



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.21

Term 3

12 August 2021

Dear Parents and Guardians,

“The dinner table is the centre for the teaching and practicing not just of table manners but of conversation, consideration, tolerance, family feeling, and just about all the other accomplishments.” [Judith Martin](#)

During these winter months of Covid the P&F Executive sometimes share a meal and meet simultaneously, a great idea considering at the present time the agenda is not overloaded. Speaking this week with P&F President Megan Cox, we shared conversation that for some parents this opportunity to come together is the only time they connect with others during this period of the new normal.

Megan's words took my mind back to those days when my wife, Chris and I would be scrambling to get our four children to the table to sit together – not an easy task in most households. Any time around a dinner table is a good thing for wellbeing or perhaps filled with some frustration! Something as modest as sharing a meal has more significance for our children and family than we may realise. Sharing a meal in the bible and in the significance of the Mass is central to community. *“After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat.” (Acts 27:35).* Some of Jesus' most important teachings were said around a meal table.

At the meal table we give of our time, time to be together to listen, discuss, question and reinforce family values. How often do you, do I have the TV on and or the phone nearby when around the dinner table? Trying to concentrate on many things rather than listening to the conversation – really listening.

I can give testament to missing those golden years when our four children were around the dinner table. How I long for and miss those times. Our children are adults now making their pathway in the world and they will do the meal table with their own future families. Try not to lose sight of those golden moments in time when sharing a family meal together. Time passes quickly and little children soon become adults, rushing out the door. Please embrace the opportunity to listen at the meal table, turn the TV off and leave the phone aside. It may well be one of the most important times a family has together and the memories are precious.

End of Year Finish Date for F-9 Students

The end date for students has to change due to the timing of the completion of the Primary Learning Centre. This decision is not taken lightly considering the times we live in. The change in finishing date has been discussed by the College Advisory Board and MACS have been informed and both support this decision. The change is due to the time that will be required to move into the new building and will create a domino effect of multiple classroom movement. The change of date is not a preferred option but given the circumstances a sensible and required change. Informing parents and guardians now enables families to plan early for the end of year. The finishing date for F-9 students is **Friday 10th December.**

The College calendar will continue to be flexible. If you have any queries on dates and activities, please email or contact the College Office.

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 Wellbeing



With the unpredictability of the way we live our lives at the moment it is easy to get caught up with what we are missing out on, but **positive thinking** is now more important than ever. Positive thinking can help you and your child notice and appreciate the good things in your lives.

It's easy to spend a lot of time thinking about things that have gone wrong. When you do this, these things can seem overwhelming and lead to worry and stress. But when you learn to think positively, you can keep difficult times in perspective. If you focus on the positives and keep the negatives in perspectives, it's good for your happiness and wellbeing.

The more you think positively, the easier it becomes. A positive thinking activity can get you and your children into the habit of thinking more positively about things that have gone well and why.

How to do a positive thinking activity

1. Each day for week, take 10-15 minutes to write down three things that went well and why. This could be something as simple as 'My son gave me a nice smile this morning'. Or it might be a major event – for example, 'I organised my daughter's birthday party'.
2. Underneath each thing that went well, write what you did to make it happen. For example, if you put 'My son gave me a nice smile today', you could write, 'I smiled and he smiled back'.
3. Try to give it a go for a week. It might feel odd to do this at first, but it gets easier with practice.

People who do this positive thinking exercise say they feel happier, less worried and less sad. Why not spread the happiness by sharing this activity with your family and friends?

Adapting positive thinking for children at different stages

You might need to do this activity with younger children so you can help them come up with ideas. For example, your primary aged child might have built a Lego creation that they really like. Younger children might also find it easier to draw pictures of the positive things they're focusing on, like a picture of a Lego block.

Older children and teenagers can try doing this exercise by themselves. But they might be going through more ups and downs than they used to, so there might be days when they find it harder to think positively. Some gentle encouragement from you can help. For example, you might need to remind your child that they finished a tricky assignment or helped out with some extra family chores.



Mrs Allison Moore

allison.moore@smseymour.catholic.edu.au

Literacy



This year in line with the College's strategic intent, 'to improve reading outcomes for all students', we are celebrating the St Mary's Festival of Reading and Writing. This will also incorporate Book Week 2021 which has the theme- '**Old Worlds, New Worlds, Other Worlds**'..... To get the festival underway a Writing Challenge has been launched for students in Years 5-10. Students are



asked to submit a narrative piece of writing of less than 1000 words using the Book Week theme as the inspiration. Picture story books, short stories and graphic story (comic book style) entries are all welcome. Prizes will be awarded in the categories of Year 5-6 and Year 7-10 and entries close 27th August.

