Year 71
Year 71 proudly displaying their fantastic linocuts which they made in Art.

The linocuts were presented to their Mums for Mothers Day.

Primary Cross Country
On Thursday 14th May the primary area held their annual school cross country RUN/WALK within the school. Thank you to the parents, teachers and student representatives who helped to make the morning and afternoon a successful one. Also students in Gr 3/4/5/6 who placed in the top 8 will participate today in the District cross country at Kings Park, Seymour. Fantastic effort by all house groups.

LEFT: Grades F-2 cross country winners Dallas Ridi, Jhett Wyatt, Melrose Pambai and Mandessah Wyatt.

RIGHT: Grades 3-6 cross country winners, Giselle Tennant-Andrew, Beau Fennell, Harry Tennant, Gabby Kirkham, Mitchell Stafford, Hannah Cotter, Trigher Hill and Charlotte Cotter. Well done everyone!!

Well done everyone!!

Parents are requested not to text or call their children during class time. Any messages can be forwarded to students via the office.
PRINCIPAL’S REPORT

Student Learning

The annual NAPLAN tests were completed last week and it was very encouraging to observe our Years 3, 5, 7, and 9 students completing these tests and trying their personal best. We await the results which are expected to be to schools by July.

Secondary Indonesian students visited Bali Bagus this fortnight and were tempted by the culinary delights and opportunity to use the language – a great way to immerse our language learners in authentic discussions.

Year 10 students have been representing our College with pride as they ventured out to Work Experience placements under Mr. Linton’s supervision. Thank you to the businesses who supported our students by offering real-life experiences as well as access to learning workplace protocols. These experiences help to support our students when they start making career pathway options. Students are able to make their life changing decisions with clarity and confidence.

Canoeing has been undertaken by our Year 11 Outdoor Education students at Tocumwal and by all accounts the students worked in teams and supported each other to achieve their set tasks.

We are very fortunate to have qualified staff to deliver these curriculum offerings to our students.

Student Engagement and Wellbeing

Every day counts in the education of our children, and it has been fantastic to receive feedback from parents regarding our text alert system at 9.30am each morning. The partnership between home and school is strengthened with this real-time system which ensures that students do not miss out on learning time.

Student assemblies have also focused on the College Council approved uniform. It is a requirement that students are correctly dressed in the College uniform. If you are having difficulties with providing correct uniform items, please contact myself or Jeynelle McLennan on 57711300.

Safety Concerns

We have been contacted by concerned neighbours in regards to parents parking over driveways when dropping their child/ren at school. Please ensure that you park safely in approved areas when delivering your children – remember they learn their skills from adult behaviours.

Transition

Open Day on Wednesday 20th May – this was a great success and showcased our Kindergarten to Foundation, Years 6 to 7 and Years 10 to 11 transition points across our College. Many thanks to our parents, students and interested community members who attended, joined in the tours and all the activities on offer.

Thank you to the staff and organiser, Mrs. Trish Bulluss, for their work in ensuring the Open Day was such a great success. We are very happy to offer tours of the College if you were unable to attend on Wednesday. Please phone the office on 57711300 for an appointment.

Gail Hardman – Acting Principal

The year 12 VCAL students would like to thank the families of Seymour College for your involvement in our Homelessness Food Drive. We were overwhelmed with the support of both students and staff and have a considerable amount of food to donate to the Salvation Army. The year 11 VCAL class will be running a Blanket Drive in the coming weeks to conclude their homelessness unit for their Personal Development studies.

Many thanks for your support,
Anna Dundon—Year 12 VCAL

Foundation & Grade 1

We are in the middle of an exciting period of the year in the Foundation/One area as we enjoy watching the growth in our students.

But it is important that students continue to work hard, and that we make sure that we are all making the most of our learning time.

This means being at school, unless there is a good reason such as illness, and also being at school on time.

We have also been enjoying a raft of different Show and Tell items in our learning space.

A highlight was a joey brought into our area by Ivy, which proved a hit with students who enjoyed a pat of the cute little creature.

Thank you, also, to all who came and visited our area for the College’s open day on Wednesday.

It was a great chance to showcase what we are doing with our students.

We are also appreciating the tissue donations.

The cold season is upon us and it is important that we have tissues to share in our learning spaces.

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Grade 3 & 4

Last Friday the grade 3/4s participated in Jamie Oliver’s Food Revolution Day. The grades enjoyed themselves immensely by cooking in teams and working cooperatively. The students weren’t so sure about some of the ingredients but their involvement and excitement gave them the confidence to try. The response was overwhelming with most students loving their ‘Squash It’ sandwich. A huge thank you to all parents who donated vegetables and fruit that was needed for the day.

