



The Marian

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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.11

Term 3

22 July 2022

Dear Parents and Guardians

The RVS (respiratory syncytial virus) is causing havoc. A virus that can be common in children and adults, but particularly serious for infants. Add in Covid-19 and the stress on the hospital system is obvious. Our students and staff have returned to wearing masks when indoors. For the present time staff have returned to non-face to face meetings and other measures. Since early in Term One 2022 St Mary's College staff and students have been outstanding in coping with the constant daily changes that have been required.

Enrolments

There were 13 new students enrolled at St Mary's at the beginning of Term 3. Enrolments are increasing and if you are aware of families considering St Mary's please recommend they contact the College Enrolment Registrar, Mrs Gail Strahan sooner rather than later.

Primary Learning Centre

ROAM Architects are designing a concept drawing of the area immediately alongside the PLC building. F-2 staff will review the concept drawing and Maintenance Manager Nick Liddell will consider the works that can be done in house and the works that may require tendering.

F-12 Planning - As you will read there is much to do and prepare for in readiness 2024/2025.

VCE Coordinator

The successful applicant will be announced to the College community Monday 25th July. The interview panel were impressed with the calibre of applications, the preferred applicant has the experience and knowledge and is looking forward to working closely with students, staff, parents and local providers as St Mary's plans for the future.

Finance Position

A finance position (accountant qualified) will soon be advertised for a person to join the College Finance Team. This year the College welcomed Lisa Cinquegrana and Laura Byers as part of the Finance team. Both colleagues are highly skilled in their roles and once this position is filled the finance team will be well prepared for the College's future growth and for MACS financial compliances and regulation.

Stage 0 Project & Master Plan

In consultation with MACS the College is planning for a 2022 Stage 0 self-funded project. ROAM Architects will plan for an extra primary classroom between the Year 3 and 4 rooms. There will be two general purpose meeting rooms added to the Administration building to provide more appropriate admin workflow and workspace functionality.

Stage 1 & Capital Grants Application Process

In line with the Master Plan St Mary's will apply for a major grant in the 2023 round of funding for a Stage 1 project. Wayne Hay (MACS Infrastructure Policy & Strategy Officer) will visit this term to tour College infrastructure. Sebastian Russell (MACS Capital Delivery Officer, Capital Program Delivery Infrastructure and Capital Funding Officer) is supporting the Stage 1 Grant application and working with the College to develop our future capital work's needs.

College Branding

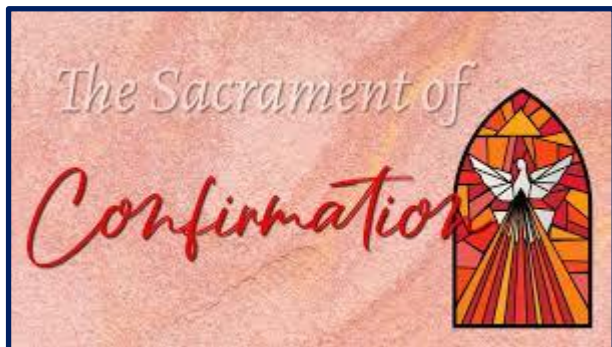
St Mary's is in process of engaging a multimedia agency to assist with branding the College in advertising and visual symbols to reinforce the Mercy history, our Catholic identity and the future return to Year 12.

F-12 Pathway Working Parties Planning

Working Parties have been formed to ensure the important scope of F-12 needs are covered in preparation for Day 1 2024. They will meet periodically to ensure the strategic timelines of tasks are completed. The Working Party Teams are Compliance & Buildings; Finance; Staffing; Curriculum; Wellbeing and Catholic Identity; Communications and Partnerships.

Careers Development & Practice

MACS recommend St Mary's undertakes an audit on Careers education as we prepare for 11/12 and the coming changes to VCE/non VCE pathways. There are over 40 Colleges currently undertaking the audit tool. The audit will be very important for future senior students and for students who need guidance in their younger secondary years.



Blessings on the students tonight who will be Confirmed by Bishop Terry Curtis. Confirmation is a significant time in the life of a young Catholic and reaffirms our commitment to be a Christian people through our actions and words.

"And the spirit of the Lord shall rest upon them: the spirit of wisdom, and of understanding, the spirit of counsel, and of fortitude, the spirit of knowledge, and of godliness."

– Isaiah 11:

May the remainder of winter be kind to us all.

