



The Marian

www.smseymour.catholic.edu.au

facebook.com/stmarysseymour

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

2021 College Theme

***“Let our words and actions
be shining lights for others”***



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

Newsletter No.1

Term 1

11 February 2021

Dear Parents and Guardians

“Tough Love.”

Many years ago, a Year 10 student was in my Office and at the time we talked about his up and down behaviour at school. During our conversation the boy said, *“Mr Smith, I wish my parents would say no to me.”* What is tough love? Perhaps the following Steve Biddulph dot points might be a reasonable summary or definition:

Not giving in to keep the peace.

Accepting there are times when a teenager needs to be given a reality check.

Valuing/making family time.

Staying strong to your decisions.

Have boundaries, expectations and nurture resilience.

Love that is unconditional, inappropriate behaviours that are not.

Use the word NO.

...Steve Biddulph

As we begin our St Mary's 2021 journey together, the standards we set at the College and at home go a long way in determining how settled and resilient our students are and the positive mindset that they will take with them in 2021. My elderly parents once said to their third child, *“we are here to be your parents, not your friend.”* At the time their youngest child thought they were the meanest parents in the world...their youngest child when he became a father, then understood and continues to admire the wisdom of his parents.

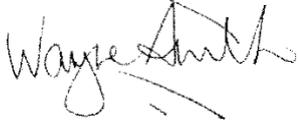
Tough love though is not critical love. Our world can so easily become the judge and jury on the mistakes people make. We see and read it daily on the news and through social media. Tolerance is a word that is far less forgiving in 2021. When certain parts of the media and the keyboard warriors take hold then the world can be relentless in their pursuit to drag people down to expose their vulnerabilities. Tough love will help in building a more tolerant and respectful society and the tough love our students receive will make for a better world and allow them to seek opportunity from failure...failure happens to us all at some point or time in our lives. Our College 2021 College theme, *‘Let our actions and words be shining lights for others’* reminds us that our students learn from each other and more importantly they learn from (we) adults. The way we interact and greet each other gives a very obvious message to the students. Our students are the adults of tomorrow and they follow the role modelling they experience and receive.

Our students have had a wonderful beginning to the College year. They are settled, happy and looking forward to leadership from their secondary and primary peers. Mrs Moore and Mrs Spencer have introduced primary leadership positions to empower and nurture senior primary leadership qualities and opportunities. Secondary students are now in vertical House Mentor Groups – this is a positive change to build peer relationships and House spirit.

Mrs Gordon, in her new role as Deputy Principal Operations has already sent home an extensive letter on various processes, providing clarity around the daily life of the College, especially with building works now underway on either side of the Church.

Please be aware of parking around the College, in particular not parking across driveways. High Street can be tricky, especially being the heavy vehicle bypass around Seymour. We all need to show patience and follow the 'road rules' – Shire Traffic Officers are focusing on school parking so no one needs or wants a fine! Please use the crossings so that safety is the premium objective.

Best wishes and may God be kind to us all.



Wayne Smith

Principal, St Mary's College Seymour

DipEd (ACU) DipRed (ACU) BEd (ACU) GradCertEdAdmin (Edith Cowan)

GradDipRed (ACU) MEdAdmin (Charles Sturt) MTheoStudies (BBITAITE)

PS I am often asked about students and the use of IT at home. My view is an uncomplicated one - teenagers need in excess of 9 plus hours of sleep a night to support their growing bodies and minds. When devices are allowed in a teenager's room after lights out then we all have to deal with the grumpy (tired) teenager. It is medically and research proven that the light from devices has a direct and negative effect on healthy sleeping patterns.



Deputy Principal Operations

Reading Buddies

On Friday afternoon the first buddy reading session was run. These sessions will be conducted fortnightly on Friday afternoon during the Pastoral Care session and will involve students from Secondary House Mentor Groups being buddied with a primary student. The program has been implemented to support the wellbeing of students and address one of the focuses of the College's strategic intent of improving reading outcomes for all students.

Pairing students with an older buddy contributes to the younger students feeling safe, valued and connected to their school. Our secondary students are given the opportunity and responsibility to demonstrate positive behaviour and valuable social skills to their buddy.

Both the secondary student and their primary buddy will be given the opportunity to read on occasions. Younger students grow as readers when they hear more experienced readers model fluent reading.

