

PRINCIPAL'S REPORT

Dear Parents and Carers

It has been a very busy time for our Year 10 and 11 students as they continue to complete their exams and 'Head Start' programs. These programs prepare our students for their 2023 studies. 'Head Start' continues next week and we will welcome new 2023 senior students to our college on Monday 28th November.

VCE examinations concluded, and I look forward to celebrating with families at the Valedictory Dinner for our Year 12 students tomorrow evening.

My congratulations to Derek Rimes, Susan Watson, Kristie Luckman, and Christy Rilen who were successful in obtaining Assistant Principal positions with Seymour College for the next three years. My thanks to Racheal Broughton who leaves the College to undertake a Department of Education regional role as a Visiting Teacher. Racheal worked with us for the past five years, most recently as the Assistant Principal for the Inclusive Education sector.

The senior students have completed prospective college captain speeches and voting processes this week, and it was our pleasure to announce Mary Parker and Joshua Speechley as the 2023 senior captains.

This week our senior inclusive students have undertaken 'Changing Gears'. This program has been conducted at school, and tomorrow they head to VicRoads to complete their learner's permit test.



The VCAL class provided a wonderful BBQ at Bunnings and raised over \$700 for the Salvation Army. That is a lot of sausages! A great experience for all involved.

Please keep abreast of the transition activities that are occurring and we are very excited to meet our new 2023 students on Statewide Transition Day, Tuesday 13th December. Information sessions for parents and carers will be held in the coming weeks.

Next year, we will introduce a new initiative for all primary aged students (in mainstream and inclusive education). This will involve the college providing

free breakfast, morning tea and lunch for primary students every school day. This is an exciting announcement, and I will be forwarding more detailed information to families with children in this age group.

My thanks to our casual relief staff who have assisted with teaching classes each day over many months. Your dedication to travelling to Seymour and supporting our community is greatly appreciated.

Attending each school day, learning to read, and knowing how to make friends are lifelong skills that allow our students to participate in their education and ultimately have choices in life. If you need any support with your child's attendance patterns, please do not hesitate to contact Mr Rilen on 57711300 for assistance.

Gail Hardman - Executive Principal

IMPORTANT DATES

Mon 28 Nov - Fri 2 Dec
Primary Swimming Program

Friday 2 December
Foundation Transition Day
9.15am - 10.15am

Friday 9 December
Foundation Transition Day
9.15am - 10.15am

Mon 12- Thurs 15 Dec
EOY Activities
Years 7 - 9

Tuesday 13 December
State wide Transition Day
9.15am - 2.30pm

Wed 14 December
Upper Plenty Day Camp

Tuesday 20 December
Last Day term 4

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

F1/2 News

Science News

The students in the F-2 area were lucky enough to have a visit from Bunnings last week. Bunnings very generously donated gloves, shovels and watering cans to the school as well as three boxes of plants and seeds. The students have been learning about plants and last week spent time planting both edibles and flowers into the garden. The students will now have the opportunity to care for and watch their plants grow. We hope to harvest some of the plants before the end of the year.

Nicole Barri - F-6 Science Teacher



Year 8

Friday afternoon activities



Cricket

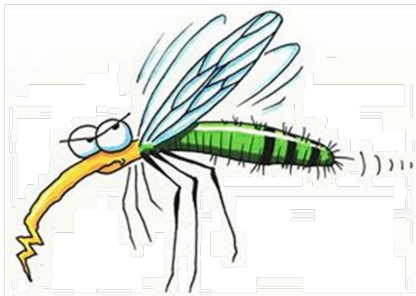
Seymour College have been lucky enough to have representatives from the Tallarook Cricket Club come along to play cricket a lunchtimes with our Secondary students. It has been great to see the students being active and using our new cricket pitch. If you are interested in playing cricket in the community, come and talk to the PE staff.

Janita Trickey - Leading Teacher



From the Health Centre

Floods and mosquito-borne disease prevention



Staying safe from mosquitoes

After floods and heavy rainfall, mosquitoes can grow and spread in the pools of water left behind.

While the overall risk is low, some mosquitoes carry diseases that are spread through mosquito bites. Mosquitoes are more active at dusk and dawn, but some will also bite during the day.

The best way to prevent mosquito-borne diseases is to avoid mosquito bites.

