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ST. MARY'S COLLEGE SEYMOUR

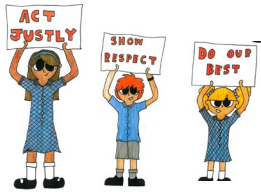
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No. 23

Term 3 Week 4 of 10

05/08/19)



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

Pupil Free Day
Monday 12 August



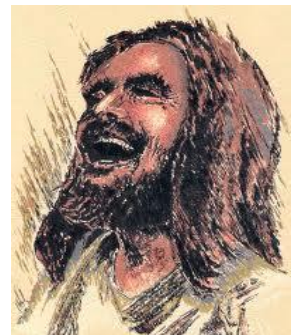
Sacramental Journey

“Don't be afraid to go to the sacrament of confession where you will meet Jesus who forgives you.”

Pope Francis

Our Reconciliation candidates received the sacrament on Wednesday morning and late that evening families and candidates participated in the Reconciliation Liturgy that was followed by the presentation of Sacramental Certificates. It was a

special time and thank you to the parents who supported the children in receiving the sacrament. *Catholic Schools are special educational communities. We do not profess to be perfect, nor do we profess our way is the only way. What though is integral to a Catholic school is the sincere belief that Christ dwells among us. That we have a prime responsibility (one we take very seriously) to nurture a personal relationship with Christ for all within our community. This sense of nurturing happens in different ways – subtle, public and or celebrative such as through our College Sacrament and Faith Weeks where after formation and education, the Sacraments of Reconciliation; First Eucharist and Confirmation are sealed through personal and community witness.* Thank you to Mrs Evans (Deputy Principal Faith & Community) and Mrs Gough Religious Education Coordinator) for their leadership and organisation. Thank you to our candidates teachers: Middle Primary – Mrs Brock; Miss Hanlon and Mrs Spencer. Senior Primary – Mrs Clarke; Mr Krammer and Mrs Osborne all for their wonderful sense of the sacred in enabling young minds to understand the importance of what it means to receive the sacraments.



A special thank you to Father Eugene. His support of the students during the sacramental program has been wonderful and the students truly are appreciative of Father Eugene's presence, guidance and priestly presence as our Parish Priest

Last Friday night our confirmation candidates were *sealed with the gifts of the Holy Spirit*. They were confirmed by Bishop Terry Curtin with Father Eugene by his side. May our candidates also take with them the knowledge and wisdom of conviction in all that they do. The sacramental journey at St Mary's also embraces the importance of formation. Everyone needs formation and it can come in different shapes and sizes. Formation is not a one fits all approach. Formation at St

Mary's requires us all to participate in ensuring we develop young people who knowingly or not live the charism and ethos of St Mary's as life throws up its challenges. A holistic education is a wonderful education.



Master Plan Meeting The meeting with Fergus Chisholm (Manager of Infrastructure and Capital Funding); Fr Eugene PP; Felicity Melville Business Manager; Anne Spencer P-4 Coordinator & College Board; Andrew Graham College Board Chairperson; Martin Keating Timetabler and I was an excellent opportunity to discuss the past, present and the future. Outcomes from the meeting will be discussed at the August Board meeting followed by information published all for all families. We thank Fergus for his visit, as his role is a demanding one spread across the entire Archdiocese.



Rosey the Wombat spends each night watching over our St Mary's College. She wanders out late in the evening to feed on the green grass while at all times keeping the College safe. *Kooka – the- Burra* also flies around the entire College boundary to check that all is safe. Thank you to the families who so generously care for Rosey on a weekend. She is very spoilt being taken on road trips; getting to sleep on comfortable beds and especially last weekend, Rosey watched her cousin Isaac Smith on TV. Rosey even has her own book, called '*Rosey's Adventures*'Thanks Macey! Rosey like to spend time with a Junior Primary student who is Happy and who Cares.

Mr Wayne Smith

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Education in Faith & School Community

from the Deputy Principal ...

Our College has the wonderful tradition and heritage of the Mercy Sisters to guide us in our daily actions.