Mrs Kerrie Pearce (Primary Literacy Leader) visited all secondary classrooms and gave the students advice, instructions and outlined expectations when listening to younger students read. Mrs Pearce advised the secondary students to help their buddy when it is needed. She also encouraged the older students to ask questions to check for understanding. Example questions included,

- "What just happened?"
- "Why do you think that happened?"
- "What will happen next?"

The smiles and engagement displayed by both younger and older students indicated that this program will be of huge value to the students and the school.

Genevieve Gordon

genevieve.gordon@smseymour.catholic.edu.au



Director of Learning and Teaching



Welcome to 2021- House mentor teachers of students in years 7-10, have been making contact with parents and carers over these past 2 weeks. This will continue into next week until all have been contacted. We have found these discussions to be invaluable in getting to know you and to establish a point of contact for more effective communication and support.

On Monday 15th February, parents of **Primary students** will receive an SMS to notify that Parent teacher bookings are open and can be made through your PAM account. This meeting with your child's class teacher is to begin the year by getting to know you and to discuss how your child has begun the year!

There are 2 choices of meeting.

The first day will be via the Google Meet platform. Teachers will be available online for these sessions.

The second date is for those who prefer face to face meetings on site.

Thursday 18th February between 3:30pm and 6:00pm

Bookings will be held via Google Meet. When you make the booking there is a link that you will open to connect to the teacher via your device at your booking time.

Monday 22nd February between 3:30pm and 6:00pm

Bookings will be for face-to-face meetings with the teacher to be held at School in your child's classroom.

If you have not yet set up your PAM account, please follow the instructions below.

SIMON is a Learning Management System used by the College that allows staff and students to interact with assessment materials, and to view daily communications, timetables and calendars.

The parent version of SIMON is the **Parent Access Module (PAM)**.

As a parent/guardian you are able to use PAM for the following:

- View a calendar of upcoming school events
- View your child's timetable and our bell times
- View your child's commendations
- View and reflect on completed student assessment tasks (Years 7-10)
- View your child's School Report
- Book Student/Parent/Teacher Interviews
- Report a daily student absence to the school

PAM can be accessed through the St Mary's College website or through the following direct link:

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

Your PAM account will be set up as part of the initial student enrolment process and an invitation will be emailed to you. Your username will be your email address. To set up your PAM password or to reset it any later time, simply click on the 'forgot password' link on the PAM homepage or contact the College Office for assistance on 579 22 611.

Christine Buhler

christine.buhler@smseymour.catholic.edu.au

Director of Wellbeing



There were lots of happy students and staff returning to St Marys College after the holidays. A special welcome to Foundation, Year 7 and all other new students entering the College for the first time. I hope that all students are settling in to the new school year.

In 2021 St Mary's College is introducing the Second Step Social and Emotional Learning program across all year levels as part of our Pastoral Care program. The aim of this program is to embed Social and Emotional Learning teachings across the school.

Social and emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

The Second Step program is a universal, classroom-based program designed to:



INCREASE

school readiness
and social success



DECREASE

problem behaviors



PROMOTE

self-regulation skills
and social-emotional
competence

Also, as part of Student Wellbeing, F-6 students had Brainstorm Productions visit to perform 'The H Team' a theatre-based wellbeing, cyber safety and bullying program.

The exciting adventure story inspired students to take responsibility for their own behaviour. Students were engaged, captivated and enthusiastically participated in the interactive performance. I hope that students use 'their positive mindsets' when faced with the challenges that are presented to them.

Support Services for students and carers

<http://kidshelpline.com.au/> 1800 551 800

Lifeline.org.au 13 11 14

Ruok.org.au/findhelp

Mrs Allison Moore

allison.moore@smseymour.catholic.edu.au



Defence School Mentor



Welcome

I would like to welcome our new Defence families to St Mary's College, we hope your move has been smooth and that you're settling well into our community. As most of you know I am new to St Mary's College this year, I'm looking forward to getting to know and supporting you all this year. I'm at the school Mondays, Tuesdays and Thursdays during school hours and can be contacted via email or through the College office. If you have any questions or require more information please do not hesitate to contact me.



Defence Families Welcome Morning Tea

I'm hosting a morning tea for new and returning Defence families at The Puckapunyal and District Neighbourhood Centre on Tuesday 16th of February from 10am. This is a casual opportunity to have a cuppa and meet myself and other Defence families. Please RSVP to me via email by Monday 15th of Feb, looking forward to seeing you there.

