



# The Marian

[www.smseymour.catholic.edu.au](http://www.smseymour.catholic.edu.au)

[facebook.com/stmarysseymour](https://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.17

Term 3

16 July 2021

## Dear Parents and Guardians,

The goal posts shift frequently these days!

Yesterday we received confirmation of the lockdown after the students and most staff had left the College. I can say (with some experience) that our College staff like our parents have been extraordinary over the journey of Covid. Australia is in a far better place than most countries and we can look forward to vaccination percentages bring us to the time when the 'tables are turned' and Covid has to live with us!

This week I listened on SEN116 to a conversation with a business owner at Ballarat, who was gearing up in readiness for the Swans vs Giants game this weekend only to hear today that both teams left that morning for Queensland. Such are the times we live in – disruption; change; flexibility; inconvenience; economic cost and stress. Covid fatigue is real for many people as we all endeavour to be on guard and vigilant coping with those 'shifting goal posts' of restrictions and snap lockdowns. To those families who are in their own businesses may the present and future be kind to you.



## Humility Gratitude Humour

Ben Crowe is a Mindset Coach and well known for his skills working with elite sportspeople in the intense world of professional sport. One of his clients is Wimbledon Champion, Ashleigh Barty. During an early morning walk I listened to an ABC Conversation Hour podcast 'Meet Ash Barty's mindset coach — Ben Crowe'. The 53-minute podcast is fantastic and so true of life in so many ways. Please take an hour out of your busy schedules to listen about humility, gratitude and humour. One's attitude to life determines so much.

<https://www.abc.net.au/radio/programs/conversations/ash-barty-sports-mentor-ben-crowe/13418314>

## Primary Learning Centre

The winter weather and delays in building supplies will affect the handover date. Handover at this stage will be mid-November. The Primary Learning Centre will accommodate the early years of learning (F-2) and provide a wonderful learning environment for the consolidation of foundational skills. The centre will also be a valuable promotion for future St Mary's families.

## Master Plan

ROAM architects will return next week (Covid permitting) to meet with secondary students and with the F-12 Pathway Project Manager, Anthony O'Byrne. ROAM will return thereafter to meet with staff and a group of parents to complete the face-to-face consultation stage for College Master planning.

## F-12 Pathway Committee

The committee will meet virtually Tuesday 20<sup>th</sup> July at 4:00pm to continue working through the Terms of Reference. Data collection is a large part of current research with Tony O'Byrne consulting with various agencies. This week Fr Ashkar and I met with Auxiliary Bishop of the Archdiocesan Melbourne (Eastern Region), Terry Curtin to update him on the progress of the Pathway Committee. Bishop Terry supports the College's ambition to return to Year 12 and is looking forward to reading the final submission.

## Enrolments 2022

Currently enrolments across the College will increase by 24. Enrolment numbers will fluctuate between now and next year. Planning is underway for staffing and in the perfect world staffing will be finalised well before the end of Term Four.

## Staff

Both Mr Martin Keating and Mrs Shae Williams are recuperating after surgery. Martin will have a few months of rest and possibly further treatment. Shae will return to the College next week. Our thoughts and prayers are with Mrs Denise McLennan on the recent passing of her sister, Catherine from Cobram.

Next week Parent Teacher Progress meetings will be held in a virtual meeting room, which is an option that will become a future reality for many schools and workplaces. Miss Naomi Hanlon is leading the production and cast of *'Into the Woods'* a musical production inspired by the Grimm Brothers' fairy tales of 'Little Red Riding Hood', 'Cinderella', 'Jack and the Beanstalk', and 'Rapunzel' of a childless couple who set out to end a curse placed on them by a vengeful witch.

Thank you for the support and patience in dealing with the changing nature of Covid interruptions. Stay warm and stay well.

May 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) MTheoSudies (BBITAITE)

## College Nurse

### Introducing Mrs Brooke Wessels our College Nurse

Brooke grew up in Seymour and is married with 2 children. Brooke and her family moved to Queensland shortly after getting married. She has been nursing for 11 years.

