



# THE MARIAN

## ST. MARY'S COLLEGE SEYMOUR

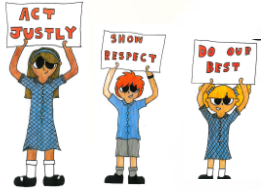
[www.smseymour.catholic.edu.au](http://www.smseymour.catholic.edu.au)  
[facebook.com/stmarysseymour](https://facebook.com/stmarysseymour)  
<https://pam.smseymour.catholic.edu.au>



No. 8

Term 1 Week 8 of 10

(22/03/19)



### 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.*

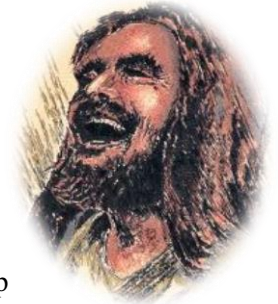


### From the Principal

Dear Parents and Families,

### Inspiring Examples *"I had to be resilient."* Kurt Fearnley

There is much to admire about Kurt Fearnley the triple Gold Medallist and recently retired Paralympian. Among the list of Kurt's extraordinary sporting achievements is perhaps the pinnacle of local human endurance – completing the Kokoda Trail. Thousands of people have done it, but as far as I am aware only one person with no legs has crawled the entire length of the Kokoda. Kurt is a renowned wheelchair athlete who took up the sport when he was 14. He grew up in a small town in central New South Wales and the local community ensured he was never left out. From pushing his wheelchair as fast as he could down the grass track at the School Athletics carnival, to pushing his wheelchair the last five kilometres on a flat tyre at the Athens Paralympics to win Gold in the toughest marathon in Paralympics history, Kurt's determination and never-say-die attitude has rewarded him with the highest accolades in disability sport. The following is a quote from Kurt's cousin:



*"Kurt was born with a form of spinal bifida, which meant he didn't really develop from the waist down. Growing up in Carcoar (NSW) Kurt's main method of getting around was crawling everywhere. He never liked to miss out on anything even if this meant he had to go under fences, through rivers and up hills to go rabbiting!!! Since Kurt has been competing at an elite level in wheelchair racing his training and lifestyle means he hasn't really been out of his chair a lot- so as you can imagine crawling the track is an incredibly hard task. Kurt's main reason for completing the Kokoda Trail was to raise awareness for Men's Health after we lost a cousin who had been suffering from depression for many years."*

Sometimes we all take our God given gifts for granted. It is easy to lose focus on the important things in life. It can be hard for we parents let alone our children (especially teenagers) to slow down to think about how lucky we all are as the dawn of each new day brings on its challenges. It is the Kurt Fearnley's who show us all what is truly human. Their courage and determination to overcome individual issues, so they too can live their life to the fullest is an inspiring example.

**2016 - 2019 School Review Program** Catholic Education Melbourne reviews all Archdiocesan schools over a 4 year cycle. St. Mary's is coming to the end of the 2016-2019 cycle and will be reviewed on the Colleges Performance and Development since 2016. The Review program is a comprehensive school improvement strategy aligned with the

Archdiocesan School Improvement Framework. The framework recognises the distinctive nature of St Mary's and the context of the review will embrace the following areas of the framework:

- Education Faith
- Learning and teaching
- Student Wellbeing
- School community
- Leadership and Management

Ms Jan Hayes an experienced Catholic Education Reviewer will lead the external College review. The College community will be updated with the review schedule. Next week the College Leadership team meet with Mr Chris Bence from CEM to begin the initial processes in planning for the August review.

**Rosey the Wombat** Rosey has a long story, which began at Sacred Heart Cootamundra. Rosey's cousin, *Shirley the Bear* was named in remembrance of Mrs Shirley Crowe, a long time Office Manager at Sacred Heart Cootamundra (Mercy Tradition) who passed away in 2004. In memory of Shirley, the Sacred Heart Colleges 'resident bear' was named in her honour and presented each Friday to a younger student to take home for the weekend, foremost as reminder of the *care and happiness* that Shirley showed to every student that entered the Office. *Shirley the Bear* was treated like royalty when driving off in the backseat of a family car or on the Friday afternoon bus. Now *Rosey the Wombat* has come to live at St. Mary's College and wants to be like her cousin, *Shirley the Bear*.

*Rosey* enjoys a weekend with a student who is caring and happy. *Rosey the Wombat* is a kind and thoughtful Wombat!



