



THE MARIAN

ST. MARY'S COLLEGE SEYMOUR

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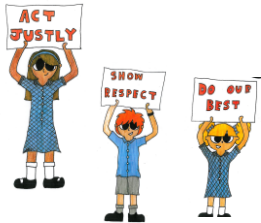


No. 27

Term 3 Week 8 of 10

30/08/19)

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.*

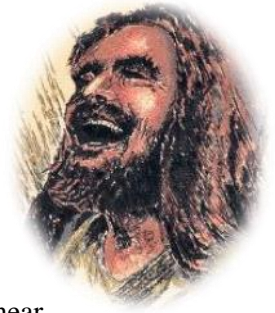


From the Principal

"It's not what St Mary's does for you but what you do for St Mary's that makes the College a special community."

Dear Parents,

"It is not what the Catholic school does for our students but what our students do for their Catholic school that makes the College a special community." Fr KBC.



Thanks KBC and 'Go Gently Now' Monsignor (Father) Kevin Barry Cotter a friend and former Parish Priest from Cootamundra is now retired on five acres at Adelong a small town near Tumut, the gateway to the Snowy Mountains. Fr KBC is a living treasure in the Canberra and Goulburn Archdiocese. He enjoyed every opportunity to be involved with Catholic schools and like Fr Eugene he has great admiration for the staff in Catholic Schools, especially with the extra yards given by staff to enable students to reach their potential and for the wonderful pastoral care that is shown, day in and day out. KBC understands the struggles and joys that families endure and he believes that the best thing he can do as a Catholic priest is to leave positive memories in the hearts of others. KBC is a good man and he has always been a staunch supporter of Catholic education. Like Fr Eugene, KBC is proud of his vocation and takes pleasure and wonder at knowing that the spirit of Jesus is ever present in all who we meet. These days KBC is frail; has health issues but still enjoys pottering around on his five acres, growing potatoes... showing his Irish heritage. KBC always reminded others that we must not take what we have for granted; he is a believer in what the students give to their school makes the school a better place for all and that good Catholic schools challenge students to be young people of service and to stand up for those in need. Fr KBC's last words on a phone call or when leaving someone's presence are **'go gently now.'** A few of Fr KBC's past pearls of wisdom:



- *Catholic schools prepare students for life well beyond their school years.*
- *There is no perfect way to bring up a teenager but consistency and boundaries allow them to learn and feel secure.*
- *Enjoy the ups and downs of being a parent. Before you know it your teenagers will be adults - the years will pass by all too quickly. Your children, our students are adults for far longer than they are teenagers.*
- *Children need to understand that No means No.*
- *What students do for their school makes the school what it is. If students commit to service, mission and to holistic experiences then everyone benefits.*
- *There is no perfect manuscript for parenthood.*

Every Wednesday classes attend the 9.00am Mass. The students are outstanding in the respect to the sacredness of the Church. They value Fr Eugene and listen to his message during the sermon. Our students are respectful towards the elderly parishioners and they show that young people do yearn for spiritual presence in their lives. The mere fact that every day our students learn and play in the presence of St Mary's Church is a reminder that we do God's work on holy ground and we must never (as Fr KBC says) take what we have for granted. We are lucky to have Fr Eugene who is committed and so supportive of St. Mary's. May Fr KBC and Fr Eugene both take comfort in knowing they too do God's work on holy ground.

Thanks Dad! My dad is 91 this year. A very fit man, who was a professional road and track cyclist – many years ago now. My dad eats three meals a day. Has never had a cigarette or alcoholic drink and is very disciplined about the way he treats his body. My dad still babysits great grandchildren and enjoys gardening. He even gets on the roof to clean the evaporated cooler, but does that when his wife (my mother) is down the street. My dad never complains, has a simple approach to life and he, like his son has a soft spot for Hawthorn and Carlton. My dad never gets caught up in other people's business and hates gossip. My dad is an extraordinary man who experienced the pain of burying his eldest son, (John), who was also an elite road and track cyclist. My dad is one of life's gentlemen, loved and so highly regarded by many. My dad has been and still is an outstanding role model to many young men. My dad treats every person he meets as an equal. My dad does not say much but when he does, we listen. **Thanks Dad for being my hero.**



Dear Dads,

Thank you for coming in today for the annual Father's Day Breakfast. Your presence means so much to those children (particularly young boys) who believe in their hearts that their dad is their hero. Continue to be their hero dads. Continue to be wonderful role models because boys need role models. Boys need dads to show them the way; to pick

them up but to also dress them down when behaviours verbal or nonverbal are not appropriate. Boys need dads to show them that treating females with respect is a given and that not taking the easy way out or always finding an excuse to blame others is not what a dad will allow. **Thanks Dads for being their heroes. And a special thank you to grandads and pops for all you do.**

Best wishes

Wayne Smith

Principal

PS It was a pleasure to be in the quadrangle after lunch to talk to the student in senior primary who had their Natural Disasters projects on display. Brilliant work was showcased and thank you to our dedicated teachers who led the way. The volcano experiment was a gas!

