



THE MARIAN

ST. MARY'S COLLEGE SEYMOUR

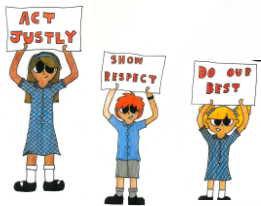
www.smseymour.catholic.edu.au
facebook.com/stmarysseymour
<https://pam.smseymour.catholic.edu.au>



No. 7

Term 1 Week 7 of 10

(15/03/19)



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.



From the Principal

'Don't get Caught in the Crowd'

"I was young and caught in the crowd
I didn't know then what I know now
I was dumb and I was proud and I'm sorry
If I could go back, do it again
I'd be someone you could call friend
Please, please believe that I'm sorry"

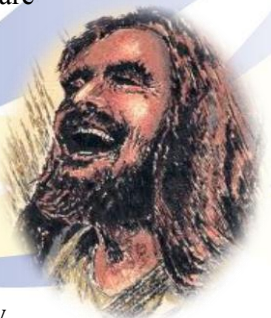
...Kate Miller Heidke, 'Caught in the Crowd.'

Today Australia celebrates the *National Day Against Bullying and Violence*...let's hope our nation values every day as the same.

A few years ago I was driving down the Hume from NSW to Melbourne when our youngest daughter (Molly) had one of her favourite songs playing, *'Caught in the Crowd'* by Kate Miller Heidke. The song tells the true story of Heidke's dismay when she was a school student and did not support a friend who was being bullied. Kate did not stand up, but rather fell back into the crowd of peer pressure. Kate realised that she could have made a difference if only she had stood up and showed some courage amongst her peers.

A year or two ago my wife received a facebook message from a past student she went to school with back in Wagga. Chris had not heard from this former peer for over 30 years. The message simply read, *"Chris, I'm sorry for the times I bullied you at school."* There are very few people who set out to be the king or queen of bullies and on reflection and with maturity people can certainly regret past behaviours. At St Mary's all students are very clear about what is expected of them when it comes to behaviours. None of us want our students to *fall back into the crowd* and yet we do not live in a perfect world. Children (little and big) learn that with rights come responsibilities and both can either have positive or negative outcomes. There is no excuse for bullying (the intentional decision to cause harm) but there is good cause to ensure that tough love sets up our students to accept difference and to learn that the standards you walk past can so easily turn into the standard you accept.

Of course with the younger students they are learning to develop relationships; to share and experience the ups and downs of falling in and out of favour with each other...we adults at some time in our school age years felt the similar joys and hurts of school relationships. Our world today can be so often reactionary. TV News; Facebook; YouTube and alike all provide shock and awe examples of people reacting...road rage is a classic example.



Caught in the Crowd <https://www.youtube.com/watch?v=LmoTxvIRZzQ> is a song with a message. It is worthy of a discussion around the dinner table. It is often from the meal table that the greatest lessons of life are absorbed. As your sons and or daughters leave the house each morning for another day at St Mary's perhaps they could leave hearing the words, *don't get caught in the crowd*. Home and school working together make a huge difference for the wellbeing of every student. Today we celebrate the National Day Against Bullying and Violence...every day

Catholic Education Week Celebrates all that is good about our schools. Catholic education is approximately 139 years old in Seymour beginning with lay teachers followed by the Sisters of Mercy and like most Catholic Schools across Australia today staffed by dedicated lay teachers and support staff. The first Catholic School was opened in Parramatta way back in 1826 and thanks to Saint Mary Mackillop (Josephite Sisters); Catherine McAuley (Mercy's) and other Religious Orders, rural Australia has developed a close relationships between the local parish and Catholic schools. St. Mary's is one of few Colleges that still has the opportunity to celebrate weekly Mass and our College values the close relationship we have with Fr Eugene. The theme of Catholic Education Week 2019, *Growing Young in Christ*. A Christ centred education is so often fulfilled well beyond the school years when grounding in as adults lives are influenced.

