



THE MARIAN

ST. MARY'S COLLEGE SEYMOUR

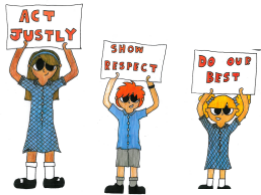
www.smseymour.catholic.edu.au
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<https://pam.smseymour.catholic.edu.au>



No. 7

Term 2 Week 4 of 11

08/05/20



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

Gracious God,
give us ears to hear,
eyes to see,
hearts to love,
and hands to act;
so that 'we are
shining lamps,
giving light to all
around us'.



Dear Parents and Guardians,

"You will recognize them by their fruits; every healthy tree bears good fruit. Matthew" 7:16-20

A holistic education is one of formation that includes the wellbeing for the common good of all students. The Gospels state the importance of a person's spiritual wellbeing. Jesus showed us through his words, actions and parables that personal wellbeing leads to greater awareness and understanding of self and others. Spiritual wellbeing is nurturing in students that throughout their lives Christ always has an open door.



This year the College employed a Counsellor (Mrs Nuttall) with experience and qualifications. Mel is moving through the application stages of undertaking higher level university studies to deepen her insights into the counselling profession, therefore benefiting the role in wellbeing at St Mary's. Explicit outcomes for student wellbeing are enhanced when promoting positive self-esteem, learned decision making and through balancing mind, body and spirit. St Mary's places high importance on the holistic nature of wellbeing and counselling has an integral role in this balance for students and families.





The Mercy Tree

Mel has selected a tree as the symbol for St Mary's Counselling. Why the tree? *"I chose this tree to be my 'Mercy Tree', connecting to the Mercy heritage of the College whilst also representing the foundation upon which I focus my counselling. This is directed from an adaptation of a famous quote by Nelson Henderson. 'We are here to plant a seed, Which grows a tree, Under whose shade we do not plan to sit.' This adaptation of Henderson's quote reflects the purpose of counselling and how each of the students I work with continue to grow and develop as they move forward with their educational journey. Whilst I will not be there to see the fully grown 'tree' or the 'shade' to which the student is able to reflect as a well-rounded and capable adult, I am there to plant the seed that their possibilities are endless and offer strategies to support them through their journey."* Our College's Mercy Tree espouse the Mercy Values of *Compassion; Justice; Respect; Hospitality; Service and Courage*. These values are a reminder that wellbeing is more than a fixed view of happiness. Our Colleges approach to counselling and wellbeing in its fullness nurtures a well-balanced student.



Wellbeing

During Remote Learning Mel is providing support and connection for students and parents. The Wellbeing Team led by Ms Dovara are doing outstanding work in engaging and supporting student wellbeing (check out the results of the surveys below). The Curriculum Team, Homeroom Teachers and Learning Diversity Team are providing specialised support for classes and students with needs. The spirit of the Mercy values is alive at St Mary's.

Stay well and stay safe.
Best Wishes.

Wayne Smith
Principal

DipEd(ACU) DipREd(ACU) BEd(ACU) GradCertEdAdmin(Edith Cowan)
GradDipREd(ACU) MEdAdmin(Charles Sturt) MTheoStudies(BBITAITE)

Mr Wayne Smith

principal@smseymour.catholic.edu.au

Prayer for Mother's Day

Let us pray,

Loving God, pour out your blessing upon our mothers and those who are like mothers to us.

They show us a glimpse of what you are like in your unconditional, tender love for us.

As we honour them today, we pray that the greatness of your love will continue to flow through faithful, loving women from generation to generation.

May the prayers of Mary our Mother and the gifts of a mother's love, help us to come closer to you.

We ask this through Christ the Lord

Amen





Student Wellbeing



from the Deputy Principal ...



