



## Science Open Day

During Term 4, all 7-10 Science classes worked on an extended project, exploring the theme of *Dynamic Humanity*. Students developed a range of skills including planning, constructing, inventing, and refining, as well as collaboration and communication. Last Thursday the students showcased their work to the school and wider community. They displayed and explained their projects brilliantly, and received positive feedback from all visitors to the exhibition. Huge thanks to all Science teachers, and also to Mr Stute and Mr Macleod-Smith who cooked a delicious sausage sizzle on the day!

### IMPORTANT DATES

**Mon 16<sup>th</sup> - Thurs 19<sup>th</sup>  
December**  
End of Year Activities

**Tuesday 17<sup>th</sup> December**  
Family Evening  
Primary & Inclusive Ed

**Thursday 19<sup>th</sup> December**  
Curriculum Day  
Pupil Free

**Friday 20<sup>th</sup> December**  
Last Day Term 4  
Finish 1.30pm

**Friday 24<sup>th</sup> January**  
Book Sell Day  
8.30am - 12.30pm

**Wednesday 29<sup>th</sup> January**  
First Day Term 1

**Mon 17<sup>th</sup> - Fri 21<sup>st</sup>  
January**  
Bogong Outdoor Camp  
Year 9



# PRINCIPAL'S REPORT

As the 2019 school year draws to a close, I would like to take this opportunity to thank all parents and community members who have supported the College to ensure that our students have had a variety of learning opportunities

The College has close partnerships with Seymour Rotary, Broadspectrum, Local Learning Employment Network and School Focused Youth Services and again our students have excelled as they have experienced authentic learning experiences with our partners.

My thanks are extended to the dedicated staff who have provided the learning programs for the students, to the College Council for overseeing College policies and improving the physical environment for teaching, learning and playing and to the Parents and Friends Club for the many fundraising activities throughout the year.

It has been a pleasure to lead the College this year and I am looking forward to our end of year celebrations at the various award ceremonies. Our VCE students received their results today and I can announce that Daniel Murray is Seymour College Dux for 2019 with an ATAR of 96.

Our College has much to be proud of and the students have excelled in many areas of College life including the areas of academia, music, sport and as ambassadors in the wider community. I would like to thank the student leadership team for their work throughout the year. The College has continued to focus on teaching and learning, especially in the area of reading again this year. Reading is the major predictor of student success throughout their life. The teaching of literacy and numeracy will continue to be a major focus in 2020.

Learning will be further supported by the opening of our new learning building on the first day of school next year. The staff have completed their first walk through of the building yesterday and were impressed by the flexible teaching and learning opportunities available to all.

The Seymour Family and Children's Centre, located on Stewart Street, will also be open for kindergarten and maternal and child health services late in January, 2020. Our community will once again benefit from the investment in our families and children with these new buildings and the services that they will provide.

Statewide Orientation occurred on Tuesday 10<sup>th</sup> December, and we welcomed our many St Mary's students into Year 11 for 2020 and the Foundation students for 2020. All students progressed to their 2020 year level and I observed highly engaged and very excited students throughout the day.

Please access the school website under the heading 'Student Life' for information about the 2020 'Bring Your Own Device' scheme for Years 7-12 students. The ICT Department will be open on Thursday 23<sup>rd</sup> and Friday 24<sup>th</sup> January to assist you with setting up your device prior to the first day of school. The General Office will open on Wednesday 22<sup>nd</sup> January for fee payments and general enquiries.

Best wishes to Mr John Huggins, Ms Jeynelle McLennan, Mr Graham Wood and Mrs Sharon Cresswell who have retired this year. Their contributions to education have been greatly appreciated and they have touched the lives of many students over the years. Thank-you to the staff who complete their contracts at the end of the year. Their commitment to the College has also been greatly appreciated.

I want to thank you again for contributing to and supporting our school community. Though I cannot thank each of you individually, I wish to assure you that your efforts do not go unnoticed.