College Board Meeting The College met on Wednesday evening. A wonderful meeting that had all engaged in important College matters. An update will be included in next week's Marian.

Best wishes



PS The Colour Run is on today. Thanks again to our P&F for their hard work and enthusiasm. A good fun time that is raising funds for new Chrome Books in Junior primary and the extension to the Fitness equipment. The students benefit!

Mr Wayne Smith

principal@smseymour.catholic.edu.au

Education in Faith & School Community



from the Deputy Principal ...

This week we celebrate Catholic Education Week along with many other schools across the Archdiocese.

We are part of a system of schools that has 153,352 students throughout 334 schools in the Melbourne archdiocese.

We are the only Prep - 10 College in the Archdiocese, something that makes us unique within a very large system.

All members of a Catholic school community are called to be learners who:

- honour the sacred dignity of each person
- search for the truth
- embrace difference and diversity
- build a culture of learning together
- engage with the deep questions of life
- honour equitable access and opportunity for all
- commit to achieving the highest standards possible
- make a difference in the world



This week we celebrate all that is great about our school -modelled on the Gospel values and teachings



As Mr. Smith has said previously, we stand on the shoulders of those who come before us and so we take this opportunity to thank all those who have helped to build St Mary's into the wonderful school it is today.

Please join us for the events of Catholic Education Week.

Colour Run We will have a full report of the Color Run next week. With beautiful weather to welcome us as we arrived Friday morning and a sea of colourful costumes, it promised to be a great day.

Thank you again to the Parents and Friends for all their organization and support.

Yr 7 Reflection Day Please note the change of date for the Yr 7 Reflection day. This is the first Reflection Day for the year. The Yr 7 students will gather on Monday 25th March for a day of prayer, reflection and looking forward. Yr 7 parents will receive an email explaining how the day will run for the students.

Young Vinnies Cheyne, from St Vincent de Paul, will come and speak to Yr 9 and Yr 10 students who wish to learn more about the Young Vinnies program we run here at St Mary's. After Cheyne has spoken to the students, we will be able to form our Young Vinnies team for 2019.

Thanks to Kellie Graham for her support and to Brian O'Dwyer who started the group last year.

Please keep an eye on the Marian and Facebook page for upcoming events. 2019 promises to be a wonderful year, full of learning and faith opportunities as well as building community and relationships.

Mrs Catherine Evans

catherine.evans@smseymour.catholic.edu.au

Reminders

Buses

- Reminder that the Nagambie GV Hwy bus is full and therefore no ad-hoc (travelling home with a friend) or permanent travel applications can be accepted.
- All students travelling on the Puckapunyal bus are required to have a Miki card (for ad-hoc travel).



from the Deputy Principal ...

Along with celebrating Catholic Education Week this week, we also launch 'National Day Against Bullying and Violence on March 15th. The students will be participating in some classroom based

activities integrated into our curriculum. For example, reading picture story books with the themes of being kind and being a good friend, to secondary students role playing some conflict resolution scenarios. We will be embedding the topic of Bullying through our Positive Behaviour Program and linking it into our College TAG- Act Justly, Show Respect and Do Your Best.

At St. Mary's, we provide a positive culture where bullying is not accepted, and in so doing, all will have the right to be treated with respect, the right to learn or to teach, and a right to feel safe and secure in their school environment.

A person is bullied when they are intentionally exposed to negative or harmful actions by one or more other people. Bullies are people who deliberately set out to intimidate, exclude, threaten and/or hurt others repeatedly.

Our aim is to reinforce within the school community what bullying is, and the fact that it is unacceptable.

To ensure that all reported incidents of bullying are followed up appropriately and that support is given to both victims and perpetrators.

To seek parental and peer-group support and co-operation at all times

We empower all our students to resolve conflict and to use appropriate language to help work through their problems with other students. Research tells us that some disagreements and conflicts are necessary to build our level of resilience and strength to overcome challenging situations throughout our lives.

