

## School Wide Positive Behaviour Support

At Seymour College:

“I wash and sanitise my hands, I respect the personal space of others”



Seymour  
College

VOL 10

Thursday 20 August 2020

## Remote Learning

“Students in Year 8 have been studying Viking History for their Humanities classes and have been doing a great job learning remotely. They completed a picture storybook assessment task, and to accompany their writing have been encouraged to design and construct their own Viking Longship”

Dean Lazzaro - Humanities Teacher

### **IMPORTANT DATES**

**Friday 28th August**

'Where it Purple Day'

**Monday 31st August**

Mid term check in with families

**Tuesday 1st Sept.**

Mid term check in with families

**Thursday 10th Sept.**

'R U OK' day

**Friday 18th Sept.**

Last day Term 3



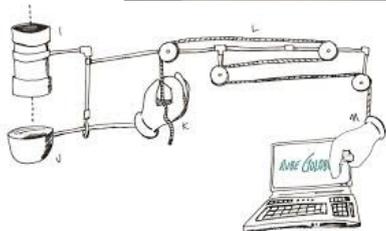
Jarred Meller



Xavier Arandt



Lachie O'Connor



This is a picture of Zac Drayton ready to launch his fantastic Rube Goldberg machine. Watch the full video on facebook.

David Stute - Engineering Teacher



Seymour College acknowledges Aboriginal and Torres Strait Islander peoples as the traditional custodians of the land and acknowledges and pays respect to their elders, past and present.

# PRINCIPAL'S REPORT

Dear Parents and Carers

Welcome to our mid-term newsletter.

The past six weeks have been challenging for our community and communities around the State of Victoria. I take this opportunity to thank you for your commitment and support of the flexible and remote learning guidelines that we are currently implementing.

Our Inclusive Education students have adjusted well to their return to on-site learning and my thanks to their teachers and support staff for a successful transition to learning.

We are organising mid term check-ins with families for Monday 31<sup>st</sup> August and Tuesday 1<sup>st</sup> September and will advise when you can start booking a time with the teachers via Compass or by phoning the General Office. These interviews will be by phone or via the video conferencing system 'Webex'. Due to the nature of our teaching and learning this term, these interviews are essential in supporting your child's learning goals and your strategies for supporting them in the home learning setting.

I also ask that students in Years 7 to 10 access their Webex lessons as requested by their teacher. Students will know when they are required to be on-line in a Webex lesson as they receive an email from their teacher. If you need assistance with this please contact the General Office on 57711300 and staff can transfer you to the school's computer technicians.

We are constantly surveying our students and asking them about their wellbeing, what is working well for them and what we can do to further support them. I will be releasing another parent and carer's survey on Compass next week. I look forward to reading your comments and feedback so that we can continue to improve the current learning experiences on offer.

These times highlight the successful partnership between students, parents and carers and College staff and I thank you for your work and dedication to the many tasks being undertaken in your home during remote and flexible learning.

**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.

# Inclusive Education News



"Sally and Ally have been very busy in the green room. Thursday is cooking day and on Mondays we make letter posters".

Dear staff, parents and carers,

The Disability Standards for Education 2005 are currently being reviewed by the Australian Government Department of Education, Skills and Employment.

As part of the 2020 review, an extensive community consultation process is currently underway to seek feedback about whether the standards are effective or if any improvements can be made.

Current, former and prospective students with disability, their families and carers, advocates, educators, and other members of the public are invited to share their experiences, views and ideas to inform the review of the standards.

Due to coronavirus (COVID-19) restrictions, engagement activities will mostly be held online via a dedicated 2020 review Consultation Hub (<http://www.disabilitystandardsreview.education.gov.au/>).

The hub offers a range of different ways that participants can share their views and ideas, and will be open until 11.59pm on Friday 25 September.

## Grade 3/4 S

### A SIMILE POEM

She is like a guard dog, always keeping me safe.

She is as loveable as my teddy, she always gives good hugs.

She is like a star in the sky shining brightly over me.

She is as smart as a doctor, she makes me feel better when I am sick.

She is like a chef, she is always making me yummy food.

She is as precious as gold, she is very special to me.

She is my one and only mum.

Max Christensen - grade 4

### A VIRUS VERSE

I don't want to do home schooling today.

