



The Marian

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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.19

Term 3

29 July 2021

Dear Parents and Guardians,

Mrs Cobie Morris

Mrs Morris has informed staff that she will begin the next adventure in her life by retiring at the end of 2021. Mrs Morris began at St Mary's in 1995 and during the past 26 years has also held the College leadership positions of Secondary Campus Coordinator & Deputy Principal.

Prior to her time at St Mary's Mrs Morris was a Year 12 Coordinator developing Senior Maths/Science courses and a Senior Personal Development Coordinator and established a network for Home Economics teachers for the Dandenong and Mulgrave regions developing a strong focus on teachers being collaborative in curriculum development.

St Mary's has been blessed to have Mrs Morris' breadth of skills; dedication and common sense, no fuss, get in and do it mantra brought to each day over the past 26 years. Cobie's students have been educated by one who is an excellent role model and whose passion for teaching will no doubt influence many students well into their adulthood. We wish Cobie much joy over the last months of her dedicated vocation as an educator and there will be time at the end of the College year to celebrate a career and colleague's journey that has been so well-travelled.

College Communications Survey

St Mary's has many channels of communication - Marian; Collegium (internal for staff); Primary teachers Sunday emails for the week ahead; Website; Operoo; Bulk emailing and PAM to name a few. Is communication spread across too many domains, therefore creating confusion? Do we need a one stop shop? Do parents read the Marian and what do parents want to read about in the Marian.....the list goes could go on. An in-depth survey on communications will go out to all families and it will be very important that parents complete the survey so that St Mary's into the future can establish a cohesive and aligned communication structure.



Lockdown has created its issues, perhaps too many to name. Life will always be an encounter of challenges and challenged we have been since March 2020. We're not alone as history can so often remind us that countries, communities and families have faced the enormity of life's challenges. Back in 1942, Anne Frank that marvellous and extraordinary young Jewish lady had her own lockdown challenges - two years in a small attic with her seven family members during war time, Germany.

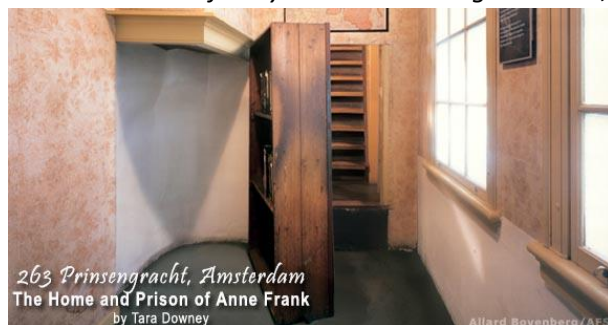
May our actions and words be shining lights for others.

Wayne Smith

Principal, St Mary's College Seymour

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

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



Deputy Principal Operations



It is a relief to have students and staff back onsite. The College is a quiet place without the individual flare and life that students and staff bring to our school.



Remote Learning

The staff of St Mary's College wish to extend a huge thanks to all families who supported their children to engage in home learning. Throughout lockdown some students submitted work that was completed to a very high standard. Yesterday I entered my office, I found awaiting me on my desk this amazing model showing the life cycle of a Koala. The work was completed by Year 4 student Levi Brown.

Covid Operational Guidelines

Parents will continue to receive regular updates.

As it currently stands the following remain in place until further notice:

- Non-essential visitors are not permitted on College grounds.
- Essential visitors (essential services and operations) can attend on site.
- There will be no non-essential meetings, school events, gatherings and assemblies.
- Visitors must use the QR code and parents who enter buildings must use the QR Code.
- Density limits of 1 person per 4 square metres apply.
- Staff and secondary students aged 12 or older wear a mask on site. Staff are not required to wear face masks while teaching. Students can remove a mask for exercise.
- All visitors must comply with density limits, face mask requirements, QR code check ins. There are no Transition programs & College Tours.

College Nurse Operations

Nurse Brooke has been spending the lockdown period auditing first aid bags and supplies throughout the College. She has also spent time reviewing and ensuring adequate first aid signage and information is visible in key areas of the College such as the office, staffroom, multipurpose hall, science room, food technology room, materials tech room and the canteen. Brooke has spent time contacting families whose children have Anaphylaxis and Asthma management plans. If you haven't heard from Brooke, you will shortly. A friendly reminder to update your child's Operoo profile.

