



**Newsletter No. 8**  
Term 2 | 2<sup>ND</sup> June 2023

# The Marian



[www.smseymour.catholic.edu.au](http://www.smseymour.catholic.edu.au) | [facebook.com/stmarysseymour](https://facebook.com/stmarysseymour) | <https://pam.smseymour.catholic.edu.au>

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

## Dear Parents and Carers

### There but for the Grace of God go We

Mrs Brock's dear mum, Rosemary passed away peacefully on Friday 26th May surrounded by family. Mrs Burns will be farewelled on Tuesday 6th June at the Avenel Catholic Church with Fr Tony Hill leading the service. Rosemary was a dedicated nurse (midwife) and will be dearly missed. She lived a life of devotion to her family, to her faith and always enjoyed a good laugh. May Rosemary enjoy the golfing fairways of heaven.

*"My mother's love has always been a sustaining force for our family, and one of my greatest joys is seeing her integrity, her compassion, her intelligence reflected in my daughters." Michelle Obama*

Eternal rest grant unto Rosemary, O Lord,  
and let perpetual light shine upon her.  
May their souls and all the souls of the faithful departed,  
through the mercy of God, rest in peace.  
Amen.

### NAPLAN 2018-2022

Since 2008 NAPLAN has been the National Assessment Program - Literacy and Numeracy and is the only nationwide assessment of students that provides governments data on national education performance and if national literacy and numeracy goals are being achieved.

**Is NAPLAN full proof and perfect?** Of course not, no such assessment tool exists as there are always variables at play that can skew results, but NAPLAN is regarded by ACARA (Australian Curriculum Assessment Authority) as the most appropriate testing program to provide evidence on national, state by state educational growth and on individual/year level student growth. St Mary's does not teach to the test or encourage students not to sit NAPLAN as these behaviours are counterproductive in honouring the true spirit of the intention of NAPLAN for schools and for individual students who sit the tests.

### NAPLAN is changing!

Firstly, the testing period will be moved forward to Term 1. This will counteract any attempts to teach to the test, which therefore is not a true reflection of a student's results. Previously each year level was measured against bands. Year 3 to 9 are divided into 10 bands but not all bands are reported for each year level. There are minimum standards for the year levels: Year 3 Band 2; Year 5 Band 4; Year 7 Band 5 and Year 9 Band 6.

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

The Report card for NAPLAN 2023 will have 4 new proficiency levels:

- Exceeding
- Strong
- Developing
- Needs additional support

We await more detail of the change with the 2023 NAPLAN results likely to be released sometime in Term 3.

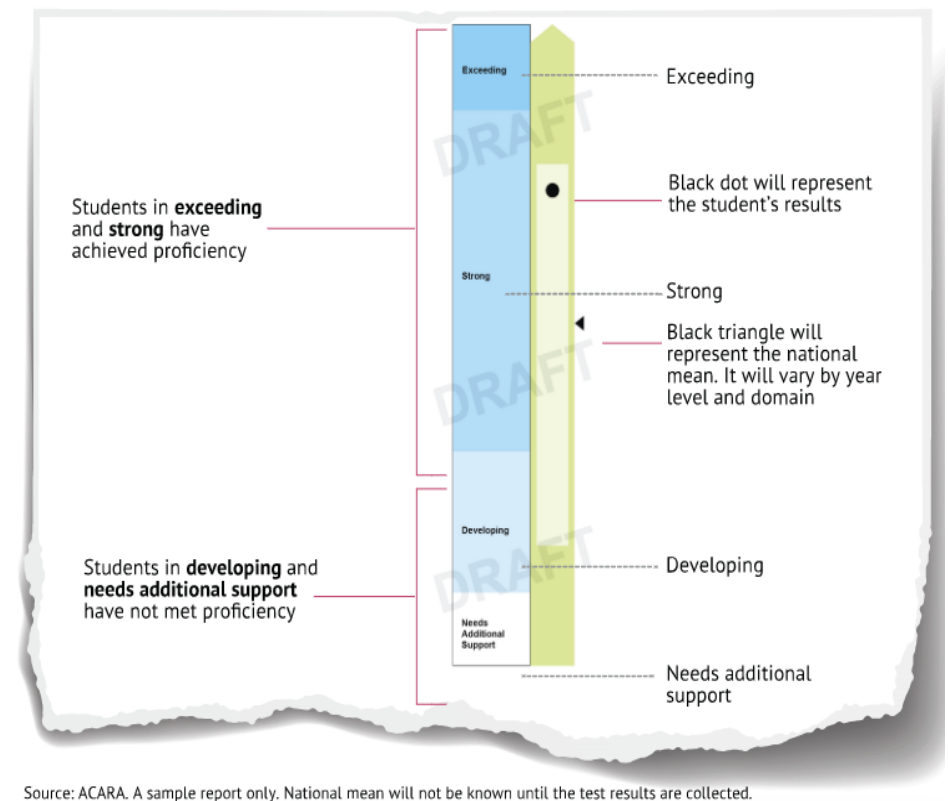
Over the past 4 years St Mary's College has exceeded state growth in Year 3, 5, 7 and 9. Snjezana Singh MACS Learning Consultant School Effectiveness led a staff meeting last week to analyse the past 4 years of St Mary's Northern Region. In Snjezana words. "Give yourselves a pat on the back the results are wonderful and testament to the quality of teaching that happens at St Mary's."