Brooke has experience working in the emergency department and anaesthetics. Brooke and her family lived in Mount Isa for 7 years, where she worked in the emergency department specialising in Indigenous health, adolescent and paediatric health care, wound care and acute health care. Brooke also has experience working on the medical, surgical and paediatric hospital wards.

Brooke worked as an anaesthetic nurse at the John Flynn Hospital on the Gold Coast for 2 years before moving back home to Seymour.



Brooke's favourite treat is chocolate and she barracks for the Geelong Cats.

Brooke is really looking forward to working with students and getting to know them and their families. The students have been calling her Nurse Brooke and have been very excited to visit the new health centre space.



### Mrs Brooke Wessels

[brooke.wessels@smseymour.catholic.edu.au](mailto:brooke.wessels@smseymour.catholic.edu.au)

## Director of Learning and Teaching



Parent Teacher Interviews - are scheduled for Tuesday 20th July and Wednesday 21st July between 3:30 and 6:30pm.

Please use your PAM account to book interviews.

Semester 1 Student reports have been released and are also available in PAM.

See information below for access to your PAM account.

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

**Ms Christine Buhler**

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

## Secondary Pastoral Care Coordinator



Welcome to Term 3! It was wonderful to see the students come back so energized and ready for learning. This term will be busy for students with our production in Week 9, Cross Country and Southern Ranges sports days as well as Retreat Days.

As the reports have been released, parents are invited to meet with their child's subject teachers to discuss any queries or concerns about their child's academic progress.

If there is an issue or concern about your child's wellbeing the first point of contact should be your child's House Mentor. Alternatively, you can contact myself at [angela.molinaro@smseymour.catholic.edu.au](mailto:angela.molinaro@smseymour.catholic.edu.au).

Mrs Allison Moore as the Director of Wellbeing is also available to be contacted at [allison.moore@smseymour.catholic.edu.au](mailto:allison.moore@smseymour.catholic.edu.au)

Friday 23<sup>rd</sup> July will be a Pyjama Day in support of the Vinnies Winter Appeal. All students will be asked to bring **1 non-perishable food item** to support the Vinnies Winter Appeal. They can wear pyjamas/dressing gowns/onesies/slippers (indoors) for the day etc. Thanks to the Student Leaders who suggested and promoted this idea!

**Ms Angela Molinaro**

[angela.molinaro@smseymour.catholic.edu.au](mailto:angela.molinaro@smseymour.catholic.edu.au)

# Director of Wellbeing



## Mental Health and Wellbeing

The mental health and wellbeing of our students, families, teachers, and school staff remains an important consideration, particularly during the general uncertainty associated with COVID-19.

To remain positive and engaged in their education during the COVID-19 pandemic, a wealth of online resources to support parents and students is available:

- the Australian Psychological Society's [advice for maintaining positive mental health](#) during the coronavirus outbreak
- Beyond Blue's information about [mental health](#) in relation to coronavirus, facts about [anxiety](#), and other practical advice and resources at [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Headspace's information for young people and [tips to maintain a healthy headspace](#) .
- [Talking to children about natural disasters, traumatic events, or worries about the future](#) – This Emerging Minds video introduces ways for parents and carers to manage media coverage of traumatic events, and talk to their children about their worries and fears
- [Traumatic events, the media and your child](#) – This Emerging Minds fact sheet provides guidance on how to support and reassure children during ongoing media coverage of COVID-19

The eSafety Commissioner has developed a range of resources to assist students and parents/carers, including:

- [Taming the technology](#)
- [Privacy and your child](#)
- [COVID-19: an online safety kit for parents and carers](#)
- [Report cyberbullying](#) – providing information for a child under the age of 18

Other helpful resources include:

- [ThinkUKnow](#) – Australian Federal Police internet safety advice for young people and parents
- [Staying safe online during the coronavirus pandemic](#)
- [Keeping children safe online](#)
- [How to keep kids calm at home](#)
- [Bullying. No Way!](#) – information and tools for teachers, students and parents to counter bullying

All the devices that connect to the internet in your home offer lots of benefits, but you also need to understand the risks associated with these devices and how to protect yourself and your family. Technology is part of life.....the education around how student's use the technology, is what is important.

