

Newsletter No.5

Term 1

18 March 2021

Dear Parents and Guardians

'What you sow is what you reap.'

The phrase 'what you sow is what you reap' has its origins from St Paul the Apostle. The popular phrase emphasises that what is achieved has a fair amount to do with the effort given. Input = output. We know it can be very easy to make excuses for not using our individual talents or not giving the appropriate effort to a short term task or long term goal. Students who do not see a task or responsibility through, give up because it is too hard or can't be bothered, can develop long term habits that do little for their resilience and understanding that a sometimes-tough world will not stop for them. The positive though is that children do mature and eventually see the light.

A Canola crop is the richest of yellows. No computer image or painting can do justice on a sunny day when you drive near a field of Canola. To grow a successful crop a farmer relies on the soil, the seed, the weather, the agronomist and on his or her own wisdom and experience. So too do we at St Mary's, rely on the communication and connection between home and school and the building of positive relationships, so that our students are educated holistically to ensure they blossom.



At the Year 10 Information Evening this week students were informed that Year 12 begins in Year 10. The Assessment policy and general learning expectations will parallel VCE standards. It is important to prepare our senior students for the rigour of their final two years of education. Students were also reminded that it is very rare to go from doing little to automatically turning the study 'tap' on, which is what 2022 will demand. This is especially true if there is a 'slack' commitment to homework and revision during 2021. My uncle who for many years taught in Catholic Colleges in Queensland, NSW and in Melbourne said the best academic advice any senior student can receive is, *"You usually get what you deserve."*

Whilst there are areas of education that do not change, we know that engagement with IT has changed the world. Teenagers now learn through a variety of ways and IT engages them with a global community and with extraordinary access. This requires a great deal of supervision and commitment from home and at school. If a teenager has 24/7 access to IT then it is obvious that issues will arise. The earlier the age (where rules exist for IT use at home), the easier it is to manage connection to devices.

College Nurse

The position will be advertised this week and close on Wednesday 7 April. Highly respected and recently retired Nurse Manager Karen Richards has been invited to join the interview panel. Interviews are planned for Week One of Term Two.

Pioneer Park

The College has the opportunity to be involved in the upkeep of the park. The trustees will be invited to speak to staff next term followed by historical tours for our students. From that point a decision will be made in regard to the practicalities of involvement so that students can build a connection to this wonderful opportunity for community service. Parents and or grandparents are welcome to assist.

Chaplaincy Program

Funding of \$40000 has been received from the National Government for 2021-2022. Mrs Kellie Giannarelli will take on this role and has begun studying for a Certificate IV in Chaplaincy and Pastoral Care. (CHC42315) The Nationally funded Chaplaincy program is based around supporting students in wellbeing. Kellie will work with specific programs (such as Seasons of Growth) for groups of students in consultation with the College Wellbeing team.

Thank you to the parents who attended the F-2 InitiaLit and Year 10 Information Evening this week. Mrs Kerrie Pearce provided excellent knowledge on the new literacy program and another information session is organised for Friday 26 March at 9am in the Library for parents who were not able to attend.

Autumn is a beautiful season and time of the year. In the country when farmers are burning off the paddocks in readiness for the ploughing season it signals that the bounce of the Sherrin is not far away. The footy season is back!

Let our actions and words be shining lights for others.

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 In next week's Marian there will be information on the F-12 Pathway Committee.

Deputy Principal Operations

Attendance "Every Day Counts"

Attendance is an important contributor to a student's academic achievement – all school days matter. A small number of parent approved absences are acceptable and understandable due to illness, medical/health care appointments, religious or cultural activities or bereavement. Setting positive attendance habits early in a child's schooling is essential. From an early age, if children are taught that they need to 'show up' for school and make a commitment, this positive mentality aids academic and career success and brings benefits in adulthood.

Parents/carers should inform the College in advance of known upcoming absences, or on the day of absence as soon as practicable. The College can be notified by phone or by using the PAM portal on our school website. Our Primary Class Teachers and Secondary House Mentor Teachers monitor student attendance and follow up unexplained absences. If your child is marked absent in the morning and the College has not been notified, a text message is sent at 9:30am to inform parents/carers and to request communication.



