



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. 16

Term 4

2023

Dear Parents and Guardians,

There is flood devastation to townships and farming across Tasmania, the Eastern States and particularly in Victoria. Communities have been working together to save what they can and assist those in need. Seymour Football & Netball Club is an example of a local community organization who have been outstanding in their support and seamless coordination to help businesses and families. The Seymour Bowling Club's faithfuls have worked tirelessly to try and save the club's grass green. The artificial grass rink may not be as lucky. Businesses such as Bunnings, tradies and charity organisations and volunteers have been helping in many ways. The College Chapel is full of linen and clothes that have been washed, dried and are stored until returned to businesses and families. God bless the Seymour community and those communities yet to experience the surge of water along our rivers. The link is an update from Steph Ryan Member for Euroa:

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox/FMfcgzGqRGTCkXFtznIRTJfWkXCGkGCW>

P&F Association

The P&F's 'Bogan Bingo' Night will be held on Saturday Night. The P&F Executive want to provide some respite – a few laughs are needed at the present time. Thank you to our P&F Executive for their commitment to the P&F Association post Covid. Most schools and colleges have found it difficult to gain traction post Covid and Saturday night will be the first major P&F function since 2020. *There are some impressive items up for auction including a round of golf with a four-time Premiership Player and 2022 Norm Smith Medallist.*

Blessings

We give thanks for those loved ones of staff (Mr Dudfield's mother; Mrs Molinaro's father; Mrs Oakley's three siblings in Tasmania and my father) who have recently gone to God and for the comfort we have received from colleagues and the College community. So true the words of Queen Elizabeth, "the price you pay for love is grief."

Mrs Strahan

Congratulations to Mrs Strahan on the appointment to the position of Property Manager at Puckapunyal Army Base managing Defence Family Housing. During Gail's time on staff at St Mary's her Office Manager skills have been integral with the Transition Programs and assisting in developing the Marketing platform for St Mary's, along with supporting the introduction of ICON and developing more time effective Office systems. Gail has always greeted parents, visitors, students, and staff with a smile and in the spirit of our College's Mercy Values always shown the wonderful qualities of service, hospitality, and compassion. We wish Gail every success in her new role.

New Administration Positions - Daily Organiser and Enrolment Registrar

To support the Colleges drive to Year 12 a Daily Organiser position has been advertised with the successful applicant to receive training. The role will include other administrative duties such as managing the College calendar. The Enrolment Registrar will be integral in managing the enrolment process, coordinating transition and overseeing College marketing. Both positions have been advertised.

2023 Primary Mental Health Funding

Catholic Schools will receive 0.4 FTE for a teacher to take on a Primary Mental Health & Wellbeing role. The program has been developed with the Murdoch Children's Research Institute and the Melbourne Graduate School of Education at the University of Melbourne following a pilot program in 2020. The successful applicant will receive training and whilst desirable does not require mental health qualifications to apply for the role.

Year 10 Farewell & Awards Presentation

The current time and structure for the Year 10 Farewell and Awards Presentation will remain until the College returns to Year 12. Returning to Year 12 will bring opportunities to consider both major College events and how they are celebrated and presented.

College Marketing

Carter Creative & Co (formally Frayne Works) will support the College in marketing and branding. A style guide has been developed for future publications and for College promotion. The website will also be styled to the branding policy.

F-12 Master Planning Stage 0 and Stage 1

There is much happening and more to do as the College moves towards the return to Year 12. Our College Accountant (Amanda Allison) and VCE Coordinator (Simone McLaughlin) are integral and wonderful in their roles and are student and College community focused.

The Master Plan is progressing and will be completed this year for public display. In consultation with the Melbourne Archdiocese of Catholic Schools (MACS), the College Executive and College Advisory Council, St Mary's will undertake a Stage 0 self-funded project in preparation for 2024/25. The project:

- Adding another primary classroom to the open area between the primary buildings.
- Renovation works in the Administration building adding 3 general purpose meeting rooms; enlarging the Health Centre and enlarging the High Street side office to allow for an archive room.

Within the scope of the Master Plan there is work going on to develop an application to apply for a Stage 1 Building Grant. More information on the Stage 1 will be published in coming months to the College community.

