



# THE MARIAN

## ST. MARY'S COLLEGE SEYMOUR

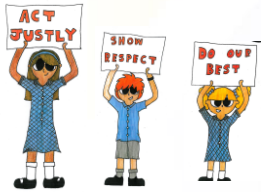
[www.smseymour.catholic.edu.au](http://www.smseymour.catholic.edu.au)  
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No. 36



(23/11/18)



### St. Mary's College Vision Statement

*A welcoming Catholic community that respects our heritage and looks to a sustainable future.*

*We inspire learning excellence, resilience and service to others.*



Term 4.  
Week:-  
7 of 11

## Dear Parents & Friends of St. Mary's,

### ADVENT

*The great season of Advent is almost upon us! Advent is a time of expectant waiting and preparation for the celebration of the birth of Jesus at Christmas.*

*Teachers spend this time of preparation with the children exploring many of our religious rituals and traditions as part of the buildup to Christmas. In schools we are often competing with the commercialization of Christmas that begins very early and is in all of the papers and magazines we read, as well as the shops we visit!*

*The Advent Calendar is a popular resource used in our classrooms that helps us all to understand the meaning and purpose of Advent.*

*I encourage families to download the Calendar from the Sadler Religion Website and enjoy some of the Advent stories, challenges and feasts.*

<https://www.sadler.com/religion/advent-christmas-resources>

### Transition

All the primary students had another taste of Transition on Wednesday this week and we were joined by all the new preps for 2019. It was like they had done it all before. The students arrived and were happily working and playing throughout the 90 minute session. It was great, too, to meet and chat with so many parents and carers who stayed on for a cuppa.

### Year 9 and Year 10 Exams

A great deal of preparation and planning goes into supporting the students who will sit exams in the coming weeks. The Year 10s are well supported by their regular teachers and mentors who are always there to support them. Let's be mindful, also, that most of the Year 9 students will be sitting exams for the first time!

### Sun Smart Policy

Our Sun Smart Policy highlights hats, sunscreen, shade, clothing and water as the 5 key elements of sun safety. Let's keep reminding one another of these important safety matters.

## Year 7 Market Day

Last Friday at recess the year 7 students held a market day as part of their Humanities unit of study titled 'Business and Economics'. Blessed with beautiful weather, the whole College community joined in the experience of fun, food and friendship. The students had been planning this event for weeks and showcased all of their enterprising business ideas across a wide range of stalls.

## P&F Christmas Raffle

Lots of Christmas Raffle books are being returned each day. A great support for the P & F! Please keep them coming in. The prizes are fantastic! The draw will take place on Thursday 6 Dec. If you wish to sell another book of tickets please contact the College office. **If you cannot sell your book of tickets please return them to the office for others to sell.**



## from the... *Business Manager*

### Reminder:

### *Fees and Levies*



Families are reminded that the due date for the payment of all fees and levies is 31st October. Thank you to all those families who have been making regular payments or have already paid their fees in full.

All families, particularly those families who are leaving the College at the end of the school year, are requested to contact me at the College by 19th October if they need to discuss alternative payment arrangements.

It is also a good time for those families who have direct debit or direct deposit arrangements in place to review their payment instalment amounts in order to meet their commitment in 2018 and into 2019. Information regarding the fees and levies for next year will be posted or emailed to all families in January 2019 but if you require any assistance before then regarding fee payment calculations please feel free to ask.

If you wish to discuss any matter relating to Fees and Levies, please do not hesitate to contact me at the College.

***Mrs Meryl Connell***  
[accounts@smseymour.catholic.edu.au](mailto:accounts@smseymour.catholic.edu.au)

## Education in Faith & School Community

### from the Deputy Principal ...



During Term 3 the Year 10s have been visiting the Karingal Nursing Home to talk to the buddies that they were partnered with. They have been given the task to talk to their older buddies about their life, then make a project to show their buddies how much they have learnt and listened. This has been a great experience so far, not only for the students but for their older buddies as well.

Last Friday the students shared with their buddies the projects that they had been working on, the older buddies were very excited and appreciative of what they were given. For the last day we also had morning tea for the special occasion and played pool. This has been a great experience for the last term of school.

As we prepare to farewell our Year 10 students next week at their Graduation, we are thinking of all the other events and activities that come rushing towards us at this time of the year.

Advent will commence in a few weeks time and with it the short wait until Christmas. We have so much to look back on, reflect on and celebrate at St Mary's over the next 6 weeks. Let us take the time to really acknowledge the wonderful

community we have here and be grateful for the students, parents, families, parishoners, staff and wider community who make it such a special place to work and learn.

