



# The Marian

## St Mary's College Seymour

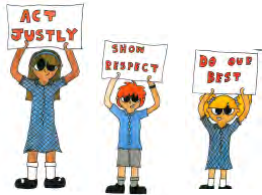
[www.smseymour.catholic.edu.au](http://www.smseymour.catholic.edu.au)  
[facebook.com/stmarysseymour](https://facebook.com/stmarysseymour)  
<https://pam.smseymour.catholic.edu.au>



No.19

Term 4 Week 10 of 11

11/12/20



### 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,

### Advent

Advent is the season of hope, peace, joy and love. The four candles remind us daily of preparing for the arrival of the 'good news,' the birth of Christ. On Thursday we celebrated the Awards presentation. Students and staff came together for the first time since February. The students were magnificent and appreciative of being together as one. Congratulations to all students who received Awards – a mighty effort considering the year it has been. Our 2021 Student Leadership Team began their responsibilities by showing the respect and dignity when participating in the liturgy. They will be a great team in 2021 and provide excellent leadership for their younger peers. Our secondary students complete their College year today. 2020 has been that year that can be summed in a few words – *pandemic, restrictions and remote learning*. Yet our students survived and will be all the better for experience that tested their characters. How proud we are of our St Mary's students.

St Mary's is very grateful to the Lions Club of Seymour Goulburn and Seymour Rotary; Seymour Health; Seymour Art Society; Seymour Performers Workshop; Mitchell Shire; Steph Ryan Member for Euroa



and Ken Whitfort of Total Sports for their sponsorship of College Awards. Their support of St Mary's is appreciated by our College community.

Congratulations to all students who have received an Award for using and displaying your gifts. How tremendous it is that you have been acknowledged for your achievements during the challenges of 2020.

## Funding

St Mary's has received funding for the 2021 Tutor Support program. The program has set criteria, which the 2021 Curriculum Leadership Team are currently reviewing the parameters of and will then recommend the best practice use of the funding. The funding is due to the disruptions caused by remote learning. St Mary's will also receive \$40 000 over two years for a pilot Numeracy program. Whilst the funding will not be sufficient to be used across the entire College, the Curriculum team will discern where the funding will be targeted.

## CECV Operational Guidelines during the time of Covid-19

It has been understandably difficult for parents this year with the restrictions placed on schools. The CECV guidelines have been prescriptive in what system schools have been allowed to do and as restrictions were gradually lifted CECV took into account the protection of people's health, business and wellbeing.

## Primary Staffing

With Mr Krammer being appointed the College Daily Organiser as from 2021 and qualified to teach English up to VCE Level, he will be teaching English and Religious Education across Years 7-10 next year. A primary teaching position has been advertised and parents will receive an update of all primary classes once interviews are completed.

This week we welcomed new Year 7 students for a brief transition visit. They are excited and looking forward to 2021, as they begin their journey at St Mary's.

Thank you for supporting the Vinnies Baskets for the Christmas Appeal. This spirit of generosity will bring joy to many faces and share with others the hope, peace, joy and love of Christmas.

A detailed End of Year Letter will be emailed to all families next week.

Best Wishes.



Wayne Smith  
Principal

*DipEd (ACU) DipREd (ACU) BEd (ACU) Grad Cert EdAdmin (Edith Cowan)  
GradDipREd (ACU) MEd Admin (Charles Sturt) MTheoSudies (BBITAITE)*







End of Year Awards  
2020



## End of Year Awards 2020

### Year 10 Awards

- ~Dux: Arabella Carlin
- ~All Rounder Award: Claire Noonan
- ~The Mercy Award: Alexia Zintilis
- ~Monsignor Anthony K. Toms Science Award: Arabella Carlin
- ~Mother Maurice Citizenship Award: Claire Noonan
- ~Vocational Education and Training -VET Award: Fraser Rutherford
- ~Seymour Health Wellbeing Award: Claire Noonan
- ~Remote Learning Award: Logan Kaak
- ~Outstanding Sportspersons Award: **Female:** Sadhbh O'Sullivan **Male:** Regan Gardner
- ~Seymour Art Society Award: Arabella Carlin
- ~Seymour Rotary Leadership Award: Tristan Murphy
- ~Kwong Lee Dow Program - University of Melbourne: Arabella Carlin and Renee Indich-Navon

