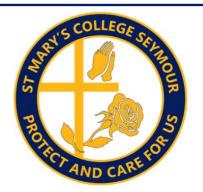


The Marian

www.smseymour.catholic.edu.au facebook.com/stmarysseymour https://pam.smseymour.catholic.edu.au

2022 College Theme

'Act with Cowrage, be strong in your faith'



St Mary's College Seymour is a Child Safe School. We promote the safety, wellbeing and inclusion of all children.

Newsletter No.6 Term 2 29 April 2022

Dear Parents and Guardians

~All families will be emailed a Media Announcement at 11:45am today~

Autumn is a warm and solemn season with Lent and Easter. Autumn brings all Australians together in the remembrance of Anzac Day. At this moment in time the situation in the Ukraine is a sombre reminder of the sacrifice that is given to remain free. It is hard to believe that in the third millennium human kind continues to wreak havoc for the sake of power and greed.

On Tuesday Mrs Janice Kerris (Defence Schools Mentor) so beautifully organised the College Anzac Day Liturgy. Our Defence Force and senior students led the liturgy with the Last Post played by Mr Matthew Dudfield. The students experienced a master in action with Matthew's music ability. Thank you to Major Sullivan for his Anzac Day Address and Major Janine Franks for taking the time on Wednesday to speak to classes. St Mary's is blessed to have Defence Force students attending our College – these students are examples of resilient young people who, in their own right show great maturity in their new schools as their families are often posted to various Eastern seaboard locations.

Covid Restrictions

Restrictions are lifting and St Mary's is moving back to normality. As winter approaches it is likely that Covid cases will increase.

| Masks | Not compulsory but encouraged if parents are concerned. | |
|--|---|--|
| Vaccination Evidence | Parents and carers are not required to show evidence of two vaccinations | |
| | if not volunteering. | |
| Visitors & Volunteers in | Third dose requirements apply to any visitors or volunteers performing | |
| Close Student Proximity | work on site including those who work in close proximity to children. | |
| Rapid Antigen Testing | F-10 students twice weekly (Tuesday & Thursday). | |
| College Events | Allowed. | |
| Student symptoms | Please be aware if students arrive to the Office with Covid like symptoms | |
| | they will be asked (not forced) to wear a mask. | |
| Positive Cases | Isolate for 7 days. | |
| Close Contacts | Do not need to isolate but advise the College and complete RAT tests. | |
| Diagon ha access that whilst rectnistions are thouldfully on the dealine, we do not wont to become | | |

Please be aware that whilst restrictions are thankfully on the decline, we do not want to become causal in our approach with colder weather coming. No one wants for St Mary's the predicament (of other schools) where year levels have had to remain home due to lack of staff.

Medical Needs College

Until the appointment of a new College Nurse please contact the Office re any Covid or general medical updates, queries or concerns.

Welcome

It is wonderful to have Emma-Jane Kelly (Visual Arts primary & secondary) and Laura Byers (Business Administration Assistant) now on staff. Today we farewelled Nurse Brooke we wish her well in her new position. Applications for the College Nurse and Arts Assistant closed today.

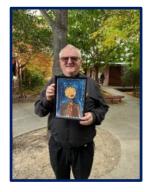
College Beanie and Scarf

Outback have ordered supplies of the College Beanie and Scarf. Both these additions to the uniform will be optional items not compulsory.

The Season of New Life

One very proud teacher returned for Term 2 with a beaming smile after seeing her first grandchild for the first time in Brisbane. Congratulations to Miss Ally, nanna to Pia Dawn Penny Born on 23rd of March, 2022 at Dawn (hence her middle name). The most precious gift in the world... future artist in the making!

A glorious photo of peace and contentment.



Fr Eugene

Fr Eugene will be on annual leave during May to visit his family in Brisbane. May our good pastor travel safely and enjoy the warmth of family and the Sunshine state.

St Mary's students so often are exceptional young people. They do the little and big things that make a difference, especially when representing St Mary's.

The political parties are in full swing lobbying voters in preparation for the Federal Election. May all parties heed the words of Pope Francis, "a better kind of politics, one truly at the service of the common good".

