



# THE MARIAN

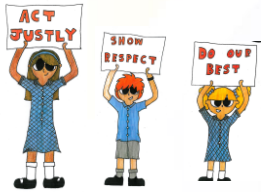
## ST. MARY'S COLLEGE SEYMOUR

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No. 17

Term 2 Week 7 of 10 07/06/19)



### 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



**Sunday is Pentecost** *"Christ has no body now on earth but yours, no hands but yours, no feet but yours; yours are the eyes through which Christ's compassion looks out on the world, yours are the feet with which He is to go about doing good and yours are the hands with which He is to bless us now." St Teresa of Ávila*

The definition of the word Pentecost is fifty and taken from the Greek word, 'pentekoste.' Pentecost was the fiftieth day after Passover, an agricultural festival called the Feast of Weeks when the wheat harvest was celebrated with a one-day

celebration. For the Jewish people of the Old Testament, neither the Passover or Pentecost were just agricultural festivals. These festivals celebrated the identity and forming of Israel with the stories of the Exodus and the Passover. Pentecost is about God giving to his people the way of life by which they must now carry on, to be empowered to be active Christians. How appropriate then for God to send the Holy Spirit to this young Church. In 'The Acts of The Apostles', we could imagine the disciples gathered having seen the resurrected Jesus, and having been told to wait in Jerusalem. The disciples, still, in shock, still grieving (in some way), but still hopeful and still together. Suddenly a loud, rushing, violent wind fills the room and the Holy Spirit descends upon them like tongues of fire...seems hard to believe! They start preaching to the people who had gathered in Jerusalem for the Passover Feast. It's a crazy scene – people start hearing words in their own language and are amazed, some probably thought the disciples had been drinking. Pentecost reminds us that the risen Jesus is for everybody. Pentecost Sunday - *"Pentecost like the wind that blows everywhere, penetrates to the most unimaginable situations."* Pope Francis

Pentecost:

- Do we ever think about the individual gifts we each have?
- Do we use these gifts?
- Do we acknowledge the presence of God in our lives?

Fr Pat Hurley a Parramatta diocesan Priest up in Sydney once said, *"may we be a Spirit-led people and Spirit-led Church."* St Mary's College does great things for many and the Holy Spirit lives in the hearts and minds of our community. Famous English 18<sup>th</sup> Century Poet William Blake wrote of Pentecost:



### *Pentecost*

*“Unless the eye catch fire,  
The God will not be seen.  
Unless the ear catch fire,  
The God will not be heard.  
Unless the tongue catch fire,  
The God will not be named.  
Unless the heart catch fire,  
The God will not be loved.  
Unless the mind catch fire,  
The God will not be known.’*

*William Blake*

### **“You’re only as good as your team”...Dominique**

**Wilkins** Growing up in a cycling family I know well the importance of team spirit. Cyclists have to work together to get ahead in a race on the track or on the road. If everyone does their turn of pace usually everyone benefits. Cycling could be considered a sport for the individual but any seasoned cyclist knows that no rider likes to confront a head wind. Any team orientated activity requires each player to bring their individual skills together for the benefit of the team. Not only are skills important but enjoyment is paramount and from these attributes



comes a solidarity of team spirit where relationships and respect flourish. The teams of St Mary’s (and they are various) show the wonderful spirit that parallels with a cycling team.

### **Announcement from The Hon James Merlino MP Minister of Education**

St Mary’s College has received an official confirmation letter from the Minister of Education to inform our College community that under the Victorian Government Capital Funding Program for Non-Government Schools, St Marys College will receive \$1.4 million. The grant was a State Election commitment and now it is official. The project will include the construction of six general learning areas plus two flexible learning spaces and student amenities. The letter is as follows:

*The Hon James Merlino MP  
Deputy Premier Minister for Education  
1 Treasury Place East Melbourne Victoria 3002*

*Principal  
St Mary's College  
90 High Street  
Seymour VIC 3660*

*Dear Wayne*

*This year, the Victorian Government has announced a \$4.1 billion education package, continuing its commitment to make Victoria the 'Education State'.*