The Mercy Education Values of Compassion, Respect, Justice, Service, Courage and Hospitality support our College Vision Statement and School TAG

This week, we are focusing on the value of **Respect** and how we can show **respect** in our school community. The Sacramental candidates have certainly been showing **respect** in every aspect of their preparation and participation these past few weeks

Sacramental Week Our Sacramental Week continued with the celebration of First Eucharist last Sunday.

First of all, all MP students came together on Friday 26th July for a special sharing day to pray, share and celebrate all that they have been learning over the past weeks. We looked forward to the First Eucharist on Sunday as well as the Reconciliation ceremony on Wednesday The children had lunch together and were then involved in the Whole College assembly on Friday.



*Risen Jesus,
the disciples on the road to Emmaus recognized you
in the breaking of the bread.
Help us to see you in the people we meet,
in the Scriptures we hear,
and in the Eucharist we receive.*

We ask this in the name of the Father and of the Son, and of the Holy Spirit.

Amen.

Then, on Sunday, the day had finally arrived. The children arrived at the church, ready and prepared for the First Eucharist celebration.

Thank you to all families for their support, to Fr Eugene for leading us in celebration, to Mrs. Brock, Mrs. Gough, Miss Hanlon, Mrs. McLennan and Mrs. Spencer for their work in preparing both the children and the liturgy.

Our thanks especially to the children, who at all times were respectful, reverent and so well prepared for this most significant of sacraments.

A wonderful day for everyone.



Congratulations to

Angus McMennemin
Baxter Loweke
Campbell Rohde
Cheyenne Newsome
Dimitrious Corocher
Georga Hoppner
Grace McLean
Hamish Melville
Harrison Thomson
Harry Homewood
Hunter Bertram
Isaac Gibson
Isla Banks
Issac Hanna
Kody Doherty
Lainey Doyle
Max Woods
Nishelle Godwin
Samuel Quigg
William Hayman



Our week continued with Reconciliation. On Wednesday, 16 students received the Sacrament of Reconciliation in the morning and then gathered together in the evening for a special liturgy and presentation of certificates. It was a wonderful day, in which the children and their families were able to celebrate all the preparation and learning that had occurred. We congratulate the following students and especially hold them in our thoughts and prayers this week.

A Prayer for our Reconciliation Candidates



Loving God help us to teach our children that you love us totally and unconditionally.

Help us to encourage our children to grow in love and to learn how to say sorry, knowing that you always forgive.

Give us the courage to pray with our children and to share our faith with them as we journey together.

We ask this through Christ our Lord.

Amen

Ava Jarvis
Ben Brown
Billy D'Orria
Charli Egan
Dimitri Corocher
Ella Jarvis
Harrison Parker
Jasper Radobuliac
Jed Puppa



Kody Dougherty
Mackenzie Pearce
Matilda Barry
Olivia Hamilton
Piper Doyle
Remy Clydesdale
Sienna Lynch

Please hold all our MP children in your thoughts and prayers as all the children have been involved in the preparation and learning about the sacraments.

Confirmation candidates Our Sacramental activities continued. A report on Confirmation next week.

Adison Thornberry
Charlie D'Orria
Daniel McLean
Ebony Smith
Grace Nolan
Holly Bender
Lainey Doyle



Madison O'Connell
Noah Wemyss
Remy Hare
Rogan Puppa
Sophie Allen
Tahlia Mulraney
Zac Brown

100 Days of School What a fabulous day the Preps had on Thursday!!



Thank you to all of the parents who brought the 'grannies and grandpas' to school yesterday – they managed the day very well!!

It was great to welcome our parents for the parade and certificate ceremony. We had many excited '100 year old' Preps who complete an array of activities all centred around the number 100

What a wonderful way to celebrate 100 days of learning.

Early Notice Some "keep the dates" for the calendar. Details to follow soon

Father's Day Breakfast	Friday 30 th August
Feast day Celebrations	Friday 6 th September
Footy Colours Day	Friday 20 th September

Term 4

Art Show	Friday 18 th October - Sunday 20 th October
Grandparents Day	Friday 25 th October

Thank you for all the support and participation in Faith and community events this term. Please watch for upcoming events on our Facebook page and in the Marian.