Parents are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping unacceptable behaviour involves everyone.

We are sending you a pocket card from Bullying. No Way! with tips on what to do if your child talks to you about bullying. Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child. Your child will also receive a card giving them tips.

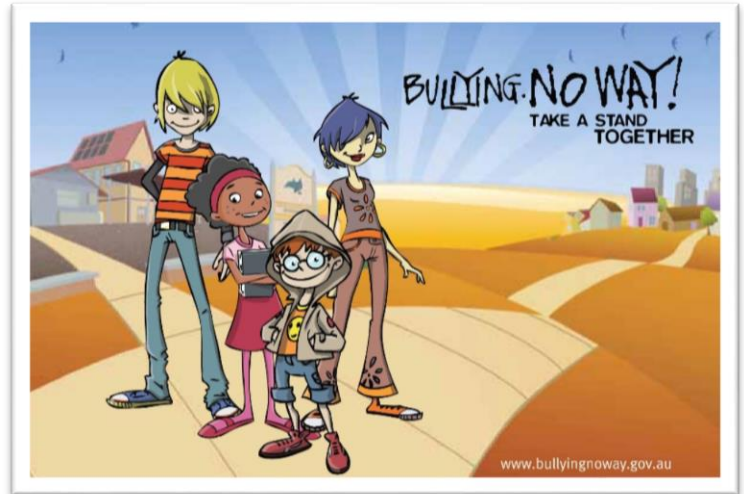
If your child talks to you about bullying:

1. **Listen** calmly and get the full story from both your child. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own

solution is a better option. It helps them feel they have some power in the situation. It empowers them for future challenges and builds their resilience.

4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident and resilient.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher. Contact the school immediately if you have a concern about your child's safety.



6. **Check in regularly** with your child. Keep the conversation going. It can **take time** to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make St. Mary's a great school for everyone.

Ms Zine Dovara
zine.dovara@smseymour.catholic.edu.au

Learning & Teaching

from the Deputy Principal ...

St Mary's College - Catholic Education Week! At 8.45 am. this morning the College community gathered in the MP Hall to launch the week of activities and events! The banner was then placed at the front of the school for all to see.



The Premier's Reading Challenge was officially opened and students will participate in this until later this year.

Friday 22nd March – 2.15 – 3.15pm STEM challenges

Activities in class homeroom groups! Come and join in with your child as they try to solve real world challenges!

- Junior Primary - Design a building for Rosie (Mr Smtih's wombat) to live in.
- Middle Primary - Designing paper planes
- Senior Primary - Bridge Building
- Year 7 -Have you ever tried to bake ice-cream?
- Year 8- Catapults
- Year 9 -Making a TV News Show
- Year 10 -Marble Run

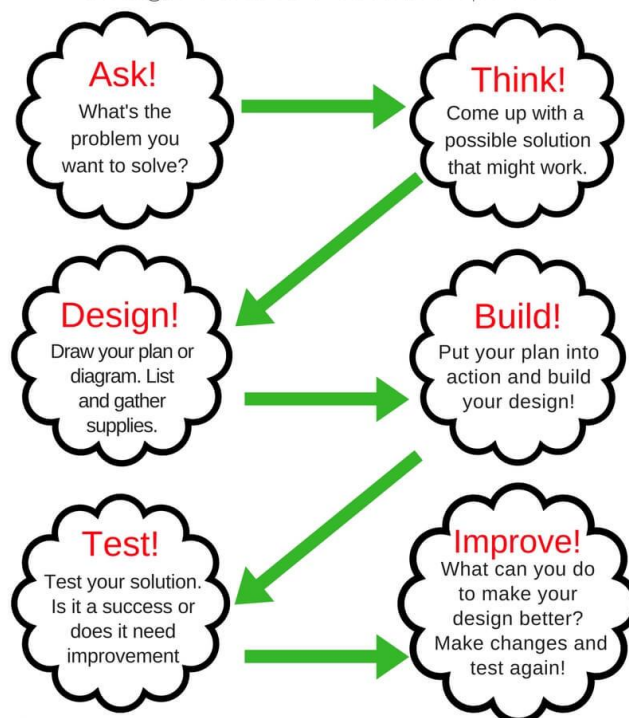
Thanks to the Curriculum Coordinators: Mrs. Fiona Robinson, Mr. Leigh Krammer and Mrs. Kymberleigh Rowland for assisting with the organisation for the week!