Families can protect against mosquito bites by:

- covering up as much as possible with long, loose-fitting, light-coloured clothing
- applying insect repellent that contains picaridin or DEET on exposed skin before leaving home each morning
- limiting outdoor activity if lots of mosquitoes are active.

CAMPS, SPORTS & EXCURSION FUNDING

(CSEF)

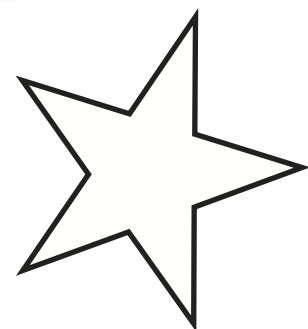
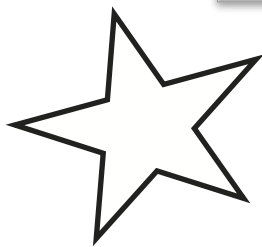
If you hold a valid means-tested concession card or temporary foster parent card you may be eligible for the **CSEF**.

Contact the General Office for more information.



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.

Stars of the Week



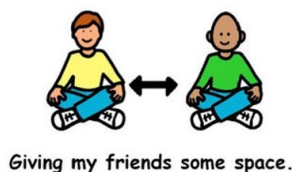
A few weeks ago, Seymour College and Our Place were lucky enough to receive a shipment of free books for our students from 123Read2Me, a company run by the Lions Club of Moorabbin who's aim is to give books to students to foster their love of reading and

encourage growth of reading at home. The books have been distributed and were well received by our students.



School Wide Positive Behaviour Support
Current Focus

I respect the
personal
space of
others



Seymour College is a Relationships School. We model respectful relationships and gender equality practices across the entire school.

**RESILIENCE
RIGHTS &
RESPECTFUL
RELATIONSHIPS**

Science News

Seymour College Science Open Day. (see poster attached)

Our year 7-9 science students are busy getting ready for the upcoming science open day on Friday December 9, 2022 in the Science Building. Students are investigating and working on their science projects and will be presenting their findings at the open day.

Year 10 students excel at Unboxy Challenge.

In early November Ms McClaren undertook professional development in Design Thinking and STEM at Bendigo Tech School. Whilst she was there Ms McClaren was introduced to Unboxy, the cardboard architecture, high impact, textural medium that inspires students and educators to experiment with shapes, forms and processes that can be integrated into schools. It is designed to complement, not disrupt, the environments where the activity takes place.

Unboxy is a kit of parts – large cardboard shapes and connectors allows the user to create the geometric forms of their choosing. A sense of collaboration and wellbeing is fostered as participants are encouraged to experiment, imagine, and push the basic shapes of Unboxy to its limits.



The Bendigo Tech School launched its Unboxy Challenge and Ms McClaren signed Seymour College up for the contest. Five of our brilliant year 10 students took up the challenge and spent the next few weeks building, testing and re-designing their Unboxy entry. The Competition had three possible elements to be addressed;

- Engineering (tallest structure)
- Visual Arts (most beautiful piece)
- Architectural Design (Shelter, scaled for students)

Our year 10 team attempted to address all three elements as they took on the challenge. Their finished piece was a structure at 2.66m high and they could stand underneath. They also attempted to make the piece visually appealing as well. Their submission was made on Friday 18th November and we have our fingers crossed that they will be successful in the challenge.

Seymour College successful in the Secondary Schools Agriculture Fund.

Seymour College Science Faculty were thrilled to hear the 'See more Agriculture at Seymour College' project grant application was successful and will see \$100,000 invested into the Agriculture Program. This project is supported by the Secondary Schools Agriculture Fund, which is funded by Agriculture Victoria as part of the four-year \$50 million Agricultural College Modernisation Program.

The Project 'See more Agriculture at Seymour College' is a revitalisation and innovation project aimed at introducing Agriculture as a career pathway for our students from Year 7-10. Seymour College has run agricultural science programs in the past and this project is about re-invigorating this curriculum-based approach with a regional mentoring and agricultural industry leading connections-based approach looking at supporting our local agricultural industries of beef, sheep (meat and wool), pork, poultry, and horticulture along with immersive studies in apiculture, aquaculture, horticulture and animal production using regenerative farming practices.