Mr Wayne Smith

principal@smseymour.catholic.edu.au



from the... Business Manager

Laptop Instalment Due Families are reminded that the next Laptop Program instalment of \$230 for Yr 7, 8 and 9 is due by **1st September**.

Please include the description LTOP and your Account Number / Name if paying by Direct Deposit. If you have any questions or concerns please contact the College.

Thank you to those families who have already met this deadline.

Mrs Felicity Melville

accounts@smseymour.catholic.edu.au





Education in Faith & School Community



from the Deputy Principal ...

A Father's Day Prayer

God,
 Bless all the fathers in the world. Father, we ask that You guide them to be good role models and loving to their children. We also ask that You help them to be a father like You are. Give them grace and patience to handle situations in a loving way.
 Amen

Father's Day This week we celebrate Father's Day. While the commercial aspect of Father's Day sometimes seems to take over, we pause on this day to reflect on the amazing contribution our Dads, Grandads and special people make in our lives. We look to the example of God, our Loving Father, as a way to be caring, protective and loving. Our College Crest mirrors this sentiment "protect and care for us". We say thank you to all fathers for everything they do for us.

We especially remember today the Dads and Granddads who are no longer with us but always in our hearts and thoughts.

Feast Day activities We will celebrate our Feast Day on Thursday 5 September and Friday 6 September.

On our Feast Day, we celebrate the birthday of Mary, the mother of Jesus. The actual date is Sunday 8 September. As it's a Sunday this term, we will hold our celebrations over prior 2 days.

College Feast Day Mass, Thursday 5 September at 9.00am

Please join us at 9am for Mass in the Church to celebrate St Mary's College and for all we have to be thankful for in 2019.

Yr 10 v Staff volleyball match in the Multi-Purpose Hall, Thursday 5 September at 12.40pm

We will be holding our annual- and famous!!- Year 10 v staff volleyball match. Parents are welcome to come and be a part of the cheer squad as well! A sausage sizzle will be available for lunch- order forms were sent home this week.

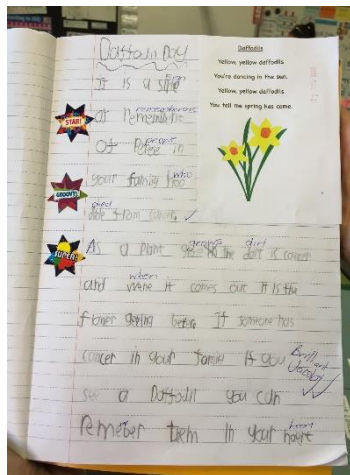
St Mary's Feast Day concert in the Multi-Purpose Hall, Friday 6 September at 2.20pm

St Mary's students will showcase their talents in a concert of wonderful entertainment. We hope you can join us for one or all of these events for our 2019 Feast Day celebrations.

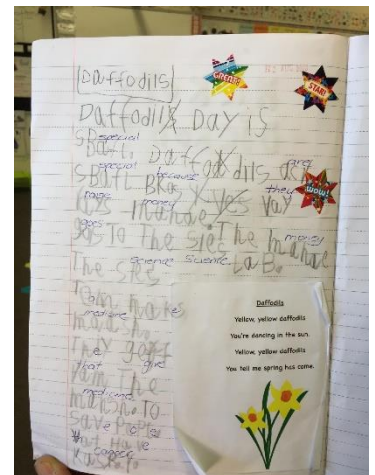
Father's Day Breakfast This morning we held our Father's Day Breakfast which was very well attended by Dads, Grandpas and special people. Thank you to our staff for getting up extra early to cook the breakfast and to all the families who braved the early cold to come along. Our lucky door prize winners were Aaron Pearce, Rhys Melville, Ken Whitfort and Ralph Llorente. More pictures and reports next week!

Daffodil Day Last week we held a fundraiser for Daffodil Day and there were great splashes of yellow all across the College. Thank you to our Yr 10 Leaders, Brandy Thompson, Alanah O'Connell, Cooper Bell, Robert Potts and Issy Hutchins who organized the day. We raised \$351.60 for this great cause and the money was handed over to Mrs Carol Smith on behalf of the Seymour branch of the Cancer Council. Thank you to all our families for their support.

