



The Marian

www.smseymour.catholic.edu.au

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<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.23

Term 3

26 August 2021

Dear Parents and Guardians,

***A sympathetic friend leaned across close to a disabled woman and whispered,
“Affliction does colour life doesn’t it?”
“Yes”, the handicapped woman replied, “but thank God I can choose the colour.”
A Canopy of Stars Christopher Gleeson SJ***

A pandemic is defined as a ‘global disease outbreak.’ There are scientists, researchers and epidemiologists who hold the view that a pandemic usually comes around every 100 years. The Plague in 1720; 1820 there was the Cholera outbreak and in 1920 the Spanish Flu. Move forward to 2020 and COVID-19 is causing grief around the globe.

My wife’s great grandmother died in 1921 from the Spanish Flu. She first lived in Melbourne running a corner store and moved to a farm up in the NSW Riverina region at Henty. Mrs Bell was 42 when the Spanish Flu took hold. Back then there was not the same medical expertise for those suffering from a disease. Mrs Bell was one of 15,000 Australians who passed away from that flu.

There are many media experts out there informing the masses on what needs to happen with our fight against Covid and there are those whose rights are seemingly so restricted; they feel the need to demonstrate and cause mayhem. Perhaps those who want to raise the flag for their rights, and others need to take stock and sit down with an Intensive Care Nurse to hear what happens to a loved one if they are admitted to intensive care because of COVID. Or speak to the families who are burying a loved one with only 10 allowed at a funeral and those whose weddings have been postponed again and again, leaving couples and businesses out of pocket.

Everyone is feeling the effects of lockdown, everyone has the right to an opinion but as I heard an old saying last week from a parent, “it’s time for some in Australia to ‘*calm the farm*’ - what is happening to Australia is happening around the world. We know that the United Kingdom has now opened up with 80% or thereabouts of their population, fully vaccinated. The UK did have 155,000 deaths with 4000 a month admitted to intensive care and the UK intend to roll out a third vaccination booster in September of this year.

I cannot speak highly enough of our College community. Parents who are honouring the Category A and B requirements for ‘Authorised Onsite Supervision’. Every staff member who, like many essential workers are constantly juggling changes leading into and during lockdown. Today, another 30 Chromebooks will arrive. Will it hit the College budget? It will but it is about the students and for the students. The College will lose out on deposits for cancelled excursions – it is what it is and that’s OK too. Parents will be catered for and businesses will receive something in return.

We live in unusual times with our equilibriums ‘out of whack’. Yet we are far better off than those in past centuries who faced similar inconveniences and or serious illness. Yesterday a 30-year-old mother of three passed away from Coronavirus in Sydney. Victorians have been there done that and none of us want to return to 2020. So thank you for doing the right thing no matter how hard it may be, especially with working in and out of remote learning. This pandemic will pass and long term it will become a distant memory for most. The busyness of family life will return and with that so will family routines.

So, hats off to parents, grandparents, to essential workers, to state and federal government decision makers regardless of their political persuasion and to the health care workers frontline or not. May we all keep up the good fight, this time will pass. And let’s not forget the kids who need to see smiling faces and feel the love during these unusual times.

Master Plan

On Tuesday ROAM architects led a Google Meet video meeting with College staff on the future Master Plan. Our staff are passionate about St Mary's and want the best for the students. The ideas that came from the session were fantastic. The vision for what we would like to do at St Mary's is exciting – may God be kind to our dreams.

In Wednesday's Age there was a heading, *'Victorian students top NAPLAN results despite months of remote learning.'* How good is that? This reminds us that children are at times more resilient than we adults give them credit for.



This week I came across this photo of a young mother and daughter. Not sure where it is on the world map. Could be Afghanistan; Lebanon; a refugee camp; Africa or in the Middle East, perhaps. A picture speaks a thousand words.

Be kind to yourself and to all whom you meet.

May our actions and words be shining lights for others.

