

PRINCIPAL'S REPORT

Welcome to Winter! It has been a busy few weeks at Seymour College with several events taking place across all sectors, including Primary Division Cross Country, Simultaneous Story Time, Activate Inclusion Sports Day, Careers Expo and Pirate Day, just to name a few.

This week we celebrated Reconciliation Week. On Wednesday 31st May, our primary students gathered in the Community Arts Centre for a whole primary assembly to acknowledge Reconciliation Week 2023. Students watched the Victorian Aboriginal Remembrance Service hosted remotely by The Melbourne Shrine of Remembrance. This service aims to honour the past contributions of Indigenous Defence Members as well as continue the path for future acknowledgement and reconciliation.

Today our senior secondary students are sitting the practice GAT (General Achievement Test) in preparation for the GAT which will be held on Thursday 15th of June. The GAT plays an important role in the quality assurance of VCE assessments and provides students with an

opportunity to demonstrate they meet the Victorian Literacy and Numeracy Standards expected at a senior secondary level.

Last night I attended a Meet and Greet where it was lovely to meet members of our local community.

I wish you all the best for the fortnight ahead and look forward to getting to know more of the Seymour College students.

Stay warm.

Debbie Oliver - Principal



IMPORTANT DATES

Friday 2 June

Practice GAT

Thurs 8 - Fri 9 June

OE Hiking Trip
Year 9

Monday 12 June

Kings Birthday
Public Holiday

Wed 14 - Fri 16 June

Phillip Island Camp
Grade 5/6

Thursday 15 June

GAT

Friday 16 June

'White Card' course

Monday 19 June

Parent Teacher Interviews

Tuesday 20 June

Holocaust Museum
Year 11

Friday 23 June

Last Day Term 2

Tuesday 15 August

Curriculum Day
Pupil Free

Thursday 14 September

Student Led Conferences

Monday 6 November

Assessment & Reporting
Pupil Free

Revised
Date

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

Primary Science

In the F-2 science classes we have been making 'Sun & Earth & Moon' models.

We've been making the models to follow up our class conversations with tangible reminders that the Earth - and all the other planets in our solar system - orbit around the sun, as well as rotate on their own axis.

Ms Stephens - Primary Science Teacher



National Simultaneous Storytime



This week Primary students were lucky enough to take part in National Simultaneous Storytime with the same story being read to schools across the country at the same time. The Speedy Sloth was this year's chosen book, a story about not giving up on your dreams no matter how impossible it seems. We were excited to have our new Principal Debbie Oliver come and read to the students and share in the excitement of National Simultaneous Storytime.

Torquay Camp

Year 11 and 12 VM headed off to Torquay on Wednesday 16th May. Before we arrived at the camp grounds, we stopped off at Torquay Surf Beach for a surfing lesson taught by Southern Exposures Torquay, followed by a walk to Point Danger. To start off the second day, the 2 classes were split into 2 groups. The 1st group went on a 16km mountain bike ride commencing at 8:45am, while the 2nd group got dropped off at a lake stream for a Kayaking lesson starting at 9:45am. Around lunchtime, lunch was dropped off and so was the 1st group for a swap over. After all the activities on the second day, everyone settled into the couches in the cabins and watch movies on Netflix (thanks Riley for the ChromeCast). Early morning wake up on the last day to get cleaned up and packed on the last day before our 9:30am Surfing lesson. On our way home we had a pit stop off at the Great Ocean Road Chocolaterie and Ice Creamery, then proceeded to head home.

Leanne Hayek & Lisa Macheras – VM Teachers



Education Week

This year the theme of Education week was Active Learners: Move, Make, Motivate. On 17th May students across the Primary and Inclusive sectors participated in activities to suit this theme including origami, movement activities, building challenges and slime making. We were very excited to welcome families into our classrooms in the afternoon to take part in some of these activities and laugh along with us as our experiments and activities sometimes went a little off track. Seymour College looks forward to welcoming families into our learning spaces for future events.

