



The Marian

www.smseymour.catholic.edu.au

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.26

Term 3

17 September 2021

Dear Parents and Guardians,

Times have been tough for everyone!

On Wednesday at the College Advisory Council meeting, we reflected on Catherine McAuley's Prayer for Guidance. Covid has required wisdom, understanding, courage, strength and more. We are moving towards calmer waters.

2022 will see far better times.

Catherine's Prayer for Guidance Come,

O life-giving Spirit, transform us.

Stir up in us the flame of love which is your gift.

Give us wisdom to see as you see.

Give us understanding to hear as you hear.

Give us courage and strength to walk the way of justice and integrity.

Kindle in us wonder and awe, that we may have grateful spirits.

You who dwell within us, praying unceasingly, fill us with love and devotion.

Holy Wisdom, guide us in the choices we must make.

Give us discerning hearts that we may choose what is good, in accord with your desire.

Lord God of mercy, finish in us the work you have begun.

Amen.



That one decision by Catherine McAuley in 1824 to help those less fortunate has changed lives from that time forward. In 1824 she used her inheritance from an Irish couple she had served for twenty years to build a large House of Mercy where she and other lay women would shelter homeless women, reach out to the sick and dying and educate poor girls. The House on Baggot Street opened in 1827. To give these efforts greater stability, Catherine and her co-workers founded a new religious congregation. On 12 December 1831, she and two others professed their vows as the first Sisters of Mercy. Before her death on 11 November 1841, Catherine founded convents and works of mercy throughout Ireland and England. Catherine's decision to forgo her fortune to provide a roof for young mothers was made without judgement and her legacy continues to live on through Australian Catholic schools; hospitals and health services.

F-2 Work Packs

Work Packs will go home this week for F-2 students. This is a **precautionary measure only** in case there is a snap lockdown announcement. It is important that we are prepared, considering the changing nature of Covid restrictions. The work packs will have been sent home either yesterday or today. Please keep in a 'safe' place.

COVID and Vaccinations

Principals receive some correspondence from parents and from the general public in regards to vaccinations. I do not stand as judge and jury on any individual's personal view on vaccinations, nor do I make the legislative rules around vaccinations. St Mary's is absolutely committed to the safety and wellbeing of our College community.

St Mary's receives regular guidance from our governing authority MACS (Melbourne Archdiocese Catholic Schools) to ensure that our College practices are aligned with health advice from the Australian and Victorian governments to limit the spread of coronavirus.

At the present time, the [Victorian Government's advice](#) is that:

- COVID-19 vaccines are free, safe and voluntary. The more people who choose to get vaccinated, the greater the protection for those vaccinated and the whole community.
- The best person to talk to if you have concerns about your health and being vaccinated against COVID-19 is your doctor/general practitioner (GP).

Consistent with this advice, COVID-19 vaccinations are not currently mandated in Victorian Catholic schools. I would echo the Victorian Government's advice, recommending to speak to a doctor or general practitioner regarding any concerns. Comprehensive information on the COVID-19 vaccines is also available from the [Australian Government](#).

Our College will keep families up to date should the advice on vaccinations from the Australian or Victorian government change. Thank you for your support over the last 18 months as we have worked through the challenges of the coronavirus pandemic. For any College related Covid queries please contact or email Nurse Brooke. *Families will be informed during the break if there are any Term Four changes to current CECV Covid arrangements.*

Staffing

Corey Jones completed his last day at St Mary's on Wednesday. Corey has been on the Maintenance team staff since early 2020 and is keen to undertake an apprenticeship in landscape gardening. Corey has taken up a new employment opportunity that may lead down the apprenticeship pathway. During his time at St Mary's, Corey has walked in the footsteps of his father Kevin a former long-term employee who passed away in 2018. Kevin kept the College grounds and lawns in perfect shape and the apple has not fallen far from the tree. This is wonderful opportunity for Corey and we wish him all the best for his future career. There will be an advertisement in Term Four for a replacement position.

