Term Dates 2016

**Term 1:** *Monday, 1 February – Boarders return*
   - Tuesday, 2 February – Friday, 15 April (Sports Day)

   Exeat Dates:
   - Saturday, 20 to Sunday, 21 February
   - Saturday, 12 to Monday, 14 March
   - Thursday, 24 to Monday, 28 March

**Term 2:** *Monday, 2 May – Boarders return*
   - Tuesday, 3 May – Friday, 1 July

   Exeat Dates:
   - Saturday, 21 to Sunday, 22 May
   - Saturday, 11 to Monday, 13 June

**Term 3:** *Monday, 25 July – Boarders return*
   - Tuesday, 26 July – Friday, 30 September

   Exeat Dates:
   - Saturday, 20 to Sunday, 21 August
   - Saturday, 3 to Sunday, 4 September

**Term 4:** *Sunday, 16 October – Boarders return*
   - Monday, 17 October – Friday, 9 December (Valedictory)

   Exeat Dates:
   - Saturday, 5 to Sunday, 6 November
   - Saturday, 26 to Sunday, 27 November

**Seymour Shop 2016 Trading Hours**
- Monday 8.00am–4.30pm
- Tuesday Closed
- Wednesday 8.00am–4.30pm
- Thursday 1.00pm–5.30pm
- Friday Closed

**Phone Numbers and Email Addresses**
- Junior School Reception Phone: 8303 9001
- Junior School Absentee Phone: 8303 9001 school hours
  - 8303 9020 after hours

  Email: initialsurname@seymour.sa.edu.au
  eg.stravers@seymour.sa.edu.au

  [www.seymour.sa.edu.au](http://www.seymour.sa.edu.au)
The Junior School staff and I welcome you to Seymour, a friendly, caring learning community where our commitment to working collaboratively with parents, as partners, is reflected in our daily routines and expectations.

Together our College community encourages, nurtures and works to sustain respectful social relationships between students, staff and parents. These are essential to ensuring that each student feels safe, happy and connected at school and is able to pay full attention to their learning.

As an important step in developing the mutual trust that is needed to continually strengthen our home-school partnerships, we present this Parent Student Handbook, which conveys very clearly our aims and policies on the very many areas of life in a busy and dynamic place of learning. If we collectively refer to the Handbook, it will hopefully reduce misunderstandings between home and school and allow parents and teachers to continue to work together for the good of each Seymour girl.

We hope that the information presented will facilitate a closer cooperation and understanding between those who work collaboratively, to support every girl’s journey through the Junior School. I encourage you to discuss with your daughter the values underpinning the policies and procedures at Seymour.

The Junior School aims to foster an enthusiasm for learning, building upon the creativity and curiosity that each child has as she begins school. In addition to the quality delivery of the formal curriculum, this includes cultivating understanding and habits of learning that enrich each student’s acquisition of information. This is measured in a student’s ability to judge, discriminate, explain, apply and extend their knowledge. Skills vital for ongoing success in life beyond school.

Each student’s awareness and tolerance of the needs of others is also actively encouraged and modelled. Self-reliance, initiative, cooperation, kindness, self-discipline and a sense of moral judgement are fostered. These skills for life encourage our girls to build strong, positive relationships with others whilst developing the self-confidence required to continually strive to do your best.

The commitment we make to your family, as you can see, is great. Equally your family’s commitment to Seymour, and investment in your daughter’s future are enormous. Let us not take either for granted, and work together towards united successful outcomes. I look forward to working with you and encourage you to contact me with any queries, concerns or affirmations.

Please join us in sustaining the wonderful community of support and understanding that exists at Seymour.