Mrs Catherine Evans

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Student Wellbeing

from the Deputy Principal ...



Cyber Safety Cyber safety is an important issue for young persons. St Mary's College recognises the need for students to be safe and responsible users of digital technologies. We believe that explicitly teaching students about safe and responsible online behaviours is essential, and is best taught in partnership with parents/guardians. We can not monitor your child's home activity on devices, so we encourage you to do so on a regular occasion. If your child is a victim of any misconduct and inappropriate material, we advise you seek professional advice.



To assist us to build an eSmart school community we ask parents and students to read and understand this **Information and Communications Technology Acceptable Use Policy** within their student planner. After you have familiarised yourself with the information, then we ask that you sign the agreement in the student planner. We still require a number of students to have this completed with and by their parents.

Our Mobile Phone Policy requires all students to leave their phone phones in their bags locked away in their lockers. No mobile phones are to be used during school hours by the students. If you need to get a message through to your child, we ask that you contact them via the College office and like wise if your child needs to contact you for any reason, we allow the students to visit the office to make contact with you. We would appreciate your support in this matter and trust our processes by instilling this practice with your child.

Therefore, I would also like to remind all parents/carers that if your child has his/her mobile phone confiscated the 4th time after 3 warnings, it will remain at school, until a parent/carer can collect it from the front office. We thank you for your support in this matter.

For further support with online issues, parents and students can follow the cyber safety links from the St Mary's College website or call Kids Helpline on 1800 551800 or Parentline Victoria on 13 22 99

We thank you for your continued support to help build a safe and supportive eSmart community at St Mary's College.



Screen time for your child *There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.*

Consider your child's screen use in the context of their overall **health and wellbeing** – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child. The 7 tips are as follow;

1. Be involved Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.



2. Work with your child to set boundaries for screen use If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.



3. Be clear about the consequences of not switching off Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The Raising Children Network provides some useful tools and advice.

4. Set device-free zones and times at home. Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

5. Ask your child to explain their screen use Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

6. Use tech tools to help manage access There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with Google Family Link for Android devices or parental controls and Screen Time for iPhone/iPad.

7. Lead by example Your behaviour is one of the most effective ways to help your child develop a positive digital

mindset. Show your child you can put down your device too.

A reminder about Michael Grose, who is a former teacher and inspiring speaker has delivered informative, entertaining presentations to audiences in Australia, Asia, in the US and UK. He is well recognised in the media. Michael has been a regular on The Today Show, Sunrise and The Morning Show. He regularly comments on family matters on radio and in the press around Australia.

So, it is with great excitement that Berry Street and School Focused Youth Services in Seymour are able to bring Michael Grose to our St. Mary's College and wider community. His presentation will enlighten parents on how they can support children to turn ANXIETY into RESILIENCE.



Today, more and more children are affected by anxiety to the point of it impacting on their happiness and quality of life. Although anxiety can be a major problem, it doesn't have to be a lifelong struggle. Research informs us that anxiety left unmanaged in childhood will almost always reoccur in adulthood. Fortunately, there's so much we can do to help kids turn their anxiousness into real, lifelong resilience. *Please go to the link to book your place at this opportunity to hear Michael.*

DATE: Thursday 19 September 2019 **TIME:** 6.30pm-8.00pm

RSVP: via the link by Friday 9th August 2019 <https://forms.gle/E1ZymYo2CC9XWWiX8>

Yr 10 Work Experience from Mrs Tampion



For my work experience I had the opportunity to go to Kestrel Aviation, based in Mangalore. Kestrel is an aerial firefighting company who can also do longlining and some other specialist requirements. They have helicopters strategically placed all around Victoria in case of a fire, so they can get there quickly and safely to aid the ground crew with the situation. I chose to contact Kestrel for my work experience because I wish to one day be a Helicopter Pilot, mustering cattle on stations around Australia and New Zealand. At Kestrel I was helping around the hangar floor and doing small jobs like painting body parts and mounting them and also asking lots of questions. On Friday I was invited to go in on of the helicopters (**Bell 412**) down to Avalon airport from Mangalore to get the helicopter painted. This was the highlight of my time at Kestrel and an amazing introduction into the industry of helicopters and aircraft. I think that the lessons learned and information given by all of the great staff at Kestrel will aid me in my future of flying aircraft. *Charles Martin*

Together, we work continue to work in partnership with you to 'encourage, engage and motivate' your child, as we continue to live out our College TAG, to Act Justly, Show Respect and Do Our Best.