**A Unique Mentoring Program** Last week at recess time we had the staff/Year 10 buddies morning tea. Year 10 students sat alongside their staff mentors to chat and listen to Mrs Tampion's introduction to the program. The value of such a program for teenagers can never be measured in monetary value, but in building relationships and nurturing teenage positivity the program is worth a fortune.

**Wednesday Parish Mass** Each week different classes attend the 9.00am Parish Mass. At St. Mary's we are fortunate to participate in the weekly opportunity to nurture our students and staff spirituality. Mass brings community together, a shared celebration of thanksgiving, a time to stop, think and pray. Life is such a rush but Mass is an enabler to focus beyond self and to experience God in the presence of Church. This week Fr Eugene's sermon was interactive. The children gave excellent responses and Fr Eugene closed the sermon with words that are so true, "*the more power a bully thinks he or she has, the less power they actually have.*"

**College Board** It is the intention of the College Board through the Marian to provide a College community update after each meeting. To provide parents with an understanding of the Board's role; be informed of various items of discussion and to introduce the Board representatives. Boards have an important role for Catholic schools, particularly in strategic planning for the future. Andrew Graham (Board Chair) leads a committed and passionate team who want to do their collective best for the College community following in the footsteps of past College Boards. Future Board updates in the Marian will provide information on the Strategic Working Party formed in 2017 to consider the P-12 Pathway; The College Master Plan; The \$1.4m grant for a Middle School building and the next 2020-23 Strategic Plan that will develop from the August Review.

**The Colour Run** How blessed is St. Mary's to have an enthusiastic and supportive P&F. The Colour run was a huge success and thank you to the families (including grandparents) for supporting the students. A wonderful day that spoke volumes for College spirit!

**Car Park** Please be aware an email letter sent home today to all families.

Best wishes

**Mr Wayne Smith**

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





## P- 4 News



from the Level Co-ordinator ...



**Is simplicity the key?** The answers CAN be so simple to what seems like an overwhelming problem but they often need **CONSISTENCY** to have an ongoing impact. Strategies and expectations require consistent reinforcement, encouragement, modifications and definitions, also needing adaptation to suit ages and situations.

As children grow, we often relax the intensity. This makes sense. However, we often forget that consistency is still required but with a different focus.

We teach children to acknowledge their feelings of anger or annoyance and how to manage it. We provide opportunities to develop their problem solving skills and conflict resolution strategies, often whilst they are in junior or middle primary. This may take a long time for these strategies to become their default strategies and why continued and prolonged reinforcement and encouragement is paramount.

Parents, we share this load. We share the responsibility of growing independent and resilient individuals. It is important that we support each other through joyous and difficult times. So, I thank you for being wonderful human beings who have invested in your children's education by sending them to our school. Parental support of key issues is paramount in any success we may have. *Parents, never underestimate the difference you can make by consistently using wellbeing strategies throughout your child's life.* Home and school are the greatest influences on a child. Together, we can make a difference in your child, not only academically, but socially, emotionally and behaviourally.

The greatest wish of any teacher is for a student to positively manage life's twists and turns and to draw on the strategies **CONSISTENTLY** taught throughout their schooling years and be able to adapt these strategies to suit their situation. I look forward to seeing what together we can achieve.

**Junior Primary Activities** JPW are exploring addition. The year ones have been using playing cards to add two numbers together and the Preps have been working numbers to make ten.



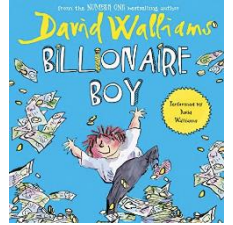




**MP Lenten Promises** Middle Primary has spent time thinking what their Lenten promise would be. Lots of suggestions were discussed which demonstrated their growing understanding of Lent. Traditionally it has been pitched at 'giving something up' or 'sacrificing' something, often materialistic. Students became aware that it does not need to be of a material nature. We can give up time to talk to someone or make something. It could be to walk a pet or do an extra job around the house. MP students have all made promises and are working hard to keep them.



**Arts Excursion** On April 2<sup>nd</sup>, MP students are travelling to the Playbox Theatre in Melbourne to see a live performance of David Walliam's 'Billionaire Boy'. It is a wonderful experience to see a live performance and our students' will relish it. An 'Expression of Interest' email was sent yesterday to all MP families. If you believe you would like to participate in this excursion, please send an email to any MP teacher by Friday.



**Colour Run** What a fabulous afternoon was last Friday for the Colour Run. Parents and Friends Association did a fabulous job of organizing and executing the event. Well done!