We also thank Safeway Seymour for donating the rolls.

Well done to our Cross Country participants. They all tried their best and represented their school with pride.

If you can spare a box of tissues for the classroom, it will be greatly appreciated. Runny noses are beginning to surface.
On Friday the Grade 1/2’s participated in Jamie Oliver’s 2015 Food Revolution making a ‘Squash It Sandwich’. It was great watching the excitement of the children and seeing the new skills they developed. There was chopping, mixing, spreading, bashing and finally assembling the squashed vegetable roll. There were a few comments before we started by the children that they didn’t think they would like it, but credit must go to the children because they all had a try and some of the children found they quite enjoyed it!

Thank you to the parents for donating vegetables for this class, this brought down the cost of the day significantly. Also thanks needs to go to Seymour Woolworths for donating the rolls for all the grades participating. A big thank you to the parents, grandparents and Cherie who helped us to make the sandwiches and with the dreaded clean up afterwards – so many little bits of carrots, cauliflower, capsicum etc.

We are still getting jumpers and containers left at school without names on them. It is much easier to return items if they are named correctly.

Quite a few children are not bringing their home readers and library books to school because they have misplaced them. Could you please have a look around at home and see if you can find these items and send them back to school?

Today we made a squashed sandwich with Jamie Oliver. First I cut the vegetables. Then we made the dressing, it smelled horrible. Then we put the vegetables in a tea towel and bashed them. After that we put the cream cheese and hummus on the roll. It was delicious.

Isabelle Kemp

Today we made a squashed sandwich. First I cut the vegetables with the knife. Then I bashed them. Finally we got to eat them.

Elijah Gutierrez

Today we made a squashed vegetables bun. It had a multigrain roll, cream cheese, hummus, radish, cucumber, carrot, cauliflower, capsicum, apple and snow peas. First we cut up all the vegetables and then we bashed the vegetables up. Then we put the vegetables into the bowl and then we put the cream cheese onto the bun and then we put the vegetables in the bun and then we ate it.

Riley Fairbridge

Students are reminded that they are to stay within the College grounds at all times. If caught without a note or VET lunch pass, students will be issued with a letter of warning. The second offence will incur an in-school suspension. After school detentions will be enforced if students continue to leave the premises without permission.

Mrs Hardman
Acting Principal

We have nearly reached the half way mark for term 2 and the weather is definitely getting colder! All students must be coming to school wearing the correct school uniform including a navy blue jumper and correct pants. There are now two new options for girls pants, both of which you can have a look at at Kerri’s. Any student that turns up to school wearing a hoodie will be asked to take it off for the day.

It is still really important that all students are returning their homework weekly and that reading diaries are returned daily. This week the children are being tested on the 6 x tables and next week on the 12 x tables. We have just started new units in class on poetry and algebra.

Maryborough training is back! Mr Sawyer and some of the other 5/6 teachers will be out on the basketball courts as of this week so we are looking forward to seeing some students returning to the bikes and some students riding the bikes for the first time!

Debating

Every Tuesday afternoon this term, we have had a group of students, made up of 13 grade 6’s and 1 grade 5, participate in an online virtual debating forum.

There are seven schools involved, Grovedale PS, Benalla P-12, Seymour College, Mildura West PS, Tallangatta PS, Torquay P-6 College and Werrimull P-12 School. Each week, 4 schools face off against each other and the remaining schools play various roles such as timers or adjudicators. This has been a great experience for our students as they are learning many things such as; how to write their own speeches; what a rebuttal is and how to form one in a short amount of time; to take and show responsibility by taking on various roles; and they are also learning how to work as a team.

The program continues every Tuesday for the rest of the term, leading up to finals in the last couple of weeks of term. Good luck debaters!!

Debate Team

Here are the Years 5 & 6 Debate team, Keely Wright, Caleb Ilbury and Caine Fletcher.

This photo is taken by the Benalla College and what they view through the polycom unit.

Ms Dennis is extremely pleased with the effort and preparation the students are putting in.
Cross Country

In the next few weeks we will have over 100 students representing our College at both the primary and secondary cross country events. We had very spirited competitions for these events showing a great enthusiasm. Our age champions for each division are as follows:

9 year Boys  Trigher Hill, Girls Charlotte Cotter
10 year Boys  Mitchell Stafford, Girls Hannah Cotter
11 year Boys  Harry Tennant, Girls Gabrielle Kirkham
12 year Boys  Beau Fennell, Girls Giselle Tennant-Andrews
13 year Boys  Mitchell Lusted, Girls Shelby Seal
14 year Boys  Sam Durham, Girls Lucy Zotti
15 years Boys  Cooper Battistan, Girls Katie George
16 years Boys  Ryan Allison,  Girls Maxine Palholek
17 year Boys  Mitchell Waite, Girls Casey Drummond
20 year Boys  Tim Kearns, Girls Sarah Szczyluski

Well done to all those students who will be representing our school and remember double knots in your shoe laces before you start!