Mrs Emma Marrinan

emma.marrinan@smseymour.catholic.edu.au

Counsellors Corner

Welcome Families for 2021!



How has your family's transition back to school gone? With busy schedules, everyone's routine to juggle, before school sport, after school sport, weekend games, play dates, homework, housework, the list is endless but there are some things we can do to help take the load off.



Below are some suggestions to help find balance amongst our busy lives.

- Set a suitable bedtime. This includes a negotiation with your teen!
- Create a lunch box meal plan and prep over the weekend. Baking with your children also helps them with their reading and math skills.
- Have a schedule of chores for every member of the house to help with.
- Use a public calendar in your home (somewhere all family members can see) with key events scheduled, such as Little A's on a Friday night.
- Schedule down time! This one is big. Everyone needs some down time to do something that they enjoy, without the pressure of competition or expectation. This is also a great time to schedule in something fun to do together as a family.

This year at St Mary's I will be organising some wonderful activities to aid in supporting the social and emotional wellbeing of students that work in conjunction with our whole school approach to supporting our young people. If you have concerns regarding your young person, please feel free to email me at counsellor@smseymour.catholic.edu.au or contact the office on 03 5792 2611.

Mrs Melinda Nuttall

counsellor@smseymour.catholic.edu.au



Director of Faith and Mission



Dear Father in Heaven,
Here are our children
We give them to you.
Help us to love them.
Help us to be firm and protect them when we must.
Help us to be patient while they strive to find themselves.
Help us to respect them for what you made them to be.
Help us to guide them with your wisdom and to love them for what they are and what they will be.
Amen

Welcome back everyone

For the new families who have joined our school, I would like to introduce myself. My name is Rochelle Gough and I am the Director of Faith and Mission. I have been at St Mary's for a number of years, fulfilling various teaching and leadership roles. This year, alongside my Faith and Mission role, I am teaching Year 7 RE and English and will be in 4A every Friday. I am a mother (of four) and a grandmother (my grandson was born last year during COVID, I didn't get to meet him until he was 7 weeks old!). Life is busy, but I wouldn't have it any other way.

My responsibilities include working with the College Leadership team, working with teachers in the planning and development of the Religious Education Curriculum, the planning and co-ordination of College masses, liturgies and Sacramental celebrations and working with students on social justice issues. In general terms I am the 'leader of the faith life of the College'. My aim is to foster and promote the Catholic identity and ethos of the College with staff, students, families and the wider community. As our Catholic faith is built on building relationships with Christ and each other, I will also be working closely with Catherine Evans, who is the Parent Engagement Leader.

Now that life has *almost* got back to normal, we are aiming to recommence the Sacramental program. Due to COVID, we did not have any celebrations last year, so we will have double the candidates this year. I am in current discussions with Father Ashkar in regards to dates, so I hope to have them ready for you in the next couple of weeks.

Our Catholic Lenten journey begins next week with Ash Wednesday. We will be celebrating this in the Church on Wednesday 16, at 11:30. Please feel free to join us! During Lent, our College is always involved in fundraising for the less fortunate, through various fun fundraising efforts. All monies raised will go to Caritas Australia, a Catholic group who work with vulnerable local and overseas communities. See the events flyer below.

Please keep an eye on the Marian and Facebook page for upcoming events. 2021 promises to be a wonderful year, full of learning and faith opportunities as well as building community and relationships.

May we ask God's blessings on our school community



Mrs Rochelle Gough

rochelle.gough@smseymour.catholic.edu.au



Upcoming Events



Caritas

Fundraisers Term 1

FEBRUARY 16

Pancake Day

(Shrove Tuesday) Pancakes \$1 each

FEBRUARY 26

Crazy Sock Day

(Gold coin donation)

MARCH 4

Crazy Hair Day

(Gold coin donation)

MARCH 15

Meat-pie Monday

(Pies \$2.50 each)

MARCH 26

Disco in MPH

(Gold coin donation)

Performing Arts



This week we are kick starting our journey 'Into The Woods' for the 2021 College Production. Students that are interested attended an information meeting on Tuesday and will begin auditions next week. Students who will be auditioning are encouraged to practice a short song over the weekend so that they are prepared.

With many of our lead cast from 2020 having left the College, there are many top spots available. Everyone from years 5+ are encouraged to audition, there is no experience necessary.