*The 2019-20 State Budget provides \$1.8 billion to build new schools, upgrade existing schools, and buy land to ensure future educational demand can be met. This includes a \$402 million fund in partnership with the non-government school sector to upgrade and build new non-government schools across Victoria. The fund will also support the removal of asbestos and cladding in non-government schools.*

*Non-government schools are an important part of Victoria's education system, with over one-third of Victorian students studying at Catholic or independent schools. Having modern and up-to-date classrooms and facilities in our schools is a fundamental part of ensuring that every child has the best possible education. We cannot build the 'Education State' without investing in our schools' bricks and mortar.*

*I am delighted to confirm that the Victorian Government has allocated \$1.4 million to St Mary's College as part of this \$402 million investment. The project will include the construction of six general learning areas plus two flexible learning spaces and student amenities.*

*Yours sincerely  
Deputy Premier  
Minister for Education  
28/5/2019*

Master Planning began in 2018 with the College Board engaging ‘Sustainable Building Design’ to design a middle School Building. The College is working closely with Catholic Education Melbourne as we enter the next stage of the development phase. A letter will be sent to the Minister on behalf of the St Mary’s College community thanking the Victorian State Government for the contribution. The College community will be updated as the consultation and planning stages progress.



**The Invasion of The Teddy Bears** Well our youngest students had a wow of a morning on Thursday rounding up their Teddy Bears after a St Mary’s College Picnic and Sleep over. All Teddy Bears enjoyed a warm night and some with *Rosie the Wombat* and *Kooka the Burra* in the Office and all Teddy’s are back safely in the arms of their brothers and sisters! We had Teddy’s who were on guard duty; two Teddy Bears working on a calculator to help Mrs Melville with the finance books; one Teddy sleeping in sick bay; another Teddy guarding Mrs Reed’s computer screen; another Teddy sitting among the Office flowers; another Teddy who boldly had a photo taken on the copier and another being kept warm with Rosie the Wombat and another Teddy sitting in Rosie the Wombats

tea cup. We were even told by one excited young lady that her Teddy Bear ate all the biscuits in the Canteen so there was none left for the staff at morning tea. All Teddy Bears were protected by Rosie’s special alarm button to the Police Station... now that’s a longer story!

**Professional Development Day** Much was achieved with teaching staff working on programming; our Learning Support Team reflecting on their roles along with its joys and challenges. The Office staff caught up with the loads of administration work and time reflect on Office operations. PD days are valuable opportunities to be together as professional colleagues...*it is about the students and for the students.*

If you are travelling over the Queen’s Birthday weekend, go gently on the roads!

Best wishes



**Mr Wayne Smith**

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

*PS During the Parish Mass on Wednesday morning Fr Eugene mentioned ‘truth wins in the end.’ His words were heard by our Year 9 students who listened to a sermon that focused on the importance of integrity, trust and right judgements. A wise message was given and a wise message received. Our students appreciate the words of Fr Eugene and that he talks at the level of their age. A good start to the College day.*



## **Education in Faith & School Community**

*from the Deputy Principal ...*



**Vinnies Winter Appeal** This week we launched our Vinnies Winter Appeal. We support St Vincent de Paul Society here in Seymour by collecting nonperishable food for the annual winter appeal.

We have a wonderful Young Vinnie’s group from Yrs 9&10: Polly Duff, Alanah O’Connell, Chloe Copeland, Grace Cunningham, Lily Thorpe, Hayley Reeves, Trinity Cole and Claire Nolan.

They have made a fabulous start to the year, being really enthusiastic and committed to working for the Vinnie group in Seymour.



The team delivered baskets to each classroom yesterday and asked each level to bring a different food type.

The requested foods are as follows:

**JP** - Pasta or Pasta sauce

**MP** - Cereal, UHT milk

**SP** - Tinned meals e.g: Baked beans, Spaghetti, Steak and veg

**Yr 7** - Canned vegetables, Canned fruit

**Yr 8** - Canned or packet soup, Noodles

**Yr 9&10** - Snack Food, E.g. Muesli Bars, Sultanas, Fruit cups

The food will be collected until Tuesday 25<sup>th</sup> June, when we will deliver the baskets to the local Vinnies store for distribution.