**Farewell Mass and Assembly for Mr Kelly and Mr O'Dwyer** We invite our whole school community to the farewell Mass, morning tea and assembly for Mr Kelly and Mr O'Dwyer on **Thursday 6<sup>th</sup> Dec** from **10am**.

Between them, Brian and Peter have 59 incredible years of service to St Mary's College. This is such an occasion to celebrate, while being very sorry to see them retire and leave St Mary's. We hope to see as many people as possible come to farewell Peter and Brian. ***Please note the canteen will be closed on this day with snacks and drinks available for counter sales only.***

**2019 College Leaders** Congratulations to the following students who decided to apply for a position of leadership at St Mary's College in 2019. All students spoke extremely well at the whole College assembly and are to be congratulated on their maturity and preparation. After meeting with Mr Kelly last week, the staff and students voted for College Captains. We will soon be announcing all leadership positions for 2019.

*Brandy Thompson, Isabella Hutchins, Alanah O'Connell, Casey Grant, Akira Sims, Bronte Tipping, Polly Duff,*

*Maggie McSpeerin, Chloe Copeland, Mia Tolson, Cooper Bell, Jani Malik,*

*Daniel Allen, Matthew Whitfort, Robert Potts, Dominic Plessey.*

**Year 10** Our Year 10 students are preparing for their final week at St Mary's. Students will be sitting exams next week from **Tuesday 27 to Thursday 29 Nov** and then having their final school day on that Thursday. This day will include morning tea with the staff and a farewell assembly. At this assembly, we say farewell to our Year 10 class for 2018. The students are presented with something special from their Prep buddies and we have the opportunity to all say goodbye to the Year 10s before they graduate the following evening.

We would love to see as many families as possible, especially our Year 10 families, next Thursday.

The assembly will commence at 11.40am.

We wish the Year 10 students all the very best in the weeks ahead. They have been a wonderful example as a Year 10 group and they are to be congratulated on a fabulous 2018 school year. We will miss them very much!!!

**End of year Liturgy** The End of Year Liturgy and Awards for the whole College will be held on Wednesday 5<sup>th</sup> Dec in the MPH. Please join us at 2pm to celebrate and thank God for a wonderful 2018 at St Mary's College. Awards will also be presented to students in Years 6-9 in the following areas – Academic, Citizenship and Creative Arts. Students in Prep-4 receive awards at assemblies throughout the year.

There are also awards from various service clubs and associations. We look forward to seeing you on Wednesday 5<sup>th</sup> Dec.

**Seymour Carols by Candlelight** Seymour Lions Club annual Carols by Candlelight will be held at Goulburn Park Seymour on Sunday 2<sup>nd</sup> Dec, commencing at 6.30pm.

St Mary's College Choir will be singing so please come along and join in a wonderful evening. Choir members must be in full summer uniform.

**Final Primary Prayer and Christmas Play** On the final day of the school year for our primary students, Tuesday 18 Dec, we will be holding a simple prayer celebration. This will include a Nativity play from JPC and JPP and Christmas carols from the other classes. Come and join us at 2.00pm in the MPH.

It is a very busy last month at St Mary's!! Please keep checking the Marian and the Facebook page for updates, ring the College, or email me with any questions.