### College Advisory Council

With St Mary's returning to Year 12 it is an appropriate time to renew the College Advisory Council and invite Expressions of Interest from parents to join the Council.



Report card with four new proficiency levels



Source: ACARA. A sample report only. National mean will not be known until the test results are collected.

Following the 2023 College review in Term Three the next School Improvement Plan (SIP) will be developed.

The SIP is an excellent time to begin a new four-year cycle with Year 11 returning in 2024.

Current Advisory Council members are:

Andrew Graham (Chair); Kelda Gilmore (Vice Chair & Parent); Fr Eugene Ashkar (PP); Cameron Clydesdale (Parent); Felicity Melville (Director Business and Compliance Services); Anne Spencer (staff); Genevieve Gordon (Deputy Principal Operations); Wayne Smith (Principal).

If you would like to **find out more and or are interested in joining the College Advisory Council** please send an email to [principal@smseymour.catholic.edu.au](mailto:principal@smseymour.catholic.edu.au) You will receive notification of your email and will be contacted by Advisory Council Chair Andrew Graham or Vice Chair Kelda Gilmore.



The Council meets monthly face to face or via an online googlemeet depending on what is convenient for members. St Mary's is moving into the future with the MACS 2030 Strategic Plan Forming Lives to Enrich the World. The following information provides a general overview of the role of the Council.

### ***Role of the School Advisory Council - Advisory in nature***

The College Advisory Council provides a forum for discussion and discernment, where parent/guardian voice inform and support the decisions for the good of the College and parish where the wellbeing and outcomes for students is paramount. The College Advisory Council is not the governing body of the College, while a vital forum for parent and community voice, it is not a forum for individual parent advocacy or special interest representation and does not become involved in the day-to-day management of the College.

### ***Council Structure - Members of the School Advisory Council***

Serving on the College Advisory Council of a Catholic school is a form of ministry. It is a response to the call to support the local Catholic parish and College community. Members share their skills and talents for the common good. A well-functioning council provides rich sources of wisdom and insight as well as a means of strengthening community links and potential for partnerships. School Advisory Councils seeks to be inclusive of all community members and will demonstrate a genuine commitment to gender equity, cultural diversity and requisite skill sets.

### **Staffing**

This coming week we welcome **Mrs Sina Pestri** the new **College Accountant**. Sina begins on Monday 5th June.

### **Staff Development Day**

**Friday 16th June** is led by MACS staff in preparation for the 2023 College Review.

- There is no school for F-10 on this day-

It is always humbling to interview families who have applied for enrolment at St Mary's in 2024. I always learn so much and I am constantly reminded of how good St Mary's is in educating in a holistic way. As a Catholic College in the Mercy tradition our goal is not focused on being the biggest but more importantly the best in terms of what we do to nurture and develop young minds that believe in what is possible and who model that one simple but extraordinary Catherine McAuley quality that can so easily be misplaced in today's world.....**kindness**!

### **Best wishes**



**Wayne Smith**

Principal, St Mary's College Seymour

DipEd (ACU) DipRed (ACU) BEd (ACU) GradCertEdAdmin (Edith Cowan) GradDipRed (ACU) MEdAdmin (Charles Sturt) MTheoStudies (BBITAITE)





### Andrew Chinn

#### *How wonderful was last Friday!*

Primary students participated in workshops throughout the day, learning songs and actions to Andrew's music. The choir also had their own special workshop with Andrew, which then allowed them to take a leading part within the Concert, at the end of the day.

Such is Andrew's powerful presence, secondary students, who had previously attended a workshop as a primary student, were keen to touch base with him as he wandered throughout the school. Andrew's uncanny ability to remember students' names, impressed us all, especially those secondary students from years past.



**Thank you to the parents who attended;** *the students enjoyed performing for you!*

Praying in song is an important part of our Catholic tradition, and we thank Andrew for adding to our repertoire.

### Confirmation Meeting: Wednesday 7th June (7.00pm)

All students and their parent/guardian are **invited** to an **Information Meeting**. This meeting is an integral part of the candidate's preparation and involves an introduction to Confirmation and a talk by Father Ashkar.

