



The Marian



Newsletter No. 11
Term 3 | 28th July 2023

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

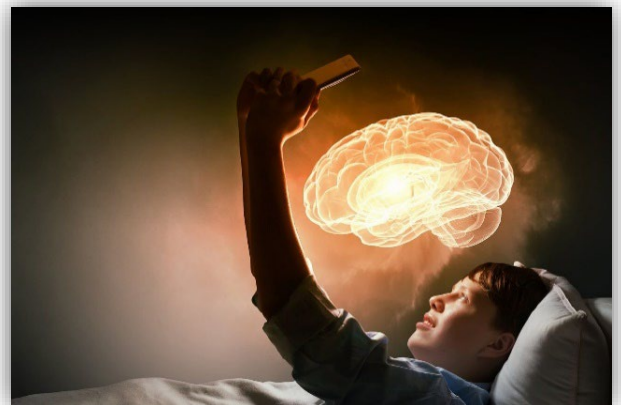
St Mary's College Seymour is a Child Safe School. We promote the safety, wellbeing and inclusion of all children.

Dear Parents and Carers,

Blue Noise V's Sleep Noise!

Often at enrolment interviews for secondary students I ask about mobile phone and does the phone live in the bedroom at night-time? On most occasions the response I receive from parents is *"yes but they go to sleep by 10.00pm."*

If the truth be known many parents would not know when their teenage son or daughter turns off the phone at night and often, teenagers are on their phones in the early hours of the morning.



Many students are quite open in telling teachers about how long they are on their phones at night-time. It is not unusual for some teenagers to be on their mobiles up until 3.00am. During an enrolment interview a Year 8 student disclosed that they regularly went to sleep at 4.00am. A phone beside a teenager's bed compels them to be subconsciously alert for messages so a good night's sleep is rare. Phones are made to be addictive.....apps and social media are created to constantly keep the user 'live'. They are created to addict.

The findings of various areas of research are very clear in that a child's mental health, social and learning growth and peer relationships are affected in negative ways if there is an obsessive use of social media. A teenager needs 8 to 10 hours a sleep a night.

No matter how perfect or mature a teenager may be, phones and or other devices do not need to be at the bedside or under the pillow at night. Schools deal with the impact of students who are connected to social media from the time they leave the College grounds until the time they return the following day. It is not healthy for growth. Mobile phones are great and they play an important role in modern living but they do not need to be with a teenager in their bedroom each night.

Perhaps I am old fashioned and need to get with the modern program but a teenager going to bed with their phone spells nothing but peer dramas, irritability at home and at school and a drop off in work ethic.

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

It is happening!

A very successful and informative VCE Information evening was held on Thursday 13th July. This week Year 10 students with parents present selected their 2024 courses for VCE. The uniform is taking shape, and three new classrooms will be positioned next term break in readiness for Day One 2024.

The College has a Master Plan that begins with the Stage One Building of a VCE Centre. St Mary's will find out the results of our Stage One funding application in December.

The successful tender for Stage 0 will soon be selected. Stage 0 is to add a classroom to the primary building and more Office and meeting spaces to the Administration Centre. The Health Centre will also be enlarged to cater for Year 11 and 12 and the general increase in enrolments.



The Sacrament of Confirmation

This evening we welcome Norther Deanery Bishop Terry Curtin to confirm our student candidates who will receive the Sacrament of Confirmation. The sacramental journey in our Catholic Church is student and family focused. Thank you to the parents who support their son or daughter in Confirmation. Receiving the sacraments adds to the formation of our students as they grow physically, socially, emotionally and importantly in their spiritually.

This week I was reminded how precious a healthy life is. There are many people who suffer from chronic illnesses or worse. They are often the silent champions in this world of ours. May God always watch over them and their families and those in the medical vocation who devote their careers to their care.

Thank you to Mrs Gordon who was Acting Principal during my leave and to Mrs Moore who has been Acting Deputy Principal. St Mary's was in excellent and wise hands!

Collingwood supporters are up and about. All things considered they have every right to sing the praises of their team, a team that is looking unbeatable. Premierships we know are not won in July but there has been no sign of the Collywobbles in 2023. As much as I hate to say it being a Navy Blue (Carlton and Geelong) the 'pies' are deserving favourites to take home the holy grail on the last Saturday in September!

Enjoy your weekend.

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)

Early Leave:

Announcements will not be made during class time and we ask that if you know you will be collecting your child early to please notify the office either by phone 57922611 or via email: office@smseymour.catholic.edu.au prior to **recess** or **lunch** to avoid further interruptions. Announcements occur 5 minutes prior to recess (11.50am) and 5 minutes prior to lunch (1.20pm). We thank you for your cooperation and understanding.

Also... when emailing your child's teacher regarding an absence, please cc the Office in:- office@smseymour.catholic.edu.au. That way we can assist the class teacher during their busy day with absentee accuracy.

Town Service Bus Fare Price Increase...

The Department of Transport have raised the fares for bus travel on 1st July.

Fares are now **\$1.30** per student, per trip. (up from \$1.20) for town service farepaying travellers.

Drivers have been advised to allow a small grace period for families to receive the news and start paying the new fares.



Interim Bus Travel (Adhoc Form) ...

When travelling on a friend's bus, be sure to contact the College Office for the appropriate bus form.

Lost & Found ...

Please ensure that your child's items are clearly labelled.

If we had a \$1 for every unlabelled jumper or drink bottle handed in at the Office, we would fill a project compassion box in no time at all !!!

We also have snack/lunch containers, jewellery items etc handed in.

**Label it or lose it...
we would rather
return it.**

Please encourage students to visit the Office and give a description of any lost items.



