

## PRINCIPAL'S REPORT

Dear parents, carers and students

We have had another exciting fortnight at the College, with our students continuing to participate in classroom routines and learning experiences, as well as a myriad of extra-curricular activities.

The Book Fair was a huge success, and our thanks to Mrs Cook for organising this. Many books were purchased and have found their way into our family's homes. There is nothing better than reading a book and taking a few minutes out of our hectic lives. The more students read, the better they write and are more able to participate in all curriculum areas on offer at the college.

Our Years 3, 5, 7 and 9 students have been completed their NAPLAN sessions and thank-you to all for supporting this assessment activity.

The College Council AGM was also held last week and it was wonderful to welcome returning councilors Bronwyn Arandt, Bronwyn Martin, Jason Tarran, Derek Rimes, Christy Rilen, Sue Watson and our new councilors Jeynelle McLennan, Kelly Christensen, Anita O'Sullivan and Kristie Luckman. We also thank Racheal Broughton, Russell Chapman, Michelle Mussett, Louis Bowden and Tiffany Goodman, who have recently retired from College Council for their service. Our student councilors are Nate Hackwill and Abbie Mitchell. Other members on council include Karyn Donnelly, Liz Tregenza and Anthony Watson. Congratulations to Mr. Jason Tarran who was elected president for 2023.

The College and the Family and Children's Centre celebrated Harmony Week yesterday afternoon with free activities for our community, including a BBQ, activities as well as face painting. It was wonderful to see community members attend this event.

School Photos have been completed and we now await the photos to be uploaded to Compass, delivered to the school and transferred to the new Compass student cards for 2023. It was great to have class photos taken this year as well as individual shots.

Student-led conferences will be held on Tuesday 4<sup>th</sup> April and I look forward to seeing you on this day. Bookings are open on Compass School Manager. If you need any assistance with making a booking, please call the office on 5771130.

All the best for the coming week.

**Gail Hardman - Executive Principal**

### IMPORTANT DATES

**Wed 29 Mar - Fri 31 Mar**  
ODE Surf Camp  
Year 9

**Tuesday 4 April**  
Student Led Conferences

**Thursday 6 April**  
Last Day Term 1

**Monday 24 April**  
Curriculum Day

**Tuesday 25 April**  
Anzac Day  
Public Holiday

**Thursday 1 June**  
Pupil Free Day

**Monday 19 June**  
Parent Teacher Interviews

**Friday 18 August**  
Curriculum Day

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.

**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

# Senior School

## VCE at Seymour College Frequently Asked Questions:

### What does a VCE course of study typically look like at Seymour College?

Seymour College offers a wide range of VCE subjects. A typical course of study may look like: English, Maths, Physics, Biology and Chemistry or; English, Legal Studies, History, Business Management and Psychology in year 12. Students usually study 12 units in year 11 and 10 units in year 12.

### How is a student assessed in the VCE?

In year 11 students are assessed by their teachers through SACs (School Assessed Coursework) and SATs (School Assessed Tasks). End of unit exams are also held in June and November.

In year 12 students are assessed by their teachers in SACs and SATs and an external exam, conducted by the VCAA (Victorian Curriculum and Assessment Authority). Students receive a study score for each subject and an ATAR (Australian Tertiary Admissions Rank) for university entrance.

Year 12 students also sit the GAT (General Achievement Test), which gives them a Literacy and Numeracy assessment and contributes to the exam moderation process.

Students sit practice exams in the second week of the September holidays.

### How is a VCE student supported at Seymour College?

Seymour College has a dedicated VCE study centre, where most of the classes are held. We offer study nights on Wednesday afternoons after school to assist students with their course work. We have a year 11 co-ordinator (Mrs. Louise Paholek), a year 12 co-ordinator (Mrs. Sophie Jones), a VCE Co-ordinator (Ms. Sharon Hill) and a Careers Practitioner (Mrs. Carol Fisher).

Catch up SAC/SAT sessions are held in the school holidays to ensure that no student falls behind and every student is successful.

Student wellbeing is further supported by Mr. Lloyd Taylor, student counsellor, Mrs. Kelly Quigg, Defence Transition Mentor, Mrs. Brooke Wessels, school nurse and Mr. Derek Rimes, Secondary Assistant Principal.

### What does a post VCE pathway look like for Seymour College graduates?

Our 2021 dux, Phrynne Grant achieved a near perfect study score of 99.05 and our 2022 dux, Sadhbh O'Sullivan achieved an ATAR of 98. Students go on to study a variety of pathways, such as: medicine, engineering, nursing, teaching, criminology, politics and science, to name a few.

