



# 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.24

Term 3

2 September 2021

**Dear Parents and Guardians,**



***"I'd like to think I am resilient."***

*(Scott Reardon Paralympic Gold Medallist interviewed  
after the 100 metres final this week at the Tokyo Paralympics).*

The two brothers in the photo are Scott and Phil Reardon from the Riverina of NSW. They hail from a wheat and sheep farm 40 minutes from Temora, an hour north of Wagga. I knew Scott and Phillip as two of my past students and back in 2002 there was a story to be told.

It was on a weekend and the two brothers were a kilometre away from the farm house digging holes for new gate posts. Phil was working the tractor and little brother Scott was nearby. Scott's shoelace got caught in the power take off shaft of the tractor causing him to lose his right leg. Phil ran his heart out the kilometre back to the house carrying Scott. An ambulance met the family station wagon on the way to the Temora Hospital where a Care Flight Helicopter was waiting to airlift Scott to the Trauma Centre at Canberra Hospital. There were so many emotions for the Reardon's and particularly Phil to work through but being a salt of the earth farming family their wider family and friends knew this remarkable family would

get through the tragedy and find the positives - that is what farming families do, they get on with it!

Move forward a few years and Scott is a World and Olympic Champion. Scott won Water Skiing World Championships in 2007 and 2009. He represented [Australia](#) at the [2012 Summer Paralympics](#) in athletics, winning a silver medal in the Men's 100 metres T42. At the [2016 Rio Paralympics](#), Scott went one placing better to win the 100 metres gold medal. Scott, the little boy with a beaming smile and (as I remember him) a future Rugby League star, is now an adult whose positive outlook on life is providing inspiration to many disabled people young and old. Scott Reardon is a resilient young man, his parents and siblings have turned a life changing accident into a wonderful example of the glass half full attitude to life. This week Scott came 5<sup>th</sup> in the final of the 100 metres at Tokyo. He has carried an achilles injury for some time and was just so grateful to be on the track wearing the green and gold.

## **Excursions**

With so many unknowns within and between state border closures; increased costs for parents and logistical complexities if a lockdown was called during an excursion, the College Executive have cancelled the Year 9 Experience to Tasmania and the Year 5/6 Excursion to Canberra. Until further notice other College calendar excursions and incursions will continue to be postponed or cancelled.

## **Covid-19 Update**

It is pleasing to read that Seymour has no exposure sites coming from the local positive test. Further to the letter that families received yesterday, the Victorian Premier is to make an announcement sometime next week on regional education. The latest from CECV as at 2.00pm Thursday 2<sup>nd</sup> September:

*'Due to the ongoing level of community transmission of COVID-19, the Victorian Government has announced that the current restrictions in place across Victoria will be extended. This means remote and flexible learning will continue in all Victorian schools until the end of Term 3. Any update or change to this will be communicated through the return to onsite learning plan that will be released next week.'*

These are trying times. Covid saps mental energy, yet we also know that life will be better for all when vaccination levels get to that magic 70-80% level. We are getting there!

## Staffing 2022

Planning is underway for next year. Since March 2021 Covid-19 has disrupted the learning environment for students and as part of the staffing strategy for 2022 we are looking at ways of providing extra support beyond any extensions the governments may or may not provide to the Tutor program. As teaching and leadership positions are finalised for 2022, the College community will be informed.

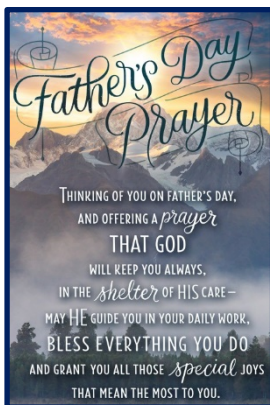
What a wonderful day was Thursday, a day with balmy spring weather, sunshine, blue sky and no hint of those winter blues. Although the weather map is a wet one for today and into the early hours of Saturday morning let's make the most of the beginning of springtime even if it is in our own backyards.

