

The Marian

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2023 College Theme

'THROUGH SERVICE WE RECEIVE'

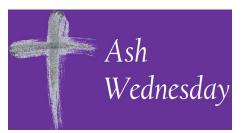


St Mary's College Seymour is a Child Safe School. We promote the safety, wellbeing and inclusion of all children.

Newsletter No.2 Term 1 **24 February 2023**

Dear Parents and Carers.

"There's something about it that makes sense, Lent. You give something up, and everything's more joyful." **Elaine Stritch**



The Lenten season is with us. Lent is a time to fast and an opportunity to give to others – a time to Wednesday say kind and positive things about others; a time for teenagers to not **College Prayer**

Lord God Bless St Mary's College. Let your life be our example to follow. Through the gifts we receive from you, we will love and serve one another with gentleness and compassion. Mary Our Mother, pray for us Catherine McAuley and St Anthony of Padua, pray for us. Amen

get caught up in stories but rather a time to help a friend. Too

often we can spend time worrying about the past and feeling anxious for the future, rather than enjoying the present. May we all enjoy the season of Lent. Even if you are a distant Catholic, the season of Lent can give joy to anyone who yearns for a connection to Christ. May Lent be a time where there is freedom of burden and the space to listen to the heart.

The College celebrated Lent with Ash Wednesday Services that ended with the words, 'Let's go make a difference.' One act of kindness can change a life.



Lent is a time for **Project Compassion**. Caritas has been for 55 years the Australian Catholic Church's major fundraising organisation supporting communities across the globe who do not have the same standard of living as we do – trying to break the poverty cycle through education and developing self-sustaining programs. Each primary classroom and McAuley and Padua Mentor groups have a Project Compassion box. Could we all give up something this lent to fill those boxes?

Sr Larraine Crowe a Josephite Sister once described the spirit of a Catholic school as, "the smell of the place." The smell of the place can be in the greeting given and or received; the smiles on the faces of the students; the commitment by the community to nurture a holistic education and in the walk and talk by staff to students young and old. The spirit that exists each day is obvious in the way our students interact and accept that when mistakes are made the formation that takes place sends a pastoral message to others. During Lent 2023 may we all greet our neighbour with a smile.

Mrs Allison Moore (Director Wellbeing) and I attended the local Seymour chapter meeting of the Seymour St Vincent de Paul Society. A dedicated group of parishioners who walk in the footsteps of Christ willingly

supporting families in need. At the meeting a member of Vinnies described beautifully what support means, "not a handout but a hand up." Vinnies can assist families with items such as uniforms, stationery equipment and excursions. Vinnies have finances to support particularly in knowing the current financial costs and pressures on families. More information will be emailed home from St Vincent de Paul about their support program. Vinnies members are also keen to assist with the Breakfast Club, which is a very generous offer from the society.

I had a chat with a parent recently who thought St Mary's received the same funding as state education. I explained the reality, not what is so often portrayed in the media. We don't complain we get on with it and the Advisory Council, the College Executive and Fr Ashkar are proud of the commitment by parents to enable the children to receive a Catholic education in the spirit of Mercy Values.

Australia the land of contrast. If it is not a flood it is bushfires or snowing somewhere in the high country. May all those affected and traumatised find peace knowing the season of Autumn is not far away. Our thoughts go to those affected by fire at the present time in the Flowerdale and Strath Creek region.

Best wishes



Wavne Smith

Principal, St Mary's College Seymour

DipEd (ACU) DipREd (ACU) BEd (ACU) GradCertEdAdmin (Edith Cowan) GradDipREd (ACU) MEdAdmin (Charles Sturt) MTheoStudies (BBITAITE)

Enrolment Registrar

School Photos 2023

Annual school photos have been taken by Arthur Reed Photos. **To view the images of your child and order photos, you will need to first register online.**

- 1. Go to https://order.arphotos.com.au and enter the 2023 image code for your child (from their personalized flyer)
- 2. Tap on 'Add another child' to enter the image codes of any siblings
- 3. Fill in your email and mobile details and then review all details before confirming your registration That's it! When 2023 photos are ready, you will be notified by email and SMS.