# Inclusive Education

## Book Fair

The students from SJ were thrilled to be the recipients of books earned from this years Book Fair. Thank you to all the families who supported the fair and to Katherine Cook for knowing how much our students would love and appreciate them. We have many happy readers who are now enjoying the latest books.



# Scholastic Book Fair



## Annual Book Fair

Thank you once again for the support from our College community. This year we sold \$2500.00 worth of books in 5 days. From that, our school received \$750.00 worth of books to top up our classrooms and school libraries. Special thanks go to Beverley Anderson for assisting with busy morning sales and the staff and students who value the interest and importance of reading.

The following students won a \$10 voucher to spend at the fair for winning a colouring competition.

### Book Fair Colouring Competition Winners

Foundation Xander Hind

Year 1 Maddison Cole

Year 2 Armenah Janusauskas

Year 3 Tahlia Jen

Year 4 Will Bennett

Year 5 Kayla Augustinus

Year 6 Bailey Warne

Thank you to all students who entered the competition. There were so many great entries.

See you all again next year,

Many thanks,

**Katherine Cook**

**- Reading Recovery Teacher**

### BELL TIMES 2023

(Primary, Secondary & Inclusive Ed)

Period 1	9.00 - 10:00
Period 2	10:00 - 11:00
Break 1 - Recess	11:00 - 11.30
Period 3	11:30 - 12:30
Period 4	12:30 - 1:30
Break 2 - Lunch	1:30 - 2:10
Period 5	2:10 - 3:10

# Health Centre

Dear parents and carers,

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16 to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

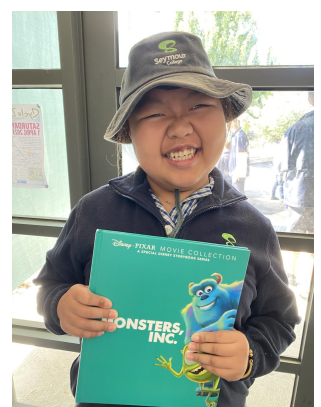
- [Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation
- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel.

Yours sincerely,

**Kirsty Hare RN and Brooke Wessels EN**



# Tokens



## 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.



## Bendigo Tech School excursion

On Wednesday 15<sup>th</sup> March 2023 the non-VET year 10 students were given the opportunity to travel to Bendigo Tech School as part of the Renewable Futures Challenge. The students had a wonderful day exploring design thinking and experiencing some amazing technology such as the Sphero Robots, managing health issues using Augmented Reality, programming electronic circuits and a mini design challenge of 'Helping Harry'.

Students were also able to experience university life as we had a small tour of La Trobe University Bendigo's campus and experienced some of the Student O week celebrations. The students were provided a pizza lunch by Bendigo Tech School and were given a tour of their state of the art facilities.

"The Wednesday trip to the Bendigo Tech School was an enjoyable and educational experience. Being able to use high tech equipment opened new opportunities in a fun and interactive way." Isabelle

A huge thanks to the Bendigo Tech School for hosting the visit and Mrs. Hardman for supporting the students in providing the bus to Bendigo.

We are looking forward to the Renewable Energy Future Design Challenge in the coming weeks.

**Amanda McClaren - Science**

## DIVERSITY DASH COLOUR RUN

On Friday 17<sup>th</sup> March, The Year 11 and 12 VM students hosted a Colour Run known as the Diversity Dash, to raise awareness of the LGBTIQ+ community. The Diversity Dash was held for all Year 7-10 students, inclusive and VCE at the teacher's discretion. The students ran through an obstacle course made by the Year 11 and 12 VM including coloured chalk, water balloons and water guns. It was a successful day, the weather was fantastic and students and teachers had lots of fun.

**Leanne & Lisa - VCAL teachers**







# Harmony Week

Harmony Week in the primary and inclusive sectors looked orange, sounded fun and felt amazing!

Foundation to grade six students participated in culturally inclusive activities in their classes and shared their knowledge with family members who came out to join in the festivities. At the conclusion of Tuesday's

Multicultural Festival, students and their families enjoyed a sausage, listened to music, taste tested the grade 5/6 damper, had their face painted and played with balloons! Some of our students worked with the kindergarten to create our "Everyone Belongs" banner that was displayed during our sausage sizzle. All students who helped to create the banner set a great example for the kinder students and demonstrated our values of Respect, Inspire and Excel!

A very big thankyou to Woolworths Seymour for their kind donation of sausages and bread! The food was a welcome accompaniment to the celebrations.