Mr Garner - Sport Coordinator

Australian Early Development Census

In 2015, our school, along with thousands of others across the country will begin the third Australian Early Development Census (AEDC).

The AEDC measures five key areas of development in children during their first year of full-time school to build a national picture of health and wellbeing. Since 2009, the census results have helped communities, schools and governments plan services and target support for children and families.

Teachers are trained to assess each child and answer questions. Children don’t need to be present so no class time is missed, and parents/caregivers don’t need to supply schools with any new information for the census. Teachers’ individual assessments are then analysed by the AEDC and reported as anonymous groups of children in the final report.

In communities across the country, census results have helped communities to plan new playgrounds and parental services; schools are seeing improved student performance through new literacy programmes; and governments are using the results as evidence to develop better policies for children.

Teachers have also noticed practical benefits in the classroom. Some said in previous years that completing the assessments made them more aware of the needs of individual children and the class as a whole. Others reported that the census results are useful in planning for transitions to school and for developing class programmes.

Participation in the AEDC is voluntary. Parents/caregivers don’t need to take any action unless they choose not to include their children in the census.

To find out more about the census and how communities are using the data to help children and families visit the AEDC website [www.aedc.gov.au](http://www.aedc.gov.au).

For any queries about the AEDC at Seymour College, please contact Adrian Reeders – Acting Assistant Principal – Teaching and Learning.

Parents & Friends Assoc. News

A big thanks to all families who have supported and assisted in fundraising events so far. Many hands make light work. If you are able to help in any way it is greatly appreciated.

We welcome anyone interested in coming along to our monthly meetings and share suggestions for future fundraising events. Next meeting is at 5pm on Thursday 28th May in the Staff lounge in the main Admin building.

Our next event is only a couple of weeks away, so to make this another successful event share with family and friends and book in early. Details went home earlier in the week to the F - 6 and Special Ed students.

**Advancedlife Studios - Family Portraits Fundraiser**

Where: Seymour College – Junior Games Hall.

When: Saturday 13th June

Price: $20 per sitting

Contact: Karen Wright

Phone: 0431 865 714

Email: kali04@bigpond.com

Contact Karen to arrange payment and your sitting time.

They’re Back ……

It has come to our attention that some students in the school may have head lice and I seek your cooperation in checking your child’s hair.
eheadspace is a confidential, free* and secure space where a young person or their family can web chat, email or speak on the phone with a qualified youth mental health professional.

Who can access eheadspace?
eheadspace offers online and telephone mental health support to young people aged 12-25 years and their families or friends. Young people may contact eheadspace if they need advice, are worried about their mental health or are feeling isolated or alone.

eheadspace is not a crisis service.

eheadspace email, web chat and phone support provides flexible ways for young people who don’t have a headspace centre nearby or don’t feel ready to visit a centre, to get the help they need.

eheadspace aims to provide improved access to support for young people who are known to be less likely to use traditional services such as young men, Lesbian, Gay, Bisexual, Transgender and Intersex (LBGTI), Aboriginal and Torres Strait Islander, Culturally and Linguistically Diverse (CALD), homeless, rural and remote young Australians.

What does eheadspace offer?
eheadspace is staffed by qualified youth mental health professionals who can help young people by exploring what is on their mind, what help is available and how they can build coping skills.

Depending on the needs of the young person, eheadspace may provide esupport or etherapy. Interventions offered will be based on assessment, formulation and shared decision making.

Registering with eheadspace
Young people or family members must register at www.eheadspace.org.au to use the online and email service. They can remain anonymous (full name is not required for registration), but they will need to provide a username and email address as registration is a two-step process requiring email verification. There will also be some information collected as part of the registration process such as age, sexuality, gender, postcode, education and other information to assist the eheadspace clinicians. Young people who make their first contact with eheadspace on the phone will be asked to provide the same information.

Referrals to eheadspace
Workers and teachers can provide referral information that may assist eheadspace clinicians to support a young person. To provide referral information or to negotiate a shared care arrangement call eheadspace on 0488 200 053.