*Shelley Travers*
*Head of Junior School*
# Contents

**Seymour College Junior School and The Early Years at Seymour map** ......4

**People You Will Meet** .........................6
- The Principal .................................................6
- Head of Junior School .................................6
- Form Teachers ..............................................6
- Specialist Subject Teachers .........................6
- Other Staff .....................................................6

**Information You Need To Know** ......7
- Daily Timetable ................................................7
- Uniform ............................................................7
- Clans ......................................................................8
- Communication (School/Parent) ....................8
- Delivery and Collection of Students ............9
- Digital Technology ...........................................10
- Yard Duty Times ...............................................10

**General Information** .........................10
- Absences ..........................................................10
- Allergies ............................................................11
- Birthday Party Invitations ............................11
- Books and Stationery ........................................11
- Calendar ...........................................................11
- Coaching Clinics ...............................................11
- Dental service .................................................12
- Excursions .......................................................12
- Extra Curricular Activities ............................12
- Food .................................................................12
- Grounds .............................................................12
- Highland Dancing ...........................................12
- Homework ........................................................13
- Lost Property ....................................................13
- Manners Matter ...............................................13
- Money ..............................................................13
- Photographs .....................................................13
- Punctuality .........................................................14
- Religious Education .........................................14
- Resource Centre .............................................14
- Seymour Dance ....................................14
- Seymour Gymnastics ..................................15
- Sickness ...........................................................15
- Telephone ........................................................15
- Study Tours .....................................................15

**Specialist Lessons** .............................15
- Art (Mid-Year Foundation to Year 5) ..........15
- Languages (Chinese) .................................16
- Music ..............................................................16
- Physical Education .........................................16

**Student Safety** .................................16
- Out of School Hours Care (OSHC) .............16
- Student Wellbeing .........................................16
- Swimming Pool .............................................17

**Seymour College Community** ............17
- The Seymour College Foundation ..............17
- Old Collegians’ Association .......................17
- Parents’ and Friends’ Association ...............17
PEOPLE YOU WILL MEET

The Principal
The Principal, Mrs Anne Johnstone, is responsible for the program and well-being of all members of Seymour College staff.

Head of Junior School
Mrs Shelley Travers, the Head of Junior School, is responsible for the routines and administration of the Junior School, and for the curriculum, discipline and well-being of the Junior School staff and pupils. She is supported by Mrs Steph Bates, Assistant Head of Junior School: Learning and Mrs Chris Stepien, Assistant Head of Junior School: Students and Community. The Head of Junior School is directly responsible to the Principal of the College.

Form Teachers
The Form Teacher deals with the administration of all class related matters and can help with any issues pertaining to your daughter’s well-being. Form Teachers are responsible for teaching all core subjects.

Specialist Subject Teachers
Subjects such as Art, Chinese, Music, Library and Physical Education are taught by specialist teachers. Our Learning Diversity teaching team further support classroom teachers and students to ensure individual learning needs are met.

Other Staff
Deputy Principal – Mr Darren Pitt
Director of Learning & Operations – Mrs Leonie Harwood
Director of Studies – Mrs Ruth Massie
Director of Service Learning – Mrs Lynn Moten
Assistant Head of Junior School: Learning and PYP Coordinator – Mrs Steph Bates
Assistant Head of Junior School: Students and Community – Mrs Chris Stepien
Junior School Administrative Assistant – Mrs Deb Virgo
Director of Enrolments & Community Relations – Mrs Sally Penn
Director of Marketing & Communications – Mrs Mon Saunders
INFORMATION YOU NEED TO KNOW

Daily Timetable

Foundation (Reception) to Year 5

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Start Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesson 1</td>
<td>8.40am</td>
</tr>
<tr>
<td>Lesson 2</td>
<td>9.20am</td>
</tr>
<tr>
<td>Lesson 3</td>
<td>10.00am</td>
</tr>
<tr>
<td>Morning Recess</td>
<td>10.40am</td>
</tr>
<tr>
<td>Lesson 4</td>
<td>11.00am</td>
</tr>
<tr>
<td>Lesson 5</td>
<td>11.40am</td>
</tr>
<tr>
<td>Lesson 6</td>
<td>12.20pm</td>
</tr>
<tr>
<td>Lunch</td>
<td>1.00pm (1.00–1.10pm supervised eating time)</td>
</tr>
<tr>
<td>Lesson 7</td>
<td>1.50pm</td>
</tr>
<tr>
<td>Lesson 8</td>
<td>2.30pm</td>
</tr>
<tr>
<td>Form Period</td>
<td>3.10pm</td>
</tr>
<tr>
<td>Dismissal</td>
<td>3.20pm</td>
</tr>
</tbody>
</table>

Uniform

The uniform of Seymour College is symbolic of our traditions and our values. Each student at Seymour is expected to have pride in and take care of her uniform.