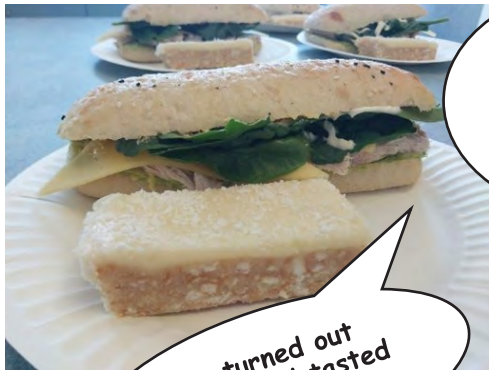


Inclusive Education

VPC B

In order to meet the requirements of the Victorian Pathways Certificate, we are running a small business. Our business is called Deluxe Sandwiches and we are selling sandwiches (with a bonus slice) to staff at Seymour College. Each week we work out a budget, walk down to the shops to buy the ingredients, make a list of who is doing what jobs, make a delicious slice and make sandwiches, which we then deliver. Last week we made Lemon Slice as well as toasted chicken and avocado sandwiches in Turkish bread.

Tim Clarke—VPC B Teacher



"Buying the food from Coles was fun" (Harry)

"We worked well as a team" (Seth)

"They turned out amazing and tasted beautiful" (Luke)



"The staff loved our sandwiches" (Dean)



"I enjoyed spreading different jobs to do" (Indi)

"We worked like a well-oiled machine" (Loghyn)

Education Week



During education week we invited our families into our classroom. We enjoyed teaching them how to play bingo. We showed them how to play spelling bingo, which helps us with our spelling. We also played number bingo.

We felt happy when our families came into our classroom, and we hope they enjoyed their time.

Inclusive Education

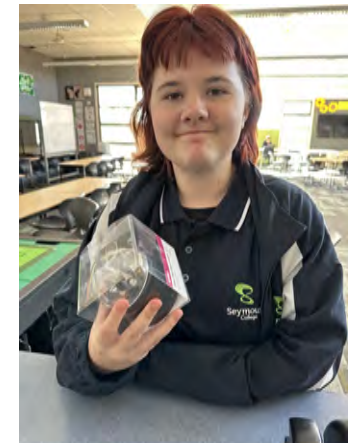


Activate Inclusion Sports Day

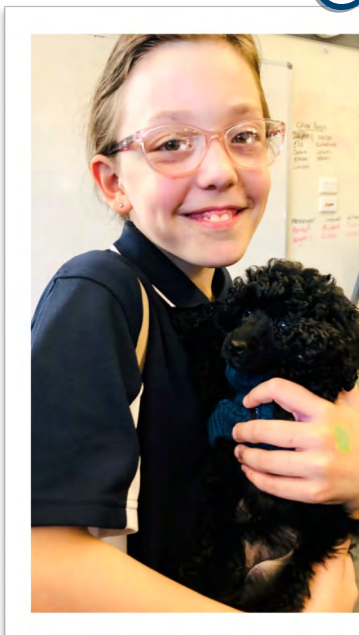
Students from Inclusive Education sector attended the Activate Inclusion Sports Days Come and Try session on Monday participating in an AFL clinic. The students enjoyed participating in a variety of activities and for some trying a new sport. Thank you to Nexus Health, Valley Sport, Murrindindi and Mitchell Shires for this opportunity. Next week students will participate in Soccer.



Tokens



Grade 5/6 News



Grade 5/6 students were lucky enough to nab a snuggle from 'Freddy' the poodle. He was a welcome distraction from our biography research session on Monday afternoon. Freddy is an 8 week old pup who loved the hustle and bustle of our classroom, we can't wait to see him again! Thank you to Krystal and Jackson for sharing your precious pooch with us.