It can be helpful to assist young people with the eheadspace registration process at eheadspace.org.au. Young people can send an email to eheadspace to schedule their first appointment.

Referrals from eheadspace
eheadspace acknowledges that not all mental health problems can be appropriately addressed online. When this is the case, young people will be supported and encouraged to attend face to face services. eheadspace aims to make referrals and communication between eheadspace and other services as seamless as possible.

eheadspace will offer assisted referral, where young people are supported to access face to face services (including headspace centres) and will continue to support young people while they await an appointment or are in the process of engaging with a face to face service. An eheadspace clinician may stay involved and be part of the overall care plan for a young person, even if they have been referred to face to face services.

When young people accessing eheadspace already have face to face services in place, eheadspace aims to work collaboratively with these services.

* Calls from mobile phones attract normal call charges
Mitchell Community Ice Education

ICE, or Crystal Meth, is a very powerful amphetamine. Its increased use is emerging as a significant concern for communities across Victoria. Far more powerful and longer lasting than speed, ICE has greater potential for devastating effects on individuals, families, services and the community.

This Information session is for anyone wanting to find out more about the drug and its impacts, young people, parents, community groups and sporting clubs.

Ice Information Session

Open community session

When: 7pm, Thursday 28 May 2015

Where: Broadford Hall, 8 Murchison Street
Broadford

A light supper will be provided.
All Welcome.

For more information contact us:
Mitchell Youth Services
t: (03) 5734 6200
e: youth@mitchellshire.vic.gov.au
w: www.mitchellshire.vic.gov.au
Connections

News and Ideas from Creating Connections Australia

May 2015

Contact Information:
Sherri Cincotta & Elissa Plumridge
Phone: 0427 564 077
Email: info.creatingconnections@gmail.com
Website: www.socialskillsprogramsnow.com

Workshop & Seminars for 2015

Shepparton—Thursday 11th June 2015

Topics will include:

Creating An ASD Friendly Environment
A practical workshop, with lots of strategies and ideas for the classroom, home or other setting

Social Stories™ & Scripts
A workshop based on the concept of using Social Stories™ and social scripts to support people with ASD or additional needs – suitable for professionals and parents / carers.

NEW WORKSHOP!!
Understanding & Supporting Behaviour (including Emotion Management)
Coming in Term 3

See website for more details
http://socialskillsprogramsnow.com/programs/workshops/

Latest News

Welcome to the May 2015 edition of Connections!
We have been very busy developing and delivering our Social Skills Professional training program both in Echuca (in March of this year) and in Bendigo, May 2015. If you have missed the opportunity to book in this time, please stay tuned for future dates and venues later in the year.

We will be offering a NEW workshop on ‘Understanding and Supporting Behaviour’ this coming July 2015. Please look out for more details coming soon via email and Facebook.

We are very excited to announce that we’ll be presenting / speaking at the Asia Pacific Autism Conference (APAC) in Brisbane this coming September. For more information about APAC 2015, you can have a look at the website at www.apac15.org.au

Please remember to find us on facebook & twitter and to regularly check our website to find out about our current events and services that we offer.

Happy Connecting!
Sherri & Elissa

Providing Support through:

Social Skills Programs ~ Workshops ~ Education ~ Consultancy
Mentoring ~ Communication ~ Information

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**Something to ponder…..**

“When a person feels understood, and has an understanding of the world around them… life becomes a better place to be.”

~Creating Connections Australia~

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**Ideas to Share**

### Why should we consider the sensory needs of a person?

Sensory sensitivities can have a huge effect on someone’s behaviour and wellbeing. It is important to be mindful that each person has their own set of sensory needs and reacts differently to the sensory input in the environment. The sensory input needed or, to be avoided is very important when considering how to set up a sensory friendly environment. It is worthwhile looking at and writing up a plan for someone’s sensory diet / needs. When sensory needs are met and supported during the course of the day, we are more likely to lessen the effect of sensory overload or meltdown that can be a result of too much or too little input.

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**Autism Month—Facebook Forum Question**

In April we had an open Facebook consultation session where people had the opportunity to ask any questions they wanted answers to…

“One of the students that I support is quite disruptive to other students in his class and has also recently begun to refuse to participate in class activities. None of the usual strategies that we use seem to be helping. Can you suggest any Autism specific behaviour support strategies?”

**Answer:**

“The first thing that we’d suggest is to think about ‘what is the behaviour communicating’ - our favourite catch phrase :)” …..