Even if you registered last year, it's important that you do it again each year using your child's new image code to link their photos for the current year with your contact details.

To ensure you are ordering school photos for the current year, please wait for notifications that 2023 images are online before placing orders.

In the webshop you can view photos and customize your photo package; Choose ANY layout, ANY image and purchase multiple digital image downloads. All photo orders will be sent directly to the address you provide when ordering.

REGISTER ONLINE NOW to be notified when 2023 school photos can be viewed and ordered.



Mrs Andrea Webster

andrea.webster@smseymour.catholic.edu.au

Learning Diversity Leader

Welcome back everyone. It certainly was wonderful to have the Christmas and January holiday break.





The return to the school environment after spending more time with family and perhaps more time at home, can be a difficult transition for some students. It's particularly challenging for some of our students who are oversensitive or under-sensitive to aspects of the environment. Sometimes this is described as a sensory processing difficulty. The child, teenager or adult may have trouble taking in information from their senses and responding in the way that the majority of their peers do. The information in the environment may be related to sights, sounds, textures, smells and tastes. It can also be information related to internal sensations in the body, like pain and movement sensations, or bodily functions - like needing to go to the toilet.

Children and young people with sensory processing difficulties might be:

Oversensitive (hypersensitive), which means they take in too much sensory information

Under-sensitive (hyposensitive), which means they take in too little sensory information.

Some children with sensory processing difficulties can be a mixture of oversensitive and under-sensitive - their reactions can vary depending on the situation and the environment that they are in.

Sensory processing difficulties affect up to 1 in 6 children and young people.

Some children with sensory processing difficulties might behave in ways that aren't typical for their age. Others might avoid activities that make them feel uncomfortable.

Most children have trouble with sensory information sometimes. If these reactions happen frequently, or for long periods of time, they can interfere with social interaction and learning.

Some of the behaviours that might indicate a child may be having difficulties processing sensory information include:

Covering their ears in noisy environments and showing signs of discomfort;

A need to move to feel calm;

Becoming anxious or overly tired when they're in a new or particularly busy environment like a shopping centre, restaurant or playcentre;

Having trouble getting to sleep and staying asleep;

Avoiding some jobs that are part of a typical family routine or tasks to keep our bodies healthy, such as brushing teeth.



If you're noticing that your child has sensory processing challenges, it's a good idea to talk to your GP. Your GP can refer your child to a health professional with expertise in sensory processing who may begin to help you to understand your child's needs by completing a sensory profile for your child.

For examples of behaviours you may see if your child is oversensitive or under-sensitive to sensory information, or a mixture of both depending on the situation and environment, please head to the Raising Children website:

https://raisingchildren.net.au/guides/a-z-health-reference/sensory-processing-difficulties

Please contact your child's teacher and/or myself at any time during the year if you would like more information about how your child manages in the school environment and strategies that may support your child.

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

College Accountant



Saver Plus – helping take the stress out of back-to-school time

Back-to-school time can be stressful for many Australian families, but with the Saver Plus community program, over 55,000 have found relief.





Eligible participants can join for free and receive personalised support from a savings coach over the next 10 months. By attending online workshops, you'll learn valuable tips and tricks to grow your budgeting and savings skills. Once you reach your savings goal, ANZ will match your savings dollar-for-dollar, up to \$500, which you can use towards educational expenses such as uniforms, textbooks, laptops, or extracurricular activities like sports or music.

You may be eligible to join Saver Plus if you have a Centrelink Health Care Card or Pensioner Concession Card, are at least 18 years old, have some regular income (including child support or carer's payment), and have a child attending school or attend vocational education yourself.

With Saver Plus, you can start now and alleviate the stress of next year's back-to- school expenses. For more information or to apply, visit www.saverplus.org.au or call 1300 610 355.

Mrs Amanda Allison

amanda.allison@smseymour.catholic.edu.au

F-4 Pastoral Care Coordinator

The past fortnight has just flown by with engaged students and lots of learning.