Secondary Teaching

With Mrs Hooper and Mrs Morris retiring this year and Mr Keating moving to part time, the College has advertised for secondary teachers and a F-10 a dedicated Performing Arts teacher.

Applications close Friday 24th September with interviews to be held at the beginning of Term Four.

Primary Teacher Positions 2022

After two days of interviews for primary ongoing teaching positions, offers of employment as from 2022 are finalised. Congratulations to Ms Lillian Rudd; Miss Annabelle Head; Ms Nichol Stephens; Mrs Kirra Rowe; Mrs Charles from Queensland; Miss Jade Osborne and Miss Rogers both graduates and to Mrs Reed who will take up the position of (MultiLit) teacher. It was pleasing to receive many more applications than in past years.

Director of Learning and Teaching

On the announcement that Ms Julia Wood is returning to St Mary's College, Ms Christine Buhler who has led learning and teaching with distinction, guidance and knowledge will return to the Teacher Librarian position. Before taking on curriculum leadership, Christine was the College Teacher Librarian and will move to this role to enhance classroom connections to library and digital literacies.

Mrs Shae Williams has accepted a teaching at Hume Grammar College Kalkallo Campus as from 2022.

Shae began her teaching career at St Patrick's Primary School, Kilmore in 2012 before joining the St Mary's College staff in 2018. Shae and her family are looking forward to the move. Congratulations to Shae on her appointment and we wish Shae a wonderful and enjoyable completion to her vocational journey at St Mary's.

ICON

Jonathan Zhang from the MACS has commented that what our College Admin team have achieved thus far in preparation for ICON is outstanding. The amount of work to move the College financial and administration platforms to ICON is enormous and MACS believes that St Mary's has prepared for the move far better than most MACS schools. A well-deserved break is coming for the Admin & Office team.

Blessings

Mrs Tampion's granddaughter, Zoe Vera a newborn, has had lifesaving surgery and is slowly recovering. Staff have been praying for Zoe Vera and Fr Eugene offered up Mass to pray for Zoe to pull through. There can be no doubt that Zoe Vera's great grandmother (Vera Kelly) was watching over proceedings from heaven to ensure the hands of the surgeons were blessed!

One Day in September

The two best teams are off to the final dance. Sentimentality and form are with the **Demons**, a long wait it has been. Those Western Suburbs **Dogs** will make them work hard for the Holy Grail.



I cannot imagine what it must be like to be a passionate Demon supporter waiting to break the 57-year drought. Now and then I come across Dr Jarman passing by on his morning walk. I do not know the good doctor personally but well enough to know he like many is a long suffering Melbourne supporter who wears his Demon socks and jacket with pride and for good luck leading into that one day in September. May Dr Jarman and all those long-suffering Demons be smiling at sirens end. The **Hand of God** is watching over Melbourne in 2021 and may the Hand of God also be with Neal Daniher. https://m.youtube.com/watch?v=8H_aAmL-1NI

Thank you for all you do as parents and as members of the College community. During these times of Covid, many people have done and are doing acts of support and kindness to help others, acts that are not published but done quietly. Three cheers to you if you have been able to do what Catherine McAuley would describe as, 'listening to the whisperings of God in your heart.'

May our actions and words be shining lights for others.

A handwritten signature in black ink that reads "Wayne Smith".

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

School Improvement and Excellence

School improvement is a continuous process that requires reflection and input from the entire school community. School improvement is centred on maximising outcomes for all students.

'School improvement needs to 'touch every classroom', be the work of every teacher and impact every student.'

MACSSIS is a survey tool used by Melbourne Archdiocese Catholic Schools (MACS) to gather data for school improvement. At St Mary's College all students in Year 4-10, all teachers and non-teaching staff and all families will be invited to participate in MACSSIS through a secure online portal from Thursday 7th October to Thursday 28th October 2021. More information regarding access to the portal will follow early Term 4.