If students missed any information, or cannot attend auditions, please email me and an alternative time will be made.

The Production is set for the end of Term 3 (COVID pending) and rehearsals will be multiple times per week in order to be ready in time.

Miss Naomi Hanlon

naomi.hanlon@smseymour.catholic.edu.au

Accounts



CAMPS SPORTS EXCURSION FUND CSEF

The Victorian Government provides this fund to assist eligible families with the costs of camps, sports and excursions.

To be eligible for the fund, a parent of a student attending a Victorian school must be the holder of an eligible Centrelink Health Care card, Veterans Affairs Card or Pensioner Concession card as at the first day of Term One or Term Two.

The amounts payable are \$125 for a primary student and \$225 for a secondary student. The funds are received at the College and go directly towards the payment of the excursion/camp levy.

We ask that parents submit their application to the school by 22nd February. However, parents who received CSEF at the school in 2020 do not need to complete an application form in 2020, providing there has been no change in their family circumstances. Application forms are available at the College office and a form is also available with this newsletter. Please contact Stacia Read at the College if you have any questions regarding the Camps, Sports and Excursions Fund.

CONVEYANCE ALLOWANCE

This allowance is payable to those families who reside more than 4.8 kms from the College or nearest free bus service. Families who wish to claim this allowance for the first time are asked to contact the College office for an application form. Those families who received Conveyance Allowance last year need not re-apply. Please note, however, that a new form must be completed if there has been a change of address or if there has been a change in circumstances which may affect the payment of this allowance. Please return applications to the College by 1st March. Thank you.

****Form 1 Conveyance Allowance (Private Car Travel) >4.8km to nearest bus service**

****Form 3 Conveyance Allowance (Public Transport Travel) >4.8km to the nearest school**

2021 Tuition Fees and Levies Payment Instalment Form

Reminder to families to please complete and return the attached form from the Fee Package that was emailed to all families.

Mrs Stacia Read

account@smseymour.catholic.edu.au



ST. MARY'S COLLEGE SEYMOUR

90 HIGH STREET (PO BOX 269) SEYMOUR 3660. PHONE: (03) 5792 2611

2021 TUITION FEES AND LEVIES PAYMENT INSTALMENT FORM

In order for the College to make satisfactory budget estimates and to help you plan your payments please complete the payment schedule below and **return this form to the College by 5th February 2021**. Accounts will be forwarded during February to assist you with your planning. If you would like assistance in calculating an appropriate payment schedule, please contact Mrs Stacia Read, Business Assistant at the College.

Should you wish to pay your fees and levies straight into the College bank account the details are as follows;

PLEASE NOTE THE COLLEGE'S NEW BANK ACCOUNT DETAILS FROM 1 JANUARY 2021 BELOW

Please ensure you update any saved EFT details for the College.

Account Name: **St Mary's College General Account**

BSB: **083 347**

Account No: **839 989 790**

Please remember to identify your payment with your Fee Account Number which is located on the top right hand corner of your statement.

If you wish to pay via direct debit, please find attached a *CDF Direct Debit Form* for completion and return to the College office.

Please do not hesitate to contact the College if you have any queries.

Thank you.

NAME OF PERSON RESPONSIBLE FOR FEE PAYMENT: _____

STUDENTS' NAMES:

_____	_____
_____	_____
_____	_____

My/Our payments will commence on _____/_____/2021 and be scheduled as follows:

Weekly payments of \$	Fortnightly payments of \$
Monthly payments of \$	Term payments of \$
Other, please specify \$	

I/We consent to **Conveyance Allowance** being allocated to the payment of outstanding fees (if applicable).

SIGNATURE _____

I/We acknowledge that I/we have an obligation to pay our school fees by 31st October 2021.

SIGNATURE _____

From the Shire

Mitchell Shire School Road Safety

A message from your Shire Office:

Mitchell Shire Council Officers would prefer not to issue parking fines around our school zones. We would prefer that everyone park safely. The Shire encourages parents and guardians to work into their busy schedules "time" to ensure that they park appropriately around our schools across the Shire. There are limited parking options around our school zones during busy peak periods and as a result parking close or near the school can be difficult and frustrating. We encourage parents to walk children to school or drop children off near the school so they can walk. It is important that all school children, parents and guardians utilise school crossings and walk the extra distance instead of crossing the road in an area that is otherwise unsafe to do so. Please be aware that:

- 1. Children have very poor road sense and peripheral vision and may not see danger approaching,**
- 2. Children's ability to acknowledge distances is not very advanced.**

We are required to park legally around school zones to ensure the safety of all school children and road users. Everyone has a responsibility to ensure the safety of all school children around school zones at all times. Mitchell Shire Local Laws Officers are very proactive around our school zones when it comes to parking.

