



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.25

Term 3

9 September 2021

Dear Parents and Guardians,



"Are you OK?"

Mental health is on the national agenda and so it must be for young and old. By asking someone (even a stranger) RUOK can in that moment in time change their life for the better and beyond.

The national RUOK? campaign was created in 2009 by Gavin Larkin in memory of his father who left this world in tragic circumstances in 1995. RUOK? is now a national Conversation Movement that is equipping Australians with the skills and confidence to support others.

RUOK? after what we have experienced since the dreaded arrival of Covid-19 on Australian shores? For the past 18 months Victoria has lived in a world of reactive decision making, be it in the home, the workplace and or in life generally. It has not been easy for anyone, yet at St Mary's we have done our best to ensure our students have been educated and cared for. We have survived in partnership with parents, it has truly been a relationship that has been valued and respected. We (St Mary's College students, staff and parents) can feel mighty proud of the journey we have navigated since March 2020.

Vaccination rates are increasing and will lead us to a return to our way of living in 2022. There are though, a few hurdles still to jump and will require our patience and understanding. Both attributes we know so well since March 2020.

Professor Sarah Gilbert the architect of Oxford University's AstraZeneca COVID-19 vaccine has reported that the Oxford researchers created the vaccine in 12 months rather than the usual 10 to 15 years required to develop a vaccine for a pandemic. This success happened through teamwork and the use of modern technology. At St Mary's as hard as it has been, teamwork and technology have enabled our College community to cope with the many demands and challenges during this time.



What Makes St Mary's College Special?

It takes many parts to make a whole. The College Feast Day videos provide some context of the Mercy influence on St Mary's and special messages from students and staff. Mary the first Christian, ever so faithful and loyal to her son and to God's word. A mother, a lady who was authentic to the core; courageous; not swayed by others; wise in her silence and always there to pick up the pieces. How blessed is our College to have St Mary's name as our name!

<https://youtu.be/ZO61ty1LaVc>

<https://youtu.be/L0n8CMS34Go>

May our actions and words be shining lights for others.

Stay well and may the best team win tonight in WA!

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



Curriculum Developments for 2022

During this term a team of teachers F-10 have been auditing and reviewing the Design and Digital Technologies curriculum. It has also included a focus on better alignment in The Arts curriculum. This ensures better opportunities for students to progress through key learning concepts and skills in sequential learning pathways.

The new structure will provide students with tasters of all topics in year 7 and 8 and the opportunity to be more specialised at years 9 and 10.

Students will be provided with opportunities to become skilled at using hardware and software for creating products in emerging and growing industries.

The current year 8 and 9 students will be presented with the relevant information and will nominate their 2022 preferences in weeks 3 and 4 of term 4.

The F-6 curriculum will incorporate the language, knowledge and skills required to experience and understand the connections between science and technologies which lead to engineering and product design,(STEM). Digital technologies experiences will also be broadened to include data analysis, digital systems and programming solutions.

Secondary Assessment Tasks

Teachers will continue to mark and record students work during remote learning. Students are expected to complete and submit assessments for marking. Students who have not engaged in work during remote learning will have this reflected in their feedback comments.

End of Term

As we approach the last week of the term and look forward to the holiday time, let's keep our College Tag at the forefront of our actions and attitudes towards each other and our learning. Act Justly, Show Respect, Do Our Best!

Ms Christine Buhler

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Director of Faith and Mission



During this year's Season of Creation (1 September - 4 October), we enter a time of renewal and hope, reflecting on the need to acknowledge and renew the beautiful, complex and interconnected relationships of our common home, designed to live and flourish together.



Every year, Christians around the world, from across all denominations, commit the month of September as a season to celebrate God's beautiful Earth, and renew our shared commitment to preserving and restoring that beauty. For the liturgical amongst us, this is called the *Season of Creation*.

During the Season of Creation, we unite as followers of Jesus, celebrating the bonds we share with each other and with “every living creature on Earth.” Together Christians celebrate the season by spending time in prayer, considering ways to inhabit our common home sustainably, and lifting our voices in the public sphere.

A home for all? Renewing the Oikos of God

This year, the theme for the season is “A home for all? Renewing the Oikos of God”.

Oikos is the Greek word for “home,” or “household”. This Season of Creation we reflect on the Oikos of God, a home for all. A beautiful creation built on diverse, wondrous and complex relationships that support and sustain. However, God’s precious creation has been exploited.