### Spring Awakening by Lily Baker

Then the rainbow lorikeets hum and the honeysuckles Blossom,  
When I actively bounce down the sand dunes  
And onto the pea green grass,  
The waratahs and the wattles bloom,  
And my heart opens to the riot of spring.  
I love this time when everything comes to life,  
Nature triumphs in the trees, swaying freely in the wind,  
Stealing my train of thought  
And making my imagination run wild.



I am inspired by this heavenly kingdom,  
The tranquillity of dew droplets falling,  
Slowly  
The mastery of the rain.  
I feel connected.  
Tree sap trickles down the bark of native gum trees  
I examine this, calmly, curiously.  
Sometimes the wind whispers to me at dusk  
Giving me confidence within my body  
I promise,  
I will always make the most of springtime.



Blessings on all dads and grandfathers for Father's Day. It is not until we all grow in age that we realise the wisdom of our fathers. Fathers are heroes to their children and boys need that role modelling for when they become the future heroes.

There is no greater learning place, no greater role modelling and no greater love than that which comes from the home and family. There are no greater teachers than a father or mother. Blessings dads!

*"The older I get, the smarter my father seems to get." Tim Russert*

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)

**PS.** My son has had some success on the footy field chasing a Sherrin. Isaac's motto when he runs onto the ground, particularly the MCG is to make other players look and be better than himself because then the whole team benefits. Thank you for all that you are doing at home, in the workplace and in the small but significant ways that you are supporting your children and St Mary's during Lockdown No. 6. It takes the village!

# Deputy Principal Operations

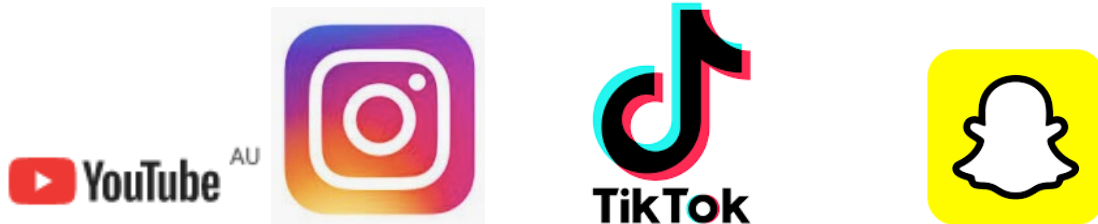


On Tuesday evening Mrs Allison Moore (Director of Wellbeing) and I tuned into an online webinar conducted by the eSafety Commissioner's expert education and training team called 'eSafety's parent guide to popular apps'.

The College had intended on running an onsite event to stream the webinar for parents and carers but COVID lockdown put a halt to these plans. We will look at rescheduling a parent information session when covid guidelines permit.

The webinar provided information and practical tips on keeping children and young people safe whilst using TikTok, Instagram, Snapchat and YouTube. It is crucial that we as parents empower ourselves with as much knowledge and the tools to guide our children in using apps in a safe and positive manner.

The eSafety Commission provide an 'app checklist for parents' at: <https://www.esafety.gov.au/parents/resources>



## App checklist for parents



### Checklist

The aim of this checklist is to help you navigate the app world and give you the tools to ensure you and your family enjoy safe and positive online experiences.

#### ☐ Do your research

- [The eSafety Guide](#) is a good starting point.
- Other sources include [Common Sense Media](#) and [ConnectSafely](#), which review the most popular apps.
- Search for recent reviews from Google Play and Apple Store.
- Discuss the benefits and risks with family or friends who use the app.

**eSafety tip:** Check whether the app can be used for [content sharing](#), [photo and video sharing](#), [messaging and online chat](#), [voice chat](#), [video calling](#), [live streaming](#), [gaming](#), [in-app purchasing](#), [online relationships](#), [location sharing](#) and [encryption](#).

#### ☐ Check the age rating and requirements

- Apps usually state a minimum age for users in their terms of use but they don't all have verification requirements.
- [The eSafety Guide](#) includes the stated age for many popular apps.
- [Common Sense Media](#) makes an independent assessment of provides age recommendations.
- Check the advice on the eSafety Parent page [Are they old enough?](#)

**eSafety tip:** When deciding if an app is suitable for your child, think about their level of maturity and judgement as well as the age recommendation.