Wayne Smith

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 Faith and Mission

I would like to share with you an article I read a couple of months ago, which came back to mind as we entered lockdown, yet again!!! The article is titled : A LABOUR OF LOVE, by Angelo Campagna (Australian Catholics Magazine).



The COVID-19 pandemic has given us a new appreciation for those who keep our society running with their day-to-day work.

Growing up in the northern suburbs of Melbourne, there was a time when strikes were all the rage. If it wasn't the tram drivers, it was the nurses. If it wasn't the nurses, it was construction workers (and the list went on). Clearly, it was a time in history when industrial relations laws were needing to be challenged and changed.

There was one strike that stayed with me. This time it was the local council workers, specifically the waste disposal group, affectionately known as the 'garbos'. The strike was in relation to working conditions and pay. For weeks, I remember bins overflowing, footpaths littered with rubbish and spilling onto roads, and families in a frenzy as they filled trailers and organised trips to the tip.

One day, I was walking with my father and we were talking about the state of the streets and why this was happening. Taking his usual philosophical and longwinded approach, he said to me, '... hopefully, now they (the council) will start to understand, value, and respect everyone's work.'

In that moment, I realised that it did not matter what you did for work. All industries were important and workers needed to be respected for what they did. When I began my working life in human resources, it was this conversation with my father that guided a lot of my work.

Defined By What We Do

In Mathew 13:54-58, we hear people ask of Jesus, "'Is not this the carpenter's son? ... Where then did this man get all this?'" And they took offense at him'.

The rejection of Jesus came in the form of belittlement. How is it possible that a carpenter's son could speak with authority? One could not fathom finding wisdom from such a person. The same could be said for our garbos. Did we really value who they were and what they did? On reflection, our streets were rubbish free because they collected it.

In his book *Strength to Love* (1963) Martin Luther King Jr writes, 'All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.'

Unfortunately, over the years not everyone's work has been valued or respected. It took a pandemic for us to acknowledge that all work in our community is dignified.

People in often disregarded professions such as cleaners became recognised as essential parts of our community during the pandemic. In many places, cleaners worked to save lives. As a community, we should have a new appreciation for the cleaning industry. The simple act of doing their work has amounted to a great act of heroism.

Working From the Shadows

St Joseph was a carpenter and undertook his work with care and simplicity. We do not read in the gospels that he lived his life of great works. What we come to know, is that Joseph listened and responded to what he was called to do by God.

In *Patris Corde*, Pope Francis reflects on this extraordinary figure and how he sees St Joseph as 'a father in the shadows'. That description strikes a chord when we consider the many people working to keep our society functioning during the pandemic.

Being in the shadows, at times, can mean being forgotten, as was the case with the striking council workers. It takes an unexpected person to raise what is generally considered mediocrity to something extraordinary and maintain dignity where dignity may have been forgotten.

It has taken exceptional people to continue to do their work in a time when most of us have been unable to work – the cleaners, the cashiers at supermarkets, delivery people and others that have been courageous to attend to their work during this time of COVID-19 to let our lives continue. These simple acts have great dignity and need not go unnoticed.

How true! Those simple acts that others do for us, often restore our faith in humanity.

The staff and students would like to thank our wonderful cleaners, who continuously clean up after us, making sure that each morning we return to a spotless and 'deep cleaned' work environment. Your work does not go unnoticed!

Confirmation

Confirmation has been cancelled yet again! I promise it will happen...keep the prayers going and your fingers crossed. Once we know when the lockdown is ending, we will be able to choose another date to celebrate this wonderful sacrament.

Director of Learning and Teaching



A reminder to secondary families regarding student work during Remote Learning

We are nearly one week into this period of remote Learning! Most of the secondary students are moving between onsite and remote learning easily, others need reminders and encouragement!

Students are expected to complete the work that is given during the daily lesson time. Teachers are assisting students in Google Meets and are making adjustments for the amount of work expected of students on an individual basis.

Students are required to complete and submit work as requested by their teachers.

Subject teachers will be emailing students and parents as a courtesy reminder and to indicate if the student is not completing the work. Non completion of work during Remote Learning will impact evidence of learning and progress through the year of schooling.