Many of the classes reflected on the day in their Faith education or Literacy lessons. Some of the writing was very heartfelt and we have shared some writing from two young students in JPW. Both beautiful pieces from these Year 1 students.



Jasper Karsberg JPW



Jacob Hard JPW

Busy week! This week the primary students enjoyed an amazing visit from Music Viva and a fabulous Indonesian incursion. These were both wonderful opportunities for our students to participate in music and language events with highly skilled presenters.

Here are just a few photos from the two activities. Look out next week for reports and more photos from Mrs Spencer and Mr Allen.

Save the dates:

For students

Friday 20 September

Footy Colour Day- wear your footy colours and join us for the Footy Parade and St Mary's Footy kick off

Thursday 12 September

Yr 7-10 Secondary Social in the MPH

Theme: Winter Wonderland

Details and a letter to all parents will be sent home next week

For parents

Friday 8 November

A Social night for parents and friends in the MPH
"A Night of Skill and Chance"

A great night to catch up with friends and support our College.

More details in the following weeks

Friday 18 October & Saturday 19 October Art Show

Friday 25 October Grandparents Day

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

catherine.evans@smseymour.catholic.edu.au



Student Wellbeing



from the Deputy Principal ...

Change of date – Yr 8 Parents We are currently planning for some exciting new opportunities in 2020 for our secondary students, in particular, the curriculum and programs that will further engage our students, especially in their chosen electives and the Yr 9 Beyond 4 Walls Program.

Therefore, we would like to advise you that the **Yr 8 into 9 Information Evening has been rescheduled** from **Wednesday 4 September to a date to be fixed in early Term 4** and will be held in conjunction with our **Yr 9 into 10 Information Evening**.

We will continue with our **Yr 8 Night of Notables on 4 September in our Library at 6.30pm**, which will lead into a wonderful visual display of all our Indigenous Notable People.

We look forward to seeing you all next **WEDNESDAY** to share in your child's learning success.

Our Night Of Notable theme in 2019 is ...

Inspirational Indigenous Australians

TRUTH, HOPE & LOVE





Every day counts – school attendance We all want our students to get a great education, and the building blocks for a great education begin with students coming to school *each and every day*. We have noticed a number of students are below the 90% attendance rate this term.

Missing school can have a major impact on a child’s future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Yr 10 they’ll have missed more than a year of school.

There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes.

Coming to school every day is vital, but if for any reason your child must miss school, ensure you there are things we can do together to ensure they don’t fall behind:

- Speak with your classroom teacher and find out what work your child needs to do to keep up.

Remember, every day counts. If your child must miss school, speak with your classroom teacher early as early as possible.

If you’re having attendance issues with your child, please let your classroom teacher know so we can work together to get your child to school every day.

Last article, I mentioned Our Positive Behaviour Program and our TAG RUBRIC. Our classes revisited these in our Pastoral care session today and how we can ensure we live out our TAG amongst our St. Mary’s Community. Please continue to discuss how our TAG can also be seen and heard within your homes between family members and the community in general. Here is a snapshot of the rubric to refer to and perhaps create your own family rubric to place on your fridge at home.



TAG	Classroom	Yard
Show Respect	Put hand up to speak Listen to others / teacher/follow instructions Use manners speak appropriately Arrive at class on time Use inside voice Use kind words Ask permission	Don’t litter Take care of equipment and buildings Line up for equipment Respect the environment Lead by example Walk into classroom quietly from the yard
Act Justly	Teachers to provide students with activities to be successful Allow others to learn Give others a go and share Treat others equally Consider social justice Move safely in the room	Take it in turns in games Sharing/being inclusive of others Follow the agreed rules – be fair Accepting others shortcomings Play safely
Do Your Best	Stay on task and have a go Be a problem solver Complete work neatly Be responsible for your own behaviour Go to toilet before or after class Be prepared for class with your books etc.	Stay in boundaries for your play area Wear your hat Use the bins Report wrong doings to teacher Use your manners

Self-Care For All... The following article is taken from the REACHOUT organisation which has a range of wonderful tips and ideas on how to best support our youth through different times throughout their teenage years.

What is self-care? Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental or emotional health. It's when you take the time to take care of yourself. It can be simple everyday pleasures like soaking in the bathtub, reading a magazine or going for a run. Or bigger things like having a meal with friends, doing a hobby or playing sport. For families, self-care helps parents and teens deal with life's everyday pressures in a more positive and rewarding way.



