



# THE MARIAN

## ST. MARY'S COLLEGE SEYMOUR

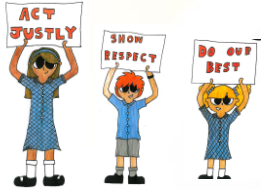
[www.smseymour.catholic.edu.au](http://www.smseymour.catholic.edu.au)  
[facebook.com/stmarysseymour](https://facebook.com/stmarysseymour)  
<https://pam.smseymour.catholic.edu.au>



No. 6

Term 1 Week 6 of 10

(08/03/19)



### 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.*



### Welcome

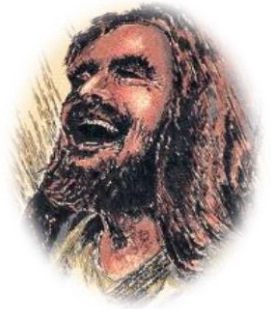
## Year 8 Ash Wednesday Evening Liturgy Table – Halls Gap

*'With imagination you do not have to travel far to find God.'* Heart to Heart Lenten Reflections



### **'Break Bread Together.'**

*'As we move into Lent we might be wondering if fasting has any meaning for us today. It has. It is really asking us to look at our relationship with food and drink. Jesus loved to eat with his friends. Meals were important for him. Today, family meals are in danger of disappearing, the presence together around the table is reduced. A good Lenten resolution would be to have meals together at least once a week to listen, sitting together to talk without distractions.'* Sacred Space



Ash Wednesday Mass was celebrated to begin Lent 2019. Traditionally Lent is a time of fasting and prayer. Lent can also be a time to give to others. Lent, a time show kindness, a time to say positive things about others and a time to give rather than take. May we all enjoy the season of Lent. Even if you are a distant Catholic, the season of Lent can bring joy to anyone who yearns for a connection to Christ. At Halls Gap Year 8 students, during the liturgy, volunteered prayers of the faithful for those who are feeling hurt or suffering from illness.

## **STUDENT FREE DAY Tuesday 12<sup>th</sup> March**

**Staff Professional Development Day Tuesday 12th March** Tuesday there will be a visit by SIMON/PAM support staff to demonstrate further use of the SIMON Learning and Administration communication platform. Along with the SIMON visit Office staff will have time together to review Office Administration systems and Teaching staff and Learning Support Officers will complete classroom professional development courses. A team day looking at current and future ideas.

**The Colour Run** Three cheers to our P&F for their commitment to all things St. Mary's. The P&F team saw an opportunity for fundraising - off and running they went with an enthusiastic sprint to rally our community to raise funds for College resources. To date over \$11,000 raised. Still more time for students to enroll.

**Federal Election and Education Funding** As Australia moves closer to another Federal election there will be media statements and contradictions on the government funding that non-government schools receive. *Why do Catholic schools charge school fees? Because we do not receive the same level of funding.* Historically, Catholic education Australia wide has always promoted the one view on funding and that is for all schools (non-government and government) to receive more funding so that all schools benefit.

**Bus Stop** Niyas Usanar (Capital Works Project Manager Mitchell Shire) visited last week to discuss the plans for the upgrade of the Bus Stop. New guttering and road sealing are the main parts of the project. Documents are ready for tender and work is due to begin within a few months.

**Crawford Street Carpark** Jaymes Day (Engineering Technical Officer Mitchell Shire) will visit next Thursday to review internal and external parking at St. Mary's. Following this meeting the College Board will discuss Shire recommendations and then inform parents of the outcomes of the meeting with Jaymes.

**Farewell Mrs Connell** A morning tea to farewell Mrs Connell was held on Tuesday. Mrs Read gave a wonderful speech and insight into the outstanding service Meryl has given during her nine plus years at St. Mary's. St. Mary's wishes Meryl God's blessings for good health in the years to follow.