Please be aware that the Shire has the following fines in place if there are infringements.

No Stopping - \$165

Bus Zone - \$99

On Children's Crossing - \$165

On Nature Strip - \$99

Stopped Double Parked - \$99

News from the Office



Hand, Foot and Mouth Disease and Chickenpox

Please be advised the school has been notified of a reported case of Hand Foot & Mouth Disease in Year 2 and Chickenpox Year 1

Below are links to the Royal Children's Hospital Website if you require further information regarding Hand Foot & Mouth disease or Chickenpox. Students with Hand Foot & Mouth disease & Chickenpox should not return to school until blisters have dried.

https://www.rch.org.au/kidsinfo/fact_sheets/Hand_foot_and_mouth_disease/

https://www.rch.org.au/kidsinfo/fact_sheets/Chickenpox_Varicella/

Bus Travel

Please note the addition of a new bus - **Puckapunyal/Telegraph Rd**. This bus will cover the Conveyance students at Telegraph Rd (Conveyance), Kobyboyn Rd, Monash/Kitchener area, and the Railway Street run that has been covered by the **Strath Creek bus (green bus)** – this bus will now be known in the system as the **Mauve Bus**. Unless students are covered by Conveyance Allowance – they will require a myki card for travel – no cash will be taken. Times are very similar to current time so students should not be disrupted. Students travelling in the afternoon from SMC to Seymour College should utilise this bus.

Timetables and maps are available on the College website

<https://www.smseymour.catholic.edu.au/enrolment-information/bus-and-travel-information/>

Dates to Remember

Bell Times 2021

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: 28/01 – 01/04

Term 2: 19/04 – 25/06

Term 3: 12/07 – 17/09

Term 4: 04/10 – 17/12

Term 1

Week 3	Fri 12 Feb	Year 3-10 College Swimming Carnival
Week 4	Tue 16 Feb	Pancake Day (Shrove Tuesday)
	Wed 17 Feb	Ash Wednesday Para-liturgy 11:30am -12:30pm
	Wed 17 Feb	Primary District Swimming
	Fri 19 Feb	College Assembly 2:15pm
Week 5	Wed 24 Feb	Primary Division Swimming

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



Seymour Sharks

NEW MEMBER TRY OUTS!!!!

When: Thursday February 4th

Where: Seymour Aquatic Centre

Time: 6:30pm

Are you or your child looking to get into competitive swimming? Are you or your child ready to commit to weekly training sessions and a set number of competitions per swimming season? (Split into long course and short course) can you swim or have an understanding of all 4 strokes?

The Seymour Sharks are excited to announce that we are FINALLY able to open our doors to new members. It's been a tumultuous 12 months, but we have established a COVID normal and we are so excited to get new members through the door.

Our training nights are Mondays, Wednesdays and Thursday's from 6:30pm dependant on the squad you are selected for. Should you or your child be successful in their try outs, more information will be available on the night regarding fees and requirements to join the club.

Just let reception know as you enter that you are here for the try outs and they'll let you through to the pool deck.

Looking forward to meeting you all.

BALANCING LOVE & DISCIPLINE

It is very common these days for fathers to be taking a much more active role in family life. Mothers are also finding that there are more demands on their time from a financial point of view. Fathers who find themselves more involved in the parenting part of family life may also find themselves wishing for more options for dealing with the day to day issues that arise in the home.

This course is suitable for all parents who would like to meet with others to explore ways to increase their options in dealing with the various issues that parents experience while supporting and nurturing their partners and children of all ages.

Some of the topics that have been helpful in previous groups include:

- Communication
- Teaching life skills
- Issues of discipline
- What is normal for kids?
- Confronting unacceptable behaviour
- How to help your child when they are anxious, angry or upset

“Discovering that others are experiencing problems almost identical to your own somehow seems to lighten your load.”

