



# The Marian

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2022 College Theme

*'Act with courage, be strong in your faith'*

Newsletter No.3

Term 1

4 March 2022

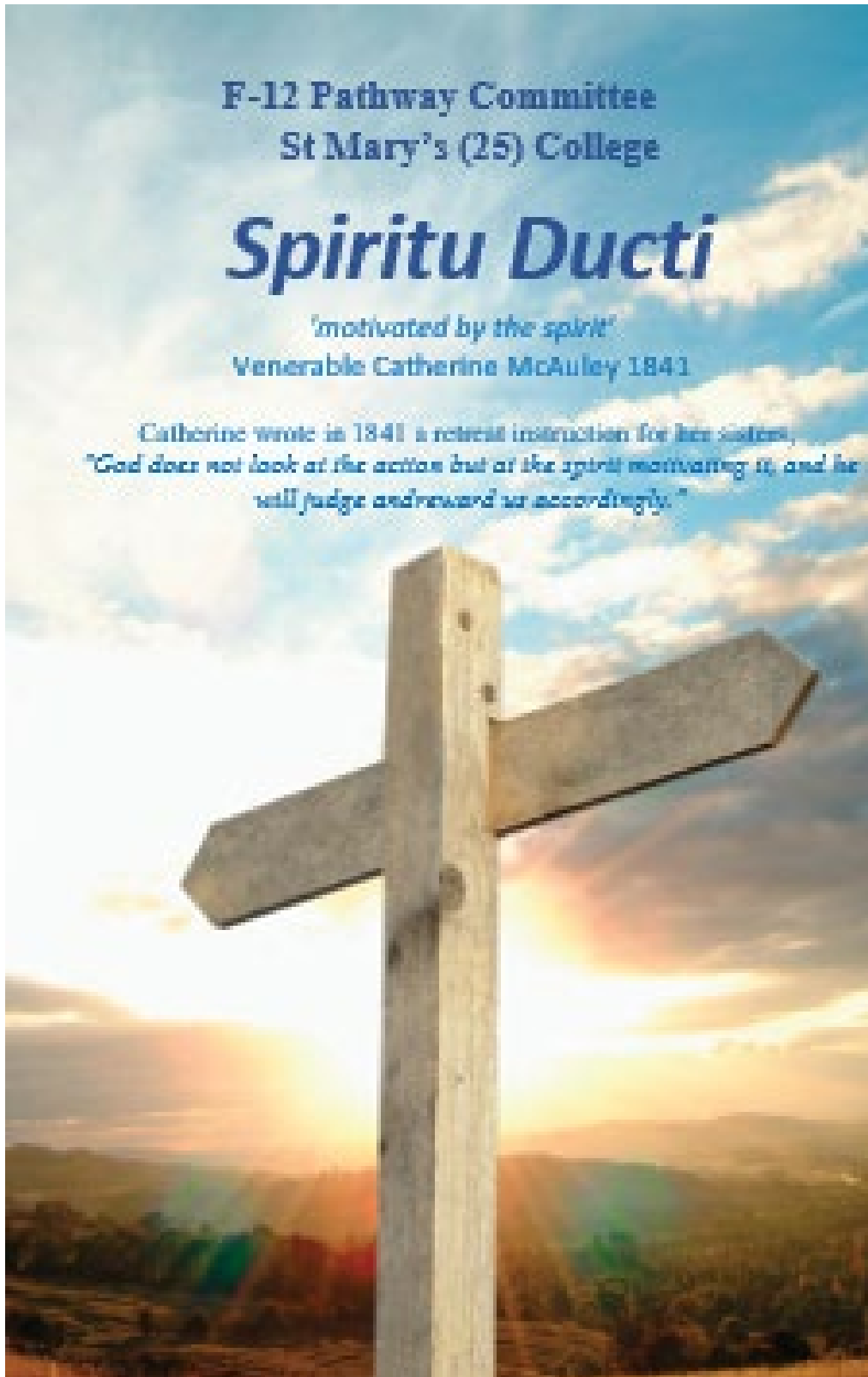
F-12 Pathway Committee  
St Mary's (25) College

## *Spiritu Ducti*

*'motivated by the spirit'*

Venerable Catherine McAuley 1841

Catherine wrote in 1841 a retreat instruction for her sisters,  
"God does not look at the action but at the spirit motivating it, and he  
will judge and reward us accordingly."