Best wishes and stay well.

Wayne Smith

Principal, St Mary's College Seymour

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

GradDipRED (ACU) MEdAdmin (Charles Sturt) MTheoStudies (BBITAITE)

Parents and Friends Association

P & F AGM

General meetings are held on the last **Monday** of every month. The next meeting will be on **Monday 25th July at 5:30pm in the Primary Learning Centre.**

We hope the earlier time makes it easier for new members to come along and join the Parents and Friends. All welcome!

Please contact Megan, Steph or Cath for further information.

Megan - 0415 151 474

Steph - 0407 514 249

Cath catherine.evans@smseymour.catholic.edu.au

We look forward to seeing you at a future meeting.

Parents & Friends



St Mary's Parish



Greetings parents and friends,

We have arrived at that moment in the year where many parents have participated in the wonderful reception of the sacraments of Reconciliation, Eucharist, and Confirmation. This is a cause of great joy for so many: the candidates themselves, their parents and friends, the school staff and community as well as the parish community. And this is a well-deserved reason for joy.

However, there is a great deal of tension and discussion over the frequency of families using the sacraments of Reconciliation and Eucharist. In an ideal world this would be a strongly founded issue of discipline and observance. This is not an ideal world, not even close to ideal; so, what is it that is keeping people away from these two intimate moments of union with Jesus?

Let me present this to you in a way that everyone can understand; both parents and children have a very limited idea of who Jesus is to them because they have little to no relationship with him. Take our First Eucharist candidates, they were excited to receive Jesus, to have the after-party, even to put to the test my claim that they can ask almost anything of Jesus, and they would have that prayer granted. But when you ask them, 'who is Jesus to you?' it is very hard for them to answer because they have no living relationship with him. For me to say that Jesus has been waiting for this moment for so long cannot be reflected in the anticipation of the candidates. They anticipated the day, the ceremony, and the party, but not the moment of finally having union with Jesus.

Think about it; would you say that the children were as excited and eager for that moment as they are for birthdays, Christmas, or grandparents' visits? If not, then why not? We are not talking about church activities; we are talking about a personal relationship with and about Jesus, finally getting to be with him.

May I suggest to parents and friends, help these children develop their knowledge and love for God through reading and prayer. School can help but it cannot substitute, for if it is not important to you, no school can make it important to your child. If you have no interest in a relationship with God, no interest in showing to them your relationship with God, it will never mean anything to them. I would also like to invite you to send me any questions so that I can help you in this exercise of loving care for your children.

God bless,

Fr Eugene Ashkar

seymour@cam.org.au

Deputy Principal Operations



New Victorian Child Safe Standards

The Victorian Child Safe Standards (CSS) aim to:

- Promote the safety of children
- Prevent child abuse
- Ensure organisations and businesses have effective processes in place to respond to and report all allegations of child abuse.

As stated in the College's Behaviour Management Policy, *'all students enrolled and any child visiting St Mary's College, have a right to feel safe and be safe. The wellbeing of children in our care will always be our first priority and we have zero tolerance to child abuse. We aim to create a child safe and child friendly environment where children feel safe and are free to enjoy life to the full without any concern for their safety'*.

In July 2021, the Victorian Government announced new Child Safe Standards to further strengthen the culture and practices of organisations working with children. From the 1 July 2022, 11 new Victorian Child Safe Standards will replace Victoria's seven current Child Safe Standards and principles in place since 2016.

The diagram below shows the changes to the requirements.

Current Child Safe Standards	New Child Safe Standards (July 2022)
1. Organisational Culture	1. Aboriginal children and young people
2. Policy	2. Organisational culture
3. Code of conduct	3. Children and young people are empowered
4. HR Practices	4. Families informed and involved
5. Responding and reporting	5. Equity is upheld
6. Identify & reduce risk	6. People working are suitable and supported
7. Empowerment & participation	7. Processes for complaints and concerns
	8. Staff and volunteers are equipped with the knowledge, skills through ongoing education
	9. Physical and online environments promote safety and wellbeing
	10. Review to improve
	11. Policies and procedures document

Over the coming weeks the College will continue review and refine our practices and procedures to meet compliance. The College is aspiring beyond simple compliance, St Mary's College is aiming for best practice in child safety, which will be achieved through the continued development of leadership, education of our community and enacting preventative measures, ensuring child safe practices are embedded in everyday activities through cultural change.