Kylie Doyle - 5/6B Teacher





Dear Families,

We would love for you to come and experience what our exciting new College Café has to offer! We will be holding a lunch for parents to try some of the meals that are on offer to our students. At this stage, we are seeking **EXPRESSIONS OF INTEREST** in order to ensure we can cater appropriately and pick a date that best suits our families.

If you would like to come along, please fill in the following survey to help us choose a date to host our parent lunch.

<https://tinyurl.com/collegecafelunch>



FLOURISH *girl*

Flourish Girl is working with Seymour College to promote mental health, social and emotional intelligence for our teenage girls. Through rites of passage programs, Flourish Girl builds self-awareness, self-confidence and social connectedness within the school community and other trusted relationships.

Man Cave is working with Seymour College, to promote boys' Social Emotional development.

Right now, there is not a clear Rite of Passage for boys into manhood. Because of this, boys often initiate themselves into manhood, which usually results in risk-taking behaviour to prove their masculinity.

These early intervention programs can limit toxic masculinity and reduce rates of anxiety and depression that often lead to the prevalent outcomes of suicide and domestic abuse we see in our society.



Transition visits to Nagambie and Tooborac Primary Schools

It is that time of the year where we start our transition work with our feeder primary schools. We have had a Physical Education lesson with Nagambie Primary School on Monday and Tooborac Primary School on Wednesday. Students were engaged in their lessons which prompted many of the frequently asked questions during and after the session. We were also able to take Bridie Love, Brooke Williams and Flynn O'Brien who are former students at Nagambie. These visits go a long way to settling students anxiety about attending a secondary school in another town outside of their local community. We will complete the round of visits to Avenel Primary School, Heathcote Primary School and Puckapunyal Primary School in the next two weeks.



Christy Rilen—AP, Wellbeing

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.

Careers



Pictured above – Deiniol Owen with Tom Skinner

Tom Skinner is a student who has been interested in pursuing a school based apprenticeship. He has had some experience working in various trades. Recently he completed some work placement with Deiniol Owen, a roof plumber and he really enjoyed this experience. Whilst the employer's preference was for a full time apprentice, conversations between the school and employer resulted in Tom being permitted to work two days a week, with an expectation on his attendance at school for the remaining three days. Both of Tom's older brothers, Jack and Harry commenced school based apprenticeships in painting and engineering fabrication respectively and have successfully transitioned into full time apprenticeships. Good luck Tom.

Rick Hager - Head Start Co-Ordinator

BELL TIMES 2023 (Primary, Secondary & Inclusive Ed)

Period 1	9.00 - 10:00
Period 2	10:03 - 11:03
Break 1 - Recess	11:03 - 11:33
Period 3	11:33 - 12:33
Period 4	12:36 - 1:36
Break 2 - Lunch	1:36 - 2:10
Period 5	2:10 - 3:10

TERM DATES 2023

TERM 1	30th January – 6th April
TERM 2	24th April - 23rd June
TERM 3	10th July - 15th September
TERM 4	2nd October - 20th December

"Last Friday year 10 students attended a Careers Expo at Assumption College. This event provided students with the opportunity to meet with various industry, University and TAFE representatives and learn about possible work placements, apprenticeship and traineeship opportunities as well as specific TAFE or University course admission requirements and early entry prospects, associated with each institution. Each of the leading Victorian universities were present along with local TAFEs such as GO TAFE and Kangan, some of the smaller tertiary colleges which are (arts or sports) industry specific, Defence and emergency services representatives as well as Hanson, Koala Cherries, Mitchell Shire, and Fowles Winery. Students seemed to enjoy the opportunity, and many walked away with numerous brochures and promotional goodies from the event."

Felicity Wilmot - Careers, Pathways and VET Coordinator



Careers Continued

Year 12 visit to La Trobe

Last Friday, year 12 students visited La Trobe Bendigo to get a feel for campus life. Students attended a La Trobe University talk which covered the benefits of studying with La Trobe, at a regional campus, details of La Trobe's Aspire or early admission program and much more. Students also viewed a general Tertiary Information Session regarding how to apply via VTAC, as well as information about ways to make the most of their university experience including practical learning opportunities, work experience, travel and joining various clubs and societies.