An additional thankyou to our six Year ten students who took valuable time out of their learning for the very important job of judging the 5/6 Damper Making competition. I am pleased to congratulate Mrs Ridd on leading 5/6C to victory!

We also had a wonderful time experiencing African culture during the Rhythm of Life performance. It was fantastic to see all our students drumming and dancing along during the performance, showing the connection we can make



with different cultures and communities through common interests such as music!



Finally, we are grateful to families who were able to come out and spend some time in their child's classroom, we

welcome you and hope to see you again at the next event; Colour Run, 2023!



Kylie Doyle - 5-6 Teacher

Xavier Kitch - Primary Campus Manager



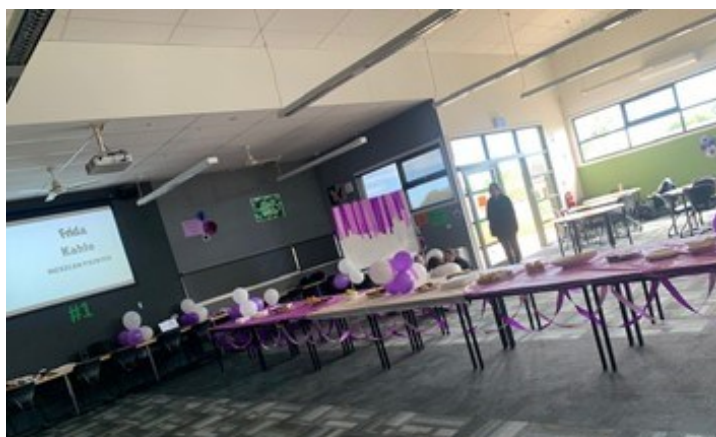
# 12 VM INTERNATIONAL WOMENS DAY MORNING TEA

On Thursday 9<sup>th</sup> March, Year 12 VM organized a morning tea for International Womens Day.

This day is especially dedicated to all women and for the recognition of their amazing deeds. We found many examples of inspirational women, which we combined on a powerpoint. These women are such great examples of the power and greatness that a woman carries. Womanhood involves love, affection, caring, power etc that comes under different personalities in life as a mother, sister, wife etc.

We wanted to acknowledge all of the Staff as working women and many of them as working mums. They all provide our school community with great examples of what women can do. Everything a woman does for us in our lives that sacrifices her comfort is always priceless and should be appreciated.

Thank you to all the Staff who brought along a plate and celebrated International Womens Day (8<sup>th</sup> March) with us.



## Student Led Conferences



Just a reminder that Student Led Conferences will be held on April 4<sup>th</sup> from 11am to 6pm. This is a wonderful opportunity for your child to showcase their learning for term one.

No classes will be run on this day.

Please book a time through COMPASS School Manager.

If you have any difficulty making a booking, please contact the general office for assistance on 57711300.

Bookings are filling quickly.



over the hills and not so far away

# SATURDAY 1 APRIL 2023

**A charity bicycle event along the Great Victorian Rail Trail**

Registrations open January 2023  
E: [cycledindi23@gmail.com](mailto:cycledindi23@gmail.com)

The event on the Great Victorian Rail Trail will be centred on the lovely townships of Yea and Alexandra. There will be a choice of 3 starting points, all converging on the banks of the Goulburn River at Cathkin for lunch.

This event is a fund raiser for Rotary Youth Projects.

*Cycle Dindi 23 is a COVIDSafe event, conducted in accordance with applicable Covid regulations.*



**Rotary**  
Clubs of Alexandra and Yea and the Friends of the GVRT



**What do I get for my money?**

- Billy tea, damper and BBQ lunch at Cathkin
- Free admission to Nutfield a working farm, with free Devonshire Tea in the shearing shed, sheep dog demonstration and trailer ride.

<https://www.trybooking.com/CEHBV>

**How Much?**

Adult	\$45
Senior	\$35
Student	\$10

• Under school age free  
• SNR – relevant Seniors' card must be held  
• Group discount available on request

**CHOOSE YOUR OWN ADVENTURE**

DISTANCE	
Yea to Merton (return)	93 kms
Merton to Yea (return)	93 kms
Merton to Cathkin (return)	51 kms
Yea to Cathkin (return)	42 kms
Yea to Alexandra (return)	68 kms
Alexandra to Yea (return)	68 kms
Alexandra to Cathkin (return)	26 kms

**Interested?**  
contact Melinda (Alexandra) 0418 378 806  
Julie (Yea) 0447 762 557  
or Ross (Mansfield) 0439 046 199  
[www.rotaryalexandra.org.au](http://www.rotaryalexandra.org.au)  
[www.yearotary.org.au](http://www.yearotary.org.au)

# Online Parenting Course



## [Online program, research-backed | Positive parenting strategies | Triple P](#)

Be a positive parent and make the most of each moment with proven strategies – Triple P Online

[www.triplep-parenting.net.au](http://www.triplep-parenting.net.au)

Tripple P provides families with the opportunity to build stronger relationships with their children by providing online courses relevant to parenting children and young people.