Alumni Spotlight

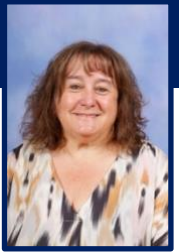


Jack Robinson commenced at St Mary's College in 2008 as a Year 6 student. Throughout his schooling Jack developed an interest in Maths and Science subjects and always had a passion for working with animals. Jack finished Year 10 at St Mary's College in 2012. Upon finishing VCE studies, Jack initially commenced a Bachelor of Science at the University of Melbourne. Jack's dream was to be a Vet and he never wavered from his ambition. Jack found a way to make his dream become a reality by moving to Wagga and enrolling in a Veterinary Science course at Charles Sturt University. Jack has just graduated as a fully qualified Vet and is headed to Tasmania to work at Wynyard Vet Clinic. The College community, especially those staff who have taught Jack through the years, are extremely proud and pleased for him, congratulations.

Mrs Genevieve Gordon

genevieve.gordon@smseymour.catholic.edu.au

Director of Faith and Mission



Tonight, fourteen year six and two year seven Confirmation candidates will be participating in a Confirmation ceremony led by Bishop Terry Curtin and Father Ashkar. Everyone is invited to join the candidates and their families in prayerful support (at 7pm) as the young people make a major step in their faith lives; receiving the Gifts of the Holy Spirit.

Please keep the students, their families and those preparing them in your prayers. On behalf of our community, I thank Mrs Brock and Mr Harding for all their work in supporting the students with the preparation.

Today, the year 6 students took part in a Faith Day, as part of the Confirmation preparation. Students prayed together and completed activities based around the importance of the Sacrament of Confirmation. All year 6 students participated, supporting the 16 candidates, as they completed the final preparations for tonight's Mass. Students finished the day, sharing lunch and exchanging cards. We have some very excited students waiting for tonight's Mass.

PRAYER FOR CONFIRMATION CANDIDATES:

Lord, You send out Your Spirit to touch the hearts of all people, so that they may believe in You and in Jesus whom You sent.

Look kindly on all candidates for Confirmation as they listen to Your voice. Open their hearts to Your Spirit and bring to fulfilment the good work that You have begun in them.

As we prepare these children for Confirmation, make each of us an instrument of Your love. Teach us to appreciate what is holy in others, and to be patient with what we do not understand.

Deepen our faith in the Gospel and help us to pass it on by our example. We pray that You will continue to guide us and sustain us.

Through Christ our Lord, Amen.



Grandparents & the Elderly

On Sunday July 24 we celebrate the 2nd World Day of 'Grandparents and the Elderly'. The date is chosen to coincide with the Feast of Saints Joachim and Anne (grandparents of Jesus) during the week.

Pope Francis has chosen the theme "In old age they will still bear fruit" (Ps 92) and calls us all to reflect on how grandparents and the elderly bear fruit in our world. Generally, the elderly have more time than in their younger years, time that can be spent fruitfully ... helping children to read, in play, and to pick them up from school. They have more time to plan special outings or make an extra fuss about birthdays, or special events. There's nothing a child appreciates more than the reassuring presence of someone familiar who loves them. Even when separated by distance, 'tech-savvy' grandparents can be a presence in their lives.

This weekend let us try and make some time to reach out to the grandparents in our lives!

Mrs Rochelle Gough

rochelle.gough@smseymour.catholic.edu.au

F-2 Coordinator



Welcome back to Term 3! It hasn't been the ideal way to return with Covid looming but both staff, students and families are doing an amazing job continuing forward. Our hygiene practices have remained the same throughout junior primary with regular hand sanitising, continued washing of hands and distancing where possible.



Recently students have enjoyed learning whilst building 3D shapes. Year 2 students have been learning about the differences between 2D and 3D shapes. They used their problem-solving skills and knowledge of 3D shapes to build a cylinder, triangular prism, rectangular prism, cuboid and cones, using toothpicks and playdoh.

Our Term 3 Lunchtime Activities began this week with Miss Head showing students the art of Origami, in particular a fish. Students were enthusiastic and worked in pairs or teams to support each other with the tricky parts. This was followed on Tuesday with Miss Rogers demonstrating paper weaving. Students were engaged and excited seeing their coloured creations. This Thursday is Ms Stephens with a movie. Next week we

have Mrs Spencer with a science experiment, Mrs Robinson with finger knitting and Mrs Charles with 'Just Dance'. Watch this space for many more photos!