Year 9 Tasmania Excursion

We wish the students and staff a wonderful time for the Year 9 Excursion to the Great South Island. The group will now leave Sunday and stay overnight in Melbourne in case the predicted wet weather was to cause transport delays. This is the first excursion for these students since Covid 2020.

A reminder on the College Calendar

Staff Professional Development Day – Monday 31st October No School F-10

(Semester Two Report preparation & Year 11/12 Curriculum Course Writing)

Secondary End of Year – Friday 9th December

Primary End of Year – Friday 16th December

The generosity of spirit and time given to helping those in need is inspirational. I know of nurses who drove 4 1/2 hours to try and get to Shepparton to stay for the week and had gum boots with them to get from their cars to the motel room. They came within 7 km of Shepparton after trying 4 different routes but to no avail and then had to drive back. There are many stories that will come from the floods, and all will reflect the true spirit of country Australia.

Best wishes



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 Faith and Mission



Prayer for the Floods

Lord, we hold in our minds and hearts all those affected by the floods and pouring rain. Our hearts go out to those whose homes, possessions and businesses have been destroyed or damaged by floods in Seymour and other towns in Victoria.

We remember in prayer:

Those whose lives have been devastated,

Those who are feeling vulnerable and weak

Those who are stranded

Those who are facing both long-term and short-term needs

Those who are homeless in this crippling time

We pray and thank those who in our community who are meeting needs at this time:

Volunteers and community workers

Those working to rescue people who are stranded and feed the hungry

Those supplying food, water, equipment, money and urgent supplies

Those working to clear roadways and homes that have been damaged

Police officers, emergency personnel, medical and social welfare responders

Those seeking to offer protection from theft and fraud.

We pray that each of us will play our part in responding to the overwhelming conditions of this time, and particularly in reaching out to those who are struggling to rebuild their lives.

We pray too, that we will continue to urge the Government to play its part in strengthening structures that will heal our land, restore creation, and relieve those suffering homelessness and poverty.

We make all our prayers in the name of Jesus, who reached out always to those most in need. AMEN

Year 9 Reflections

On behalf of all St Mary's College, we would like to thank the Seymour Lions Football Club, Volunteers of the Seymour SES and CFA, Police, The Australian Defence Force and all the local residents who have been involved in the massive clean-up effort in Seymour, to allow us to return to school. We highly appreciate the dedication and support that you have shown the community throughout this week of hardship for those in Seymour that needed it the most. We would like to thank you mostly for your outstanding efforts of support to the St Mary's community and Businesses which have been negatively impacted.

St Mary's Seymour would like to send prayers to those families, businesses, and surrounding communities that have been affected by these floods. We would like especially to keep in your thoughts Lynn Morgan, who is a long standing staff member of St Mary's, and was affected by the horrific floods that arrived in Seymour on Thursday morning.



We, the community of St Mary's College appreciate everyone's outstanding efforts and support and are thinking of everyone.

Sincerely class 9C of St Mary's College Seymour

Zac, Oscar and Andrew

I'm thankful that my family and house are ok and that the rain has provided water for the crops to grow. I am thankful that we can get to the shops to provide food for ourselves so we don't run out and that Avenel wasn't that affected by the floods. Erynn

Thank you to everyone who wasn't affected in the floods but still put their lives at risk to help small businesses which flooded in Seymour. We highly appreciate the dedication you put into helping us. Also thank you to the CFA for putting your own time and effort into helping us. We cherish the time people supported us and protected us. Sam

Thank you to the CFA, SES, volunteers and local community on behalf of St Mary's College Seymour for all of your continued support throughout the floods recently. The recent floods have affected many homes and businesses but the community effort has helped hundreds of people stay safe and get back on their feet. We are forever grateful for your assistance in these tough times. Annie, Matilda, Natalie.

To my grandfather thank you for letting me stay at your place while my place was surrounded by flood water thank you for giving me a bed to sleep in food to eat and power/heating thanks for looking after both my dogs and cat.

I also would like to thank the Seymour Football and Netball Club for helping people out after the flood and the people going around fixing people's hot water systems and power for free.

