



THE MARIAN

ST. MARY'S COLLEGE SEYMOUR

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No. 33

Term 4 Week 3 of 11 25/10/19)



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,

A rather short Principals' reflection this week!

Next week there will be an update of staffing 2020, the M2020 building committee, strategic planning 2020-2023, website upgrade and the upcoming P&F Night of Skill & Chance.

We have many grandparents with us today to celebrate their connection and presence in our school community. How blessed St Mary's is and particularly the children to have their grandparents so involved in their lives. Our students performed on stage to thank grandparents for all that they do. There is something very special about a Catholic College Community when parents and grandparents are so vividly connected to the daily life of the College. We will upload photos on the website <https://www.smseymour.catholic.edu.au/whats-on/galleries/> and the Facebook page as soon as we can. Last weekend we celebrated St Mary's Visual Arts Exhibition. There will be a full report in next week of award winner, prize winners and some fabulous photos!! Thank you to all!!

St Mary Mackillop said "we are all but travellers here" which emphasizes how important it is in the here and now that we all share in the story "the common good" of our students and College Community.

Safe travels to our Senior Primary and Year 9 students on their adventures next week to Canberra and Tasmania.

Best wishes

Wayne Smith
Principal

*DipEd(ACU) DipRed(ACU) BEd(ACU) GradCertEdAdmin(Edith Cowan)
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Mr Wayne Smith
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from the... Business Manager



Families are reminded that the due date for the payment of all fees and levies is Thursday 31st October. Thank you to all those families who have been making regular payments or have already paid their fees in full.

All families, particularly those families who are leaving the College at the end of the school year, are requested to contact me at the College by 28th October if they need to discuss alternative payment arrangements.

It is also a good time for those families who have direct debit or direct deposit arrangements in place to review their payment instalment amounts in order to meet their commitment in 2019 and into 2020. Information regarding the fees and levies for next year will be posted or emailed to all families in January 2020 but if you require any assistance before then regarding fee payment calculations please feel free to ask.

If you wish to discuss any matter relating to Fees and Levies, please do not hesitate to contact myself or Stacia Read at the College.

Mrs Felicity Melville

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Education in Faith & School Community



from the Deputy Principal ...

Our prayer this week is for our friends, both here in Australia for those who are facing a continuing and relentless drought, and also across the seas in Syria, Japan and many other places.

Prayer for friends

by Michael Leunig

We give thanks for our friends.
Our dear friends.
We anger each other;
We fail each other.
We share this sad earth, this tender life,
this precious time.
Such richness. Such wildness.
Together we are blown about.
Together we are dragged along.
All this delight.
All this suffering.
All this forgiving life.
We hold it together.

Grandparents Day Today we celebrated with our grandparents and special friends. A full report next week but thank you to everyone who joined us this morning..

Congratulations to our very talented performers and what a blessing to have our grandparents share the morning with us.

“Young people need something stable to hang on to — a culture connection, a sense of their own past, a hope for their own future. Most of all, they need what grandparents can give them.”

—Jay Kesler

2020 Information Evening for Foundation and Yr 7 Last Tuesday night we held the Information evenings for Yr 7 and Foundation 2020. It was a great night which was well attended by parents and students. For our Foundation parents, it was an opportunity to hear from the teachers about the day in the life of a Foundation student.

The teachers spoke about daily routines, what the children will experience during a day and how to help their child settle into life at St Mary's.

Our Yr 7 students and parents were given a very comprehensive outline of Yr 7 by Mr Allen. He talked about routines, wellbeing, academic expectations and everything in between!!

Thank you so much to all the parents and students who attended and also to the staff who facilitated the evening. For anyone that was unable to attend, the Presentations have been uploaded to our website:

<https://www.smseymour.catholic.edu.au/enrolment-information/transition-information/>

We are looking forward to welcoming all the students and their families, present and new to St Mary's College next year.

Deepest Sympathy St Mary's College extends it's deepest sympathy to the family and friends of past teacher Shelley Clancy. Shelley taught here at St Mary's for 5 years in the early 90's and was a much loved teacher and friend to many.

Shelley, who was a teacher at St Joseph's Cobram, sadly passed away after a complication from surgery. We acknowledge Shelley's contribution to our school and hold her in our thoughts and prayers. Shelley was farewelled from Sacred Heart Church Yarrowonga last week with past staff members in attendance.

Vale Shelley. May your generous and loving soul rest in peace.

Night of Skills, Fun & Chance The P&F are holding their major fundraising evening for 2019 on Saturday 16th November.

This is the third time we have held this evening and it's always a great night. It's an opportunity to meet up with friends, meet new people and have a happy and enjoyable night out.