Students in Foundation were treated to a Science lesson this week. There were many different activities with some clear favourites: the amazing spinning tops, magnets and the various objects to look at with the magnifying lenses. The success of the session was summed up with a comment from a student when we were about to finish 'What do you mean we are going? We just got here!'. Time flies when you are having fun...!



Our TAG Award recipients for last week were Eloise, Morgan, Hollie, Alex and James. Congratulations and remember to keep following our TAG - Show Respect, Act Justly and Do your Best.

Until next fortnight, feel free to contact us about anything on your mind, our door is always open.

Take care.

Mrs Anne Spencer

anne.spencer@smseymour.catholic.edu.au

3-6 Coordinator



It is fantastic to have bright sunny days for the students to enjoy in the playground. Senior Primary are very thankful to the **Parents and Friends Association** who have donated a Gaga Pit for our students to use. The excitement is palpable amongst the students. Our 5&6 classes currently have a rotation policy over recess and lunch as to who has a go.

Gaga

The game is fast-paced and self-directed. The aim is to be the last person standing. The players move around the space and strike soft foam balls at each other. If you are hit below the knees you are out of the game.

We have certainly been making the most of it!

Awards this week

Year 6- Billy D, Piper D.

Year 4- Mia B, Jeremiah S, Aiden W, Isla K

Year 3- Ivy M, Peyton M, Ruby R

Wheelie Wednesday

Next Wednesday, the 27th of July, will be Wheelie Wednesday for our Year 3 Students. They are encouraged to bring any wheels, bikes, scooters, skateboard, roller skates etc. Please make sure that students have the appropriate safety equipment with them.



Year 4s voted in new Class Captains

4A Heide P

4B Isabel G

4B students considered what they would say to their fellow classmates and stood in front of their peers to deliver their message to build confidence and inspire others.

Isabel Gordon was voted class captain after delivering her message:

Hi I am Issy and I am wanting to be Term 3 Class Captain.

I am a respectful and trustworthy member of the class.

I will encourage you to follow your dreams and believe in yours.

I will support you in tough times like when you are sad, angry, confused or with personal concerns and I will encourage you to be you.

I am a confident student and I would be proud to represent our class and our College when required.

Thank you for listening.

Well Done girls! Great leaders for the present and the future.



Our year four students have been busy in the Garden taking some soil samples!

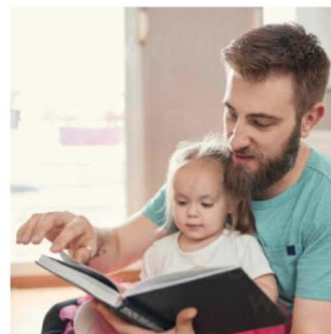
Robotics and Programming

This term students in years 3 - 6 will be using the newly purchased Edison materials. They will learn about digital systems and how we use them in our daily lives. They will develop algorithms (instructions) to create a variety of solutions to problems. They will learn how to code and programme the Microbots to follow a series of instructions. Students are becoming familiar with the different ways programming can be done. Getting Started with Edison was a very exciting and new challenge during these past 2 weeks!



Mr Ed Harding

edward.harding@smseymour.catholic.edu.au



National Guideline for supporting autistic children and their families

Dear Parents,

A summary of this information is available via [this short video](#).

The Autism CRC has released the draft version of the National Guideline for supporting the learning, participation, and wellbeing of autistic children and their families in Australia on 18th July 2022.

The draft is released for public feedback for 6 weeks, closing at 5:00pm (AEST) on 29 August 2022. All members of the community are welcome to provide feedback.

The draft National Guideline, associated documents and feedback portal can be accessed from the Guideline webpage on the Autism CRC website.

[Go to the Guideline webpage](#)

From this webpage you will be able to access the following:

- Draft National Guideline – explains the context for the guideline and 84 Recommendations and associated Good Practice Points
- Supporting Evidence document – summarises the evidence supporting the Recommendations in the draft National Guideline
- Administration and Technical Report – describes the steps the Guideline Development Group took to develop the draft National Guideline
- Easy Read version of the Guideline Principles of the Guideline
- Feedback portal – provide feedback via this link.

The Autism CRC warmly welcomes feedback on the Guideline from the autistic and autism communities through the feedback portal, accessed from the website.