Thank you to the police boat for saving my family and I from the flood at 2am in the morning and for helping other people in need. Also the young blokes going around in there tinny helping people get out of their homes to safety. Issac

Thank you to all the guys for coming out to our property and helping us save sheep and figure out how to get them to higher land, so that they will be ok for future floods. My dad is finally happy and getting some sleep now! It put an enormous amount of stress on him making the whole thing more difficult for us. We could never repay you. You have saved us thousands of dollars. My dad, brother and I couldn't have saved them all by ourselves. I would like to thank Berna for all the food she had for us; it was a mad cook up! Liam

Year 4's show GRATITUDE during the recent floods.

We thank the SJFNC who are helping with most of the clean-up. VW

- For having a safe place to go for help. IG*
- I am thankful for the Vic Emergency APP. DB*
- I am appreciative of the football and netball club for being so generous and caring by handing out meals to the people that have been affected by the flood. BO*
- Friends and family helping out each other when in need. SCI am grateful that my house was not flooded. ZI*
- Thankful for all the helpers who used their own time to help. MB*
- Thankful for the people who packed sand bags. AJH*
- I hope that people affected by the floods are OK. JB*
- I am thankful for police and hope that houses get better. ST*
- I am grateful that no one got hurt. EM*
- I am thankful for having the St Mary's community helping out with the floods. NC*
- I was thankful that I told my mums boyfriend's brother to go to his neighbours house. NMS*
- I have gratitude for the SES and the police. IK*
- Thankful for dad and the rest of the Seymour Police and the SES. KR*
- I am grateful that some houses didn't get as damaged as a lot of the other houses. JG*
- Everyone staying strong, even in these tough times. CD*
- Thankful for the SES, Police and our community. BC*

Thankyou to:

- All the members of the Emergency Services for going in to rescue people- sometimes in boats.
- Bunnings for providing food for volunteers and giving out cleaning supplies.
- IGA for providing food and opening up longer hours to make sure everyone could be served.
- Farmers for helping each other move stock.
- Seymour Pizza and Pasta for giving out pizzas for those in the relief centre.
- Seymour Aquatic Centre for taking care of everyone that needed to evacuate their homes.
- Mrs Brock, Tanya and Pauline for helping out with the clean-up.
- Mrs Gordon and Felicity for helping with the clean-up at the motel.
- Earthmovers for volunteering their machines and their time to clean up.
- Hospital staff for taking care of those injured.
- Those people who helped restock the shelves at Toyworld (Lynch Family)
- People who helped to sandbag and clean out the motels.

To all the locals- we are grateful for helping each other, taking people into your homes, donating food and helping those affected to clean out their homes.

To all the members of our school community who took care of us and checked in with us to make sure we were ok-thankyou- we are very grateful.

To our families who showed us resilience and the importance of helping out our community- thankyou.

We belong to a kind and caring community!

To all the locals- we are grateful for helping each other, taking people into your homes, donating food and helping those affected to clean out their homes.

To all the members of our school community who took care of us and checked in with us to make sure we were ok-thankyou- we are very grateful.

To our families who showed us resilience and the importance of helping out our community- thankyou.

We belong to a kind and caring community!

Celebrating the Holy Rosary

Within the Catholic tradition, the month of October is considered the Month of the Rosary.

There are 4 Mysteries of the Rosary and each Mystery has 5 decades (or events that were important in Jesus and Mary's lives). In home Mentor groups and primary classes the students have prayed one decade of the Rosary and read the story behind the decade. So we have prayed the Joyful and Luminous Mysteries.

As part of their Faith Education classes, Year 7's are currently exploring the Rosary. They have looked at each decade of the Mysteries and create their own visual of a set of rosary beads. One class created a wall 'rosary beads, with each bead having the story and prayer on the back.



Mrs Rochelle Gough

rochelle.gough@smseymour.catholic.edu.au

Director of Wellbeing



Family Technology Agreements

Parents are often frustrated and concerned for their children's online behaviour. Children crave structure, consistency and leadership from their parents. Numerous studies have suggested that unlimited use of technology can have a negative effect on a child's emotional intelligence, temperament, and social development. Rather than go to war over screen time, it is recommended to establish a family culture around technology by sitting down and creating a Family Technology Agreement. A family Technology Agreement is a set of rules about how devices, like smartphones, tablets, computers, TVs and gaming consoles are used in your home. Start the chat with your family and develop an agreement that will suit the age and needs of your children. Below are some websites that contain templates to help with setting out the agreement.