**Mrs Allison Moore**

[allison.moore@smseymour.catholic.edu.au](mailto:allison.moore@smseymour.catholic.edu.au)



# Safe Bedrooms

A initiative of the Daniel Morcombe Foundation



## What do groomers look like?

**Grooming can be really tricky to identify as no two groomers are alike.**

The internet makes it easy for people to mask their true intentions and hide in plain sight. Whether online or in real life, groomers broadly fall into two categories. Talking to your children about the types of behaviour to be suspicious of can assist them to recognise grooming if they see it in real life, or online.



### THE INVESTED GROOMER

The planned groomer will spend a lot of time carefully selecting their victim. They will assess the risk of exposure by asking questions that allow them to figure out how connected a child is and what vulnerabilities they may have. For example, asking where they use their device or whether their parents monitor their messages.

The planned groomer is a master of disguise and can enact their plan slowly, gradually wearing down the barriers not just of the victim, but sometimes the victim's friends. Some strategies they use include:

- building rapport
- normalising sexual themes in discussion
- manipulation techniques like blackmailing and gaslighting
- isolating the victim from family and friends by convincing them that they are the only ones who understand them.
- coercion
- control and domination via threats and emotional abuse.

Ultimately, the planned groomer wants to establish control of their victim and wield their abuse while convincing themselves and others that they are the true victim.

### THE GAMBLING GROOMER

The unplanned groomer will lurk in plain sight, often within games that children play online.

They will generally mask their identity by pretending to be *just another kid* playing the game. These groomers are quite haphazard in their approach and will cast a wide net, waiting to pounce when an opportunity arises.

They will look for any opportunity to quickly establish a friendship, convince a child to send them a photo or allow them to access the child's webcam. They will disappear as soon as they have the material that they want.

This type of groomer operates so unpredictably that the child may not be aware of the gravity of the situation or have an understanding that something bad has occurred.

The best way to protect your child against this type of groomer is to have open conversations about the types of requests they may receive online and how to think critically about the intent behind the request.

# Director of Faith and Mission



## Read Halima's story

This week, the Confirmation program began for our Year 6s and 7s, two Year 8 students and a staff member. It is an exciting time!

There is a fabulous video on YouTube which I encourage you to view, which describes the importance of this special Sacrament.

<https://bustedhalo.com/video/confirmation-why-were-confirmed>



On Wednesday, we welcomed Bishop Terry Curtin, who gave an insightful talk to candidates and the entire Year 6 group. He discussed the importance of the Sacrament within the student's faith journey, the importance of choosing the right sponsor and right Saint's name.

Bishop Terry also had the pleasure of sharing morning tea with the staff, Father Ashkar and our College Captains, Jordyn and Oliver; who were keen to express their desire for our College to go to Year 11 and 12 (they say...never miss an opportunity!).



### **PRAYER FOR CONFIRMATION CANDIDATES:**

*Lord, You send out Your Spirit  
to touch the hearts of all people,  
so that they may believe in You and in Jesus whom You sent.  
Look kindly on all candidates for Confirmation as they listen to Your voice.  
Open their hearts to Your Spirit and bring to fulfilment of the good work that  
You have begun in them.  
As we prepare these children for Confirmation, make each of us an instrument  
of Your love. Teach us to appreciate what is holy in others, and to be patient  
with what we do not understand.  
Deepen our faith in the Gospel and help us to pass it on by our example.  
We pray that You will continue to guide us and sustain us.  
Through Christ our Lord, Amen.*

**Mrs Rochelle Gough**

rochelle.gough@smseymour.catholic.edu.au



# Careers and Pathways



## Work Experience

Congratulations to Year 10 students who completed their work experience at the end of last term (some students even did a second week in the holidays). The reports I've been receiving from employers have been very impressive. The students have done themselves and the College proud.

