



The Marian

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



2022 College Theme

'Act with Courage, 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.10

Term 2

24 June 2022

Dear Parents and Guardians

On Tuesday evening 130 plus parents participated in the online eSafety Commission workshop on gaming. The information was relevant and very informative. The workshop reinforced the importance of parents engaging in the children's social media world. Students involvement in gaming is increasing. The positives of gaming can outweigh the negatives when there are boundaries in place. When boundaries are not in place students can lose control of right relationships and inevitably this leads to parents contacting the College for support when cyber bullying happens. There is only so much our College Wellbeing team can do if children are allowed to navigate social media at will in the home. The eSafety website <https://www.esafety.gov.au/parents> is an excellent resource and provides parents with sensible approaches to a child engagement in social media activities.

Pioneer Park



The Pioneer Park Committee have invited St Mary's to 'adopt the park.' Our Year 6 classes will take up the challenge and give back to our local community. Pioneer park is 'next door' to the College and St Mary's looks forward to working with the aging committee in maintaining the park, which is a historic site. There are Mercy Nuns laid to rest in the historic cemetery section of the park.

Welcome Katherine

We welcome Katherine Treble to St Mary's. Katherine, a registered Nurse will work one day a week enabling professional medical support on site five days a week. We are blessed to have skilled nurses providing excellent care for students.

Learning Diversity

This week a MACS representative visited the College to review application processes for the 2023 funding support program. Andrea McKay MACS (Learning Consultant Diversity) commented on the excellent College structures and processes in place. Mrs Kelly (Learning Diversity Leader), teaching and non-teaching staff and the College NCCD Moderation team have done an outstanding job for the common good of our students.

Counsellor Haughton

Congratulations to Year 7 student Nic Houghton (Padua 7) on his promotion to the Mitchell Shire Youth Council. Nic is keen to make a difference and put climate change front and centre of council discussions.

Blessings

Our thoughts and prayers are with Ms Rudd, Lillian's brothers James and John and their families on the passing of their dear mother.

It has been a long term even though for 9 weeks. It is a credit to date that our College has not had to close for a period of time. There have been days where upwards of 20 staff have been away with Covid or other illnesses. May our staff find rest over the break.

Take care and if you are travelling over the school holidays, go gently.

-May our world bring peace to our everyday interactions-

A Prayer for Peace

*Lord Jesus Christ,
You are the true King of peace.
In You alone is found freedom.
Please free our world from conflict.
Bring unity to troubled nations.
Let Your glorious peace reign in every heart.
Dispel all darkness and evil.
Protect the dignity of every human life.
Replace hatred with Your love.
Give wisdom to world leaders.
Free them from selfish ambition.
Eliminate all violence and war.
Glorious Virgin Mary,
Saint Michael the Archangel,
Every angel and saint:
Please pray for peace.
Pray for unity amongst nations.
Pray for unity amongst all people.
Pray for the most vulnerable.
Pray for those suffering.
Pray for the fearful.
Pray for those most in need.
Pray for us all.
Jesus, Son of the Living God, have mercy on us.
Jesus, hear our prayers.
Jesus, I trust in You!
Amen.*



Wayne Smith

Principal, St Mary's College Seymour

DipEd (ACU) DipREd (ACU) BEd (ACU) GradCertEdAdmin (Edith Cowan)

GradDipREd (ACU) MEdAdmin (Charles Sturt) MTheoSudies (BBITAITE)

Director of Wellbeing

Thank you to the families that attended the eSafety webinar on Tuesday night. The evening was aimed at giving parents and carers the knowledge, skills and tools to support their children to have safe online experiences. The article that follows is a summary of the presentation

Mrs Allison Moore

allison.moore@smseymour.catholic.edu.au



Online gaming information for parents and carers

Online gaming has many benefits

Gaming can be a way to:

- Have fun and be entertained.
- Relax and reduce stress.
- Keep the mind active.
- Develop creativity.
- Strengthen decision making and strategic skills.
- Connect with others.

For most gamers, playing is a casual pastime. But a growing number of people play or watch competitive gaming (or eSports) as individuals, teams or families. Many gamers belong to vibrant and active communities.

Gaming can be used for a range of other purposes. These include general school education, right through to specialist workplace training (for example, flight simulations and various defence and cybersecurity exercises).