After a very cold week last week it was good to see the sun shining again.

Defence Kids Club **Foundation – Year 4** have made some very creative cold weather pictures using cardboard, contact, leaves and little wooden shapes.

I would have liked to have photographed every single one of them as they were amazing, but students were so pleased with their creations they had them out the door before I had a chance.

Luckily I managed to snap a pic of three! Thankyou to **John, Freya and Charlotte.** →

~ ~

As **Defence Force posting orders** are starting to come out, please let me know if your family will be leaving St. Mary's and I can support the students with preparation for the changes ahead.

Please feel free to contact me either via the college office or by email as I would love to hear where you are off to for the next posting.

~ ~

There is planning underway as **Vietnam Veterans Day** approaches on **18th August**.

There will be a commemorative service held by our district Vietnam Veterans at The Vietnam Veterans Walk on Friday 18th August commencing at 11.00am.

St. Mary's will have student representatives attending and I extend an invitation to any parents that may want to come along.

Mrs Janice Kerris

janice.kerris@smseymour.catholic.edu.au



Free Dress Day – Friday 4th August

The Year 10 Leaders have organised a fundraiser activity for each House for the year.

Padua House has chosen Reach Out - an Australian based organisation that helps young people access support for mental health and well being. **McAuley House** has chosen Dolly's Dream - a group committed to addressing the impact of bullying on young people.

The Year 10 Leaders are asking for a **GOLD COIN DONATION** and the students will decorate the large wooden M and P letters with the coins.

Thank you for your support.

Cath Evans, Jennine Brock, Tanya Oakley and Naomi McKeown

Library

Hi everyone,

You're invited to our Scholastic Book Fair!

Sales Start....



Dates:

- Monday 7th August – Monday 14th August 2023

Times:

- 8:30am - 4:00pm (Monday-Friday)

Venue:

- St Mary's Library

Here's just a small taster of what will be there. ➔
Pop in and have a browse at the huge
range of titles and items.
Books start from \$5.00!

Hope to see you there.

Mrs Linda Heveren

linda.heveren@smseymour.catholic.edu.au



Year 4 'Rocking in Science' and 'Wheeling through Wednesday'

4A checking out rocks under the microscope in Science.



Look how beautiful sand looks when magnified!



Year 4's at Wheelie Wednesday



Dates To Remember

Date	Event
TERM 3	
Fri. 28 th July	Year 10 Excursion – Melbourne Holocaust Museum Sacrament of Confirmation (7.00pm)
Mon. 7 th Aug	F-2 Swimming Program (<i>Depart College</i>): FB : 11.10am, 1A : 11.40am, 2B : 12.10pm, FA : 12.40pm, 1B : 1.10pm, 2A : 1.40pm: <i>Reminder: Students in Foundation to Year 2 will be participating in a half hour swimming lesson at Seymour Sports and Aquatic Centre every Monday and Wednesday. The program will conclude in Week 6 Wednesday 16th August.</i>
Mon. 7 th Aug <i>cont...</i>	Primary Enrolment Interviews Commence (concludes: Fri. 11 th Aug.) Scholastic Book Fair (concludes: Mon. 14 th Aug.)
Tuesday 8 th Aug	School Netball Championships (Junior & Intermediate Boys)
Friday 4 th Aug	Whole School Casual Clothes Day
Friday 11 th Aug	Year 3 Excursion: Scienceworks (Melb) Round Robin (Secondary Students)
Mon. 14 th Aug	National Science Week

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

Come join the fun at Our Patch.

We have a new Café and shop with a different healthy eating menu (and for the monsters, there is their own wacky menu from Toenail tea to eyeball ice cream and a lot more).



This week: Rocks and Mineral

Children are investigating their favourite Minecraft resources in real form.

Next week: will be **Horse Week** celebrating the horse's birthday on 1st August. We will be playing the game Horseoply and reading about horses and the different breeds of horses.

We are offering Karate on a Thursday afternoon.



Term 3 ASC (After School Care) Specialist Offering ...


St Mary's College
**Term 3
Specialist Offering**
Karate with Barry from Ryu Senshi Dojos

Commencing Thursday 20th July for 6 weeks.
This specialist offering allows children to become fitter and stronger, develop confidence, focus, and discipline within a safe, fun and friendly environment.

Thursdays
4pm - 5pm



Join us at
the Patch
Room

Included as part of the After School Care Program Fee
To register and book; visit www.ourpatch.education/before-and-after-school-care/ or call our Customer Care Team on 1300 018 310


St Mary's College
Karate

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Lynne Fulton (Patch Leader)
Ph: 0475 451 524
www.ourpatch.education

Community Advertisement

The **mainly music group** at The Salvation Army in Seymour welcomes families looking for community, looking for a place of social inclusion, looking for a place of belonging. They're part of a nationwide network of mainly music and mainly play groups.

If you're not aware of the charity, mainly music – here's a short introduction:...

Families with babies and pre-schoolers come to enjoy a time of interactive fun with music followed by morning tea and play, or for the adults, morning tea and chat. The interactive music is not only a time of delight, its full of educational and developmental outcomes, and is an experience of attachment, creating resilience in children who attend. It's a joy-filled place of belonging.

If you'd like to know more: <https://mainlymusic.org/pages/about-us-1>

The group has space available in their Thursday morning sessions for families struggling with the effects of social isolation because they're not connected with others who have young ones, who are new to the area, or who are new to parenting!

If you want to know more, please call the Team Leader, Lauren on [\(03\) 5735 8400](tel:0357358400), who can let you know other details specific to the group.