### Padua Feast Day – 13th June

All Padua students and staff will attend a Feast Day Mass on **Tuesday 13<sup>th</sup> June** at **9.00am**.

**St Anthony of Padua** was a Portuguese Catholic priest and friar of the Franciscan Order. He was born in 1195 in Portugal and died on the 13 June 1231 in Padua Italy. He was passionate for the care and support of the poor and sick and would often devote his time and energy towards working with and for these people. He is often shown holding a book because he loved to read scripture and wrote many sermons to teach others about God and Jesus.

St Anthony of Padua is respected all over the world as the Patron Saint for lost articles and is remembered for his many miracles involving lost people, lost things and even lost spiritual goods. His famous saying that we use here at school is: 'let our actions speak'.

St Anthony of Padua always reminds us that we are filled with the Holy Spirit so that we can be like Jesus. We can show humility, patience and obedience and we can speak in ways to show compassion and justice to everyone. Anthony tells us very clearly, That Actions speak louder than words; He said, "let your words teach and your actions speak".

Every day we are challenged to walk the talk; so that our actions match the words we speak.

### Reconciliation Week - 27 May to 3 June

Reconciliation Week is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.



National Reconciliation Week 2023 theme is: ***Be A Voice for Generations***. Our students will take part in an activity where they will think about how Jesus used his 'voice' for the good of others, spreading a message of love and forgiveness, and how they can individually be a 'voice' at our school, in our families and our communities.

For more information <https://youtu.be/l-2PerYfxoE>

As a College we will acknowledge this great week  
by participating in a **Liturgy** on **Friday 9<sup>th</sup> June**, at **2:15pm**.  
All welcome.

**Mrs Rochelle Gough**

rochelle.gough@smseymour.catholic.edu.au



Join the eSafety commissioner **free webinar** for parents and carers on **8th June** at **12.30pm -1.00pm**. This 30 minute live webinar is designed for parents and carers of young people in primary and secondary school. It includes practical tech tips, conversation starters and digital parenting advice.

**It will cover:**

- creating a positive digital identity
- privacy and sharing online
- managing what you see online
- good practices in group chats
- help-seeking.



<https://register.gotowebinar.com/rt/2822124618746015758>

### ***PHONE AND SMARTWATCH USE***

A reminder that if a student brings a mobile phone, smart watch or associated device to the college the requirement is:

- Mobile phones are to be switched off (or on silent) while at school and locked in lockers during school time (from first bell at 8.45am to last bell at 3.15pm).
- Smart watches need to be put in 'aeroplane mode' if they are worn at school.
- When not at school, but at a school event, mobile phones should remain switched off or on silent, be out of sight, and in a secure location.
- Air-pods, blue-tooth headphones, earbuds are to be paired/ connected only with school computers.
- These are only used in class with teacher permission. No student should have these devices on in the yard or at a school event.
- Students who need to make 'important' phone calls during the day are asked to go to the College office and request assistance from the receptionists.

### ***BREACH OF POLICY***

Students found to be in breach of the College's policy on 'Mobile Phones/Smart Watches and Associated Devices' will:

- Have their phone / Smart Watch confiscated. The device may be picked up by the student at the end of the day if it is a first offence.
- Have their air pods, blue-tooth headphones, or ear buds confiscated if they are on the student in the yard or at a time when permission has not been sought from the classroom teacher.
- For any repeat offences the device will be confiscated and will need to be collected from the office by a parent or guardian.

**Mrs Allison Moore**

[allison.moore@smseymour.catholic.edu.au](mailto:allison.moore@smseymour.catholic.edu.au)



## F-2 Co-ordinator



### *Another busy fortnight both in and out of the classroom.*

The joy of seeing our students with their mum, grandma or special person at the Mother's Day breakfast is a firm favourite in my calendar year. The McAuley Mass was also a wonderful occasion with Mr Smith highlighting some facts about the life of Catherine McAuley. And to cap off a fabulous fortnight, we have the pleasure of a workshop and concert with Andrew Chinn. The ease with which he organises and inspires kids to participate is a gift. Thank you to the many families that were able to be present.

