

## PRINCIPAL'S REPORT

Welcome to Week 4! It has been a cold and chilly fortnight and our college school uniform has allowed our students to have comfortable options to keep warm and dry during this time.

Students and staff have continued to be impacted by Covid-19 and other viral infections and our thanks are extended to the many casual relief staff who have backfilled when our staff have been absent. When your child/ren have recovered from any illness, please send them to school so that they have every opportunity to learn.

We have been fortunate to run many excursions and continue engaging activities at school. Enjoy catching up on these activities as you read today's newsletter or take the time to view lessons and tasks on Compass School Manager.

Another way to keep up to date on school activities is via our Facebook page. A few activities of note are the Parents and Friends next fundraising activities – 'That's Alotta Donuts' with orders due back by Friday 2<sup>nd</sup> September, the Father's Day stall on Friday 2<sup>nd</sup> September and the Footy/Pie Day on the last day of term 3, Friday 16<sup>th</sup> September. We have scheduled a working bee this Saturday, 6<sup>th</sup> August, starting at 9:00 am and concluding at 12 noon with a BBQ lunch.

I have included an information sheet on the side effects of vaping. This is becoming a popular habit with our student body and I ask for all parents and carers support in sharing this with your child/ren and monitoring the use of these harmful chemicals.

A staff professional practice day will occur on Tuesday 6<sup>th</sup> September and no classes will be scheduled on this day. Student led conferences will run on Thursday 15<sup>th</sup> September from 11:00 am to 6:00 pm.

As we start to prepare for 2023, the VCE/Vocational Major Information Night will be held next week on Tuesday 9<sup>th</sup> August at 6:00 pm. We look forward to welcoming our current and new families to this event and updating you on the pathways on offer.

I look forward to meeting you at the working bee on Saturday.

**Gail Hardman - Executive Principal**

### IMPORTANT DATES

**Tuesday 9 August**  
Senior Information Night

**Friday 12 August**  
Southern Ranges  
Round Robin

**Fri 12 & Sat 13 August**  
Seymour Has Talent

**Monday 15 August**  
Biology Excursion  
Year 12

**Friday 26 August**  
Practice GAT

**Tuesday 6 Sept**  
No scheduled classes for  
students

**Wednesday 7 Sept**  
GAT

**Thursday 15 Sept**  
Student Led Conferences,  
no scheduled classes for  
students.

**Friday 16 Sept**  
Last Day Term 3  
2.30pm finish

**Mon 26 - Wed 28 Sept**  
Year 12 practice exams



Is proudly hosting a **Senior School Information Night** with a focus on pathways and subject selections within the Victorian Certificate of Education and the new Vocational Major.

A warm invitation is extended to students and parents.

**Tuesday 9<sup>th</sup> August 6.00pm**

Seymour College Arts Centre  
(Corner Loco & Anglesey Streets)

Find out about VCE and VM subjects available, VET and Head Start programs for 2023.

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

**ADDRESS:** 29-47 Stewart Street, Seymour.

**PHONE:** 03 5771 1300

**EMAIL ADDRESS:** seymour.co@education.vic.gov.au **WEBSITE:** www.seymourcollege.vic.edu.au



Got a bit of time next month? Time to give blood and change lives? 1 in 3 people in Seymour will need blood, and they need people like you to give it. We are rolling into town from 15th to 19th August. Don't forget to pre-book your spot at [lifeblood.com.au](http://lifeblood.com.au), on our app or on 13 14 95

**2023 School Year**  
 If your child/children are not returning to Seymour College for the 2023 school year, please contact the general office so that the necessary exit papers can be completed.



# Working Bee



**Saturday 6th August**

9:00am start

BYO gloves and safety glasses

Sausage sizzle provided for lunch

“Help us tame the jungle between the Art and Science Wings”

**All Welcome**



For catering purposes please let us know if you can help

RSVP by Friday 4th August

Yes, I will be there

There will be

helpers

*(please indicate how many will be coming along)*

# Grades 5 & 6

## Campaspe Downs Camp



On Wednesday 27<sup>th</sup> July grades 5 and 6 went to Campaspe Downs for three days that were full of fun and activities; most of the activities were wet, muddy, and very cold.