## **TAG Awards**

Congratulations to our most recent TAG Award recipients – Matthew Thorsen, Lucas Musgrove, Harry Steele, Benjamin Brown, Savannah Smith and Livani Palmer. Congratulations!!



**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. Full summer uniform is required and hair tied back. Please see your classroom teacher if you have any concerns or questions.

**STEM Activity** This Friday each classroom is providing an opportunity for STEM learning. (Science, Technology, Engineering, Mathematics). Parents are invited to share in the activities from 2.30pm in each classroom. See you there.

**Buddy Activity** Next Friday 29<sup>th</sup> March, students will be participating in the first TAG afternoon with their Buddy Class. Wonderful activities will be happening in each classroom after lunch. Look out for photos!!

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 ...*



**Immigration Museum excursion.** On Thursday 14<sup>th</sup> of March, Senior Primary students visited the Immigration Museum in the city. This excursion supported the Senior Primary Inquiry study of a significant immigrant to Australia and their contribution to our country. Students were very well behaved and were a credit to the school.



**Year 7 Retreat Day** Yr 7 students will take part in their reflection day Monday 25<sup>th</sup> March. The theme of the day is Understanding our Mercy Heritage and Belonging. Students will be participating in a variety of activities. Students may wear casual dress and lunch will be provided.

**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 ...*

As we near the end of term one and reflect on all the events that have taken place I would like to congratulate all students on the enthusiastic and positive manner in which you have all contributed and participated in all of these activities.

It has been a term full of wonderful learning and sporting activities and we need to celebrate all of our students' achievements.

**Attendance** at school is most important for your child's learning and wellbeing. Even being a little late on a regular basis can have a major impact on your child's development. We encourage everyone here at St Mary's College to be at school as often as possible and to be here before the Homeroom bell of a morning which is at 8.45am. We all get sick or feel unwell at various times and we would prefer your child is at home when they are ill. That is unavoidable!

We need to avoid missing days for events or other that could perhaps be celebrated on weekends or scheduled school holidays. Regular attendance, even when feeling tired, teaches your child resilience and the responsibility of being punctual!

### School Attendance Did you know?



**Your child's attendance is on or above 95%**  
They are likely to be a "Star Performer" as well as an excellent attendee. They will almost certainly achieve the best grades for their ability and have real opportunity in further education and the world of work.



**Your child's attendance is 90 – 94%**  
"Green for go" for good attendance. They are likely to achieve grades that will give them real opportunities for continuing their studies and their future in the world of work.



**Your child's attendance is at 85 – 89%**  
"Amber Take Care!" They will be missing up to 20 days each year and this will make it difficult for them to achieve at their best level educationally.

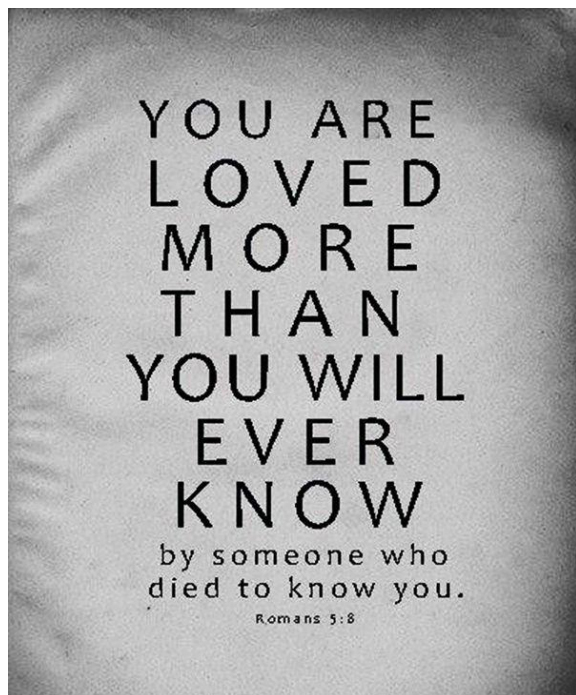


**Your child's attendance is 80-85 %**  
"Red light - Be alert!" They are missing so much school that it will be very difficult for them to keep in touch with lessons or schoolwork.



**Your child's attendance is below 80%**  
"At Risk – immediate action needed!" They are missing so much time from school that it will be almost impossible for them to keep in touch with lessons or schoolwork.