I wish all families a safe and happy holiday and look forward to seeing you all when school resumes on Wednesday 29<sup>th</sup> January 2020.

**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.

# Primary News

Dear Parents and Carers,

Wow, last newsletter of the year the time has flown! I firstly wanted to say thank you for welcoming me into the school community; it has truly been a pleasure to work with all of you. We have seen lots of change and growth this year. The students have progressed well with reading, writing and maths, as well as learning about lots of other things through inquiry. All the students should be congratulated on the things that they have achieved this year; well done to all of you!

Next week the Grade 6 students finish their time in primary and transition into secondary schooling. It has been fantastic to see them grow and it will be wonderful to continue to work within the secondary area.

We are also having our family night next Tuesday; don't forget to come and celebrate your children's success this year and enjoy some performances.

Thank you to all those who attended our 'ask a Gran and not Google' day. It was a wonderful and rewarding experience.

Have a fantastic break!

**Dean Bush - Assistant Principal**

## Garden Project

Students in Grades 5/6 (along with some helpers from Years 7 and 8) have created a vegetable garden behind the Science wing. They prepared the garden bed, planted seedlings and maintained water and fertiliser for many weeks. Their hard work has paid off and they are now harvesting radishes, rocket, and lettuce. In early 2020 they should be able to pick cucumbers, tomatoes, and potatoes as well!



### TERM DATES 2020

TERM 1	29th January - 27th March
TERM 2	14th April - 26th June
TERM 3	13th July - 18th September
TERM 4	5th October - 18th December



# 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.

Dear families,

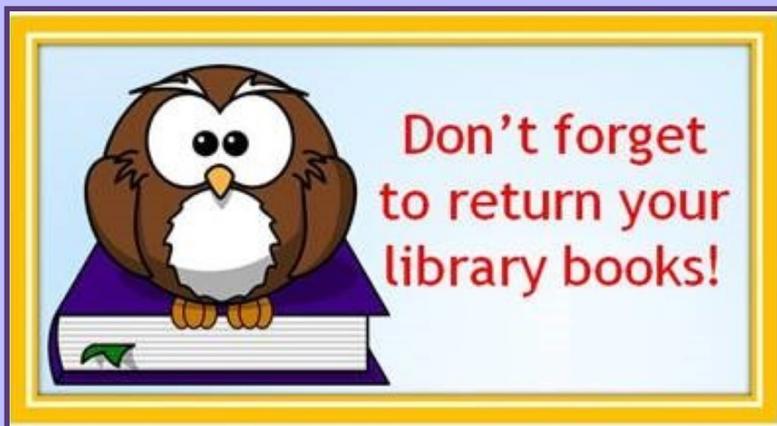
All library books are now due back.

Books can be returned to the school library or the main office.

There are still many books overdue so we certainly need your support.

Thank you for your cooperation. We wish you all a safe and happy holiday period.

Robyn Steele and Melanie Thurstun  
Library



## 2020 School Year

If your child/children are not returning to Seymour College for the 2020 school year, please contact the general office so that the necessary exit papers can be completed.



### OFFICE HOURS:

8am - 4:30pm Monday - Friday

### EMAIL ADDRESS:

[seymour.co@edumail.vic.gov.au](mailto:seymour.co@edumail.vic.gov.au)

### WEBSITE:

[www.seymourcollege.vic.edu.au](http://www.seymourcollege.vic.edu.au)

### Enrolment Forms

If you have a new student starting at Seymour College in 2020, please get your enrolment forms to us ASAP.

The Department of Education and Training is committed to providing safe and supportive environments where diversity is valued and everyone is treated with respect, fairness and dignity.

**Dignity and  
Respect**

# Positive Education, Engagement and Wellbeing

Seymour College has seen a successful year relaunching its School Wide Positive Behaviour Support Framework. A small, but hardworking team, has developed a clear Action Plan for the future and revised the school matrices of expected behaviours for each of the Seymour College Sectors. Our team has provided Professional Learning to the staff College wide and is committed to the positive education of our students based on the College values, Respect, Inspire and Excel.