### Activities:

The activities were enjoyable and exciting for the 5/6's. On the first day we had two activities; Giant Swing and Sensory Trail. The Giant Swing was full of thrills and screams and on the Sensory Trail we wore goggles that made you blind so you could not see. Other activities at camp were archery, low ropes, flying fox, rock climbing, laser tag and initiative exercises, they were all great.

### Cabins:

The cabins were spread out with boys in one cabin and girls in another. All the students were nice and respectful and let others sleep.

Overall, the 5/6's had a great time and can't wait to go on camp again.

By Sarah Phoenix



At Seymour College, we are a  
Respectful Relationships  
School.

**RESILIENCE  
RIGHTS &  
RESPECTFUL  
RELATIONSHIPS**



Please name your children's jumpers and jackets so we can return them if they are lost. We have lots of items in our lost property box without names.

# Triumph and heartbreak as Teachers dominate netball match

On Thursday 28<sup>th</sup> July, the teachers of Seymour College competed against the 2022 Year 12's in a game of netball.

The excitement was high and the crowd support from the students was loud. It was a high intensity game and the teachers came out firing with the first 5 goals. Nathan played courageously against Mr. Harney, even managing an intercept or two, and Jardine leaped metres into the air above Mr. Garner. Ms. McKenzie, as umpire did a fantastic job controlling a few of the boys, who appeared to be playing football rather than netball from all the steps they took. Ms. Douglas was voted best on court with her quick passes through the centre.

Teachers won, 16-7.

Special thanks to our umpires Janet McKenzie, Lexie and Courtney

No doubt the students will be challenging the teachers to another sport before the end of the term in order to try and get a win on the board.

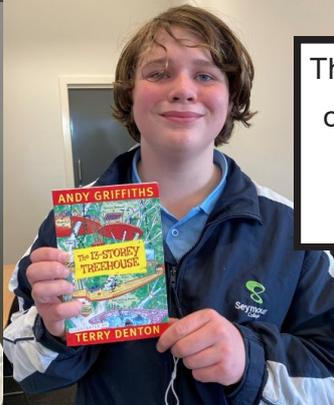
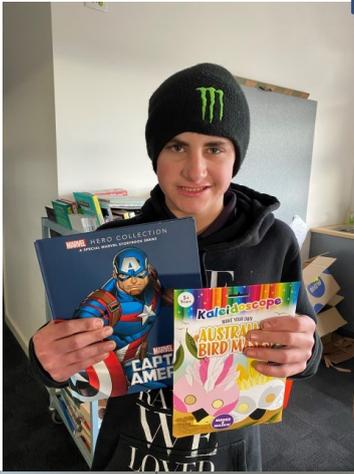
Janita Trickey - PE Teacher



**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.

# Tokens



These students redeemed some of their hard earned tokens for Showcase and Book prizes.





**1<sup>st</sup> Seymour Scout Group**  
 Scouts are amazing!  
 Check them out!  
 Joey Scouts are girls and boys aged 5-7  
 Cub Scouts are aged 8-11  
 Scouts are aged 11-15  
 Venturers are aged 15-17  
 Rovers are aged 18-25

They enjoy adventure, imagination, and being outdoors during their weekly meeting, and occasional sleepovers and camps.

Less screens - and more action, more fun, more friends, and more social skills! Looks good on a resume too!