**‘Movie Night’ Social** What a great night our first Yr 7 – 10 Social was last Thursday night.

The ‘Movie Night’ theme set the scene for some amazing, colourful costumes being worn on the night and what a fun night it was for all students who attended. Thanks to all parents for supporting your child in coming along in a costume as well! Special thanks to our Community leaders Jani Malik, Robert Potts and Brandy Thompson who created posters and really celebrated the theme of the night with decorations etc. Well done guys and special thanks to all staff who helped supervise on the night as well!

**Year 8 Camp** Our Yr 8 students experienced their Hall’s Gap camp from March 7<sup>th</sup> to the 9<sup>th</sup>. Set in the beautiful Grampians our campsite was Norval House for two nights. Students participated in high ropes, canoeing, abseiling and the walk to Boronia Peak in almost stunning weather conditions over the three days.

Congratulations to all students on camp who accepted the challenge and completed the walk to Boronia Peak. This walk was a true test of perseverance, determination and physical and mental fitness and most students completed it.

A true example of our students accepting the challenge to DO YOUR BEST!!! The encouragement displayed by students towards their peers in some of these activities was a true example of our College TAG in action! A huge thank you to the following staff members – Kellie Giannarelli, Genevieve Gordon, Darcy McLean and Mr Wayne Smith and Andrea Williams for your wonderful work and support 24 hours a day on this camp. Also well done to our new Principal Mr Wayne Smith who completed the Boronia Peak bushwalk twice on the camp...fantastic effort and he was still able to perform his duties at night!

**Southern Ranges** Our Southern Ranges Sports day was held Thursday March 21st.

I had the pleasure of accompanying the Yr 9/10 girls and Cobie Morris to the Volleyball in Benalla. All girls participated and had a fun day! Congratulations on being so inclusive of each other and all participating in a good sporting spirit on the day girls! Well done!

**B4W** Our Yr 9 students are very busy participating in their B4W program this term. On Wednesday March 21<sup>st</sup> they participated in creating their own short TV News program in front of the Green Screen here at school. Lots of fun was had by all and we have some budding journalists in this group of talented students!

**Sporting Achievements** Congratulations to Imogen Cafasso and Sadhbh O’Sullivan who were again very successful at the Head of the Schoolgirls Rowing Championships at Geelong last weekend. The girls represented St Mary’s College in the Yr 9 Division One Singles Scull with Sadhbh finishing second and Imogen placed sixth overall....what a fantastic achievements girls...you certainly did us proud and what a well deserved reward for all your hard work and commitment to training!

***Mrs Mary Tampion***  
[mary.tampion@smseymour.catholic.edu.au](mailto:mary.tampion@smseymour.catholic.edu.au)



## Term 1 Sports Round Up

What a tremendously busy term 1 we have had this year. College Swimming and Athletics Carnivals, as well as the many levels to follow. Students have done an excellent job in representing the College, not only in the results which they have achieved but in the way they demonstrated the College TAG. (Act Justly, Show Respect and Do Your Best) Congratulations goes to each and every one of you who have participated this term. Well done!

Special mention to the following students:

### Yr.3-10 College Swimming Carnival

Congratulations to everyone who participated on the day. **McAuley** were overall winners on the day with **3376** points and **Padua** did well on **2828** points.

	Girls	Boys
9Yr	Zahira Wilson	-
10Yr	Kyra Pearce	Marcus Kingston
11Yr	Gabrielle Freeman	Oliver Kingston
12/13Yr <i>Prim</i>	Holly Bender	Isaac Smith
12/13Yr <i>Sec</i>	Ava Cafasso	Fletcher Archibald/Ely Reid
14Yr	Samantha Fuller	Lachlan Taylor
15Yr	Courtney Jones	Regan Gardner
16Yr	Maggie McSpeerin	Jonathan Moore



### Yr.3-10 College Athletics Carnival

Congratulations to everyone who participated on the day. **McAuley** were overall winners on the day with **3644** points and **Padua** did well on **2884** points.

Special mention to the following students who are Athletic Age Champions for 2018.

	Girls	Boys
9Yr	Sienna Lynch	Benjamin Brown
10Yr	Kyra Pearce	Hamish Melville
11Yr	Gabrielle Freeman	Samuel Brown
12/13Yr <i>Prim</i>	Addison Thornberry	Iziah Wilson
		Blake Trodd
12/13Yr <i>Sec</i>	Tahlia Russell	Izaac Joseph Hauser
14Yr	Jordyn Beattie	Cayleb Trodd
15Yr	Sadhbh O'Sullivan	Nicholas Quigg
16Yr	Maggie McSpeerin	Jonathan Moore





The following students have continued to succeed in the various levels:

### Primary Seymour District Age Champions

*Marcus Kingston, Oliver Kingston, Holly Bender, Isaac Smith*

St Mary's College won overall as a school.