Foundation students have finished their Wednesdays-at-home for February and will be joining us for 5 days a week from Monday. I hope they have been well rested and are looking forward to school.



Shrove Tuesday was celebrated with an abundance of pancakes with honey, sugar, syrup or lemon. Many students came back for seconds! Thank you to Nic F for supporting us with the barbecue and to staff for the enthusiasm in making and cooking them.

Ash Wednesday was a lovely and reverent liturgy in the PLC with all primary classes. Participation by staff and students allowed everyone to be involved. Thank you, Father Ashkar, for the blessing of the Ashes. Students respectfully wore their Ash cross for the day.

As we enter <u>Lent</u>, students are considering what commitment they will make for the 40 days. Some suggestions have been to do an extra chore at home, spend 5 extra minutes reading or playing with a sibling, unpack the dishwasher, donate some money or not have a particular food or drink for the duration. They spent a considerable time thinking about what they could do.

Meet & Greet Interviews are next <u>Monday 27th</u> and <u>Tuesday 28th</u> in person. Please log on to PAM to make an appointment. It is a fabulous opportunity for you to tell us all the wonderful things about your child. We look forward to seeing you.







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

Welcome... Part 2

Wendy Brentnall - Music Teacher 💅

Born in Nagambie but grew up in Melbourne where she raised three children, Wendy then moved to Rushworth 3 ½ years ago. With her husband, they are renovating a Mud brick, off grid home in the ironbark forest area. When not making, teaching or writing about music, Wendy loves coffee time with her husband and walks with dogs Rosie (wolfhound cross) and Murphy (Border collie/Kelpie cross). The two cats Archie & Ruby are always good lap warmers when doing some reading when not out working in the Veggie & Herb garden and Orchard.



Tanya Begley - College Counsellor

"My name is Tanya and I am the new Counsellor at St Mary's College Seymour. I am very excited to be working with such a great bunch of kids.

If you would like to contact me for any reason, please call the office and they will put you through.

3-6 Pastoral Care Coordinator

What a fantastic start to the term we have had. Students have been wearing their hats and uniforms with pride. If you have any queries about the school uniform, please get in touch with me or your classroom teacher.

First of all I would like to thank our parent volunteers for donating their time to attend the

Year 5-6 Camp. It is a big commitment to come and be a part of our school community events. The staff and I thank **Cam, Anthony** and **Brett** for being such willing participants.

Also, I would like to thank the staff members **Felicity, Lorraine** and **Maureen** for the great work they did leading and guiding our students on camp. It certainly wouldn't be possible without the time and effort they have put in.

We left bright and early and had two stops along the way. We stopped at Holbrook, at the submarine, and Gundagai, at the Dog on the Tuckerbox!

Arriving in Canberra, we went straight to the War Memorial. As it is undergoing a large redevelopment we didn't spend as long there. The kids had a guided tour of the First and Second World War memorials and learned about some influential figures. Simpson and his Donkey being one. We were lucky enough to have a visit from Lorraine's nephew Captain Leigh Benning who is currently serving as a Mechanical Engineer he was a wealth of knowledge and was a fantastic surprise for the students.

We were up early and heading off for our big day of all things parliament. We started off at the Old Parliament house which is now the Museum of Democracy. We learned about the important parts of Democracy such as protest and sat where lots of politicians have gone before. We then went to the Parliamentary Education Office where we experienced preferential voting. This was great to show the students and adults in the room the power we all have when it comes to voting.

We then headed up to New Parliament House. The students were taken aback by the security that was present and the checks that we all had to go through to get in. We had some light refreshments and inspected the fantastic lego sculpture which had students fixated. When we were completing our role play experience of passing a bill in the House of Representatives, we had a visit from our local member Sam Birrell. Sam answered lots of questions about his job and motives for running for office. He was very generous with his time and was open and honest with the kids. We handed him our letters which we had written to him to hopefully bring some issues to our politicians attention. We finished off with a tour of the House of Representatives and the Senate.