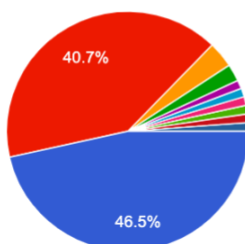
The students participated in a 'Wellness Check' last week during homeroom. This week during their Pastoral Care session they will have a chance to discuss as a class how they are travelling with home schooling. These were the most common responses from those students who participated in the survey. You will see that the students who also have mum and/or dad at home helping them is a positive for them, as well as having the flexibility throughout the day to complete

work in casual clothes. Some are feeling nervous and overwhelmed and are having discussions with mum/dad as well as their teachers, which is great. The main challenges for the students are not seeing their friends, as well as trying to stay motivated. We encourage you to keep doing all the great things you are doing at home with your child to keep them in a school routine and in an engaging state of mind to stay motivated. Along the way, ensure they are having their mental health breaks and getting some fresh air / exercise and removing themselves from the screens after school hours, as much as possible. Good nutrition and sleep habits is even more so important during these times. As you can see from the results below, our primary students are handling remote learning differently to our secondaries. Please feel free to contact your child's homeroom teacher if you have any questions.

Year 3/4 Responses

How are you feeling about learning from home?

86 responses

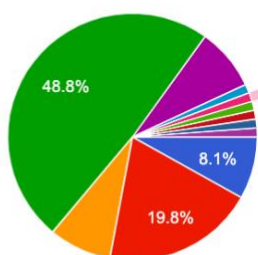


- Good
- Ok
- Not ok
- Nervous/Overwhelmed
- amazing
- Fantastic
- at school
- i hate it.

▲ 1/2 ▼

What have been the good things about home learning for you? Tick all that apply

86 responses

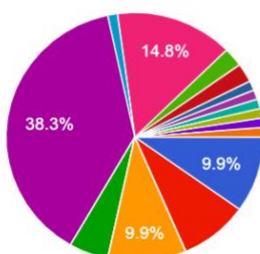


- Fewer distractions
- No uniform
- More flexibility through the day
- Help from Mum/Dad
- Connecting with friends on line
- help from mum/dad' no uniform, friend...
- help from nanny/poppy
- connecting with friends online no unifo...

▲ 1/2 ▼

What have been the challenges for you with home learning?

81 responses



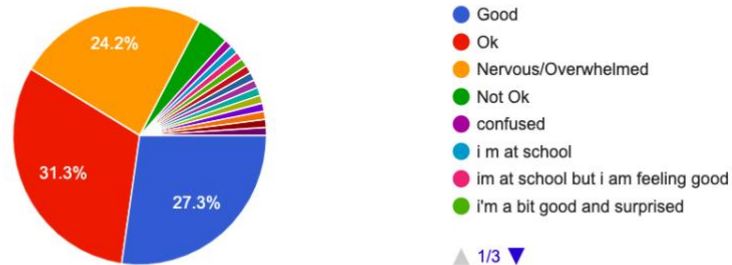
- Poor internet connection
- Staying motivated
- Too many distractions
- Following a new routine
- Missing my friends
- Understanding how to make Google C...
- There is too much work or its too hard...
- all of the above

▲ 1/2 ▼

Year 5 – 7 Responses

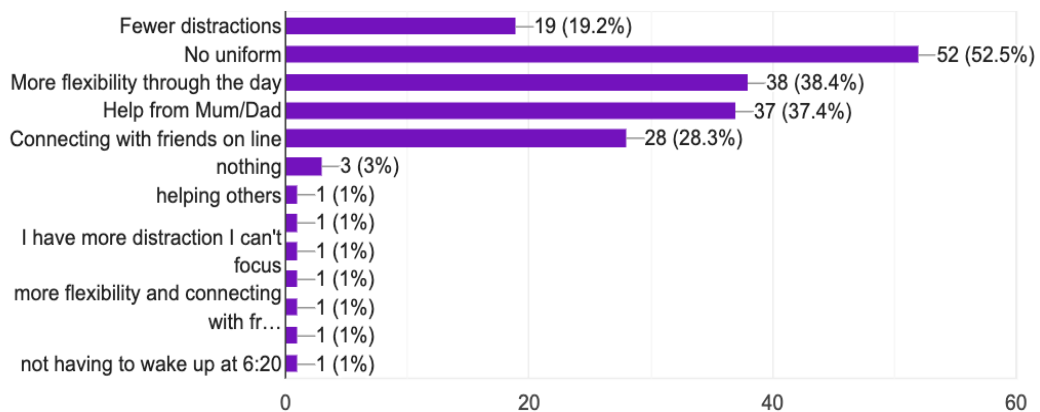
How are you feeling about learning from home?

