



# The Marian

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

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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.18

Term 3

23 July 2021

## Dear Parents and Guardians,

My article this week is a video update of what's happening at St Mary's. It is certainly not intended to win a 'Logie' and was recorded by our ever-reliable Nettek IT Technician, Tyler Thomson. Tyler joined St Mary's this year and nothing is too much trouble for him. He is a courteous and thoughtful young man of action and his focus on task orientation provides an important link in the chain for IT at St Mary's.

[Click here to view the first video](#)  
[Click here to view the second video](#)

## Blessings

Mrs Claire Kelly received news earlier this week that her father passed away in Sydney. Our thoughts, prayers and collegial support are with and around Claire, especially with the borders closed.

*'Eternal rest grant unto Mr Kelly, O Lord, and let perpetual light shine upon him. May he **rest in peace.**'*

Mr Keating is on the road to recovery and received very good news post-surgery. Mrs Williams has recovered from surgery and looking forward to being back with the mighty Foundation B.

## College Beanie and Scarf

The College Year 10 leaders wrote a letter to the College Advisory Board asking that a College Beanie and scarf be added to the Uniform for 2022. The Board were unanimous in supporting the request as optional items for 2022. Designs will be researched before a final decision on style is made. How goods are our Year 10 students and I quote:

*"Mr Smith, we will never get to wear the College Beanie and scarf but we want our younger peers to have them." (Captain Oliver Bree and Vice-Captain Lucy Duff on behalf of the Year 10 leaders)".*

Amen to our Year 10 leaders, their legacy will be will long in the hearts of their peers.

We look forward to our students returning on Wednesday. At the present rate Victoria seems on track to control the Delta strain. The weekend weather promises much of the same – cold and wet. If you can, stay warm and stay dry and perhaps cheer on the green and gold.

Stay well good folk and 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) MTheoStudies (BBITAITE)

## *Director of Learning and Teaching*



### **The world we live in provides us with both opportunities and challenges!**

Thanks to all teachers and parents who participated in parent teacher meetings this week despite the challenges! Many parents and families were able to engage with the online systems. Alternatives were found for those who needed to make other arrangements.

This communication and collaboration is a vital component for us to work together in supporting your child's school life!

It's not too late! - If you missed out this week - feel free to email your child's homeroom or house mentor teacher to arrange a time for a phone call.

### **The Premiership Quarter- Is here!**

Term 3 equates to the third quarter of the match! Known as the premiership quarter as it's time to get ahead, catch up and dig deep in order to achieve the desired outcome. Students - Do your Best plus a bit more! Show use your ability, demonstrate your learning, generate ideas and possibilities, consolidate this year of the curriculum. Parents support and encourage, show understanding and patience as we get through the term as best as we can.

### **Book Week is coming!**

We continue to plan for events and activities - this term Book Week will have a major focus. It is part of the Strategic intent for the College for 2021 and we will make something happen! It will be planned for some time during weeks 5/6. A Scholastic Book Fair is due to arrive and we hope to be able to find options and ways to engage with this event.

**Ms Christine Buhler**

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

## *Parent Engagement and Community Team*



Thank you to all of our families who have sent through photographs and videos of remote learning activities. It has been great to see the enthusiasm and resilience of our students to complete tasks. Students who have been on site have also worked extremely well.

Thank you to our families for their support and we hope that we can all be back onsite next week.

### **F-2 Parent Support Meeting**

Kerrie Pearce and I were very disappointed that we couldn't hold the Parent Support meeting this week. We have tried twice to hold this meeting but we will get there eventually!

This meeting is for parents who are able to assist in the classroom with our literacy program. We would much rather have the meeting onsite so we will advise parents as soon as we can have everyone back for the workshop.

Thank you for your continued patience.

Welcome to **Axton Raynor**, a beautiful new baby son for Candice and Dan and brother for Kai (Yr3) and Brylee (Foundation). We are thrilled to know everyone is safe and well.

**Mrs Catherine Evans**

[catherine.evans@smseymour.catholic.edu.au](mailto:catherine.evans@smseymour.catholic.edu.au)

## Director of Faith and Mission



Sacraments are special moments in our lives. Trying to celebrate them in a Global Pandemic has been very interesting, testing and frustrating!