**Enquiries:**  
 Go to <https://scoutsvictoria.com.au/locations/>  
 to find your closet group!  
 1800 726 887

Seymour College  
 Parents and Friends  
 Association

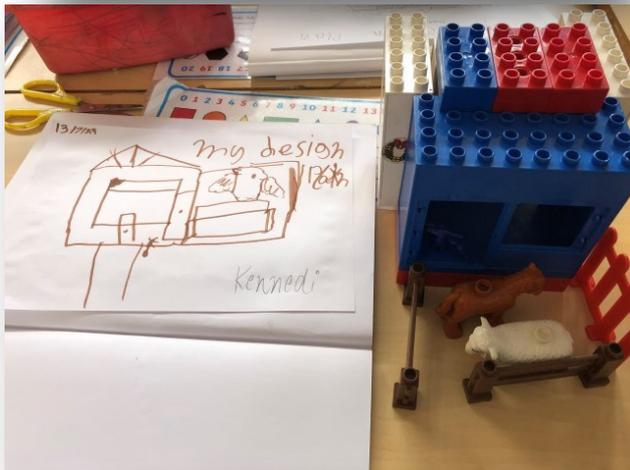
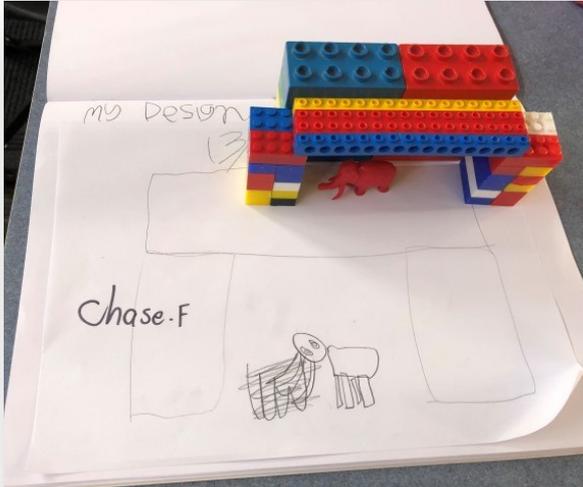
The next meeting of the  
 Parents & Friends Committee  
 will be held on Tuesday 23<sup>rd</sup>  
 August at 10.30am.

New members welcome!!

# F2D News

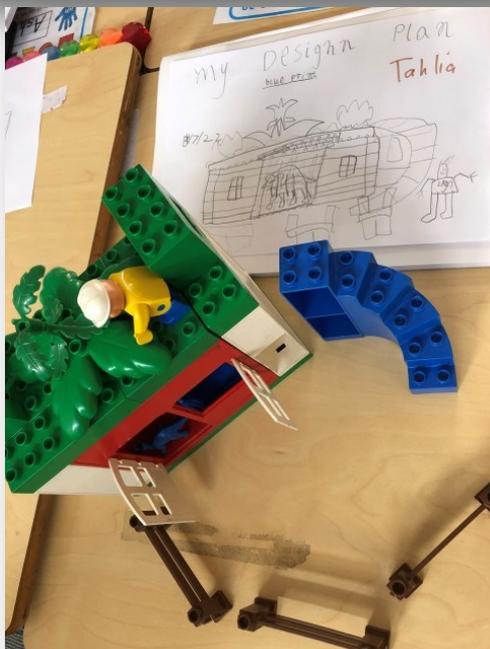
In F2D, we have been working on solving problems using design technology. The brief: design a shelter for a dinosaur. Students used problem solving skills to modify their plans, negotiation to share and source required materials and finally, reflection to consider what went well and what the challenges were.

Good job to everyone!



In F2D we share our books, we read to each other and discuss the pictures and storyline. We pair up and enjoy the reading experience together and all the while we're helping and supporting each other in our learning journey. Congratulations to last week's reading buddies, such a gratifying experience it is to watch students work together.

Kylie Doyle - F2 teacher.



Seeking expressions of interest for a school holiday program at Seymour College.

Please call Rose on 0411 934 329 Kelly Club, before and after school and vacation care coordinator.

# Sport News

Congratulations to Jhett, Tate, Zac and Nic on representing the school at the Hume intermediate badminton competition held in Wodonga last week. This week the year 7 and 8 girls netball team head to Wangaratta to also do battle. Good luck to Savannah, Paige, Matilda, Natasha, Cena, Kayley, Lexie, Eliza, Quinn and Ella.



