



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.29

Term 4

21 October 2021

Dear Parents and Guardians,

“If all you said in your prayer today was thank you. Then you said enough.”

Vale Brother Stan Cusack cfc.

Yesterday, I watched via You Tube, the Funeral for Brother Stan Cusack cfc held at St Martha's Catholic Church Strathfield, Sydney. Stan lectured me back when I was young and silly. He was a kind and generous Christian Brother who devoted his life to the charism of Blessed Edmund Rice from Ireland. Edmund was a wealthy man and following the tragic passing of his young wife, he dedicated his life to educating young boys in a time in Irish history when only the children of the wealthy could afford an education. From that time (1808) the Religious Order of the Christian Brothers was formed and like Catherine McAuley and the Sisters of Mercy, the CB's expanded to other countries around the globe.

Brother Stan was a great Christian Brother who always cared for others and importantly never allowed things to become a bigger issue than they were.....a calm the farm type of character. Brother Graham Rossiter cfc said in the words of remembrance for Stan that his favourite saying was, *'If all you said in your prayer today was **thank you**. Then you said enough.'*

Thank you is such a powerful word, much like *'I am sorry,'* although the latter can be more difficult for many of us as often our pride and perhaps human nature can get in the way. Thinking of that word *thank you*, many thanks to all those who have and do grace the Front Office counter and leave with a *thank you*.....it means a lot! Our Office staff (the engine room) have been at the forefront of phone calls; queries and the general frustrations and anxieties that we all have faced during those long months of Covid and they have been so caring and generous in their advice; kindness, listening and the care shown for everyone, even when conversations may have been difficult. Thank you ladies!

Why is thank you so valuable?

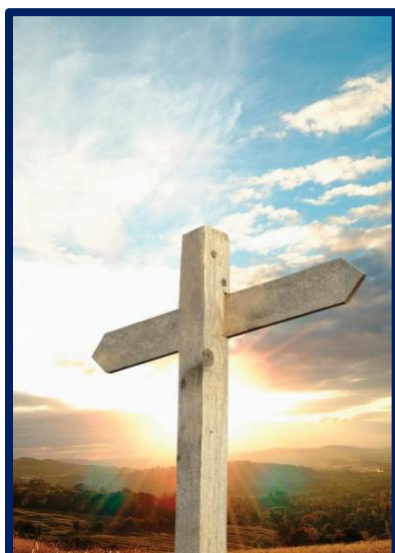
We only have to witness the beautiful manners of our St Mary's students when arriving at the Front Office or being attended by Nurse Brooke to know that the apple does not fall far from the tree.

Spiritus Ducti

'Motivated by the Spirit'..... Catherine McAuley 1841

In Term Two this year The College Advisory Council unanimously supported the decision made in consultation with Melbourne Archdiocese Catholic Schools (MACS) to form the St Mary's College F-12 Pathway Committee *'Spiritus Ducti'* - *motivated by the spirit* to research what is required for St Mary's to return to a F-12 Catholic educational pathway.

The committee comprising Project Manager Mr Anthony O'Byrne (retired Principal St Thomas Aquinas College, Ringwood); Fr Eugene Ashkar Parish Priest; Andrew Graham College Advisory Council Chairperson; Chris Bence MACS Regional Leadership Consultant; Felicity Melville College Business Manager; Andrea Richards College SIMON/Data Analysis Leader; Genevieve Gordon College Deputy Principal of Operations and I began the journey together to develop a submission in Term Four 2021 to the MACS Executive Director to return St Mary's to Year 12 after a 35 year absence.



For many parents the reasons for a return to Year 12 are obvious and varied but central to the committee's work was the acknowledgement that as a Catholic College the central reason must be evangelistic - *provide a Catholic formation for our students from Foundation to Year 12. Spiritus Ducti 'Motivated by the Spirit'* became the committee's mantra – the reason why our committee believes the cause must be in union with our Mercy heritage. We are a Catholic College committed to a Christ centered education and this belief is as important for senior students as it is in nurturing a love of God in the hearts and minds of younger children. The work that has been achieved in a short period of time has been remarkable. At the College Advisory Council meeting last night, the F-12 Pathway Committee Project Manager Anthony O'Byrne provided an update on the submission report. ROAM architects also provided an update on the progress of the Master Plan.

The submission is using methodical and factual data that includes the past and more importantly the future, and is in step with Shire and State government projections for the growth of Seymour and region. The College community will be updated closer to the date of submission.

Support our P&F

The P& F have the Bunnings BBQ stall Saturday, October 23rd, from 8am - 4pm, so the more you eat the more our P&F makes. Come one, come all.

If you are able to spare an hour or 2, the P&F would be very appreciative. They need 4 people at the BBQ at all times.

Please contact Megan Lomax (0415 151 474) or Brooke Curic (0413 052 769) if you are able to assist or have any questions.