Medication

If your child requires medication at school the following process must be followed:

- Medication needs to be given to Nurse Brooke by the parent.
- The medication must come in the package containing the pharmacy printed labels that show the Doctors order.
- The parent is required to complete and sign a medication authority form.
- Provide copies of extra supporting evidence from the Doctor (if applicable).

Flying Into Foundation



When Covid restrictions allow, our '**Flying into Foundation**' transition program will be commencing for new students beginning school in 2022. Our Primary Pastoral Leader, Mrs Anne Spencer and current Foundation teachers Ms Zoe Taylor and Mrs Shae Williams are preparing an exciting program for these students. Any families considering enrolling their child/ren at St Mary's College in 2022 are welcome to come and get a taste of what we are all about, even if you haven't fully decided where your child will attend primary school.

Year 11 2022 Subject Selection

Year 10 students and their families are receiving information regarding subject selection for Year 11 in 2022. Kate Fogarty (Principal) and Sacha Wilmann (Senior School Leader) from Assumption College met remotely with Year 10 students on Thursday the 22nd of July. Derek Rimes (Assistant Principal) and Sharon Hill (Leading Teacher VCE/Senior Studies/Head Start) from Seymour College will also be meeting with Year 10 students in the coming weeks. The best pathway discussions occur when students, parents, careers advisors and subject teachers talk and listen to each other. St Mary's College takes the responsibility of preparing students for Senior Secondary Pathways (VCE, VET & VCAL) very seriously. We are proud when we receive feedback that indicates the quality of the education we offer at Year 9 & 10, an education that prepares students to a high standard for the demands of Year 11 & 12.

Pre-Service Teacher Placements

Throughout Term 4 St Mary's will offer the opportunity for a number of pre-service teachers to complete placement. These teachers will teach across English, Mathematics, Humanities, Physical Education and Visual Arts. It is important to provide the next generation of teachers with an opportunity to practise their art of teaching, often the arrangement is mutually beneficial as they bring the most up to date knowledge of curriculum and pedagogy to our College.

Mrs Genevieve Gordon

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Secondary Pastoral Care Coordinator

A huge thank you to parents who supported their child/ren through another Covid 19 Lockdown. Some students work better at home and others struggled to complete the set work. We know kids learn differently however it is important to remember that as students move through their secondary education, they should become more independent and active learners. Coping with remote-learning builds the capacity to be able to do this. Also, a reminder that we offer after school support every Thursday from 3:30 to 4:30 if you think your child needs some additional help with their learning.



This term there has been much discussion about pathways for our Year 10 students. The morning House Mentor groups have been watching videos of how to make subject selections for Senior Secondary. Although this might seem a long way off for our Yr 7 and 8s it is never too early to start thinking about what subjects they are interested in and what career pathway they might choose. Indeed, having recently interviewed some of our 2022 Year 7's I was impressed by their aspirations to become scientists, doctors and engineers. Our future is in good hands!

This year's production 'Into the Woods' is coming together nicely and I was very impressed when I attended a rehearsal in the last holidays. We have some excellent talent at St Mary's and it is being capably led by Miss Hanlon. As well as the cast there are students involved in set making at lunchtimes with Ms Richards and other pre-production tasks. This is a very exciting experience for our students so watch this space as the performance dates get closer.

Ms Angela Molinaro

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Director of Wellbeing

It was great to see student's back on-site this week. A huge thank you to parents and carers during these uncertain times. St Mary's College would like to share with Parent's and Carers insights into 'Riding the Covid Waves' from one of Australia's leading parenting educators; Michael Grose.

Remote Learning and other disruptions from COVID -19 continue. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.



INSIGHTS

Riding the COVID waves



The disruption caused by the coronavirus pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

We crave connect and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, coronavirus case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own coronavirus story consisting of loss, disappointment, hardship, frustration or overwhelm of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome' and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.

parenting * ideas

Embed wellbeing strategies into family-life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Mrs Allison Moore

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Director of Faith and Mission



Confirmation Update

With the recent relaxation of the lockdown, we find ourselves still faced with restrictions that for the present time only allow 100 people in the church. Bishop Terry is very keen for us to go ahead with the Confirmations on Friday 6th August with some changes.

There will be two Confirmation Services not a full Mass. A Service at 6:00pm (for all Year 6 students) and the Service at 7:15pm (for the Year 7 and 8 students). *Each candidate is allowed their sponsor and two other family members.*

There will be a *Confirmation Candidate Preparation Day* on Wednesday 4th August with all candidates together so the Sacramental program can be completed before the Confirmation Service. Our aim is that Wednesday will give all candidates a day to stop and really reflect on the Sacrament that they are about to receive. Therefore, there will be no Monday after school Meetings, for secondary candidates.