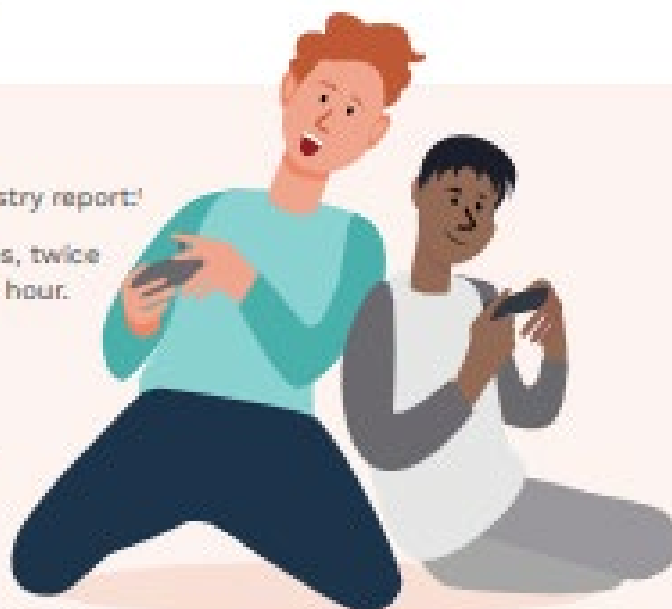
While gaming often has positive effects on the mental health and wellbeing of participants, it also has risks — like most online activities.

This information sheet provides practical tips and links to further information, so you can help your child reduce the risks and maximise the positive experiences of gaming online.

State of play

According to a major Australian gaming industry report:¹

- Typical daily casual game play is 10 minutes, twice a day; typical daily in-depth game play is 1 hour.
- 47% of gamers are female.
- 78% of gamers are over the age of 18.
- The average age of an Australian gamer is 34 years old.
- Adult players have been gaming for an average of 12 years.



Competitive gaming, known as eSports, is a multi-billion dollar industry that includes many gaming genres and titles, such as *League of Legends* and *Counter Strike: Global Offensive*. Gamers also watch eSports to learn strategies to improve gameplay.

¹ Source: [Interactive Games & Entertainment Association](#)

Gaming risks

It is important to take a balanced view and recognise that gaming, like everything online, has its pros and cons.

[eSafety research](#) has found that people playing online games can be exposed to risks including:

- [Cyberbullying](#) (for example threats, verbal abuse, ganging up, exclusion).
- Inappropriate language, [age-inappropriate content](#), or [access to pornography](#).
- [Unwanted contact](#) from others, including 'grooming' by a sexual predator.
- [In-app purchasing](#).
- Themes or elements that may encourage young people to gamble now or later in life.
- Giving out too much [personal data](#).
- Spending too much [time online](#).



Many multiplayer games involve hundreds or even thousands of people playing at the same time. The gamers can communicate with friends and strangers through web cam, private messaging or online chat functions. This increases the risk of contact from online abusers or bullying from other players.

Managing gaming

The best way to help your child manage the risks is to take an active interest in their gaming.

Select the right privacy settings

Make sure your child only joins games suitable to their age and maturity. The privacy settings can also be restricted so your child only plays or chats with gamers they know.

Choose the right games

Collaborate with your child on game purchases — have them suggest the game they wish to play or purchase. Ask them to find out the recommended age, information about the content and how to use the privacy settings.

To identify if a game is beneficial, ask:²

- Are there emotional benefits? (Is it fun?)
- Are there cognitive or learning benefits? (Do you need to solve problems?)
- Is creativity required? (Do you build stuff?)
- Is it a social game? (Do you connect with other players and is the connection safe?)

Ratings and reviews

You can look up games on the [Australian Classification website](#) to check their rating and other information about the content, to help you decide if it is suitable for your child. Check out the video [Quick guide to Australian classification ratings](#).

[The eSafety Guide](#) has information about popular online games, apps, social media sites and other digital platforms. The guide explains what the game is and how people use its tools and functions. It also provides the gaming company's age recommendation and links to key safety information, including how to report and block abusive players.

eSafety can direct an online service or platform to remove illegal content or ensure that restricted content can only be accessed by people who are 18 or older. [Find out more](#) about illegal and restricted online content.

[Commonsense media](#) provides parents with reviews of the latest games and apps (as well as movies, TV shows and books).