A short explainer video and a recording of the recently aired webinar, Understanding the Supporting Children National Guideline, are also available on demand from the webpage. If you have any questions about the feedback process, you can contact the Co-Chairs of the Guideline Development Group (Andrew Whitehouse and David Trembath) at supportingchildren@autismcrc.com.au


The Guideline will support families to make informed choices when accessing services, and provide professionals with a set of recommendations to guide ethical and effective service delivery. The recommendations will be based on the best available research evidence and a comprehensive community consultation process.

The Guideline is being developed according to the National Health and Medical Research Council's recommended process.

The Guideline will be informed by research evidence (building on the [synthesis completed in 2020](#)), reviews of previous autism guidelines, and the experiences of individuals on the autism spectrum and their families accessing therapy and support services, and comprehensive community consultation.

[Read more](#)

Established in 2013, Autism CRC is the world's first national, cooperative research effort focused on autism. We are the independent national source of evidence for best practice in relation to autism across the lifespan and the spectrum.

**NCCD Information Sheet for
Parents, Carers and Guardians**

Nationally Consistent Collection of Data (NCCD) On School Students with Disability

What is the Nationally Consistent Collection of Data?
Schools must now complete the *Nationally Consistent Collection of Data on School Students with Disability (NCCD)* every year. It counts the number of students who receive additional adjustments or "help" at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

Who is counted in the data collection?
To count a student in the NCCD, schools must think through some key questions:

1. Is the student getting help at school so that they can take part in education on the same basis as other students?
2. Is the help given because of a disability? The word 'disability' comes from the [Disability Discrimination Act 1992](#) (DDA) and it can include many students.
3. Has the school talked to you or your child about the help that they provide?
4. Has the school kept records about the help they provide, the student needs and the reasons that the student needs this help? The school will need to keep copies of tests, student work, assessments, records of meetings, medical reports or other paperwork and information about how the student's learning is moving along over time.

Once the school decides that the student should be counted in the NCCD, they then choose a disability group and one of four levels of help that has been given to the student.

What does the word 'disability' mean in the NCCD?
In the NCCD the word 'disability' comes from the [Disability Discrimination Act 1992](#) (DDA). There are four types of disability that the school can choose from: sensory, cognitive, social-emotional and physical.

Many students that need help at school can be counted in the NCCD. For example, students with learning problems, e.g. specific learning disability or reading difficulty (sometimes called dyslexia), health problems (e.g. epilepsy or diabetes), physical disability (e.g. cerebral palsy), vision/hearing loss and social-emotional problems (e.g. selective mutism, Autism Spectrum Disorder, anxiety).

Letters from doctors or specialists can be very helpful for schools as they plan how to support students with their learning. Schools do not need to have these letters before they can count a

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student in NCCD. Teachers can use all that they know about the student's learning and the records that they have collected over time to decide if a student can be counted in the NCCD.

What sort of help does the school give students?
Students need different types of help at school. Some students need a little help sometimes while other students need a lot of help nearly all the time. The type of help given depends on the needs of the student. The help can include changes to the school buildings or grounds (e.g. ramps or things like special desks or chairs), extra teacher help in classes, special learning programs, changes to the work they give the student or extra adult help.

How will the NCCD be different this year?
All schools have been counting students in the NCCD since 2015. The government will use the NCCD data as part of the funding to schools.

What will the school need to know about my child for the NCCD?
Schools work together with families to understand the needs of each child. It is helpful if families give their child's teacher a copy of any letters or reports they have. The letters or reports will help the school understand the child and the help that they might need. Letters from doctors, psychologists, speech pathologists, doctor, and occupational therapists etc. can be very helpful for schools. These reports along with information that the teacher has (i.e. school based tests, your child's work and learning plans) helps the school to understand and meet your child's needs.

What happens to the NCCD data? Who will have the NCCD information?
Each school principal must check the NCCD data in August of each year. The school will give the information to the Catholic Education Office. The school will work with the Catholic Education Office to make sure that the NCCD data is OK before they give the data to the government. The government will not be given the names of any students or any letters or records. Please ask your school for their privacy policy if you need to know more.

Does the school need me to agree with them about counting my child in the NCCD?
Amendments were made to the [Australian Education Act 2013](#) and [Australian Education Regulation 2013](#). Schools do not need you to agree to let them count a child in the NCCD. You cannot ask the school not to count your child.