Dear Parents and Carers,

*"The College believes its quest for a full secondary provision reflects Venerable Catherine McAuley's spirit and approach to mission." F-12 Pathway Committee." (11<sup>th</sup> May 2021).*

After one and half years the F-12 Pathway Committee has completed **St Mary's (25) College Spiritu Ducti 'motivated by the spirit'**. The submission for a return to Year 12 has been sent to Melbourne Archdiocese Executive Director Mr Jim Miles. This journey began in earnest during 2020 and has culminated in a lengthy Pathway Committee submission that is detailed in its content, thorough in its research and the process has been consultative in the committee's approach from beginning to end. So seriously did the committee believe in the College's future, Mr Tony O'Byrne former Principal of Aquinas College Ringwood and of AJO Associates was engaged as the Project Facilitator. I am sincerely grateful to have been a member of the committee whose enthusiasm and positive approach to all deliberations ensured the focus always centered on what is best for the students.

The submission displays the opportunities for St Mary's to be the College of choice in the Northern Region of the Melbourne Archdiocese to enable Catholic education to flourish and provide schools like Sacred Heart Primary School Yea, the opportunity to promote a Catholic education pathway for students beyond Year 6.

Before the St Mary's College F-12 Pathway Committee held its first meeting, Father Eugene Ashkar and I discussed the integral essence of the College's mission and the importance of our students experiencing the wholeness of a Catholic education for their entire years of compulsory education. With that in mind the F-12 Pathway committee journey was given the theme **Spiritu Ducti – 'Motivated by Spirit'**, which called upon the committee to reflect on, and embrace in its conversation and decision making, the remarkable life of Venerable Catherine McAuley and the Sisters of Mercy in the history of St Mary's College, Seymour and the local region. The College community will be updated once there is a formal response from Melbourne Archdiocese of Catholic Schools.

### The Yea Bus

The College has been researching the possibility of a daily direct bus run from Yea to St Mary's and return for secondary students attending St Mary's College. There are students who travel long distances each day and a direct route would significantly cut down on their travel time. Investigating the possibility of a direct bus is a lengthy process and is also part of the F-12 Pathway Submission. Parents of students on the Yea bus will be contacted at a later date.

### We're doing OK down South!

Trinity Catholic College Lismore. The water is above the second story ceiling.

### Counsellor Position

After two rounds of advertising the College in consultation with the MACS Psychologists Team Leader is yet to receive a sufficiently experienced and or qualified pool of applicants. It is of no surprise that counsellors and psychologists are in short supply across Australia, particularly in education. The College has been able to engage a senior psychologist for approximately 6 days over the next few months.

### The Season of Lent - Ash Wednesday

Ash Wednesday liturgies were held for F-2; 3-4; 5-6 and in secondary House Mentor Groups. The services were beautifully led by Mrs Tampion; Mrs Gough; Mrs Spencer and Mrs Brock. The Year 10 leaders were excellent in bring in the symbols of lent to begin the secondary Paraliturg. Our staff are acutely aware of the example we provide for our students in the context of our College's Catholic Christian tradition and Mercy ethos. Lent is a time of preparation, fasting and service. God is in many ways a complete mystery. Lent invites us to contemplate entering into the mystery of Jesus as human and in the mystery of his divinity.

### Buses

Seymour coaches are requesting students over the age of 8 years of age to wear masks, which is in line with State Government restrictions. Student are provided with masks at the bus stop.



*Issues in life are so often relative to our own situations, yet right now it is heartbreaking to watch and hear what is happening in the Ukraine. People left to fight an unjust war to protect what is rightfully theirs and theirs alone. True and authentic leadership happens through service and empowering others to use their God given gifts. We all answer to God. Thank you God for our small Mercy's!*



As we enter the liturgical season of Lent and the Season of Autumn may the Peace Prayer of St Francis of Assisi (Charism of Padua House) bring human kind together, not divide.

Best wishes for what may be a wet and warm weekend. Autumn has arrived.  
Wayne

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

### Bus Stop Safety

It is becoming increasingly dangerous for students to cross the road at McIntyre St. Changes to the bus timetable have meant, at times, buses are congregating in the street and making it difficult for students and parents to get a clear and safe view of traffic.