Stay well and enjoy your weekend.

Best Wishes



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

NAPLAN Testing



The NAPLAN tests for 2022 for our Year 3, 5, 7 and 9 students will start on Tuesday 10th May and conclude on Wednesday 18th May 2022. These tests are completed online (with the exception of Year 3 writing) and during class time.

Students in Years 7 and 9 should ensure that their school laptops are fully charged at home each evening in preparation for the following day's test. They should also ensure that they have their headphones each day.

Mrs Julia Wood

julia.wood@smseymour.catholic.edu.au



Director of Wellbeing

Tips to technology use at Home

Students crave being connected with their friends outside of the school gates, wanting to fill their free time with games and group chats, often causing conflict at home. With a few helpful strategies, hopefully this doesn't have to be the case.



Set Boundaries – Have a family meeting

Boundaries need to be set for device usage and the best way to do this is to have a family meeting where everyone is involved in the decision-making process. This is the most effective way of ensuring everyone sticks to any rules and makes kids feel seen and heard which is really important.

Give warning time

Don't just announce that it's time for devices to be put away immediately, this will create conflict and resistance. Give your kids a half-hour warning and then a 10-minute warning to let them know that their time is almost up. When it's time to shut down, it won't be a sudden shock to the system.

Parental controls are a must

To avoid your kids seeing or watching content that is for adults, ensure you have set all parental controls on their Apps, games, and devices. These can usually be located within the platform settings. This also goes for privacy settings.

No - tech zones

Children have a habit of wandering around the home, eyes down, head buried in their iPad or tablet. This creates antisocial behaviour and zero structure to their usage. Create areas within the home that their devices are not allowed to enter. The kitchen, lounge room, and bathrooms are a great start. This can help limit their usage and encourage them to interact and do other activities if they want to enter these zones.

Screen Time should not be a reward or a punishment

Threatening to take away a child's device can push them to try and sneak screen time so it is not recommended to use it as a punishment. On the other side, try to avoid offering it as a reward, as screen time should be seen as a privilege and used within the rules and boundaries set within your family meeting. Offering more time as a reward goes against the rules you have set.

There are both positives and negatives to the use of technology amongst children and teens, however as with a lot of things it is all about balance.



A FREE workshop for parents & carers of teenagers

Help your teen to

- Understand their emotions and be able to communicate how they feel
- Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- Develop problem-solving and social skills
- Develop kindness and empathy towards others

Monday 2 May 2022
Ipm - 2pm
ONLINE
Register here
for any questions contact
FamilyCare Central Intake 1800 161 306

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)



A FREE workshop for parents & carers of children 2-10 years

Help your child to:

- Understand their emotions and be able to communicate how they feel
- · Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- · Develop problem-solving and social skills
- · Develop kindness and empathy towards others

Thursday 28 April 2022

†pm- 3pm
ONLINE

Register here

for any questions contact
FamilyCare Central Intake 1800 161 306

This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)

Director of Faith and Mission



Social Justice in Action

Some grade 4 students took it upon themselves to spend their lunch breaks cleaning up the yard. This picture shows the rubbish they collected over a week!

Eucharist 5th of June

Students who are to celebrate their Eucharist in June, are invited to attend an Information Night, next Tuesday 3rd of May at 7pm. Parents and Eucharist Candidates will take part in some activities and discussions in readiness for this special event in June.

Year 9 Retreat 4th of May

Year 9 students will be taking a trip to Echuca next week to take part in the program 'Courage to Care'. Courage to Care informs and educates Australians about the dangers of prejudice, racism and discrimination.

By listening and talking with Holocaust survivors, the program aims for the students to promote acceptance across all facets of society by

- Creating awareness of the dangers of prejudice, racism and discrimination
- Educating to challenge attitudes and behaviours
- Demonstrating that every individual can make a difference
- Transforming "bystander" behaviour to "upstander"

Holy Week and Easter
Easter means everything to
a Christian.

Easter means that Jesus is

God. His death on Calvary proves that he was really human. His resurrection proves that he is really divine. Christ rising from death proves that he was, as he claimed to be, the Son of God.