Our community's opinions are critical to understanding how St Mary's College is performing – MACSSIS is a key data source for guiding the ongoing work to improve our school. We are fortunate to be members of a passionate College community, a community that is eager to create a climate and culture where children, our students, can flourish. The perception data produced by MACSSIS tells the College what different people in our school community think and feel about our learning environment. We value your thoughts and constructive feedback. To get the maximum value out of this process we require as many families as possible to engage with the survey.

Your involvement in this crucial process that drives College improvement is sincerely appreciated.



MACSSIS

Imagine if, in about 20 minutes,
you could help improve your
child's school.



Student Work

Each term Mrs Lorretta Duncan, St Mary's College Art teacher, provides me with a piece of student artwork to put on display in my office. This term an impressive water colour streetscape created by Darcy O'Dwyer from 5/6B has provided a colourful focal point in the space. Students often admire and comment on Darcy's work when they come to visit me. You are a talented artist Darcy and you should be proud of your masterpiece.



Thank you

I am proud of the remote learning and onsite supervision program that the College has offered these past weeks. As a team, our staff have worked to ensure continuity of learning and wellbeing support for our students and the College community. Our St Mary's College students are remarkable, I often tell anyone who will listen, that we are fortunate to teach the students we do. I have listened to colleagues from various other schools describe their remote learning experience and it reinforces how special our students are. Our students have faced the challenges of remote learning with resilience, adaptability, determination and patience. Our parents, grandparents, carers became proxy teachers instantly and thank you does not seem sufficient. You have been outstanding in your efforts and support.

Enjoy a well earned break. Rest, relax, recharge and we look forward with hope to some return to normality in Term 4.

Mrs Genevieve Gordon

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Director of Faith and Mission



Sometimes we get so busy in our lives that we don't notice the needs of others. There are many people in the world without a place to live or enough to eat. There are people right here in our community who need our care and concern.

During the school holidays, we celebrate the Feast Day of St Vincent de Paul. As a College, we have always supported the 'Vinnies', through our winter and Christmas appeals, and we acknowledge the amazing work they do in our and other communities. During the COVID pandemic they have been a tremendous resource for those who have been struggling at this time.

But what do we know about the man who started this important service?

St Vincent de Paul was born to a poor peasant family in the French village of Pouy on April 24, 1581. His first formal education was provided by the Franciscans. He did so well, he was hired to tutor the children of a nearby wealthy family. He used the monies he earned teaching to continue his formal studies at the University of Toulouse where he studied theology.

He was ordained in 1600 and remained in Toulouse for a time. In 1605, while on a ship traveling from Marseilles to Narbone, he was captured, brought to Tunis and sold as a slave. Two years later he and his master managed to escape and both returned to France.

St. Vincent went to Avignon and later to Rome to continue his studies. While there he became a chaplain to the Count of Goigny and was placed in charge of distributing money to the deserving poor. He became pastor of a small parish in Clichy for a short period of time, while also serving as a tutor and spiritual director.

From that point forward he spent his life preaching missions to and providing relief to the poor. He even established hospitals for them. This work became his passion. He later extended his concern and ministry to convicts. The need to evangelize and assist these souls was so great and the demands beyond his own ability to meet that he founded the Ladies of Charity, a lay institute of woman, to help, as well as a religious institute of priests - the Congregation of Priests of the Mission, commonly referred to now as the Vincentians.

St. Vincent is sometimes referred to as "The Apostle of Charity" and "The Father of the Poor".

So, on the 27th September, the feast day for St. Vincent, let us not only remember this great man but also pray with thanks, for the thousands of volunteers, who selflessly give of their time, to this charitable society.

Watch this short story of a little boy who looked like just another member of the class and was trying to be brave but needed the care of those around him. This video from Norway is called [A child has nothing to eat at school](#).

As we go about our holidays, let's ask God to help us be aware of the needs of others and to help them whenever we can.

Mrs Rochelle Gough

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Director of Learning and Teaching



Student Voice

To conclude the term I asked students from years 7-10 some questions about Remote Learning.