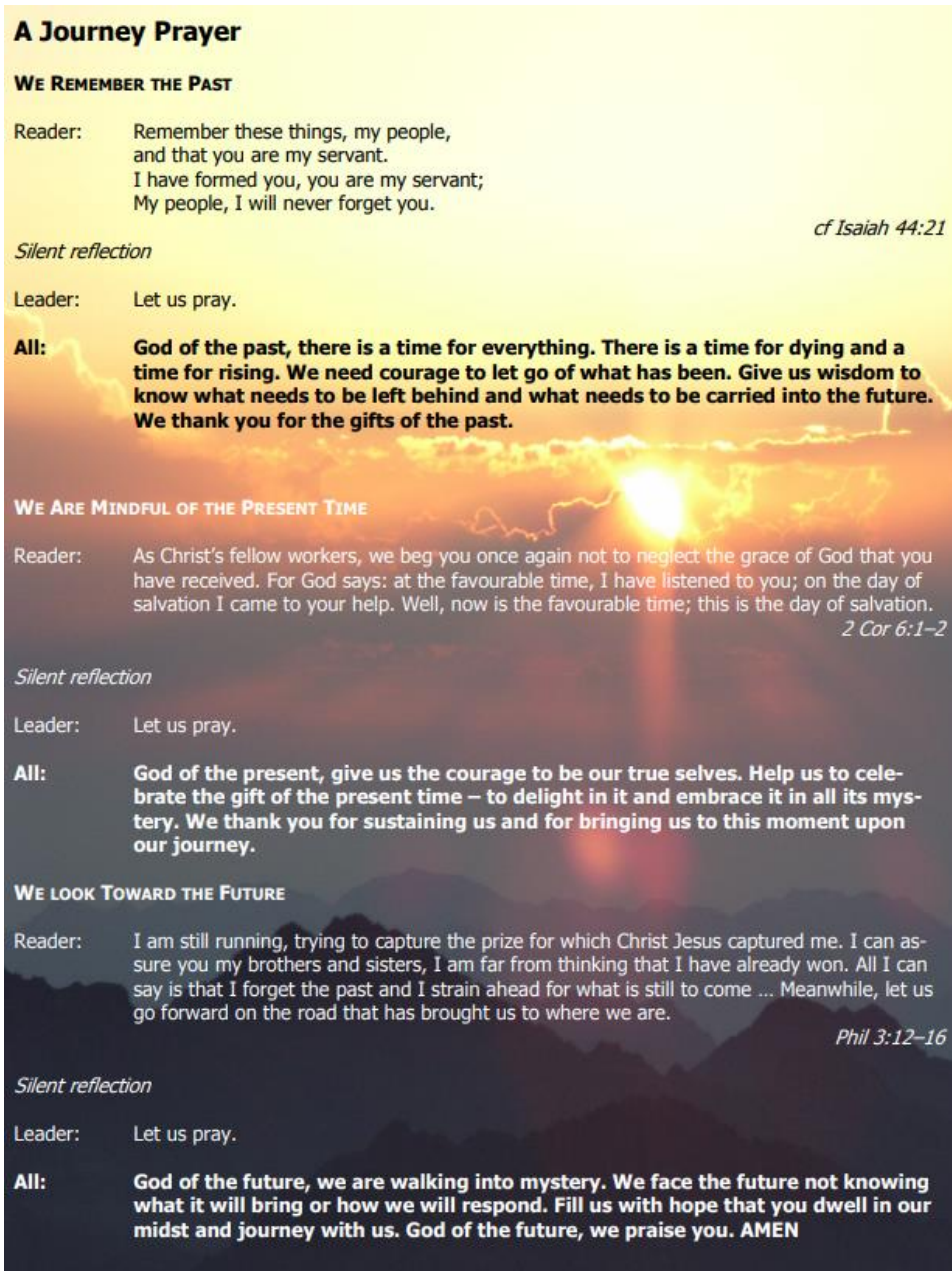
**Drought Relief** Over last term, St Mary's College conducted several fundraising events to support the farmers who are suffering severe drought conditions in NSW, QLD and Victoria. We decided to combine our efforts with the Avenel community and support the town of Bulgadine, and in particular, the two schools in Barradine that most of the children attend.

We deposited the money into the "It Just Takes One" fundraising account and the money will then be distributed to the schools.

After speaking to both Principals on Monday, we have been able to send \$1000 to St Johns Primary School in Barradine NSW to purchase much needed sports equipment and \$1500 to Barradine Central F-12 School. Barradine Central will use the money to support their families with IGA vouchers and Christmas gifts.

Both principals were very grateful for the support from our school and will send us a video presentation from their school.

One again, we say a huge thank you to our ever generous St Mary's community. It was a wonderful show of support for a community in need and we thank Kate Steers and her team in Avenel for organising the fundraising effort.



**A Journey Prayer**

**WE REMEMBER THE PAST**

Reader: Remember these things, my people,  
and that you are my servant.  
I have formed you, you are my servant;  
My people, I will never forget you.

*cf Isaiah 44:21*

*Silent reflection*

Leader: Let us pray.

**All: God of the past, there is a time for everything. There is a time for dying and a time for rising. We need courage to let go of what has been. Give us wisdom to know what needs to be left behind and what needs to be carried into the future. We thank you for the gifts of the past.**

**WE ARE MINDFUL OF THE PRESENT TIME**

Reader: As Christ's fellow workers, we beg you once again not to neglect the grace of God that you have received. For God says: at the favourable time, I have listened to you; on the day of salvation I came to your help. Well, now is the favourable time; this is the day of salvation.