On the last Friday of Term One, the College held a Stations of the Cross, in remembrance of Holy Week, (which was celebrated in the school holidays). Each homeroom was given a 'station' reading and prayer, and then had to design a prayer space, depicting that station.

On the Friday, each class was led around the College to the various prayer station spaces. Our College leaders (primary and secondary) stood at each station and led the reading and prayer. Considering we had over 400 students moving quietly and reverently from place to place, it was an emotional and reflective way for students to be reminded of Jesus' story in the last week of his life.

Thank you to all students and staff who assisted with the prayer spaces and direction.





Students will then return back to the College late in the afternoon for a liturgy and meal together.

Defence Schools Mentor



Term Two started back at St Mary's with a wonderful Anzac Day Liturgy for the whole school. Thank You to

our guest speaker Major Matthew Sullivan, the Charles family and other Defence parents who attended and participated in the liturgy. A big thanks to Rochelle Gough, Matthew Dudfield, Andrew Allen, College Leaders and speakers, and of course, our Defence students who carried their family poppies with pride and reverence.



Indianna Goodwin 1A, attended the Anzac Day March at 10:00am in Seymour. Indi wore her Poppy G's miniature medals and marched with her Mum and her Poppy G. Indi wanted to pay her respects

and represent the school. Well done Indi.

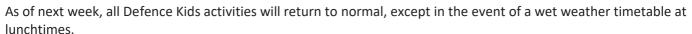
Anzac Talk

On Wednesday April 27th we had a visit from Major Janine Franks to talk to Foundation -Year 6 about Anzac Day and the life and culture that went with it.

The students were very attentive and asked some very important questions. We are very grateful to Major Franks and hope we can make this a yearly event.

RSL Anzac Stall

Lastly, the Anzac Appeal was held at the end of last term and I am most grateful to Isaac Gibson for his help and guidance in making this a success. Thanks Isaac. All funds raised for the RSL will support veterans and their families in times of need.



Defence Kids Club Tuesday Lunchtime Foundation - Year 4 in Room 18.

Defence Kids Hangout Wednesday Lunchtime Year 5 - 10 in Room 18.

Defence Hot Chocolate Mornings Tuesday mornings before school Year 5 - 10 in Room 18.



janice.kerris@smseymour.catholic.edu.au



The Art Department

Our Artist in residence

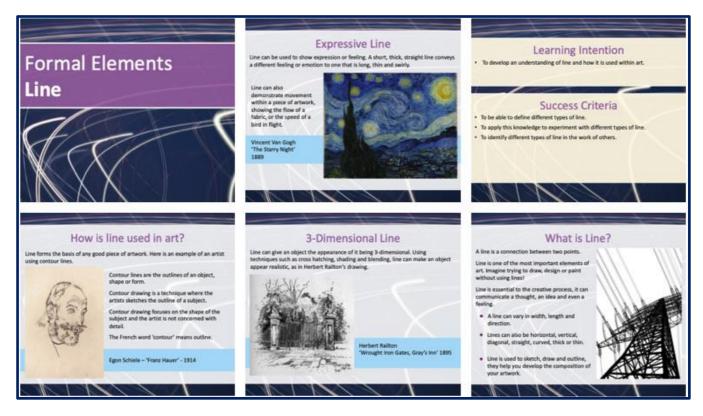


Wyatt Newsome is a year 5 student that loves to draw. I often get the pleasure of his company when he visits me in the art room to share his latest creations.

One of Wyatt's pieces caught my eye, as it was an amazing line drawing of a robot. We are currently studying the elements of art , one of which is line. I asked Wyatt if I could use this art piece as an inspiration or reference for the students in my class. Wyatt was very obliging . As we neared closer to starting the lesson, I asked Wyatt if he could talk to the year 4 students about his work and what inspired him. Once again, he was only too happy to help ...albeit a little nervous. Wyatt shared his inspiration and references and we were interested to learn that Star Wars/ Science Fiction was one of them. His other drawings were created from his amazing imagination. During his recent isolation Wyatt spent many hours doing what he loves and showed me 30 plus drawings upon his return.