And sure enough their responses were varied. In regards to their learning, some prefer remote learning and some onsite! The common ideas no matter which location are, they prefer a learning space with no distractions, with access to teacher support, and where they understand the work and know how they are going! Those who responded also appreciated the work teachers are doing to help them!

NAPLAN 2021

The results are in!

Student summary reports will be distributed to families early next term. If students are onsite they will bring them home and you will receive an SMS alert on the day. If we are still in Remote learning then they will be mailed to you.

During week 1 of term 4 teachers will be using some professional development time to interpret the data. A report to the school community will also be prepared.

Ms Christine Buhler

christine.buhler@smseymour.catholic.edu.au

Director of Wellbeing



Despite the challenges of remote learning, our students are able to maintain their learning and friendships through online tools that they are able to access.

'Staying connected online has never been more important. The internet is a great way to socialise, learn, work, play and be entertained. But there are also risks'. (eSafety Commissioner)

The eSafety commission is a good starting point to learn about popular apps your children are using

<https://www.esafety.gov.au/key-issues/esafety-guide>

Other useful websites that include excellent information about apps:

<https://www.common sense media.org/reviews/age/10/category/app>

<https://www.connectsafely.org/parentguides/>

Ways to prevent unwanted contact

With more people engaging online, it is even more important to ensure all the conversations our children have are safe, healthy and wanted. Parents and carers need to keep an eye out for unwanted contact and know how to respond.

- **Stay involved in your child's digital world** — keep up to date with the websites, apps and online chat services they are using, and explore them together.
- **Build an open trusting relationship** — keep communication open and calm so they know they can come to you when someone is asking them to do something that does not feel right.
- **Help your child to protect their privacy** — encourage your child to use their privacy settings on social media sites to restrict their online information to known friends only.
- **Teach your child to be alert to signs of inappropriate contact** — help them recognise signs that an online 'friend' may be trying to develop an inappropriate relationship.
- **Establish safety guidelines for meeting online 'friends'** — explain that it is safest to keep online 'friends' online.
- **What to do if something goes wrong** — talk to them without being judgemental or angry and make them feel like they can come to you with anything, without fear of being punished or criticised. Find out what happened and act to protect your child.

Mrs Allison Moore

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Secondary Pastoral Care Coordinator



Term 3 is the winter term and it can be a challenge to stay motivated even in a normal year but with the Covid-19 lockdowns, this year has been even more of a struggle for some students. However, as with any negative there is always a positive. Throughout this term we have seen many examples of our student's **resilience, persistence and optimism**.



Rail Trail near Kerrisdale.

At the end of Week 8 and again this week, students from each class were awarded 'virtual' certificates by their teachers for striving to do their best in difficult circumstances. All of these students will be given a certificate when we return to normal classroom learning. Well done to all of you.

I wish all of our students and families (and staff too!) a relaxing holiday where we can enjoy the glorious spring colours of our local area. Whether it be a picnic beside the Goulburn River, a paddle on Lake Nagambie or a cycle or hike along the Rail Trail or get out and about and enjoy our region.

Ms Angela Molinaro

angela.molinaro@smseymour.catholic.edu.au



RIDING TO FIGHT KIDS' CANCER!

NAME:

MY RIDE GOAL: km

MY FUNDRAISING GOAL: \$

OCTOBER 2021

MON	TUES	WED	THURS	FRI	SAT	SUN
4	5 <i>Tag a pic #GCCOZ</i>	6	7	8 START 1 km	9 2 km	10 3 km
11	12	13 KICK CANCER'S BUTT DAY	14	15 <i>Halfway there!</i>	16	17
18	19	20	21	22 <i>It's FRI-YAY!</i>	23	24
25 <i>I'm in the homestretch...</i>	26	27	28	29	30	31

SPONSOR MY CHALLENGE TO SAVE LITTLE LIVES:
www.GreatCycleChallenge.com.au/Riders/

ONE MONTH. ONE GOAL. FIGHT KIDS' CANCER.

