

THE MARIAN

ST. MARY'S COLLEGE SEYMOUR

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No. 13

Term 2 Week 10 of 11

19/06/20







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.



St Mary's College Seymour is a **Child Safe School**. We promote the safety, wellbeing and inclusion of all children.

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



St Mary's College F-12 Pathway Consultative Committee

Returning St Mary's to Year 11 and 12 has been a constant source of conversation both in Seymour and regionally. Staff are regularly asked about F-12, and particularly by parents who apply to enroll their child(ren). It is a discussion that has merit!

St Mary's in years past was a F-6 (St Mary's Primary School) and Year 7-12 (Sacred Heart College). The two eventually combined to become St Mary's F-10 College. At that time in the Colleges' history it was a sensible and logical progression to combine the schools. Why did Sacred Heart stop the Year 11

and 12 pathways? I would suggest back then it was not sustainable due to falling enrolments; Assumption College Kilmore moving to co-ed and offering the single pathway from Year 7-12 and being 'just down the road.' But time brings change and with change there is opportunity. The Seymour township is growing and the College is becoming more regional with families across a wider catchment area willing to travel to have their children educated at St Mary's. The Mitchell Shire is becoming a popular destination for young families to settle.

The College Board has been and is aware of the community's wish for St Mary's to be F-12. At the College Board meeting on Wednesday evening there was a unanimous motion passed to form the *St Mary's College F-12 Pathway Consultative Committee*. As Parish Priest and Ex Officio member of the College Board, Fr Eugene is in full support of forming the committee. This committee will provide the vehicle to do the research; complete the due diligence; be transparent in its communication; have clear terms of reference and be professional in its pursuit to research all that is involved. Surveying locally and regionally, gauging parent commitment, completing strategic financial modelling (e.g.-College fees would be

increased for Year 11/12) and what is required for building infrastructure are all vital areas that need careful analysis. A Catholic Education Melbourne representative will be invited to join the committee. The *F-12 Pathway Consultative Committee* will use sound and methodical investigation strategies so that our St Mary's College community can receive explicit information on what is doable and or what is not for the long-term education at St Mary's.

The F-12 Pathway Consultative Committee membership will be finalized at the July Board meeting. If you have specific skills, you would like to offer please email principal@smseymour.catholic.edu.au May this important journey be blessed with and guided by the Holy Spirit!

Staff Update - Learning Support Officer Positions

We are pleased to announce that after interviews were held this week, Riley Graham has accepted a Learning Support Officer position for the remainder of the 2020. Riley has a Certificate III in Education Support and is also considering a future vocation in education. Emily Noonan from Yea has also accepted a Learning Support Officer position for the remainder of 2020. Emily is currently in her 2nd year of a Bachelor of Education (Latrobe University Bendigo) and for the past two years has been volunteering at Yea Public School. Both Riley and Emily are excited to join our St Mary's staff and we too look forward to Riley and Emily being a part of the Learning Diversity team and in the support and guidance they will give to students focusing on learning outcomes.

Uniform Policy

The College Board have responsibility for any changes to the College Uniform policy. At Wednesday's meeting the Board discussed the policy and the confusion the policy sometimes creates for itself with the wording, interpretation and differences between the younger and older students. A Board subcommittee (Mrs Melville; Mrs Spencer; Mrs Martin; Ms Dovara and I) will meet to discuss the

Uniform Policy

policy wording and difference in what is expected across the age levels. The subcommittee will also organise to meet with the College uniform supplier, 'Outback Australia' to check on any issues for them with the policy. After the subcommittee have made recommendations to the Board, parents will be informed of any minor adaptions to the current policy. Please note in the Marian the information in regards to the Uniform Code.

Minimising the Risk



As restrictions are lifted there is the likelihood of an increase in Covid-19 cases. Complacency is the sleeping giant and it is important that we all continue to honour the Victorian Medical Officers advice. If we are sensible, disciplined, use good hygiene habits; educate the students at home and at the College, then we minimise the risk. Thank you for not congregating and entering the College grounds only for necessity. There have been a few phone calls from parents worried that their child(ren) are being tested and concern for the College. Please be assured that often testing is done as a precaution and if there

was a positive test the College will liaise with DHHS and CECV to implement the state wide protocols for intensive cleaning.