Round robin is approaching in a fortnight, so keep attending training and look forward to a fun day out of school.

## Clay target shooting

This week is the last week to see Mr Garner if you are interested in participating in the school competition this year. You must have a gun licence to participate.

Mr Garner - Sports coordinator

# From the Health Centre



## Glasses for Kids



**Foundation to Year 3 program will be at our school on Wednesday 31<sup>st</sup> August and Thursday 1<sup>st</sup> September.**

This is a vital program that supports families that may not be able to go to the optometrist. When students receive glasses, it has a significant impact on their ability to focus in the classroom, greater ability to learn literacy and numeracy skills, and have a better sense of self-worth and belief.

## Our Values



### Unity

Working together to support every young person.



### Equality

Supporting equal life chance and access to opportunity for all young people.



### Dignity

Making sure that every young person is able to participate with the same pride and dignity as their peers.



### Belonging

Fostering a sense of participation, inclusion and belonging to their school community.



# Inclusive Education



The students of Inclusive Ed have been working together to create a scarecrow to deliver to Government House in Melbourne to keep the birds out of the Governor's Kitchen Garden. They have made use of lots of parts by reusing left over electrical conduit to make the frame, old pool noodles to give his body some shape, an old basketball for his head and some old uniforms. A special thanks to Mr Stute for allowing us to use the equipment in his room and also helping us to recycle old milk bottle tops into some flames to decorate the scarecrows wheelchair.



**TERM 3**

# FREE ACCESS

FOR SEYMOUR COLLEGE STUDENTS TO THE SEYMOUR SPORTS AND AQUATIC CENTRE

» **Under 16: Teen Gym Access**  
Monday, Wednesday & Friday 4pm - 5.30pm  
Supervised by a gym instructor

» **Over 16: Full Access**  
Includes gym, pool, group fitness and stadium

MitchellShireLeisureServices

Seymour Sports and Aquatic Centre  
Pollard Street, Seymour VIC 3660  
(03) 5735 1500  
leisure@mitchellshire.vic.gov.au



BELL TIMES 2022 (Primary, Secondary & Inclusive Ed)	
Period 1	9.00 - 10:15
Period 2	10:20 - 11:35
Break 1	11:35 - 12.15
Period 3	12:15 - 1:30
Break 2	1:30 - 2:00
Period 4	2:00 - 3:15

TERM DATES 2022	
TERM 1	28th January - 8th April
TERM 2	26th April - 24th June
TERM 3	11th July - 16th September
TERM 4	3rd October - 20th December



# Defence School Mentor News

We welcome all Defence students and friends every Tuesday & Thursday at first break in the junior game's hall for a hot chocolate and a catch up. 11:35 – 12:15

Defence School Mentor: [kelly.quigg@education.vic.gov.au](mailto:kelly.quigg@education.vic.gov.au) Tue & Thu 08:30 -16:30



## AVCAT SCHOLARSHIPS

AVCAT Scholarships, including the Long Tan Bursary, are for the children and grandchildren of Australian ex-serving veterans. Scholarships provide \$4000–\$6000 per year, for three years, to full-time students at uni, TAFE or a registered training organisation.



Transforming lives through education

Applications open 18 August, and close midnight 31 October 2022.

Apply online at [avcat.org.au](http://avcat.org.au)

### MCG Tour

VCAL students are studying the Commonwealth Games while they are on (Aussie-Aussie-Aussie-Oi-Oi-Oi) and as an introduction, we visited the iconic MCG. We had a tour of the MCG and it was fascinating to see what's below the seats that most of us would never get a chance to see. We went to the sports museum where we got to see so much memorabilia about our sporting history and tested out the interactive sports section. We luckily got to speak to Olympic royalty - Hockey player, David Wansbrough - who gave us the inside scoop on what really happens at the Olympics and reminded us what sport does for our lives.