Only those students who travel by bus or walk to Wimble and Victoria St will be permitted to exit the College using the lane way to the bus stop.

Students walking to Station Street are asked to use the Crawford St exit and crossing. Now that the Primary Learning Centre building works are complete the Crawford Street entry to the College will be reopened. Parents who normally pick up from McIntyre St are asked to make alternative arrangements. Parents are permitted to use the Parish car park at drop off and pick up times.

Student safety is our priority, thanks for your understanding and support.

Mrs Genevieve Gordon

[genevieve.gordon@smseymour.catholic.edu.au](mailto:genevieve.gordon@smseymour.catholic.edu.au)



## Director of Faith and Mission

### Season of Lent



Like Advent, where we prepare for Jesus's birth at Christmas, Lent is also a liturgical season of preparation, as we get ready for Easter—the Church's greatest celebration.

And just like our weather seasons have unique characteristics, so too do seasons within the Church.

In contrast to Advent and Easter, Lent is more solemn. More solemn songs replace celebratory hymns during Mass.

The first day of Lent is always Ash Wednesday, in which we use ashes

on our forehead in the shape of a cross to remember our own mortality and begin our journey of penance.

### Lent: The Biblical Roots

Where does Lent come from?

Lent draws its inspiration from the 40 days Jesus spent in the desert.

The Gospels tell us that after his baptism, Jesus fasted in the desert and then was tempted by the devil. He resisted these temptations and then went to Galilee to begin his public ministry.





## Prayer, Fasting and Almsgiving: The Three Pillars of Lent



Three key pillars which characterize the Lenten season include prayer, fasting, and almsgiving (charity). Our Caritas *almsgiving* fundraising efforts in the coming weeks, are St Mary's example of giving money to those less fortunate than ourselves.

Our weekly Friday Lenten *Prayer* provides our teachers and students with the opportunity to think about Jesus' journey to the cross. Traditionally the *fasting* was Catholics "giving up" meat on Friday's of Lent. We encourage students to 'give up' something and/or to 'take up' something, to improve the way they interact or help others.

This week students made Lenten promises in class and presented them as they were marked with the ashes during our para-liturgies. Here is a link that may interest you! <https://www.youtube.com/watch?v=xKjEDrvkHUG>







### SACRAMENT OF RECONCILIATION

Tuesday 29<sup>th</sup> March at 6:30pm.

YEAR 3's have started their Reconciliation Unit, in readiness for students to receive the Sacrament of Reconciliation. Even though all students take part in the classroom learning and activities, only baptised Catholics have the opportunity to actually receive the Sacrament.

Reconciliation Family night will be on Tuesday 15<sup>th</sup> March, for eligible students and their parents. More information coming!

### Reflection from Mrs Gough and Billie (4B)

As teachers, we often become unaware of what's happening beyond the College fence until we get in the car, turn on the radio and head home. It was horrifying to hear that Russia had done the unthinkable! It made me reflect on the hour I had spent in 4B that day. We were reading, watching and discussing the parable of the Good Samaritan.

I then asked the students to write what they had learnt from Jesus' story.

Here is one response from Billie.



*From this story, I have learnt...*

1. No matter how much I don't like a person I have to try to stay positive and be kind to them.
2. No matter how big of a grudge I have with someone, I have to learn to be forgiving.
3. No matter who it may be, if they are in need I should try my best to help them.
4. No matter what race, religions, skin colour or their beliefs, never exclude anyone.
5. I learnt to love my neighbour as I would love myself

WOW! I wish 'someone' in Russia had been in my class today!

If EVERYONE just followed Billie's learning, what a wonderful world we would have!

**Mrs Rochelle Gough**

rochelle.gough@smseymour.catholic.edu.au

## Director of Wellbeing

### COMMUNICATION

At St Mary's College, we strongly value our partnership with parents. Due to the duties of teachers both inside and outside of the classroom it is often difficult to directly contact a teacher by phone. Email is the preferred form of initial communication, as this enables staff to access and respond when they are not teaching or engaged in their other duties. Of course, for certain issues it is preferable to communicate more directly via phone: a request for a phone call is most easily made via email, clearly indicating the nature of your enquiry so that the staff member is best prepared to assist you. We ask parents to please be patient in awaiting a timely response. We thank parents for your understanding and encourage you to contact your child's teacher directly via email for feedback at any stage.