Last year all Sacraments due to the ongoing uncertainty and for the sake of clarity for parents and families, the diocese delayed the sacraments until 2021.

Who would have thought we would still be in that same position?

Last term we managed to celebrate Reconciliation and Eucharist (even though we had to celebrate them over 4 masses).

At the time of writing this article, we're again in lockdown – and unfortunately receiving your Confirmation isn't one of the five reasons we're allowed to leave the home.

At the present time, we're not sure whether we can go ahead on the 6th August or whether we need to postpone it until later in the year; that's if the Bishop has a free date (as he is still trying to catch up with last year's celebrations that were postponed). Even if we are allowed to go ahead, it's impossible to know what the 'number' restrictions might be and Confirmation is definitely a Sacrament that involves the candidate their family and friends and the whole community celebration. We are in definitely trying times!

It's a let's wait and see situation!

We also believe that once we are back onsite it will be necessary to hold a *whole day of preparation* on Wednesday 4<sup>th</sup> August with all candidates together, so that the Sacramental program is fully completed before the Mass. This means for the Year 7s no Monday after school Meetings and it will give ALL candidates a day to stop and really reflect on the Sacrament that they are about to receive.

Thank you for your understanding.

Stay safe and blessings on you and your families.

**Mrs Rochelle Gough**

rochelle.gough@smseymour.catholic.edu.au

## College Nurse



### **National Diabetes Week 2021, was held last week from 11 – 17 July**

In 2021, Diabetes Australia are continuing their 'Heads Up' campaign which focuses on the mental and emotional health of people living with diabetes. This year, the spotlight is on diabetes stigma and mental health. We have a few students at St Mary's College who live with type 1 diabetes. Our students and their families are doing a wonderful job managing their blood glucose levels, which can be a very tricky thing to juggle.

Type 1 diabetes is a chronic condition that affects how the body regulates blood glucose. It is a condition that needs decisions and actions to be made every day to keep glucose levels within a certain range.

Every day with type 1 diabetes is different. Everyday a student will need to consider how insulin, food and exercise will affect their glucose levels. It can be challenging to make so many daily decisions and act on them. Type 1 diabetes can affect a student's health, how they feel and their ability to cope at school. Students and their families do their best to maintain glucose levels within a certain range by taking insulin every day, but this can be difficult, as food, physical activity, stress and illness all affect glucose levels.

It's been wonderful to see how the college staff and fellow students have been supportive of these students and I can see we are all working together to make sure our diabetic students don't experience any stigma during their school day; it is very important for us as a college to show our support with our everyday actions.

**Mrs Brooke Wessels**

brooke.wessels@smseymour.catholic.edu.au



### Coping with Uncertainty

Dealing with and managing uncertainty has quickly become a standard way of living as we still face the COVID-19 Pandemic. The stress which is often induced by uncertainty is also felt by children and adolescents. Below are some tips to help you child or teen cope with the current uncertainty of life from The American Psychological Association (APA, 2021).



