand over your heart may not feel so relaxing for you. If this is the case you might like to explore the following alternatives or come up with your own:

- Crossing your arms and giving your upper arms gentle squeeze;
- Rubbing one hand in a circular motion over your abdomen;
- Taking one hand in the other and squeezing gently;
- Interlacing your fingers, placing your hands on top of your head and pressing down gently.



Mindful Month with Smiling Mind is supported by Panadol

Gilbert, P. & Choden. (2015). *Mindful Compassion: Using the Power of Mindfulness and Compassion to Transform Our Lives*. Robinson: London

Neff, K. (2010). *Self-Compassion: The Proven Power of Being Kind to Yourself*. William Morrow: NY.



LET'S
RETHINK
CARE



ACTIVITY 3

The Will and the Many Ways

Often when people want to make a change in their life, their thinking goes a little something like this:

"I want to do X, therefore I need to do Y."

But what happens if Y doesn't work out?
Unfortunately, this can lead to another thought:

*"I couldn't do Y, therefore, I can't do X."
or "I tried mindfulness once, I couldn't do it."
or "Yeah, I gave it a go, but it's not for me."*

But consider this, what would you do if you needed to get to a big meeting, a job interview or an important exam? Let's say, you planned to get there by car, but the car didn't work. Would you give up? Or, would you call a friend and ask for a lift, call a taxi, ride-share, or catch public transport? Would you call ahead and let someone

know you might be late? We find alternative pathways to achieve our goals every day.

Obstacles, whether they be cars that don't start or even our own thoughts and preferences, are inevitable. They are a part of life, and one of the most amazing things about our minds is our creativity, our ability to deal with obstacles and even plan ahead for future obstacles. For example, often when we have an important place to be, we plan to leave early, giving us extra time to deal with any obstacles that come our way. We might not know that there will be unexpected roadworks on our journey or that our train will be cancelled, but we plan ahead just in case. That's what today's activity is about - planning ahead, so you can adjust your journey as you go.

ACTIVITY

Time: 15 mins

Materials: Pen and paper

1. The Will:

Willpower needs motivation. Without motivation, our willpower is quickly depleted, so it's good to check in regularly with your Mindfulness Vision.

2. Write your vision at the top of the page. Draw a line down the middle of the page beneath your vision, and write Obstacles on one side, and Ways on the other.

3. Obstacles:

These are inevitable, and you've probably come across a few already. Write down all the obstacles to establishing your mindfulness practice on one side of the page. View these obstacles without judgement – without thinking about them as either positive or negative.

4. Your Many Ways:

On the other side of the page, write down all the many ways that you might overcome these obstacles. If Plan A doesn't work out, write down your Plan B, C, D, E etc. The more 'if, then' scenarios you have ready and waiting, the more likely you'll be to overcome the obstacles that get in the way of creating a sustainable mindfulness practice.

Feldman, D.B., Dreher, D.E. Can Hope be Charged in 90 Minutes? Testing the Efficacy of a Single-Session Goal-Pursuit Intervention for College Students. *J Happiness Stud* 13, 745–759 (2012). <https://doi.org/10.1007/s10902-011-9292-4>

Feldman, D. B., Rand, K. L., & Kahlé-Wroblek, K. (2009). Hope and Goal Attainment: Testing a Basic Prediction of Hope Theory. *Journal of Social and Clinical Psychology*, 28, 479-497.

Snyder, C. R. (2002). Hope theory: Rainbows in the mind. *Psychological Inquiry*, 13, 249-275.



LET'S
RETHINK:
CARE

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WALLAN BASKETBALL

JUNIOR DOMESTIC WINTER

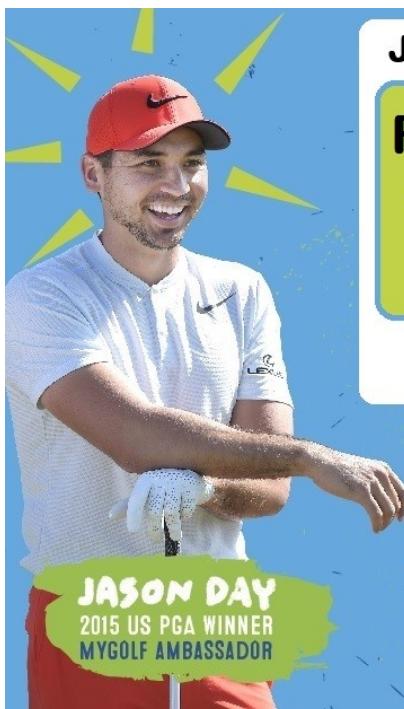


REGISTRATIONS
STILL OPEN



COMPETITION TO
START JULY 2020

WWW.WALLANBASKETBALL.COM.AU



Junior Golf Program at Kilmore Golf Club – Term 3

FUTURE STARS

Ages 12 and under
Thursdays from 16 July
4.15 - 5.15pm

JUNIOR COMPETITION

Ages 16 and under
Tuesdays from 14 July
4.15 - 5.15pm

For bookings and information, please visit
mygolf.org.au or contact Matt 0434 199 628

AUSTRALIA'S JUNIOR
GOLF PROGRAM