Writing this article motivated me to retrieve and view our College attendance data. I was pleased to see numerous students with a 100% attendance rate for Term 1 thus far. Our Foundation students are leading the way with a school attendance percentage of 94.51%, closely followed by Year 2 with 94.17%.

Late Arrival to School

At St Mary's College, daily classes commence at 8.45am. Thank you to all parents and carers who ensure their child/ren are at school prior to the morning bell. Staff are on duty and provide supervision from 8.30am. Arriving on time enables students to settle in and prepare calmly for the school day ahead. Students arriving late can feel stressed and are immediately at a disadvantage as they miss the introduction to lessons. Students who arrive after the 8.45am bell are required to report to the College office to sign in.

Parent Messages

Occasions arise when parents need to contact the office to deliver their child/ren a message. The office tries to minimise the number of PA announcements made during class time as these interrupt student learning. Announcements are routinely made at the beginning of recess and lunch time. Please ensure your child/children know the arrangements for the day e.g. daily pickup & drop off routines. If changes occur during the day please contact the office as soon as possible.

Director of Wellbeing

Each year *Bullying No Way!* have a *National Day of Action* against bullying. It is very important for students, parents and teachers to understand what bullying is and strategies to deal with it in the event that it does occur. According to kids help line, 1 in 4 Australian students experience bullying. Education to prevent bullying is key.....Bullying is never OK!!



Bullying is usually described by the types of behaviours involved, so we talk about verbal, social and physical bullying. Bullying is sometimes also labelled by where it occurs or by what type of harm is done. These words can be used alone or in combination. It can be confusing!

There are three types of bullying behaviour:

- Verbal bullying which includes name calling or insulting someone about physical characteristics such as their weight or height, or other attributes including race, sexuality, culture, or religion.
- Physical bullying which includes hitting or otherwise hurting someone, shoving or intimidating another person, or damaging or stealing their belongings
- Social bullying which includes consistently excluding another person or sharing information or images that will have a harmful effect on the other person.

If any of these behaviours occur only once, or are part of a conflict between equals (no matter how inappropriate) they are not bullying. The behaviours alone don't define bullying.

In Pastoral Care on Friday students will be in Reading Buddy Groups. Older students are going to support younger students to make a 'chatterbox' where together they will come up with 8 strategies to use in response to bullying.

Some helpful links if you would like more information on bullying-<u>https://bullyingnoway.gov.au/</u> <u>http://kidshelpline.com.au/</u> <u>https://headspace.org.au/young-people/what-is-bullying-and-the-effects-on-mental-health/</u>



Friday 19 March 2021-National Day of Action

Mrs Allison Moore allison.moore@smseymour.catholic.edu.au

Parent Engagement



Family Night - Celebration of Learning Tuesday 30 March 5-7pm



We invite all of our families to a *Celebration of Learning* and Sausage Sizzle on Tuesday 30 March.

We want to gather as a whole College to celebrate all the learning and achievements of Term 1, participate as a family in a 'passport' activity and to also meet our new families and catch up with friends and staff.

The sausage sizzle will be organised by our wonderful P&F.

Secondary students will also have their first social for 2021 from 7-9pm in the MPH.

Please see the information below for more details and watch out for an email that will be sent to all families.

Please contact Cath Evans for further information on the email address below.

School is open between 5-7pm so come and join in at whatever time suits your family.

Join us for a sausage sizzle in the Quadrangle and an opportunity to explore the learning spaces at our College. Collect your Map and 'passport' from the quadrangle area and, with your children, head off to the different areas in the College.

In each of the designated rooms, there will be activities to complete or questions to answer (fun not difficult!) After you have visited at least 5 different rooms or areas, return your passport to the quadrangle area. There is no time frame – it just needs to be completed by 7pm.

All families who complete at least 5 different activities will go in the prize draw for a family activity pack.

This evening is a chance for families to see all areas of the College.

We want primary families to see what is in the secondary area and the secondary families to have a look through the primary areas.

It is also a great opportunity for our families to come together – especially those who are new to St Mary's College community.