2. Dupon, S. (2016) Parents guide to gaming, Manningham YMCA

Get involved

Co-play

Many gamers watch video tutorials or 'walkthroughs' to help them play. You can watch these with your child so you can both understand the games better. Learn the lingo with your kids — you can search online together to check the meaning of terms like 'walkthroughs', 'first player shooter' and 'PVP'. Play the game yourself, or even get into the habit of co-playing with your child.

Listen and ask questions

Have a conversation with your child about common gaming issues using the [eSafety kids](#) and [eSafety young people](#) pages to guide them. You can workshop strategies to deal with upsetting or inappropriate behaviour and learn together how to report, mute and block abusive players.

Co-design rules

Kids are more likely to follow rules if they helped to create them. Part of the discussion and negotiating is explaining why a rule might or might not work.

One of the things that may help to manage your child's gaming is negotiating the time they are allowed to spend online — before they start playing. Together you could decide a limit on how many games or levels can be completed, or the length of playing time.

It's also good to establish rules about when and where digital devices and consoles can be used. For example, making it clear that games have to be played in open family areas not in bedrooms, homework has to be finished first, or screen time ends an hour before sleep.

Help regulate time online

You may be concerned that your child is spending too much time playing online games. There is no magic number for 'healthy' hours or minutes. If gaming is balanced with other activities and sleep, there is usually no need for concern. Many young people game a lot and still study, socialise and feel happy.

But if gaming starts to have negative impacts on your child or your family, you may need to encourage them to better regulate their time online. You can read more about the [signs to look out for](#) when your child is spending too much time gaming. It may be useful to get your child to reflect on the [impact gaming is having on their life](#) by helping them do a self-evaluation.

If you have serious concerns about your child and online gaming or gambling, seek professional advice from a doctor, psychologist or school counsellor. Gaming disorder has now been recognised by the [World Health Organization](#)

as a mental health condition and there are practitioners who specialise in internet overuse problems. eSafety does not recommend any particular practice but there are listings on [nira](#).

[Responsible gambling Victoria](#) has information to support conversations about gaming and gambling.

For other relevant advice and resources you can also check out our list of [counselling and support services](#), or go directly to [KidsHelpline](#), [eHeadspace](#) or [Beyond Blue](#).



By Kids Helpline, 2019, p. 25-26

Director of Faith and Mission



St Vinnies Winter Appeal

WOW! WOW! WOW!

Thank you to all our families and staff. This year's appeal donation was huge! We are so grateful; as we acknowledge how hard financially for all families at the moment, with the current price of living; groceries, fresh fruit and vegetables and petrol! When the Foundations students came over, to add their baskets of donations, they were overwhelmed by 'how many families will now get food to eat'.

Thank you, to our maintenance men – the Nicks, who delivered the booty to St Vincent de Paul Seymour.



Year 8 FED class working with Year 3

Year 8 Faith Education classes have been studying what life would have been when Jesus was on the earth. They have looked at how being Jewish affected everything that Jesus said and did. Students then created a slide show for a specific audience, the Year 3's, to teach them about Jesus' early life and village life within an early Jewish village. The Year 3 then choose and wrote 5 facts which they learnt and drew about it in their RE books, with assistance from their 'Year 8 teacher'. Year 3's then gave the Year 8's a score on their slide show presentation and teaching style. It was truly great to see the interaction between the students and there are definitely some future teachers in our midst!



Bishop Terry Curtin Visit

This week Bishop Terry visited the grade 6 students to talk all things Confirmation. The students were very respectful, engaged and answered and ask questions showing great maturity. He asked the Confirmation candidates what saint they had been studying and what gifts of the Holy Spirit that saint showed. It was very obvious that the students had completed some good research. At the end of the visit Bishop Terry made the comment, that he loves coming to visit St Mary's as the children and staff are always so welcoming!

Confirmation will be held at the end of the second week of Term 3, Friday 22nd July at 7pm. All are welcome.



Mrs Rochelle Gough

rochelle.gough@smseymour.catholic.edu.au

F-2 Coordinator

We are halfway through the year and hasn't it flown! At the beginning of the semester I was uncertain how everyone would manage the 6 months, particularly after the last 2 years of broken schooling. Although all the students are tired, they are still engaged with their learning and enjoying their days.