Footwear: Shoes must be polished regularly and kept in good repair. Socks and tights must be clean, neat and worn tidily.

Hair: Hair is to be kept short or to be tied back from the face once it is shoulder length or longer. At all times, hair should be well-groomed and suitably styled. Black Watch ribbons/scrunchies can be worn in the hair.

Jewellery: Watches may be worn. Plain sleepers or plain ear studs are acceptable. Items other than Clan or School badges may not be worn.

Labelling: Please ensure that all items of clothing and other personal effects (such as lunch boxes, drink bottles, etc.) are clearly named. Labels are available from the Seymour Shop.

Full details of the uniform requirements for the Early Years and Junior School are available on our website at www.seymour.sa.edu.au/enrolments/seymour-shop or on SOCS.
Clans

Every girl from Mid-Year Foundation (Reception) to Year 5 belongs to one of the four Clans: Bruce (white), Cameron (yellow), Douglas (blue) and Stewart (red).

Girls support their Clan by enthusiastic involvement in sporting activities, class activities, academic achievements and any other School or Clan ventures which may be arranged. Clan credits are awarded for achievements and admirable deeds.

Unless there is a family affiliation, girls will be allocated a Clan by the College.

Communication (School/Parent)

Confidential Information

A Confidential Information Form is distributed to parents new to Seymour College requesting details of home address, home telephone number, business telephone numbers, and emergency telephone numbers to enable staff to contact the parents.

It is asked that this form be completed and returned promptly so that your daughter's records may be completed. We would also ask you to complete and return the Student Record Update sheet.

We ask that changes of address, email and telephone numbers be advised as soon as possible to enable records to be kept up-to-date. Notification should be made to the Junior School Office.

Diaries

Diaries are a most useful avenue of communication between Form Teachers and parents. Each entry is to be signed daily by a parent to ensure that homework has been completed and messages etc have been seen. Should there be the need, parents are encouraged to write brief notes to the Form Teacher in the diary.

Parent/Teacher Information Evening

Early in the first term, an evening is conducted where staff and parents meet and discuss educational programs planned for the coming year. It is highly recommended that parents attend this function to meet with their child's Form Teacher.

Privacy Policy

All information the College collects and holds relating to students and families is gathered to enable us to provide schooling for your daughter. The purposes for which the College uses such information is in line with the Seymour College Privacy Policy based upon the national privacy principles contained in the Commonwealth Privacy Act.

Reporting and Assessments

Formal reports are distributed to parents at the end of Terms 2 and 4 for students in Foundation (Reception) to Year 5 classes. Parent/teacher interviews are conducted in Terms 1 and 3. Parents are also invited to attend an interview in Term 4. Mid-Year Foundation students will receive a portfolio of work and a report at the end of Term 4.
Staff Contact
At any time during the year, parents/primary caregivers are welcome to approach the Form Teacher or Head of Junior School regarding your child’s progress. Parents are asked to telephone the Junior School office to arrange an appointment if they wish to discuss any matter with a staff member. The Head of Junior School/Assistant Heads of Junior School are available to discuss any matters of concern upon request or appointment. Parents may contact staff by email when required.

Delivery and Collection of Students

Arrival
We ask that children are at school and ready to commence the daily program by **8.40am**. Children do need time prior to this to organise their belongings and, therefore, should be at school **no later than 8.30am**. Students may enter the College from Gilles Road or the school driveway.

Entrances from Wootoona Terrace may be used. Students arriving in Gilles Road should enter through the small gate leading to the pathway. If they enter through the staff car park, students should walk in the marked lane for pedestrians.

Parents may enter from the main driveway off Portrush Road, park and walk to classrooms. They are asked to exit the school grounds also via Portrush Road.

Dismissal
Students may be collected from the area near the drive entrance (the Cottage or Gilles Road).

Mid-Year Foundation (Reception) to Year 2 parents collect children from a previously negotiated area, where possible.

The prompt collection of students will alleviate traffic congestion at 3.30pm. If a parent does not present at 3.30pm the student should wait with the teacher on duty at the Drive/Gilles Road entrance.

Children may not play in the playground after school while they are waiting for a parent.

If, for some reason, a parent is unable to collect a child at the appropriate time, the child will be delivered to our Out of School Hours Care facility.