99 responses



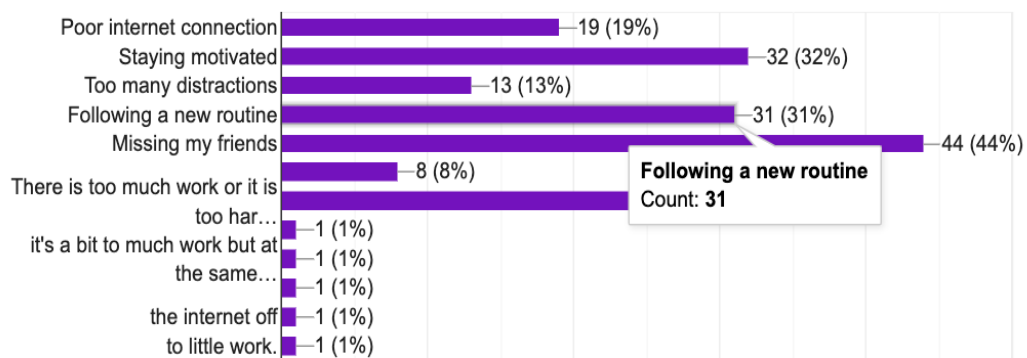
What have been the best thing about remote learning for you?

99 responses



What have been the challenges for you with remote learning?

100 responses



Year 8 -10 Responses

How are you feeling about learning from home?

94 responses



What have been the good things about remote learning for you? Tick all that apply

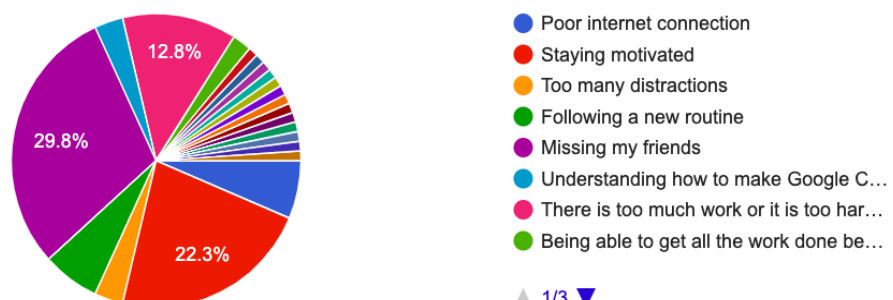
94 responses



▲ 1/2 ▼

What have been the challenges for you with remote learning?

94 responses



▲ 1/3 ▼

Many Thanks

Ms Zine Dovara

zine.dovara@smseymour.catholic.edu.au



NDIS National Disability Insurance Scheme

The following services are available for parents/carers living within the following areas: Greater Shepparton, Strathbogie, Benalla, Mansfield, Moira, Mitchell and Murrindindi

Services

Information, Support & Education



During this time of social distancing Inspired Carers has changed the way we support parents/carers who care for a child with additional care needs. We hope you make use of the following options for support

Information

If you require information during this time please contact the Inspired Carers office

Education

Our workshops are going on line. Please contact the office or follow our facebook page to keep up to date with the workshops which we will deliver in partnership with Association for Children with a Disability

Individual Support

Individual support is available either via telephone, email or Zoom. Please contact the Inspired Carers office to get support

Peer Support

It is more important than ever to be in touch with others who have a similar parenting journey to you. Please join our private Facebook page, Inspired Carers Connect, to keep in touch.

We will also be hosting Zoom sessions at different times throughout the week. Contact the Inspired Carers office to register for these events

MyTime

MyTime Cobram (and surrounds) is being held every Monday via Zoom. Email events@inspiredcarers.org.au for more details or join the Cobram MyTime - Inspired Carers Facebook group