To complete our supply of the Vinnies Winter appeal, we will be holding our annual Rug Up Day on the last day of term. On this day, the students can bring gloves, beanies, scarves, coats, blankets as we will be turning the heating off for the day. In some small way, it gives us the opportunity to experience what it must be like to go without warmth for a short time. Of course, most of the students have to be encouraged to wear a jumper most days so this shouldn't be too hard!!

More information on this day closer to the date.

**Sacramental Evenings** Over the next 2 weeks, we will commence our Sacramental Season with our Faith Nights for candidates and their families. Students who are baptised Catholics have the opportunity to receive the sacrament of Reconciliation in Yr 3, Eucharist in Yr 4 and Confirmation in Yr 6 while all students in these Middle and Senior Primary classes are involved in the preparation.

We look forward to seeing children who are receiving the sacraments of Reconciliation and Eucharist on Tuesday 11<sup>th</sup> June – Reconciliation at 6pm and Eucharist at 7pm

Children receiving the Sacrament of Confirmation will attend on Tuesday 18<sup>th</sup> June at 7pm

All Faith nights will be held in the College Library.

## Dates for all Sacraments

First Reconciliation      Wednesday 31<sup>st</sup> July

First Eucharist              Sunday 28<sup>th</sup> July

Confirmation                Friday 2<sup>nd</sup> August

**Yr 8 Reflection Day** Last Friday, the Yr 8 students engaged in their Faith Reflection Day, the theme for the day was Servant leadership- leading with Justice and Compassion. The students moved through a variety of activities that focused on prayer, leadership in Scripture and how we can be that servant leader in our own communalities. The Yr 8s worked with the JPs for one of the activities which was enjoyed by both groups of students.

Thank you to the students and staff for the day.



**Whole College Assembly** The next Whole College Assembly will be held on Friday 21<sup>st</sup> June at 2.30pm in the MPH. Please join us in this final assembly for the term. Our Yr 10 College Leaders will lead the assembly and they do it very well.

*Mrs Catherine Evans*  
*catherine.evans@smseymour.catholic.edu.au*



## *Student Wellbeing*



*from the Deputy Principal ...*

In my last Marian article I quoted the work of Dr Justin Coulson on ‘Self Control.’...

Dr Justin Coulson states that, *Self-control is the ability to say “no” when you really want to say “yes”, or to say “yes” when you’d prefer to say “no”!* *Self-control is delaying gratification and controlling our impulses.*

This week I would like to discuss ‘Thriving Parenting’ by Michael Grose. Michael is the founder of ‘Parenting Ideas’ and is one of Australia’s leading parenting educators. He speaks about Thriving Parenting and how this takes trial and error, and much of the confusion out of raising kids. There is a large body of research that tells us kids need *three things to thrive in this modern changing world of uncertainty.*

**Confidence, Character & Resilience** They best develop in an environment where parents purposefully adopt principles and techniques that promote these qualities. Nor do these qualities develop independently of each other. The development of one impacts on the others. When kids develop a greater sense of self-confidence they usually behave better and they are more likely to bounce back from setbacks, particularly social injustices.

**Confidence** Confident kids take more learning risks and are likely to challenge themselves more than kids who are low on confidence. They are less likely to place limits on themselves or their achievements. *Confidence is so crucial today as so many kids are anxious and fear failure.*

**Character** Character refers to the attitudes and behaviours a child develops that maximise his or her success. Character is about doing what’s right, not what’s easy!

**Resilience** Children need to be resilient. They need to be able to bounce back from life’s bigger and smaller setbacks. Resilience is linked with good mental health habits and also with a child’s success.

The Thriving approach gives parents the tools and strategies you need to bring out these three vital ingredients.

Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets: independence, problem-solving, optimism and social connection.

**Building resilience – tips for parents** From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

- **Having a positive attitude yourself.** Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.
- **Look for teachable moments.** Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
- **Make kids active participants in the family.** Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.

- **Build kids coping skills.** There are plenty of strategies you can pass on to kids to help them cope when life doesn't go their way, including acceptance, getting away for a while and normalisation.

Promoting resilience in kids is not a single event but a continuous process that requires adults to be supportive and empathetic when things don't go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child's ability to cope.