“Helpful, done it twice and taken away different strategies each time”

8 SESSION COURSE
Tuesday 16 February til 30 March 2021
10am-12:30pm or 5:30pm-8pm
FamilyCare offices, 64 High St, Seymour
NO COST
New participants welcome up to session 4 for information or to book call 0357 354 600
Group will be run in line with current COVID guidelines

Seymour Community Open Day

Local groups including Seymour Scouts, Seymour Goulburn Lions, Seymour Rotary and Mitchell Shire Council invite you to reconnect at a community open day, car boot sale and free BBQ

When: 9.30am to 1pm, Saturday 20 February 2021
Where: Chittick Park, Seymour (near Scout Hall)
 Parking via Pollard Street

Come along to see what Seymour community life has to offer, meet local groups and clubs:

- > Car boot sale, free face painting, jumping castle and rope bridge from 9.30am
- > Free BBQ from 11am (vegetarian, vegan, gluten free and halal options)
- > BYO picnic blankets or chairs

This is a COVID-safe, all-ages alcohol free event subject to State Government restrictions. We aim to make this event accessible and inclusive to all of the community. If you would like to attend this event and have specific dietary requirements or access needs please contact Mitchell Shire Council on 5734 6200 and we will do our best to accommodate you.

Contact us:
 t: (03) 5734 6200
 e: mitchell@mitchellshire.vic.gov.au
 w: www.mitchellshire.vic.gov.au

SEYMOUR PERFORMERS WORKSHOP

2021 ANNUAL GENERAL MEETING

11AM, SUNDAY 21 FEBRUARY

THE SCHOOLHOUSE THEATRE

SEYMOUR



APPLY ONLINE

The Air Force Cadets are now RECRUITING!

FROM 01 OCTOBER 2020
TO 31 MARCH 2021

airforcecadets.gov.au

[#airforcecadets](https://twitter.com/airforcecadets)

The Australian Air Force Cadets (AAFC) is a youth oriented organisation that is administered and actively supported by the Royal Australian Air Force. The AAFC will teach you valuable life skills and will help you develop qualities including leadership, self-reliance, confidence, teamwork and communication. Some activities undertaken by the AAFC include flying, fieldcraft, adventure training, firearms safety training, drill and ceremonial, service knowledge, aeromodelling, navigation and gliding.

419SQN Shepparton will hold a virtual information night on Saturday 27 February 2021. To register your interest or to receive a virtual information pack please contact co.419sqn@airforcecadets.gov.au 0481111305.

To be eligible to enrol you must be between 12 -15.



CATCH UP WITH FRIENDS AND HAVE
A RELAXED HIT OF TENNIS



Tennis 4 Teens

Information from [Tennis 4 Teens](http://tennis4teens.com.au) website

A program designed by teens, for teens. It's fun, social, non-competitive, best of all you, as the participant, get to determine how, and what you play!

Each week your session will consist of some on court activities (determined by you) as well as the chance to have fun off court. Sessions typically run for 1 to 1.5 hours. Open to players 12-17 years of age and of all abilities this is a great chance to let off some steam, get active and socialise with friends.

Each venue has a program facilitator that can help you with equipment (if you don't have your own or forget it), ideas for on and off court activities, who will introduce you to other participants and of course answer any other questions you may have.

When: Every Wednesday night 4:30pm - 6:00pm in Term 1

Where: Seymour Tennis Complex

Who: People of all abilities, aged 12-17

Cost: \$6 per session (no ongoing commitment, pay as you go)

Contact: Les Hind

0438 262 498 seymourttenniscomplex@gmail.com



DECK'D

Mitchell Youth Services have teamed up with a whole crew of Youth Officers from Mitchell to Wodonga to bring you Deck'd!

Deck'D is funded through the Alcohol and Drug Foundation via their Local Drug Action Team stream which aims to tackle issues surrounding alcohol and drug taking behaviours. Young people aged 12-17 have the chance to design their own skateboard deck. It can be illustrated, painted, typographic, graffiti, or photography, any style you like.

This program has everything - Health promotion, service support, celebrating young people, creative outlets, and AMAZING prizes up for grabs!

Check out the Deck'D website for more information.

Where: Online (or drop into the Youth Rooms after school to get your life size deck template)

When: Open until 5pm Friday 19 Feb

Who: 12-17 years

Cost: FREE

Contact: Kaylee Wellington

0437530803 kaylee.wellington@mitchellshire.vic.gov.au