<https://www.safeonline.together.com/activities-for-home>

<https://www.psychologytoday.com/au/blog/when-kids-call-the-shots/201804/the-best-technology-screen-time-contract-kids>

<https://www.common sense media.org>

Playing Team Sports to Enhance our Wellbeing and Mental Health

It has been wonderful listening to the excitement amongst students due to summer sports commencing. Research, shows participation in team sport improves social and mental health and wellbeing.

Six benefits of team sports:

1) Playing sports improves our mood.

Any form of physical activity triggers the release of chemicals called endorphins, which make us feel happier and more relaxed as well.

2) It gives us a boost of confidence.

Sports are all about setting, working toward and accomplishing goals, which can be extremely rewarding and empowering. These goals might be to win the game, to score a goal, to perform to our best or to simply to have fun. Whatever the case, setting these team or individual goals can provide heightened feelings of self-worth and confidence.

3) It improves our concentration.

Exercising regularly can bolster mental skills like critical thinking, learning and concentration.

4) Playing sports helps reduce stress and feelings of depression.

Exercise can reduce our stress levels, whilst simultaneously stimulating the production of endorphins.

5) It improves our sleep quality.

As long as we don't play sports too close to bedtime (which may keep us awake and energized), physical activity is a good way to improve sleep quality.

6) It provides means for socialization.

Playing team sports provides the perfect opportunity for social interaction. It allows us to spend time and bond with old friends, as well as meet new ones! In addition, this increase in socialisation can help reduce stress and also increase our mood.

Mrs Allison Moore

allison.moore@smseymour.catholic.edu.au

F-2 Coordinator



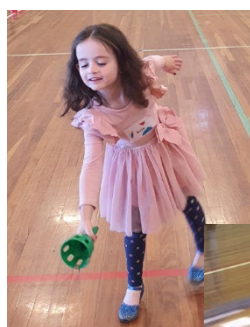
Welcome back to our final term for 2022. It has been a gentle start for the students with relatively uninterrupted learning for the first two weeks. But that is about to change with swimming commencing next week from the 17th October to the 28th October.

Last week you received in your family email, a timetable of the swimming classes and times and a powerpoint explaining the requirements for every day. It can be a tiring fortnight for students so if you require support with anything to do with the swimming program, please let myself or your classroom teacher know as soon as possible.

This month is "**The month of the Holy Rosary**". To help the students learn about the Rosary and about the happy and joyful events in Mary's life, our Foundation students made their own Rosary beads. The students enjoyed learning about how to use them and have already started using them for their morning prayer.



Transition: We had our third mini transition on Monday. Many of our 2023 Foundation students enjoyed some sport activities in our Multi Purpose Hall. It is wonderful seeing how much they have relaxed in such a short time. The final mini transition is on Monday 24th October. We look forward to seeing everyone there!



Our Wet Weather timetable has made itself known quite a few times in the past weeks. This week we had two days of weather that denied our students free play outside. Whilst it can become quite boisterous inside, most students find something to occupy their time. We have had a movie and Just Dance playing in the big space, playdough, construction, drawing, card games, car mats, downball and critical thinking games all happening in classrooms. We are fortunate to have such adaptive students.



Year 1 has been learning about Creation in Faith Ed. Students have created a time- line showing the sequence in which God worked.



Any concerns or questions, our door is always open. Enjoy the next fortnight and take care.

Mrs Anne Spencer

anne.spencer@smseymour.catholic.edu.au

3-6 Coordinator



A wet way to start Term Four. Congratulations to our athletes who have been representing our school at various levels. From all reports they have represented our college with pride and in great spirit.

I would like to thank all parents and students for getting into the swing of our summer uniform. Please get in touch with me or your classroom teacher if you are not sure about any requirements.

We are beginning to see a range of hairstyles appear at school. This is an excerpt out of uniform policy regarding hairstyles. Be sure to get in touch if you have any questions.