**Welcome Mrs Melville** Mrs Melville begins this week as the College Business Manager. Felicity brings many gifts along with her breadth of administration experience. St Mary's will certainly benefit from Felicity's passion to see the College continue to move forward. There are exciting challenges ahead.

**Welcome Member for Euroa** The Honourable Member for Euroa, Steph Ryan will visit on Tuesday to look over the College. Steph is also the National Party Deputy Leader and certainly understands country life. We are grateful that Steph has been able to fit a time to visit St Mary's so quickly after contact was made with her Office.

**P-12 Pathway** It is more than evident that the community wants St Mary's to extend to Year 12. Following the next Board meeting, parents will be informed of the outcomes of the 2018 Strategic Working Party's Terms of Reference and the result of the draft report.

Autumn is upon us and soon the smell of freshly cut grass and the evening chill in the night sky will grace this time of year. Back in my Albury days as a young student and then living in the Riverina, I also knew that when farmers began burning off paddocks, it was that time of year...time to bounce the ball. May my navy blue blood and brown and gold skin not disappoint in 2019! If you are travelling over the long weekend go gently on the roads.

Best wishes



*PS Year 8 have been terrific on camp\_ attempted all activities, been mindful of others with their manners and showed care when support was needed. The respect the students gave during the Ash Wednesday evening liturgy was a wonderful reflection on why a holistic education is integral to the ethos of our College. There are no excuses for not cleaning up after family meals – the students did so on camp without fuss or bother!*

**Mr Wayne Smith**

[principal@smseymour.catholic.edu.au](mailto:principal@smseymour.catholic.edu.au)



## Lenten Prayer – Week One

**“The Lord is near to the broken-hearted, he helps those whose spirit is crushed.” Psalm 34:18**

### *Taste and see*

*We bless you, Lord, and praise you. Your wonders are ever on our lips.*

*We share this meal, Lord, and thank you, for this food and all your gifts to us.*

*Open our hearts, Lord, to others especially those who hunger and hurt.*

*Inspire us, Lord, and move us to reach out in love to those in need so all people may: Taste and see that the Lord is good.*

### **Project Compassion 2019**

Each family will receive a Project Compassion box to help support Caritas Australia this Lenten season themed **“Give Lent 100%”**.

Pope Francis's words, Lent is a perfect time to pause, and "leave behind the unrest and commotion that fill the soul".

Through your generosity during Project Compassion this year, you are empowering communities with hope and helping those in great need to shape a better future for themselves, their families and their communities.

Lives change when we all give 100%.

### **Ash Wednesday Mass**

On Wednesday we gathered at Mass as a College community to begin the season of Lent. The College Captains led us in prayer before Fr Ashkar celebrated Ash Wednesday Mass. We hope that this coming together as a school community strengthens our resolve to make this Lent a time to pray, give and reflect.

### **Shrove Tuesday**



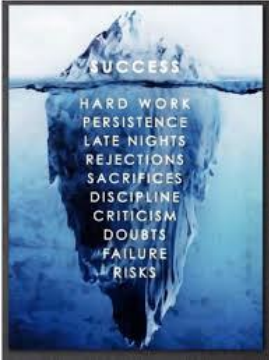


# Athletics Carnival





from the Level Co-ordinator ...



**Failure IS Success** I have re-read Principal Smith’s opening article in last week’s Marian and was drawn to a piece I had drafted last year but ultimately did not publish. Principal Smith discusses failure and the impact it has on success. Over the course of my life I have supported my children in overcoming obstacles at different times because it was easier, or because it was time efficient or because it stifled a tantrum. We have all done this at some point. It only becomes an issue when we do it all the time and for the smallest of issues.

When adults go to any length to prevent a child from having to face adversity, struggle or failure, we are in fact, stunting their ability to manage these times in their future life. Strategies and skills are learnt through experience, and not just the positive experiences. Children don’t always win competitions, they don’t ace every exam, they don’t always get chosen first for the team or sit with the popular kid. These might be uncomfortable situations but they are not defining. They are

learning experiences that life has provided for a reason.