Ms Zine Dovara

zine.dovara@smseymour.catholic.edu.au



Learning & Teaching

from the Deputy Principal ...

Parent Teacher Follow Up Thanks to all the parents who attended the parent teacher meetings last week! We find these discussions invaluable to support students in their learning journey. Together goals and plans have been set for the coming term to assist students to achieve their best.



National Tree Planting Day This year's plants, stakes and tree guards have been delivered and will become the basis for the Yr 7 classification of plants unit. Students will research during science class, and then plant the native seedlings around the College grounds. If there are some surplus, students may have the opportunity to take one home to plant.

School Review Teachers have been reviewing units of work and curriculum documents in preparation for the College review. A huge amount of work has been done to ensure that the reviewer can see that we meet compliance standards and that we are doing the best we can at this time. We eagerly await feedback and dialogue to see if we can improve learning outcomes and teaching practices.

Study time Senior primary students and secondary students need to be encouraged to revise what has been done in class. The difference between home learning and study is as follows. Home learning is teacher directed whereas study is student directed and managed.

Home learning is given as work to be completed and handed in by a specific date, for marking by the teacher related and integral to the unit of work.

Study/Revision should become daily practice for students. It is revisiting work done in class for purposes of retaining and consolidating the learning.

So, examples: Rereading notes or the text book taken during class; doing some more examples of Maths done that day. Discussing or telling someone a summary of what has been learnt. Reading is the key to learning and understanding. Rereading and retelling are powerful aids to learning making meaning of the concepts.

Students and parents need to work together to achieve study. A study routine, time and place, spaced out across the week 1 hour 4 times a week is more effective than one session of 4 hours. (Too tiring and brain has to do too much to power up that learning again.)

Home learning and study expectations are on the website and are being revised by the teachers this term.

If you have any feedback and ideas, please email your child's homeroom teacher.

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!*

Term 3		
Wk 4B	Mon 5 – Fri 8	Book Fair – Reading Cave
Wk 5A	Mon 12 Thu 15 Fri 16 Sun 18	Pupil Free Day Feast of the Assumption Mass (9.00am-10.00am) Level Assemblies (2.30pm-3.15pm) Vietnam Veterans Lantern Walk (5.30pm-6.30pm)
Wk 6B	Thu 22	Yr 10 PE Excursion
Wk 7A	Mon 26 Tue 27 Thu 29 Fri 30	P-6 Incursion _ Music Viva Yr 10 Excursion _ Arts Centre (7.30am-3.00pm) SR Round Robin Father's Day Breakfast (7.30am-8.30am)
Wk 8B	Tue 3 Sep Wed 4 Fri 6	SR Athletics _ Shepparton Yr 8 Night of Notables (6.30pm-7.30pm) College Feast Day
Wk 9A	Wed 11 Sat 14	Primary District Athletics Indonesian Trip (Sat 14 – Mon 23) Whole College Assembly (2.15pm-3.15pm)
Wk 10B	Fri 20	Last day of Term
Wk 1A	Mon 8 Oct	First day of Term 4

Term Dates 2019

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

Student Free Days 2019

- Mon 12th August**
- Mon 7th October

CANTEEN ROSTER

5 Aug – 9 Aug
(10.45am – 2.30pm)

Mon 5	Catherine Plessey
Tue 6	Leesa Bree
Wed 7	Catherine Plessey
Thu 8	Cherie Mathews
Fri 9	Karen Richards Nirmala Rathnayake

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