Once again, a huge **Thank You** to all employers, local businesses, organisations and their staff for giving these wonderful opportunities to our students.



**Mrs Tanya Oakley**

[tanya.oakley@smseymour.catholic.edu.au](mailto:tanya.oakley@smseymour.catholic.edu.au)

## Defence School Mentor



Welcome back to school for Term 3, I hope everyone enjoyed the school holidays.



### Posting

It's that time of the year, posting orders are starting to come out. Let me know if your family is leaving St Mary's and I can support our defence students in preparation for the changes ahead.

### Defence Community Hub

Defence Community Hub is an online resource for ADF members and their families. It is a Defence Housing Authority, Defence Member and Family Support and Defence Families Australia collaboration supporting ADF families throughout their Defence Life.

Browse locations throughout Australia <https://www.defencecommunityhub.org.au/>

### DMFS

It's official Defence Community organisation (DCO) has changed its name to Defence Member and Family Support (DMFS), the new name better reflects their vision but the programs offered to Defence families will continue.

### DMFS Member and Family Helpline

Support, local community information and advice is available for ADF families through the Member and Family Helpline. It operates 24-7 and is staffed by qualified human services professionals including social workers and psychologists. This is the best way to access DMFS programs and services offered to help Defence families manage the military way of life.

**Phone** 1800 624 608 or **Email** [memberandfamilyhelpline@defence.gov.au](mailto:memberandfamilyhelpline@defence.gov.au)

**Mrs Emma Marrinan**

[emma.marrinan@smseymour.catholic.edu.au](mailto:emma.marrinan@smseymour.catholic.edu.au)

## Agriculture and Horticulture



St Mary's has been successful in our grant application for the Woolworths Junior Landcare Grants. We will use the funds to further develop our existing garden area and include garden beds specifically for our Junior Primary students.

[juniorlandcare.org.au](http://juniorlandcare.org.au)



**Mr Andrew Allen**

[andrew.allen@smseymour.catholic.edu.au](mailto:andrew.allen@smseymour.catholic.edu.au)





# Learning Diversity Leader



This year the National Aboriginal and Torres Strait Islander Catholic Council adopted the NAIDOC theme for Aboriginal and Torres Strait Islander Sunday held this year on 4<sup>th</sup> July – Heal Country. Let us acknowledge the Traditional Custodians who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of the First Nations Peoples to this Country and commit ourselves to the ongoing journey of Reconciliation through healing. We acknowledge that these lands, waterways and seas always have been, are, and will always be lands, seas and waterways of the First Nations peoples. We commit to walking with and learning from the elders of these places.

**NAIDOC WEEK theme: Heal Country, heal our nation.  
What does this theme mean to Aboriginal and Islander peoples?**

*Country is inherent to our identity.  
It sustains our lives in every aspect - spiritually, physically, emotionally, socially,  
and culturally.  
It is more than a place.  
When we talk about Country it is spoken of like a person.  
Country is family, kin, law, lore, ceremony, traditions, and language. For Aboriginal  
and Torres Strait Islander peoples it has been this way since the dawn of time.  
Through our languages and songs, we speak to Country; through our ceremonies  
and traditions we sing to - and celebrate Country – and Country speak to us.*

<https://www.naidoc.org.au/get-involved/2021-theme>



God of all wonder,  
We pause in the busyness of our days to listen deeply to the wisdom of this land and those who belong to it.  
May our minds be open to dialogue,  
May our hearts be open to transformation and  
May our hands do the work of reconciliation.  
We ask that the Spirit accompany us on our journey of healing on these lands, seas and waterways;  
We also ask the Spirit of peace be with all those who are living a life of fear, dispossession and distress

We wish all our Aboriginal and Torres Strait Islander families are very happy NAIDOC celebration.