The money we raise will go towards restoring our oval and returning it to a fabulous green space for all our students to enjoy- and then we can also offer it's use to the wider community.

A Night of Skill, Fun and Chance – come along to enjoy the games, raffles and silent auctions.

Make up a table or come and join a table. Mr. Brian O'Dwyer is coming back to help with the evening so it will be great to have Brian back at St Mary's. Details are on the attached flyer.

Raffle There is also a fabulous raffle that will be drawn on the night. A book will go home to each family - just \$2 a ticket with many wonderful prizes. First prize is 2 nights at Mitchelton with a dinner voucher, and breakfast both mornings. We have had the support of so many generous local businesses. A list will be published in the Marian next week and also on our Facebook page.

Please contact the College with any questions or our P&F President Mrs. Karen Glen (0409 790 932) if you require further information

Year 9 It's hard to believe but our Yr 9 students are preparing to take on leadership roles for 2020.

The year has gone by quickly and the students met with us last week to discuss the process of applying for a leadership position for 2020. We were so impressed by their maturity and willingness to take on leadership roles. We already know that our College is in excellent hands next year!!

The next step in the process is for the students to write a letter of application to Mr. Smith before presenting to the whole College community on Friday 8th November. Please keep all of these students in your thoughts and prayers over the coming weeks.

Year 10 Our current amazing leaders and students in Yr 10 are also beginning to prepare for their Graduation Mass and Dinner on Friday 29th November. Please keep our Yr 10 students in your prayers as they continue their last term at St Mary's College.

A busy and exciting time ahead! Please contact me if you have any questions about Faith and Community events in our final term for 2019

Mrs Catherine Evans

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Student Wellbeing



from the Deputy Principal ...

SP Canberra Camp & Year 9 Tasmania Camp We would like to wish all our campers the very best for next week's camps and thank the staff for all their preparations and organization in ensuring the student's experience is rich, rewarding and enjoyable. Please be sure to make contact with your child's homeroom teacher ASAP if you have any concerns. We look forward to hearing more about these camps in the following articles by our Level Coordinators.

Uniform We are now into the full swing of Full Summer Uniform and it is great to see so many students wearing their uniform correctly. Parents and students are reminded to ensure students have the correct socks every day:

Boys – Grey Socks and White socks for PE

Girls – White Socks and White socks for PE

Exams With exams fast approaching it is important for students to best prepare themselves to ensure they are able to Do Their Best!! Here are some stress relief tips and tools that students can use to learn study skills, prepare for exams and minimize their school stress levels:

1. **Manage Time Wisely:** It's important to give yourself plenty of time to work on your studies if you want to do well, and you can save yourself a lot of stress if you plan ahead with good time management skills. Setting up a schedule for study, breaking up your studies into smaller chunks, and other time management skills are essential. Here are some more time management tips you may find helpful.
2. **Get Organized:** Have a system of organization for note-taking, keeping track of assignments, and other important papers. Being organized can bring you the peace of mind that comes from knowing where everything is, remembering deadlines and test dates, and clearing your mind of some of the mental clutter that disorganization brings. Keep a calendar, a schedule, and a filing system for your school assignments, and you'll find it prevents a significant amount of stress!
3. **Create a Good Study Environment:** Creating a soothing environment can reduce stress *and* help you learn.
4. **Know Your Learning Style:** Did you know that we don't all learn in the same way? It's important to know whether you're a visual, kinesthetic or auditory learner, as you can tailor your study practices around your particular learning style and make success easier to attain.
5. **Practice Visualizations:** Visualizations and imagery are proven stress management techniques. You can also reduce student stress and improve test performance by imagining yourself achieving your goals. Take a few minutes each day and visualize, in detail, what you'd like to happen, whether it's giving a presentation without getting nervous, acing an exam, or something else that will support your success. Then work hard and make it happen!
6. **Develop Optimism:** It's been proven that optimists—those who more easily shrug off failures and multiply successes—are healthier, less stressed, and more successful.
7. **Get Enough Sleep:** If you want your performance to be optimum you need to be well-rested. Research shows that those who are sleep-deprived have more trouble learning and remembering, and perform more poorly in many areas. Work your schedule so you get enough sleep, or take power naps.

Over the next few weeks our staff will be working hard to ensure our students are best prepared for their exams. However, it is time for all our Yr 9 and 10 students in particular to increase their focus on learning and manage their time effectively to ensure they enter each exam with confidence and optimism.

Positive Relationships Building and maintaining positive relationships is an essential part of developing a caring and safe environment for our students. Positive relationships between *staff and students*, *students and students* and *staff/students and parents* are essential in ensuring that each student is able to “do their best” academically, socially and emotionally. There is not one magic formula that creates positive relationships. The truth is that it takes time and a combination of a number of elements. One important element that works to build and sustain positive relationships, is the ability to be polite. We will be focusing on this throughout our College for the remainder of the term. The following article lists some key actions that increase our politeness and have a positive influence on our relationships.