Let's continue to work together to do our best and meet the work expectations.

Every minute counts, every minute makes a difference, use each one wisely!

Please contact any of your child's teachers or myself if you have any concerns or questions.

Ms Christine Buhler

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Learning Diversity Leader



raisingchildren.net.au

raisingchildren.net.au provides free, reliable, up-to-date and independent information to help families to grow and thrive. It's funded by the Australian Government and reviewed by experts in the many fields related to child development and parenting.

Designed for busy families and full of tips and tricks to try, the content is easy to find and easy to digest. The site includes the answers to hundreds of parenting questions from parents just like ourselves.

The free webinars, articles, videos and interactive resources are tailored to different ages and stages, from nurturing a newborn to raising a confident, resilient teen – and helping parents to look after themselves, as well.

As parents you are the most important people in your child's life. It can be reassuring to hear the stories of other parents who are on the same journey.

Some of the many topics you'll find covered on the **Raising Children** website include:

- Sleep (including better sleep, night-time problems)
- Managing anxiety (including trusting emotions, managing anxiety in your family)
- Wellbeing activities (including positive thinking, mindfulness and personal boundaries)
- Nutrition and fitness (including food and recipes, eating concerns)
- Play, media and technology (including media influences, healthy screen time)
- Disability (including assessment and diagnosis, parent stories)
- Communicating and relationships (including sibling fighting, friends and trends)

Mrs Claire Kelly

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Excessive screen time was the number one health concern reported by parents in a recent national health poll by the Royal Children's Hospital. We know that technology is here to stay, so what can parent's do to encourage healthy relationships between their children and technology? Watch the webinar in the link below to gain insight and strategies to help children develop healthy screen behaviour.

<https://comms.alumni.unimelb.edu.au/link/id/zzzz6122cff182686828Pzzzz576b853115a6d981/page.html>



need something fun, free and social to do?

What is the activity?	When does it run?	Who can be involved?	How do I join?
Social Space Online—an online chill space to hang out, play games or get involved in simple, relaxing activities. Run by headspace Craigieburn staff and Young People Email: headspaceCraigieburnCommunity@orygen.org.au	Every Tuesday and Thursday 4pm-5pm	Anyone aged 12 –25	Email Megan at using the headspaceCraigieburnCommunity@orygen.org.au address with your name and the date that you're interested in
Reclink is movement based programs that run every day! You can find more on the Reclink Facebook page or see the attached flier	Every weekday , pretty much all day!	Anyone—just follow the link to join	http://bit.ly/38cDej3
Hume Youth Services Connect is an online space to meet and chat with Hume Youth Services staff	Wednesday 25th August 4pm-5pm	Any young people in the Hume region aged 12-18	Register here: https://www.eventbrite.com.au/e/connect-tickets-168062047107
Kid X Plus an online event where you can hear young people (9 – 23 years of age) give short talks on the BIG topics , like education, the environment, community participation, gender equality, mental health and much, much more!	Saturday 28th August 9.45am-1.45pm	A n y o n e , follow the link to join	Join the Zoom: https://us02web.zoom.us/j/83366397585?pwd=bE12T2xGdk0xcTFmWHp6OEtzWENPUT09

(online) Social Space!

4-5pm Tuesdays and Thursdays (on Zoom)

Registration essential:

email your full name and the date you'd like to attend to:

headspaceCraigieburnCommunity@orygen.org.au

with the subject: Social Space

**safe, inclusive fun space for
anyone aged 12-25 to unwind**



Join Hume Youth Services at the online Connect session!

- ? Are you looking for something to do after school?
- ? Are you between the ages of 12 to 18?
- ? Do you live, work or play in Hume?

Come join us at the online Connect session via Zoom on Wednesday 25 August 2021, from 4 pm to 5 pm!

Register via Eventbrite! There are limited spaces available.