The Great Cycle Challenge started in 2013, and after just 8 years, the event has grown to become one of the biggest cycling events in Australia.

This October, Great Cycle Challenge participants will be riding to end childhood cancer and save little lives.

Every hill climbed and every kilometre pedalled will be to honour those lives lost and to stand with those brave kids still fighting to survive. These kids won't give up, and neither will this Great Cycle fundraiser.

Their goal is to fund life-saving research to develop safer and more effective treatments, and find cures for all childhood cancers.

Because kids should be living life, NOT fighting for it.

If you would like to join the challenge, please follow this link and register during the school holidays.

<https://greatcyclechallenge.com.au/>

Mrs Brooke Wessels

brooke.wessels@smseymour.catholic.edu.au

Counsellor's Corner

10 Psychological Tips for coping with COVID-19 Pandemic

Covid lockdowns have a way of getting inside our heads. Here are 10 tips for managing the COVID pandemic from Mindspot (Mindspot, 2020).



1. **Get informed with the correct information** - search for credible sources
2. **Understand History** - this is not the first infectious disease to travel the world.
3. **Get Organised** - routines help us stay focused and feel safe
4. **Balance your thoughts** - it's ok to have an array of feelings about COVID and the situation of lockdown. Some days are easier than others.
5. **Shut down the noise** - busy thoughts can create psychological stress. Talking to someone about how you are feeling can be helpful.
6. **Remember who you are!** - Very Lion King (I know) but we all have values and those values and beliefs can be our biggest protective factor.
7. **Keep healthy routines** - balance work/school, spending time outdoors and talking with friends and time out just for you.
8. **Stay engaged** - Keeping in touch with loved ones helps. Even with a video chat.
9. **Do enjoyable things that are good for you** - exercise, healthy diet and the correct amount of sleep aids in stress reduction. Self-care matters! You can't pour from an empty cup.
10. **Keep looking forward** - Remember, this too shall pass.

For further information about these tips, please visit

https://mindspot.org.au/assets/pdf/10_Tips_for_Coping_with_Infectious_Diseases.pdf

Mrs Melinda Nuttall

counsellor@smseymour.catholic.edu.au

Defence School Mentor



Defence Families of Australia

Defence Families of Australia (DFA) is the official ADF families' advisory body to the Minister for Defence Personnel and Chief of the Defence Force (CDF). DFA sits outside of Defence systems, allowing DFA independence and impartiality to act in the best interests of ADF families. For more information visit www.dfa.org.au or contact the VICTAS National Delegate at vic.tas@dfa.org.au



Defence Special Needs Support Group

Defence Special Needs Support Group (DSNSG) provides support, information and assistance to ADF families with special needs both here in Australia and overseas. Information about DSNSG can be found at www.dsnsng.org.au Currently a volunteer coordinator for Puckapunyal is required, if you are interested in finding out more about the position, please contact the National Executive Committee with an expression of interest to nationalcommittee@dsnsng.org.au

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

emma.marrinan@smseymour.catholic.edu.au

Parent Engagement

Footy Day

Today we had our annual Footy Day but in a slightly different way!

Students onsite, and at home, dressed up in their favourite footy colours for the day. They watched a video from Mr Smith's son Isaac (Geelong Cats player) and a video of different footy skills and creations of our students, staff and families.

We have some super talented students! It was a great way to finish the term.

Message from Isaac Smith- <https://youtu.be/Yw9LANy8oKU>

Footy Day Competition Video- <https://youtu.be/luLls2c8Jfw>



Intereach – Seymour

We look forward to growing and strengthening our relationship with Intereach Seymour next term. If you would like to find out more about Intereach and the services it offers, please contact me at the College or email catherine.evans@smseymour.catholic.edu.au

Pre-Service Teachers

This wasn't the term we had planned for our pre service teachers! We want to thank Tania James (Foundation A), Hayley Green (Secondary English), for all their amazing work. Andrew Lloyd still has another week to complete next term.