Building Relationships through Politeness

by Michael Herbert

Politeness: having or showing behaviour that is respectful and considerate of other people.

Show appreciation and gratitude by writing thank you notes: Old fashioned, maybe. Valuable, extremely. Do people typically throw a handwritten note or card straight in the bin - no, it is almost always kept in a prominent position because it is appreciated and valued.

Go out of your way to make new people feel welcome and cared for.

Make the effort to go the extra mile for those who are unwell or overloaded. There is always someone who will benefit from us going that extra mile for them when they are unwell or overloaded. It might be a family member, a friend, a colleague or a student. How we respond to their needs will tell us a lot about who we truly are.

Be polite to those who have little impact on your life. We have a lot to gain from being polite to those who play an important role in our life. The true test of our character is the way we respond to those who have little to offer us.

Say “you’re welcome”. When you stop and think about it, the words “*you’re welcome*” or “*it’s a pleasure*” have a more appreciative meaning than expressions such as “no probs” or “cheers for that”.

Hold the door open and speak to the person behind you. Holding the door open for a person and offering a greeting or gentle word of acknowledgment is a sign of respect and acknowledgment of the person. What is the alternative - ignore them and let the door close in their face?

Never devalue the importance of the person in front of you. Think carefully about the message you give someone when you interrupt a conversation in order to answer a phone or text message or to check Facebook. Politeness is being fully present to the person whose company you are in.

“It is astounding what power being kind, mannered, polite and considerate has in transforming your life.”

Bryant McGill, *Simple Reminders: Inspiration for Living Your Best Life*

Ms Zine Dovara

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Learning & Teaching

from the Deputy Principal ...

Learning Success – and Personal Growth

This month the focus for us all - teachers and students is to remain on task and on track with all learning tasks and expectations. School attendance at this stage is vital to help reduce stress and to enjoy the rest of the term.

Congratulations to the 2019 VCE Maths

class! These students sat their final exam this week. Thanks to Mrs Gordon for all your work and the extra support you have given these students to complete this unit. We look forward to getting your results in November!

Art Show: Congratulations to and thanks to the wonderful Art teachers and artists that we have in our school! The Art Show was a wonderful celebration of your love of all things creative!

NAPLAN 2019 – Another success story!

Finally, this year’s school wide results are available! We are able to report that we are making steady and some strong improvement in our performance data in literacy and numeracy. Over the past 2 years our leaders have been focussing on the upskilling of classroom teachers and in ensuring a consistent approach across lesson components and structure. This reassures us that we are making the best decisions for each child’s learning.



Encounter Curriculum: We are in the process of renewing and adapting the curriculum for 2020. Parents of students entering Yrs 9 and 10 next year have made choices about their courses of study.

St Mary's College is offering subject elective opportunities so students engage in a wider curriculum encounter. In recognition of the need for students to begin to explore pathways during Yrs 9 and 10, some flexibility is provided to allow students to explore their passions, interests and individual educational needs.

Learning Beyond the Classroom: Next week the Yr 9 students will be learning about events from Australian history – we wish them a wonderful camp in Tasmania!

And our Yr 5 /6 will be in Canberra finding out about our great capital city and our system of government.

Mrs Christine Buhler

christine.buhler@smseymour.catholic.edu.au



Term 4 Sports Wrap Up



Sports Results

Congratulations to the following students who competed at Athletics last Friday and achieved some amazing results. We are all so proud of your efforts.

Secondary State Athletics

Cayleb Trodd - 3rd High Jump

Claire Noonan - 4th Javelin, 7th walk



Primary Regional Athletics

Blake Trodd - 3rd Hurdles, 4th 100m

Sophie Munro - 3rd Shot Put, 3rd Discus

Adison Thornberry - Hurdles 8th, Shot Put 8th

Gabrielle Freeman - 5th Hurdles, 7th 200m

Daniel McLean - 4th Hurdles

Samuel Brown - 7th Long Jump, 7th relay

Jabe Brown - 4th Shot Put, 7th relay

Oliver Kingston - 7th 200m, 7th relay

Daniel Fifield - 7th relay

Hamish Melville - 4th

100m, 5th Triple Jump

Kyra Pearce - 8th 100m



We would also like to wish our Yr 8 boys volleyball team all the best next Wednesday as they head to Wodonga to compete in the Hume Region Finals. Good Luck!

Mrs Karen Gilchrest

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P&F Fundraiser

Come and try your luck at St Mary's night of Skill and Chance, and help raise funds to 'Bring Mercy (the oval) back'.