### Year 6-9 Academic Achievement Awards

- Year 6 Evelyn Krammer
- Year 7 Hugh Murphy
- Year 8 Eaknoor Sidhu
- Year 9 Grace Doherty

### Year 6-9 Arts Award and Technology Awards

- Year 6 Olivia D'Orria
- Year 7 Zac Brown
- Year 8 Ava Loweke
- Year 9 **Arts-** Mia **Technology-** Oliver Bree

### Years 6-9 TAG Citizenship Awards

- Year 6 Ivan Kovacic
- Year 7 Andrew Bree
- Year 8 Emily Homewood
- Year 9 Danielle Corocher

### College and Community Awards

- ~Lions Club of Seymour: **Year 6** – Felix Muscovich **Year 9** – Dominik Ciantar
- ~Rotary Club of Seymour: **Year 6 boy** – Patrick Matthews **Year 6 girl** – Marley Holden
- ~Mitchell Shire Encouragement Award: Ruby Cook
- ~SPW Kerry Hogan Encouragement Award: Phoebe Fairweather & Brooke Leary
- ~James Head Agricultural Award: Oliver Bree
- ~Monsignor Anthony K. Toms Science Award: Eaknoor Sidhu
- ~Seymour Health Wellbeing Award: Lainey Doyle
- ~Outstanding Sportsperson Award:
  - Year 6 girl** – Gabrielle Freeman **Year 6 boy** – Oliver Kingston
  - Year 7 girls**– Adison Thornberry & Chloe Butterworth **Year 7 boy** – Hugh Murphy
  - Year 8 girl** – Mackenzie Lemon **Year 8 boy** – Ely Reid
  - Year 9 girl** – Jordyn Beattie **Year 9 boy** – Cayleb Trodd



## Student Wellbeing



*from the Deputy Principal ...*

### Thank you

I would like to take this opportunity to 'thank you' all for your ongoing support over the last 8 years at St Mary's in both my leadership and classroom roles. This has been my second time back at St Mary's, as I began my teaching career here in 1991 and stayed till the end of 1995. My journey took me to many wonderful school communities along the way, but my destiny was always to come back to St Mary's in 2013. Within this time, I have been privileged to reconnect with past students I taught, who now have their own children enrolled.

So, it is with a heavy heart that I move on from St Mary's College, but an exciting opportunity that will open many more doors in my final years of Catholic Education at Assumption College, Kilmore.

I have thoroughly enjoyed being part of such a wonderful, close community and being a part of your child's learning and wellbeing development. My family still reside in Seymour, so I will always have a special connection here and look forward to seeing the direction St Mary's College takes into the future.

The last 8 years in Wellbeing at St Mary's has been a time of much growth for our College, led by great leaders and staff before me and no doubt will continue into the future based on the great foundations put in place. A special thanks to the Wellbeing Team, Mary, Andrew, Anne and Mel for their ongoing work and I wish Allison Moore and Angela Molinaro all the best in their new roles and Anne Spencer continued success as part of the Wellbeing Team.

2021 will be a time of great excitement with a few of our initiatives coming to fruition after much thought and investigation. Such programs as Positive Behaviour for Learning will be refreshed after many years of implementation with our well-known TAG – 'Show Respect', 'Do Your Best', 'Act Justly'. We will also commence our Teacher Mentor Groups, which have been thoroughly discussed in the past couple of years and can now be implemented due to appropriate number of staffing to ensure the vision and purpose are clear and groups kept to a minimum size. Our Behaviour Management Policy will also continue to be unpacked with staff, students and parents to ensure a consistent approach across the College. Our long association with Berry Street enabled us to have the 'Seasons' program commencing this term with Mel, Linda and Kellie as facilitators and they will continue to be a great support to the College with more funding for various other wellbeing initiatives in 2020.

I encourage you all to continue to be great support for your child in all aspects of their learning and social and emotional wellbeing by working in partnership with the amazing staff we have at St Mary's. I wish you all a safe and festive Christmas break and may you all be blessed with good health, happiness and a loving family.

Stay well and keep smiling 😊

Below I have included a wonderful resource from Headspace for you to look over, with some great support for the holiday break with your children.