*2 Cor 6:1-2*

*Silent reflection*

Leader: Let us pray.

**All: God of the present, give us the courage to be our true selves. Help us to celebrate the gift of the present time – to delight in it and embrace it in all its mystery. We thank you for sustaining us and for bringing us to this moment upon our journey.**

**WE LOOK TOWARD THE FUTURE**

Reader: I am still running, trying to capture the prize for which Christ Jesus captured me. I can assure you my brothers and sisters, I am far from thinking that I have already won. All I can say is that I forget the past and I strain ahead for what is still to come ... Meanwhile, let us go forward on the road that has brought us to where we are.

*Phil 3:12-16*

*Silent reflection*

Leader: Let us pray.

**All: God of the future, we are walking into mystery. We face the future not knowing what it will bring or how we will respond. Fill us with hope that you dwell in our midst and journey with us. God of the future, we praise you. AMEN**

*from Mrs Rochelle Gough - Advent is coming!*

Advent is the four weeks before Christmas. It is a time of joyful preparation for the celebration of Jesus' birth as our Savior.

Many people like to use a special calendar to help them mark the days until Christmas and as a family work through the ideas that each day suggests with your family. Let's make this Christmas a special one! *Rochelle Gough*

*Mrs Catherine Evans*  
[catherine.evans@smseymour.catholic.edu.au](mailto:catherine.evans@smseymour.catholic.edu.au)



## Student Wellbeing



*from the Deputy Principal ...*

As we head towards the end of another productive, engaging and rewarding year in St. Mary's College Wellbeing, our Positive Behaviour School Programs, such as Re-Think, Second Step and elements of our Berry Street Model have all been wonderful Wellbeing Initiatives we have strengthened over the past year. We look forward to continued success in these areas as we plan ahead for 2019.

The wellbeing of all our students, staff and families is key in ensuring we are all working to the best of all our abilities, especially for our Year 9's and 10's who are in the process of preparing for their end of year exams.

We continue to offer our support, guidance and advice as they prepare themselves for this milestone in their learning journey. An article titled, "**7 Strategies to Cope with Exam Stress and Anxiety**" written by Jeanette Said, (Youth Therapist) is an easy read for both our students and families. Please read in support of your child and assist where possible.

"It is easier to be successful when you feel good, less anxious and less stressed. Whether they admit it or not, everyone feels stressed and/or anxious at some point during exam time.

What is important is learning how to control your emotions so that you can concentrate and be successful. As exam season quickly approaches, here are seven strategies that will help you cope with stress and anxiety: "

**Eat Properly.** *Your body needs the nutrients it gets from food in order to keep functioning properly. The food you eat affects how you feel both emotionally and physically. For example foods with lots of fats or sugars can make you feel heavy or sluggish. When our body has the fuel and nutrients it needs, it makes it a lot easier to manage feelings of stress and anxiety.*

**Sleep Well.** *Wind down before bed. Your bed is a sanctuary, not a desk. A good sleep helps you remember what you learned. Get enough sleep, especially in the days before your exams.*

**Exercise.** *Physical activity, like running and swimming will leave you feeling calm, fresh and energetic for hours. So build exercise into your timetable.*

**Distract Strategies.** *Use some distract strategies that can help you manage your stressful or anxious feelings such as using a stress ball, chewing some gum, sipping on ice water, using fidget toys such as an elastic band on your wrist or molding putties such as Play-Doh® or Silly Putty®.*

**Positive Thoughts or Cheerleading Statements.** *Combat worry thoughts or negative thoughts such as "I am going to fail" or "I can't do this" with positive thoughts or cheerleading statements such as "I got this" or "I am going to try my best, I know my stuff". Write these cheerleading or positive statements out and post them around your study area.*

**Relaxation Techniques.** *Reduce feelings of stress or anxiety when studying or writing exams by using breathing exercises. For example: take a minute to close your eyes, inhale for a count of three, then exhale for a count of five and then repeat. It only takes a moment and helps your body and mind relax so you will be in a better frame of mind to concentrate.*

**Talk to someone.** *If you find that you are still feeling overly stressed, talk to someone you trust; whether it is a parent, teacher, counsellor or friend. Sometimes just talking about things can make you feel better and the person you talk to may help you put things into perspective. Even your mentor 😊*

Ultimately, don't lose sight that although things might seem intense right now, it won't last forever. Finding healthy and positive outlets and strategies to cope with feelings of exam stress and anxiety can help you feel more in control.