Victoria's gross value of agricultural production (GVAP) was \$17.8 billion in 2019–2020, an increase of 12 per cent from 2018–2019 and yet the ageing demographic of our farmers is increasing and there is a gap in people entering the agricultural workforce. So who will be growing our food and fibre in the Goulburn region in the future? It is our hope and intention that it will be Seymour College students meeting that need as a result of their participation in the agricultural science program enabling the development of the Delatite Road Campus through the 'See More Agriculture at Seymour College' project.

If you would like to learn more about the project or would like to be involved in the project please contact Ms McClaren via email at amanda.mcclaren@education.vic.gov.au

Amanda McClaren - Science department

Enrolment Forms

If you have a new student starting at Seymour College in 2023, please get your enrolment forms to us ASAP.



Defence School Mentor News

Kelly Quigg - Defence School Mentor

My contact hours are Tuesday & Thursday 08:45 -16:30 or contact me via the following: PH- 5771 1300 Email: kelly.quigg@education.vic.gov.au

Please respond via email posting order...

Please let me know if your family is leaving Seymour College.

I can support your children to prepare.

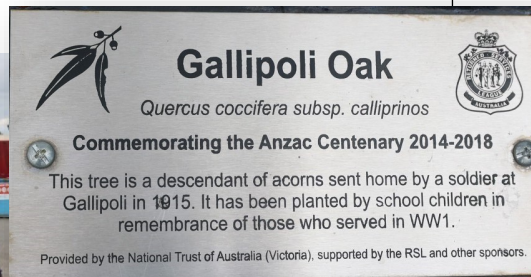
There is a range of resources and services DMFS offer to families before and during their move that may be of use. [Home : Moving, Relocation & Posting](#) [Connect : Department of Defence](#)



RSL poppy Appeal 2022

Through the generosity of Seymour College, students and staff for this year's poppy appeal we have raised an amazing \$600 to support Legacy through the Seymour RSL.

We thank you.



REMEMBRANCE DAY 2022

On this Remembrance Day, we remembered all the brave men and women who sacrificed their lives for our country.

Lest We Forget.



Inclusive Education



Saturday 3rd December is International Day of People with a Disability. Once again to celebrate, students from Inclusive Education have created self portraits to display in the shop fronts along Station Street and surrounds.

This year's portraits have been based on the POP Art artworks of Roy Lichtenstein and the students have loved applying their knowledge of colour and contrast to create them.

Keep an eye out for them as you support local businesses leading into Christmas.

Bronwyn Boote - IE Specialist Teacher

The Salvation Army in Seymour are creating 200 Christmas Hampers to go to families within our community. They are asking for our help by providing items that can go on the Christmas table like:

- Christmas Napkins
- Christmas Tablecloth
- Christmas Bon Bons/Crackers
- Christmas plates
- Or anything that you think creates something special at Christmas time.

If you are able to support this special cause and share some Christmas cheer, please drop in your donation into the Salvation Army Tub in the front office starting Thursday 24th November, the items will be dropped off to the Salvo's on Tuesday 6th December.

Kirsty Roberts - Student Wellbeing



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.

SEYMOUR RSL SUB BRANCH & CAV'S QUIZ PRESENT A

TRIVIA NIGHT FUNDRAISER

SATURDAY 26th NOVEMBER, 2022
Doors open at 7:30pm – Tickets \$20 each – Tables of 8

Join us in raising funds for those who were hit hardest by the recent floods!
SILENT AUCTIONS & PRIZES TO BE WON
BYO nibbles, with drinks available for purchase.
SEYMOUR RSL SUB BRANCH HALL – 2 Station St, Seymour VIC 3660
For bookings please email cavsqvz@gmail.com – TABLES ARE LIMITED!

CAV's QUIZ The Best Trivia Show Around...
No Questions Asked!

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.

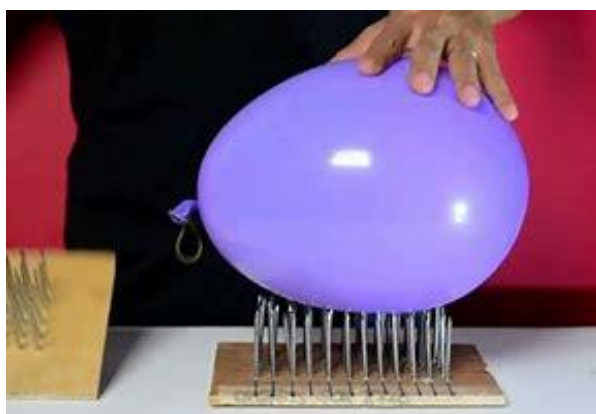
Seymour College Secondary Science Open Day



When: Friday December 9, 2022

Where: The Science Building

Students from year 7-9 have been working on their science projects and will be presenting their findings



Introducing your child to Seymour College

We are delighted to invite your child for a taste of school life over four transition sessions



Each session will start in the Foundation classrooms.