Kind Regards  
Zine

**Ms Zine Dovara**  
[zine.dovara@smseymour.catholic.edu.au](mailto:zine.dovara@smseymour.catholic.edu.au)

# Supporting your young person during the holidays



## Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

### 1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

### 2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

### 3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

### 4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

### 5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

### 6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.





## Learning & Teaching



*from the Deputy Principal ...*

Semester 2 2020, student reports will be available in PAM (Parent Access Module) by 3:30pm on Monday 14<sup>th</sup> December. All student reports show the child's achievement against the Victorian Curriculum Standards. Teachers have used assessments in each learning area to determine the achievement level progression point. Students have been given every opportunity to demonstrate what they can do, onsite during term 4.

Some students found Remote learning challenging and others thrived.

# School Reports

The Semester 2 report is a balance of both aspects of a student's learning at this point in time. If you wish to discuss anything further please email your child's homeroom teacher for clarification.

**Mrs Christine Buhler**

[christine.buhler@smseymour.catholic.edu.au](mailto:christine.buhler@smseymour.catholic.edu.au)



## Business Manager



*from the Business Manager ...*

The **2021 College Fees and Levies Information Package** has been sent to Parents/Guardians via email this afternoon. If you have not received a copy please let the Office know. Hard copies are also available from the Office if required. I encourage you to take the time to read the contents of the package and if you have any concerns or questions please contact me at the Office on 5792 2611 or via email at [felicity.melville@smseymour.catholic.edu.au](mailto:felicity.melville@smseymour.catholic.edu.au). Please ensure the **2021 Tuition Fees and Levies Payment Instalment Form** is **completed and returned** to the Office **by Friday, 5 February 2021**. The form can also be returned via email to [accounts@smseymour.catholic.edu.au](mailto:accounts@smseymour.catholic.edu.au). We have made adjustments to the fee schedule to assist with calculating your child/ren's levies and fees. The first fee statements for 2021 will be generated and sent to fee payers in February. **\*\*IMPORTANT: Please note a change to the College's bank details in the Fees and Levies Information Package\*\***

**Mrs Felicity Melville**

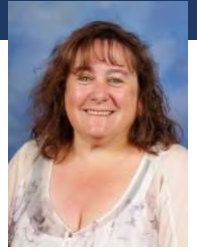
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## Religion & Community

This Advent, we continue to be affected by COVID. Our large Advent 'candles' are normally a special part of the way St Mary's celebrate the season of Advent. It is normally the Foundation students who have the honour of doing the lighting, while the College meets weekly to pray for the coming Christ child.

Thank you to the Foundation teachers, who have brought out their class, to say their prayer and light the candle on behalf of the entire College.



### An Advent Prayer for The Lord to Come

This Christmas, Lord, come to the manger of my heart.  
Fill me with Your presence from the very start.  
As I prepare for the holidays and gifts to be given,  
Remind me of the gift You gave when You sent Your Son from Heaven.

The first Christmas gift, it was the greatest gift ever.  
You came as a baby born in a manger.  
Wrapped like the gifts I find under my tree,  
Waiting to be opened, to reveal Your love to me.

Restore to me the wonder that came with Jesus' birth,  
when He left the riches of Heaven and wrapped Himself in rags of earth.  
Immanuel, *God with us*, Your presence came that night.  
And angels announced, "Into your darkness, God brings His Light."

"Do not be afraid," they said, to shepherds in the field.  
Speak to my heart today, Lord, and help me to yield.  
Make me like those shepherd boys, obedient to Your call.  
Setting distractions and worries aside, to You I surrender them all.

Surround me with Your presence, Lord, I long to hear Your voice.  
Clear my mind of countless concerns and all the holiday noise.  
Slow me down this Christmas, let me not be in a rush.  
In the midst of parties and planning, I want to feel Your hush.

This Christmas, Jesus, come to the manger of my heart.  
Invade my soul like Bethlehem, bringing peace to every part.  
Dwell within and around me, as I unwrap Your presence each day.  
Keep me close to You, Lord. It's in Your wonderful Name I pray.

- Renee Swope, "[The Manger of My Heart](#)"

**Mrs Rochelle Gough**

[rochelle.gough@smseymour.catholic.edu.au](mailto:rochelle.gough@smseymour.catholic.edu.au)





## *In the Classroom*

### Debating

Over the past few weeks, Year 5/6 have been investigating persuasive writing.

