



## Covid-19 Update No.22

Friday 9th October 2020

Dear Parents and Guardians,

We look forward to our secondary students returning on Monday. The recent positive tests in Kilmore remind us to be on guard and remain steadfast in continuing to honour the restrictions. When visiting classrooms on Monday, I asked our students to do one thing this term, 'be kind to each other'. Doing so will bring smiles to faces amongst a year like no other.

### College Covid-19 Operation Reminders:

<i>Health and safety measures will be reviewed in line with the changing context of Covid-19. As Term 4 proceeds, based on health advice some measures will change.</i>	
7-10 return	Monday 13 <sup>th</sup> October.
Canteen	No recess purchases. Lunch Orders placed in the morning. No over the counter orders/sales.
Masks	<b>Secondary students aged 12 and over must wear a face mask.</b>
Assemblies/2021 Orientation Days & Assemblies	To be advised by CECV.
Entering College Grounds	<b>Only enter if essential</b> and report directory to the College Office. <b>Please do not congregate at entrances.</b>
Drink Fountains	Individual drink bottles required. Drink Fountains are closed.
Cleaning	Extra cleaning continues into Term Four. Hand sanitisers remain in place for classroom hygiene.
Stay home when unwell	This is the safest practice to reduce the risks of transmission. Stay at home even with the mildest systems.
College Tours	Not allowed.
Parent/Teacher meetings	Googlemeets.



### Seasons for Growth

*"Never see a need without doing something about it." Saint Mary Mackillop*

College Counsellor Mel Nuttall is offering the *Seasons of Growth* program for identified students. Launched in 1996, children, young people and adults have participated in *Seasons for Growth*, an innovative, evidence-based change, loss and grief education program that draws on the metaphor of the seasons to understand the experience of grief. It builds the knowledge and skills to strengthen social and emotional wellbeing following significant loss by:

- Exploring impact of change and loss.
- Learning effective ways to respond and adapt.
- Students learn they are not alone in their experience of change, loss and grief, and build communication, decision making and problem solving skills within a supportive peer environment.

Seasons for Growth is grounded in sound, person-centred educational principles and can be a very effective education intervention. Please email [Melinda.Nuttall@smseymour.catholic.edu.au](mailto:Melinda.Nuttall@smseymour.catholic.edu.au) for further information.

Seasons of Growth embodies the spirit of Saint Mary Mackillop who said so often, “*Never see a need without doing something about it.*” In the mid-1990s, the Sisters of St Joseph responded to this need by supporting the development of the program and since that time is used in many countries.

### Seasons of Growth Room

The Seasons of Growth Team (Mel Nuttall; Linda Heveren and Kellie Giannarelli) have set a calming room environment for our students to share their journey in a program that can bring sunshine to an over cast day. Thankyou Mel, Linda and Kellie for offering such a valuable, healing and growth mindset opportunity for our students.



Best wishes

*Wayne Smith*

Wayne Smith  
Principal

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