Why self-care is so important for families For busy parents, self-care can help replenish your physical, mental and emotional energy, and boost your creative and spiritual reserves. All of which get depleted when you're tired and stressed. But did you know that your self-care helps your family too?

- Self-care can help you be a more engaged and effective parent. You're likely to be more patient and have more positive interactions with your teen. Far from being selfish, self-care is one of the best ways to help your family.
- When parents practice self-care, it's been shown that teens are encouraged to do the same, and take this positive habit into later life. So your self-care helps teach your teen how to look after themselves better.
- As a parent you know that developmentally this is a hard time for your teen. Learning self-care can help them through this tough period.

Why self-care is often at the bottom of the priority list You've got a million tasks on your plate, and that's before you've shopped, fed the family three meals a day and washed up. So it's no wonder self-care, especially your own, is way down your list:

- There's not enough time. You feel guilty spending time on yourself when your family needs help. Which is why it's important to remember that your self-care is good for your family.
- You haven't got the energy. Juggling those million tasks takes everything you've got. A simple self-care routine can help keep your energy up, and stop you collapsing in a heap.
- It feels like self-care involves money. Whether it's for you or the family, money is obviously a consideration. But simple pleasures can be as effective as exy ones.
- If you're struggling to fit it in, there are a number of ways to help make self-care a family priority.

Self-care ideas for everybody Some activities you enjoy may cost a bit, or take time, but self-care is just as likely to be about the simple free things too. Here are some examples scaled from the everyday to the only once in a while.

Physical self-care

- Exercise: Walking, running, cycling, swimming locally – or doing classes and fun runs or rides.
- Sport: Throwing or kicking a ball around with mates in the park, gaming online – or joining a local club or gym.
- Spa: Soaking in the tub – or having a massage or manicure.

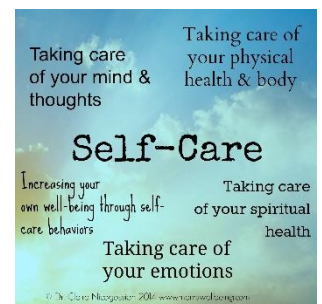
Mental and emotional self-care

- Entertainment: Listening to music, watching a film or a match on TV – or going to a gig, show or game.
- Nature: Time in the local park, gardening or planting a window box – or hiking in the country or visiting a gardening centre.
- Friends: Popping round for a cuppa, or Facetime/Skyping with coffee in hand – or meeting in a café.

Self-care is very individual What works for some won't work for others. For example, exercise makes some people feel on top of their game, while others are restored by a bath and a snooze. The important thing is to do what you enjoy.

Self-care works best as a routine Regular acts of self-care keep you energised and dealing with pressures well. Which is better than an emergency fix to get back on track when things go wrong. So sit down with the family – talk about the importance of each doing the things you enjoy, that make you feel happy. Bounce ideas and put them in the planner or calendar. And support each other in doing them. Self-care is fun and good for you – enjoy it!

Together, we 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



from the... *Library*

Book Fair Once again thank you to everyone for your generous support of our Book Fair. The 2019 Book Fair was a huge success!

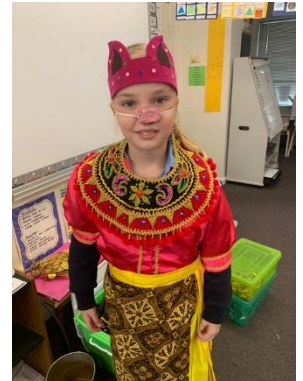
A total commission of \$984.90 was achieved and books to the value will be added to the Library collection next week.

Part of the commission was used in lucky door prizes and we continue with colouring competitions.

Linda Hevernen



Indonesian



Basketball

Senior Primary Basketball As promised last week, photos of the Senior Basketball have been uploaded to our Website. Follow the link to the Galleries page: <https://www.smseymour.catholic.edu.au/whats-on/galleries/>

DATES TO REMEMBER

Term 3

Wk 8B	Tue 3 Sep	SR Athletics _ Shepparton
	Wed 4	Yr 8 Night of Notables (6.30pm-7.30pm)
	Fri 6	College Feast Day
Wk 9A	Wed 11	Primary District Athletics
	Sat 14	Indonesian Trip (Sat 14 – Mon 23)
		Whole College Assembly (2.15pm-3.15pm)
Wk 10B	Fri 20	Last day of Term