Mrs Lorna Hooper, (secondary English teacher), came and spoke to the 5/6 classes about persuasive writing and debating techniques. After practising taking different points of view in our own classes, Lorna initiated the idea of a debate – and the children went with the idea!

Each class nominated 4 students to represent them in the debate – Monarchy v Republic (a pretty intense topic for 5/6 children!)

The Year 9 students worked really well the 5/6 students. The debate was held last week, complete with adjudicators.

We were so sorry we couldn't invite parents to come and watch the debate due to COVID restrictions as it was fantastic!!

All the children did such a great job, were well prepared and mentored and spoke really confidently.

We were so proud of the 5/6 teams and classes – it was the first time we had Senior Primary debating like this and they took up the challenge with both hands.

Looking forward to next year already!



## *Create Skate Relate*

During November and December as part of Youth Week celebrations, students have connected through creating and making skateboard decks. This activity was made possible through Victorian Government Funding for Youth Week. Originally scheduled for mid-year, the event was rescheduled to 15 November – 14 December due to COVID-19 restrictions.

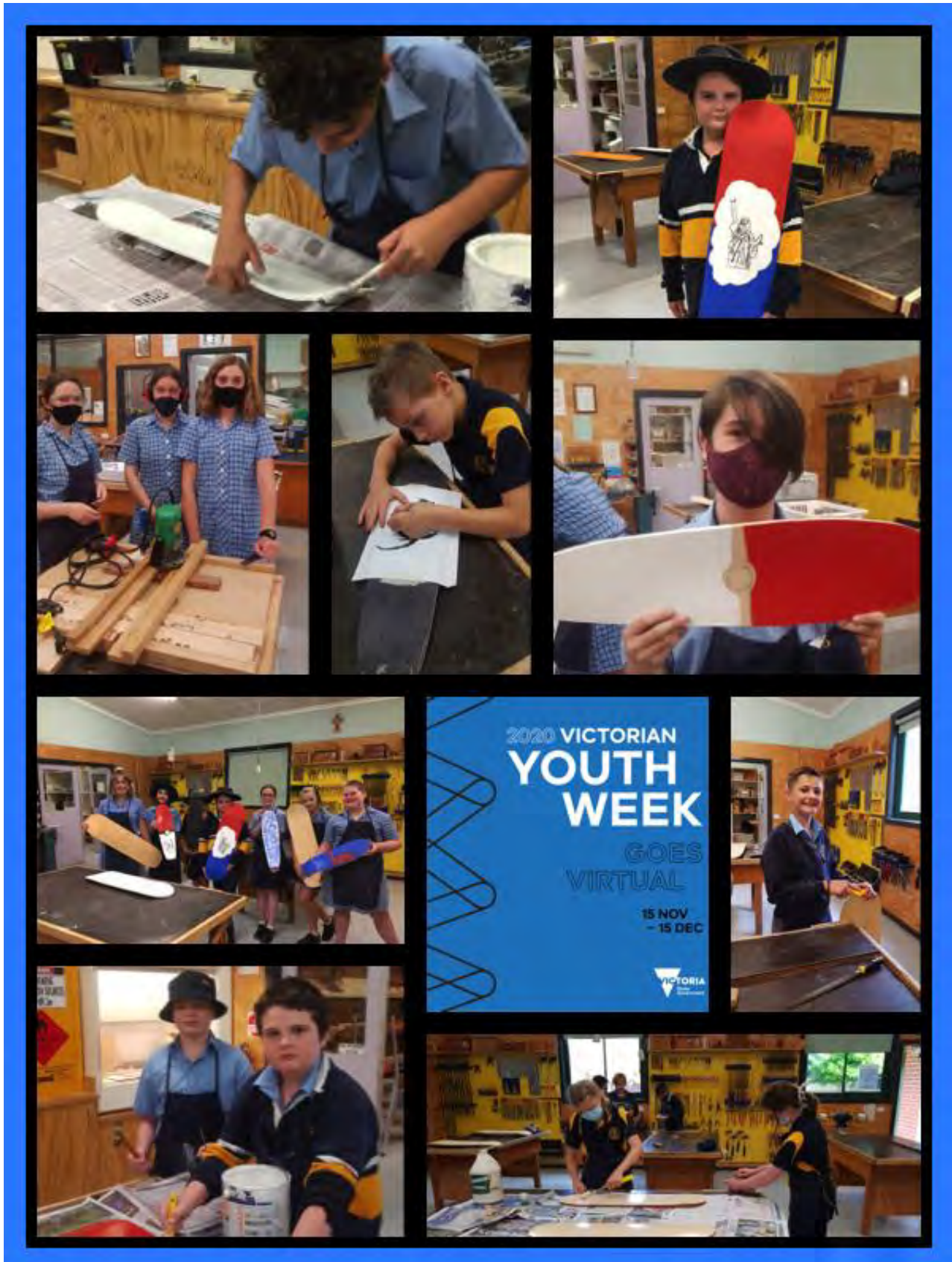
The College's Technology workshop has seen groups of students work together, during lunchtimes, to learn the technique of bent wood lamination. RoaRockit (Yarrawonga) supplied the vacuum bags and timber laminates used in the process. Students were hands on; forming the boards, rasping and filing the edges, and designing images for the decks that represented ways that they can connect with others. COVID-19 has highlighted that connecting with others is important to everyone's wellbeing. College Counsellor Mel Nuttall, along with Technology teacher Andrea Richards, worked with students throughout the program.