A great day. We went and looked at the history and origins of Canberra city. How and why it is designed like it is. Then we crossed the lake over to Questacon, always a highlight. There were experiments, giant slides, interactive things and all manner of things science. This was a fantastic experience and the kids got to spend their money at long last. After Q, we went across to the Australian Institute of Sport, where we met two athletes who took us around the sportek facility, students were riding, rowing, shooting basketballs, skiing, skeletoning and wheelchairing against each other.





Thursday was a surprise for me as we headed to the Australian Mint where they make the nation's coins. Kids were captivated by our presenter and this quickly became a favourite attraction. Some were confused at how you could buy a one-dollar coin for three dollars. We headed to the High Court via the embassy drive which was a great showcase of the diversity across our world.

Upon arrival at the High Court, we were all taken aback by the magnitude of the building, grand in stature and in nature. This was a fascinating experience where

students were immersed in the constitution and its origins. We were told about the High Court case of the hot chip and got to enter the gallery for a sitting case.

The main event of the day was the Aqua Park. We spent two hours flipping, swimming, sliding and jumping around the inflatable obstacles. Some students were sent into orbit on the launching pillow while others chilled on the giant planet. Fun was had by all, mostly me!

F R I

We packed and headed for home.

I sincerely hope that the students enjoyed their time. These memories are ones that will last a lifetime. The connections made to their learning and to each other will be vital in growing and developing through the upcoming year.











Mr Ed Harding edward.harding@smseymour.catholic.edu.au

Music Program

Music Lessons, Band & Choir Starting... At St Mary's College.

We are pleased to announce that enrolments are now being taken for **Piano/Keyboard and Singing** lessons with Mrs Brentnall at school this term. Available to students in all year levels.

Lessons will be 30 minutes long during school hours on a rotating timetable. Students need to have their own instrument for practise at home. There is no cost for the lessons, however Piano & keyboard students will be required to purchase a Method book.

We are also very excited to confirm that in Term 2 Mr Dudfield will be offering a Concert Band program to all students in years 3 to 6. This will involve instrument lessons and band rehearsal each week in school hours. Instrument demonstrations and information about the Concert Band program will be delivered in the next few weeks. Instruments offered include Flute, Clarinet, Saxophone, Trumpet, Trombone and Percussion. Cost will be \$100 per year and includes the use of a brand-new school instrument and method book.

For students who love to sing, Mrs Brentnall will also be soon starting various school choirs & singing groups starting with years 3 to 6 but other year levels can express interest. These will involve a weekly rehearsal in school hours at no cost.

For any interested students please register your name or parents please email interest or enquiries to Mr Dudfield or Mrs Brentnall.

Yours musically

Mrs Wendy Brentnall
Music Teacher
wendy.brentnall@smseymour.catholic.edu.au

Mr Matthew Dudfield
Music Teacher
matthew.dudfield@smseymour.catholicedu.au

Primary Physical Education

Team Building and Cooperative Games

During term 1 Years 1-6 are learning team building skills in Physical Education. This includes working together in a team and cooperating with each other to achieve an end result. They are learning to listen, consider ideas, support each other, include others, develop and reflect on strategies, give each other feedback and be good sports. The activities challenge them to work together and help each other. The focus is on teamwork and not winning.

The students have gotten off to a really good start and have been very impressive so far!



Kerrie Aldous – PE Teacher

kerrie.aldous@smseymour.catholic.edu.au

Parents & Friends Association

AGM and FIRST MEETING for 2023:

Monday 6th March at 5.30pm in the PLC

Our Story

St Mary's Parents and Friends has a long and proud history of both supporting our students through amazing fundraising efforts as well as creating connections for our families.



Over the past few years, with all the restrictions and challenges of COVID, it has been more difficult to reach our normal level of fundraising and social activities. Our Parents and Friends group, with the support of all of our school families, has worked extremely hard to provide those extra opportunities for our students.