Our Aboriginal and Torres Strait Islander brothers and sisters have long walked in the wisdom of these interwoven, interdependent relationships and the need to care for country.

Season of Creation is an opportunity to reflect on our role as stewards of God’s beautiful Creation and the need for us to renew and restore the Oikos of God as we seek to live out Jesus’ call to love our neighbour. Loving our neighbour means loving our people neighbour, our tree neighbour, plant neighbour, animal neighbour, bird neighbour, fish neighbour, land neighbour, water neighbour, sky neighbour.”

Together we pray for a restoring of right relationship with God and all of creation as we confront the reality of the systems we live in where profit is put before caring for creation, economy before protecting the health of our live-sustaining ecosystems and politics before love for our neighbours.

We pray that we would see clearly the importance of these relationships to the health and flourishing of our Common Home. We pray that we would honor God in the way we treasure and protect God’s life-giving gift of creation that sustains, brings joy and heals. We pray that we would restore just relationship with all of God’s creation, joining our voices in praise for God with all of creation (Psalm 66:4).

Mrs Rochelle Gough

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College Nurse

Supporting your child to cope with the COVID-19 pandemic

With the situation rapidly changing, frequent news of people becoming unwell and positive cases moving closer to Seymour, it is a very unsettling time for families.

The following information is from a fact sheet from the Royal Children’s Hospital in Melbourne, you can find the whole fact sheet by following this link:

https://www.rch.org.au/kidsinfo/fact_sheets/Supporting_your_child_to_cope_with_the_COVID-19_pandemic/



Talk about coronavirus with your children

It is important not to avoid talking about coronavirus with your children – avoiding the topic may make them feel more worried and unsure about what is going on. Many children will already have thoughts and ideas about coronavirus, so start by asking them what they know. It’s ok to tell kids that we don’t have all the answers but when we know more, we will share it with them.

Be open and honest, but age-appropriate

Stick to the facts, but think about your child’s age when sharing information with them. Children of different ages will need different answers. It is important to tell children that although they might catch the virus, it is unlikely to make them very unwell and that most strategies they see, like hand washing, mask wearing and social distancing are actually to help the most vulnerable and by doing these things they are helping to protect themselves and others.

Stay positive and hopeful

It is helpful to stay positive and hopeful when discussing coronavirus with your children. Often the media focuses on the worrying and negative aspects, so your children may become overwhelmed and think the situation is hopeless. Explain that there are lots of doctors and scientists working really hard to find out

about this virus, and that they are learning new things every day. Let them know people around the world have recovered from coronavirus. It's important for them to know that although things are different at the moment, and may be hard for a while, things will eventually return to normal.

Limit information children get through the media

There is lots of information in the media, try to limit how much your child watches through TV, radio and social media.

Focus on the things children can control

We need to focus on what they can control to stay safe and healthy. By giving children practical things they can do will help them feel empowered rather than helpless. Remind children about hand hygiene – making sure they know how to wash their hands properly and remind them to do this before and after they eat, as well as after touching their face or blowing their nose. Teach them how to sneeze into their elbow. Remind them to avoid touching their eyes, nose and mouth.

Keeping well through physical activity, a healthy diet and plenty of sleep are also really important ways to support your children.

Stick to routines where possible

Children need routine more than ever during uncertain and unpredictable times. Maintaining structure around mealtimes and bedtimes, as well as online activities for older children.

Look out for signs of anxiety or stress in your children

Everyone reacts differently in stressful situations. Some children are naturally more anxious than others, and coronavirus may affect them a lot. Keep an eye out for highly anxious or unusual behaviour in your child, being more emotional, having temper tantrums or trouble sleeping or eating. Older children can show signs too or they may also appear distracted, have trouble concentrating or becoming forgetful. If you are concerned that your child is showing signs of high levels of anxiety or stress, please seek advice from your GP.

Look after yourself too

Uncertain and stressful times can put a lot of strain on family relationships. In order to best support children, it is important that parents look after themselves too during this very stressful and difficult time. Try to find time for adequate rest and self-care. If you are feeling particularly stressed, overwhelmed or unsafe, or that you are not able to support your children in the way that you would normally like, please reach out to family and friends or your GP.