It is possible that a generation is being created that has no idea what to do when they encounter a struggle. A generation who panics or shutdown at the idea of failure, or makes no attempt. *‘If we eliminate all struggle in children’s younger years, they will not arrive at adulthood magically equipped to deal with failure’.*

Many children with anxiety and some struggles need to be softened or removed, at least in the interim, whilst they are educated on how to manage it over time. No one will argue this is reality for many kids. But removing all struggles denies them the skills they will desperately need into their future.

**"Failure is part of the process of success. People who avoid failure also avoid success."**

- Robert T Kiyosaki

Imagine what qualities and skills you want your child to have as an adult. Teach them now and you will reap the benefits of your consistent approach in the years to come. Of course we want things to be perfect for our kids, but we are actually not doing them any favours by ensuring a smooth path, and life doesn’t always play the same game.

Something I have never forgotten came from my own mother.... *‘I knew when you were going to fall. My job was to pick you up... not to save you from it’.* I try to live by those words and it isn’t always easy, but it is best for my children.



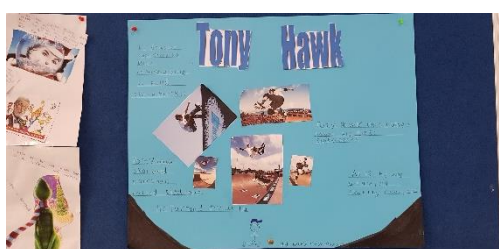
**Junior Primary Activities** JPR and JPF students are exploring how things have changed over time. We looked at olden day cars, irons, fridges and washing machines. Our task was to invent an appliance for the future using recycled materials.



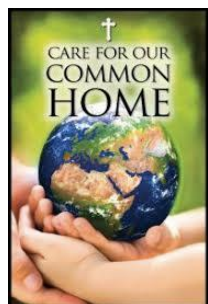
**JPP** have been busy outside in the sunshine counting objects and writing numbers.



**MP** have been learning about biographies and recently completed a study of someone famous. Students chose, researched, classified and presented their person. Some choices were of people no-one had ever heard of but to then discover what they had done in their life was amazing!! Some biographies were about Freddie Mercury, Edward Dunlop, Helen Keller, Cher, Ned Kelly and Michael Jordan.



**TAG Awards** Congratulations to our most recent TAG Award recipients – Ava Jarvis, Isaac Gibson, Olivia Hamilton, Quorra Iavazzo, Ava Pearce, William Wood and Max Fulton. Congratulations!!



### Caring for our Common Home

Recently our primary toilets have had a rough time. There has been several days of toilet paper holders being emptied all over the floor, toilet paper has been wet, rolled into balls and thrown against the walls and ceiling and toilet paper has been forced down the sink until it blocks.

This may appear to be a bit of fun but it then takes Nic or our cleaners extra time to fix toilets and sinks, clean floors and walls and replace all the toilet paper. I doubt any child would treat their homes in the same manner.

Please support us in speaking to your child about Caring for our Common Home, which includes the school toilets.

**Congratulations** to everyone on a wonderful day at the Athletics Carnival last Friday. Our students were exceptional in the heat! There were smiles amongst the sweat and a rainbow of ribbons flying everywhere.




**Whole School Assembly** This Friday is a Whole School Assembly. Age Champions for Swimming and Athletics will be announced as well as the victorious House. You are most welcome to join us in the Multi-purpose Hall at 2.30pm.

Prep children will be presented with certificates from their Yr. 10 buddies.

**Colour Run** Next Friday 15<sup>th</sup> March is the long awaited Colour Run. Currently we have one third of students registered online. There is still time!! It takes around 5 minutes to register your child. Prizes galore for those registered! Be in it to win it!!

**School Photos** On Friday 22<sup>nd</sup> March is school photos day. All students have received their order form. You can order your photos online or complete the bottom section and return it to school with the correct money. Please see your classroom teacher if you have any concerns or questions.