"The aim of our Youth Week program was to assist our students in understanding relationships, building friendship and strengthening self-esteem" Andrea Richards. This was completed through group interactions and discussions from Andrea and Mel around what relationships means to us as individuals and looking at what student's perceived as important when building relationships with friends. The students had some wonderful suggestions around what it means to be a friend and what they see as important in building positive relationships with their peers; "Someone who likes similar things to me" said one St Mary's student, whilst another stated "Someone who is there to listen and support me and vice versa". Students were then asked how they could represent their connections with friends in an image.



This element provided the students with another means to conceptualise their perceptions and strengthen their understanding of positive relationships. “We have some very talented young people with some very clever ideas here at St. Mary’s College” Mel Nuttall.

Overall, the program, despite the delays due to COVID restrictions, was a successful and engaging for all involved. Andrea and Mel would like to thank the Victorian Government for this wonderful opportunity for St Mary’s College and look forward to future opportunities to engage students in purposeful, skill based and wellbeing supported learning. As part of a digital youth week celebrations students will be displaying their work virtually through the school’s social media platforms.







## From the Office

### 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 2021

**Term 1:** 28/1 – 01/04

**Term 2:** 19/04 – 25/06

**Term 3:** 12/07 – 17/09

### Term 4

Week 10	<b>Fri 11 Dec</b>	<b>Last Day for Year 7-9 Students</b>
Week 11	<b>Wed 16 Dec</b>	<b>Last Day for Foundation-Year 6 Students</b>
	<b>Thu 17 Dec</b>	<b>College Office won't be open until 9:30 am</b>
	<b>Fri 18 Dec</b>	<b>Last Day for Staff</b>
<b>Term 1 2021</b>		
	<b>Wed 20 Jan</b>	<b>8:30 am College Office reopens for 2021</b>
Week 1	<b>Tue 26 Jan</b>	<b>Australia Day Public Holiday</b>
	<b>Wed 27 Jan</b>	<b>Staff Return Year 7 Laptop Information and rollout 6-8pm</b>
	<b>Thu 28 Jan</b>	<b>First day for Foundation, Year 7 and Year 10</b>
	<b>Fri 29 Jan</b>	<b>First day for Year 3-6 and Year 8-9</b>

### 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



For more information <https://fb.me/e/11e7twcYj>



The Victorian Government is introducing a container deposit scheme (CDS) to increase beverage container recycling and reduce litter in Victoria.

A container deposit scheme works by applying a small deposit to beverages sold to consumers which covers the cost of recycling. When the empty beverage containers – such as those in plastic, glass bottles and aluminium cans, are returned to a refund collection point, a cash refund can be collected for each container returned.

This consultation seeks your views on the proposed design for Victoria's container deposit scheme and how it should operate. Key design choices such as how the deposit is received, types of eligible containers and types of refund collection infrastructure will all influence your experience with the CDS and how much you'll want to use it. This is your opportunity to have your say, so that our scheme best suits Victoria's needs.