Inspired Carers office

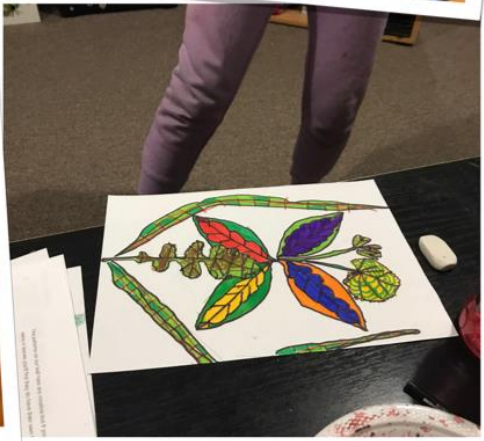
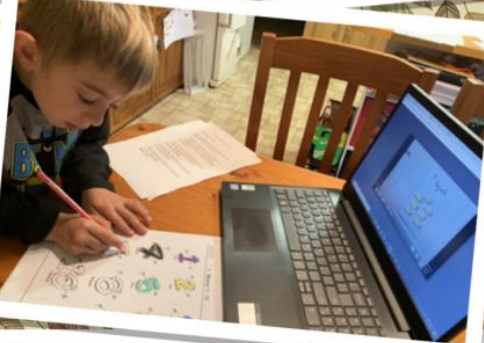
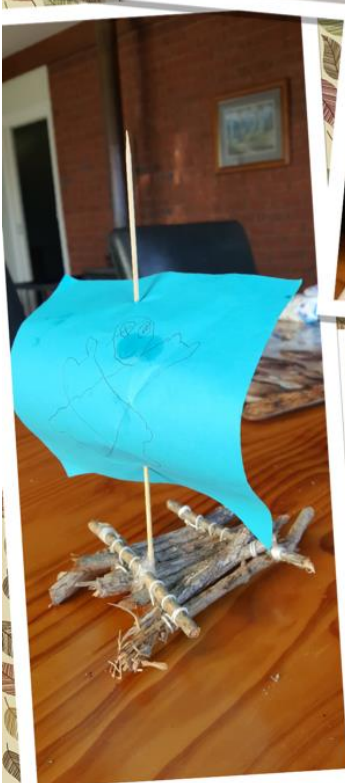
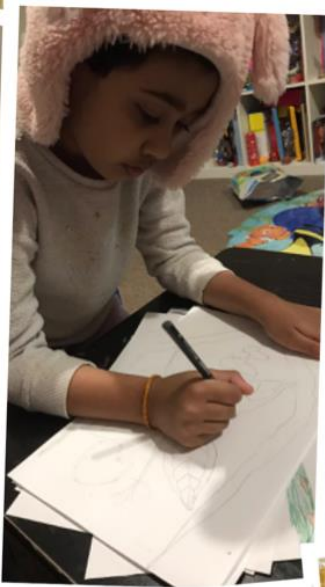
Ph: 5831 7157 E: manager@inspiredcarers.org.au

www.facebook.com/INSPIREDCARERS

Miss Catherine Hurst

catherine.hurst@smseymour.catholic.edu.au

Remote Learning





F - 4 News



from the Level Co-ordinator

Week 4 of Remote Learning is nearly done and dusted. I'm not sure about you but time seems to be flying!

Over the past four weeks, teachers have maintained contact with families and provided support in a variety of ways from enabling their child to attend school, discuss flexibility with their online word in either the difficulty or amount, talk to parents about organization and time management, talk to students about the requirements of each day and generally being a listening post when challenges arise.

What we have found more so this week is that many students have demonstrated a growth spurt in independence.

They are becoming accustomed to the way their teacher presents their work, the expectations and the mechanics of submitting completed work.

As there is no confirmed due date of a return to school as normal, we will continue to support both parent, carers and students in the same way we always have – with understanding and that every problem will have a solution.

Please talk to us if you feel you need support in any aspect of Remote Learning.

Your wellbeing is as important to us as your child's.