Current La Trobe University student ambassadors took Seymour College students on a campus tour including the Health, Oral Science and Engineering Labs, the campus library, and various types of student accommodation.

The event was a great opportunity for student to consider what might best suit them as they consider stepping into tertiary education from secondary school.



Lachie's a 'Shooting' Star



On the weekend of 21st May, year 11 student Lachie O'Connor competed in the Metropolitan Clay Target shooting competition. He won the Junior competition by shooting a 25/25. As a result he has also been offered a position at the Bendigo Academy of Sport for Clay Target Shooting. He will travel to Bendigo over the next few months on weekends and do zoom sessions with Psychologists and Nutritionists.

What a great opportunity!



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.



Mothers Day afternoon tea at Kelly Club held on 12th May, saw a wonderful turn out of Mums and Nannas. The adults had some quality time doing some activities with their child/ren as well as enjoying a nice hot coffee or tea alongside some sweet treats. Pictured below is a big sign made by myself and the children for their mums.

Kelly Club before and after school service at the college has availability every morning, after school, and for the school holidays. If you have any enquiries about Kelly Club, please call Rosemarie on 0411934329.



LOST PROPERTY

We are collecting a number of clothing items in lost property without names. If your child has lost an item of clothing, could you please come to the primary building and look to see if any of these items belong to your child.

Please ensure all of your child's clothing is named and that it is clearly visible. This will make returning items to their owners much easier

Xavier Kitch - Primary Campus Manager



nab AFL Auskick

MID-SEASON ENTRY

It's not too late to join the fun!

Register for NAB AFL Auskick now for only \$55 plus receive an exclusive goodies pack! Auskick is all about fun and getting your hands on the ball.



play.afl/auskick

The holidays are getting closer and closer, so be sure to get your child/ren booked into Kelly Club for the holidays. We have some amazing fun and activities happening, so don't miss out. Please call one of the numbers on the attached flyer to organise a booking.

Eyewatch - Mitchell Police Service...

Posts About Videos More ▾

MAKE SAFETY YOUR STYLE

When choosing a bike helmet, make sure:

- ✓ It fits firmly and comfortably on your head and cannot be tilted in any direction.
- ✓ The straps can be adjusted so there is no slack when fastened.
- ✓ It has a sticker showing it is safety approved and meets the Australian/New Zealand Standard AS/NZS 2063
- ✓ It is marked with the symbol of a body accredited by the Joint Accreditation System of Australia and New Zealand (JAS-ANZ), certifying compliance with AS/NZS2063 (for helmets manufactured or imported from 1 July 2012).

For more information visit <https://www.vicroads.vic.gov.au/safety-and-road-rules/cyclist-safety/wearing-a-bicycle-helmet>


Eyewatch - Mitchell Police Service Area

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A HELMET ON YOUR HANDLEBARS WON'T SAVE YOUR LIFE

A person riding a bike is 34 times more likely than vehicle occupants to be seriously injured in a crash. Wearing a bicycle helmet while riding reduces your risk of head injuries in a crash by up to 60%. However, if your helmet is on your handlebars, it won't protect your head.

For more on bike safety visit:
<https://www.tac.vic.gov.au/road-safety/road-users/cycling-safety>



NEED HELP GETTING YOUR P's?

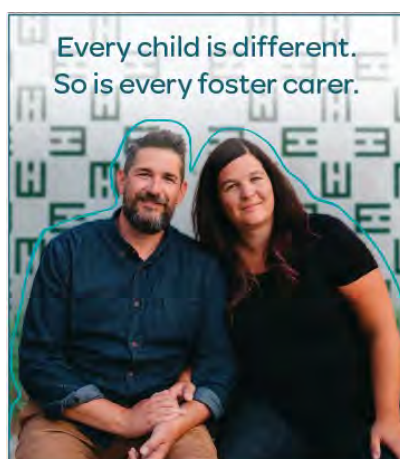
Log your minimum 120 hours of driving experience with the help of a volunteer supervising driver.