#### ☐ Consider privacy – read the terms and conditions and ask yourself these questions:

- What information does the app request?
- Does the app provide privacy protections?
- Can you restrict who sees your profile?
- Who can find you in a search?
- What information can people see about you?

**eSafety tip:** See the eSafety page [Connecting safely – Apps](#) for more advice. [The eSafety Guide](#) contains links to information about how to adjust privacy settings in popular apps.



☐ **Check the permissions and other settings – read the community guidelines and ask yourself these questions:**

- What permissions does the app request?
- What information the app collect?
- Does the app need microphone and/or video camera access to perform its functions?
- What are the default settings?
- Do you need to change default settings, initially and after each update?
- Does the app allow in-app purchases?

**eSafety tip:** See the eSafety Parents page [Taming the technology](#) for advice on using parental control and safe browsing tools.

☐ **Safety check**

- Can you report things in the app? (For example: online abuse, impersonator accounts, offensive or illegal content).
- Is the in-app reporting process easy and clear?
- Are the in-app reporting options limited or can you report a wide range of safety concerns?

**eSafety tip:** Let your child know they can come to you for help if anything makes them feel uncomfortable or unsafe and they won't be in trouble. You can help them [report serious online abuse](#) to the eSafety Commissioner.

## Mrs Genevieve Gordon

genevieve.gordon@smseymour.catholic.edu.au

## Director of Faith and Mission



### Happy Father's Day

Every Father's Day we are reminded about the importance of fathers, or significant males, in your lives. In reality Father's Day can be a difficult day for some of you who no longer have a father, or father figure, due to a myriad of reasons. These days remind you of what you have lost.

In these COVID times, some of you may not have seen your father for a long period of time.

Fatherhood can have its challenges and hardships, but every dad bears it with pride and happiness.

Your dad has been your first friend who has always been with you, no matter what. He is the one person who has given you with unconditional love and care, without asking for anything in return. When it comes to the relationship you share with your father, there are absolutely no strings attached.

He may not always show, but he is always there for you, with his unwavering support and assistance. How often do you take out time to whisper a silent prayer to God for the health and happiness of this special person in your life?

This Father's Day, take it as an opportunity to seek blessings for your father, with a special prayer of gratitude.

### Special Prayer for Dad

*Heavenly Father*

*in your wisdom and love you made all things.*

*I ask, God, to bless all the fathers in the world.*

*Strengthen them by your love.*

*Guide them to be good role models  
and loving to all their children.*

*Help them to be a father like You are.*

*Give them grace and patience to handle situations  
in a loving way.*

*Amen!*



## Mrs Rochelle Gough

rochelle.gough@smseymour.catholic.edu.au

## Director of Wellbeing



There has been some brilliant work happening in both Primary and Secondary classes over the past couple of weeks. To acknowledge students for their individual success, awards will be presented via google classrooms on Friday. Names will be included in next week's Marian and certificates will be handed out when student's return on-site. Thank you to parents and carers for their continued support during these difficult times.

### Not everything is cancelled...

Love is not cancelled...  
Sunshine is not cancelled...  
Relationships are not cancelled...  
Reading is not cancelled...  
Hugs are not cancelled...  
Creativity is not cancelled...  
Music is not cancelled...  
Kindness is not cancelled...  
Imagination is not cancelled...  
Conversations are not cancelled...  
  
Our dedication to our students,  
families and staff is not cancelled.

**Mrs Allison Moore**

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

## 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](mailto:emma.marrinan@smseymour.catholic.edu.au) All submissions will be in the running to win a prize, looking forward to seeing your creations.



### Father's Day

Happy Father's Day to all our St Mary's Defence Dads. Even though we're in lockdown, I hope you have a nice relaxing day at home on Sunday with your families.

### DMFS Event- Virtual Quiz night

Defence Member and Family Support (DMFS) are hosting a virtual quiz night for ADF members and families in Victoria and Tasmania on the 17<sup>th</sup> September. Test your general knowledge and have some online fun with other ADF families. Details and registration on Eventbrite, registration will close on 16<sup>th</sup> September unless fully booked earlier.