Welcome Arlo!



Best wishes

Principal

principal@smseymour.catholic.edu.au

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



Safety Concerns

Please do not allow children to climb or play on the College fence in High Street while waiting to be collected or waiting for siblings at the end of the school day.

Children could fall onto the hard surface below or injure themselves on the sharp edges of the

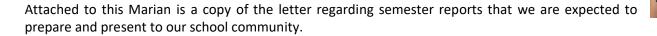
Please be vigilant.



Learning & Teaching

from the Deputy Principal ...

Student Assessment and Reporting Notes.



In addition, when you receive your child's report next week please note the following points. Regarding the Victorian Curriculum Progression Points:

- if your child has provided enough evidence of learning this semester the dot will show progression and the wording will reflect **below**, at or above standard for their year level
- if your child has not provided enough evidence of learning this semester the dot will remain where it was last time and the wording will reflect **below** or **at** standard for their year level

This is impacted by the 6 weeks of remote learning (F-2) and 8 weeks of remote learning (3-10). Due to course content, some subject areas are more suited to remote learning than other subject areas.

Many students demonstrated amazing levels of engagement and accountability for their work and communicated with their teachers during this time, others did not.

A student's results for the semester are impacted by both of the above factors.

Mrs Christine Buhler

christine.buhler@smseymour.catholic.edu.au



Student Wellbeing

from the Deputy Principal ...

We would like to congratulate our students on the manner in which they conduct themselves with wearing their uniform with pride and we thank you as parents who ensure they are in the correct attire. This Uniform Policy extends beyond the items of clothing, as you will see, it includes hair, jewellery and many other items.

In Term 1, each homeroom teacher unpacked the Uniform Policy during a Pastoral Care session. I ask that you please discuss this policy once again with your child, as it will also clarify any issues you may not be clear on. It is explicit and we have expectations that apply to ALL students.

If you have any queries, please feel free to contact me.



SCHOOL UNIFORMS



St Mary's College Uniform Policy

1. Purpose

To provide a policy document that details the College Uniform requirements and provides the mechanism for consistency, alterations and additions to the uniform if required.

2. Underlying Values and Principles

- (a) A uniform provides equal opportunity for all students to be part of the College community.
- (b) The College Uniform correctly reflects the student's sense of pride and self-esteem.
- (c) The College Uniform engenders self-respect, self-discipline and promotes school spirit.
- (d) All students, parents and staff will support the College Uniform Policy.
- (e) Uniform requirements and quality of garments supplied will be determined by the College Board and communicated to the supplier(s). Change of supplier, if and when necessary, will be the responsibility of the Board.

3. Responsibility For Policy Implementation

The College Leadership Team is responsible for implementation of this policy.

4. Protocols & Procedures

4.1 College Expectations

- (a) Students are expected to be in full and correct uniform in accordance with the College Uniform Code (see appendix one).
- (b) Students are expected to adhere to the College Uniform Code in relation to other aspects of their appearance (see appendix one).
- (c) Parents/Guardians of students who are "out of uniform" are required to communicate the reason for being out of uniform and timeline for rectifying the issue (via written note or email) to the Homeroom Teacher or Level Coordinator.
- (d) Students who are not wearing the full and correct College uniform are to obtain an Out of Uniform Pass or sticker that is dated from their Homeroom Teacher. This will be shown to staff if requested.
- (e) Correct school uniform is to be worn on all school days unless otherwise informed by the College.