Some of the items provided by the P and F over the last few years include: contributing \$15,000 towards the new cooling fan in the MPH, developing the technology in the school through the purchase of chrome books, sports equipment for the secondary students, 3 Ga-ga play pits for Years 5-8 and so much more.

Now, in 2023, we are ready to begin the new year!

The P&F are holding their AGM on Monday 6th March at 5.30pm in the new PLC building.

The AGM will be followed by a general meeting.

Our current executive is:-

President - Megan Lomax
Secretary - Brooke Curic
Treasurer - Elysia Ambrose
Parent Liaison - Steph Liddell
Staff Rep - Cath Evans
Principal - Wayne Smith

The Parents and Friends represent the whole College and we would love to welcome all parents to the AGM and to all monthly meetings.

Our meetings are generally held on the last Monday of each month at 5.30pm in the PLC building.

Please consider coming along- its a great way to meet other families of our College and join in our fundraising and social activities.

If you have any questions or queries before the meeting, please do not hesitate to contact Megan 0415 151 474 or Cath catherine.evans@smseymour.catholic.edu.au / 57 922611

Kind regards Wayne Smith, Megan Lomax, Cath Evans

Sports News

College Swimming Time Trials

Although at a reduced capacity there was still plenty of House Spirit and excitement from the students at our College Swimming Trials on Friday 10th February. All students in attendance recorded great times to submit to the next level of competition and will



represent our College proudly. We saw several speedy performances in the Wangaratta Pool with several students setting new records on the day.

Congratulations to **Ava Gordon, Oliver Kingston, Summer Hoefchen, Ellie Taylor, Finn Melville, Isaac Smith** and **Marcus Kingston** who are now record holders for the College!

A special mention to our Year 10 Leaders who assisted in timing and marshalling on the day and provided great House pride and encouragement for their younger peers.

Although all efforts in the pool were tremendous there was still only to be one winner of the two Houses, Padua or McAuley. As the results rolled in, students were itching with anticipation to find out which House came out on top. The results were revealed to students at the inaugural House Meeting in Pastoral Care last Friday. Overall, Padua came out on top on 706 points and McAuley 558. Congratulations to Padua representatives and all students who participated.

The College also acknowledges the individual efforts of students by awarding an Age Champion for each age group. These will be announced and presented at the next College Assembly.

Stay tuned for the following upcoming swimming events; Southern Ranges Swimming (Secondary) and Division Swimming (Primary).

Primary District Swimming

Representative Primary students attended the **District Swimming Carnival** on Monday 20th February in Euroa. students All demonstrated great sportsmanship amongst themselves and with the other schools attendance, which was great to see! The overall points saw St. Mary's College come out on top in addition to several Age Champions award on the day: **Ellie Taylor** (U/10 Girls), Fletcher Kingston (U/10 Boys) and Finn Melville (U/12 Boys).



Congratulations to all students on a fabulous display of swimming!

A special mention also to our College Leaders who assisted in facilitating the day announcing, timing,

marshalling, judging and recording duties. All in attendance were great models for our younger students in their leadership and teamwork skills.

Students who were successful in progressing to the next stage, Division Swimming on Monday 27th February, have been contacted via PAM and their class teachers have been made aware.

Cricket Blast After School Program

Last Thursday, saw the first of four Woolworths Cricket Blast sessions held on our college oval. It was great to see students learning new skills and enjoying the cricket session. We are actively encouraging students to come down and have a go and enjoy in the afterschool fun with their friends. The sessions are weekly on a Thursday from 3:30 - 4:30 on the College oval and are FREE OF CHARGE. If you are interested, please sign up using the flyer below and scanning the QR Code. Once you have signed up you will also receive a free Cricket Gear pack from Cricket Victoria.

Wonder Bread Bag Collection

Wonder Recycling Rewards is a fun and easy program created to collect and recycle bread bags at school. Our efforts of collecting and recycling bread bags can be exchanged for points to redeem new sports equipment for the school! Involving our kids in recycling at a young age can help to model positive behaviour and create a better future for our children. The collection boxes will arrive at the College in the next couple weeks, however if you finish a loaf of bread at home start collecting now to add to our tally when the initiative begins! Anything that has contained bread and is a soft plastic can be recycled in the program.