I often wonder if many students follow their passion into the arts. Perhaps





Learning Diversity Leader



Supporting Children with Neurodiversity

A psychological assessment is needed to confirm a child's neurocognitive status

Children's adaptive functioning can be extended by understanding the barriers that exist for each child as a learner; and using explicit and systematic techniques to gradually improve their independence in manageable increments.

Neurodiversity

is an umbrella term that refers to the diversity in brain functioning associated with a range of developmental conditions and experiences.

Children who experience neurodiversity may need additional supports to help them engage with and benefit from counselling, develop new skills, participate in learning environments, and develop self-regulation.

Children with neurodiversity may have more difficulty in reflective learning, and in developing behavioural and emotional control.

Children with neurodiversity cannot control their sensory sensitivities and how they respond to the sensory world. They can be supported to understand how the sensory world affects them and be taught to use behavioural strategies to manage this impact.

What are some of the implications for learning in a school environment?

Structured settings

Structured learning environments reduce the burden on a child's cognitive skills. Children with neurocognitive difficulties often prefer highly-structured approaches to learning. St Mary's move to more explicit teaching is a predictable and structured approach to learning that supports all students in learning.

Transitions

Transitions involve the controlled re-direction of attention from one activity to another. They can also often involve re-orientation to a new set of behavioural expectations, which relies on cognitive flexibility. Children with neurocognitive difficulties often struggle with everyday transitions (e.g., leaving home for school, moving from one activity to another or finishing a game when requested). Transitions are a commonly reported trigger for behavioural issues and defiance. Teachers at St Mary's are using visual timetables and social stories to allow students to mentally prepare for changes in activity in the primary grades. Timers and timed stages for completing learning tasks are useful for students to Year 10 in assisting all students to manage transitions more effectively. Encouraging secondary students to make use of SIMON at home each day to know what subjects they will have and to see when tasks are due, can help reduce stress.

Situations of dynamic demand

Situations that involve frequent change, novelty or are unpredictable can be more difficult for children with neurodiversity. At school, this might involve a change of work groups, a replacement teacher or a change in bell times. Situations with rapid social interchange are also likely to be challenging and these children may be more successful as one-on-one learners and find group interaction difficult. St Mary's teachers are aware of the need to offer choice in the learning environment, knowing that sometimes a student may need to work alone or with one other student, while still offering supportive groupings to allow for the building of social connections.

Increasing cognitive demand

Many children with neurodiversity find highly reflective, language-based approaches difficult and this may mean they disengage from learning. In a school setting, this can present as behavioural avoidance of schoolwork. In a counselling setting, the child may present as inattentive, non-communicative or excessively compliant in the face of social interaction that is difficult to understand. Teachers at St Mary's provide multiple exposures to new content to assist students to learn in the way that suits them best — while some students learn through extended discussion about a new topic, others may need to engage with the new learning in a more practical way — rearranging the parts to make sense of them, watching a visual presentation, taking a model apart, working backwards from the answer to understand a maths strategy, and so on.

Adapted from:

Australian Institute of Family Studies
Supporting Children with Neurodiversity

Commonwealth of Australia 2022

As always, please contact your child's teachers or myself if you would like to discuss the ways that St Mary's College can continue to support your child

Mrs Claire Kelly

claire.kelly@smseymour.catholic.edu.au

F-4 Coordinator

Welcome back to Term 2. How wonderful is it that we have had a consistent term of school! It is beginning to feel like a lifetime ago that we had Remote Learning regularly throughout the year. We are able to consider excursions, sleepovers and incursions again as was our practice two years ago.

F-2 continues to settle into the new building with still some tweaking to do. Teachers spent time over the holidays sorting cupboards and putting systems in place for all our resources. Our aim is to keep our classrooms and communal spaces tidy and uncluttered.

ANZAC Day



On Tuesday we had a wonderful Anzac Day Liturgy. It is always a solemn and heartfelt occasion and Mrs Gough did a tremendous job in ensuring that we could not only read the words to 'The Ode', but that we could feel them as well. Mr Dudfield did an amazing rendition of 'The Last Post'. To hear this live cannot help but bring a tear to one's eye.