## UNIFORM

Uniform expectations for students are outlined in our uniform policy on the school website. All students are expected in term 1 to wear their full Summer Uniform. Sport uniform is only worn on sport day. Any student who is determined by College staff to not meet the uniform and grooming requirements will have the uniform infringement noted in SIMON. If a student receives three infringements, a lunch time detention will occur. If a fourth infringement is recorded in SIMON the student will be required to stay after school until 4.30pm. We ask that parents openly communicate with the school if there is an issue with sourcing uniform. Nose piercings are also an issue at the moment with some students indicating that the piercing is new and cannot be removed. This is not an excuse and if it cannot be removed, the student will be sent home. Small, discreet plastic rods (not studs) are acceptable.

**Positive Behaviour for Learning (PBL)** is a whole-school framework that promotes positive behaviour across a school and helps schools develop safe and supportive learning environments. PBL helps schools to plan and implement practices across the whole school in order to improve educational and behavioural outcomes for all students. Within the PBL framework positive behaviour and social skills are explicitly taught, modelled, practised and acknowledged. PBL focuses on a proactive and preventative approach to ensure all students receive the appropriate level of support to help them be successful at school. Below is a link that will allow parents to vote on their preferred School Wide Expectations. Please take the time to contribute. <https://forms.gle/xdo8H4mTighgURBQ8>

**Mrs Allison Moore**

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

## F-2 Coordinator



F-2 in the PLC have settled right in, as have Mrs Charles and Miss Rogers. Students are continuing to enjoy their space and understand the purpose of expectations and routines.

Shrove (Pancake) Day was wonderful. Teachers were up at 6am in the morning making pancakes. I had two little lambs at the back door waiting patiently for their breakfast while I made my pancakes. F-2 students were delighted with their pancakes and choices of toppings.

Yesterday we celebrated Ash Wednesday in the PLC with a beautiful liturgy from Mrs Gough. Students were reverent and engaged becoming buoyant during the songs. We encouraged them to ask questions or make comments

throughout the liturgy. Many students were able to explain why Shrove Tuesday existed from both a religious perspective (leading into Lent) and a practical perspective (needing to use perishable goods). Most students received ashes in the sign of the cross and were reminded that God loved them.

*Below is a photo of glorious artwork designed by Ms Ally but brought to life by 2A and 2B. We welcome Catherine McAuley and St Anthony of Padua to the PLC*



**Mrs Anne Spencer**

[ananne.spencer@smseymour.catholic.edu.au](mailto:ananne.spencer@smseymour.catholic.edu.au)



## 3-6 Coordinator

It is great for us to return to some normality. This week we held our Ash Wednesday Mass in small groups. The students were respectful and our year 6's led a lovely paraliturgy.



We also took the opportunity to present some awards to students who have had a wonderful start to the year.

Ellie Towt and Fletcher Kingston - 3A  
Jaycee Smith and Amber Pretty - 3B  
William Wood and Macey Shields - 4A  
Billie Hayes and Billie O'Connell - 4B  
Thomas Enrico, Summer Carrington and Sahib Sidhu - 5A  
Harvey Smith, Abigail Charles and Riley Joyce - 5B  
Olivia Hamilton, Laura Fearn and Matilda Barry - 6A  
Ben Brown, Christian, Seth Taylor, Jack Findlay and Wyatt Lynch - 6B

Well Done to all award winners.

Please remember to book in for a Meet and Greet with your teacher for the 8th and 9th of March. Teachers will be available for 10-minute interviews. These initial meetings can be valuable in setting goals and establishing shared understandings to begin the school year.

Over the last two weeks we have had a downhill tournament in the 3-6 grades. Students all participated well in what was a fierce competition.

### Winners:

Year 6 - Aiden Hayes

Year 5 - Max Fulton

Year 4 - Hunter Kelly

Year 3 - Laquisha Solomon

Thankyou to all of the year 6 students who helped out umpiring and running games. Also thanks to the staff who helped out.