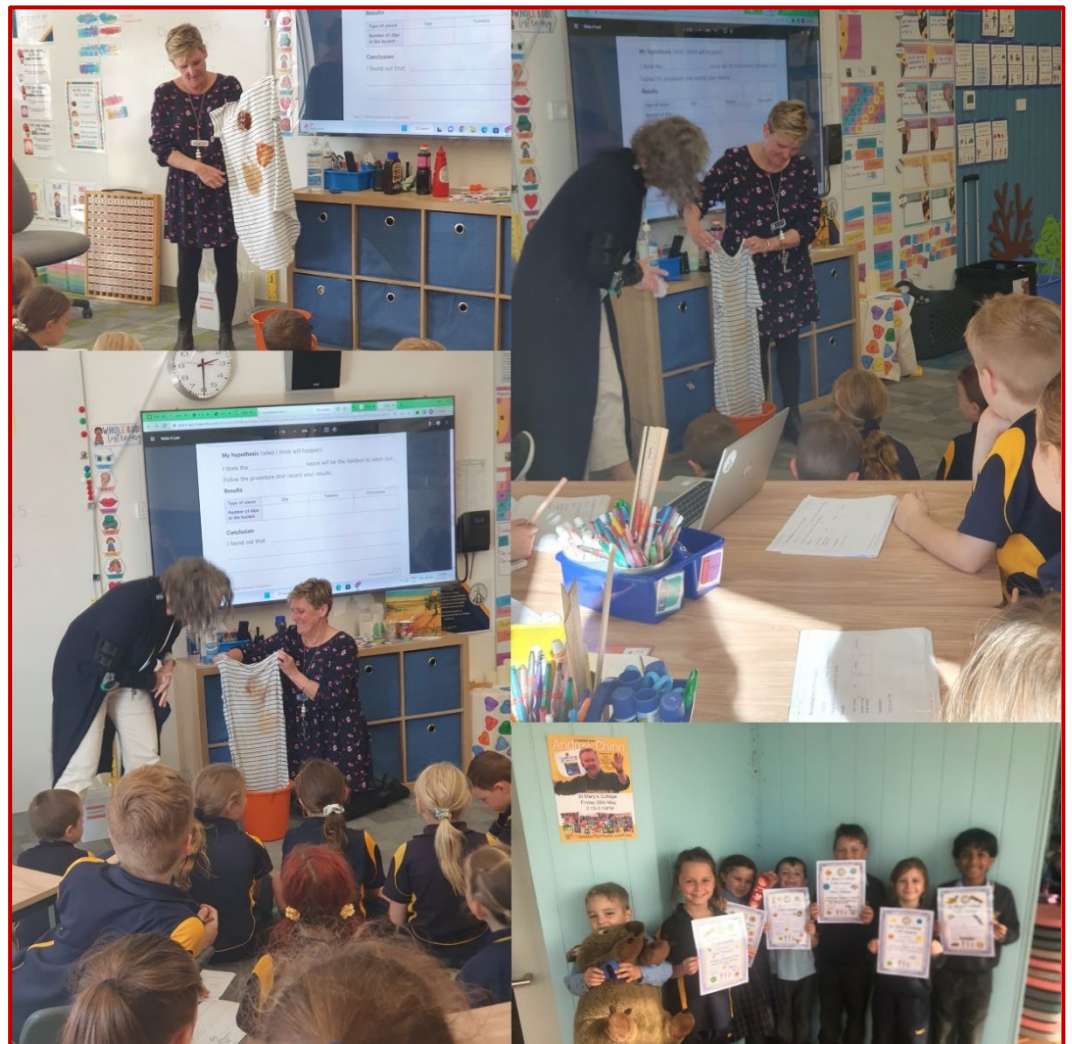
**Foundation** has been busy practising their letters in **InitialLit-F** and making shapes using concrete materials. Meanwhile, Year 1 has been cooking, practising their typing skills and using plenty of energy in their Taekwondo sessions with George. George travels from Melbourne every Tuesday and Thursday and we are grateful for his patience, organisation and skill.

Our **TAG awards** have been for fabulous reasons - exemplary behaviour, kindness towards others and animals, respecting our environment, packing up quietly, being a leader and many more. Congratulations to Jed, Beau, Peyton, Billy, Ada, Beau, Evie, Emmi, Callum, Denil, Joey, Olivia and Sophie. Keep up the great work!

**Rosey** had a fabulous time with Judd at Avenel over the weekend. Rosey has the best time with our students on the weekends.

**F-2 Cross Country** was held on a very cool afternoon. Thank you to the huge number of parents who attended. The kids loved running around the oval - I'm sure part of the attraction was that it is 'the big kids playground'! 😊

**Year 2** have recently had experiments in their **Science unit**. They investigated how to stop fruit going brown ie. slices of apple. 3 bowls contained either nothing, water or honeyed water. Over time, students watched and noted the changes. For interest sake *...the apple browned the least in the honey water.* Their next investigation was to determine which stains would be removed first. A shirt was marked with tomato sauce, soy sauce and chocolate topping. Students needed to predict which stain would come out first and explain why. For interest sake... *soy sauce came out easiest.*