This was followed up on Wednesday with a special visit from Major Janine Franks. She spoke to our students about Anzac Day and all students were completely engaged. They had many questions to ask her and she patiently answered each of them, often using examples from her own life as a long serving soldier in the Australian Defence Force.

Thank you, Mrs Janice Kerris for organising such an interesting and enlightening visitor.

Foundation Buddies

Our Foundation students continued to get to know their Year 10 Buddies last term. They had several opportunities to spend time together. This enables our youngest students to have a familiar face in our oldest students, when at school. They feel safe when they see each other and super special being out and about with their buddy.

We ended last term with our Foundation Certificate Presentation with our Foundation and Year 10 students. It is always a delight to witness the connection the students make. Thank you to Miss Head and Mrs Charles for their support in organising this event. Thank you also to the families that could attend. It was a pleasure having parents return to our grounds.

We are looking forward to a wonderful term. Keep reading our Weekend Family emails for everything that is happening each week and beyond.

Take care.

Mrs Anne Spencer anne.spencer@smseymour.catholic.edu.au



3-6 Coordinator

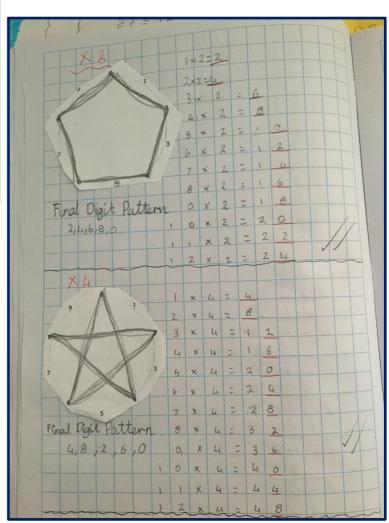
Having a full term in the classroom has been greatly beneficial to our students as we have seen all classes settle into their routines and practices swiftly.

Term 2 brings about our change to winter uniforms. Just a reminder that students from 5-10 are required to wear a Tie. Please get in touch if you require any further information on the school's uniform policy.

There are a lot of options available for any items of school clothing missing, at the second-hand uniform shop. Please contact the office if you require access.

Please enjoy some photos of our Grade 4 students in action.





Sports Coordinator

Cross Country

The College Cross Country will be held on Monday 9th of May at the Seymour Golf Course. The College is seeking any parents who may be willing to man a checkpoint on the day. Helpers will be provided food and drink throughout the day. If you are available and willing to assist the College will be very grateful for you time and support. Please email me as soon as possible.



Round Robin Term 2

The students are buzzing ahead of the upcoming Term 2 Southern Ranges Round Robin on Tuesday 24 May. The sports available this term are AFL, Netball, Badminton and Soccer. Student preferences will be submitted via Google Form on Friday 29th of April. This will allow students to participate in training sessions during lunchtimes with accompanying teachers to help build their skills and teamwork ahead of the event.



SSV State Swimming Champions

On Thursday 28th and Friday 29th of April the SSV State Swimming Championships were held at the Melbourne Sports and Aquatic Centre.

A huge congratulations to the following students who participated at such a prestigious level of competition; Lachlan Kingston, Levi Brown, Harvey Smith, Finn Melville, Oliver Kingston, Isaac Smith, Noah Pearce, Sam Charles, Finn Hargreaves, Bella Hargreaves, Bridie McSpeerin and Coco Wessels. The students will be acknowledged and presented with their State Jumper and College Swimming Caps at the next College Assembly.

At present the Secondary Students have completed their event day with several great performances and podium finishes! Congratulations to the 15 Year old Boys Freestyle Relay who finished 3rd and to Oliver Kingston who came 1st in the 14 Year old Boys 50m Breaststroke!

An update of the Primary Boys Relay will be communicated after the event.

Walk to School Day

National Walk to School Day is on Friday 20th of May. This is the 23rd year of the annual campaign which encourages all primary school children, their parents, and carers to walk safely and regularly to school. The event promotes road safety, health, and the environment as activity levels in children are in decline. Sedentary behaviour can lead to long-term and costly risks of illnesses and so building regular walking into your daily routine is a great first step to introduce physical activity and promote healthy habits. We look forward to seeing less cars on the road and more feet on the footpaths on Friday 20th of May!