The TAC L2P program helps young learner drivers with no access to a supervising driver or vehicle to attain 120 hours of experience on the road plus up to seven FREE lessons with a professional driving instructor.

The program is open to young people who:

- are aged 16 to 20 years
- hold a current learner permit
- have no or limited access to a car or a supervising driver
- live in the City of Greater Shepparton and Shires of Strathbogie, Moira and Mitchell

To apply, email the Berry Street – TAC L2P Program at L2PHume@berrystreet.org.au



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: hume fostercare@berrystreet.org.au



Raising Resilient Children

with proven parenting strategies

Free positive parenting seminar

Come along to a relaxed, informative 1 hour seminar (plus 30 minutes' question time). Packed with tips and ideas you can start using straight away to support children's resilience and life skills.

TRIPLE P'S RAISING RESILIENT CHILDREN SEMINAR CAN HELP YOU:

- Raise happier, more confident, capable children
- Encourage healthy respectful relationships
- Get answers to common parenting questions and issues
- Be less stressed and enjoy parenting more!

The Triple P – Positive Parenting Program has already worked for hundreds of thousands of Australian families. We're all about making parenting and family life more positive. And now Triple P is FREE in our community!

Raising Resilient Children Seminar

Date:

Time:

Location:

Other:



BOOK YOUR FREE PLACE NOW AT
triplep-parenting.net/VicResilientChildren

Scan for info and quick access to registration page – or just come along!

We acknowledge the Traditional Custodians of the land on which we live and work, and pay our respects to Elders past, present and emerging.

Triple P is funded by the Victorian Government





I'm having a
tough time
at the moment

We're here
to help

Seymour Wellbeing Workshop

Our FREE Wellbeing Workshop could be just what you need to help you reach a healthier state of mind after challenging times.

The workshop will focus on strategies to improve your mental health with **Renee Hayden from APMHA HealthCare** joining us for discussion. We also recognise the impact of cost-of-living pressures on our mental health and have joined with **Primary Care Connect** to hear information from their financial counselling team as well as service information from **Salvo Care**.

We're putting on a free cooking demonstration too! Tuck into some delicious food while connecting and creating friendships with others in the community.

Places are limited so please RSVP to secure your spot.

Date: Thursday 15th June 2023

Time: 10:00am to 2:00pm

Location: Seymour Baptist Church – 82 Avenal Rd, Seymour

Cost: FREE

RSVP: Wellways (Summa) 0468 657 066 or Wellways (03) 5822 8600



wellways

MENTAL HEALTH
& WELLBEING
HUB



Authorised by the
Victorian Government
1 Treasury Place, Melbourne



KEEPING FAMILIES SAFE IN OUR DIVERSE AND GROWING COMMUNITY

**Special guest: the Hon. Ros Spence MP
Minister for Prevention of Family Violence**

Join local women and service providers in a community conversation regarding challenges and opportunities to prevent and respond to family violence in the diverse and growing community of Mitchell Shire.

Learn more about services and programs that can assist and meet with others who are passionate about leading change in our community.

9 JUNE 23 - 12:30-2:30PM

GREATER BEVERIDGE COMMUNITY CENTRE

CNR LITHGOW ST AND MANDALAY CCT, BEVERIDGE VIC

A light lunch will be provided

**RSVP via
Eventbrite**





General Information: We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. We provide quality childcare in safe and fun surroundings for children out of school. Our holiday program is focused around sports, games, and outings to local attractions. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid, child protection and activity planning/delivery.