Mrs Anne Spencer

anne.spencer@smseymour.catholic.edu.au

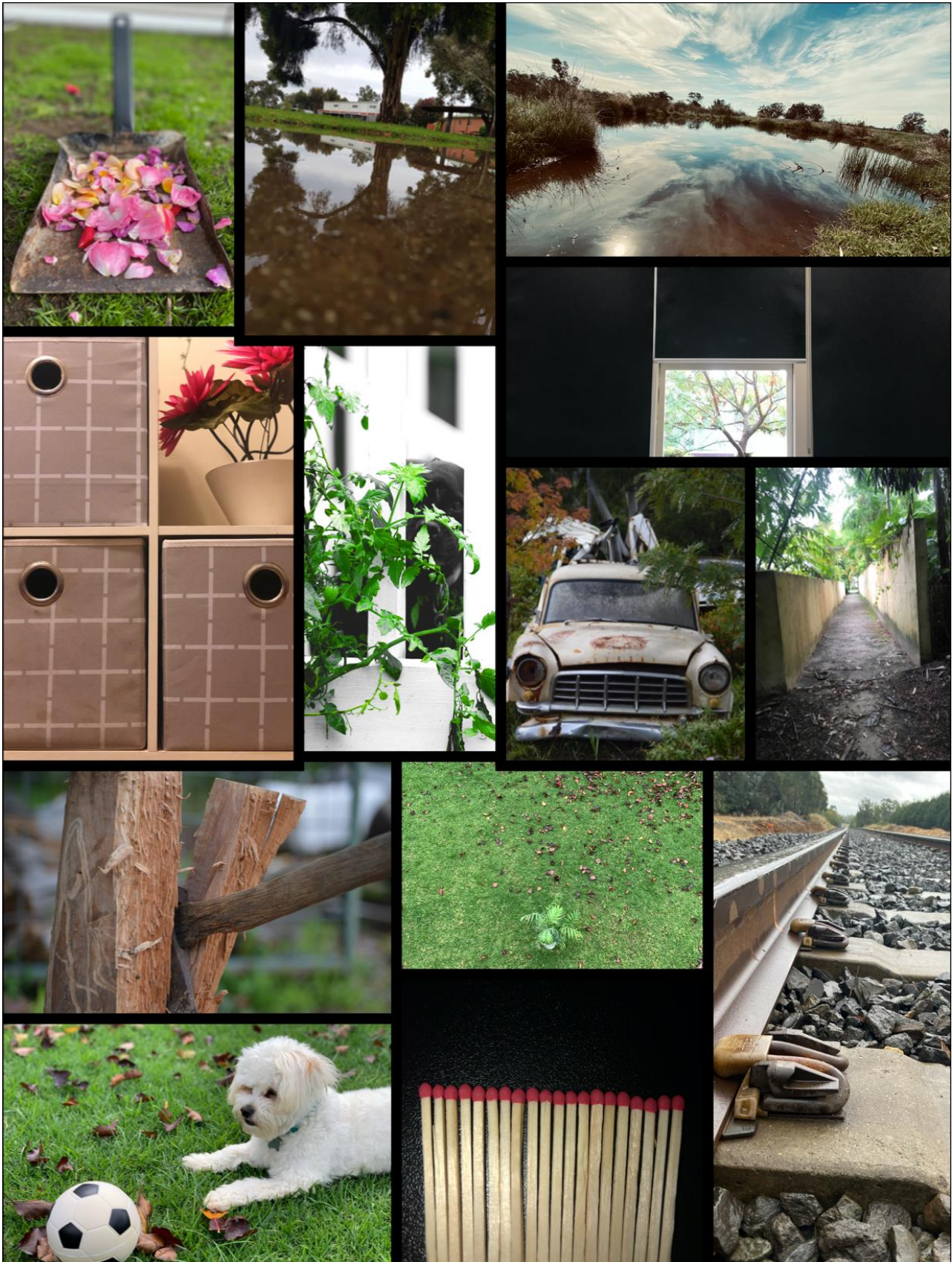


Photography



Remote learning can sometimes have advantages. Students in Year 9 and 10 completing Photography this semester have been working on weekly photo shots that hone in on particular design principles used in art and photography.

Can you guess what the first three weeks principles have included?