Where can I find out more?
Please contact your child's school if you have further questions about the NCCD and/or refer to the national [NCCD Portal](#).

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Mrs Claire Kelly
claire.kelly@smseymour.catholic.edu.au

Book Week

Book Week is approaching. The theme for this year is 'Dreaming with eyes open.' Book Week will be celebrated in Week 5, August 8-12.

The following activities are planned to celebrate 2022 Book Week.

- * The Book Fair in the Reading Cave: Books and other items will be available for purchase before and after school. Students will bring home a sample flyer this week.
- * Book Parade: F-6 Friday Aug 12 at 9:15am. Students are asked to dress up as their favourite book character.
- * Colouring Competition
- * St Mary's Writing Competition: Categories Years 3-4, 5-6, 7-8 and 9-10. Students are asked to write a story of no more than 1000 words with the words of this year's theme included somewhere within the story.
- * Guessing Competition - pick the teacher's favourite books.
- * F-4 will be looking at all of the nominated books in the Picture Book of the Year category and voting on their favourite title with Mrs Buhler.

Ms Christine Buhler
Mrs Kerrie Pearce
Mrs Linda Heveren



Agricultural Studies

The recent cold weather has not slowed down progress in the school garden. Our Autumn plantings of snow peas, cabbage, broccoli and brussel sprouts have continued to thrive. The broccoli heads are getting quite large and the cabbages are starting to firm up. Sprouts are some time away yet though and the snow peas keep getting eaten by hungry gardeners!

Our fallow beds have been sown with a green manure crop of mustard. In a few weeks this will be dug into the soil and the beds prepared for Spring. Most of the pruning has been done and the weeds are under control for now. Next week the Ag Studies students will begin work with our Junior Primary students. Our first task will be to show them around the garden and to assist them to plant two garden beds with carrots.



Mr Andrew Allen
andrew.allen@smseymour.catholic.edu.au

Office Manager/Enrolment Registrar



St Mary's College

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

Now Offering

Yr 11, 2024 and Yr 12, 2025

Open Day

Monday 22 August 2022

Tours available at 10am, 2:30pm and 5:30pm.

To book a tour please visit our website:

<http://www.smseymour.catholic.edu.au/enrolment-information>

**Enrolments for
2023 are welcome**



90 High Street Seymour
PO Box 269, Seymour 3661 Tel: 5792 2611
Office Hours: 8:15am-4:30pm
enrolments@smseymour.catholic.edu.au
www.smseymour.catholic.edu.au
facebook.com/stmarysseymour

Enrolments are still open for 2023. A reminder to current families to enrol siblings. Please share information regarding our Open Day event with friends and colleagues if they wish to enrol a student for 2023.

Mrs Gail Strahan

gail.strahan@smseymour.catholic.edu.au

enrolments@smseymour.catholic.edu.au

Defence School Mentor



Welcome to term 3, I hope everyone had an enjoyable holiday break. It was so good to see all the students back into routine and being with their friends.



Defence Kids Club

Foundation – Year 4 have been busy decorating wooden spinning tops and then seeing the design change as the top spins. Another activity we did was robot making and felt art. We used felt robot making kits, cardboard cylinders and felt dinosaur shapes and then used our creativity.

Posting

It's that time of the year...as the year progresses posting orders are starting to come out. Please let me know if your family will be leaving St Mary's and I will endeavour to support defence students in preparation for the changes ahead.

"While You Were Away" is a new book produced for Defence Students that may be struggling with parent absence due to work or other circumstances. It has designed for the students to use from their primary years onto their secondary years. If you think your child may benefit or you would like more information, please feel free to contact me.

Mrs Janice Kerris

janice.kerris@smseymour.catholic.edu.au

Around the Bay 2022

Soldier On in conjunction with RSL Active are organising 3 teams to participate in the Around The Bay 2022!

Around the Bay is Australia's biggest one-day bike ride since 1993. Soldier On and RSL Active are offering you the opportunity of selecting from one of the three distance riding routes catering for all riding abilities.