<https://www.eventbrite.com.au/e/connect-tickets-168062047107>

You will get to:

- 👋 Meet our friendly youth workers!
- 😊 Chat to other young people!
- ? Ask our youth workers where to get support!
- Participate in fun activities!

KID X PLUS

Small talks on BIG topics!

SAT 28 AUGUST

9:45 AM – 1:45 PM

VIA ZOOM

Come hear what young people have to say about some of the biggest issues in the world today.



Kid x Plus has been funded by a Hume City Council Partnership Grant

Join Kid X Plus: <https://us02web.zoom.us/j/83366397585?pwd=bE12T2xGdk0xcTFmWHp6OEtzWENPUT09>

ONLINE & INTERACTIVE

WEDNESDAY 09:15AM
Gentle Exercise with Angie



WEDNESDAY 10:00AM
DanceFit with Sophia



WEDNESDAY 11:00AM
Fitness with Tammy



WEDNESDAY 11:45AM
Pilates with Elaine



WEDNESDAY 12:45PM
Chat with Fo



WEDNESDAY 01:00PM
Tai Chi with Phil



WEDNESDAY 02:00PM
Meditation with Karen



WEDNESDAY 03:00PM
Zumba with Nina



WEDNESDAY 04:00PM
Bollywood with Hith



Join Reclink: <https://bit.ly/38cDej3>

Mrs Allison Moore

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Secondary Pastoral Care Coordinator



Lockdown 7

I want to start with saying a big thank you to our fantastic students who have taken this latest lockdown in their stride. For some it has been an opportunity to sleep in and have a more relaxed day, for others it is a struggle to find the motivation to get through a full school day! And for us, as teachers and parents, there is a similar range of emotions, sometimes in the same day! I want to thank all of you for your efforts in pushing through this difficult time.

For those who tend to be more in 'the struggle' camp Mrs Nuttall shared an article with some useful tips on how to get through a remote home-learning day.

1. Maintain a routine (as best as Lockdowns allow)
2. Print out your child's Timetable so that there is not confusion as to what happens when
3. Have a timer set to the start of each lesson (my oven clock does this!)
4. Allocate a space for each person to work in (I understand this is easier in some households than others)
5. Take short breaks if feeling overwhelmed (that's for parents and students!)
6. Let the Wellbeing Team know if your child is struggling to engage online or keep up with work.

We need our students to continue on their learning journey and we don't want there to be any gaps. Let's all be on the journey together.

Stay safe and remember to get in touch if you have any concerns.

Ms Angela Molinaro

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Literacy



Book Week

Book week arrived with a bang at St Mary's College last Friday morning!!

A wonderful time was had by all as the students paraded around the quadrangle in class groups. A big thank you to all the students and their parents for the fabulous costumes. Our own Fr Ashkar got into the spirit of the day as well, which was great to see. Keep an eye on your google classrooms in the coming week..... the celebration of reading and books is to be continued.





PAM – Supporting student planning and task completion

Supporting your child to plan and complete school work during remote learning can have its challenges. The PAM (Parent Access Module) application can assist you with checking and reminding your child of any work that may be due.

Below are the steps to follow in PAM so that you can help your child plan out any due work.

1. Log in to PAM with your username and password.

- User Name is your email address,
- If you have forgotten your password, use the forgot password link
- If neither of these resolve the problem contact the school office

2. Click on your child's profile

3. From the left menu option select Learning Tasks

- Here you will find details of any class tasks or assessment tasks that relate to your child's learning
- Overdue and active task quantities are listed at the top above the subject area specific information