Ms Andrea Richards

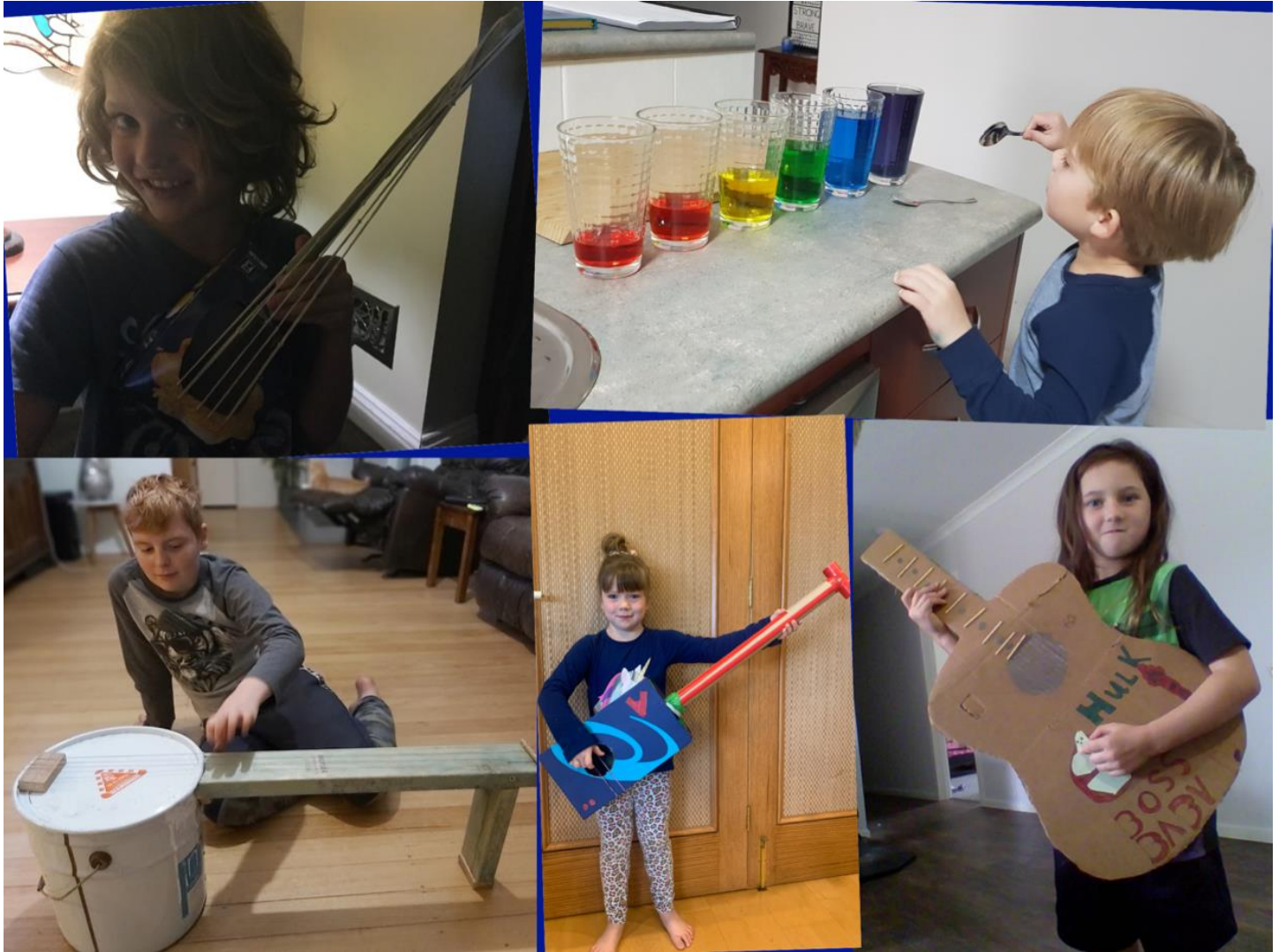
andrea.richards@smseymour.catholic.edu.au



Performing Arts



All of our primary students have been creating their own instruments at home over the last few weeks. They have been looking at the different families such as the string, wind and percussion instruments. Using items around the house and recycled goods, they have made some really clever creations.



Miss Naomi Hanlon

naomi.hanlon@smseymour.catholic.edu.au



Counsellor's Corner

from the Counsellor.....

Welcome to the end of Week 4! It has now been several weeks since many of our students have been able to connect face to face with their peers. This is taking a toll on them but there are things we can do to help support them through this time.

- * Be sure that your student/s are not spending all their time in their room alone.
- * Engage them in conversations about the future so that they are reassured this situation will not last forever.
- * Make sure they are eating a balanced diet and getting enough rest/sleep.
- * For older students - if they live close to a friend they could arrange to go for a walk (while maintaining social distancing). Current restrictions allow for 2 people to exercise. This could be a great way from them to get some exercise and catch up with a friend face to face.

* Online social get togethers are also a great way to help families and friends stay connected. Maybe arrange a facetime with a friend or family member over the weekend. Seeing their face as you talk helps to maintain that connectedness with the outside world. Online chats with friends can also be arranged with younger students to help them also stay connected with friends and family.