## VCAL



### Puckapunyal Tour

Ventia is a large organisation that employs many local people at Puckapunyal. VCAL students were lucky to get a personalised tour of the many careers our students could join. We got to see the trades area, the emergency services, landscaping, domestic services, sports services and hospitality and they treated us to a delicious lunch in the

'mess' with the defence force members. The students got to hear realistic stories and opportunities and the benefits and opportunities of working for a large company like Ventia. It's a great initiative and students at Seymour College are fortunate to be involved.

Lisa Macheras - VCAL teacher

School Wide Positive Behaviour Support

Current Focus

## I use the rubbish bins



## Seymour Has Talent

If you have an act that you want to perform at the Talent show, please present it to Mrs Ridd at the primary art room on Mondays, Tuesdays and Thursdays during breaks.

# VCE NEWS

Below is the link for the end of year exam timetable.

<https://www.vcaa.vic.edu.au/administration/Key-dates/Pages/VCE-exam-timetable.aspx>

### IMPORTANT DATES

Practice GAT - Friday 26<sup>th</sup> August

GAT - Wednesday 7<sup>th</sup> September.

Year 12 practice exams - Monday 26<sup>th</sup> to Wednesday 28<sup>th</sup> September .

## Seymour Has Talent

**When** 12<sup>th</sup> and 13<sup>th</sup> of August at 6.30 pm.

**Where** Community Arts Centre.

**What** Student perform acts that show case their talents.

Student perform acts that they have practised in drama groups at Seymour College.

**Who** Student of all ages at Seymour College.

**Why** because we have so much awesome talent at Seymour College.

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, present and emerging.

# Careers

## Changes to VET at Seymour College in 2023: Attention Year 9, 10 and 11 Students

For the past few years, all Seymour College Year 10 students were enrolled in a VET course on Wednesdays. In 2023, there will be some changes to this arrangement. Year 10 students will have the opportunity to apply for a 2023 VET course, but will not be required to do a VET course (such as Sport and Recreation at school), if they do not apply for another program. There will be Year 10 classes timetabled on Wednesdays. Students currently in Year 9 who want to do a VET course in Year 10 need to consider their VET course options now and apply in the next few weeks. Students in Years 10 or 11 who are planning on doing a VET course next year also need to be ready to complete their applications. Current Year 10 students planning on applying for the VCE Vocational Major (VM) should be aware they must do a VET course to meet the VM course requirements.

### How to apply for a VET course

Get your USI. Students must have their Unique Student Identifier. To get their USI, student should go to this website <https://www.usi.gov.au/students/get-a-usi> and use their Medicare card or birth certificate to confirm their ID.

Complete the Seymour College online VET enrolment form. The link for the VET enrolment form <https://forms.gle/uqfyLiZ6HGni84KB9> is available from the school website or from Compass (under the star icon). Once the Seymour College online form has been submitted, you will need to complete the VET provider's form. Please contact the General Office if you have not received the provider's form within two weeks of completing the Seymour College form.

More information about how to apply for VET courses will be available at the Information night on Tuesday 9<sup>th</sup> August. The list of courses students may consider is below. Students may need to travel to Docklands, Southbank, Broadmeadows or Shepparton, depending on the course. Some GOTAFE courses are available at the Wallis Street Campus in Seymour and the Trade Training Centre in Loco Street.

### Courses to Choose From

Animal Studies Acting Business Automotive Design Fundamentals (Art and Design) Engineering
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Equine Information Technology Design Fundamental Early Childhood Education Fashion Hairdressing
--

Hospitality (Kitchen Ops) Make up Music Plumbing Project Ready Salon Assistant Sport and Rec
--

### Career Tools:

Students in Years 7 – 12 have started accessing the Career Tools program that Seymour College has subscribed to. The Careers Tools program has a lot of useful careers information for students along with a section where they can complete their career plans. Students who have not yet accessed their Career Tools account can go to their school emails inbox and find the invitation to join. Once they have made their account, there is a link to the website under the 'Student Life' tab or on Compass under the star icon (School Favourites) tab.