We look forward to seeing you.

Please RSVP via Operoo for catering purposes.

Mrs Catherine Evans

catherine.evans@smseymour.catholic.edu.au

Counsellors Corner

Finding ways to focus can be a tricky skill for student to master. One way we can help students focus on their task is to use Whole Body Listening. We know that listening involves more than just 'hearing' with our ears. Whole Body Listening involves the recognition of the purpose all our body parts play when engagement through listening is achieved. The following skills are used when we use Whole Body Listening:





- Our mouths are quiet
- · Our body is facing the speaker
- · Hands and feet are quiet
- · Eye contact to speaker or near speaker for those who struggle to make eye contact
- Brain in thinking about what is being said

These skills are great to practice in the classroom and at home. Have you ever noticed your student is so engaged in a game, show or tiktok that you feel like you're 'talking to a brick wall'? Practicing Whole Body Listening could help you engage with your student in more depth at home and will also help them engage in more depth with their learning.

Mrs Melinda Nuttall counsellor@smseymour.catholic.edu.au

Secondary Literacy Leader

Year 10 RAMS (Resilience Across Mitchell Shire)

We teachers at St Mary's often have reason to be humbled by the courage and determination our young people display in the face of challenging circumstances.

Have a look at the pictures attached to see our amazing Year 10 students who are participating in

the RAMS (Resilience Across Mitchell Shire) program. This program which is run jointly by Mitchell Shire and Berry Street, aims to develop essential Life Skills such as Optimism, Flexible Thinking, Empathy, Self-Efficacy, etc, in young people through activities like High Ropes courses at Kinglake Outdoor Education Centre, Martial Arts and Dog Connect.

The 6 participants this year, Ashby Murphy, Kaitlin O'Neill, Charlotte Cox, Xavier Ritchie, Lachlan Canty and Dominik Ciantar demonstrated an admirable willingness to test their boundaries by diving off high platforms, climbing walls and tall trees and trusting partners and teams in balancing board activities.

Well done guys, this is the spirit that will stand you in good stead in any challenges that you may face in the future.















Literacy & Numeracy Tutoring



Mrs Lorna Hooper Secondary Literacy Leader

Mr Darcy McLean College Numeracy Leader



At St Mary's College we are passionate about our students being partners with their teachers in their learning journeys. This is why we offer Numeracy and Literacy tutoring every Thursday after school, during Term time.

If your child finds that their Maths, English, Humanities or Science homework takes them longer than it should or if they are experiencing specific challenges in numeracy or literacy, we encourage you to take advantage of the generous (and free) offer of our secondary teachers' time and expertise to assist your child to be more confident and selfdirected in their own learning.

While we are aware that there are transport and pick-up difficulties that can present a challenge for many working parents, we hope that you can resolve these in order to enable your child to benefit from this opportunity.

Our Library is also open during most lunch times for students who would like help to complete outstanding work.

We welcome any questions you may have about our Numeracy and Literacy Tutoring for students in Secondary (Years 7-10) on Thursdays 3:30-4:30pm.

lorna.hooper@smseymour.catholic.edu.au

darcy.mclean@smseymour.catholic.edu.au

Primary Pastoral Care Coordinator

Week 8 and the end of term is looming but there is still plenty to do! Our students are managing themselves being back at school quite well. We are seeing plenty of examples of what friendship looks like, support of each other in the classroom and in the yard, diligent efforts towards completing work and showing respect for each other and our environments. Every Flag Assembly sees multiple students being awarded for following our TAG - Show Respect, Act Justly & Do your Best. The few examples of not following our TAG are quickly recognised and students are reminded of expectations.



Enjoy the attached photos of recent events and have a great week.







InitiaLit group rotations in action in Year 1

Foundation and Year 10 **Buddies morning tea**





1B students practicing their counting skills and their number formation in mathematics.









Mrs Anne Spencer anne.spencer@smseymour.catholic.edu.au

Performing Arts

This week we began rehearsals for the College Production of *Into The Woods Junior*. Students received their roles last week and have been anticipating getting started.