I just want to see my friends and play.

Home schooling is hard.

I just want to be in the backyard.

Coronavirus is such a bad disease.

It means we can't go overseas.

Can we go back to normal I ask?

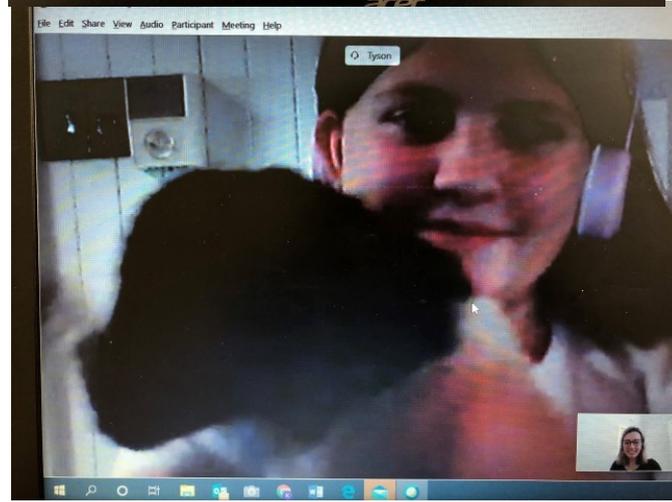
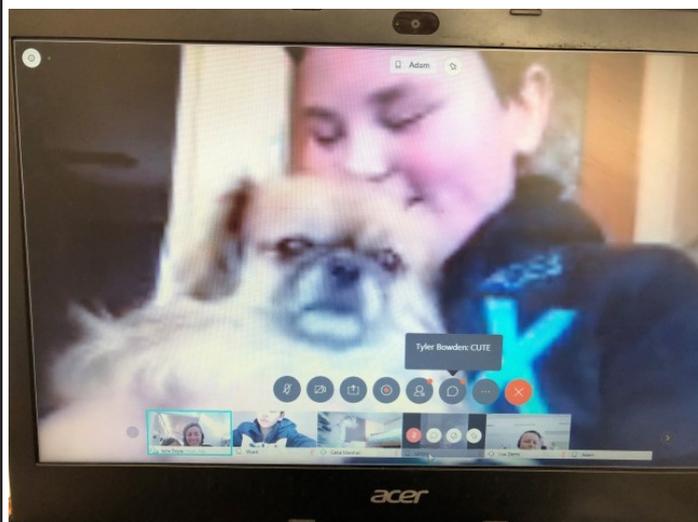
Because I don't want to wear a mask.

Emersyn Castle - grade 3.

## Grade 5/6 D

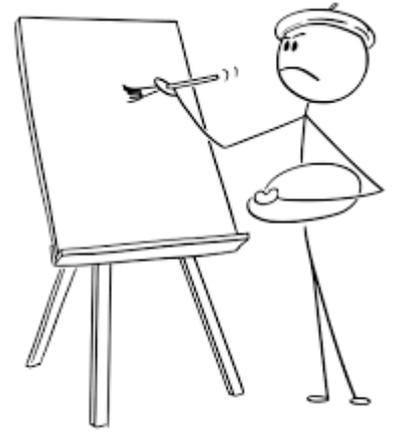
During our class WebEx the students were being kept company by their fluffy friends. Here we see Wyatt and his gorgeous pet cat, Adam and his adorable little pooch and Maddy with her lamb.

Kylie Doyle -Grade 5/6 Teacher





Chayss doing a great job in his Art lesson.



Just before VCE students went back to remote learning (and on 'Christmas in July' dress-up day...), the Year 12 Physics class had a guest speaker (via Webex) from the local Cherry Tree Wind Farm. David Mozuras, who is the Site Operations Manager, spoke to students about how wind turbines work and connect to the electricity grid. Students had been learning about electricity generation and transmission in class, so this was a great way to understand the practical application of this knowledge. Thank-you to David for sharing his time and expertise!

Zieke, who is one of our on site Grade 6 students came in to help out with some maths fun in the sunroom. The students loved having 'a big kid' in their room. Zieke made such an effort teaching the students how to take turns and play the game for fun.