Our Wellbeing team at Seymour College continues to support many students throughout the College. Our Wellbeing Officers, Jayne and Lloyd work closely with school nurses Kirsty and Shannon, to attend to the wellbeing needs of each student at the College. We have launched Wellbeing programs such as Mindfulness Monkey in the Early Years Primary and the “Mancave” with the Year 7 boys, as well as “Taking care of me” in Year 9 which is run by the Secondary School nurses in our region. Launching Year 7 and 9 camps as well as a Year 12 Retreat this year is also part of our Wellbeing work led by Mr Rilen and the Year Level Co ordinators in the Secondary Sector. Small groups of students joined the RAMS program, Young Leaders Program and “Changes and Choices” based on student need or interests. We also joined the Buroinjin Tournament in Shepparton for the first time this year. During October, we enjoyed a very successful, “Walk to School” event. I would like to thank all of our teachers and Year Level Co ordinators and Wellbeing staff for supporting the wellbeing of our students this year. We look forward to launching new Wellbeing initiatives in 2020.

Seymour College continues to work with all students, College wide, to ensure student engagement. We have a strong commitment to ensuring that students transition into Foundation, Year 7 and Year 11 from both our school and neighbouring schools and kindergartens. Throughout the year, we meet with our networks of schools and kindergartens to ensure that students are welcomed and catered for when they join us at Seymour College. This work always starts in May and culminates at this time of the year at the state-wide Orientation Day. Again, College staff work tirelessly behind the scenes to ensure that our transition experiences are positive for students and their families.

I would like to wish the staff, community, families and students at Seymour College a safe and happy holiday season and I look forward to seeing you all again in 2020.

**Trish Bulluss - Assistant Principal, Positive Education**

## Attention Year 12 Students:

If you are looking at studying full time at LaTrobe in 2020, you may want to apply for an Inland Road scholarship.

- A total of 6 scholarships available (approx. 3 scholarships awarded each year). Successful applicants are required to start study in 2020 and 2021.
- Each scholarship covers:  
\$5,000 per full-time year of study (a max of \$20,000 in total).
- The Program captures a broad range of study disciplines related to regional sustainability, regional careers and STEM.
- Regional students living in local government areas along the Inland Rail alignment are eligible to apply. Indigenous people and those experiencing financial and personal hardship are strongly encouraged to apply.
- For more information and to apply before 31 January 2020, visit: <https://www.latrobe.edu.au/scholarships/inland-rail-scholarship>

# Seymour College

## TERM CALENDAR – IMPORTANT DATES

### Term 4 2019

<b>WEEK 10</b>		<b>Monday 9<sup>th</sup> – Friday 13<sup>th</sup> December</b>
Thursday 12 <sup>th</sup>		
Friday 13 <sup>th</sup>		End of Year Awards Ceremony Avenel Maze - Grades 3, 4 & Inclusive Ed (SRR) Primary Assembly
<b>WEEK 11</b>		<b>Monday 16<sup>th</sup> – Friday 20<sup>th</sup> December</b>
Monday 16 <sup>th</sup>		End of Year excursion to Northland - Years 7, 8 & 9
Tuesday 17 <sup>th</sup>		Family Evening & Grade 6 Graduation - Primary & Inclusive Ed End of Year excursion to Ice skating - Years 7, 8 & 9
Wednesday 18 <sup>th</sup>		End of Year excursion to Airborn - Years 7, 8 & 9
Thursday 19 <sup>th</sup>		<b>Curriculum Day - Pupil Free</b> End of Year excursion to Funfields - Years 7, 8 & 9
Friday 20 <sup>th</sup>		Last Day Term 4 - <b>(school finishes 1.30pm)</b>

Friday 24 <sup>th</sup> January 2020	<b>Book Sell Day - 8.30am - 12.30pm</b>
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### Term 1 2020