We look forward to our next round of lunchtime activities.

**Mr Ed Harding**

edward.harding@smseymour.catholic.edu.au

## *From the Office*

### Absences

Parents/carers should inform the College in advance of known upcoming absences, or on the day of absence as soon as practicable. The College can be notified by phone or by using the PAM portal on our school website. Our Primary Class Teachers and Secondary House Mentor Teachers monitor student attendance and follow up unexplained absences. If your child is marked absent in the morning and the College has not been notified, a text message is sent at 9:30am to inform parents/carers and to request communication.

### Late Arrival to School

At St Mary's College, daily classes commence at 8.45am. Thank you to all parents and carers who ensure their child/ren are at school prior to the morning bell. Staff are on duty and provide supervision from 8.30am. Arriving on time enables students to settle in and prepare calmly for the school day ahead. Students arriving late can feel stressed and are immediately at a disadvantage as they miss the introduction to lessons. Students who arrive after the 8.45am bell are required to report to the College office to sign in.

### Parent Messages

Occasions arise when parents need to contact the office to deliver their child/ren a message. The office tries to minimise the number of PA announcements made during class time as these interrupt student learning. Announcements are routinely made at the beginning of recess (10.50am) and just before lunch time (1.20pm). Please ensure your child/children know the arrangements for the day e.g. daily pickup & drop off routines. If changes occur during the day please try and contact the office prior to announcements if possible to avoid class interruptions.

### BUS TRAVELLERS

Strathcreek bus is currently at full capacity. There will be no ad hoc travel allowed on this bus until further notice.

**A reminder that students aged 8 and above are required to wear face masks on the bus.**

### Seymour Coaches - School Bus Information

#### Town Service Bus Travel Information

Reminder a Myki Card is required for all town service buses (\$1.20 per trip) except for the Sungarrin/Telegraph Bus (Mauve) which requires payment in cash.

#### Town Bus Routes:

Highlands (Pink Bus): Monash\_Kitchener\_Smith\_Chisholm

Sungarrin/Telegraph (Mauve Bus) Deli\_Park\_Railway

Nagambie/Northwood (Red Bus): Heywood\_Dockery\_Howe\_Sinclair

Avenel/Locksley (Yellow Bus): Tarcombe\_Delatite

Nagambie/GV Highway (Orange): Redbank

#### COUNTRY SERVICES – Ad Hoc Travel (Travelling with A Friend/Sports Training etc):

Students travelling to or from school on a friend's bus, are required to fill in a Form 10 'Application for Ad hoc Travel Form' and submit to the Office prior to the date of travel. The application will be sent to Seymour Coaches for approval and a Travel Pass provided to the student travelling.

NOTE: Travel (in particular Ad hoc Travel) may be restricted if buses are full. Please note: presently the Strath Creek Bus is full and therefore no ad hoc travel is available.



## *From the Library*

We have been having a fabulous time in the Library so far this year!

- All Primary students have been borrowing and returning books on a regular basis! It's great to be asked so many questions about books and stories, and to discuss the adventures our imaginations can have!
- It has also been terrific to work alongside class teachers and watch students engaging in their digital technology activity with such enthusiasm. Watching and waiting for the 'yes' moments when students achieve the task!
- We have been introducing a variety of tools to the year 3 – 6 students, Sketch-Up, Scratch, and Google Drawing. These students are also challenging themselves with their keyboard typing skills and have all now completed round 1 of word scoring in 12 minutes! Now they have a PB to improve on for the next few weeks!
- Students in years F-2 have been learning about the keyboard and about the way letters work and look on the screen. Most can sign in by typing their first and last name and their password!
- Year 7 and 8 students will begin to have one English lesson per fortnight in the Library space.
- Lunchtimes have been busy; games, puzzles, chess, connect four, Uno, STEM activities, Book Club, and so much more!

*Mrs Buhler - Teacher Librarian and Mrs Heveren - Library Assistant*



## *Welcome to some of our newest Members of Staff*

*Elyse Charles*

**Family:** I am married to Darran and I have 2 children Will who is 12 years old and Abi who is 10 years old.

**Favourite song/artist:** Dream a little dream or We don't talk about Bruno.

**Past employment:** For the past 5 years I have been teaching at Kelso State School in North Queensland. Before becoming a teacher, I worked at Qantas Airlines first as a Flight Attendant and then a Trainer for the Cabin and Flight Crew.