4.2 Procedures & Consequences

- (a) When a Homeroom Teacher observes or becomes aware that a student is not meeting College expectations in relation to the College Uniform Policy, the Homeroom Teacher is required to rectify, by asking for parental communication and then recording it in Simon.
- (b) Each time a student does not adhere to the above expectations a "uniform infringement" will be recorded against the students' name in SIMON and noted as a 'Welfare or Refusal' issue.
- (c) Communication will be made to parents by the Homeroom Teacher upon a third infringement, advising them that a fourth infringement will result in a lunchtime detention.
- (d) If a student has a further uniform infringement recorded, the student and parent will receive notification to meet with the Level Coordinator to discuss an outcome.
- (e) If a further ONE uniform infringement is recorded after the meeting making a total of SIX, the student and parent(s) will need to attend a meeting with the Deputy Principal- Wellbeing to resolve the matter and discuss the appropriate Wellbeing Measure. The student may incur a further infringement from the College if the student purposefully and continually defies the College Uniform Policy.

5. Communication

The policy and any changes to the policy will be communicated to: Parents; Students; All staff.

6. Wearing Summer and Winter Uniform

Summer Uniform: Term 1 and Term 4
 Winter Uniform: Term 2 and Term 3

Uniform Code (Appendix One)

All students are expected to wear the full and correct College uniform each day as outlined below. The uniform is to be worn appropriately and should reflect the personal pride each student has in themselves and their College.

Headwear: Broad brimmed or bucket Navy Blue Hat (with SMC). All students must wear a hat in Terms One and Four.

Accessories: No additions are permitted with the uniform e.g. Visible T-Shirts, bike shorts, jackets, vests, leggings, skins, headbands, scarves etc.

Shoes: Under Child Safety Regulations, Black Leather School Shoes Only. BOOT STYLE and T-BAR STYLE are NOT permitted. Black runners are not permitted to be worn on Uniform days.

(PE - proper runners - No skate or volleys or similar).

Jewellery:

- A wristwatch.
- Up to two pairs of plain ear studs or sleepers in the ear lobe only (unobtrusive and small in size).
- A small religious medal on a fine chain will be permitted under clothing (no other necklace or pendant permitted).
- Jewellery other than that listed above is not to be worn at school. eg rings, bracelets, necklaces, wrist bands (medical bands allowed). Students will be asked to remove the item immediately and place it in their locker. If this is a continuing issue, students will be referred to Level Coordinator for the item(s) to be removed and returned at the end of the day.

Body and Facial Piercings: Are not permitted.

Make up/Nails:

- Makeup is not encouraged, but must be kept to a minimum and natural looking the student is asked to remove it at the commencement of the next lesson break *if too excessive*.
- Coloured nail polish is NOT permitted, only clear permitted. Students will be asked to remove coloured polish at the commencement of the next lesson break.
- Fake nails and fake eyelashes are NOT permitted.

Hair:

- Hair is to be clean, tidy and tied back away from eyes, including long fringes (boys & girls).
- Navy or yellow hair ribbons only.
- Below the collar length hair must be tied back off the shoulders for both girls and boys.
- Hair attire (ribbons, scrunchies, headband) must be in St. Mary's College colours (blue/yellow).
- Extreme haircuts or styles are not permitted. Hair styles such as dreadlocks, mohawks, shaven heads, unnatural hair colour such as red, pink purple, green etc. Please note these are examples only and do not form an exhaustive list. No beads in hair.
- The College reserves the right to determine what is extreme hair fashion or an extreme hairstyle. For further guidance please speak with the Level Coordinator/Deputy Principal
- Number 2 haircut is the minimum. No shaved or pattern cuts.
- Hair may be dyed in one natural hair shade. No coloured hair or highlights/tips permitted.

Facial Hair: Boys are to be clean shaven at all times.

Dress/Skirt Length: The length of the girls summer dress and winter skirt is to be NO HIGHER than the top of the knee. The College reserves the right to determine whether the length needs to be altered.

Uniform Exemptions: If a student is not able to adhere to the Uniform Policy, due to short term Welfare Needs, the parents/guardians should contact the Level Coordinator for a Uniform Pass to be issued and discussed further.