These 7 strategies are also quite helpful for all our students with their general studying for tests and assignments and how to manage their overall study habits and routines at home, with parental support.

Our Primary classes are well into their Transition Program as they lead into Orientation Day on Tuesday 11<sup>th</sup> December, having experienced a 'taste' of what 2019 might bring them. In the next couple of weeks, all our secondary students will also have the opportunity to get a glimpse of what Year 8, 9 and 10 might be like for them in their Transition Week.

In order to be truly proud of all our achievements this year, we need to ensure we are remaining focused, present and engaged in readiness for 2019. This requires attending school every day, being on time and prepared for learning till the

very last day and minute of 2018. This will also ensure you are able to participate in the end of year picnic days our level coordinators and teachers have organised to celebrate the end of another wonderful year as a level.

We wish all our students the very best in their continued studies and final reports this year as we transition smoothly into 2019 with much enthusiasm and readiness.

*On behalf of the Wellbeing Team  
Zine Dovara*

**Mr Sean O'Brien**  
[sean.obrien@smseymour.catholic.edu.au](mailto:sean.obrien@smseymour.catholic.edu.au)



## ***Learning & Teaching***



*from the Deputy Principal ...*

We are all faced with different challenges at this time of the year!

This last month or so slowly brings the year to a close, each week different year levels are finalising their learning, assessments and experiencing some transition time.

**Stay calm and make the most of each day as it comes!**

Students are demonstrating their learning ahead of final assessments and reports. This second written report for the year finalises the mandatory reporting requirements for all students. Reports will be distributed to parents and students via PAM by the end of the day on Monday 10<sup>th</sup> December. There are no formal interview dates but if you wish to discuss any aspect of the report please contact the teacher after the 10<sup>th</sup>.

See the last page of the Marian for help with using PAM.

Excursions are planned to help students consolidate their learning in the classroom. These are occurring in these few weeks: Year 8 to Science works, junior primaries to Kyabram Fauna Park, the year 6 and 7 girls to a STEM, (science technology engineering and mathematics) session being held at Luna Park and provided for by CEM. Thank you!

Part of the process of completing years 9 and 10 is for students to sit end of year exams. These will take place from Tuesday 27<sup>th</sup> Thursday 29<sup>th</sup> Nov. Teachers have spent many hours assisting students in revision, preparation and study. The year 10s will celebrate with the College Assembly and their Graduation dinner.

In the week beginning Monday 3<sup>rd</sup> Dec all current year 7, 8 and 9 students will move to their 2019 classrooms and begin working on their first units of work for their new year.

As we begin to look to 2019 this is the time when we distribute the 2019 Stationery List for secondary students. It is attached to this Marian and can also be found on the College website. Primary student materials and resources are provided for in classrooms via a bulk purchase taken from your levies.

Once again I remind you to look to the 2019 calendar in PAM as more events are being added each week.

**Mrs Christine Buhler**  
[christine.buhler@smseymour.catholic.edu.au](mailto:christine.buhler@smseymour.catholic.edu.au)

### ***From Mrs Jennine Brock - Christmas Shoebox Appeal***

The SRC would like to thank the College community for so enthusiastically supporting our Christmas Shoebox Appeal. We packed 38 boxes that are now on the way to very needy children overseas.



### ***From Mrs Andrea Williams - Girls in Science Conference***

Melbourne University and L'Oreal Australia recently organised and hosted an event for girls interested in Science. A small group of Year 9 and 10 students from St Mary's College travelled to Melbourne to attend. Students listened to guest speakers, asked questions and participated in activities. Thanks to Catherine Plessey for her assistance on the day.

"I really enjoyed the talk we had in the morning, I learnt so much about Science and all the different career options there were in the field of Science. The ladies who talked to us were so inspiring and they really made me think about what I was wanting to take out of this day. The rest of the day was so much fun and I thoroughly enjoyed every single activity. I loved that i was given this opportunity and it something I would love to attend again." *By Alanah*

"Last Wednesday on the 14th of November was nothing short of extraordinary. After a long bus ride to the University of Melbourne we were introduced to some incredible women each with very different and unique life experiences. Confronted with some unexplained and even unknown career paths involving 'STEM' (Science, Technology, Engineering and Mathematics) it was an outlook into university life and what we could do with our lives after high school. It was a day that I highly suggest more girls to go along to as personally I know I have found something I am now considering, Science Journalism. The combination of Science and English that I always lacked in finding was there encouraging me to step forward into a pathway of amazing opportunities." *By Polly*