Our classes have finished the term on a positive note. We aimed to gather 400 items for St Vinnie's Winter Appeal....drum roll please.... we amassed a huge total of 502!!! It was a grand effort by all and a super outcome for the families who will receive some winter goodies. Thank you everyone for your generosity.

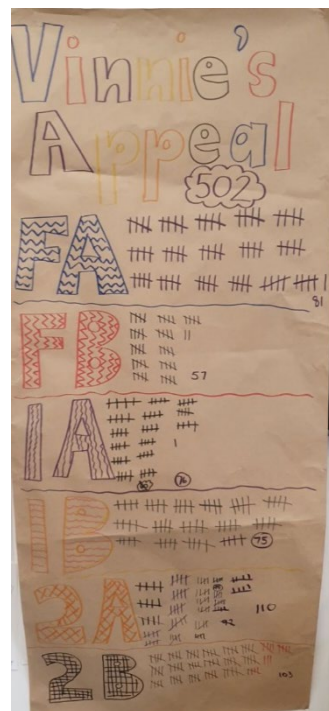
Congratulations to our TAG Award recipients for the past fortnight - Audrey, Henrietta, Matilda, Tyler, Henry, Ella, Clay, Will, Addie, Zeke, Isla, Zaisha.



We had Year 3 students visit us today to read their graphic novels that they had been working on. Their stories were based on a story called 'Eric'. Thank you Mrs Evans for bringing your class to us.



As I sit here writing this article, I am watching a Foundation student head over to his classroom, skipping. This little boy started the year not wanting to be separated from his family, not wanting to play or talk to his peers and it was challenging to engage him in his learning. What a change! It brings a smile to my face when I see such positive and bright growth in our kids.



Today was our final day of Taekwondo. Thank you to Hall's Taekwondo, in particular Akki and for this week, Trent. The kids thoroughly enjoyed the term and are already looking forward to next year.

Thank you to every family for the ongoing support throughout the semester. We appreciate it and look forward to seeing you all again next term.

Mrs Anne Spencer

anne.spencer@smseymour.catholic.edu.au

3-6 Coordinator

With Term 2 drawing to a close, we reflect on what has been an exciting time in 3-6.

We have had respective excursions for all year levels to the Melbourne arts centre and a range of representative sporting events. It has been so satisfying to get our students back out and into our community.



I would like to congratulate Hannah Handford for being successful in her application to the Mitchell Shire youth council. This is a fantastic achievement and a large commitment as she attends fortnightly meetings for the next 12 months. **Well done Hannah.**

Well done to all participants in the cross country in Benella the last week. A fantastic effort by all.



Our award winners for weeks 8 and 9 are:

Year 3: Jack Lomax, Alexis Nichols, Montanna Gross, Jessica Woods

Year 4: Oscar Hall, Ava Gordon,



Year 5: Jager Wilson, Paige Trodd, Ruby Ritchens-Manning

Year 6: Hannah Handford, Alishika Kris, Darcy O'Dwyer, Jack D'Elia

Some year 5 and 6 students have been learning a dance to 'Thriller' which they performed in front of year 3-6. Thanks Mr Dudfeild! And well done students!



Mr Ed Harding

edward.harding@smseymour.catholic.edu.au



Year 7

This is a collage of my 7A kids who made "Fossils" as a response to the novel Holes.

Mr Leigh Krammer

Defence School Mentor



Kids Cub. Foundation - Year 4. Over the past two weeks we have been very busy! One activity was all about dinosaurs. We made our own dinosaurs using paper plates and cardboard.



This was a two-week project as we first had to paint our paper plates and dinosaur legs and let them dry. Week two was all about the construction, decorating and play that came with the final product. We also had dinosaur jigsaw puzzles, books and colouring sheets to go with our theme.

Our second activity was making a friendship chain from coloured paper. Each child made a piece of the chain at their own pace and then we put it all together to see how long it was. The final chain measured 16.2 metres long...an amazing effort!

John and Logan being scary dinosaurs

Morning Hot Chocolates. Morning Hot Chocolates were a little quieter this week as the Year 10s are away doing work experience. I would like to wish all the Year 10s the very best for their work experience and I look forward to hearing all about their experience next term.