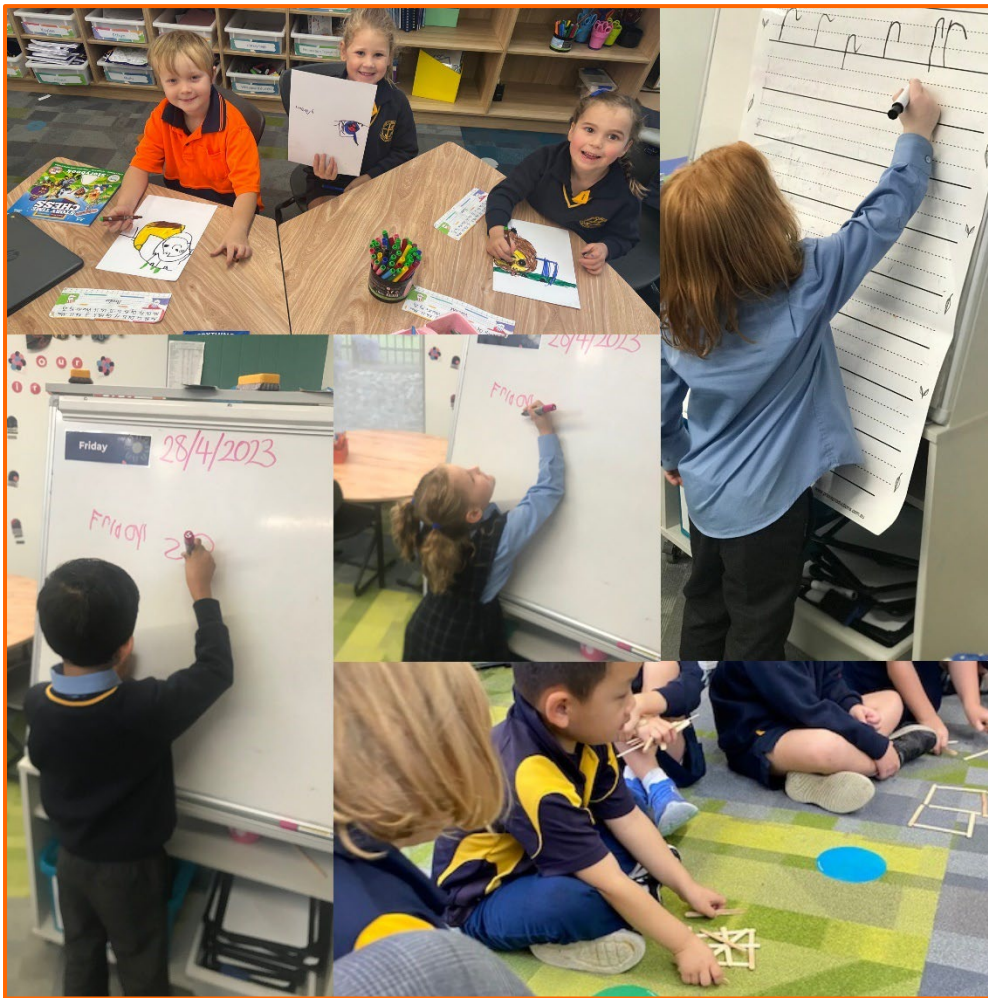
Last week we had **Simultaneous Storytime** on Wednesday where the author of the '**The Speedy Sloth**', **Rebecca Young** read her story simultaneously to over 2 million students around Australia!

Illustrator **Heath McKenzie** then provided a step-by-step drawing tutorial of The Speedy Sloth. Students drew their own Speedy Sloths and loved comparing their artistic talents with each other.

Thank you Mrs Pearce for organising it.







Have  
a  
wonderful  
fortnight.





Year 7 have had a big couple of weeks immersing themselves in their Classification and Ecosystems unit. Students spent last Friday at Melbourne Zoo. They met a Zoo Educator who



led a workshop on food webs and human impacts, with a little help from the resident Gorillas and Cassowary! Students then had time to observe and research their chosen endangered species.

Thank you to Hannah Handford who has shared some of her favourite photos from the zoo. ➔



This week we also welcomed back Tim from Native Fish Australia, who shared his knowledge about the endangered fish species in our local catchment ecosystems, and the invaluable conservation the organisation has undertaken.



**Mrs Rebecca Scollen**

[rebecca.scollen@smseymour.catholic.edu.au](mailto:rebecca.scollen@smseymour.catholic.edu.au)





### Year 10 Work Experience week is fast approaching (19-23 June)

Students have been contacting employers and arranging their work experience placements ready for the last week of term. It is also a requirement that students read some Occupational Health and Safety information and complete a self-assessment test to give them some OH & S knowledge before entering the workplace. Completion of the self-assessment test generates a certificate which is shared with the employer.