### Secondary Southern Ranges Age Champions

*Samantha Fuller, Imogen Cafasso*  
St Mary's College came 6<sup>th</sup> in the overall results.

### Primary State Swimming

Good luck to Holly Bender & Oliver Kingston who are representing St Mary's at State level in the coming weeks.

Once again we would also like to acknowledge our parents for helping throughout this term. For taking their child to the various events when needed, for assisting with the use of shade shelters, completing timing jobs and just being supportive of your children. Thankyou.



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

What an exciting and COLOURFUL day last Friday 15<sup>th</sup> March was at our 'School Colour Fun Run!' Highlight of the day was watching our Year 10 students collect their Prep Buddies and take them around the course, what a wonderful group of leaders and mentors for our school.

Our teaching staff lead by example, got very colourful and were part of the day, how lucky are our children to have such dedicated teaching staff.

Our students participated with enthusiasm, humility and spirit.

Thank you to our parent helpers Christie Gross, Carol Joseph, Rob Welsh, Ron Stevenson, Joan Stevenson, Jade Tootell, Ros Rutherford, Louisa Munro, Megan Cox, Kellie Graham, Katy Smith, Gillian Gunning, Cassie Cleave, Elysia Ambrose, Mark Bradshaw, Amy Huxtable, Carrie Hayes, Lucinda Joseph, Cassie Capobus-Thorpe, Laine Smith, Justine Delzotto, Kirstie Kadow, Ross Musgrove, Shelley Hamilton, Jordan Graham, Corey Jones, Kellie-Anne Trodd, Cherie Matthews, Evie Parker, Jaime Farrell, Angie Torenbeek, Mardi Jarvis, Lisa Clements, Dallas Stodkes, Dennis Stokes, Rachel McCarthy, Sarah D'Orria, Nicole Towt, Aaron Pearce, Desirae Pearce and Deb Kaak.

Thank you to the CFA for cooling the students down, they enjoyed the sirens and lights too.

Last day of fundraising is Friday 22<sup>nd</sup> March. From that point you will need to log into your children's profile page after 22<sup>nd</sup> March and before 29<sup>th</sup> March, click Order Prizes and choose the prize(s) you want. Please note, if you selected a Goal Prize when you first created your profile, this will NOT be ordered for you. To avoid missing out on a reward, please log in between these dates and order your prize(s).







## Reminders



**Pets** From time to time students make a request to bring a pet to school to show their class. For health and safety reasons each request must be approved by the principal. Parents/guardians are asked to make that request via the class teacher who will make the appropriate follow up. Please note that pets are not permitted on the school property.

## Community



The Schoolhouse Theatre 50 Tallarook St Seymour  
 Bookings: [www.spworkshop.org.au](http://www.spworkshop.org.au) or 0490 459 853  
 Tickets \$20/\$15  
 Saturday 13 April 2pm & 7pm  
 Sunday 14 April 2pm & 7pm  
 Monday 15 April 5pm  
 Tuesday 16 April 2pm

# DATES TO REMEMBER

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

**MAR**  
Wk 9  
[A]

Mon 25<sup>th</sup> Yr 7 Retreat Day

Tue 26<sup>th</sup> Incursion Young Vinnies  
Thu 28<sup>th</sup> Sacramental Enrolment Mass (9.00-10.00)

**APR**  
Wk  
10 [B]

Tue 2<sup>nd</sup> Excursion MP Arts Centre

Thu 4<sup>th</sup> Excursion Yr 9 & 10 Indonesian Students – Film Festival  
Fri 5<sup>th</sup> College Easter Liturgy (11.30-12.30)  
Last Day of Term

Fri 19<sup>th</sup> Easter Sunday  
Mon 22<sup>nd</sup> Easter Monday

Week  
1 [A] Tue 23<sup>rd</sup> Start Term 2

Thu 25<sup>th</sup> Anzac Day

## Student Free Days 2019

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

**25<sup>th</sup> -29<sup>th</sup> March**  
(10.45am-2.30pm)

Mon 25<sup>th</sup> Neisha Reid  
Tue 26<sup>th</sup> Catherine Plessey  
Wed 27<sup>th</sup> Sue Wilson  
Thu 28<sup>th</sup> Jodie Parchomenko  
Fri 29<sup>th</sup> Jane Archibald  
Nirmala Rattinayake

## 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