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

Every child is different.  
So is every foster carer.

## BERRY STREET

**A little of your time can change an entire life.**

In Victoria, the number of children who cannot live safely at home has risen every year over the last 10 years. Children in care have experienced trauma – they need a safe, nurturing home environment to help them recover.

If you are over 21 and have a spare bedroom, we would love to hear from you. As a foster carer, you could make a huge difference to a child or young person in need.

For more information please contact Janene  
T: (03) 5822 8100 or E: [humefostercare@berrystreet.org.au](mailto:humefostercare@berrystreet.org.au)



CHILD & FAMILY SERVICES PROGRAM TIMETABLE TERM 3, 2021  
Call 1800 161 306 for more information

### Connections

A relationship building group for mothers and young children (0-4 years) who have experienced family violence

FamilyCare, Shepparton  
Tuesday 20 July till  
Tuesday 14 September  
10am - 12 noon

Call FamilyCare Central Intake  
1800 161 306

### Drumbeat for Women

Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts

A group for women who have experienced family violence

FamilyCare, Shepparton  
Thursday 22 July till  
Thursday 16 September 2021  
10am - 11:30am

Call FamilyCare Central Intake  
1800 161 306

### The Importance of Play

Playing together is one of the most effective tools for building strong relationships with your child

ONLINE  
Tuesday 7 September 2021  
10am - 12 noon

[Register here](#)

### Tuning in to Teens

A program for parents of 10 -16 year olds. Learn how to help your teenager develop emotional intelligence

FamilyCare, Shepparton  
Monday 19 July till  
Monday 23 August 2021  
5:30pm - 7:30pm

[Register here](#)

### Emotion Coaching

For parents and carers of children 2-10 years of age who would like to understand their children's emotional development and learn how they can connect with their children.

ONLINE  
Tuesday 24 August 2021  
10am - 12 noon  
[Register here](#)

Gowrie St PS, Shepparton  
Wednesday 21 July 2021  
1pm - 3pm  
[Register here](#)

### Drumbeat for kids

A group for children who have experienced unhealthy relationships

FamilyCare, Shepparton  
children 6-8 years  
Monday 19 July till  
Monday 13 September 2021  
4pm - 5pm

Wallan venue for children 8-12 years  
Wednesday 21 July till  
Wednesday 8 September 2021  
4pm - 5pm

FamilyCare, Shepparton  
children 8-12 years  
Thursday 22 July till  
Thursday 16 September 2021  
4pm - 5pm

Call FamilyCare Central Intake  
1800 161 306

### Tuning in to Kids

A program for parents of 2 -10 year olds. Learn how to help your child develop emotional intelligence

ONLINE  
Tuesday 20 July till  
Tuesday 17 August 2021  
6pm - 8pm  
[Register here](#)

ONLINE  
Thursday 22 July till  
Thursday 19 August 2021  
10am - 12noon  
[Register here](#)

### CHILD & FAMILY SERVICES PROGRAM TIMETABLE TERM 3, 2021

Call FamilyCare Central intake on 1800 161 306 for more information



# Dates to Remember

Term 3		
Week 2	Tue Jul 20	Parent Teacher Interviews 3:30-6:30pm
	Wed Jul 21	Parent Teacher Interviews 3:30-6:30pm
	Thu Jul 22	Year 9 Retreat - Courage to Care 8:45am-3pm
	Fri 23 Jul	Pyjama Day for Vinnies Winter Appeal
	Fri Jul 23	Whole College Assembly 2:15 in MPH
Week 3	<b>Mon Jul 26</b>	<b>School Closure Day - Staff Professional Development</b>



Reminder to families!  
Cadbury Fundraiser money  
is due back now.

Thank you for your support!

## 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 3:** 12/07 – 17/09

**Term 4:** 04/10 – 17/12

### 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