RSVP: 31ST JULY 2022

20km Albert Park to Elwood return
100km Albert Park to Williamstown to Mordialloc and return
200km Albert Park to Sorrento return

Date/Time: Time: Sunday 9th October 2022 (6.00am start – depending on ride selection)

Included: SO/RSL Bike Jersey, Registration, Afternoon Tea

Where: Albert Park Lake, Aughtie Walk

Must Register: activities@soldieron.org.au

Sports Coordinator



State Cross Country

On Thursday 14 July Sonny Taylor (Year 4), Abigail Charles (Year 5) and Aaron McIntosh (Year 7) travelled to Yarra Glen to represent St Mary's College at the State Cross Country Event. The three students gave a tremendous effort to make it to this level and achieved outstanding times on the day in their respective age groups. A huge congratulations to all!



Lunchtime Basketball Tournament

To combat the cold and wet of winter that often sends students back to the classroom for their break times, a Lunchtime Basketball Tournament has started. The Year 5/6/7 Boys kicked us off on Thursday and will continue their games regularly on a Thursday in a tournament style. The 5/6/7 Girls will join them next week to begin their competition! Unfortunately, the 8/9/10 Boys and Girls have not received enough interest yet to get a team up and running, however if you are interested or would like to come and watch head down to the Multipurpose Hall at lunchtime or email Miss Aldous.



Hume Regional Soccer Team

In just a few weeks the Year 7/8 Boys Soccer team head to Shepparton to compete at the Hume Secondary Year 8 Region Finals after their successful performance at the Southern Ranges Round Robin level. The team have been having regular practices on a Thursday during lunch to develop their skills and establish team strategies. Well done to coach, Mr Lloyd, who is doing a great job to support the team!

Term 3 Round Robin

On Friday August 12th, the 7-10 students will participate in their final Round Robin of the year. The sports available for selection this term is Basketball, Table Tennis, Dodgeball (Unisex/Mixed). Thank you to all students who have submitted their preferences via the Google Form available on SIMON Daily Messages. Today, Friday 22nd July, is the final day to complete the form before teams are finalised. More information to come regarding teams and location in the coming week.

Miss Courtney Aldous

courtney.aldous@smseymour.catholic.edu.au



E-cigarettes and Vaping Facts

- Electronic cigarettes, or e-cigarettes are battery-operated devices that heat liquids to produce a vapour that looks like smoke, which users inhale. Using an e-cigarette is often called “Vaping”.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- The liquid used in e-cigarettes to make the aerosol often contains **nicotine** and “appealing-sounding” flavourings, such as chocolate, bubble gum and fruity flavours which are **chemicals**. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.”
- Many e-cigarettes look like traditional cigarettes or cigars. Some resemble USB devices, pens or pipes.
- There are more than 460 brands of e-cigarettes (e.g., Ripple, Sticky fingers, That’s My Jam) and around 7,700 flavours worldwide.

Teenagers and young people, who wouldn't try 'real' cigarettes, may be attracted to vaping.

1 in 5 teenagers have tried vaping.

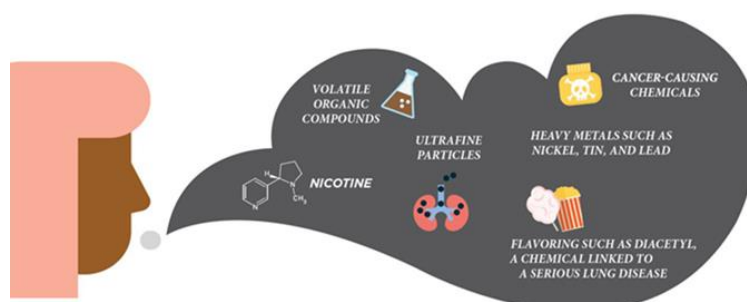
This image below shows examples of the types of e-cigarettes.



E-cigarette aerosol is NOT harmless water vapor

The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances.

Some e-cigarettes advertised as ‘nicotine free’ may not be accurately labelled and may contain nicotine or other dangerous chemicals. You cannot rely on such marketing claims.



Most products that involve inhaling chemicals into the lungs (like an Asthma puffer) go through a long testing process to prove they are safe. These tests have not been conducted on the e-cigarettes available in Australia, so their safety can't be guaranteed.

E cigarettes are unregulated in Australia.

What Are the Health Risks of Vaping?

Addiction: E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.

Anxiety and Depression: Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.

Becoming a smoker: Young people who vape are 3 times more likely to start smoking tobacco cigarettes and may be more likely to develop other addictions in the future.

Impotence: There is evidence that vaping can cause sexual dysfunction in men.

Sleep problems.

Exposure to cancer-causing chemicals.