Community Sporting Achievements



Oliver Kingston continues to make his mark on the pool outside of school! Ollie represented the Seymour Sharks competed at the Swimming Australia National Age Championships on the 18th of April in 100m Breaststroke where he finished 32nd in the Country! Congratulations to Oliver on an outstanding achievement and the College looks forward to celebrating his future in swimming.

Olivia Cleave - Interschool Championships

Olivia competed from the 9th to 12th of April at the Werribee Equestrian Centre.

Olivia competed last year to qualify for this event. She competed in the primary section. It was a massive 4 days of competition for Olivia and her family but they had a lot of fun camping and experiencing the atmosphere.

Day 1

Show Horse -Working Hunter 3 classes, finished 11th, 12th, 4th Final results 5th in the Championship. Show Jumping 2 classes, finished 4th and 13th

Day 2

Show Jumping 1 class 11th Final Results (3 classes) 8th in the Championship.

Barrel racing and Bending Race finishing mid field of 35 riders

Day 3

Combined Training (Dressage and Show Jumping) 5th overall in Championship

Day 4

Dressage Test 1B - 10th Test 1C- 12th

Olivia had some amazing results against very good competition. From achieving the two 5th placings in the championship she is now the first reserve for Showing and Combined Training to represent at Nationals in Sydney if one of the other riders is unable to attend.

The overall results for Olivia and St Mary's College are fantastic.

Individual Primary results

Olivia 16th out of 130 Primary aged children

St Mary's College

66th out of 157 Schools









College Calendar

| Term 2 | | |
|---------|-------------------|--|
| Week 2A | Tue 3 May | Eucharist Information Evening 7:00 – 8:30pm |
| | Wed 4 May | Year 9 Retreat- Echuca 9am-3:15pm |
| | Wed 4 - Fri 7 May | Year 7 Camp Campaspe Downs |
| Week 3B | Mon 9 May | Mother's Day morning activity and cuppa 9:00-10:00am |
| | Mon 9 May | Cross Country Years 3-10 – from 11:30am |

| Bell Times 2021 | | | |
|--|---------------|--|--|
| Supervision of students begins at 8:30am | | | |
| Homeroom | 8:45 – 8:55 | | |
| Period 1 | 8:55 – 9:55 | | |
| Period 2 | 9:55 – 10:55 | | |
| Recess | 10:55 – 11:20 | | |
| Period 3 | 11:25 – 12:25 | | |
| Period 4 | 12:25 – 1:25 | | |
| Lunch | 1:25 – 2:10 | | |
| Period 5 | 2:15 – 3:15 | | |

Term Dates 2022 Term 2: 26/04 – 24/06 Term 3: 11/07 – 16/09

Second-Hand Uniform Half Price Sale

Due to the overwhelming generosity of families past and present, the second-hand uniform shop is bursting at the seams. As a result, we're having a sale!!

During the first 4 weeks of Term 2, all items are HALF PRICE.

It's a great time to stock up.

Access to the uniform shop is available via the College office 8:15am-4:00pm, in accordance with CovidSafe rules.

All donations gratefully accepted.





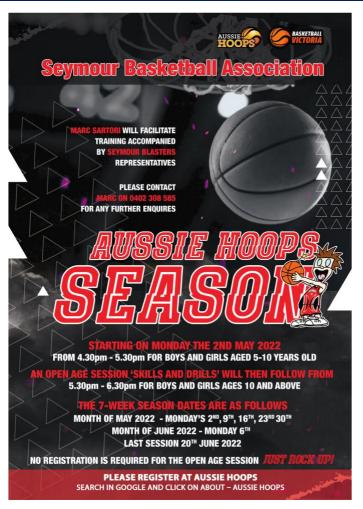
St Mary's College

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

Community





IGNITE A PASSION FOR THE GAME!

Seymour Auskick Centre

Kings Park - Back Oval

Tuesdays 4pm - 5pm

Shannon Inness 0417 059 315

play.afl/auskick