**Favourite Sports team:** We are a soccer family and my favourite team is the Central Coast Mariners because this is where I grew up. My second favourite team is the Brisbane Roar. I have not yet decided on which AFL team to support so I am open to any suggestions.....

**Hobbies/sports:** I have been a dancer all my life and love performing in Musicals. In the past two years I have started playing Netball which has been lots of fun learning a new sport. I also played basketball and tennis and was a swimmer growing up.

### *Shona Maskelyne*

**Family:** Married with two young boys, Ted and Patrick (We celebrated Patrick's first birthday in February!)

**Favourite Song/Artist:** Too many to choose from! I love a good sing-along session to whatever is playing...especially if I'm in the car. This may involve making up the words sometimes...

**Past employment/school:** Previously taught at Assumption College Kilmore from 2014. Prior to this I worked in business administration and management in Victoria and Vanuatu.

**Favourite footy/sports team:** I enjoy following sports and always support Papua New Guinea for any international competitions as this is where I grew up. My youngest brother swims for Papua New Guinea!

**Hobbies, sport, pastime, etc:** I love spending time with family and friends, getting outside and exploring new places but my most favourite place is the ocean and the beach.

### *Chloe Locke*



**Family:** I am living with my mother, father and sister currently. The only child I have is my gorgeous brown and white staffy Lily.

**Favourite song/artist:** I love listening to music so my favourite song changes a fair bit, but currently it is 'love again' by my favourite artist Dua Lipa.

**Past employment:** school (I have just graduated from Assumption College Kilmore).

**Favourite footy/sports team:** My AFL team is Hawthorn, my netball team is Vixens and I'm also a Melbourne Storm supporter.

**Hobbies, sport, pastime:** My hobbies include netball, football and I enjoy a leisurely hit of tennis.

### *Frank Rowland*



**Family:** Married with three daughters aged 17 - 23 years old

**Favourite song/artist:** April Sun in Cuba by Dragon

**Past Employment:** Previously a STEM technician at St Columba's College in Melbourne

**Favourite footy/sports team:** Collingwood Cheer squad member (AFL)

**Hobbies, sport, pastime:** Cricket and AFL footy. I love building things with wood.

### *Jade Osborne*



**Family:** I am engaged as of late last year to my partner, Dominic. We met in high school!

**Favourite song/artist:** My favourite artist is Sara Bareilles, and my second favourite is Missy Higgins!

**Past Employment:** Last year I worked here at St. Mary's in a tutoring role three days a week, as well as working for the Mitchell Shire Council on weekends/school holidays and working for a Kindergarten in Wallan twice a week! It was very busy!

**Hobbies/pastimes:** I love reading (both hard copy books and audiobooks) as well as playing board games, video games and spending time with my Lab puppy, Arthur!



# *Agricultural Studies & Horticulture Report*

Another busy couple of weeks for Ag Hort students.

Our tomatoes are ripening at a rapid rate at the moment and we are building up a good supply of passata. Most will be used in Home Eco throughout the year but we did use one jar on Friday to make pizza. Using our passata, eggplant and pumpkin, we made several pizzas that were very well received.

Our experiment with hydroponics is progressing well, but not without some failures. The lettuce took off really well but the strawberries struggled. As a result of this we have decided to concentrate on leafy greens in the hydroponic system. We picked our first lettuce crop and sent it to the canteen where it will be used in school lunches. We now have to work out a suitable time frame for succession planting to ensure a steady supply of leafy greens through the year.



Mr Andrew Allen

[andrew.allen@smseymour.catholic.edu.au](mailto:andrew.allen@smseymour.catholic.edu.au)



## *Defence School Mentor*



Defence Kids Club has moved! Defence Kids Club has now moved to Room 18. I have been taking the primary students across to see where the room is situated as well as inform the secondary students. We are all keen to be in a bigger, brighter space. Room 18 is used as a homeroom and a classroom during the day and I would like to say thankyou to all teachers involved for sharing their space with us.