<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](mailto:memberandfamilyhelpline@defence.gov.au)

**Mrs Emma Marrinan**

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



## Asthma Week is on 1<sup>st</sup> – 7<sup>th</sup> September

2.7 million of us are living with asthma (1 in 9). With air pollution being a regular thing, we breathe in, the risks and impacts for people with asthma are getting harder, but it's not just people with asthma who are impacted. Air pollution, from traffic exhaust to your gas cook-top, can be damaging our lungs and your general health. When we breathe in certain air pollutants, the risk of developing conditions like asthma, heart or lung disease and cancer can increase.

This Asthma Week, Asthma Australia has joined forces with key respiratory, health and climate organisations to encourage Aussies like you, to care as much about the air you breathe as the food you eat.

The Asthma Week Collaborative is launching – 'Air Nutrition – you are what you breathe' – to educate Australians to think differently about the air we're breathing in and to take simple steps to reduce our intake for a healthier life.

Please find more information on this year's Asthma Week Collaboration by following this link: <https://asthma.org.au/air-nutrition>

**AIR NUTRITION**  
**YOUR COMMUNITY**

PM 2.5	✓ 5 µg/m <sup>3</sup>
PM 10	✓ 4 µg/m <sup>3</sup>
NITROGEN DIOXIDE	✓ 2.3 ppm
OZONE	0.1 ppm

WARNING: THESE POLLUTANTS CAN BE DANGEROUS FOR YOUR LUNGS

**YOU ARE WHAT YOU BREATHE.**  
At school time, protect kids from breathing in harmful levels of car exhaust. Park your car and walk to the gate, or ride a bike to collect your children. Avoid car idling where possible. Scan to learn more Air Nutrition tips.

ASTHMA WEEK  
1-7 SEPTEMBER  
ASTHMA AUSTRALIA

## Pfizer vaccinations for students

St Mary's College has received the following information from the Victorian Government regarding vaccinations for students.

As part of the COVID-19 vaccination roll-out, all Victorian school students aged 16 years and above are now eligible to receive the Pfizer COVID-19 vaccine.

### Consent

Students can book their own appointment and consent to vaccination themselves if the health professional assesses them to be a mature minor.

### Booking an Appointment

To book an appointment, visit the [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) website or contact the Seymour Health Covid 19 Vaccination Clinic on 5735 8033 or the Coronavirus hotline by phoning 1800 675 398

### More Information

For more information about eligibility, visit <https://www.coronavirus.vic.gov.au/> or use the Australian Government's COVID-19 vaccine eligibility checker. For further assistance, contact: the Department of Health Coronavirus hotline: 1800 675 398 or the National coronavirus and COVID-19 vaccine helpline: 1800 020 080.

**Mrs Brooke Wessels**

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





### Managing Big Emotions

As we approach extension to the current lockdown period. Students may be frustrated and find it hard to manage emotions and take control of behaviour. Here are some helpful ways to help your child when they are feeling frustrated.

- 1 . Be flexible (set boundaries through negotiation)
- 2 . Build relationships - Trust is critical with any child or teen and consistent boundaries help maintain trust.
- 3 . Choose words carefully - words matter
- 4 . Use humour - humour is a great level playing field and balance out the power struggle
- 5 . Remain calm - this is going to be extremely hard at times... but the rewards are worth it
- 6 . Pick your battles - some things matter, and some don't. At the moment many young people feel they have no control. This impacts behaviour and emotions.
- 7 . Try not to take things personally. Adults and kids alike need space to vent
- 8 . Learn your child's triggers - What causes the emotional or behavioural response?

**Mrs Melinda Nuttall**  
counsellor@smseymour.catholic.edu.au





# Parent Engagement



## Congratulations

In the past few weeks, we have welcomed two new beautiful baby boys into the St Mary's community!

Emmi Hoefchen and John Kirby have welcomed their son Sam, brother for Tayte (5/6C) and Summer (2A) Hoefchen.