- **Be kind to yourself.** Some people are better at dealing with uncertainties than others, so don't beat yourself up if your tolerance for unpredictability is lower than a friend's. Remind yourself that it might take time for the stressful situation to resolve, and be patient with yourself in the meantime.
- **Reflect on past successes.** Chances are you've overcome stressful events in the past—and you survived! Give yourself credit. Reflect on what you did during that event that was helpful and what you might like to do differently this time.
- **Develop new skills.** When life is relatively calm, make a point to try things outside your comfort zone. From learning a new skill, trying a new sport, taking risks helps you develop confidence and skills that come in handy when life veers off course.
- **Limit exposure to news.** When we're stressed about something, it can be hard to look away. But compulsively checking the news only keeps you wound up. Try to limit your check-ins and avoid the news during vulnerable times of day, such as right before bedtime.
- **Avoid dwelling on things you can't control.** When uncertainty strikes, many people immediately imagine worst-case scenarios. Get out of the habit of ruminating on negative events.
- **Take your own advice.** Ask yourself: If a friend came to me with this worry, what would I tell her? Imagining your situation from the outside can often provide perspective and fresh ideas. Drawing or writing these ideas out can often be a really great way to visualise your advice!
- **Engage in self-care.** Don't let stress derail your healthy routines. Make efforts to eat well, exercise, and get enough sleep. Many people find stress release in practices such as yoga and meditation. If you would like some links to some self-care website, please email [Counsellor@smseymour.catholic.edu.au](mailto:Counsellor@smseymour.catholic.edu.au)
- **Seek support from those you trust.** Many people isolate themselves when they're stressed or worried. But social support is important, so reach out to family and friends. Even a chat with a friend/s online can help you clear your mind. It is important to remember to keep the conversation positive. If you and your friend are both stuck in a negative thought cycle, this will not be supportive of increasing your mood. If you find you are stuck in this situation, try changing the conversation (good songs you have listened to lately, good movies you have watched, something funny you saw on TikTok or YouTube)
- **Control what you can.** Focus on the things that are within your control, even if it's as simple as what you eat for breakfast or lunch or laying out your clothes the night before a stressful day. Establish routines to give your days and weeks some comforting structure.
- **Ask for help.** If you're having trouble managing stress and coping with uncertainty on your own, ask for help. St Mary's College Counsellor can be contacted via email at [counsellor@smseymour.catholic.edu.au](mailto:counsellor@smseymour.catholic.edu.au).

Other great resources are

- Kids Helpline **1800 55 1800** or chat service through website <https://kidshelpline.com.au/>
- Lifeline **13 11 14**
- Beyond Blue chat service <https://www.beyondblue.org.au/>
- Headspace <https://headspace.org.au/>
- This Way Up <https://thiswayup.org.au/>



**Mrs Melinda Nuttall**

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



# Careers and Pathways



## Subject Selection and Transition

Year 10 students are starting to receive important information in preparation for them to make some tough decisions this term.

Transitioning into Senior Secondary Pathways can be daunting but we are here to help to assist in any way we can.

House Mentor Groups have contained some information regarding the VCE (Victorian Certificate of Education), the VCAL (Victorian Certificate of Applied Learning), VET (Vocational Education and Training) and SBAT (School-based Apprenticeships and Traineeships), as an introductory to Senior Studies and life beyond St Mary's College.

Assumption College Kilmore also met with students virtually this week to present information regarding their enrolment process and subject offerings etc. for 2022 and beyond.

There will be a lot for students to take in over the coming weeks but it is vital that we start the conversations and get them thinking towards life after St Mary's.

There is a useful video clip that students have watched that may help you to get a better understanding, if you don't already know. [Any Questions Video link](#)

The Careers website has some fantastic information for both students and families to access to help make sense of it all. They can also book Career Interviews with me on Fridays, via the website. No question is a silly question and I am always here to discuss future options and pathways with students and parents.

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

**Mrs Tanya Oakley**

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



## Defence School Mentor



**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/>

**COVID-19** With the global outbreak of COVID-19, many members of the Defence community are dealing with anxiety and uncertainty as well as significant changes in their day-to-day lives. Defence families affected by COVID-19 or struggling to cope can contact the all-hours Member and Family Helpline on 1800 624 608 or see Coronavirus advice at <https://www.defence.gov.au/members-families/coronavirus.asp>

**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**




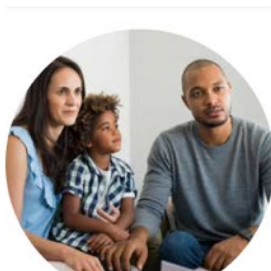
[emma.marrinan@smseymour.catholic.edu.au](mailto:emma.marrinan@smseymour.catholic.edu.au)

# Learning Diversity Leader



OnLineTraining was established in the UK in 2008 to provide flexible professional development for teachers who support children and young people with special educational needs. In the years that followed, OLT courses were implemented by the Departments of Education in all States and Territories in Australia and many of the Catholic Dioceses (including in Victoria) and Independent Schools associations, too.