# Careers News

## Year 12 VCE Students: VTAC Applications

All Year 12 VCE students (and parents) will have received an email with information about virtual university open days and scholarships. There are still free VTAC webinars available for students and parents to register for, that cover how to apply for courses, receive special consideration and scholarships. To register, click on this link: <https://www.vtac.edu.au/events.html> . Year 12 students can also access the VTAC Guide at this link: <https://www.vtac.edu.au/y12guide.html> .

## Year 11 Students

Some Year 11 students have already completed their 2020 Careers Plan on a Department of Education and Training portal called 'My Careers Portfolio'. The career plan guides students through a series of questions about their interests, skills, goals and work experience. Year 11 students who have not yet completed their plan are encouraged to still do this off-site and will receive an email that will explain the process. In planning for their future career paths, Year 11 students would benefit from reading the VTAC Guide for Year 11 students available from the following link: <https://www.vtac.edu.au/y11guide.html> .

## Year 10 Students and Virtual Work Experience

This year, students in Year 10 would normally have been strongly encouraged to do a work experience placement. It may still be possible to do work experience, but due to the number of businesses that are experiencing significant pressures and also due to the need to minimise risk, approval for placements is on a case by case basis. In view of this, Seymour College has recently purchased a new software called The Careers Department. The software has many features including occupation information, a resume builder and a careers interest test. It also has an exciting virtual work experience program feature. Details about how to participate in virtual work experience will be sent to students through Compass. Ideally students in Year 10 should aim to complete a virtual work experience placement by the end of this school term. To have a peek at the software while you wait for information to be sent about how to create your account, go to this website: <https://thecareersdepartment.com/> Year 10 students can also benefit from referring to the VTAC Guide for Year 10s at this link: <https://www.vtac.edu.au/y10guide.html> .

## Year 9 Students: Time to think about VET Courses

In 2021, all Year 9 students will do a VET (Vocational Education and Training) course each Wednesday. Students will be allocated a place in the VET Sport and Recreation course. For those who would like to select a different course option, there are three other courses provided at Seymour College; Engineering, Automotive and Equine Studies. There are more than 20 courses available for students willing to travel outside of Seymour. Students wanting to select a course other than Sport and Rec will need to complete the online enrolment form and pay a materials fee which can range from approximately \$200 to \$900. For more information about VET courses, go to the College website: <https://www.seymourcollege.vic.edu.au/> or click on this link: <https://www.seymourcollege.vic.edu.au/curriculum/vce-vcal-vet-information-night/> .

**Dignity and  
Respect**

**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.**



"I am really excited to have been asked to join the Vixens for the SSN season this year. After a very long preseason, all of the girls are so grateful to have the opportunity to play here in Qld.

I am continuing to train hard and play my role being the best I can. We have had a strong start to the season and hope to get many more wins on the board".

Elle McDonald - Sports Coordinator

"Round 3 of work packs are on there way kids. Your teachers are busy reading over all the work you're sending in from your previous work packs so keep up the good work. I have been logging into some of your WebEx's and I am so impressed with the way that you are using the technology so keep it going".

Mr Rilen - Secondary Sector Manager



# Why we wear it purple!

**Our Purpose:**

**Wear it Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people.**

Friday  
28th  
August

Dear Parents and carers,

The following has been suggested as a great opportunity to hear well known Psychologist Michael Carr- Gregg speak about how to cope as a family in these uncertain times. The details are as follows, [click on the link to register](#).

Also, when attending a Webinar last term, Michael talked about what we can and cannot control. I have included the poster here for your reference and wellbeing. So that we focus on the things that we CAN control

**Trish Bulluss**  
Assistant Principal  
Teaching and Learning  
Positive Education



## Webinars for parents and carers to help build family resilience

Child psychologist Dr Michael Carr-Gregg teaches strategies for managing wellbeing in this free webinar on 25 August at 7:30 pm.

Dear parents and carers,

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19).

Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named Managing the Coronacoaster – Tips for building resilient families in the coronavirus era.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
  - setting the emotional tone
  - focusing on what you can control
  - how to deal with disappointment
- further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

### Webinar details

- **When:** Tuesday 25 August
- **Time:** 7:30 pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex

**Cost:** free

**How to register**

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](#).