Traffic
We ask that you observe the following procedures:

- Please leave all driveways along Gilles Road clear.
- Parents are requested to use the school crossing at all times.
- Please observe all parking signs.
- Please observe speed limits.
- Please do not park in or across the entrance to the staff car park.
Digital Technology

At Seymour College, we are committed to preparing our students for life in a complex digital world, and believe that this includes developing a working knowledge of their own digital device. We are also conscious that making decisions about which device to purchase and use is one which could have an impact beyond and outside of our students’ time at Seymour.

iPads are required for all Year 4 and 5 students. It is the student’s responsibility to make sure that she adheres to the iPad/ICT Policy and that her iPad is kept securely during the school day in a storage area within the classroom. iPads must be adequately charged at home in preparation for use for the school day.

If you require more information, please contact the Deputy Principal, Darren Pitt on 8303 9004.

Yard Duty Times

Parents are advised that classrooms in the Junior School are open from 8.20am and we ask that students do not arrive at school prior to that time. Students arriving before this time must go straight to Before School Hours Care.

Students are not permitted to enter or remain in classrooms unless a teacher is present in the room. Members of staff supervise recess and lunch breaks and are identified by their bright orange vests.

Dismissal is at 3.30pm. A teacher is on duty on Gilles Road and in the Drive after school for 20 minutes. After that time all remaining students will be taken to After School Hours Care.

GENERAL INFORMATION

Absences

A child’s absence should be reported by a telephone call to the Junior School by 9.30am giving the child’s name, class and Form Teacher. If a child has an illness requiring prolonged absence, initial advice is all that is necessary. However, if notification has not been received, parents will be contacted during the morning to establish the whereabouts of the child.

If it is necessary for a child to leave school before the usual dismissal time, a diary note must be brought from home on the previous day, requesting this.

Parents must report to the Junior School Office if they need to come to school during the school day. Girls in Years 2 to 5 will need to wait for parents at the office to be collected by parents for appointments during the day. Younger girls can be collected from classrooms after visiting the Junior School Office and informing staff of early collection details.

Seymour College publishes our term dates and school holidays in advance. We ask that parents arrange holidays to coincide with school vacations in order to maximise learning opportunities. Leave of absence can only be granted by the Principal or Head of Junior School. Any request for leave should be directed, in writing, to the Head of Junior School.
Allergies

Each year it is necessary to upgrade the list of students who require special medication for allergies. We ask that parents advise the Head of Junior School/classroom teachers of specific allergies and return one set of medication to be placed in the First Aid Room in the Junior School.

Medication should be provided in its original supplied packaging:
• clearly marked with your child's name and form; and
• clearly marked with the directions for administration, along with any other precautions deemed necessary by your doctor, and dated.

A letter from your doctor, providing details of the allergy and treatment, is requested for our records and information.

**Nut Aware Policy:** To protect all children at Seymour who have a severe allergy to peanuts and nuts it is a school policy that foods containing peanut and nut products are not brought to school or events. These products may include peanut and nut flavoured crackers, sweets and other foods (eg satay crackers, walnut salad, fruit and nut chocolate). Please assist us to protect children who may have a severe allergy, sometimes leading to an anaphylactic reaction, by checking the ingredients in the products you pack in your child's lunch and/or snack pack.

**Parents must personally bring any antibiotics to the Junior School office with clear instructions.**

Birthday Party Invitations

If birthday party invitations must be distributed at school, we ask that they be handed to the Form Teacher. The Form Teacher will insert them into the students' diaries or folders at the end of the day, to minimise embarrassment or disappointment.

Books and Stationery

Each student receives the required books from Campion at the beginning of each year. Online booklists are made available to current students during Term 4 for the following year's books.

Calendar

Calendars, which include important dates for Junior, Middle and Senior School activities, are distributed at the commencement of the school year to each family. A comprehensive calendar of all College events is available on the Seymour Online Collaboration System (SOCS).

Dental service

The Linden Park School Dental Service (at Linden Park Primary School) offers free dental care for all students. Application forms may be obtained from the Clinic (telephone 8379 8707).
Excursions
During the year, students are taken on educationally beneficial excursions. Parents will be informed of all relevant details prior to any excursion being conducted.