The cast for 2021 is:

Lead Cast	Ensemble
Narrator Lainey Doyle Baker Saxon Ashworth Baker's Wife Brooke Leary Little Red Riding Hood Piper Doyle Witch Jorja Roberts Cinderella Laura Hogan Cinderella 'S Mother Olivia Leary Evil Stepmother Mia-Grace Cinderella's Father Ruby Cook Florinda Imogen Solomon Lucinda Tahlia Mulraney Wolf 1 Oliver Bree Wolf 2 Bryce Staples Cinderella's Prince Rose McQueen Jack Elouise Stringer Jack's Mother Lucy Duff Milky White Kayla Bender Granny Megan Barrow Mysterious Man Angus Ashworth Rapunzel Annie Dignam Rapunzel's Prince Kaitlin O'Neil Steward Tobias Rayner Lost Princesses Ebony Staples	Addison Thornberry Charli Egan Jesa Allen Shetayah Gruneklee Coco Wessels Chloe Thompson Charlize Berry Ella Noble Crystal Cox Cleo Chapman Alishika Kris Tyler Eaton Darcy O'Dwyer Marlee Brooke Olivia Hamilton Hannah Handford Zahira Wilson Sienna Lynch Remy Clydesdale Matilda Barry Grace McLean Natalie Coad Ella Jarvis Bianca Caruana Matilda Underhill Ella-Jade Hanson

Students received a rehearsal schedule last week. This details when they are required. All rehearsals run from 3:30-5:00 on Monday and Thursday nights. This is a change from previous years, where rehearsals were conducted at lunch time and in school hours. This change allows for as few interruptions to the school day and timetable as possible.

There will also be a full day rehearsal (10:00-4:00) on the 12th of April (School Holidays) in the College Multipurpose Hall. Students should bring their lunch, drink bottle, snacks and any entertainment (books, iPad, music) that they would like to use while they have downtime.

Parents have been sent an Operoo request that gives permission for their child to attend rehearsals out of school hours. It is important that parents are communicating with myself when students will be away, or have conflicting commitments. Please see the Marian and your rehearsal schedule for the rehearsals each week. If a student has continued absence (3 in a row) without sufficient explanation, their involvement in the show will be questioned due to the constraints on time.

If your child has decided not to continue in the production, or you have any questions, please email me ASAP.

Miss Naomi Hanlon

Learning Diversity Leader

Thank you to the parents who have been taking time out of their busy schedule to join staff members for a Program Support Group meeting to discuss their child's Personal Learning Plan. We're enjoying being able to make use of the newly renovated boardroom in the Mercy building.



PSG meetings will continue next week.



Mrs Claire Kelly claire.kelly@smseymour.catholic.edu.au

Defence School Mentor

St Mary's Defence Families Morning Tea

Thank you to all the parents that popped in to say hello and have a cuppa at the PDNC. It was so nice to catch up and to meet a few new faces. I'm looking forward to organising more family events throughout the year.



St Mary's Defence Kids Club/Hangouts In the last few weeks I have commenced Defence Kids Club/Hangouts at St Mary's in the Mercy Centre, Room 25. Defence Kids Club is for primary school aged students and provides children from Defence families a lunchtime opportunity to meet others and enjoy fun activities alongside myself the DSM. They can bring along a friend to join in a variety of activities including games, arts and crafts. Defence Hangouts are a more relaxed opportunity for high school Defence students. If you feel your child will benefit, please encourage them to come along.

Defence Kids Club - F-3 Tuesday Lunch break

- 4-6 Monday Lunch break

Defence Hangout - 7-10 Tuesday before school and Thursday lunch break

DCO Defence Family Helpline- Support, local community information and advice is available for ADF families through the Defence Family Helpline. Phone -1800 624 608 or Email- <u>DefenceFamilyHelpline@defence.gov.au</u>