Congratulations Poppy

Our students have every right to take on the best, be the best and are the best. Congratulations to Year 7 Padua 3 student Poppy Broomhall on being selected to have her environmental speech recorded in Federal Parliament today by the Honourable MP Mr Damian Drum Federal Member for Nicholls. How brilliant is that!

CECV are preparing a new Covid-19 Operational Guidelines update in line with Melbourne coming out of lock down tonight. An update will be sent to families.

A reminder that F-10 return tomorrow, Friday 22nd October.

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) MTheoSudies (BBITAITE)



Gratitude

Students from year 7 – 10 have been looking at what being Grateful means. They have practised being grateful by paying attention to the things and moments they have right now and not worrying about what they don't have. Students have tried to take notice of the positives that exist around them and be thankful for the things, places and people in their lives.

As parents you can facilitate positive conversations with your child as your family shares a meal together or a time that works best. Examples of questions that encourage children and parents/carers to think positively and be grateful could include.



- What were three things that went well for you today?
- Who is someone you feel really grateful for today?
- What is it about our home that makes it our special family place?
- What is something you are looking forward to tomorrow?



Managing your child's transition back to school

In many states of Australia, schooling has again been disrupted this year due to the various restrictions brought about by the COVID-19 pandemic. And many people now have children returning to on-site learning.

Professor Brett McDermott, a child and adolescent psychiatrist, provides advice for parents and carers on how to best support their child through the transition, with a focus on those caring for primary school-aged children.

As a parent, it's natural to feel apprehensive about how well your child is going to transition after spending so much time at home. Many children will have enjoyed remote learning, and some may feel anxious about being back in school.

McDermott says it's important to keep in mind that it's natural for children to be unsettled by the thought of another big change.

"Feelings of anxiety and sadness are completely normal right now. They've recently had all this time at home with mum and dad (or caregivers), so it's tough for that to come to an end," says McDermott.

Avoid oversharing with your children

To help lower your child's feelings of anxiety around being back at school, McDermott says "parents need to try and remember that anxiety can be contagious. Understandably, parental anxiety may still be running high, but children need to be shielded from their parent's worries as much as possible. So, save adult conversations for adult time."

According to McDermott, children aged between 10-13 years-old are the most anxious after things such as a natural disaster, primarily because they tend to be – albeit unwittingly – exposed to too much information.

"Little ones tend to be protected from things as parents will avoid talking about important issues in front of them. By those middle years this often changes. Not only do they tend to be more exposed to the news, social media, and adults chatting more openly in their presence, they also have very good imaginations, so they can envisage bad outcomes."

What you can do to help

Fortunately, there's plenty parents and carers can do to help their children feel less anxious about being back at school.

Monitor current requirements. Make sure to stay well across the differing requirements and timelines of your state government and also your child's school. Understanding what's expected (for instance, are they required to wear masks?) will help you prepare and also avoid any potentially unsettling surprises.

Discuss things openly. McDermott suggests openly discussing any issues your child may be experiencing during this transition period, including why and how things might feel different to normal. In doing so, he advises you to be upbeat but matter of fact.

"Getting across that it's business as usual and modelling this with positive words and behaviour will help set the tone," says McDermott.

Stick to a steady routine. Sticking to a reliable, steady daily routine can help with feelings of anxiety.

McDermott recommends starting each school day the same way, including setting the alarm, eating breakfast together, dressing in school uniform or doing whatever you would normally do.

Use incentives and highlight the positives of being back in school. For example, you might organise for a school friend to come by in the morning on the first day back so they can go in together, or arrange a playdate after school with their best friend/s.

Tell them you're confident in them. Remind your child that they've already shown [great resilience and adaptability](#) during what has been a challenging time, and that you have full confidence in their ability to do it again.

Regularly check in with your child. Ask them how they're feeling, what they're enjoying, and what might not be working so well. Help your child find solutions to any issues they might be having. [Supporting your child in becoming confident in problem-solving](#) will help them build resilience.

Schools and educators are there to help

Remember that the school and its educators are there to support your child.

"Linking up closely with your child's school and talking to their teacher is a great idea. They may also have a school counsellor or psychologist, as well as many other wonderful resources," he says, adding that if your child needs further help to overcome their anxiety, to contact your GP.

To assist with their confidence, ensure your child knows who to go to at school if they need support, and encourage them to [recognise and name their feelings](#).

Children with existing mental health conditions

Adjusting to COVID-normal may be particularly challenging if your child has an existing mental health condition. Staying at home may have been a safe bubble for them, and they may, understandably, feel very reluctant to leave it.

In this case, McDermott suggests paying close attention to them during even after the initial transition back to school.

"Whether they need to see their counsellor or psychologist regularly during this time, or go back and talk to their GP to establish next steps, the key thing is to avoid a relapse or the worsening of an existing condition."