On Wednesday 10<sup>th</sup> May, **Year 9 students**, accompanied by Ms McLaughlin, Ms Pankhurst and myself, travelled to the **Wodonga Tafe Campus** in **Shepparton** to attend the **2023 Careers Day Out**. There was a wide range of exhibitors for students to visit and try their hand at various tasks including bricklaying in the Trades area, nappy changing in the Health Hub and interacting with Australian Defence Force personnel. There were many Universities and Tafes in attendance for students to access information. The list of exhibitors was extensive, and many students came away from the event feeling inspired about what the future may hold for them. Students were fantastic ambassadors of our College on the day.



On Friday 26<sup>th</sup> May, **Year 10 students**, accompanied by Mrs Wood, Ms McLaughlin and myself, attended the Assumption College **Careers Expo**, held in the Gonzales Centre at ACK. There were many exhibitors for the students to interact with, including Universities, Tafes, Australian Defence Forces, Emergency Services, local businesses and organisations and various industries.

Students were able to collect information brochures, booklets and freebies as well as participate in some hands-on activities and ask questions about various careers and courses available to them.

The students were very engaged and the feedback from the exhibitors regarding students' behaviour, manners and interactions was very positive. Well done Year 10, we hope you enjoyed the experience!





## Year 9 Agriculture and Horticulture

On Tuesday 30th May Year 9 Ag students travelled to Eildon to explore the **Victorian Fisheries Authority's Snobs Creek Fish Farm and Hatchery**. The group of 14 students were able to watch brown trout being stripped of their eggs and had a tour of the hatcheries, storage tanks, stocking and settlement ponds. Students were led by VFA Program Leader Neil Hyatt and Program Manager Dylan White. They were given the opportunity to see how the breeding process works and to see the various stages of growth etc. They were given a tour of the facilities and were given a lovely morning tea and lunch provided by the Central Ranges LLEN (Local Learning and Employment Network).



The VFA's Snobs Creek Hatchery has produced and grown fish for recreational fisheries and conservation stockings for more than 70 years. The hatchery produces trout, salmon and native fish and is responsible for their release into Victorian waterways.



We also visited the Eildon Dam and climbed the stairs to the top of the lookout.

The view was great!

Many thanks to Mr Jeremy Linton from the LLEN for providing our students with this valuable opportunity.



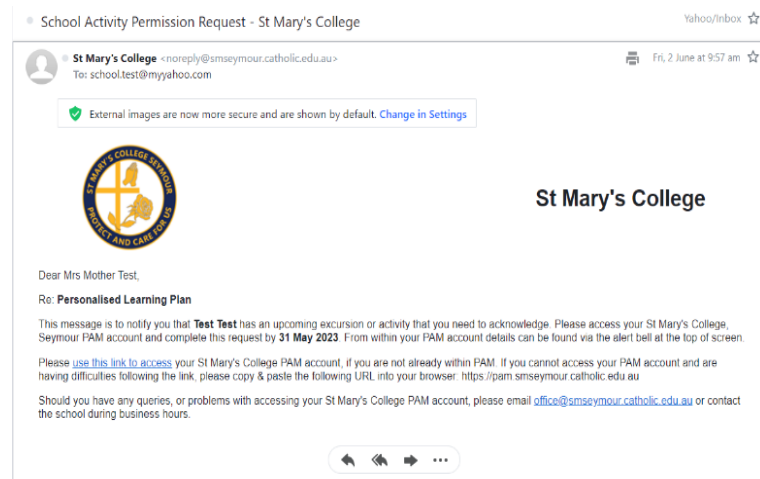
**Mrs Tanya Oakley**  
[tanya.oakley@smseymour.catholic.edu.au](mailto:tanya.oakley@smseymour.catholic.edu.au)

# Data Analyst and System Information Management

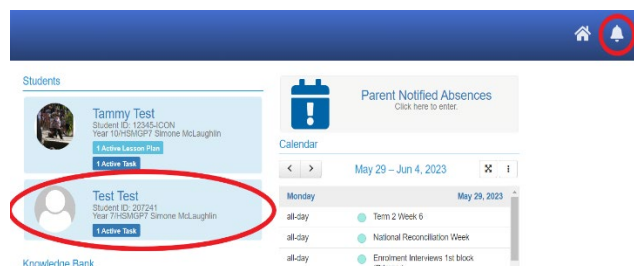


## Explanations for Parents receiving Personalised Learning Plan Consent Request Email

On Wednesday 31 May parents of students who have been allocated Personalise Learning Plans (PLP) to assist with aspects of their learning received a request for consent to implement the PLP's.



### Step 1 and 2



### Step 3



There has been some confusion about this as the consent activity may not have shown in the notifications for very long.

To support parents with completing the consent we have included a written and visual explanation of the steps.