Ms Zine Dovara

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



F - 4 News

from the Level Co-ordinator

Only one week to go for this term! It has been a term like no other in our history. I am still amazed by the resilience of our students to manage the changes during this term. They have returned almost as if nothing has happened. They must have been very keen to head back to school! The weather has been quite kind to us as well. Not too cold after often frosty mornings. As the day warms up, students are

taking off their coats and jumpers and unfortunately, many of these have ended up in classrooms or in Lost Property in the office. Please ensure clothing is labelled with your name. If you are missing uniform items, please check with your classroom teacher or Lost Property.



This week we have been doing revision of 2D and 3D shapes.

Students have thoroughly enjoyed creating 3D shapes using matchsticks and blu-tak. It is so beneficial to be able to show in a practical way what a 3D shape looks like. One student even had a go at making an octagonal prism!

Camp at this stage, will be attended by us in late July. This will be confirmed in the coming weeks. In the interim, we have begun talking about camp and what to expect at Phillip Island. It is a fabulous camp with engaging facilities and activities. The paperwork is being completed and we will be asking for parent helpers in the first week of Term 3.

Have a great last week of term and thank you for your support. It has had challenges for everyone but they were made easier when we all worked together.

Religious Education

In Religious Education the 1/2's have been making prayer books. They have written a prayer of Thanks, Sorrow, Petition and Praise.





Keeping our school clean

Thank you to these three girls who volunteered to pick up rubbish around our school last week.

The girls are to be congratulated on their initiative.

Thank you to Olivia Cleave, Ella Jarvis and Olivia Hamilton for following our school Tag and showing respect for our beautiful environment.

Mrs Anne Spencer

anne.spencer@smseymour.catholic.edu.au



Year 5-7 News

from the Level Co-ordinator

First in an occasional series highlighting the out of school achievements of our kids.

Hi, I'm Caleb Baumann, a young artist from Seymour. I have recently started Resin art and Acrylic Pouring this year. I have been, and still am experimenting and getting better each and every time I do

it. I think that this art is very calming and gets you off electronic and social media. I have been saving up money and buying my art supplies. I have been selling my art on my Instagram account @resinrealm and at a local store in Seymour called Little Bliss Boutique at 64 Station Street Seymour. I make random designs and do customer orders all for different prices.



Mr Andrew Allen andrew.allen@smseymour.catholic.edu.au



Year 8-10 News

from the Level Co-ordinator

Year 8 Students Reflecting on their Home Learning experience

Remote Learning

It was a very long period of time. It was very different to what we are used to and it took a couple of weeks to get used to it. It was a good experience but it was hard because we all wanted to go back to school. I thought that I was getting more work done at a better standard and I was motivated. I barely got distracted. I wanted to go to school though to see all my friends. I liked home learning because we didn't have to wear uniforms and I was getting more work done. I didn't like the google meets because we were having so many in a week or that we still had to get up at 8 to do work. It's better that we are at school again because we all missed our friends and now we can get help from the teacher in person. It is less stressful and easier to do work.

Hailey Altas 8B



Remote learning

Remote learning was a good and challenging experience for everyone. We all wanted to go back to school to see friends and that's the only reason. The pros and cons of remote learning are:

pros

- We got the choice to eat whenever we wanted.
- We got to choose what we wanted to do as in what subjects we do and complete or, continue with the time table.
- We didn't have to wear school uniforms.

Cons

- The work got harder by the end.
- It was harder without a teacher by your side the whole hour so it was hard to get teacher's help.
- We couldn't see friends.
- Too many google meets, so then it was hard to get work done until the next subject or meet.

Now that we're back at school it's easier to get work done. We don't feel as lonely anymore because we have friends around so then we can have a laugh and ask for help when we need it.

Izaac Joseph Hauser 8B

Remote Learning

Pros:

- You can eat whenever you wish.
- You may have more breaks.
- You got to wear your pjs.
- Your hair could be out.
- We have had google meets.
- You can finish whenever you want.