## OLT also offers 4 free courses for parents and carers.

ADHD for Parents	Autism for Parents	Learning Theory	Working in Partnership with Parents
			
<p>This short course is aimed to support the parents and carers of children with Attention deficit hyperactivity disorder (ADHD). Other people may also find it helpful, such as other relatives and teachers.</p> <p>This course was developed by OLT with help from <i>Parents for ADHD Advocacy Australia</i>.</p> <p>We really hope that you find this short course helpful.</p>	<p>The course is aimed at the parents* and carers* of children with autism. However, the content, including lots of videos of parents talking about the issues that concern them most, provides fantastic insight for anyone who supports a child with autism.</p> <p><small>*throughout this short course, parents will include carers and others with parental responsibility.</small></p>	<p>This course is based on the Understanding section of our licensed course <b>Learning Strategies</b>.</p> <p>There are many theories of learning. This course looks at the most useful theories, what they have in common and how they can inform classroom practice.</p>	<p>The course is based on the experiences of local authority Information, Advice and Support Services, who work to improve relationships with parents/carers*. It looks at the needs of parents of children with SEN, the issues they face and how they can be supported. It considers how we communicate with, and provide information to, parents in different contexts, and provides a few useful tools to enhance your practice.</p> <p><small>*throughout this course, parents will include carers and others with parental responsibility.</small></p>

**Autism for Parents**  
contains  
learning modules  
about :

**Family**  
Changes in routine  
Sleep  
Siblings

**Outside support**  
Integrating with the local  
community  
Dealing with public reaction  
The uncertain future

**Social relationships**  
Understanding the needs and  
responses of others  
What can a parent/carer do?  
Social stories  
Communicating with children  
with autism  
Understanding abstract  
concepts

**Life skills**  
Safety  
Personal hygiene  
Leisure activities  
Making choices  
Sexual awareness

**Parents' own life**  
Parental burnout /  
maintaining parental  
identity

**Behaviour**  
Managing behaviour  
Following instructions  
Obsessive behaviour

**Sensory anomalies**  
Sensory issues  
Eating and dietary issues

If you're interested in  
doing one of  
OLT's free courses  
please use this link:  
[https://aus.oltinternational.net/  
free-short-course](https://aus.oltinternational.net/free-short-course)

**Mrs Claire Kelly**  
[claire.kelly@smseymour.catholic.edu.au](mailto:claire.kelly@smseymour.catholic.edu.au)



## St Mary's Authors

We are very proud of the following four students who entered their short stories into the VATE (Victorian Association of Teachers of English) 'Stories That Change' writing competition.

Zara Maus' entry 'The Golden Wolf' competed well alongside 67 other entries in the Years 9/10 category from schools around the state. The winners in this category came from Nazareth College and Brighton Grammar.

Three students from Years 7 and 8 entered their short stories, Angela Klein - '?' (*the title is a Question Mark*), Crystal Cox - 'Corrupted' and Liesl Rayner - 'Invisible Friends'. They have had a terrific experience with their entries competing credibly with the other 93 entries in this category. The winners in this category came from Ivanhoe Grammar and Ruyton Girls School.

VATE received over 200 entries from 91 schools across Victoria who shared their interpretations of the 'Stories That Change' theme. The judging panel said that they were impressed with the quality and originality of the entries. The winning entries have been published on their web page. <https://www.vate.org.au/stories-that-change>

Zara, Crystal, Angela and Leisl will be entering more of their short story writing in St Marys Authors Writing Competition which will be running through August 2021.

There will be both a Primary and a Secondary category of entry. The Prizes in both categories will be a seat at the Melbourne Writers' Festival Schools Program - Primary and Secondary (two separate programs).

Hopefully, a day listening to great authors talking about their work will inspire award-winning writers from St Mary's College.



**Mrs Lorna Hooper**

[lorna.hooper@smseymour.catholic.edu.au](mailto:lorna.hooper@smseymour.catholic.edu.au)



## Remote Learning





## Dates to Remember

### Term 3

Week 3	Thu 29 Jul	Yr 3 & Yr 4 Swimming Program, subject to SSAC reopening
	Fri 30 Jul	Flying into Foundation Transition Session 1 9-9:30am <b>TBC</b>
		Rhythms of the world Incursion F-6 students <b>TBC</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