 Until next fortnight, continue to ACT JUSTLY, SHOW RESPECT and DO YOUR BEST. If you have any concerns or questions, please don't hesitate to see your classroom teacher or myself – you know I love visitors!

**Mrs Anne Spencer**

[anne.spencer@smseymour.catholic.edu.au](mailto:anne.spencer@smseymour.catholic.edu.au)



## Yr. 5-7 News



*from the Level Co-ordinator ...*

### Screen time. How much is too much?

There is much debate around screen time especially when it concerns young people. Screen time can include using laptops for learning tasks, gaming, using social media or watching videos. Each of these activities has its place so the key is in finding balance and in the setting of commonsense rules. For example:

- Set rules for 'no screen time situations' – such as at mealtime, in bed, before school or in the car. These times should be utilised for speaking with your children, discussing their day, preparing for their day and resting — not swiping, watching and tapping.
- Try to set daily limits — it's okay to go over these limits every now and then when necessary, but treat this extra time as a privilege and not a given.
- Combine learning with screen time. Limit the use of simple games or videos and replace them with apps or programs with some educational basis.
- Make sure that screen time does not take precedence over or replace other important activities, such as exercise, outdoor activities, or reading.
- Create 'no screen time zones' — particularly bedrooms for young children. If the digital screen is going to consume their attention, at least allow them to do it in the living room or in a family setting, as opposed to in isolation in their room.
- Participate in screen time together! Research shows that using apps or playing digital games together can be beneficial, as it encourages dialogue and conversation — a vital element in the development of verbal skills.

From [Melbourne Child Psychology](#). [This article](#) is also well worth a read.

**Awards** Congratulations to the following year 7 and 8 students who recently received these awards:



Jesse Brock-Being ahead with Mathletics

Emily Homewood-Being a Superstar for keeping up-to-date with Mathletics

Darcie Donovan-Being ahead with Mathletics

Tobias Rayner-Being 44<sup>th</sup> on the top 100 in the world in Mathletics

Jasper Berrman-A positive attitude and great work ethic in Humanities

Kayla Fairbridge-Completing lots of Mathletics to get ahead

Ava Loweke- Being a Mathletics Superstar by completing extra tasks

**Mr Andrew Allen**

[andrew.allen@smseymour.catholic.edu.au](mailto:andrew.allen@smseymour.catholic.edu.au)



# Yr. 8-10 News



from the Level Co-ordinator ...



We are only into week six and so many wonderful things are happening across our level. All students have taken on board our College theme which is 'Caring for Our Common Home – ACT NOW!' and all have had a smooth and positive start to the school year. It is great to see this theme being acted out in our homeroom settings as well with much evidence of students taking the ACT NOW seriously in their daily actions here at school. Keeping a tidy classroom, using the recycling bin and treating one another and teachers with respect are just some examples!

**Social 7 – 10 “It’s Showtime!”** Next Wednesday our Community Leaders Jani Malik, Robert Potts and Brandy Thompson will be hosting our first 7 – 10 Social for this year in the MPH Hall from 7 – 9pm. The fun theme of “It’s Showtime- Dress up as your favourite TV, Movie or book character” should set the scene for many colourful costumes to be worn on the night. The cost of the social is \$5 per student and all parents need to check Caremonkey for this event.

**Welcome** I would like to formally welcome the following new students to our level this year: Dominik Ciantar 8M, Imogen Cafasso 9G, Trinity Cole 9A, Sadhbh O’Sullivan 9G and Harrison Wilson 9G. Some photos have been in the Marian but not all...sorry guys! You are to be congratulated on the smooth transition you have all had into our college. Well done!