Something to challenge everyone - can you win the coin toss or pick the fastest ant? With auctions, raffles, a spinning wheel and much more, you don't want to miss this fun filled night.

\$20/person entry includes a bag of chips to play tables and games. Pre-book to secure your table for 10 and bring along family and friends. BYO nibbles and drinks.

Look forward to seeing you there!!

Community

FREE *ATTENTION!* DYSLEXIA SEMINAR

rego: www.dyslexia.com.au/register

email: support@dyslexia.com.au

Thurs 7 NOV 1pm - 2:30pm
@Seymour Club

A B C D E F G H I J K L M

419SQN AAFC Information Night

We are holding another information night for any males and females between 12 – 15 who might be interested in the AAFC, aviation or are just looking for an excellent extra curricula activity.

Recruit Information Night

Friday 1st November 2019 - 7pm-8pm

Somme Barracks 110 Sobraon Street
Shepparton.

Parents welcome to attend with their child.



St Mary's College invites you to 'A Night of Skill and Chance'



- Spinning Wheel
- Ant Races
- Coin toss
- Silent Auction
- Raffle
- and More



Our Major Fundraiser for 2019

**Saturday 16th November @7pm in
the St Mary's Multi-purpose Hall,
McIntyre Street Seymour
BYO drinks and Nibbles.**

**\$20 per person entry, includes
playing chips.**



Saturday 23rd November 2019

SEYMOUR COMMUNITY GARDEN GRAND OPENING!

Join us for the official opening of the Seymour Community Garden. Help support this local project by coming along and bring your family and friends! We have something for everyone at this free event.

ALL WELCOME! COME OVER AND MEET THE GARDEN!

**9.30 AM TO 4 PM
8-10 VICTORIA STREET SEYMOUR**

Special demonstrations on Chicken Care (2.00pm), Bonsai (11.00am), Glass and Ceramics (1.00pm), Worm farming and composting (9.30am) as well as Fruit Fly management (3.00pm).

A day not just for gardeners! We have live music, a silent auction, Jumping Castle, Kids face painting, a plant sale, Thrift Shop bargains, door prizes and more!

Come over for breakfast or lunch and enjoy a range of hot food, Tea and scones, Cakes, Pop Corn, Fairy Floss, Coffee and cold drinks.



@seymourcommunitygarden



@communitygardenseymour



An Initiative of
the Salvation Army



Dates to Remember

Term 4		
Wk 4B	Mon 28	Yr 5/6 Camp_Canberra (Mon 28 – Fri 01/11)
	Tue 29	Yr 9 Camp_Tasmania (Tue 29-Thu 31)
	Wed 30	Prep Transition – Numeracy Focus (2.30pm-3.00pm)
	Thu 31	Fees Due
Wk 5A	Mon 4 Nov	Mid Term Break
	Tue 5	Public Holiday_Melbourne Cup
Wk 6B	Tue 13	Transition SMC Students (8.45am-11.15am)
	Sat 16	Night of Skill & Chance (7.00pm)
Wk 7A	Mon 18	Preps – Prayer in PJs (5.30pm-6.30pm)
	Tues 19	Yr1/2 Faith Night (5.30pm-6.30pm)
	Wed 20	Transition Kinder and SMC Students (9.00am-10.30am)
Wk 8B	Mon 25	Yr 9 & 10 Exams Week
	Wed 27	Transition Kinder and SMC Students (9.00am-1.00am)
	Thu 28	Yr 10 Farewell Assembly (10.00am-11.00am) and Last Day
	Fri 29	Yr 10 Graduation Mass & Dinner (6.00pm-10.30pm)
Wk 9A	Wed 4 Dec	P-9 Christmas Concert (1.30pm-3.00pm)
	Thu 5	Yr 5-9 End of Year Liturgy and Awards (1.30pm-3.00pm)
	Fri 6	Last Day Yrs 7, 8 & 9
Wk 10B	Mon 9	Reports released to parents (3.00pm-3.15pm)
	Tue 10	Orientation Day 2020 (8.45am-3.15pm)
	Fri 13	P-6 Last Day
Wk 11A	Thu 19	Staff Last Day

Term Dates 2019

Term 4: 7/10 – 28/11 (Yr 10s)
06/12 (Yrs 7-9)
13/12 (Prep-6)

Student Free Day
Mon 4 Nov

CANTEEN ROSTER

28 Oct -1 Nov
(10.45am-2.30pm)

Mon 28 Jenna Fairbridge
Tue 29 Catherine Plessey
Wed 30 Catherine Plessey
Thu 31 Cherie Matthews
Fri 1 Jane Archibald
Therese Stopp

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