# Seymour Family & Children's Centre



Enrol now  
for 2021  
kindergarten

Seymour Family & Children's Centre



We are now accepting enrolments for three and four-year-old kindergarten for 2021 for Seymour Family & Children's Centre. If you live in Seymour, Kids First would love to welcome your little person into our high quality early learning environment. Our nurturing and skilled team is led by Lisa and we focus on building children's strengths and supporting their social and emotional development through play. We have engaging indoor and outdoor spaces for children, swags of books and toys, and lovely neighbours in Seymour College and the Our Place team.

Enrolments are managed by Mitchell Shire Council, please see:

[www.mitchellshire.vic.gov.au/services/children-and-families/kindergartens/kindergarten-online-application](http://www.mitchellshire.vic.gov.au/services/children-and-families/kindergartens/kindergarten-online-application)



Day

Thursday 10th  
September 2020

If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're saying or doing - trust that gut instinct and take the time to ask them "Are you OK?" If someone says they're not OK, make time to listen, encourage action and check in. That conversation could change, or even save, their life.

## LEARN WHAT TO SAY AFTER RUOK?



1. Ask



2. Listen



3. Encourage  
action



4. Check in

## 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

**OFFICE HOURS:** 8am - 4:30pm  
Monday - Friday

**EMAIL ADDRESS:**

seymour.co@education.vic.gov.au

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



## BOOK CLUB IS COMING!

We're really excited to have **BOOK CLUB** running this term! But, there are a couple of things we've had to do differently!

**For this issue only** it will be a **digital catalogue** rather than the printed catalogues you're used to receiving.

To find the catalogue, go to:

<https://scholastic.com.au/media/5667/bc-620.pdf>

Once you've made your selections, you can order through the LOOP page:

<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

You will still have access to the wide selection that Book Club has to offer.

Go to LOOP to place your order as normal by:

4/9/2020

Unfortunately as we are unable to receive the orders back to our school, you will need to have your order delivered to your home address for a fee of \$5.99.

If you have any questions or queries, please contact:

Scholastic Customer Service on 1800 021 233



Even though this is a virtual catalogue, we will still receive 10% of your order value back in Scholastic Rewards to use to purchase additional books and resources for our school!



THE UNIVERSITY OF  
MELBOURNE

# Building Personal and Community Resilience in the Face of COVID-19

Department of Rural Health

COVID-19 Webinar Series 2

## What are the lessons from COVID-19 and how can we use them to build a better future?

**Professor Brock Bastian**  
Professor in Psychology  
Melbourne School Of Psychological Sciences  
The University of Melbourne

The University of Melbourne, Department of Rural Health are very excited to bring you a webinar by Professor Brock Bastian.

Brock is a Professor in the School of Psychological Sciences at the University of Melbourne. He is trained as a social psychologist and his research broadly focuses on the topics of ethics and well-being.

In his research on well-being, he has addressed questions such as why promoting happiness may have a downside, the cultural factors leading to depression, and why valuing our negative and painful experiences in life is a critical pathway to achieving happiness. Brock's research on behavioural ethics broadly focuses on the various motivations that shape our ethical decision making around important social issues and how people resolve conflicts of interest. This extends to issues such as the treatment of animals and the environment. Broadly, Brock's research seeks to understand the link between ethical behaviour and personal well-being, and why this link is critical to meaning and fulfillment in life.

Brock completed his Ph.D. in 2007 and since then has published more than 100 peer-reviewed journal articles and book chapters. His work has been featured in outlets such as The Economist, The New Yorker, TIME, New

Scientist, Scientific American, Harvard Business Review, The Huffington Post and others. His research has been acknowledged with the Wegner Theoretical Innovation Prize, and his contribution to psychology has been recognized by the Australian Psychological Society and Society of Australasian Social Psychologists early career researcher awards. Brock's research has been supported by over \$2 million in research funding.

Brock is not only passionate about building scientific knowledge, but also about communicating that knowledge. He has written for popular press outlets, such as The Conversation; delivered popular talks, such as at TEDx StKilda, The Ethics Centre Sydney, and Effective Altruism Australia; and appeared on radio shows such as The Minefield. His first book, The Other Side of Happiness, was published in January 2018.