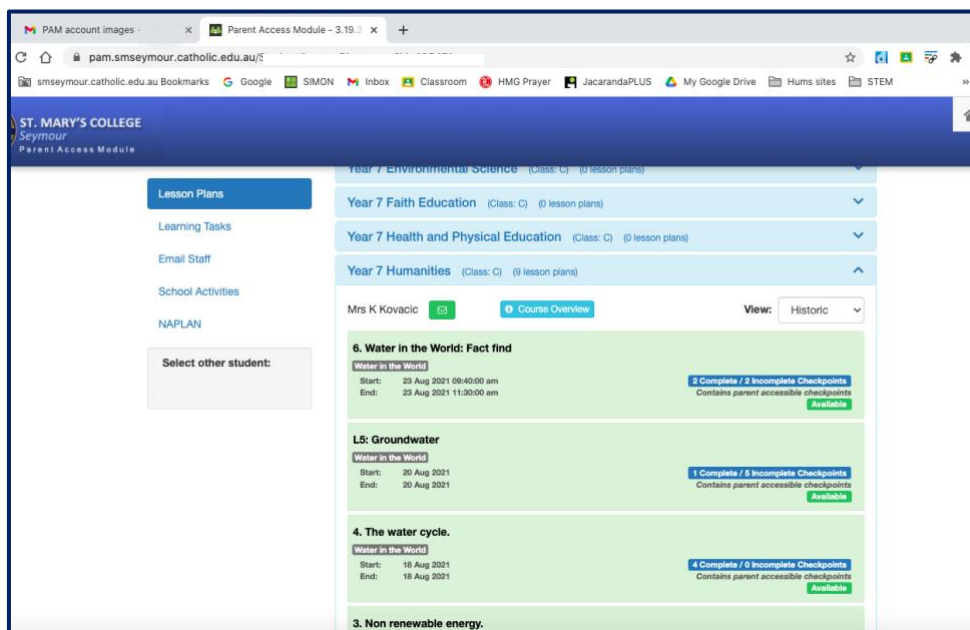
The screenshot shows the 'Learning Tasks' section of the PAM application. On the left is a navigation menu with options like Personal Details, Student Timetable, Assessment Reports, Commendations, Lesson Plans, Learning Tasks (selected), Email Staff, School Activities, and NAPLAN. The main content area has a 'Classes' dropdown set to '2021, Semester 2'. Below this, two boxes display '2 Active Tasks' and '1 Overdue Task'. A list of classes follows, each with a task count and a dropdown arrow. The classes and their task counts are: Year 7 Dance and Drama (1 task), Year 7 English (1 Overdue), Year 7 Faith Education (1 task), Year 7 Health and Physical Education (1 Active), Year 7 Humanities (5 tasks), Year 7 Indonesian (1 task), Year 7 Mathematics (1 task), and Year 7 Science (1 task).

As part of curriculum enhancement trials, some teachers have been developing lesson plans for certain classes. The lesson plan provides additional support for students by breaking down actionable tasks into “Checkpoints”, it also can provide students with modified tasks – only the student and teacher can see the modification

4. From the left menu option select Lesson Plans.

The screenshot shows the 'Lesson Plans' section of the PAM application. The left navigation menu is the same as in the previous screenshot, but 'Lesson Plans' is now selected. The main content area has a 'Semester' dropdown set to '2021, Semester 2'. Below this is a list of classes with lesson plan counts and dropdown arrows. The classes and their lesson plan counts are: Secondary Vertical House Groups (0 lesson plans), Year 7 Dance and Drama (0 lesson plans), Year 7 English (0 lesson plans), Year 7 Environmental Science (0 lesson plans), Year 7 Faith Education (0 lesson plans), Year 7 Health and Physical Education (0 lesson plans), Year 7 Humanities (9 lesson plans), Year 7 Indonesian (0 lesson plans), Year 7 Mathematics (0 lesson plans), and Year 7 Science (0 lesson plans).

5. Select any subject that has a number greater than zero to see the details of each lesson



Ms Andrea Richards

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Defence School Mentor

St Mary's Defence Kids Colouring/Art Competition

Calling all artists! Let your creativity shine during lockdown and join in with our Defence Kids Colouring/Art Competition. You may like to do

some mindful colouring or create a drawing from scratch, the choice is yours. Once the masterpiece is complete, send an image to emma.marrinan@smseymour.catholic.edu.au. All submissions will be in the running to win a prize, looking forward to seeing your creations.



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

Mrs Emma Marrinan

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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



St Mary's College

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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