

## Seymour College School Wide Positive Behaviour

At Seymour College, we strive to:

**"I treat others the way I wish to be treated by caring for personal and school property".**



VOL 13

Thursday 1 August 2019



**Seymour**  
College

is proudly hosting a

VCE/VET/VCAL

Information Night

A warm invitation is extended to students and parents.

**Wednesday 7<sup>th</sup> August 6:30 pm**

Community Arts Centre  
(Corner Loco & Anglesey Streets)

Find out about VCE subjects available in 2020, VET courses on offer and how to apply for VCAL.

Phone 57711300

### IMPORTANT DATES

**Monday 5<sup>th</sup> August**

Clay Target Practice Shoot

**Wednesday 7<sup>th</sup> August**

Energy Breakthrough  
Training

Years 7-12 & 5/6

**Wednesday 7<sup>th</sup> August**

Information Night  
6:30pm

### **CHANGE OF DATE**

Parents & Friends  
meeting will now be  
held on **Thursday 8<sup>th</sup>  
August**

**Friday 20<sup>th</sup> September**

Last Day Term 3

**Monday 4<sup>th</sup> November**

Curriculum Day  
Pupil Free

Reading is my  
**SECRET POWER**



CBCA Book Week  
17-23 August 2019  
#CBCA2019  
www.cbca.org.au

### **Book Week is fast approaching!**

Our annual book character parade for primary and inclusive students will be held on

Friday 23<sup>rd</sup> August on the basketball court at 9.15am.

This year's theme is "Reading is my secret power".

Parents, carers and families are welcome to attend.

We look forward to seeing you there!

# PRINCIPAL'S REPORT

Welcome to Week 3 of Term 3!

The primary students have had access to the Life Ed Van this past fortnight and have extended their knowledge around keeping healthy and safe. Training for the three day bike ride has commenced and it is wonderful to see the students displaying safe riding behaviours around the school grounds in their practice sessions after school.

Our senior inclusive education students travelled to Nestle to further research and participate in a program called Project Ready. This project will enhance their personal development, numeracy, literacy and team skills as they plan to improve the garden area in the high needs playground.

Our State School Spectacular students have travelled to Melbourne Town Hall for a mass choir rehearsal and the dance students have been rehearsing with Ms Ward and Ms Gatt. This event will occur on Saturday 14<sup>th</sup> September and tickets are available through Ticketek [www.ticketek.com.au/spectacular](http://www.ticketek.com.au/spectacular).

Senior students have had the opportunity to visit Broadspectrum at Puckapunyal and have also been briefed by the Rotary Club of Seymour around what to expect in their mock interviews. Our thanks to the Rotary Club of Seymour for continuing to support this important and effective initiative. It supports our students to be fully prepared for their first world of work interview.

College Council met last week and approved the updates to the following policies:

- Medication Policy
- Vehicle Policy
- Child Safety Policy
- Child Safety Reporting Obligations Policy and Procedures.

These can be viewed on our website and I encourage you to visit our updated website so that you can stay abreast of College life and facilities.

Our annual 'VCE/VCAL/VET Information Evening' will run on Wednesday 7<sup>th</sup> August starting at 6:30 pm in the Community Arts Centre. Please mark this on your calendar as it is essential for all students moving into Years 10 and 11 in 2020 and beyond to have a clear understanding of their pathway possibilities. It is also a great way for parents to support their children and be fully informed of the options available. Staff will also be available to answer questions and discuss possible pathways for your child.

I look forward to seeing you on the evening of Wednesday 7<sup>th</sup> August at 6:30 pm.

Remember, every school day counts in your child's education and it is rewarding and exciting to be part of the ride.

**Gail Hardman - Executive Principal**

**Child Safety Standards** – we are committed to the safety and wellbeing of all children and young people. This is our primary focus of our care and decision-making. Seymour College community has zero tolerance for child abuse.

## SUSTAINABLE SCHOOL SHOP

**BUY & SELL** second hand text books, uniforms, calculators, musical instrument, sports gear, Uni books and more.

Register on the Sustainable School Shop website: [www.sustainableschoolshop.com.au](http://www.sustainableschoolshop.com.au)

An annual subscription to this service has been kindly provided by Seymour College.



## Visit To Melbourne Uni

During the holidays, three of our Year 12 students – Benjamin, Daniel, and Elanah – attended the SEAMS program at the University of Melbourne, which is a residential camp for maths and science students. They had an opportunity to have a taste of university life, attend revision classes, take part in laboratory sessions, and get ahead on their Unit 4 content.

*Bernadette Young - Teacher*



## 2019 Parent Opinion Survey

### We Want Parents to tell us what they think!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents.

All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from **Monday 22<sup>nd</sup> July to Sunday 11<sup>th</sup> August.**



Emily Chapman enjoying the great outdoors whilst on work experience at Rubicon.