Professor Brock Bastian will provide a review of his research on the role of pain and adversity in building personal and community resilience, and identify strategies that each of us can use during COVID-19 to lean into difficult experiences, allowing for the possibility of connection, meaning, and growth.

There will be the opportunity for Q & A at the end of the presentation.



### Event Details

**Date:**  
Thursday 17th September, 2020

**Time:**  
5:30pm - 6:30pm

**Venue:**  
Webinar

**Enquiries:**  
Di Doyle (03) 5823 4512 or  
E. [ddoyle@unimelb.edu.au](mailto:ddoyle@unimelb.edu.au)

**Bookings:**  
Bookings are essential for this free public webinar. Register at <http://go.unimelb.edu.au/26sj>



THE UNIVERSITY OF  
MELBOURNE

# COVID-19: The Virus and Vaccines

Department of Rural Health

COVID-19 Webinar Series 2

## Professor Kanta Subbarao

**Director - WHO Collaborating Centre for Reference and Research on Influenza  
The Peter Doherty Institute for Infection and Immunity**

The University of Melbourne, Department of Rural Health are very excited to bring you a webinar by Professor Kanta Subbarao.

Professor Kanta Subbarao was appointed Director of the WHO Collaborating Centre for Reference and Research on Influenza and Honorary Professorial Fellow in the Department of Microbiology and Immunology, University of Melbourne at the Peter Doherty Institute for Infection and Immunity in 2016. Prior to her arrival in Melbourne, she was Chief of the Emerging Respiratory Viruses Section of the Laboratory of Infectious Diseases, NIAID, National Institutes of Health (NIH) in the United States from 2002-2016 and chief of the Molecular Genetics Section of the Influenza Branch at the US CDC from 1997-2002.

Kanta is a virologist and a physician with specialty training in paediatric infectious diseases. She received her M.B.B.S. from Christian Medical College, Vellore in India and trained in pediatrics and pediatric infectious diseases and completed an M.P.H. in epidemiology in the US. She also received postdoctoral training in the Laboratory of Infectious Diseases, NIAID, NIH.

Her research is focused on newly emerging viral diseases of global importance including seasonal and pandemic influenza, severe acute respiratory syndrome (SARS), Middle East Respiratory Syndrome (MERS) and now COVID-19. Her

research includes the study of virus biology and pathogenesis, immune responses to infection and vaccination, development and preclinical and clinical evaluation of vaccines and evaluation of antiviral drugs. She is an internationally recognised leader in the field of emerging respiratory viruses with a sustained record of research excellence.

She has published a career total of 295 publications, including 40 on SARS and MERS coronaviruses, in leading journals including Science, Nature, PNAS and the Journal of Virology. She is an elected Fellow of the American Academy of Microbiology and the Infectious Diseases Society of America and is a member of the American Society of Microbiology, American Society for Virology and Australasian Virology Society. She serves on the Editorial Boards of PLoS Pathogens, mBio and Cell Host and Microbe.

In response to the COVID-19 pandemic, she has been invited to serve on international panels on animal models and vaccine safety (CEPI, WHO and American Society for Microbiology).

Professor Subbarao will provide an insight into this virus that has changed our lives in 2020 and share her knowledge on COVID-19 vaccines.

There will be the opportunity for Q & A at the end of the presentation.



### Event Details

**Date:**  
Thursday 5th November, 2020

**Time:**  
5:30pm - 6:30pm

**Venue:**  
Webinar

**Enquiries:**  
Di Doyle (03) 5823 4512 or  
E. [ddoyle@unimelb.edu.au](mailto:ddoyle@unimelb.edu.au)

**Bookings:**  
Bookings are essential for this free public webinar. Register at <http://go.unimelb.edu.au/z6sj>

Every child is different.  
So is every foster carer.



**BERRY STREET**

**A little of your time can change an entire life.**

In Victoria, the number of children who cannot live safely at home has risen every year over the last 10 years. Children in care have experienced trauma – they need a safe, nurturing home environment to help them recover.

If you are over 21 and have a spare bedroom, we would love to hear from you. As a foster carer, you could make a huge difference to a child or young person in need.

For more information please contact Janene  
T: (03) 5822 8100 or E: [humefostercare@berrystreet.org.au](mailto:humefostercare@berrystreet.org.au)