Cons:



school and seeing my friends but I miss having that freedom of doing work at home. Ella Hayes 8B

I figured that remote learning was something I didn't like and I would probably not want to do it again. I was really glad to be back at school. It was great to see my friends who I haven't seen for eight weeks. It was much better for me because I find that when I talk to a teacher face to face I understand work better, not through the laptop. It makes learning back at school easier and I feel like there's less work coming back than what we've done on remote learning.

the work done. Coming out of it I wanted to stay in it but also really wanted to see my friends. I'm happy to be back at

Darcie Donovan 8B

I thought remote learning was really good and I really enjoyed it. It was really good at the beginning but as you started getting in the middle and near the end of it, it got a lot harder and you really wanted to come back to school, see your friends and get help from your teachers. During the start of remote learning and not having google meets yet, I found it really hard because if you found work really confusing, you would have to email your teachers and because the teachers were getting lots of emails they wouldn't really see yours. So I found google meets really good and also google classroom, because the teachers would be able to respond to you quicker. I'd do remote learning again, because I thought it was very fun because you don't have a lot of distractions and you could wear whatever you wanted. As remote learning came to an end, I was more excited to return to school after a whole 8 weeks of staying at home.

Ava Cafasso 8B



Religion & Community

St Vincent de Paul Society

St Mary's College has always been a strong supporter of the St Vincent de Paul Society. The St Vincent de Paul Society was founded by a 20-year-old student named Frederic Ozanam in 1833. It was established by like-minded individuals who wished to put their faith into action. This compassionate outlook, enthusiasm and vision continues today in Australia.



There are thousands of people who everyday share their time, care and energy to make a difference in the lives of disadvantaged people all around Australia.

Each year we have numerous events, where as a College, we show our support by either donating money or non-perishable food items. It is our way to show that we are committed to those in need, and a way to make a difference in our world.

As a Catholic school we are inspired by the Gospels, to act for justice and the common good of others and are called to reach out and promote participation, inclusion and equity.

Traditionally we have always held a RUG UP DAY on the last day of term 2. This event helps students to imagine what life would be like for the homeless people in our community during a cold winter.

Rug Up Day will be a little different this time. The students have had a big term (and so have the teachers!!) and we would like to acknowledge that on the last day – Friday 26 June. Our activities will allow students to be reflective, about others in our community, and to celebrate all that we have achieved this term.

Rug Up Day

Students can bring a blanket for in the classroom, as no heaters will be used! We will be 'feeling' and 'thinking' of the homeless sleeping out in the cold.

Casual Clothes and Donation of Food

Students can wear casual clothes instead of uniform *but* they must bring something for the St Vinnies Baskets as 'payment'! This can be any non-perishable item (a can or packet.....please check the use by date!)



Sausage Sizzle Lunch



Students will have the opportunity to order a sausage in bread for lunch. Order forms will be going out today and must be returned by Tuesday 23 June for catering purposes. Unfortunately, due to COVID-19, we are unable to gather for lunch as a large group, like normal, so each class will be served separately and at different times.

All monies raised and food collected will be donated to our local St Vinnies store.



How many people are living in poverty in Australia?

The ACOSS/UNSW Poverty in Australia 2018 report found

- In Australia, there are more than 3 million people or 13.2% of the population living below the poverty line.
 That includes 739,000 children or more than 1 in 6.
- Many of those affected are living in deep poverty on average \$135 a week below the poverty line.

Recent research found that as many as

70%
of Households
had at least one person who needed to receive income support because of unemployment, illness or relationship breakdown between 2001-2015.**

What is the poverty line in Australia?

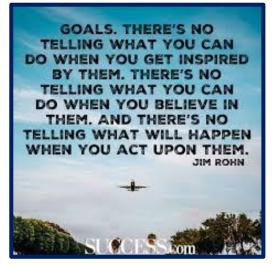
In Australia, the poverty line is generally defined as 50% of median household income.

This was \$433 a week for a single adult or \$909 for a couple with two children in 2015-16.



Counsellor's Corner

from the Counsellor.....