…….. The rest of the answer to this question and the other questions and answers can be found on our facebook page:

www.facebook.com/creatingconnectionsaustralia

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**Upcoming Events**

**Social Skills Training Program**

*Do you want to be able to develop and facilitate your own effective social skills programs within your organisation or school community?*

**HERE’S WHAT OUR PROFESSIONAL NETWORKS HAVE BEEN ASKING US FOR!**

The program is suitable for Teachers, Teacher’s Assistants, Counsellors, Social Workers, Therapists, Community Workers, and any other person who supports people with diverse needs.

The Program will run in May 2015 over 3 sessions—Wednesdays 13th, 20th & 27th, in Bendigo

For more information please call 0427 564 077 or email info.creatingconnections@gmail.com

**Disclaimer:** While every effort has been made by Creating Connections Australia to ensure that the information in this publication is up to date and accurate, Creating Connections Australia does not give any guarantees or warranties in relation to the accuracy, completeness and up to date status of the included information. Creating Connections Australia will not be responsible or liable for any loss or damage suffered by any person arising out of the reliance of any information in this publication. Information is provided as general advice only and is in no way a substitute for individual advice, or in some cases, medical advice.

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Would like to invite students from schools in the region to participate in our LIN Reconciliation event!

The LIN in partnership with Mitchell Shire, is organising a community event to get people and services together to have a yarn about local issues and what reconciliation really means to them.

**Event details:** Wednesday 27\(^{th}\) May

**Time:** 2-4pm

**Venue:** Chittick Park Community Space, Pollard Street Seymour

National Reconciliation Week (NRW) is celebrated across Australia each year between 27 May and 3 June. The dates commemorate two significant milestones in the reconciliation journey—the anniversaries of the successful 1967 referendum and the High Court Mabo decision.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort.

We would warmly welcome any artwork from local students that showcase messages of reconciliation that we can display at our event.

Please contact your Koorie Engagement Support Officer (KESO) to find out more details of how to get involved!

Thank you on behalf of the participants of the Seymour LIN!
ABSEILING • ROCK CLIMBING
BUNGEE PULL • PLASTER PAINTING
MINI MARKET • BOULDERING WALL
EXTREME CHALLENGE • RC CARS
DEVONSHIRE TEA • BBQ AND MORE!

Try Scouting Day!

Sunday, 24 May, 2015
10am - 2pm
The Island, Broadford
$10 entry, ages 5+

Sponsored by the Mitchell Shire Council

Cherie: 0407 220 374  Craig: 0408 571 560
Camps, Sports & Excursions Fund (CSEF)

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund will ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

The annual CSEF amount per student will be:

- $125 for primary school students
- $225 for secondary school students.

How to Apply
Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

Closing Date
You should lodge a CSEF application form at the school by 26 June 2015.

For more information about the CSEF visit www.education.vic.gov.au/csef
What can we in the Seymour area do to create a sustainable Seymour? Two workshops will look at ways to reduce our carbon footprint and reduce what we spend on personal and community energy. Everyone is welcome to come, listen and contribute their ideas.

**Workshop 1: Tuesday 2nd June**

*Chittick Place, Seymour from 1:30 to 3:30pm OR VRI Hall*, Seymour from 7:00 to 9:00pm

Beyond Zero Emissions (BZE) will present ideas from four reports developed by energy specialists covering stationary energy (solar, wind and more), retrofitting buildings to reduce energy costs, using farming and forestry to absorb carbon, and proposals for high speed rail through Seymour. These ideas will set the scene for the second workshop. *Afternoon tea/supper provided*


*VRI Hall - Victorian Railways Institute Hall is next to Seymour Station, on the bus terminal side.*

**Workshop 2: Saturday 27th June**

*Seymour Baptist Church, 82-86 Avenel Road, Seymour, 9:30 for 10:00am to 3:00pm*

This will follow on from Workshop 1 to identify and discuss the practical steps that can be taken individually and as a community to work towards a zero-carbon and low cost economy for Seymour. Morning tea and lunch provided and child care available: **$10 per adult, BOOKINGS ESSENTIAL.**

*Information and bookings: Peter Mitchell 0468 795 954, beam.inc@hotmail.com or Pat Coffey 5799 1119, michaelpat@optusnet.com.au*

BZE is a not-for-profit research and education organisation. The Mission of BZE is to demonstrate that technical solutions to climate change already exist, are practical and feasible and can be implemented immediately. The workshops will be led by Stephen Bygrave, CEO of BZE. Seymour U3A, The Seymour We Want and BEAM Mitchell Environment Group are supporting the workshops and the many actions and outcomes from the workshops. BEAM is organising a Sustainable House Tour on Sunday 14th June and all are welcome.