Extra Curricular Activities
Private lessons are available at the College for Dance, Drama Club, Greek, Gymnastics, Highland Dancing, Trinity Drama.
Forms are available from the Junior School Office.

Food
The Junior School Canteen endeavours to provide food which is low in sugar and high in nutritional value. Menus and price lists are distributed to the students and are accessible via SOCS. Extra copies are available from the Junior School office.
Morning tea and lunches are ordered through the class basket system.
Lunch orders are to be written on named brown bags and payment enclosed in envelopes. Financial matters are simplified if, when possible, the correct amount of money is sent from home.
Brain Snack — All classes have a snack of fruit, vegetables or cheese at approximately 9.30am.
Drink bottles are to contain water only.

Grounds
Each Form is responsible for the tidiness of the grounds in areas adjacent to the classroom. Students are required to place rubbish in the bins provided and to dispose of any other rubbish which might be found.
Classes help with clean up duty as an adjunct to each child being responsible for their own rubbish.

Highland Dancing
Seymour College has a very dedicated group of Highland Dancers. This type of dancing requires grace and strength and time to perfect dance technique. Seymour’s Highland Dancers participate in various competitions and perform at a number of College assemblies and special events.

For more information, please contact Deb Virgo in the Junior School Office on 8303 9002.

Holiday Coaching Clinics
Holiday coaching clinics for girls and boys, aged 4-14 years, are held at the College Sports Centre during school vacations.
We offer many activities throughout the year, including archery tag, bubble soccer, dance, fencing, gymnastics, orienteering, self defence, soccer and swimming. Please note that the range of activities may change each holiday break.
Homework

Homework is an integral aspect of study. Homework is set in order to:

• give the student the opportunity to review current work;
• enable the student to reinforce her knowledge of current work and give her the opportunity to undertake related tasks using her own initiative, working at her own pace and with her own resources; and
• enable the student to develop independent work habits, organisational skills necessary for the completion of a set task in a fixed time frame and responsibility for her own intellectual development.

It is essential that students:

• complete all homework assignments when set and hand them up promptly;
• ensure that any work missed through absence from lessons (eg a music lesson) is researched and completed;
• seek the advice of staff when experiencing difficulty with content, self-organisation or time limits;
• have a signed note in their diary if they are unable to do homework; and
• use the time to advantage if no precise homework is set, eg read, revise.

Homework time is allocated as follows:

**Foundation and Year 1:** 10 minutes reading with a parent or caregiver.

**Years 2 and 3:** 10 minutes reading, 10 minutes written and 5 minutes Music each day.

**Year 4:** 20 minutes in Terms 1 and 2; 30 minutes in Terms 3 and 4, and 10 minutes Music each day.

**Year 5:** 40 minutes plus 10 minutes reading; and 10 minutes Music each day.

Homework is not set for weekends. However, students should spend some time reading and finishing incomplete work if required.

Lost Property

All items of clothing, stationery and sports equipment should be clearly named. Lost property is held outside Martyn Building in a clearly labelled box.

Manners Matter

High expectations are placed upon all girls and adults in the ways they interact with others. Speaking and acting with respect, kindness and honesty are valued: matters manner in our Seymour community.

Students are asked to greet all adults by using their name, if known, using eye contact and speaking clearly.

Money

Students are not permitted to carry excessive amounts of money. Money must be kept with the child, preferably in a small named purse. If, for some reason, a larger amount of money or a precious article is brought to school, the child should ask the Form Teacher to take care of the item.

If a child loses money, the Form Teacher or Junior School office should be advised.

Junior Primary classes (Reception/Foundation to Year 1) are to hand money in named purses to Form Teachers for safe keeping.

Photographs

Many special events take place within our school community throughout the year. Parents are asked to be mindful and respectful of other families when photographing or videoing at school events and are asked to not upload images of other families or students to social media.

Festival City Photography attend a number of Seymour College events. Photos may be purchased from them directly at [www.festivalphoto.com.au](http://www.festivalphoto.com.au) Log in details are published in the fortnightly newsletter *Seymour News*.

Class and individual photographs are taken annually. Details will be advised during the year. A Photo Permission Form is required for each child and this is available on the College website at: [www.seymour.sa.edu.au/enrolments/orientation/](http://www.seymour.sa.edu.au/enrolments/orientation/)
**Punctuality**

The start of every school day is significant as it enables classroom teachers to welcome the girls, establish the routines of the day and set in place learning expectations.