## How to Consent to an activity after the date

The PLP was set with the ability for a parent to consent to the PLP implementation after the time at which the activity event was set. There are a few extra steps you will need to take in order to consent (or not consent) to the PLP

### Steps to complete

1. Access your PAM account, you will not have a notification as the event has expired.
2. If you have more than one student at St Mary's College select the student the email request listed.
3. Click on the Activities Menu option.
4. Look for the Personalise Learning Plan activity (it will show as expired).
5. Select View.
6. You will now be able to consent (or not consent) to the PLP.
7. Once you have consented the CONFIRM button.

### Step 4 and 5

Excursions & School Activity Permissions				
Name	Starting	Due	Consent	
Macqfit Intervention	21 Feb 2023	20 Feb 2023	Expired	<a href="#">View</a>
Personalised Learning Plan	31 May 2023	31 May 2023	Expired	<a href="#">View</a>

### Step 6

Consent

I acknowledge receipt of and have read my child's Personalised Learning Plan.

I agree to St Mary's College providing the adjustments as outlined in the Personalised Learning Plan.

I acknowledge the College's Privacy information statement.

I hereby give consent for **Test Test** to participate in the activity mentioned above \*

☒ Yes ☐ No  
\* required

☐ I have reviewed and ensured that the student medical details are true and up to date \*  
\* required

### Step 7

I hereby give consent for **Test Test** to participate in the activity mentioned above \*

☒ Yes ☐ No

☒ I have reviewed and ensured that the student medical details are true and up to date \*

[Confirm](#)

**Ms Andrea Richards**

[andrea.richards@smseymour.catholic.edu.au](mailto:andrea.richards@smseymour.catholic.edu.au)





**Defence Kids Club Foundation – Year 4.** Over the last two weeks we have had some fun activities, starting with a scavenger hunt around the school grounds. Foundation – Year 2 had a visual scavenger hunt where they had to find articles and mark them off their list. Year 3 & 4 had more of a trivia hunt, having to go and find clues and write down the correct answer. Our Year 3 & 4 students are so clever they finished the hunt in record time. A bit of fun for all and always good to get outdoors with an activity when weather permits.



Lego Day was next with many creations made. Some students preferred to build their own creation while others joined forces and worked together. For those that didn't want to build or play with our other figurines we had colouring sheets and playdough. One group of students made some scary playdough monsters which were so colourful and imaginative.

As the winter days arrive, the morning and Wednesday lunchtime hot chocolate drinks are welcomed by **Year 5 – 10 Defence students** and their friends. A good way to catch up before the start of the day or unwind a little during the lunch break.

On Wednesdays there is always an Uno game, music, and whiteboard drawing plus the occasional game of chess.

### Go Karting In The West

Soldier On are providing you with an opportunity to get behind a go kart wheel and take part in doing the Ace Karts outdoor track driving for 15 minutes of fun packed adrenalin racing! This is an adult opportunity only!

**Date/Time:** TUES 13<sup>TH</sup> JUN (11.20am – 12.20pm)  
**Where:** Ace Karts (20 Carrington Drive, Albion VIC 3020)



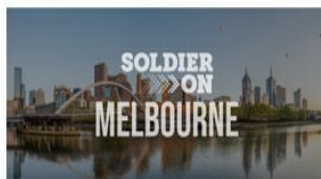
### AFL - St Kilda Tickets

St Kilda Football Club are proud supporters of Soldier On and are offering you the opportunity to obtain **FREE** tickets to their home games in Melbourne throughout April! Limited Tickets available so please register your interest at



## Activities for Victoria 2023

**SOLDIER ON**



**SOLDIERON MELBOURNE FACEBOOK GROUP**

Keep up to date on all our activities, events and veteran information along with any last minute spots available on our Soldier On Melbourne FB Group.

**To register or find out more please email [activities@soldieron.org.au](mailto:activities@soldieron.org.au)**  
All of our support services are **FREE** to veterans and their families!

### Vet Connect - Families

A family weekend program that aims to bring veteran families together providing opportunities for family social connection, developing new and improved relationships skills and working toward future goals.

- Puckapunyal – September 2023
- Sale – September 2023
- Wodonga – November 2023

To express your interest for this **FREE** weekend program scan the QR Code or email [veterconnect@soldieron.org.au](mailto:veterconnect@soldieron.org.au)



**Mrs Janice Kerris**

[janice.kerris@smseymour.catholic.edu.au](mailto:janice.kerris@smseymour.catholic.edu.au)





### Fees and Levies / Laptop Instalment

Families are reminded that some fees are now past due. Laptop instalments for Years 8, 9 and 10 were due on the **1<sup>st</sup> March**. All Tuition and Capital Levies were due **1<sup>st</sup> June**. Can you please make every effort to have these paid by the end of the term. 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  
**A/C 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 2023.

If you have any queries or concerns, please contact me at the College, (Select option 3 for the direct line to accounts).