*Sabhhdh O’Sullivan 9G, Imogen Cafasso 9G, Trinity Cole 9A, Dominik Ciantar 8M, Harrison Wilson 9G*

**Year 8 camp** Our year 8 students are currently on their camp at Norval Lodge Hall’s Gap this week. This camp is set in the Grampians and is always a fantastic experience for our students. The camp is curriculum based and as part of Humanities they visited Kryal Castle on the way over and will visit the Brambuk Cultural Centre in Hall’s Gap as part of their Faith Education and Humanities work. Also students will be surrounded by the beautiful Grampians on this camp and will investigate the mountains and rock formations around them! Full report in next Marian!

**B4W excursion** I have the privilege of working with our Year 9 students this year in their B4W program. The variety of activities and experiences the student are exposed to in this program are amazing and it’s great being a part of this. A huge thank you to Andrew Allen, David Carter and Karen Dalrymple who organize and steer most of this program...it is an amazing learning experience for our students.





Their trip this Wednesday is their first Melbourne experience and students will attend Mass at St Francis' Church in the CBD and then head up to have a tour of St Patrick's Cathedral. This will also be their first time getting used to using the trains and trams in the city. Good luck everyone!

Just a reminder that our Learning Support Group is available every lunchtime in the library cave so take advantage of this opportunity if you need to. Also Maths tutoring takes place in our College library every Thursday after school for all those interested.

Keep up the great effort everyone and remember we all need to 'Care for our Common Home and ACT NOW!' in all your words and actions!

*Mrs Mary Tampion*

[mary.tampion@smseymour.catholic.edu.au](mailto:mary.tampion@smseymour.catholic.edu.au)

## *Parents & Friends*

### **School Fun Run Colour Day \_ Friday 15<sup>th</sup> March**

The Colour Run is only one week away!! Please check an email update from our Parents & Friends. We look forward to having a great day next Friday!!

## *Upcoming*

### **Catholic Education Week Visual Arts Exhibition**

Three of our students have had their art works chosen to be exhibited in Melbourne during Catholic Education Week.

A piece of sculpture by Carmelo Gattuso and two drawings one by Laura Hogan and the other by Jeremy Quigg will be featured.

Viewing days are from the 12th - 15th March from 9.00am - 3.30 pm. at the Catholic Leadership Centre 576 Victoria Parade East Melbourne.

Art works from students at Catholic schools within Victoria will be on display.

All members of the community are most welcome to attend.

**School Photos Friday 22<sup>nd</sup> March** Students are required to wear the full College Uniform and ensure hair is tied back and no makeup is worn.



**SEYMOUR JUNIOR NETBALL**

**A FRIENDLY WELCOMING CLUB.**

**FOCUSSING ON**

- INDIVIDUAL IMPROVEMENT
- EQUAL PLAYING TIME
- FRIENDSHIP
- BOYS WELCOME

9 AND UNDER  
11 AND UNDER  
13 AND UNDER  
15 AND UNDER  
17 AND UNDER

Find us on facebook  
sjna

**FACILITATOR EXPERIENCE**



**Bachelor of Behavioural Science**  
**Certificate IV in Training and Assessment**  
**Certificate III in Leadership and Training (Defence)**  
**Certificate III in Fitness**  
**Mental Health First Aider - Accreditation**

Deb Herring offers extensive experience in workplace leadership and training, including over 5 years experience in leadership roles within the military environment.

Deb is passionate about improving holistic wellbeing for individual and commercial clients, which has inspired the creation of YOLO Coach and an extensive range of workshops and books with a focus on positive health and lifestyle factors.

With a background in Behavioural Science, Deb welcomes every opportunity to develop bespoke workshops to inspire positive relationships and success.

Please contact us with any specific requirements.