On the Preparation Day Wednesday candidates can wear casual, comfortable and warm clothes and their lunch will be provided.

Please continue to keep the following students in our prayers as they continue to prepare to receive the Sacrament of Confirmation.

5/6A

Grace McLean
Angus McMennemin
Harrison Thomson

5/6C

Isla Banks
William Hayman
Cheyenne Newsome
Samuel Quigg
Campbell Rohde

7B

Shetayah Gruneklee
Evelyn Krammer-Shipard
Sierra Raymond
Lucas Warren

8C

Chloe Thompson
Coco Wessels

5/6B

Isaac Gibson
Isaac Hanna
Harry Homewood
Baxter Loweke
Hamish Melville
Max Woods
Amelia Kovacic

7A

Charlize Berry
Ella-Jade Hanson
Brianna Henderson
Christian Papi
Owen Jenkins

7C

Jabe Brown
Samuel Brown
Michael McLean
Lara Quillinan
James Parker
Chloe Hopper
Ivan Kovacic

Year 8 Retreat

Unfortunately, also due to restrictions not allowing incursions, the Year 8 Retreat, planned for Monday 2 August, has been cancelled. Hopefully we can find another date later in the year.

Mrs Rochelle Gough

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Hand hygiene for better health in schools

It has been lovely to see the students return to school post our recent COVID-19 lockdown. I just wanted to remind everyone on the importance of good hand hygiene and how washing our hands can stop the spread of some infectious diseases. The Better Health Channel have a program directed at primary school children to encourage better hand hygiene in schools, called 'Soapy Hero'.

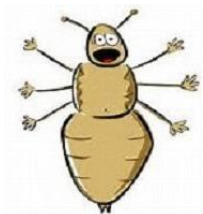
I have placed some new 'Soapy Hero' signs around the school for our Junior Primary students to refer to. The creation of healthy habits during childhood is important to ensure lifelong healthy decisions and actions and will also help build healthy habits into the future.

- Practising good hand hygiene – by using soap and water is one of the most important ways to reduce the spread of infectious disease.
- Getting children involved with 'Soapy Hero' training to help keep classmates, family and friends healthy and stop the spread of dangerous infectious diseases.

There are a few ways to help your child stay healthy at school:

- Talk to them about the importance of hand washing
- Make sure they know how to wash their hands properly – use the 'Soapy Hero' resources to help
- Encourage your child to use the soap provided in the student toilets.

More information can be found by following this link <https://www.betterhealth.vic.gov.au/campaigns/soapy-hero#how-to-wash-your-hands-properly>



Head Lice

Cases of head lice infestation are being reported in Junior Primary classes. With the weekend upon us Parents are requested to check their child's hair, particularly if they are complaining of 'an itchy head'. If necessary, please carry out the appropriate treatment. Your local Chemist will have the required lotion to deal with the infestation. To assist us further in the attempt to control the infestation, please inform the College Office of any re-occurrence.

Mrs Brooke Wessels

brooke.wessels@smseymour.catholic.edu.au

Defence School Mentor



ADF Families 'Winter Wonderland' Competition

ADF members and families in Victoria and Tasmania, get rid of those winter blues by entering the DMFS 'Winter wonderland' competition. What does your winter look like, is it a wonderland of playing in the snow, splashing in puddles or sitting by an open fire drinking hot chocolate? Take a photo that best represents your winter experience along with a short explanation of your wintry scene, and you will be in the running to win a prize. See Eventbrite for all the details and to register by 6 August.

<https://www.eventbrite.com.au/.../an-adf-families-event...>



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

Mrs Emma Marrinan

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Dates to Remember

Term 3		
Week 3	Fri 30 Jul	Flying into Foundation Transition Session Cancelled
		Rhythms of the world Incursion F-6 students Cancelled
Week 4	Mon 2 Aug	Year 8 Retreat Cancelled
	Tue 3 Aug	Year 5/6 Swimming
	Wed 4 Aug	Confirmation Preparation
	Thu 5 Aug	Year 3/4 Swimming
	Fri 6 Aug	Confirmation Mass 6pm and 7:15pm

Bell Times 2021	
<i>Supervision of students begins at 8:30am</i>	
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