## Seymour College Has Talent 2019

**Dates:** Friday 30<sup>th</sup> and Saturday 31<sup>st</sup> August

**Time:** 7pm

**Where:** Seymour College Community Arts Centre (cnr Loco St & Anglesey St)

**Tickets:** On sale at the General Office from Monday 19th August – **\$5 per seat**

\*Preps only perform at the Friday night show

\*Food and drinks available for purchase during intermission

\*No prams allowed in the auditorium

# Life Education Van

Last week the students had a visit from the Life Education Van. It was great to see so many students get excited about Harold visiting the school. All classes from Prep- 6, including Inclusive Education experienced a very interactive session learning about health topics such as; Friendships, Safety Rules, Decisions and Medicines. We are very lucky to have this fantastic resource visit our school and we would also like to thank Hayley (Life Education Educator), for her positive delivery and engagement with all our students.



A couple of students from Inclusive Ed reflected on their experience in the Life Education Van.

**Kristina 3/4S-** The most important message I will remember is... don't take anyone else's medicine. One new thing I learnt is that medication goes into our blood. The part I liked the best was Healthy Harold and the heart.

**Delilah 3/4S-** The most important message I will remember is not to smoke. I would like to learn more about high caffeine drinks. The part I liked the best was the videos.

**Katherine Cook**

THE VICTORIAN STATE SCHOOLS

**SPECTACULAR**



We are proud and excited to have some of our students participating in the *2019 Victorian State Schools Spectacular: Made of Stars*

The Spectacular brings together government school communities from across Victoria. Fittingly, this year's theme, *Made of Stars*, will feature a galaxy of out-of-this-world performances showing that these students are made of star stuff.

The three-hour live show – involving music, dance, skateboarding and circus arts – will be performed to an audience of around 12,000 people at Melbourne Arena on Saturday 14 September over two shows at 1pm and 6:30pm.

Talented Victorian students will feature on stage, while many other students will work behind the scenes, gaining unique, on-the-job, professional experience.

The Spectacular is a creative vision of industry professionals including Creative Director Neill Gladwin, Musical Director Chong Lim AM, Dance Director Deon Nuku, (Scooby Doo, Happy Feet, Moulin Rouge) and Associate Dance Director Yvette Lee, (Dancing with the Stars, X-Factor Australia, Australia's Got Talent and So You Think You Can Dance).

For a fun, family entertainment experience, and to cheer on our students from the audience, be quick to secure tickets when they go on sale at **9am Wednesday 12 June** via [www.ticketek.com.au/spectacular](http://www.ticketek.com.au/spectacular)

Adult: \$40  
Child Under 15: \$20  
Concession: \$30

Buy 10 tickets and get one adult ticket free (the 11th ticket is free) by calling Group Bookings on **1300 364 001**.

## Graeme Clark Oration Excursion



Last week a group of senior science students travelled to Melbourne to attend the Graeme Clark Oration. This speech was given by Professor Timothy Denison from Oxford University, who spoke about his research into bioelectronics. Professor Denison gave a fascinating insight into the crossover between physics, biology, medicine, and engineering, through his work on neural technologies that improve the lives of people suffering neurological diseases.

After the lecture, students had a chance to talk to people working in the field of biotechnology. The group then celebrated with a pizza dinner in the Melbourne CBD – and defied the teenage stereotype by choosing to put their phones on a pile and not touch them for (most of) the meal!

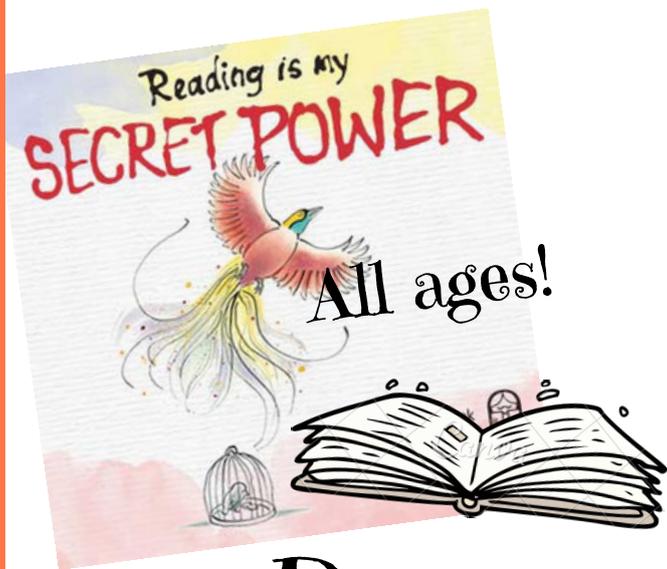


# Students of the Week



# BOOK WEEK DRESS UP DAY

FRIDAY 23<sup>rd</sup>  
AUGUST



Dress up as your favourite book character!





**Free entry** – donations to help cover costs of license etc. appreciated.



**BYO bean bag/cushions  
to enjoy the movie in comfort.**

# **Saturday 10 August 2019**

**Doors open 6:30pm for 7pm movie start.**

**Venue:** Seymour Uniting Church, 11-13 Crawford St.



Snacks including pop corn and drinks available for purchase.

Come enjoy a movie from the last few years on a big screen. Due to our license, the movie title can be found on our Facebook page, Seymour Uniting Church.

**For more info contact:**

Peter: 0419 863 804 or Michael: 0458 742 362

Facebook: Seymour Uniting Church.