Chronic bronchitis. (inflammation of your windpipe)

Lung damage that can be life-threatening

Heart problems: Users are more likely to have a heart attack or stroke.

Health Warnings

- E-cigarettes are relatively new products, so we don't know a lot about their long-term health effects. The first commercialised e-cigarette product was developed in 2003 in China.
- Liquid nicotine refills for e-cigarettes are very dangerous both for children and adults. Nicotine is a poison that can be absorbed through the skin and accidental swallowing of liquid nicotine can be lethal.
- One teaspoon of liquid nicotine refill is enough to cause permanent damage or even death, particularly in children.
- Defective e-cigarette batteries have caused some fires and explosions.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes
- **What are the laws in Australia?**
- E-cigarettes with e-liquid containing nicotine is illegal without a ***prescription from a Medical Practitioner***
- Vaping in indoor and outdoor smoke-free zones (public places like schools) is illegal
- The sale of **all** e-cigarettes to people under the age of 18 is illegal
- The use of e-cigarettes in cars carrying children under the age of 16 is illegal
- Promotional advertising in retail stores of e-cigarettes is illegal
- Selling nicotine vaping products in retail shops such as tobacconist, vape shops and convenience stores is illegal

Fines apply for users *who* ignore the laws.

This article is based on information from: The Lung foundation of Australia, Cancer council, St Vincent's hospital, Therapeutic Guidelines of Australia, Better Health Chanel, Victorian Drugs and Poisons Legislation and Dept. of Health (Vic).

Ms Lisa Glover

nurse@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

Week 3A	Mon 25 Jul	Parents & Friends Meeting - 5:30pm - Primary Learning Centre
	Tue 26 Jul	Year 5 Excursion Bendigo Science & Technology Centre 8:30am
	Wed 27 Jul	Year 7 Attending Parish Mass 8:55am
Week 4B	Mon 1 – Wed 3 Aug	Years 3 & 4 Phillip Island Camp
	Wed 3 Aug	Year 9 attending Parish Mass 8:55am
Week 5A	Mon 8 – Fri 12 Aug	Book Week
	Fri 12 Aug	Book Week Dress Up Day and Parade 9:15am
	Fri 12 Aug	Year 7-10 Round Robin 9:00am-3:00pm

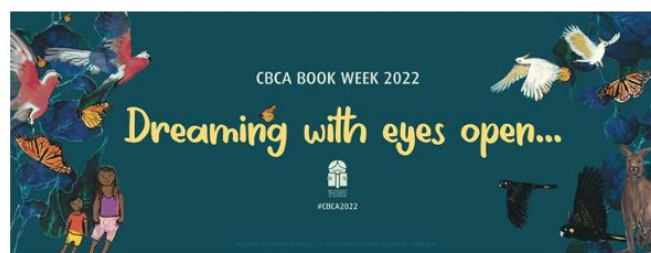
Bell Times 2021

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 3: 11/07 – 16/09



What: Come to school dressed as your favourite book character!!

When: Friday August 12, 2022

Time: 9.15am

Parent Welcome!!

The Book Fair will also be open after the parade for any last-minute purchases.

Students are asked to come to school dressed up as their favourite book character to celebrate Book Week for 2022.

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



1st Seymour Scout Group

Scouts are amazing!

Check them out!

Joey Scouts are girls and boys aged 5-7

Cub Scouts are aged 8-11

Scouts are aged 11-15

Venturers are aged 15-17

Rovers are aged 18-25

They enjoy adventure, imagination, and being outdoors during their weekly meeting, and occasional sleepovers and camps.

Less screens - and more action, more fun, more friends, and more social skills! Looks good on a resume too!

Enquiries:

Go to <https://scoutsvictoria.com.au/locations/>

to find your closet group!

1800 726 887



Give life. Give blood in Seymour

Cnr William St and Wallis St
15 to 19 August



Monday 2.45 – 6 pm
Tuesday 12.30 – 7.30 pm
Wednesday 1 – 7.30 pm
Thursday 9.30 am – 4.30 pm
Friday 7.45 am – 11.30 pm



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join, participants must:

- ✓ Have a current health care card OR pensioner concession card
- ✓ Be studying yourself OR have a child in school
- ✓ Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

Here are some of the school costs the \$500 can be used for:



For more information, please contact Saver Plus:

✉ saverplus@bsl.org.au

🌐 saverplus.org.au

☎ 1300 610 355

📘 @SaverPlusAU

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.