I would also like to direct your focus this week on the 'Australian Catholics' magazine that is given to the youngest child to bring home. This issue is all about Mental Health and Wellness -Caring for ourselves and others. I encourage you to browse through this and discuss some of the topics with your children at home.

**Together in partnership, we continue to engage, encourage and motivate all our students to achieve greatness and embrace uniqueness.**

*Ms Zine Dovara*

*zine.dovara@smseymour.catholic.edu.au*



## Learning & Teaching



*from the Deputy Principal ...*

**Assessment and Reporting** Teachers are preparing the end of Semester 1 student reports. We need all students and parents to be reminded, to submit work on time and to attend school as much as possible, for students to be able to demonstrate their learning. School attendance relates directly to building learning resilience.

Yr 10 students are on work placement this week – we hope you learn lots and enjoy the experiences! Yr 10 students will be sitting mid-year exams on Thursday 20<sup>th</sup> and Friday 21<sup>st</sup> June: in English, Maths, Science and Humanities. Please ensure you attend school on those days.

Reports will be released electronically in PAM on the last day of term.

Parent teacher discussions will take place on Monday 22<sup>nd</sup> and Tuesday 23<sup>rd</sup> July.

**Positive Mindset** Developing resilience and understanding that learning requires full concentration and thinking in order to progress is explicitly taught to our students. Preps can articulate that they need to 'exercise' their brain to learn and sometimes it's a bit hard to do! Here are some of the positive comments to assist developing a positive attitude towards Learning.

<b>Developing A Growth Mindset</b>	
<b>INSTEAD OF....</b>	<b>TRY THINKING...</b>
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make it any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

**Introducing the NCCD Portal** A new Portal has been launched to help school communities participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

The NCCD Portal is a comprehensive online resource to support principals, teachers and school support staff understand and complete the NCCD, with free and practical resources such as e-learning modules, videos, case studies and templates.

The Portal also includes information for parents, guardians and carers.

For more information on the NCCD, visit [www.nccd.edu.au](http://www.nccd.edu.au).

**Teachers on Professional Development** Currently there are teachers absent from school as they undertake their own PD as required for teacher registration. The College has very rigorous curriculum structures in place to continue to provide the sequence of learning to students.

**Long weekend** Reminder that Friday 7<sup>th</sup> June is a pupil free day, enjoy the break!

*Mrs Christine Buhler*

*christine.buhler@smseymour.catholic.edu.au.*

## DATES TO REMEMBER

*These dates are subject to change.*

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

Wk 8B	<b>Mon 10 June</b> Tue 11	<b>Queen's Birthday _ Public Holiday</b> Faith Night Reconciliation (6.00pm-7.00pm) Faith Night Eucharist (7.00pm-8.00pm)
Wk 9A	Tue 18 Wed 19 Thu 20 & Fri 21	Yr 10 Exams Faith Night Confirmation (7.00pm-8.00pm) Hume Cross Country Primary Regional Cross Country _ Winton Yr 10 Exams
<b>Wk 10B</b>	<b>Fri 28</b>	<b>Last day of Term 2</b>
<b>Term 3</b>		
<b>Wk 1A</b>	<b>Mon 15 July</b>	<b>First day Term 3</b>
Wk 2B	Mon 22 Tue 23 Fri 26 Sun 28	Yr 7-10 Incursion "Regioneering" Victoria University Bishop Curtin Visit - Confirmation Parent Teacher Discussions (3.30pm-6.30pm) Yr 8-10 Excursion _ MTC Parent Teacher Discussions (3.30pm-6.30pm) Middle Primary – Sacramental Sharing Day First Eucharist Mass (10.00am-11.00am)

### Student Free Days 2019

**Mon 12<sup>th</sup> August**  
Mon 7<sup>th</sup> October

### Term Dates 2019

Term 3: 15/7 – 20/9  
Term 4: 8/10 – 20/12

### CANTEEN ROSTER

**10-14 June**  
(10.45am-2.30pm)

Mon 10	Public Holiday
Tue 11	Catherine Plessey
Wed 12	Catherine Plessey
Thu 13	Jessica Mandersaw
Fri 14	Jo Fairweather Karen Pearce

### ST. MARY'S COLLEGE

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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