Seymour Uniting Church serving our community.



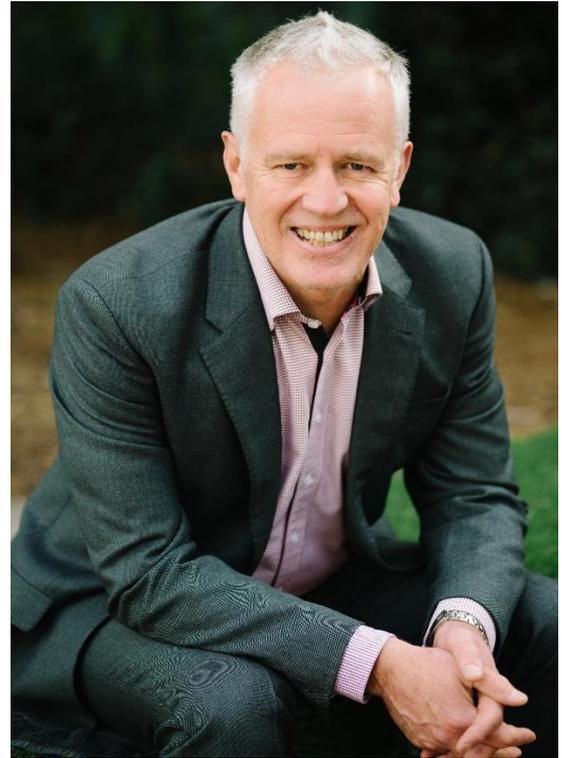


School Focused Youth Service



# **ANXIOUS KIDS: HOW CHILDREN CAN TURN ANXIETY INTO RESILIENCE**

## **MICHAEL GROSE**



Today, more and more children are affected by anxiety to the point of it impacting on their happiness and quality of life. Although anxiety can be a major problem, it doesn't have to be a lifelong struggle. Research informs us that anxiety left unmanaged in childhood will almost always reoccur in adulthood. Fortunately, there's so much we can do to help kids turn their anxiousness into real, lifelong resilience. Join Michael Grose for a parent presentation 'Anxious Kids: How children can turn their anxiety into resilience.'

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators and an award-winning speaker who has been informing and inspiring audiences around Australia, and internationally for more than 20 years.

<b>DATE:</b>	Thursday 19 September 2019
<b>TIME:</b>	6.30pm – 8.00pm
<b>WHERE:</b>	St Mary's College High Street, Seymour
<b>RSVP:</b>	Friday 23 August 2019 <a href="https://forms.gle/E1ZymYo2CC9XWWiX8">https://forms.gle/E1ZymYo2CC9XWWiX8</a> Or contact Joanne Harrison at Berry Street on 5735 1804 Email: <a href="mailto:jmharrison@berrystreet.org.au">jmharrison@berrystreet.org.au</a>



[www.familycare.net.au](http://www.familycare.net.au)

# Balancing Love & Discipline

## A parenting program



**8 Week Course  
Tuesdays**

**July 30 — September 17**

**Time: 7.00pm Til 9.30pm**

**Venue: Kilmore Primary School**

**Lancefield Road, Kilmore  
Entrance on Sutherland St.**

**No Cost**

**New participants welcome up to session 4**

It is very common these days for fathers to be taking a much more active role in family life. Mothers are also finding that there are more demands on their time from a financial point of view. Fathers who find themselves more involved in the parenting part of family life may also find themselves wishing for more options for dealing with the day to day issues that arise in the home.

This course is suitable for all parents who would like to meet with others to explore ways to increase their options in dealing with the various issues that parents experience while supporting and nurturing their partners and children of all ages.

Some of the topics that have been helpful in previous groups include:

- Communication
- Teaching life skills
- Issues of discipline
- What is normal for kids?
- Confronting unacceptable behaviour
- How to help your child when they are anxious, angry or upset

***“Discovering that others are experiencing problems almost identical to your own somehow seems to lighten your load.”***

***“I can use this with my husband as well as my children.”***

***“Helpful, done it twice and taken away different strategies each time”***



**For more information or to book  
contact Family Care:**

**Tel: 1800 663 107**

**This is a free and confidential service.**

## **Balancing Love & Discipline**

Facilitator: Marc des Landes

Marc des Landes is a Men's and Family Relationships counsellor with FamilyCare and has been running parenting programs within the Mitchell and Murrindindi shires since 1997.

The content of the program is based on research and evidence based practice. Hence, the program has grown and changed over the time that Marc has run the groups. Marc also brings his own passion based on being a parent of four adult sons and daughters and two grandchildren, all of which ensure a continuing interest in parenting.

Marc also encourages parents to identify their own strengths and experience as the real experts in their own kids.

The groups are usually run in schools or local community Learning Centres within the shires of Mitchell, Murrindindi and Strathbogie.

Feedback from previous participants includes:

“I feel empowered and more confident in my parenting. Feel I have choices and tools to use instead of repeating the same mistakes, or parent like my parents did”

“Pleased that I'm not the only one with problem children”.

“There can be many different ways to approach how you deal with children's behaviours and YOU have a choice of strategies that suit your own circumstances”.