Soldier ON. Soldier On is a not-for-profit veteran support organisation delivering a range of services to enable serving and ex-serving veterans and their families to thrive. For more information about Soldier On and current activities go to www.soldieron.org.au

IMAX – Antarctica 3D

Soldier On are providing you with the opportunity to watch a movie at IMAX Melbourne with never-before seen footage!

Antarctica 3D will take you to the farthest reaches of this wild and majestic continent. It is the coldest, driest and windiest place on Earth with the roughest oceans and yet, weird and wonderful creatures thrive here in astounding abundance.

It is a land of mystery and yet what happens here affects every single one of us.

Date/Time: Saturday 16th July 2022 (11.30am – 12.15pm)
Where: IMAX Melbourne - Rathdowne St, Carlton VIC 3053
Register: activities@soldieron.org.au



Mrs Janice Kerris

janice.kerris@smseymour.catholic.edu.au

Design and Technology

Food Tech



Year 7 students are introduced to the nutritious world of food. We explore different ways to cook, prepare and ultimately display the food. Pancakes using a stovetop frypan...



Another lesson was using the oven and making some delicious Jam drops...

Eggs, eggs, eggs - poor thing are often beaten, feel if the sugar is dissolved, rub the mixture between your fingers. The ultimate test to see if the eggs are thoroughly beaten, hold the bowl over your head!

We fried, poached, scrambled and boiled for different times....and we added colouring, coconut or experimented with shapes to cook.



Woodwork



Students working together to cut their wood to length...



Coping saws proved very difficult to use on this day! ...so we moved to files instead.



Students are now designing and experimenting with organic shapes.

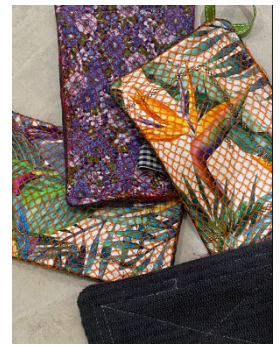
Agriculture & Horticulture

Making a solution and contribution is the major research assignment for our Year 8's in **Make and grow**. The big question posed to them is: The values and beliefs you have, determine how you interact with others and what you choose to stand up for. What are your global values?

Students are being presented with food waste statistics, leading into composting, plastic waste statistics, leading into recycling and reusing milk bottles and reducing how much plastic we use daily. Mr Allen and Ms Hard are providing some the global issues faced by our world today weekly. Students will then choose one issue and suggest solutions to rectify these issues and describe predicted consequences if the issue is ignored. The assessment comes to the fore when students make and present their issue, complete with a solution in an informative and engaging way.

To help us we are after a few supplies if families have them. The mesh off onion, orange or avocado bags to make reusable kitchen scourers.

Or some washed 3 litre and 2 litre milk containers. These can be made into a number of usable items that the students may choose.



And we are after some large terra cotta pots for herbs. Even if you only have one we would appreciate rehoming it. Ideas along the lines of....

Lastly we are asking for some pine poles (recycled is perfect) and the really heavy, double sided wooden pallets, advantage if they also come with plastic core flute. The compost bins are ready for an upgrade and extension. End product will end up looking like this...



Our main aim is for each student to complete a different style project, they may do beeswax wraps, change the family buying habits, campaign for a plastic free canteen etc. The ideas are endless however being year 8 they will also need some help, please. If you have any of the above mentioned supplies, we would love to hear from you via the front office. Mr Allen and Ms Hard - Make and grow.

Ms Amanda Hard

amanda.hard@smseymour.catholic.edu.au

Office Manager/Enrolment Registrar

Office Closure

The Office will be closed Monday 27 June and will re-open Monday 11 July. Emails to office@smseymour.catholic.edu.au will be monitored with only urgent emails being responded to. All other emails will be responded to in the new term.



2023 Enrolments

The College has recently conducted enrolment interviews for 2023. Families that have siblings to enrol for 2023 are encouraged to do so as a matter of priority. Application forms can be downloaded from the College website or collected from the office.

ptions during class time through frequent PA announcements.

Thank you for your assistance.

Mrs Gail Strahan

gail.strahan@smseymour.catholic.edu.au

Canteen

The Canteen staff are seeking helpers to assist on a roster basis.

Canteen Duty is from 10:45am – 2:30pm

If you are able to assist, please fill in the details below and return it to the College together with a **Parent Volunteer form** available from the office or via this link [Volunteer-Details-Checklist.pdf](#). Volunteers must be fully vaccinated against COVID 19 as per MACS Operations Guidelines.