Jess and Scott Manderson have also welcomed baby son Hayden, brother for Anastasia (FA) and Isabella (2B).

Congratulations to both families- such wonderful news!! Thank you for sharing the lovely photos.

## Father's Day

We would normally have cooked 100's of sausages today and had over 300 dads, grandfathers and special people onsite for our annual Father's Day breakfast (plus all the staff and students!) We are so sorry that we are unable to do it this year but hopefully we will have something similar for all our families next term when we can.

The P&F would also be packing up after another super stall for the students. While we couldn't have the Father's Day stall, the P&F have still managed to organise a wonderful raffle which was drawn at school today by Mr. Smith and some of the students onsite.

Thank you so much to Bunnings Seymour, who donated some of the prizes for the raffle- we really appreciate your support in these challenging times.

Winners will be published on our FB page later today.

## Intereach

Some new information with more to come ....

We would like to share some information about a relatively new organisation in Seymour called **Intereach**.

**Intereach** is a not-for-profit community organisation working across the Riverina-Murray region of NSW, central and northern Victoria and now here in Seymour.

**Intereach** is looking to support families in the community by providing awareness of what support programs and initiatives are in the Seymour region, especially with regard to NDIS funding.

They have the capacity to provide, at no cost to families, an LAC (local area coordinator) who could come and answer questions.

The LAC would provide families with information, particularly about gaining access to NDIS in the first instance, gathering evidence supporting applications and then utilising funding for NDIS.

We felt this would be a great additional support for our families.

Fiona Ashcroft, from **Intereach**, has offered to come and speak to parents about what Intereach has to offer to our families. This will now need to be a virtual meeting so we will send details out to families about the meeting once that is organised.

In the meantime, please contact Cath Evans (Parent Engagement Co-ordinator) for any further information or clarification.

We are looking forward to working with **Intereach** to add another layer of support for our families.

**Mrs Catherine Evans**

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



# Technology



## Material Technology Yr7 - Remote Learning CAD

Students have taken remote learning in their stride when it comes to Design Technology. Year 7A students have been working on a design brief that required them to create an acrylic bag tag. They had to design a bag tag that included their initials and represented them (or their personality).

They first sketched ideas, then used Tinkercad CAD software to draw a 3D representation of their bag tag. They loaded the digital file to their remote class room which allowed Ms Richards to download and load to the school's 3D printer.



**Ms Andrea Richards**

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

## Notices

# AUSTRALIAN AIR FORCE CADETS

## REACH FOR THE STARS

My name is Trevor Morrison and I am currently the Commanding Officer of the local Australian Air Force Cadets Squadron in Shepparton. 419 Squadron AAFC is recruiting again and displaying what we have to offer on our 'Recruitment Open Night'. We are seeking males and females between the age of 12 to 15 years.

Our fundamental aim is to foster qualities that will enable cadets to become responsible young adults, who will make a valuable contribution to the community. No matter what career choice, the AAFC provides a foundation of knowledge and skills that will assist towards cadets' future.

As we have been approved for a second recruit intake, I would like to request your schools assistance with our current recruitment period. If you could please include the below information in your newsletters through until the end of this term it would be greatly appreciated.:

The Australian Air Force Cadets (AAFC) is recruiting now until the end of term 3! The AAFC is a youth-oriented organisation that is administered and actively supported by the Royal Australian Air Force. The AAFC will teach you valuable life skills and will help you develop qualities including leadership, self-reliance, confidence, teamwork and communication. Some activities undertaken by the AAFC include flying, fieldcraft, adventure training, firearms safety training, drill and ceremonial, service knowledge, aeromodelling, navigation and gliding. The above is conducted on Friday evenings during the school term and weekend and school holiday activities are also available.

419 Squadron Shepparton is now accepting enquiries and expressions of interest to:  
[co.419sqn@airforcecadets.gov.au](mailto:co.419sqn@airforcecadets.gov.au) or phone 0481111305.

**To be eligible to enrol students must be 12 (turning 13 this year) -15.**

If you would like any more information or for us to provide you with extra recruitment material, please don't hesitate to contact Trevor.



### 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