Please sign in with office staff at the Seymour Families and Children's Centre (SFCC) entrance and collect a name badge for your child.



Session 1: Friday 25th November 2022

9:15am until 10:15am

Children will enjoy songs, stories and craft during this session.

- Parent Information session on this day at Seymour Families and Children's Centre (SFCC)



Session 2: Friday 2nd December 2022

9:15am until 10:15am

- The children will enjoy songs, stories and craft during this session.
- Parent Information session on this day at Seymour Families and Children's Centre (SFCC)



Session 3: Friday 9th December 2022

9:15am until 10:15am

- The children will enjoy visiting the art room, primary games hall, songs and a story during this session.
- Parent Information session on this day at Seymour Families and Children's Centre (SFCC)



Session 4: Tuesday 13th December 2022—9:15am until 2:30pm

STATEWIDE ORIENTATION DAY

- Children will need to bring a bag with their lunch, snack, water bottle and a hat on this day



We look forward to seeing you at the Transition Sessions. Any questions please call us on 5771 1300

What is a Mental Health & Wellbeing Hub?

The new Mental Health & Wellbeing Hub in the Goulburn Valley provides mental health and wellbeing services and support to people of all ages.

The pandemic and other recent natural disasters such as bushfires, drought and flood, have affected everyone in different ways and it is important to take care of your mental health and know that help is available near you.

If you are having a difficult time or feeling overwhelmed, you can access free and flexible support via a Mental Health & Wellbeing Hub.

**I'm having a
tough time
at the moment**

**We're here
to help**

**MENTAL HEALTH
& WELLBEING HUB**



wellways **helpline**

**Wellways Australia
Limited**

ABN 93 093 357 165
QLD / NSW / ACT / VIC / TAS
1300 111 400 | wellways.org

1300 111 500

mental health information,
support and referral advice
Monday to Friday 9am - 9pm
(excluding public holidays)



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities.

Mental Health
& Wellbeing
HUB



wellways

1300 111 400 | wellways.org

What services are available?

The new Mental Health & Wellbeing Hub will complement existing health services by supporting the recovery of people with new or existing mental health challenges.

Available services include:

- wellbeing checks
- emotional support and wellbeing coaching
- someone to talk to who will understand your situation and help locate and link you to services and support
- assistance to manage mental health symptoms and to address life stressors including homelessness, financial difficulties and social isolation
- support to utilise your skills, strengths and resources
- workshops and group activities to build your skills and make connections

Our peer wellbeing workers will be available to people seeking support. Many of these people have their own experience of mental health challenges or are caring for someone with mental health issues.

Who can use the services?

People of all ages with new or existing mental health challenges can utilise services at a Hub.

Services are also available to family members and carers.

Referrals can be informal and all services are free of charge.

Email: cmhws@wellways.org

About Wellways

Wellways is operating the Mental Health & Wellbeing Hub in the Goulburn Valley with support from the Victorian Government.

Wellways works with individuals, families and communities to help them imagine and achieve better lives. We provide a range of services and assistance for people with mental health issues, disabilities and those requiring community care.

wellways.org

How to access support through the Hub

You can access support where and when it suits you. You can visit a Hub in person, have someone visit you at home, meet in a cafe or park, or chat over the phone.

Phone to make an appointment on **1300 375 330** or **5822 8600**.

Visit www.partnersinwellbeing.org.au

Hub walk-in locations:

Shepparton: 79B Wyndham St
Mon-Fri, 8.30am-4.30pm

Shepparton: Alaya House, 3A Nixon St
Mon, Thurs, Fri, 8.30am-4.30pm

Cobram: Cobram Community House
43 Punt Rd
Tues, Wed, Thurs, 10am -3pm
Appointments available outside these times.

Seymour: Location by appointment.