Term 4

Wk 1A	Mon 7 Oct	Pupil Free Day
	Tue 8	First Day of Term 3
	Wed 9	JP Incursion_Forces in Action
		MP Camp_Jungai (Wed to Fri)
	Thu 10	Hume Athletics Albury
		Primary Division Athletics
Wk 2B	Fri 18	Primary Regional Athletics
		Whole College Assembly (2.20pm-3.10pm)
		Opening Night SMC Art Show (7.00pm-8.00pm)
	Sat 19	SMC Art Show (10.00am-4.00pm)
	Sun 20	SMC Art Show (10.00am-4.00pm)
Wk 3A	Tue 22	Prep Parent Information Evening (5.30pm-6.30pm)
		Yr 7 Parent Information Evening (7.00pm-8.00pm)
	Wed 23	Yr 7 Immunisation (9.00am-10.00am)
	Fri 25	Grandparents Day (9.00am-11.00am)
Wk 4B	Mon 28	Yr 5/6 Camp_Canberra (Mon 28 – Fri 01/11)
		Yr 9 Camp_Tasmania (Tue 29-Thu 31)
Wk 5A	Mon 4	Mid Term Break
	Tue 5	Public Holiday_Melbourne Cup

Term Dates 2019

Term 3: 15/7 – 20/9

Term 4: 7/10 – 29/11 (Yr 10s)
6/12 (Yrs 7-9)
17/12 (Prep-6)

Student Free Days 2019

Mon 7 October

CANTEEN ROSTER

2-6 September
(10.45am-2.30pm)

Mon 2	Neisha Reid
Tue 3	Catherine Plessey
Wed 4	Sue Wilson
Thu 5	Catherine Plessey
Fri 6	Nirmala Rathnayake Therese StoppS

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



HAVE A BLAST. BE PART OF THE CREW!

Get into Woolworths Cricket Blast. It's a fun and active program for kids of all abilities - whether it's your first time with a bat or you're a backyard cricket star!

- ✓ It's easy to join a crew and make awesome new friends.
- ✓ Wear the colours of your Big Bash heroes.
- ✓ Parents warm up, you can join in too!



JUNIOR BLASTERS

AGES 5-7 | 60 MINS | 6+ WEEKS

Learn new skills, including catching, throwing and teamwork, through fun game based activities.

Sign up now for your Starter Pack. Returning Junior Blasters score a Returner Pack with backpack and choice of bonus item!



MASTER BLASTERS

AGES 7-10 | 90 MINS | 6+ WEEKS

Everyone gets a chance to bat, bowl and field in short, modified games of cricket. For kids with basic cricket skills.

Sign up now for your Master Blasters Pack!



FREE* BIG BASH FAMILY FUN PASS!

Sign up now for Woolworths Cricket Blast and enjoy the ultimate family experience. You'll be cheering on your favourite Melbourne Stars heroes during a match of non-stop action and entertainment. Access your FREE general admission passes (x4) when you sign up at playcricket.com.au*

To register to be a Junior Blaster go to:

www.playcricket.com.au

The cost is \$85 and open to children aged 5-7 only.

*TERMS & CONDITIONS APPLY. MELBOURNE STARS HOME GAMES ONLY. EXCLUDES THE DERBY. REGISTRATION LINK INCLUDED IN CONFIRMATION EMAIL.



JOIN A CREW NEAR YOU TODAY



OFFICIAL KIDS PROGRAM



FREE* BIG BASH FAMILY FUN PASS!

Sign up to claim your 4 x general admission passes!

HAVE A BLAST!

GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES - WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

Nagambie Cricket Club

Thursdays 4:30 - 5:30

17th October to 19th December

@ Nagambie Rec Reserve

Ricky Misiti: 0438791312

*TERMS & CONDITIONS APPLY. MELBOURNE STARS HOME GAMES ONLY. EXCLUDES THE DERBY. REGISTRATION LINK INCLUDED IN CONFIRMATION EMAIL.



JOIN A CREW NEAR YOU TODAY



OFFICIAL KIDS PROGRAM





Seymour Agricultural & Pastoral Society presents...

The Seymour Show

4TH & 5TH
OCTOBER 2019

FRIDAY 4TH OCTOBER 4PM TO 9PM

TAKE THE NIGHT OFF

LIVE MUSIC ENTERTAINMENT

CARNIVAL RIDES PAVILIONS OPEN

FOOD FIREWORKS

SATURDAY 5TH OCTOBER 9AM TO 4PM

IT'S THE GREAT SEYMOUR SHOW OFF

CELEBRATE COUNTRY LIVING AND

ENJOY THE BEST OF THE BEST!

SEYMOURAGSHOW.ORG.AU