Who can attend: Children aged 5-13 yrs

What do you need to bring: Shoes and appropriate clothing, jacket or sweatshirt, hat, drink bottle and food.

Food: Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12.30pm to 1.00pm each day.

Program activities: Program activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Program activities may vary without notice dependent on weather conditions and program numbers.

Payment details: Payment is required 7 days from receiving an invoice. An invoice will be issued once attendance has been completed and will be adjusted based on CCS subsidies.

CCS (Child Care Subsidies): Kelly Club is CCS approved with Services Australia, which means you can enjoy a subsidy of up to 100% of your fees, depending on your circumstances. This is then paid directly to Kelly Club on your behalf. For more information visit www.my.gov.au

Please note: Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Club accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the program. If your child/ren are collected late after the conclusion of the program you will be charged \$15 per 15 minutes or part thereof.

Website: www.kellyclub.com.au
Contact: Rosemarie Farrugia
Email: seymourcollegekellyclub@oshc.com.au
Phone: 0411934329 or 0403473390
Facebook:
Address: 29-47 Stewart Street Seymour

JULY 2023 HOLIDAY PROGRAM SEYMOUR COLLEGE

WEEK 1

Mon 26 June



ARCTIC EXPLORERS

Join us for a daring Arctic adventure where we investigate life in the Arctic, making igloos, and sleighs, then enjoy some snow cones.

Tues 27 June



LET'S GET A ROCKING!

Come and join us for a day of music, singing, using musical instruments, and creating a band, and get our "groove on!"

Wed 28 June



BOWLING

Join us for an awesome day at Shepparton Star bowl for some ten pin bowling fun.

How many strikes can you get I wonder.

Thurs 29 June



LET'S MAKE BELIEVE

Unicorns, dragons, elves, fairies or super heroes. Together we will dive into the world of make-believe. Dress up as something or someone interesting, let's surprise each other.

Fri 30 June



FIND THE GOLDEN TICKET

It's World Chocolate Day! A day to celebrate the world's most loved treat! We will make some yummy foods, and try to find the hidden GOLDEN TICKET to win a prize.

WEEK 2

Mon 3 July



MID-WINTER XMAS

Let's bring some winter cheer by having a mid-winter Christmas - USA Style! Have a holly jolly time as we celebrate a mini Christmas Lunch together.

Tues 4 July



TOPSY TURVY TUESDAY

Everything is inside out, upside down, back to front and Topsy Turvy this Tuesday! Wear your clothes of different colors back to front and your socks inside out.

Wed 5 July



CINEMA

Join us for an awesome trip to the Cinema to watch Argonuts, and then a picnic Lunch afterwards.

Thurs 6 July



SMILES ALL AROUND

Putting a smile on your dial today and everyday! Let's make each other smile through acts of kindness, sharing jokes and making smiley treats!

Fri 7 July



NAIDOC

Today we learn about indigenous culture and the history of The Aboriginal and Torres Strait Islander people through indigenous music, stories, and Art and Craft.

FULL DAY: \$45

EVENT DAY: \$25



BOOK ONLINE NOW AT www.kellyclub.com.au



LONGWOOD FNC PROUDLY PRESENTS THE JUNIOR

Masquerade Ball

ALL JUNIORS, FAMILY & FRIENDS
WELCOME

Saturday • 3rd June • 6pm - 9pm

Longwood Club Rooms
DJ Dave providing the tunes
Nibbles Provided
Tickets: \$20

*This event is NOT strictly under 18s only,
however, it is ALCOHOL FREE



WE'RE HIRING!
Get paid to have fun!

WE'D LOVE TO HAVE YOU ON OUR TEAM!

We are looking for fun, friendly staff who
love to work with kids for our before and
after school care and holiday programs!
Training provided.

For more information about a role in our Nagambie,
Toolamba or Seymour programs, chat to our
coordinator or visit kellyclub.com.au/jobs

Send your CV and cover letter to
recruitment@kellycluboshc.com.au