Please contact the College office if you require any further information.

Name:

Phone:

Child's Name:

Child's Class:

Do you have a preference for any particular day?.....



College Calendar

Term 3

Mon 11 Jul	Students and Staff return
Thu 14	State Cross Country

Term Dates 2022

Term 3: 11/07 – 16/09

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

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

Family Friendly Circus show and FREE Juggling lesson

Location: Seymour Community Arts Centre (Anglesey St, Seymour VIC 3660)

Running times: Friday, 8 July 2022

12:00 PM - 12:45 PM Free Juggling Lessons

1:00 PM - 2:00 PM Trash Test Dummies - Circus Show

2:00 PM - 2:30 PM Meet & Greet the Performers

Everyone put your bins out, tonight's bin night and the Trash Test Dummies are on duty! This award winning, sidesplitting, slapstick comedy, circus routine takes the household wheelie bin to new heights, and delivers a dump-truck full of hilarity! "Delightfully intelligent, highly entertaining" Herald Sun ★★★★★½

Ever wanted to run away with the circus? Now is your chance!

From 12:00pm to 12:45pm there will be free juggling lessons for kids and adults **outside the theatre**. Everyone is welcome to learn how to juggle, spin plates and other outstanding skills from our talented circus staff.

For Tickets go to

<https://linktr.ee/wanderingentertainment>

Any questions please contact

info@wanderingentertainment.com

Amazing circus skills meets side-splitting laughs as three dexterous dummies take out the trash in their hilarious family friendly show.

WINNERS Best Family Friendly Show - Seymour Festival 2021

WINNERS Best Comedy Show - Seymour Festival 2021

WINNERS Best Comedy Show - Seymour Festival 2021

WINNERS Best Comedy Show - Seymour Festival 2021

★★★★★ Edinburgh Festival For Kids

★★★★ The Times, UK

★★★★½ Herald Sun

FREE Juggling Classes from 12.00pm

Tuesday 28th June, 1.00pm

Wandering Entertainment

VicHealth Everyday Creativity Partnership

proudly supports

SmartphoneStories

FREE COMMUNITY-BASED SMARTPHONE FILMMAKING WORKSHOP IS COMING TO MITCHELL SHIRE (AGES 12-18)

Learn Skills | Make Films | Your Phone | Your Voice

Dates: Wednesday 6th and Thursday 7th July 2022
Times: 10am - 5pm
Location: Wallan Youth Room (located inside the Wallan Multipurpose centre) - 42 Bentinck St Wallan, 3756
Bookings essential.

Register today at www.smartphonestories.com

YOU MITCHELL YOUTH SERVICES

Mitchell Youth Services supported by MITCHELLSHIRE COUNCIL

Project Partners: VicHealth, Mitchell Youth Services, Orange, Freeza, Volume, Home Work Club

The Air Force Cadets are now RECRUITING!

The Australian Air Force Cadets (A AFC) is a youth oriented organisation that is administered and actively supported by the Royal Australian Air Force. The A AFC will teach you valuable life skills and will help you develop qualities including leadership, self-reliance, confidence, teamwork and communication. Some activities undertaken by the A AFC include flying, fieldcraft, adventure training, firearms safety training, drill and ceremonial, service knowledge, aeromodelling, navigation and gliding. The A AFC has also recently begun a new STEM program involving the flying of drones.

Recruiting closes 13 July 22
 Expressions of interest to join:
www.airforcecadets.gov.au/how-to-join

Or for more information contact
co.419sqn@airforcecadets.gov.au or
 0481 111 305

To be eligible to enrol you must be in high school and 12 (turning 12 in the calendar year)

Seymour Amateur Swimming Club
New Member Tryouts
2022/2023 Season
When: Monday 20th or Wednesday 22nd of July 2021
Where: Seymour Sports and Aquatic Centre
Time: 6.30pm – 7.00pm
Equipment: Swim suit & goggles

Are you are interested in competitive swimming and training multiple times a week?
 Do you have an understanding of all 4 strokes?
 Our swimming club aims to create a fun, family environment. We encourage swimmers to improve their fitness, technique and achieve faster swim times.
 Meet some new families and be a part of a great local club.

All swimmers will be assessed at the Coaches discretion.
 For further information please contact:
 Gillian: 0406 869 533