Key points to remember

- Children look to adults as a guide about how to react in stressful situations
- Stay calm, positive and hopeful when talking with your child about coronavirus
- Keep information clear, honest and age appropriate
- Give children practical things to do, like good hand hygiene, to help them feel in control
- Make sure you and your child stay physically active
- If you or your child are feeling overwhelmed or stressed seek help from friends, family or your GP
- Try to answer your child's questions and keep the communication channels open
- Our school community is here to help, please reach out, if you need us

The Royal Children's Hospital, Melbourne also has an app, website and Facebook page with great information available.

Check them out!

<https://apps.apple.com/au/app/kids-health-info/id954616308>

<https://www.rch.org.au/home/>

<https://www.facebook.com/rchmelbourne>

Mrs Brooke Wessels

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Counsellor's Corner



R U OK? Day – September 9th

R U OK? Day is organised by an Australian Non-for-Profit suicide prevention organisation founded by Gavin Larkin in 2009. "The aim of R U OK? Day is **to engage Australians to connect with people in the community they may have concerns about**, encouraging them to seek further help and to follow up to ensure support is being provided" (Australian Government, n.d.).

Starting a conversation can be tricky, below are some useful tips for starting the conversation from the Website <https://www.ruok.org.au/>

R U OK?

A CONVERSATION CAN CHANGE A LIFE

R U OK? inspire and empower everyone to meaningfully connect with the people around them (in person, online or via a phone call) and start a conversation with those in their world who may be struggling with life.

You don't need to be an expert to reach out – just a good friend and a great listener.

Use these four steps and have a conversation that could change a life

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Now more than ever people are feeling isolated and disconnected – reach out! Let the people in your life know that you care and are there to listen.

Mrs Melinda Nuttall
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Defence School Mentor



St Mary's Defence Kids Colouring/Art Competition

Thanks to all the St Mary's Defence kids who got creative during lockdown and joined in with our Defence Kids Colouring/Art Competition.

Congratulations to our winners, prizes will be given when we return to school.



DMFS Seeds in Spring

Defence Member and Family Support are giving away seeds to ADF members and families in Victoria and Tasmania so you can welcome spring and grow plants to brighten up your day. For more information and to register [click here](#). Be sure to register by the 12th of September.

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 17th September. Test your general knowledge and have some online fun with other ADF families. Details and registration on Eventbrite registration will close on 16th 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

Mrs Emma Marrinan
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Parent Engagement



Father's Day Raffle



Last Friday we held our Father's Day Raffle remotely as we couldn't have our usual Father's Day Breakfast.

Thank you to the P&F for having the prizes ready for the raffle and to Bunnings Seymour for providing some of the prizes.

Congratulations to the winners of our Father's Day Raffle-

- 1st – Ross Musgrove father of Eliza in Year 3
- 2nd – Damian Allen father of Jessa in Year 8
- 3rd – Reda Faheem father of twins George and Mary in Year 3
- 4th – Ian Porter father of Josh in Year 7
- 5th – Dean Holden father of Jax Year 2 and Marley Year 7
- 6th – Sam Cox father of Ruby Lee Year 1
- 7th – Dale Brown father of Levi Year 4, Jabe Year 7 & Zac Year 8
- 8th – Anthony Hyde father of Darragh in Foundation
- 9th – Michael Hanson father of Ella Jade in Year 7
- 10th - Michael Brown father of Mia Year 3, Ben Year 5 & Sam Year 7

Save the Date

The P&F have arranged to run a sausage sizzle at Bunnings Seymour on Saturday 23rd October. This is a great fundraising opportunity for our College.

More details closer to the date.



Mrs Catherine Evans

catherine.evans@smseymour.catholic.edu.au

Notices

This school holiday's Mitchell Shire's young residents are invited to join a us online to see where recycling goes!

Have you ever asked "Where does recycling go after it's picked up by the truck?"

Join us online to take a peek at what happens to our recycling after the truck leaves. Learn about recycling and what you can do locally to make a difference.

This interactive presentation explains how used packaging is sorted into material types.

Recommended age: 6-12yrs (all welcome)

When: Thursday Sept 30

Time: 10-11.15AM

Bookings essential <https://kidsrethinkrecycling.eventbrite.com.au>

KIDS RETHINK RECYCLING



This school holidays join us online and take a peek at what happens to your recycling after it's picked up by the truck.

SEPT 30 | 10-11.15AM | FREE

BOOKINGS ESSENTIAL www.kidsrethinkrecycling.eventbrite.com.au

Term Dates 2021

Term 3: 12/07 – 17/09

Term 4: 04/10 – 17/12

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