Defence Kids Club: F - 4 Tuesday Lunchtimes

Defence Kids Hangout: Years 5 - 10 Wednesday Lunchtimes

Morning Hot Chocolates: Years 7 - 10 Tuesday morning before school

Defence Kids Club will be on the days above **unless it is a wet weather timetable.**

Room 18 is used as a homeroom during a wet weather timetable so we are unable to have Kids Club. When this happens I will be popping into individual classrooms and spending time with the defence students there.

While we were moving rooms we were lucky enough to have some great lunchtime weather for outside activities. Foundation to Year 4 and their friends were busy with 'chalk art', decorating the walkways while some Year 5 - 10 and friends participated in a Downball competition.

So far this term I have spent time getting to know the students and parents and am looking forward to more communication with you all.

## Defence kids club upcoming activities

Tuesday March 15th F - 4 St Patricks Day activities

Wednesday March 16th Yr 5 - 10 Kahoot

Defence kids club upcoming activities

Tuesday March 15<sup>th</sup>, F - 4 St Patricks Day activities

Wednesday March 16<sup>th</sup>, Yr 5 - 10 Kahoot

**Mrs Janice Kerris**

janice.kerris@smseymour.catholic.edu.au

## College Nurse



### Dates for the Secondary School Vaccination Program

Any questions regarding the Secondary School Vaccination Program please contact the Mitchell Shire Immunisation Team on 5734.6355 or email [immunisation@mitchellshire.vic.gov.au](mailto:immunisation@mitchellshire.vic.gov.au)

Dates for St Mary's vaccinations in 2022:

### Year 7 – Wednesday 9<sup>th</sup> March and Wednesday 12<sup>th</sup> October 2022

- Human papillomavirus (HPV) - course of two vaccines, 6 months apart.
- Diphtheria, tetanus and pertussis (whooping cough) - single dose.

**Year 7 consent cards are due back asap.** Please complete these consent cards and return them to school asap. If you do not consent for your child to receive a vaccine, please tick "No" on the consent cards and return them to school asap.

### Year 10 – Please note the change of date.

**This immunisation is now on Friday 13<sup>th</sup> May 2022**

- Meningococcal ACWY – single dose.

Year 10 consent cards went home on the 17<sup>th</sup> February and are due back now.

Please complete these consent cards and return them to school asap. If you do not consent for your child to receive a vaccine, please tick "No" on the consent cards and return them to school asap.

For further information visit Immunisation in secondary schools - Better Health Channel

**Mrs Brooke Wessels**

brooke.wessels@smseymour.catholic.edu.au

## Calendar

Term 1		
Wk 6A	Mon 7 Mar	College Athletics Carnival Yr 3-10
	Tue 8 Mar	Reconciliation Information Night 7-8pm
	Wed 9 Mar	Yr 7 Immunisation
	Sun 13-Sun 20	Catholic Education Week
Wk 7B	Mon 14	Labour Day Public Holiday





## Kinship Carer Conversations

### Support and Social Group

- WHEN: Tuesdays, 11:00am — 1:00pm, during school terms.
- WHERE: 38 Packham Street, Shepparton (RISE Centre)

What you can expect from support group:

- Navigating Child Protection, Centrelink and legal systems
- Social connections
- Parenting and behavior management strategies
- Support and advocacy
- Positive and encouraging environment
- Sharing knowledge, information and experiences
- Advice and information
- Guest Speakers
- Child friendly facilities
- Emotional support and self-care
- Education
- Connection to community supports

For further information and registration please contact Nicole Waldron  
on 0439155410 or 58228100 or email [nwaldron@berrystreet.org.au](mailto:nwaldron@berrystreet.org.au)  
\*Due to COVID requirements registration is essential



## Kinship Carer Conversations

### Support and Social Group

- WHEN: 11:00am-1:00pm—First Thursday of each month  
Excluding public and school holidays
- WHERE: 52 Station street, Seymour

What you can expect from support group:

- Navigating Child Protection, Centrelink and legal systems
- Social connections
- Parenting and behavior management strategies
- Support, advocacy and referral
- Positive and encouraging environment
- Sharing knowledge and experiences
- Advice and information
- Children welcome
- Emotional support and self-care
- Education
- Connection to community supports