Goal Setting

Setting goals helps to keep us focused. How we set our goals can play a large part in our ability to achieve them. Have you ever set a new year's resolution, only to lose motivation a few weeks in? You are not alone. The method to goal setting supports 'stepping stones'. These are smaller, more achievable goals which build on each other to form a bigger goal. Goal setting is also important for our students. Setting academic/educational goals, behavioural goals, friendship goals, the list goes on. When helping your student with setting their goals, the below method may be of guidance.

SMART Goals

The SMART goal method covers many elements which formulate a goal. Check it out and give it a go with your young person!

- **S** Specific (Be sure to make the goal clear)
- **M** Measurable (How can you tell if you have achieved your goal?)
- A Achievable (Is this a practical goal?)
- **R** Realistic & Relevant (Does the goal link with the current/present situation?)
- **T** Time manageable (Set a fair and reasonable time to achieve the goal)



Like always, please feel free should you have any questions or concerns regarding your young person.

Mrs Melinda Nuttall

melinda.nuttall@smseymour.catholic.edu.au



ST. MARY'S COLLEGE SEYMOUR

90 HIGH STREET, TELEPHONE (03) 5792 2611, FACSIMILE (03) 5792 4091, P.O. BOX 269, SEYMOUR VICTORIA 3661

19 June 2020

Dear Parents and Guardians,

Online Learning Student Report Semester One 2020

As St Mary's moved to remote learning as a result of COVID-19, our usual ways of working and engaging with students has been different in Term Two. Included in this change has been how we assess and report on student learning. Our College staff, students and families have all had to adapt, change and respond to the landscape – sometimes on a daily basis. There have been countless positive opportunities and new learning, but there have also been challenges and we have all responded as best we could on a weekly basis.

Thank you to our wonderful students for all they have achieved and all they have contributed. They can be proud of their efforts, even in the challenging moments of remote learning. Recent months have no doubt challenged us all but the resilience shown is testament to the character of our College community. On behalf of our St Mary's College staff thank you for your positivity and understanding, as I am sure we have all had more than a few 'ups and downs' since Monday 23_{rd} March when Term One came to an abrupt end. Your encouragement, feedback, patience and willingness to engage with us to support your son and or daughter's wellbeing and learning has been complemented by the good grace we have all shown, particularly during any difficult times.

Please appreciate that the content on which this Semester One Report report is reduced, as the usual assessments undertaken in the everyday classroom have not been possible this term. Our teaching staff have used a broad evidence-based approach to make their own balanced assessments of each students' progress at this point in time. Such evidence includes student-led conversations and teacher observations, Term One assessments, notes and work samples.

In that context, this report will look different from usual. Following the advice of the Victorian Curriculum and Assessment Authority (VCAA), Victorian Department of Education and Training, and Catholic Education Commission of Victoria Ltd (CECV), this report will provide:

- □ A description of the areas of the Victorian Curriculum F–10 taught in Semester One.
- □ A succinct descriptive assessment of student learning achievement, based on the Achievement Standards in the Victorian Curriculum F–10 and, where possible, progress.
- □ A comment on how your child has adjusted to the remote and flexible learning environment, with reference to the 'Personal and Social Capability' curriculum.

The Semester Two Report (December) will provide a comprehensive view of the year's learning across all usual curriculum areas. Thank you again for understanding the variations in this Semester One report, the change in learning environments and the approach our College has taken.

The African Proverb, 'It takes a village to raise a child' has never been more evident in the combined efforts of all staff and parents to ensure remote learning was delivered as well structured as it could have been for student learning.

Best wishes

Wayne Smith Principal

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

Term 2	Ferm 2		
Wk 11	Fri 26 June	Rug Up Day and Sausage Sizzle Lunch	
	Fri 26 June	Last Day Term 2	

Bell Times 2020				
Supervision of students begins at 8:30am				
Homeroom	8:45 – 8:55			
Period 1 Period 2	8:55 – 9:55 9:55 – 10:55			
Recess	10:55 – 11:20			
Period 3 Period 4	11:25 – 12:25 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