More information can be found at: <https://engage.vic.gov.au/container-deposit-scheme> or watch this YouTube clip: [https://www.youtube.com/watch?v=Vxtjll3J3d4&feature=emb\\_logo](https://www.youtube.com/watch?v=Vxtjll3J3d4&feature=emb_logo)





# Christmas 4 Kids!



Come and enjoy games, story, music and craft as we explore Christmas.

**Who:** Primary School aged children,  
including those starting in 2021.

**Time:** 4:00 - 5:30pm

**Cost:** Free

**When & Where:**

Wed 9 Dec

@ Salvation Army, Victoria St Seymour.

Tues 15 Dec

@ Avenel PS, Undercover Basketball area.

Book your spot via trybooking or contacting us:

**Seymour** – <https://www.trybooking.com/BNDEJ>

**Avenel** - <https://www.trybooking.com/BNDEO>

**For more Info contact:**

Michael 0458, 742 362 or [dustyministry@gmail.com](mailto:dustyministry@gmail.com)  
Heather 0425 124 122 or [heather.stamp@aus.salvationarmy.org](mailto:heather.stamp@aus.salvationarmy.org)



Brought to you by the Christian Churches of Seymour & Avenel



We could all use a bit of extra Christmas cheer this year, that's why Mitchell Shire Council has partnered with Benny Gregs and other local businesses to bring you a "Coming Together Christmas".

This live streaming event will run from 6.30 – 8.30pm on the 12/12/2020. The event will consist of 20 artists from across Mitchell Shire and Victoria providing entertainment and live music for the community to enjoy.

Coming Together Christmas will be live streamed on Facebook as well as in select venues around the shire. Keep an eye out as Santa may even make an appearance at these venues as well!

For more information, please visit the website: <https://www.bennygregs.com/coming-together-christmas>

A festive poster for 'Coming Together Christmas In the Valley'. The background is red with a yellow border. At the top, a silver Christmas ornament hangs from a string. The text 'SATURDAY 12TH DECEMBER 2020' is in white. The main title 'Coming Together CHRISTMAS' is in yellow, with 'CHRISTMAS' in large, bold letters. Below it, 'In the Valley' is in white script. The poster features three paragraphs of text in white, separated by small yellow dashes. At the bottom, there are social media icons for Facebook and Instagram, followed by the text 'PROUDLY BROUGHT TO YOU BY' and a row of logos for BG YOU, MITCHELL YOUTH SERVICES, CREATIVE VICTORIA, MITCHELL SHIRE COUNCIL, and Bendigo Bank.

**SATURDAY 12TH DECEMBER 2020**

*Coming Together*  
**CHRISTMAS**  
*In the Valley*

**FEATURING INCREDIBLE ARTISTS FROM ACROSS VICTORIA  
AND MITCHELL SHIRE, WE BRING YOU A MAGICAL NIGHT  
LIKE NEVER BEFORE!**

**FILLED WITH VIRTUAL LIVE MUSIC AND ENTERTAINMENT,  
ENJOY A MITCHELL FIRST LIVE STREAM TO ALL YOUR  
FAVOURITE VENUES WITH PLENTY OF CHRISTMAS SPIRIT**

**HEAD TO [WWW.BENNYGREGS.COM/COMING-TOGETHER-CHRISTMAS](https://www.bennygregs.com/coming-together-christmas)  
FOR MORE INFORMATION OR EMAIL [EVENTS@BENNYGREGS](mailto:EVENTS@BENNYGREGS)**

**f /comingtogetherchristmas    @comingtogetherchristmas**

**PROUDLY BROUGHT TO YOU BY**

**BG YOU MITCHELL YOUTH SERVICES CREATIVE VICTORIA T MITCHELL SHIRE COUNCIL Bendigo Bank**  
Wallan, Kilmore and Broadford





# Family Christmas Movie



Fancy Dress



Nativity Scene



Christmas Story

Jumping  
Castle



**Free entry** – basic Snacks for sale.



## Huge 4m Outdoor Screen

@ Seymour Uniting Church 11-13 Crawford St

## Friday 18 December 2020

Book online via: <https://www.trybooking.com/BNIKY>

**Gates open at 7pm.**

**BYO outdoor chair/rugs.**



**More info:**

Facebook: Seymour, Avenel/Nagambie Uniting Church.

<https://www.facebook.com/events/2056705624460161>

Contact Michael: 0458 742 362

Serving our community.