<b>WEEK 1</b>		<b>Monday 27<sup>th</sup> – Friday 31<sup>st</sup> January 2020</b>
Monday 27 <sup>th</sup>		
Tuesday 28 <sup>th</sup>		
Wednesday 29 <sup>th</sup>		<b>First Day Term 1 (9am - 3.15pm)</b> (Foundation - 9am—2.15pm)
Thursday 30 <sup>th</sup>		(Foundation - 9am—2.15pm)
Friday 31 <sup>st</sup>		(Foundation - 9am—2.15pm)
<b>WEEK 2</b>		<b>Monday 3<sup>rd</sup> – Friday 7<sup>th</sup> February</b>
Monday 3 <sup>rd</sup>		(Foundation - 9am—3.15pm)
Tuesday 4 <sup>th</sup>		(Foundation - 9am—3.15pm)
Wednesday 5 <sup>th</sup>		(Foundation - no school)
Thursday 6 <sup>th</sup>		(Foundation - 9am—3.15pm)
Friday 7 <sup>th</sup>		(Foundation - 9am—3.15pm)

We aim to provide a safe space for mothers, carers and children to process and share their own experiences of family violence within a group environment.

Hold My Heart program is designed for primary school aged children of 8-12 years, and their mothers/carers who have been exposed to family violence.

The program involves a children's group and a mothers' group, running on alternate days. The group sessions include the therapeutic use of art, music, games, exercises and discussions.

Hold My Heart program is based on the PARKAS© model, developed by the Royal Children's Hospital Mental Health Service and Djerriwarrh Health Services.

**GROUP SESSIONS WILL RUN FOR EIGHT WEEKS IN TERM ONE 2020**

**FAMILYCARE  
64 HIGH STREET, SEYMOUR  
PH: 5735 4600**

## *Family violence affects every member of the household.*



Hold My Heart program focuses on the impacts of family violence on mothers, carers and children.

You can refer yourself to this program by contacting Child FIRST on 1800 663 107, or an organisation can refer you.



**HOLD MY HEART  
TO END THE FEAR**

# HOLD MY HEART

## TO END THE FEAR PROGRAM

### What does the Hold My Heart Program offer?

- A positive shared therapeutic experience between children and their mothers/carers.
- A safe space for children to express their own personal experiences of family violence, and for this to be validated in the presence of a group of peers with similar experiences.
- Opportunity to build a healthy bridge of communication between mothers/carers and their children as a means of safely re-connecting around what has often been a shared experience of family violence.
- Support to recognise and process the strong level of attachment the child may still have with the perpetrator of the violence.

### What is the format and content of the program sessions?

- Weekly group sessions approximately 1½ hours duration for children, and 2 hours for mothers/carers for eight weeks.
- The group work includes a combination of artwork, games, music, exercises and discussion.
- Each session is structured so that the mothers' group mirrors the content of the children's group, allowing for points of connection to be shared.

- Themes covered within both groups can include children developing more appropriate and safe ways to manage and express their anger, as well as creating trust, keeping safe, and definitions of violence.
- Support for children and mothers/carers in challenging rigidly held gender prescriptions.

### Accessing the Hold My Heart Program:

- You can refer yourself to this program by contacting Child FIRST on 1800 663 107, or an organisation can refer you.
- The program is free to attend.
- Once the referral has been processed, group facilitators will arrange a time to meet the mothers/carers and children to discuss the program in more detail and assess whether the family is suited to the program.
- Facilitators will then confirm with the family of their participation in the program, and further details of the session dates and times will be provided.

### Will there be childcare available?

Childcare can be provided. If there is a need for childcare for the mothers/carers group session, please advise in the referral.



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



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

# Saturday 14 December 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 on a big screen.  
Due to our license the movie title can be found on our Facebook page.

**For more info contact:**

Facebook: Seymour Avenel/Nagambie Uniting Church.

<https://www.facebook.com/events/623896141684897/>

Michael: 0458 742 362



SANUC Serving our community.