Humans are innately social creatures, we seek support through relationships and this does not change during periods of social isolation, in fact, it is more important than ever! If you are unsure how to help your student connect with friends please reach out. There are lots of options to help families with this. My contact is below.

Happy Mother's Day to all our wonderful Mothers out there. We wish you a wonderful day full of love, laughter and hopefully a hot cuppa.

Happy Weekend,
Mel

Mrs Melinda Nuttall

melinda.nuttall@smseymour.catholic.edu.au



Defence Mentor News

AMAZING
LOVING
STRONG
HAPPY
SELFLESS
GRACEFUL

To all our Mum's out there this Mother's Day,

Thank you!
Thank you for your guidance
Thank you for love and compassion
Thank you for your support and
Thank you for being the amazing Mum you are!

Happy Mother's Day
to all who have given
a Mother's Love.
Thank You

Wishing you all a wonderful Sunday full of laughs, smiling and a little bit of indulgence.

Best wishes for the weekend,
Mel



All soldiers are remembered
Not a single one forgot
Zealous young soldiers
Allies and enemies now lost
Committed to their country
Death, not given a thought
ANZACS lost the battle
Yet, we remember how they fought

Mrs Melinda Nuttall

melinda.nuttall@smseymour.catholic.edu.au



Parents & Friends



from the President.....

Mother's Day Gift Stall

St Mary's P&F will be running a COVID-19 friendly Mother's Day Stall this year in a revised format. The stall will be occurring from **6 Tallarook Street in Seymour** and will be open:

TODAY from 3:00pm – 5:30pm Friday 8th May

TOMORROW from 10:00am – 2:00pm Saturday 9th May

Parents are required to bring their children to the shop and wait outside, the children will enter with their **own bags** and make their purchases. Due to COVID-19 a limited number of people will be allowed in the shop at all times and hand sanitizer will be provided for the children to use as soon as they enter the shop.

Any question or concerns please call Karen on the detail below



Mrs Karen Glen

0409 790 932



From the Community Team

Mother's Day

Every year, our Mother's Day Afternoon tea is one of the highlights of the year. Unfortunately, we can't celebrate Mother's Day as we would normally so we have a shortened version this year!

Thank you to the P&F for organising an 'isolation' Mother's Day stall. We really appreciate all the work that went into making this happen for our students and mums.

Our prayer will be posted on Facebook on Sunday as well as the winners of the raffle.

Thank you to Lorraine Fulco from **River Gum Florist** for the beautiful flowers.

We wish all our mothers and grandmothers a very happy Mother's Day and hope that you are able to connect with your family in some way on Sunday.





From the Office

School photos are now ready to view and order online.

School Photos 2020 – St Mary's College Seymour

Annual school photos have been taken.

To be able to view the images of your child and order photos, you will need to register online.

1. Go to <https://order.arphotos.com.au>
2. Enter the 2020 image code for your child (*from their personalised flyer, which was sent home on photo day*)
3. Fill in your email and mobile details

In the webshop you can view photos and customize your photo package; Choose ANY layout, ANY image plus purchase digital image downloads.

In the case of separated families, the Unique code can be used more than once and no prior personal or order details will be visible to the other party.

If any families have any issues with the registration or ordering process, please contact the customer service team directly for assistance, 03 5243 4390

Please contact Tanya Oakley in the College office if you need any assistance or to retrieve your child's unique code tanya.oakley@smseymour.catholic.edu.au or phone 5792 2611

Bell Times 2020

Supervision of students begins at 8:30am

Homeroom	8:45 – 8:55
Period 1	8:55 – 9:55
Period 2	9:55 – 10:55
Recess	10:55 – 11:20
Period 3	11:25 – 12:25
Period 4	12:25 – 1:25
Lunch	1:25 – 2:10
Period 5	2:15 – 3:15

Term Dates 2020

Term 2: 14/4 – 26/6

Term 3: 13/7 – 18/9

Term 4: 5/10 – 16/12

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) 9412 8406 / 0455 123 509

Mass Times: St Mary's - SAT 6:00pm, SUN 10:00am;
St Joseph's - SUN 8:30am

*Please be aware both Churches are closed due to Covid-19.
Daily and Weekly Masses are available online.*