Tripple P now provides an online parenting course that can be accessed by your mobile phone and other devices, and can be done when you have the time.

Here is a little more information about the differences Triple P can make:

## [Why Triple P Online can make all the difference](#)

Stay calm under pressure. Strengthen your relationship, fix issues before they become real problems, and positively influence your child's skills and development. This full toolkit of tips and ideas really works!

- 17 effective strategies – the world's first proven-to-work online parenting program
- You choose what works for you - adapt to suit your family, your values
- Be confident about handling each new age, stage and situation (and support your child now and in the years to come)
- Do it on your phone, computer, or tablet
- Videos and fun interactive learning
- Earn badges, track your progress and print your certificate

Having trouble with the internet or your phone - Our Place, located with Seymour College has two computers connected to the internet that families are able to access during business hours.

If you would like any further information, check out the Triple P website <https://www.triplep-parenting.net.au/vic-en/free-parenting-courses/triple-p-online-under-12/> or contact the Wellbeing Team at Seymour College.

**Kirsty Roberts - Student Wellbeing**

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)



# Careers



Charlie D'Orria and Jarred Meller have commenced a school based carpentry apprenticeships with local builder, Glenn Shearer of Shearer Constructions. Charlie and Jared work one day per week with their employer but attend on different days. There is the possibility of increasing their work days in the future. The boys are experiencing a wide variety of building and carpentry tasks which will provide great benefit to them in future years. Both students are receiving on-site training by a registered training organisation, which removes the need for the students to travel to attend trade school. Seymour College values and appreciated the support and the opportunity Glenn Shearer is providing to these students.

**Pictured – Jarred Meller (left) and Charlie D'Orria (right)**

Nicholas Drayton has commenced a school based traineeship in Certificate III in Agriculture at his grandfather's farm in Nagambie. With the many aspects of the various farming operations included at the farm it will allows Nicholas to develop his knowledge and earn many diverse skills and. Nicholas has a sound sense of working on the farm as he has assisted his grandfather over the years. Nicholas will attend the workplace each Wednesday whilst continuing his Year 10 operations.

**Pictured Nicholas Drayton (left) with Fred Muller.**



Aidan McIntosh is a VCE student who has chosen to complete a Headstart Certificate III in Business at Janelle Puppa Real Estate in Seymour. This is a big commitment for Aidan together with his schoolwork obligations but It is something that he has considered and fully dedicated to. He is interested in real estate and believes his experience in the industry will only be helpful in any of his future endeavours. Aidan will receive his training via monthly online sessions and some on-site visits from his nominated training provider.









Good luck Aidan.

**Rick Hager - Head Start Co-Ordinator**

**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.**

**Kelly Club Seymour, Easter Holiday Program 2023.**  
**OPEN TO SEYMOUR COLLEGE STUDENTS ONLY**  
**To book a place call Rose on 0411 934 329.**

Monday 10th April	Tuesday 11th April	Wednesday 12th April	Thursday 13th April	Friday 14th April
EASTER MONDAY.	Breakfast upon arrival.	Please arrive at 8am sharp	Breakfast upon arrival.	Breakfast upon arrival.
No Service	Disco and Pizza 	Movie day!  Super Mario	Face painting and PJ Day 	Pedal Karts 
No Service	Pizza Lunch supplied and outdoor play Remember a drink bottle	McDonalds For Lunch.	BYO Lunch and outdoor play Remember a drink bottle	BYO Lunch outdoor play Remember a drink bottle
Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
Puppeteer - Jason Triggs	Soccer Clinic with Duncan	Kerrisdale Railway Museum	Wacky Dress Day	Dazzling Dan the Magic Man
 BYO Lunch Onsite fun	 Lunch Supplied Onsite fun	 Lunch Supplied Sausage sizzle	 BYO Lunch	 BYO lunch
Remember a drink bottle	Remember a drink bottle	Remember a drink bottle	Remember a drink bottle	Remember a drink bottle