The end of the day is similarly important as it enables the drawing together of the learning of the day. It brings the day to a close with a focus on what has gone well.

Both are important times of our school day and parents are asked to adhere to school start (8.40am) and finish (3.30pm) times.

**Religious Education**

A Junior Primary Assembly and a full Junior School Assembly are incorporated into the timetable.

In these assemblies, the aims of the Religious and Values Education Curriculum are supported, developing the students’ understanding of Christianity, its philosophy and history through stories, discussions, drama, games, hymns, prayers and Bible studies. Weekly assemblies include hymn singing, stories and prayers.

The calendar of the Church is observed as well as seasons and special days. The assemblies are based on sharing and caring for each other. Each class also participates in a weekly Religious and Values Education lesson (RAVE).

**Resource Centre**

The Resource Centre is a vibrant part of McGregor Campus with big books, pictures, kits, videos, Science and Maths equipment being regularly borrowed by Form Teachers.

Both the Form Teacher and the teacher-librarian collaboratively broaden the students’ research and literary skills through a weekly lesson. As well as this lesson, each week the class has a browsing and borrowing session. Students are encouraged to exchange books often and the Centre is open before and after school as well as at lunchtime.

**Seymour Dance**

Seymour Dance currently runs 21 different dance classes a week in our sprung floor dance suite located in our onsite Sports Centre for all school aged children. Some classes for pre schoolers are operated in the Seymour College Early Years Centre located in our Junior School.

We currently offer acro dance, classical ballet (junior, primary, intermediate and advanced), contemporary, dance pl3y, hip hop and jazz. Classes are open for girls and boys aged 3-18. Seymour Dance welcomes private dance bookings for Calisthenics and Cheerleading clubs.
Seymour Gymnastics

The Seymour Gymnastics program includes fun circuits and activities which aid skill development. The program uses games, music and dance, and hand apparatus such as ribbons, balls and hoops to keep the gymnasts physically and mentally stimulated. The program is structured around a levels system which is suited to the gymnast’s capability. All coaches are highly trained and accredited, and create a fun and safe atmosphere for all participants. Gymnasts are tested at the end of each term and moved through the levels accordingly. Certificates are awarded mid-year and at the end of the year.

For further information about the Coaching Clinics, Seymour Gymnastics or Seymour Dance, please contact Glenda Green, Sports Centre Manager on 8303 9030.

Sickness

If a child feels unwell during lesson time, the Form Teacher should be informed and the child will be sent, accompanied, to see the School Assistant in the First Aid Room.

At lunch and recess times, the child should report to the Junior School Office after seeing the teacher on duty.

If the illness or injury is sufficiently severe for the child to need to go home or to the doctor, a staff member will contact either parent or, if unavailable, other persons selected by parents to be contacted in emergencies.

Telephone

Students who wish to use the telephone for a matter of urgency must ask permission from a staff member and report to the school office. Mobile phones are not permitted in the Junior School.

Study Tours

Years 2 to Year 5 undertake study tours/camps of varying lengths. The study tours are designed to reinforce the concepts taught in a particular subject area of the Australian curriculum.

SPECIALIST LESSONS

Art (Mid-Year Foundation to Year 5)

Students are encouraged to be creative and are introduced to a range of skills that enable them to express themselves in their own ways. In Junior School, students are encouraged to develop their innate talents and to gain enjoyment from the process and the finished product.

Languages (Chinese)

A specialised Chinese teacher delivers the Junior School Languages program to students from The Early Years at Seymour to Year 5. The program is designed to allow skills taught in Chinese to be reinforced and built upon in subsequent year levels.

Our comprehensive program also engages students culturally and provides them with opportunities to interact and perform.
Music

Students participate in three Music (choral, instrumental and movement) lessons a week. All students in Year 3 learn the recorder for a semester and a stringed instrument for a semester. Descant recorders may be purchased through the booklist.

Advanced music students will have the opportunity to participate in various ensembles. Girls in Years 4 and 5 may audition for the Junior School Choir.