### VTAC and Year 12s

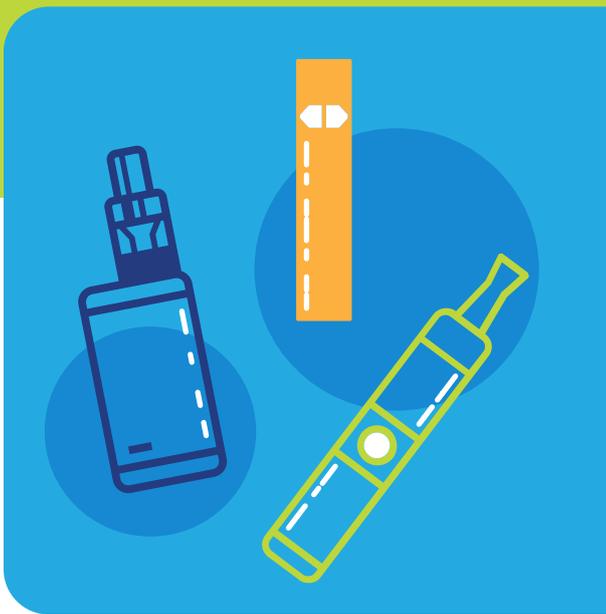
Year 12 students are now able to begin the process of applying for tertiary courses on the VTAC website: [www.vtac.edu.au](http://www.vtac.edu.au). Assistance with completing their VTAC applications will be provided at school but students are encouraged to have short listed the courses they are interested in applying for in 2023 and will benefit from using the VTAC website to learn more about the process.

### VTAC Information for Parents

VTAC have many useful resources for parents of VCE students. There is a presentation available from this link: <https://www.youtube.com/watch?v=QGUFm12Egto> VTAC are also encouraging parents to participate in its webinars: The next one is on the 8<sup>th</sup> August and more information is available at this link: <https://www.vtac.edu.au/events>

Jeremy Linton - Careers Coordinator

# Vaping and *your health*



## What are e-cigarettes?

E-cigarettes, also known as 'vapes', are **electronic devices** that heat a liquid (or 'juice') to create an aerosol that users **inhale**. Using an e-cigarette is commonly called '**vaping**'. E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people mistakenly believe the 'cloud' from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**.

## What's inside an e-cigarette?

The short answer is '**no-one knows**', and that's a problem. An e-cigarette can contain **many different chemicals** – very few are identified and none have been tested to show they are safe to inhale. Some of the chemicals found in aerosols can **cause cancer**, others can **cause swelling** and **irritation in the throat** and **lungs** and can impact the **heart**.

Even though the packaging on an e-cigarette might say it doesn't contain nicotine, **most e-cigarettes in Australia are labelled wrongly and do actually contain nicotine**.



## How vaping affects your body

Vaping can cause significant harm to your body in the short and long term - even if you use non-nicotine e-cigarettes.

### Short-term:

- Vomiting
- Nausea
- Coughing
- Shortness of breath
- Mouth irritation

### Long-term:

- Lung damage
- Heart disease



E-cigarettes haven't been around long enough to know if they cause other diseases, but most experts think it is likely they will cause **lung** and **mouth cancers**.

**Other risks:** Nicotine is a **poison** and can make you really sick if it is swallowed accidentally. There have also been cases of e-cigarettes **exploding** and **catching fire**.



## How vaping can lead to addiction

- **Nicotine is a highly addictive** drug that can be found in e-cigarettes even when they're labelled 'nicotine-free'
- Some e-cigarettes have been shown to contain as much nicotine as a whole packet of cigarettes
- Your brain is still developing until you're 25
- Nicotine use **affects brain development**, especially the part responsible for attention, memory and learning
- Nicotine use can lead to **life-long issues**
- Nicotine **addiction happens really fast**, which makes it hard to stop vaping and increases the chance you'll start smoking cigarettes to get that nicotine 'hit'



Staff qualifications, certifications & responsibilities:

- Studying towards or have completed a Diploma or higher qualification in the education sector
  - Hold a right to work with children check such as WWCC
  - Enthusiastic and passionate about providing engaging activities
  - Planning and preparation of innovative activities, so kids want to come back for more
  - Excellent supervision and safety of the kids in our care
- Staff are also required to obtain:**
- Level Two first aid training
  - Anaphylaxis training
  - Asthma training



## BOOKING

### Beforecare

**6:45 – 8:45am**

Permanent fee: \$10.00

Casual fee: \$12.00

### Aftercare

**3:15–6:15pm**

Permanent fee: \$13.00

Casual fee: \$15.00

A form must be completed for each child. You can do this online.