On Friday the 20th of August we will be celebrating the start of Book Week with a parade in the Multi-Purpose Hall at 2:30pm. Students are asked to come dressed as their favourite book character. Parents will be welcome (Covid restrictions permitting).

During Book Week in Week 7 a colouring competition will run as well as the launch of the Reading Challenge for all students F-10. This will run until the beginning weeks of Term 4. Primary students will also be completing a Book Week Activity with their class teacher during this week.

We look forward to the many upcoming events!



What: Come to school dressed as your favourite book character!!

When: Friday August 20, 2021

Where: MPH

Time: 2:30pm

Parents Welcome!!
(Covid Restrictions Permitting)

Students are asked to come to school dressed up as their favourite book character to celebrate the launch of Book Week 2021.

Mrs Lorna Hooper

lorna.hooper@smseymour.catholic.edu.au

Mrs Kerrie Pearce

kerrie.pearce@smseymour.catholic.edu.au

Parent Engagement



We have so many students who achieve at school in different ways and also many who achieve in the community and beyond.

One of these students is Emma MacDonald (Year 10)

Emma's family, along with many generous friends, has been supporting a free English school in Cambodia. The school is in the Svay Chek community, in the Siem Reap province.

It's built with donations and a lot of hard work by the Cambodian volunteers. The children attend in the afternoon/evening to learn English (after attending their own school in the day). For English speaking Cambodians, their opportunities increase tremendously. The free school gives an amazing opportunity to a very poor community. Through this support, the school has continued to flourish and Emma has also contributed her own money to this very worthwhile cause.

Emma's mother, Laine was advised last week that the school wishes to name the Library after Emma- what an amazing gift from this school community.

We think Laine's description "this school has the most basic facilities but with the biggest hopes" is a wonderful one.

Congratulations Emma. We are very proud of you and look forward to hearing more about the progress of the school and the library!



Mrs Catherine Evans

catherine.evans@smseymour.catholic.edu.au

Director of Faith and Mission



Confirmation...take 2!

The new proposed date for the Sacrament of Confirmation is Friday 27th August. An email will be sent home to all candidates, by the end of the week.

Bishop Terry is doing his utmost, to rearrange his calendar, to be available to celebrate the Sacrament with us. If he is unable, he will 'delegate' Father Ashkar to officiate the ceremonies.

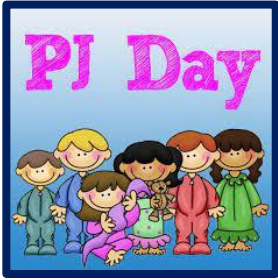
As previously planned, Grade 6s will be at 6pm and Year 7 & 8s at 7:15pm.

If you have any questions or concerns, please contact me or Mrs Catherine Evans.

Mrs Rochelle Gough

rochelle.gough@smseymour.catholic.edu.au

Secondary Pastoral Care Coordinator



Monday 16th August will be a Pyjama Day in support of the **Vinnies Winter Appeal**. All students will be asked to bring **1 non-perishable item** to support the Vinnies Winter Appeal.

F-10 students can wear pyjamas, dressing gowns, onesies, slippers (indoors only) for the day etc. Thanks to the Student Leaders who suggested and promoted this idea!



Ms Angela Molinaro

angela.molinaro@smseymour.catholic.edu.au

Business Manager

Return of College Chromebooks (Primary Students) - St Mary's College Chromebook Loan Program

With the return to onsite learning this week and no newly imposed restrictions for regional Victoria, please be advised that all Chromebooks borrowed as part of the St Mary's College Chromebook Loan Program, issued on Monday, 9 August in place for home learning, must now be returned to the College

Each Chromebook is to be returned to the College this coming **Friday, 13 August 2021** between **8.30am to 10.00am OR 2.30pm to 3.30pm**.

The **Mercy Centre office** is the **return point** for the Chromebooks. Please continue to adhere to social distancing and mask requirements while onsite.

The Chromebook will be checked and cross referenced with the details on the signed loan agreement. Please ensure the Chromebook is clean on return to the College. Any damage to Chromebooks will be treated in accordance with the loan agreement. The Chromebooks will be sanitised and returned to classrooms ready to be used for class activities from next Monday.

If you have any questions or concerns, please contact me via email felicity.melville@smseymour.catholic.edu.au or contact the College Office on 5792 2611.



Mrs Felicity Melville

felicity.melville@smseymour.catholic.edu.au

Accounts

Reminder September Laptop Instalment

A reminder that the next laptop instalment is due by **1st September**. Families are requested to make this payment of \$230 for Year 7, 8 & 9 students by the due date, in line with the Laptop agreement.