Extra curricular music: Private lessons are available at the College for the following instruments:

<table>
<thead>
<tr>
<th>Bagpipes</th>
<th>Cello</th>
<th>Clarinet</th>
<th>Double Bass</th>
<th>Flute</th>
<th>Guitar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percussion</td>
<td>Pianoforte</td>
<td>Recorder</td>
<td>Saxophone</td>
<td>Trumpet</td>
<td>Viola</td>
</tr>
</tbody>
</table>

Lessons in the theory of music are also available. Qualified teachers are available for tuition, and some instruments are available for hire. Forms are available from the Junior School Office.

Parents are asked to note the dates for music tuition and assist younger students by reminding them to bring to school the necessary instruments and books.

Physical Education

There are two Physical Education lessons for girls each week, with the emphasis on participation and basic skills at each child's own level of development. These skills are taught through gymnastics (formal and educational), athletics, swimming, ball skills and dance. Basic health education and general co-ordination activities are included in the program.

Each class also has fitness sessions with Form Teachers throughout the week and participates in Clan fitness events fortnightly.

A wide variety of sporting equipment is available for use by the students at lunchtime.

STUDENT SAFETY

Important: Please refer to section entitled Delivery and Collection of Students — Traffic

During playtime students play in areas designated for their year level that provide developmentally appropriate equipment.

Out of School Hours Care (OSHC)

Before School Care is available from 7.00–8.30am.

After School Care is available from 3.30–6.00pm on school days.

Seymour College has partnered with Camp Australia, the leading OSHC provider in Australia, for the provision of this service. An annual enrolment fee is charged per family in addition to an on-going fee per session. Please refer to www.campaustralia.com.au for more information.

Student Wellbeing

Students' emotional wellbeing is supported with weekly lessons in personal development.

We are committed to applying the concepts of positive psychology across the entire College, especially in our pastoral care program. Often referred to as the science of flourishing or optimal functioning, positive psychology provides evidence-based strategies in understanding and building wellbeing and resilience.

Positive psychology is of particular value for educators as the research clearly demonstrates that wellbeing and learning are inextricably linked. Further, it is focused on building positive emotions, engagement, positive relationships, meaning and accomplishment (PERMA).

As a staff, we develop strategies to help our students understand and master this concept through establishing helpful thinking patterns and developing a positive self-concept. We also strive to foster each girls' strength of character through cultivating resilience and the capacity to persevere in the face of challenges, as well as developing tenacity in the pursuit of goals.

Students are also guided in developing and understanding their personal needs and those of others. This personal foundation provides the essential framework for Health Promoting Schools lessons in Drug Education, Growth and Development, along with the care and understanding of the Body Systems, Diet and Exercise.

Student needs are catered for through small group or individual programs. Our College Counsellor works on topics such as organisational skills, strategies for building relationships and general communication skills. Partnerships with parents are further enhanced through parent workshops which address issues relevant to families.
Swimming Pool

Swimming lessons are organised for Mid-Year Foundation to Year 5 students. Students wear one-piece bathers or school bathing suits, available from the Seymour Shop. All students must wear a rashie for sun protection. Students are not permitted to enter the pool area unless supervised by a teacher. At all times the rules of the pool must be observed.

Each year the Junior School participates in a Swimming Carnival held in our onsite pool, located near Barr Smith House. Parents and caregivers are encouraged to attend to support the Seymour spirit.

SEYMOUR COLLEGE COMMUNITY

The Seymour College Foundation

The Seymour College Foundation assists in the preservation and development of facilities and programs for the pursuit of excellence by current and future students. It provides financial assistance from funds invested and assets acquired through the generosity of members of the wider Seymour community.

Old Collegians’ Association

The College has a very active Old Collegians’ Association. If mothers who are old scholars are interested in joining the Committee, they are encouraged to contact Sally Penn, Director of Enrolments and Community Relations.

Parents’ and Friends’ Association

Seymour College is proud of our very active and engaged Parents’ and Friends’ Association. New parents are welcomed to the school community by way of a special gathering early in the year. You are encouraged to participate in the activities of this Association which are most worthwhile and promote a close bond within the school community.

Parents’ and Friends’ Association notices are sent home from school with your child.
Seymour inspires within each student a passion for life-long learning, a celebration of community and a quest for personal excellence.