Thanks for all your help and support.

Parent Engagement

Due to the COVID restrictions, we haven't been able to have our families involved with onsite learning as we had planned. We are looking forward to being able to have more parent/grandparent support in our classrooms and engagement with other learning opportunities across the curriculum as soon as we can.

Thank you for all your support and involvement this term in your child's learning journey. It makes all the difference.

Have a good break and a chance to relax with family and friends.

Mrs Catherine Evans

catherine.evans@smseymour.catholic.edu.au

Term Dates 2021

Term 3: 12/07 – 17/09

Term 4: 04/10 – 17/12

Please note that the College office will be closed over the holidays but emails will be monitored regularly.

office@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

Notices

SCHOOL HOLIDAY SCREEN PRINTING!

Print your own Gnarly Neighbour T shirt.

Bookings are essential!

For more information and to book, visit our website.

(Bookings close next Tuesday 21st Sep)

<https://gnarlyneighbours.com.au>

This will go hand in hand with a tie dye workshop we will be holding in October.



SCREEN PRINTING WORKSHOP!

WHERE: KINGS PARK, SEYMOUR

WHEN: 29TH SEP

BOOK NOW AT: GNARLYNEIGHBOURS.COM.AU
(BOOKINGS CLOSE 21ST SEP)



MITCHELL SHIRE

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

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

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>



	Monday 20	Tuesday 21	Wednesday 23	Thursday 24
Week 1	Podcast recommendation Platform: Mitchell Youth Services Facebook page	Kahoot quiz Platform: Mitchell Youth Services Facebook page	Wellness Wednesday Platform: Mitchell Youth Services Facebook page	Online AND in person: Yoga for Young People, 2.30-3.10pm Platform: Mitchell Youth Services Facebook page or in person at Wallan Youth rooms- Must register
Week 2	Origami activity Platform: Mitchell Youth Services Facebook page	Wellness Wednesday Platform: Mitchell Youth Services Facebook page	Podcast recommendation Platform: Mitchell Youth Services Facebook page	Online Linoart activity, 2-3.30pm Platform: Teams must register info on Mitchell Youth Services Facebook page

MITCHELL YOUTH SERVICES

Holiday Activities – September 2021



Ages: 12 - 24

Follow our facebook page for updates



MitchellYouthServices

School Holiday Fun

• LINEART WORKSHOP • YOGA CLASS

Are you aged 12-24 and looking for something to do these school holidays? Join the Mitchell Youth Services team online for some fun activities.

Yoga for young people

Try a FREE 40 minute yoga class with Sophie.

When: 2.30-3.10pm, Thursday 23 September

How: via Mitchell Youth Services Facebook Page

FREE Linoart Activity via Teams

When: 2-3.30pm, Thursday 30 September

All art materials including carving tool, vinyl plate, paint and roller will be provided for FREE via post.

You **MUST** register for these activities by **Wednesday 22 September** to ensure materials are delivered on time.

To register please email your name, address and phone number to youth@mitchellshire.vic.gov.au



For more information contact us:
Mitchell Youth Services
t: (03) 5731 6200
e: youth@mitchellshire.vic.gov.au
w: www.mitchellshire.vic.gov.au



MITCHELL YOUTH SERVICES

Holiday Activities – September 2021



Ages: 12 - 24

Register by **Wednesday 22 September** to youth@mitchellshire.vic.gov.au



MitchellYouthServices

FREE Online Art Activity - Linoart

Are you a young person 12-24 with a connection to Mitchell Shire? Then join us for an online linoart activity via Teams.

When: 2-3.30pm, Thursday 30 September

All art materials including carving tool, vinyl plate, paint and roller will be provided for FREE via post.

You **MUST** register by **Wednesday 22 September** to ensure materials are delivered on time.

To register please email your name, address and phone number to youth@mitchellshire.vic.gov.au

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