**SIX INGREDIENTS SERIES**

- 6 Ingredients: Goal Setting
- 6 Ingredients: Healthy Relationships
- 6 Ingredients: Positive Communication
- 6 Ingredients: Confidence
- 6 Ingredients: Success
- 6 Ingredients: Leadership
- 6 Ingredients: Happiness
- 6 Ingredients: Managing Anxiety
- 6 Ingredients: Relaxation
- 6 Ingredients: Customer Service
- 6 Ingredients: Closure
- 6 Ingredients: Change
- 6 Ingredients: Preventing Burnout
- 6 Ingredients: Facing Fear
- 6 Ingredients: Positive Parenting
- 6 Ingredients: Managing Conflict

**YOLO COACH**

**YOLO COACH WORKSHOP TIMETABLE 2019**  
**BROADFORD LIVING & LEARNING CENTRE**  
 ONLY \$15 per person - enrol online: [www.yolocoach.com.au](http://www.yolocoach.com.au)

**SAT 2<sup>ND</sup> FEB**  
 10:30 – 11:30AM  
**BUDGET NINJA**

**THU 11<sup>TH</sup> JUL**  
 10:30 – 11:30AM  
**6 INGREDIENTS: GOAL SETTING**

**THU 21<sup>ST</sup> MAR**  
 10:30 – 11:30AM  
**6 INGREDIENTS: PREVENTING BURNOUT**

**MON 12<sup>TH</sup> AUG**  
 10:30 – 11:30AM  
**6 INGREDIENTS: RELAXATION**

**TUE 2<sup>ND</sup> APR**  
 1:30 – 2:30PM  
**SURVIVAL MASTERCLASS: MOTHERHOOD**

**THU 19<sup>TH</sup> SEP**  
 1:30 – 2:30PM  
**6 INGREDIENTS: POSITIVE COMMUNICATION**

**MAY**  
**TBA**

**TUES 8<sup>TH</sup> OCT**  
 1:30 – 2:30PM  
**6 INGREDIENTS: HAPPINESS**

**JUNE**  
**TBA**

**TUE 12<sup>TH</sup> NOV**  
 10:30 – 11:30AM  
**6 INGREDIENTS: SUCCESS**



# DATES TO REMEMBER... 2019

*These dates are subject to change.*

*Any changes will be noted in red. Watch this space!*



## **MAR**

Wk 7 [A]

**Mon 11<sup>th</sup>**

**Labour Day Holiday**

**Tue 12<sup>th</sup>**

**Student Free Day**

**Wed 13<sup>th</sup> to Wed 20<sup>th</sup>**

**Catholic Education Week**

Wed 13<sup>th</sup>

Welcome to New Families (6.00pm-7.30pm)

Yr 7-10 Social (7.00pm-9.00pm)

Thu 14<sup>th</sup>

Yr 5-6 Excursion \_ Immigration Museum

Fri 15<sup>th</sup>

Color Fun Run

National Day Against Bullying & Violence

Wk 8 [B]

Tue 19<sup>th</sup>

Hume Swimming – Albury

Thu 21<sup>st</sup>

SR Round Robin

Fri 22<sup>nd</sup>

College Photos

Wk 9 [A]

Mon 25<sup>th</sup>

Yr 7 Retreat Day

Tue 26<sup>th</sup>

Incursion Young Vinnies

## Student Free Days 2019

Tue 12<sup>th</sup> March

Fri 7<sup>th</sup> June

Mon 12<sup>th</sup> August

Mon 7<sup>th</sup> October

## Term Dates 2019

Term 1: 31/1 – 5/4

Term 2: 23/4 – 28/6

Term 3: 15/7 – 20/9

Term 4: 8/10 – 20/12

## CANTEEN ROSTER

**8<sup>th</sup> -15<sup>th</sup> March**  
(10.45am-2.30pm)

Mon 11<sup>th</sup> Public Holiday

Tue 12<sup>th</sup> Catherine Plessey

Wed 13<sup>th</sup> Catherine Plessey

Thu 14<sup>th</sup> Jayde Tootell

Fri 15<sup>th</sup> Therese Stopp  
Ros Rutherford

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

- Access your child's Semester 2 Report
- **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*

## ST. MARY'S COLLEGE

90 High Street, SEYMOUR  
TELEPHONE: (03) 5792 2611  
PO BOX 269, SEYMOUR 3661  
Office Hours: 8.15am-4.30pm

**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