> Mrs Emma Marrinan emma.marrinan@smseymour.catholic.edu.au

Sports Coordinator

Swimming 2021

Results from Regional Swimming

- Marcus Kinston 1st 12/13yr 50m Backstroke, 3rd 12/13yr 50m Breaststroke
- Hunter Bertram 5th 12/13yr 50m Freestyle
- Hamish Melville 3rd 12/13yr 50m Backstroke, 7th 12/13yr 50m Freestyle
- Finn Melville 4th 10yr 50m Backstroke, 7th 10yr 50m Breaststroke
- Lachlan Kingston 4th 10yr 50m Breaststroke
- 10yr boys 50m Freestyle Relay Team (Finn Melville, Harvey Smith, Lachlan Kingston and Levi Brown) 1st
- 11yr girls 50m Freestyle Relay Team (Mackenzie Pearce, Matilda Barry, Sienna Lynch and Zahira Wilson) **7th**
- 12/13yr boys 50m Freestyle Relay Team (Hamish Melville, Hunter Bertram, Jesse Glen and Marcus Kingston) 2nd
- Boys 50m Open Medley Team (Hamish Melville, Hunter Bertram, Jesse Glen and Marcus Kingston) 2nd





Hume Regional Swimming Finals

Congratulations to the following students who were part of our swimming squad who travelled to Wodonga on Tuesday March 16 to compete in the Hume Regional Finals.

Jordyn Beattie, Jabe Brown, Zac Brown, Lainey Doyle, Montanna Dunne, Bella Hargraves, Finn Hargraves, Oliver Kingston, Hugh Murphy, Noah Pearce, Joshua Porter, Isaac Smith, Adison Thornberry, Thomas White.

All students prepared well and competed to their best and our results (AMAZING) were a just reward for all the dedication and commitment these students have put into their swimming training.

Oliver Kingston - Hume Regional 13 years Male Individual Champion 4 individual 1sts, medley relay 1st, freestyle relay – 2nd

Isaac Smith – **100m 14 year male freestyle – 2**nd 13-year boys – **1**st **medley relay, 2**nd **freestyle relay** 14-year girls – **3**rd **medley relay** 14-year boys – **1**st **medley relay, 2**nd **freestyle relay**



All FIRST PLACINGS will compete at State level on Thursday April 22, 2021 at MSAC.

A special mention to all the parents and grandparents who travelled up on the day to support the students. It was a great team effort and our students were very well supported and cheered for!

Huge thank you to Jolene and Dale Brown who took up shade shelters, chairs, eskys and a table for all our team to base themselves in for the day.

The set up was magnificent and really contributed to the TEAM SPIRIT of our students for the day.

Thanks Jolene, Dale and Gillian.











Director of Faith and Mission



WEEK 5

HALIMA BANGLADESH "Now I can keep my children clean, educate them and cover expenses for their needs." Halima is raising two children under seven in a refugee camp in Bangladesh, while caring for her mother who has a disability. Widowed at just 21, Halima fled violence in Myanmar's Rakhine State in 2017, arriving at the camp with nothing. <u>https://lent.caritas.org.au/week-5</u>



MARCH 26

Disco in MPH (Gold coin donation)

REMINDER

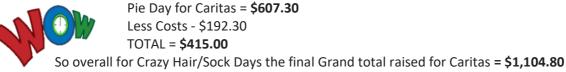


Joy of Sacraments Tuesday March 23 7pm - 8:30pm Special Guest Speaker; Pauline Cicutto All students and parents are invited to this special meeting that starts the Sacramental journey for our baptised Catholic Students. Keep an eye out for the Operoo form that has been sent home.

Meat Pie Monday!

A huge thank you to everyone for their support of our Caritas fundraiser today. The Meat pies were marvellous!!





Mrs Rochelle Gough rochelle.gough@smseymour.catholic.edu.au

Information Regarding College Photos

School Photos 2021 – St Mary's College

Annual school photos have been taken by Arthur Reed Photos.

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

- 1. Go to <u>https://order.arphotos.com.au</u> and enter the 2021 image code for your child (*from their personalised flyer that they were given on photo day*)
- 2. Tap on 'Add another child' to enter the image codes of any siblings
- 3. Fill in your email and mobile details and then review all details before confirming your registration

That's it! When 2021 photos are ready, you will be notified by email and SMS.