Please include the description LTOP and your Account Number/Name if paying by Direct Deposit.

If you have any questions or concerns, please contact Stacia Read at the College. (Select Option 3 for direct line to accounts)



Mrs Stacia Read

accounts@smseymour.catholic.edu.au

College Nurse



Face masks in schools

As directed by the Victorian Chief Health Officer, at the time of publishing this week's Marian.

The following applies:

- School staff and secondary school students aged 12 or older who are permitted to learn on-site must always wear a face mask at school, both indoors and outdoors, unless a lawful exception applies.
- Children under 12 years of age and students at primary school are not required to wear face masks when at school.
- For communication purposes, teachers and education support staff are not required to wear face masks while teaching, but those who wish to do so, can.
- Face masks are mandatory for all school staff and school students aged 12 or older when travelling to and from school on public transport, buses or any shared transport.

More information can be found: <https://www.coronavirus.vic.gov.au/face-masks>

Also, a reminder to all secondary students to please dispose of their used face masks appropriately in the rubbish bin. Unfortunately, we have been finding discarded masks in classrooms, the corridor and out in the yard.

Mrs Brooke Wessels

brooke.wessels@smseymour.catholic.edu.au

Defence School Mentor



DMFS ADF Families Covid-19 Webinar

The pandemic has raised many unprecedented issues that have caused varying degrees of concern and stress to the Australian Defence Force members and families. This webinar will provide wellbeing information, strategies and skills to help you care for yourself and your family as the Coronavirus pandemic continues.

Thursday 19th August, 8pm (Register by 6pm on August 19th) [ADF families webinar: Caring for you and your family during COVID19 Tickets, Thu 19/08/2021 at 8:00 pm | Eventbrite](#)



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

St Mary's College student leaders are usually preparing to participate in the Vietnam Veteran's Walk at this time of the year.

However due to the current COVID restrictions, we have been advised that schools and the wider community won't be able to attend the walk this year.

We hope that we can soon have a small service here at school to acknowledge our Vietnam Veterans.

Mrs Emma Marrinan

emma.marrinan@smseymour.catholic.edu.au



FRUSTRATION



AN EMOTION THAT OCCURS IN SITUATIONS
WHEN I AM BLOCKED FROM REACHING A
DESIRED OUTCOME

Frustration is an emotion we can all relate too. Whether it is having to be patient for something we would like, learning a new skill or trying to complete a difficult task, frustration is a common response.

Alexandra from The Big Life Journal has some wonderful tips for parents to help build a child's frustration tolerance.



1. Routinely ask them to wait for things!
 - You can have dessert in 15 minutes, for now please clear the dinner table
 - I can't wait to hear how your day was. First, I just need to finish these emails
2. Play board games or video games together that involve patience and cooperation
 - Uno, Risk, Strategy Team games
3. Gradually add a little more complexity and new responsibility
 - This week you can vacuum the living room, next week you can do the bedrooms too
 - After you pair your socks, why don't you try and fold your shirts
 - Try cooking a meal together and then supervisor as they try to use the skills on their own

Help your child get used to feeling frustrated. Teach them that frustration is impossible to avoid but is possible to overcome. When they gradually build up their frustration tolerance, they will be less likely to give up when things get hard! Learning to be patient, even if frustrated also helps with delayed gratification. This is an important skill to learn as we navigate through such an instant world.

Mrs Melinda Nuttall

counsellor@smseymour.catholic.edu.au

Indonesian

Hari Merdeka

Hai Semua (Hello everyone)

Next Tuesday 17th of August is Indonesian Independence Day (Hari Merdeka). To help celebrate this day students F-10 are encouraged to wear red and white the colours of the Indonesian flag. During next week's classes will be learning about Hari Merdeka and how Indonesians celebrate this day.

Terima kasih
Bu Cullum



Mrs Jacqueline Cullum

jacqueline.cullum@smseymour.catholic.edu.au

Dates to Remember

Term 3

Week 6	Mon 16 Aug	Pyjama Day – Vinnie’s Winter Appeal
	Tue 17 Aug	Indonesian Independence Day (Hari Merdeka)
	Tue 17 Aug	Year 5/6 Swimming
	Wed 18 Aug	Year 10 Attending Parish Mass
	Thu 19 Aug	Year 3/4 Swimming
	Fri 20 Aug	F-10 Book Week Parade 2:30pm MPH

Term Dates 2021

Term 3: 12/07 – 17/09

Term 4: 04/10 – 17/12



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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