Halls Gap Camp Thanks to all students and staff for participating in a very active program of events last week. The Yr 8 Curriculum is enhanced by the excursion to Kryal Castle (medieval lessons) on the outward journey. Ancient Australia and Indigenous Cultures are brought to life at the Brambuk Cultural Centre. Outdoor adventures and experiences that challenge students to learn new skills and to go out of their comfort zones bring surprising outcomes in confidence, peer support and building relationships. (A full report next week)

Design Process for Kids

design | build | test | improve



Victorian Premiers' Reading Challenge The Victorian Premiers' Reading Challenge is now open and St Mary's College Seymour is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 6 September 2019.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

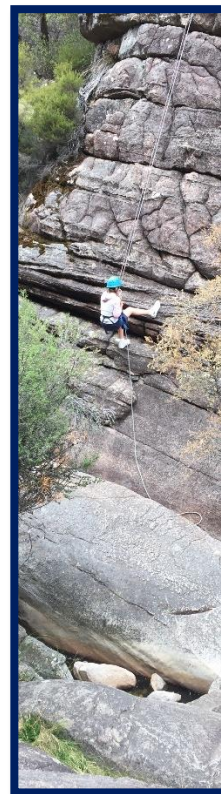
To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

Have a great week....

Mrs Christine Buhler

christine.buhler@smseymour.catholic.edu.au

Year 8 Camp!



Upcoming

School Photos Friday 22nd March Students are required to wear the full College Uniform and ensure hair is tied back and no makeup is worn. Order forms for individual students have been home with students, sibling forms have been emailed which include a link to Arthur Reed's website.

Community

Training for St Mary's Junior Football Netball Club is up and running. Some of the training sessions have moved. Just to confirm that going forward all training to be held at Kings Park.

U11 train Wednesday 3.30 – 4.30pm

U13 train Friday 4.15 – 5.30pm

U15 train Monday 4.30 – 5.30pm

Please bring your runners and a drink bottle. We are seeking players (boys and/or girls) born 2004, 2005 (u15) 2006, 2007 (u13). Please contact Louisa Munro on 0423 314 393 if you are interested in playing for the Mighty Saints, or come along to training. All welcome!

DATES TO REMEMBER

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

MAR	Tue 19 th	Hume Swimming – Albury
Wk 8		
[B]		
	Thu 21 st	SR Round Robin
	Fri 22 nd	College Photos
Wk 9	Mon 25 th	Yr 7 Retreat Day
[A]		
	Tue 26 th	Incursion Young Vinnies
	Thu 28 th	Sacramental Enrolment Mass (9.00-10.00)
APR	Tue 2 nd	Excursion MP Arts Centre
Wk		
10 [B]		
	Thu 4 th	Excursion Yr 9 & 10 Indonesian Students – Film Festival
	Fri 5 th	College Easter Liturgy (11.30-12.30)
		Last Day of Term

Student Free Days 2019

Fri 7th June
Mon 12th August
Mon 7th 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

18th - 22nd March
(10.45am - 2.30pm)

Mon 18 th	Jaime Farrell
Tue 19 th	Elise Smart
Wed 20 th	Melissa Kaarsberg
Thu 21 st	Jessica Manderson
Fri 22 nd	Karen Pearce Karen Richards

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