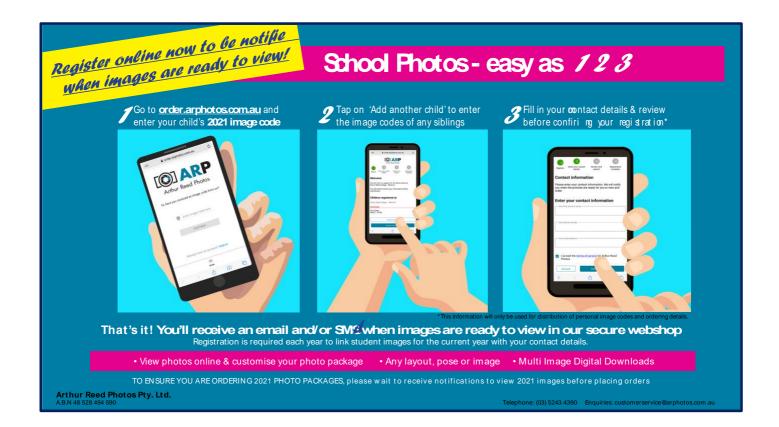
Even if you registered last year, it's important that you do it again each year using your child's new image code to link their photos for the current year with your contact details.

To ensure you are ordering school photos for the current year, please wait for notifications that 2021 images are online before placing orders.

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

All photo orders will be sent directly to the address you provide when ordering.

REGISTER ONLINE NOW to be notified when 2021 school photos can be viewed and ordered.



Dates to Remember

Bell Times 2021		
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	

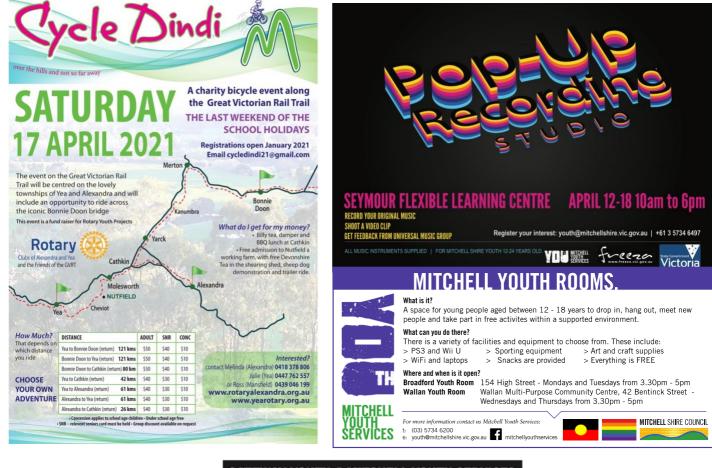
Term Dates 2021
Term 1: 28/01 – 01/04
Term 2: 19/04 – 25/06
Term 3: 12/07 – 17/09
Term 4: 04/10 – 17/12

Term 1		
Week 9	Tue 23 Mar	'Joy of Sacraments' 7pm – 8:30pm
	Fri 26 Mar	F-2 InitiaLit Information Morning 9am in the Library
Week 10	Thu 1 Apr	Easter Liturgy 11:30am
	Thu 1 Apr	Last Day Term 1
T2 Week 1	Mon 19 Apr	First Day Term 2
	Wed 21-Fri 23	Year 7 Marysville Camp
Week 2	Mon 26 Apr	School Closure Day – Staff Professional Development
	Fri 30 Apr	Reconciliation 7pm in the Church

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





TIME: 9:15 - 3:35PM



AGES: 12 - 18

Book at any Council Customer and Library Service Centre. Looking for something to do during the Term 1 Holidays?

Join the team for a Laser Skirmish day!

PICK UP

S

SPORT DETA



DROP OFF

GATE

WAY

2.20pm: Seymour Library - 125 Anzac Ave, Seymour 2.45pm: Broadford Youth Room - 152 High St, Broadford 3.05pm: Kilmore Library - 12 Sydney St, Kilmore 3.15pm: Wallan Youth Room - 42 Bentink St, Wallan

- Greater Beveridge Community Centre Cnr of Lithgow St and Mandalay Cct, Beveridge 3.25p



e: youth@mitchellshire.vic.gov.au w: www.mitchellshire.vic.gov.au