For further information and registration please contact Nicole Waldron  
on 0439155410 or 58228100 or email [nwaldron@berrystreet.org.au](mailto:nwaldron@berrystreet.org.au)  
\*Due to COVID requirements registration is essential



## Kinship Carer Conversations

### Online Support and Social Group

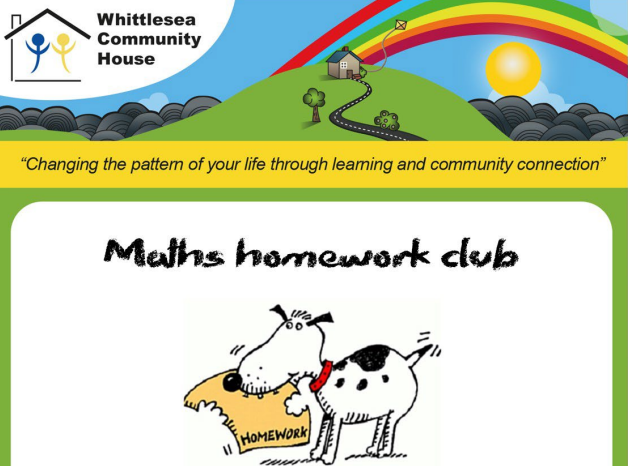
- WHEN: 1:30pm Wednesdays
- WHERE: Online via the TEAMS app

What you can expect from support group:

- Navigating Child Protection, Centrelink and legal systems
- Social connections
- Parenting and behavior management strategies
- Support, advocacy and referral
- Positive and encouraging environment
- Sharing knowledge, information and experiences
- Emotional support and self-care
- Connection to community supports

Connect with us via the Microsoft TEAMS app from your chosen device.

For further information and registration please contact Nicole Waldron  
on 0439155410 or 58228100 or email [nwaldron@berrystreet.org.au](mailto:nwaldron@berrystreet.org.au)



Whittlesea Community House

"Changing the pattern of your life through learning and community connection"

## Maths homework club

**TUESDAYS FROM MAY 3RD, 2022**

**4.15PM—5.30PM**

Join Glenda our favourite volunteer school teacher each week and get the extra help you need with your maths homework. Suitable for students from Grade 3—Year 9

Bring a snack

Please call for initial registration 9716 3361

Whittlesea Community House—92A Church St, Whittlesea

**IT'S FREE!**

Phone 9716 3361 • [www.wchi.com.au](http://www.wchi.com.au) • 92a Church Street, Whittlesea, Victoria, 3757



## Whittlesea Community House

92A Church Street, Whittlesea

### BLENDED YOUTH MENTAL HEALTH FIRST AID

Presented by Kate Riddell

WHITTLESEA

Self paced online learning + 1 day face to face



**MENTAL  
HEALTH  
FIRST AID**  
Australia

Mental Health First Aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis. Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

This course is designed to teach you how to provide mental health first aid to young people aged 12-18 and covers the signs and symptoms of depression, anxiety, psychosis eating disorders, suicidal thoughts and behaviours, self harm and trauma as well as where and how to get effective help and how to provide first aid in a crisis situation.

The qualification is a valuable asset to volunteers, job seekers, to family members of mental health consumers, employers, community workers and community members.

Many professions recognise the course for professional development hours.

WHEN:	Friday April 1st, 2022 8.45am—4.30pm + 5-7hours of self paced pre-course online learning
WHERE:	Whittlesea Community House, 92A Church St, Whittlesea
COST:	\$260 PER PERSON (\$230 CONCESSION)
PRESENTED BY:	Kate Riddell—Mental Health First Aid Master Trainer
BOOKINGS:	03 9716 3361 or wchi@whittleseach.com.au

Whittlesea Community House Inc.

ABN: 82 167 376 740



City of Whittlesea



**Free entry!** – Basic Snacks for sale.



@ Seymour Uniting Church, 11-13 Crawford St.

## Saturday 12<sup>th</sup> March!



Enjoy our comfy chairs  
Or BYO bean bag/cushions

Doors open 6:30pm for 7pm start.

More info:

Facebook: Seymour Avenel/Nagambie Uniting Church

<https://fb.me/e/54fBFvHLR>

Community Outreach Worker Michael: 0458 742 362

Seymour Uniting Church Serving our community.