# DATES TO REMEMBER... 2018



## Term FOUR

*These dates are subject to change.  
Any changes will be noted in red. Watch this space!*

### NOV

Wk 8 Mon 26 JP Excursion Kyabram Fauna Park  
 [B] Yr 9 & 10 Exams commence  
 Wed 28 Transition: Levels 1&2 & Kinder  
 Thu 29 Yr 10 Final Assembly 2-3pm  
 Fri 30 Yr 10 Graduation 6-11pm  
 Scholastic Bookclub cut off for orders

### DEC

Wk 8 Sun 2 Seymour Carols by Candlelight \_ St Mary's Choir  
 Wed 5 Whole of School End of Yr Liturgy & Awards.  
 Wk 9 Thu 6 Farewell Mr Kelly & Mr O'Dwyer  
 Canteen (Counter sales - snacks & drinks ONLY)  
 [A] Fri 7 Yr 9 Start Smart Incursion  
**Last day of Term 4 - Yrs 7, 8 & 9**

Wk 10 Mon 10 Reports Distributed via PAM (see below for instructions)  
 [B] Tue 11 Orientation Day

Wk 11 Tue 18 **Last day of Term 4** – Yrs P-6  
 [A] JPC & JPP Nativity Play 2pm MPH

Class Mass  
(9.00am)

#### Term 4:

21/11	Yr 9&10
5/12	Yrs P-2
12/12	Yrs 3-6

### Log into your PAM Account and...

- notify the College of Student Absences (instead of ringing the Absentee line)

(To do this go to the top right of your screen and click on the symbol to access the Parent Notified Absent Tab)

- View the 'Live Parent Calendar'

Login issues/concerns with your PAM account... email: ictsupport@smseymour.catholic.edu.au

**T4 Swim. Program:**  
**JP Weekly (Thu): JP-P: 1.00pm; C: 1.45pm**  
**(Fri): JP-F: 11.15am; R: 12.00pm**  
**7A Weekly (Mon): 11.30am-1.20pm**

**ST. MARY'S COLLEGE**  
 90 High Street, SEYMOUR  
 TELEPHONE: (03) 5792 2611  
 PO BOX 269, SEYMOUR 3661  
 Office Hours: 8.15am-4.30pm

## CANTEEN ROSTER

### 26 - 30 November (10.45am-2.30pm)

Mon 26	Jamie Farrell
Tue 27	Catherine Plessey
Wed 28	Elise Smith
Thu 29	Catherine Plessey
Fri 30	Jenny Page Sue O'Keefe

ST. MARY'S PARISH SEYMOUR ~ ST. JOSEPH'S TALLAROOK  
Parish Priest: Father Eugene Ashkar

TELEPHONE: (03) 5792 1064 / 0455 123 509

MASS TIMES: St. Mary's: SAT 6.00pm, SUN 10.00am; St. Joseph's: SUN 8.30am





## 2019 Stationery List for Secondary Students

Dear Parent

Please find below a list of stationery requirements for our Secondary students in 2019.

Due to the fact that the students will be using laptops there is no official booklist as in previous years. On-line texts are formatted onto students' lap tops and are charged to your account as an e-learning levy.

The items below are required for all students and will need to be replenished regularly throughout the year.

- Pencil Case
- 10 x Pens (6 blue, 2 Black, 2 Red)
- Eraser Ink/Pencil
- Ruler
- 3 Glue Sticks
- Scissors
- Sharpener
- Compass
- 180° Protractor
- 6 x Pencil 2b
- 2 x Black Fine-liners (.5mm)
- Coloured Pencils and Textas
- 3 x A4 Display Books
- (←) Ear Buds (computer use)
- 8 x A4 Exercise Books (96 pages) ~ Individual Books per subject
- 3 x A4 5mm Grid Book (128 pages) (*Mathematics*)

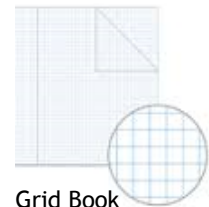
*~ Sample only ~*



Exercise Book



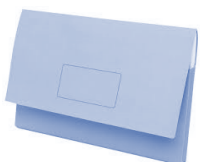
A4 Display Books



Grid Book



### Year 7



- (←) Document Wallets (A4 pk.10)
- 1 x A3 Visual Diary (also known as Sketchbook)
- Plastic Pockets (A4 pk.20)
- Scientific Calculator (*retain Yr.7-10*) (Compulsory)



A3 Visual Diary