*For and on behalf of the College Accountant.*

**Mrs Lisa Cinquegrana**  
[lisa.cinquegrana@smseymour.catholic.edu.au](mailto:lisa.cinquegrana@smseymour.catholic.edu.au)

## Dates To Remember

Date	Event
June 2 <sup>nd</sup>	Southern Ranges Cross Country (Specific Secondary Students)
June 5 <sup>th</sup> - 9 <sup>th</sup>	Semester 1 Year 10 Exams
June 5 <sup>th</sup>	Year 3 / 4 Swimming ( <b>3A</b> : 11.10am, <b>3B</b> : 11.55am, <b>4A</b> : 12.40pm, <b>4B</b> : 1.25pm)
June 7 <sup>th</sup>	Year 3 / 4 Swimming ( <b>3A</b> : 11.10am, <b>3B</b> : 11.55am, <b>4A</b> : 12.40pm, <b>4B</b> : 1.25pm)
June 7 <sup>th</sup>	Confirmation Information Night (7.00pm) Years 1 & 2 Attending Mass (9.00am)
June 9 <sup>th</sup>	Sorry Day - College Liturgy (2.15pm-3.00pm MPH)
June 12 <sup>th</sup>	<b>King's Birthday - Public Holiday</b>
June 13 <sup>th</sup>	Padua Feast Day Mass (All PADUA STUDENTS) (9.00am)
June 14 <sup>th</sup>	Year 3 / 4 Swimming ( <b>3A</b> : 11.10am, <b>3B</b> : 11.55am, <b>4A</b> : 12.40pm, <b>4B</b> : 1.25pm) Foundation - Mini Transition (Fly into Maths) Enrolled & Prospective Families 2024 (2.30pm-3.00pm)

## St Mary's College

90 High Street, Seymour  
PO Box 269, Seymour Vic 3661  
T (03) 5792 2611

Office Hours 8:15am-4:30pm

## St Mary's Parish Seymour - St Joseph's Tallarook

Parish Priest: Father Eugene Ashkar  
T (03) 9412 8406 / 0455 123 509

Mass Times: St Mary's - SAT 6pm, SUN 10am  
St Joseph's - SUN 8.30am

## Our Patch

### Some highlights of the last few weeks in Our Patch OSHC.

So happy to see a few new faces at our After School Care and glad they can't wait to return.



At Egypt Week we learnt about different Gods and the way they bury their dead.

We had some clay out for the children to create something we ended up with the god Ra, artifacts, and a coffin with a lid.



On another day we had mummies by wrapping someone in toilet paper the children's favourite part was throwing the toilet paper after we had finished lots of happy faces.

### Maths Week

Maths Week was a lot of Tenzi, Yahzee, and pattern making. We used the dice to add up all the numbers on 30 dice and saw who got the most. With the patterns we worked out 5 rows down and 6 rows across equalled 30 and because there were 2 stacks it meant  $30 + 30 = 60$  dice.

We tried to see how many dice we could stack up before it fell.

The next few weeks are about Winter and Winter sports with a guest attending to speak to the children about sports.

This week is Winter Week next week is Winter Sports Week.

Reminder we are running a Holiday Program these holidays so don't forget to Enrol Now.



## Community Events

### Longwood Football Netball Club: Junior Ball



LONGWOOD FNC PROUDLY PRESENTS THE JUNIOR

# Masquerade Ball

ALL JUNIORS, FAMILY & FRIENDS WELCOME

Saturday • 3rd June • 6pm – 9pm

Longwood Club Rooms  
DJ Dave providing the tunes  
Nibbles Provided  
Tickets: \$20

\*This event is NOT strictly under 18s only, however, it is ALCOHOL FREE



### Wellways: Mental Health & Wellbeing Hub



I'm having a tough time at the moment

We're here to help

## Seymour Wellbeing Workshop

Our FREE Wellbeing Workshop could be just what you need to help you reach a healthier state of mind after challenging times.

The workshop will focus on strategies to improve your mental health with Renee Hayden from APMHA HealthCare joining us for discussion. We also recognise the impact of cost-of-living pressures on our mental health and have joined with Primary Care Connect to hear information from their financial counselling team as well as service information from Salvo Care.

We're putting on a free cooking demonstration too! Tuck into some delicious food while connecting and creating friendships with others in the community.

Places are limited so please RSVP to secure your spot.  
Date: Thursday 15th June 2023  
Time: 10:00am to 2:00pm  
Location: Seymour Baptist Church – 82 Avenal Rd, Seymour  
Cost: FREE  
RSVP: Wellways (Summa) 0468 657 066 or Wellways (03) 5822 8600



wellways

MENTAL HEALTH  
& WELLBEING  
HUB

VICTORIA  
State Government  
Authorised by the  
Victorian Government  
1 Treasury Place, Melbourne