This content is proudly funded by one of Beyond Blue's Major Partners, Future Generation Global Investment Company.

Mrs Allison Moore

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2021 Walter Silvester Memorial Lecture: 'Truth, Treaty and Transformation'

free online public lecture to be presented by

Jason Kelly and Frank Brennan SJ AO

on Tuesday, 26 October 2021 at 5.30-7pm [AEDT]

No registration required

Click here to join: <https://acu.zoom.us/j/84877950748>



Jason Kelly states: "I'm a proud Mutthi Mutthi/ Wamba Wamba man. I am a father and grandfather. My passion for mob and justice was instilled in me by grandparents Alfred Kelly (Wamba Wamba) and Alice Kelly (Mutthi Mutthi, 1988 National Aboriginal Person of the year). I was honoured to attend the National Dialogue at Uluru as an elected Victorian Community member. I have spoken at the African Union of Nations in Ethiopia highlighting the continual significant imbalance between Aboriginal rights and obligations and Non-Aboriginal rights and obligations and the continual impacts of past government policy and practices. I stand on the values of Integrity and human rights and have sound knowledge of the United Nations Declaration of Indigenous People Rights. Treaty is about recognising OUR sovereignty and our ability to have self-

sustained services on country in accordance with Aboriginal Lore. I believe in the ability for economic self-determination via the deadly work done before by our Elders who drafted PAY the RENT and how this concept is still relevant as part of and beyond Treaty. Treaty is about us mob taking back the reigns. You cannot have peace without justice and Treaty, and pay the rent is a step towards justice."

Frank Brennan SJ AO is a Jesuit priest and Rector of Newman College at the University of Melbourne. He is a Distinguished Fellow of the PM Glynn Institute at Australian Catholic University (ACU), an Adjunct Professor at the Thomas More Law School at ACU and research professor at the Australian Centre for Christianity and Culture. He chaired the National Human Rights Consultation for the Rudd Government and was a member of the Turnbull Government's expert panel which conducted the Religious Freedom Review. The Morrison Government appointed him to the Voice Co-Design Senior Advisory Group to help guide the Co-Design process to develop options for an Indigenous voice to government.



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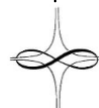
Enquiries to Anne Dowling:

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AUSTRALIAN CATHOLIC UNIVERSITY

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Secondary Pastoral Care Coordinator

As we move back to some sort of normality of on-site schooling, the mood around the school is of excitement and engagement. Staff and students alike are happy to be back interacting with real people and reducing the amount of time staring at a screen. Well done to all students for a smooth transition back to classroom learning.

Term 4 is an important time to consolidate and assess your child's learning. As our Year 10s consider the next step on their educational pathway I remind them that learning is a life-long process and that we are always on that journey! Our Year 9s are looking at applying for Student Leadership positions and both Year 8 and 9 will be considering their elective choices in the coming weeks. We are also getting excited about the new cohort of Year 7s in 2022 as we introduce the transition process.

Remember to have a chat to your child about the opportunities and challenges as the end of the year approaches. Let's hope the post-covid normal will be one of stability and opportunity for all.

Ms Angela Molinaro

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Environmental Science

During Home Learning Year 7 Environmental Studies students were given the opportunity to write a short speech on their vision and concerns for life in the year 2041. This task complemented our first unit of work in Environmental Studies where students analysed the film '2040' and looked at potential solutions to some of the world's environmental problems.



Speeches written by our students and students from other schools were sent to the office of our federal MP Mr Damian Drum. They were all considered and one was selected to be read out in parliament and recorded in the daily Hansard. Of all the speeches from all the schools, it was Poppy Broomhill's speech that was selected. Mr Damian Drum will read out Poppy's speech in parliament (House of Representatives) on Thursday 21st October from 1:30pm. This can be viewed live by using the following link:
https://www.aph.gov.au/News_and_Events/Watch_Parliament

All students who submitted a speech were acknowledged by the office of Mr Damian Drum.

Congratulations Poppy!



Mr Andrew Allen

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Defence School Mentor



Open Arms

Open Arms provide free and confidential counselling, group programs and peer support to anyone who has served at least one day in the Navy, Army or Air Force and their families. Call 1800 011 046 to speak with an Open Arms staff member for assistance in arranging counselling or in finding the right program for you, visit their website www.openarms.gov.au/ for more information.

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



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LIONS CLUB OF SEYMOUR GOULBURN

LAP THE MAP

14th November 2021

Between 10am-2pm



**At Lions park along the river
walking track**

DONATE A GOLD COIN & WALK
ALONGSIDE YOUR FRIENDS &
FAMILY SUPPORTING DIABETES
AWARENESS.

All enquires to Regina- 0417 329 981

All funds raised will go towards diabetes
awareness, prevention, and research.

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