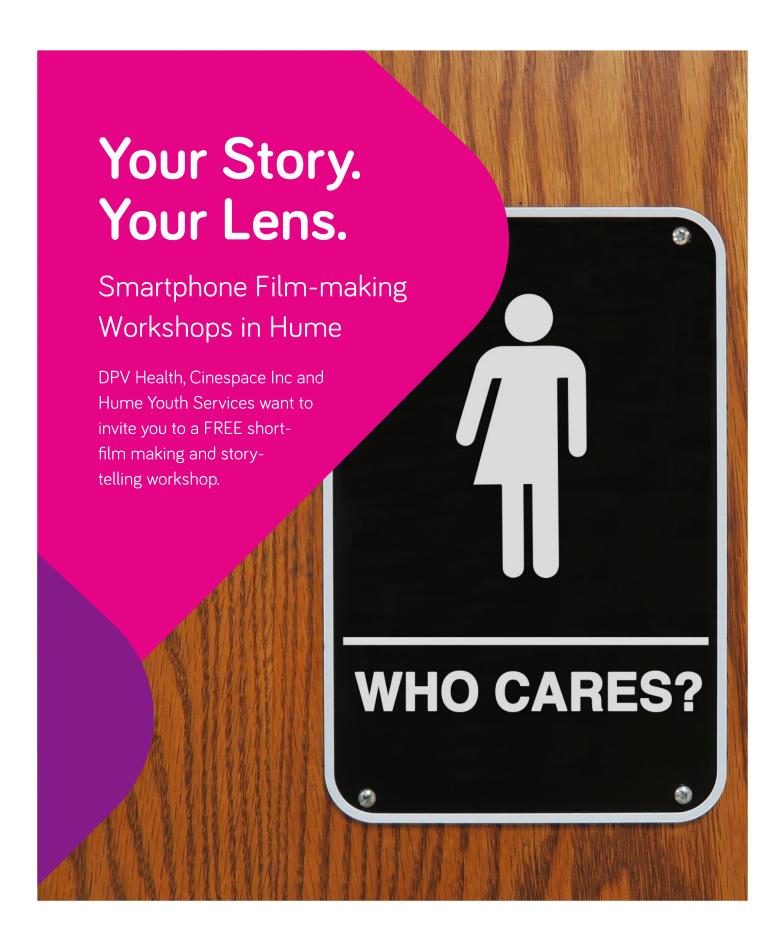
St Mary's College

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

















Emotion Coaching: Connecting with Our Kids Online Workshop

Help your child to:

- Understand their emotions and be able to communicate how they feel
- · Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- · Develop problem-solving and social skills
- Develop kindness and empathy towards others

This two hour online workshop delivered by Gateway Health is for parents and carers of children 2-10 years of age who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children.

WHEN: Wednesday 24th June 2020 from 10am to 12pm

WHERE: Online via Zoom

HOW DO I REGISTER: Registrations are essential. To register or

ask a question contact:

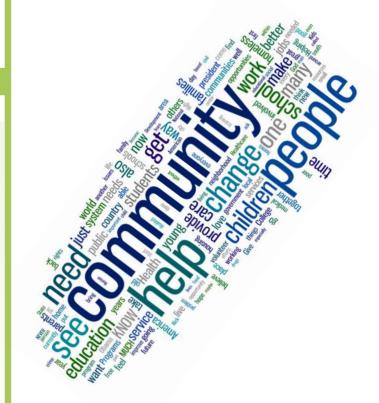
Gerda on 0429 984 203 or Gerda.schaap@gatewayhealth.org.au

There is no cost for this workshop.

info@gatewayhealth.org.au

www.gatewayhealth.org.au







A range of mental health supports are available for people living in Mitchell and Murrindindi Shires for different needs.



Crisis Support

In an emergency 000

> Lifeline 13 11 14

Goulburn Valley Health 1300 369 005



Not Feeling Yourself

Talk to your GP or local health service about how you are feeling so they can refer you to the appropriate service.

You can also find services through www.healthdirect.gov.au



Keeping Well

Maintain a healthy lifestyle

Keep socially connected to friends & family

Utilise online support such as www.beyondblue.org.au

Reach out to get some support. We're here to help.

