Programme fees will not be charged if a child is away from Aftercare as long as you notify us 24 hours prior. We accept casual bookings, so there is no minimum number of days you must book.

### Childcare Subsidy

You may be eligible for a Government CCS subsidy. The level of subsidy is based on combined family income, activity level and service type. The maximum subsidy for outside school hours care (before, after and vocational) is \$10.29 per hour. The CCS is paid directly to the childcare provider and passed onto families as a fee reduction.

For full details, visit [www.education.gov.au/childcare](http://www.education.gov.au/childcare). To find out more, visit during operation hours.

### TO BOOK:

Emma Fleming

03 9384 2204

[seymourcollege@kellyclubshc.com.au](mailto:seymourcollege@kellyclubshc.com.au)

[www.kellyclub.com.au](http://www.kellyclub.com.au)



**KELLY CLUB**



**FUN PROGRAMMES THAT KIDS LOVE!**

**KELLY CLUB SEYMOUR COLLEGE**

### WE OFFER:

- Onsite programmes
- A safe and supportive environment
- Trained and experienced staff
- Structured activities
- Relaxed chill-out time
- Yummy, healthy food
- Fun, fun and more fun

- SPORTS**
- COOKING**
- ART**
- GAMES**
- + MORE!**



**FOR INFORMATION OR TO BOOK ONLINE**

[www.kellyclub.com.au](http://www.kellyclub.com.au)



## WELCOME

**Kelly Club – Seymour College**  
03 93942204

We give children opportunities to do the things they love in a supportive environment. Kelly Club provides quality childcare in safe and fun surroundings for children out of school. Children can have fun while enjoying sports, cooking, art and craft activities, as well as relaxation time.

Our friendly staff are passionate about working with children. They encourage, educate and entertain children during our on-site programmes. Staff are trained on behaviour management techniques, first aid, arts and crafts and a range of basic sports skills.

Kelly Club is closely aligned with Kelly Sports, which has been providing a range of curricular and extracurricular sporting programs for children in Australia since 1994.

## INFORMATION

**Beforecare Programme**  
6:45–8:45am

Our beforecare programme offers art and craft activities, games, lego, books and free play equipment. Staff lead a variety of small projects each term.

Families may choose to have breakfast provided. This includes a range of nutritious cereals and toast with spreads.

**Aftercare Programme**  
3:20–5:30pm

Our aftercare programme focuses on sports, cooking, art and craft activities, and structured free time after a busy day at school. Each week, themed subjects help children extend their learning outside of the classroom. There is a set time for children to complete homework, should they or their parents want homework completed then.

All children on our aftercare programme receive afternoon tea. It varies each week, and includes sandwiches on wholemeal bread, fresh fruit, vegetable sticks, muffins, popcorn, and always chilled water. Children who remain after 4:45pm also receive snacks such as muesli bars, crackers, cookies and fresh fruit to keep them going.



## STAFF

Kelly Club staff build positive relationships with children, love having fun, and have a genuine commitment to enriching children's lives. They create an environment that is engaging, interactive, educational, fun and stimulating.



All staff are fully trained in Kelly Club policies and procedures, including Child Safe standards, and have onsite training. Our staff have the time and resources to ensure every child's needs are met. We operate to a minimum 2:15 staff-to-child ratio when onsite, and a 2:10 ratio when on programme outings.

**FOR INFORMATION OR TO BOOK ONLINE**

[www.kellyclub.com.au](http://www.kellyclub.com.au)