Miss Courtney Aldous

courtney.aldous@smseymour.catholic.edu.au

Dates To Remember

Term 1		
Week 5	Sun 26 th Feb	1 st Sunday Lent
	Mon 27 th Feb	Division Swimming Carnival (Primary Student Reps) - Wangaratta
	Tues 28 th Feb	Opening College Mass
	Wed 1 st Mar	Regional Swimming Carnival (Primary Student Reps) – Shepparton
	Friday 3 rd Mar	Schools 'Clean Up Day'
Week 6	Sun 5 th Mar	2 nd Sunday Lent
	Tues 7 th Mar	Southern Ranges Swimming Carnival (Secondary Student Reps) – Benalla
	Wed 8 th Mar	Year 7 Immunisation
Week 7	Sun 12 th Mar	3 rd Sunday Lent

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

Before & After School Program

Our Patch Kids have been having Fun. In the last weeks we have been talking about how we can be more Sustainable in Our Patch

The introduction of posters reminds us of the 5 Rs Rethink, Refuse, Reduce, Reuse, Recycle.

This week we have talked about the earth and have started to make our little part of Our Patch World out of recyclables products. We have made a Volcano so we can make it erupt in a few weeks in our chemistry week and keep it for our dinosaur week for the dinosaurs to roam our world.

Next week will be space week.

Kind Regards,

Lynne Fulton

Patch Leader T: 0475451524 www.ourpatch.education



our patch St Mary's College - Seymour













Contact: 1300 018 310 or info@ourpatch.education

Hours of Operations School Care - 7:00am - 8:45am Before School Care - 7:00am - 8:45ar After School Care - 3:15pm to 6:00pm Curriculum Days - 7:00am to 6:00pm

Program fees prior to Child Care Subsidy:

	Permanent	Casual	
Before School Care	\$25.00	\$28.00	
After School Care	\$30.00	\$33.00	
Curriculum Day	\$75.00		

Bookings made within 48 hours incur an additional fee. Cancellations within 24-48 hours incur a 25% charge of the se



To register and book visit:
https://ourpatch.education/before-and-after-school-care/



Child Care Subsidy

Child Care Subsidy, also referred to as CCS, offers different levels of financial support to assist families with the costs associated with childcare, including Before School Care, After School Care and Holiday Care. This means you can get up to 85% of your session fees covered by CCS. CCS is paid directly to the child care provider to reduce the fees you have to pay.

How it is calculated

How much you receive depends on your individual circumstances and is calculated using the following information: Your combined family income

- Your level of activity
- Your childcare providers hourly rate

You can use the Centrelink Payment and Service Finder to calculate your estimated entitlement.

To obtain the Child Care Subsidy

- Have or register for a myGov Account. If you don't have a myGov account go to https://my.gov.au/ and select Create a myGov account.
- Once you are in your myGov Account, link your account to Centrelink and complete the registration process.
- © Complete your Child Care Subsidy Assessment
- Confirm your enrolment with current provider

At the time of enrolling your child into Before, After or Holiday Care you will be required to provide a Customer Reference Number (CRN), issued once you have registered your MyGov account and linked it to Centrelink, along with the account holder and child/ren's date of birth.

Once you have booked your child into care you must then log back into your MyGov account to confirm your bookings with the provider.

All steps must be followed to ensure that you receive your CCS entitlements and not charged the full fees.

For more information on the Child Care Subsidy or to work out how much you can get go to: https://www.education.gov.au/childcare-FAQ or phone the Family Assistance Office on 13 61 50

Community Notices



Gorranwarrabul Aboriginal Community House

6 Callen Street, Seymour VIC 3660 Mob. 0429 555 250

Invite you to:

HARMONY/CLOSE THE GAP DAY

23rd March 2023 - 11am to 2pm

Cultural activities, Information Stalls, Lunch provided

Everyone welcome. RSVP Brenda 0429555250



Sponsored by Mitchell Shire