Hair

- Hair is to be clean, tidy and tied back away from eyes, including long fringes for both girls and boys. Below the collar length hair must be tied back off the shoulders for both girls and boys.
- Hair attire (ribbons, scrunchies, headband) must be in St. Mary's College colours (blue/yellow).
- Extreme haircuts or styles are not permitted. Hair styles such as dreadlocks, mohawks, shaven heads, unnatural hair colours such as pinks, purples, greens etc. Please note these are examples only and do not form an exhaustive list. No beads in hair.
- The College reserves the right to determine what is extreme hair fashion or an extreme hairstyle. For further guidance please speak with the Pastoral Leader/Director Wellbeing. Number 2 haircut is the minimum. No shaved or pattern cuts.
- Hair may be dyed in one natural hair shade. No coloured hair or highlights/tips permitted.

TAG Awards winners this week:

3/4: Savannah, Aurora, Jade, Jess, Hitakshi, Issabella, Hunter, Chelsea, Violet

5/6: Olivia, Mackenzie, Deakin, Thomas, Grace



Mr Ed Harding

edward.harding@smseymour.catholic.edu.au

Defence School Mentor



Defence Kids Club Foundation – Year 4 have created some beautiful Spoonsville People and have put them in the flower boxes near 3A and 3B classrooms.

There are some interesting spoon characters there and if are ever going by be sure to check them out.

Knitted Poppies for Remembrance Day

We are looking for knitted poppies to display in the school lawn for November 11th Remembrance Day. If you are a keen knitter or know someone who would like to knit some poppies, please contact me on my email address below and I will be in touch. We have a target to add to our existing collection so that all students and teachers can place a poppy in the lawn in 2022.



Posting. That time of the year is fast approaching. If you haven't already, please let me know if your family is leaving St. Mary's College and I can support our defence students as best I can in preparation for the changes ahead.

Defence Community Hub. Defence Community Hub is an online resource for ADF members and their families to find information on their posting location. It is a Defence Housing Authority, Defence Community Organisation and Defence Families Australia collaboration supporting ADF Families throughout their Defence life. Browse locations throughout Australia at www.defencecommunityhub.org.au.

Mrs Janice Kerris

janice.kerris@smseymour.catholic.edu.au

Finance

Families are reminded that the due date for the final payment of all fees and levies is 31 October 2022. Thank you to all those families who have been making regular payments or have already paid their fees in full.

The College bank account details are:

Account name: St Mary's College General Account
BSB: 083 347
Account No. 839 989 790

Please remember to use your statement account number and surname as the payment reference when paying via EFT.

It is also a good time for those families who have direct debit or direct deposit arrangements in place to review their payment instalment amounts in order to meet their commitment in 2022 and into 2023. Information regarding the fees and levies for 2023 will be emailed to all families in December 2022.

If you have any questions or concerns, please contact Lisa Cinquegrana at the College. (Select Option 3 for direct line to accounts).

College Calendar

Term 4		
Week 3A	Sat 22 Oct	Bogan Bingo P&F Fundraiser 7pm
Week 4B	Mon 24-Fri 28 Oct	F-2 Intensive Swimming Program
	Mon 24	Yr 9 Tasmania Camp (returning Thur 27/10 @ 6pm)
	Mon 24 Oct	Foundation Mini Transition)2.30-3.00pm)
		Yr 7 Swimming (8.55am-11.30am)
		Scholastic Book Club Orders Due
	Wed 26 Oct	Train Like a Vixen Program (Yr 3-6 Select Students)
		Yr 7 Parish Mass (8.55am-9.45am)
Week 5A	Mon 31 Oct	Pupil Free Day
	Tues 1 Nov	Melbourne Cup Public Holiday
	Tues 1-Fri 5 Nov	Yr 3&4 Intensive Swimming Program
	Wed 2 Nov	Yr 5&6 Parish Mash (8.55am-9.45am)
	Thu 3 Nov	Foundation & Yr 7 2023 Transition Information Session (5.30pm-8.00pm)

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 4: Mon 3 Oct –Tue 20 Dec

Public Holidays:

Tue 1 Nov. Melb Cup

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