



10-22 Channel Rd, Shepparton, VIC 3630

Email: shepparton@nefln.vic.edu.au

Website: www.nefln.vic.edu.au/shepparton

Phone: 0427 877 113

Newsletter

Dear Shepparton FLC Community,

We have had a great start to the year and have a lot to celebrate.

Through the duration of Term One, we have had 8 new student enrolments. It's been fantastic to see existing students warmly welcome our new students, demonstrating our school value of Respect. We really do have a great school community.

In our Careers space we have started two short courses this year, Hospitality and Road Infrastructure. These courses have been popular and well attended and will continue into the first five weeks of Term Two. During Term Two, we have several Careers events coming up, they include the following;

- Careers Day Out – 10 & 11th May
- Dookie Food and Fibre – 26th May
- Woman in trades – 10th & 11th May
- ADF Careers - TBC

In week five of this term, Justin Reed, supported and led the NAPLAN program. We would like to thank families and staff for their support of students during this time. Results are due later this year, we will advise families once results came back.

There are three VET subjects running at our site this year, Community Services, Animal Studies and Business. Students enrolled into these VET courses have settled into their studies and doing well. Our Animal studies students have been exceptionally busy with hands on practical components and an excursion already this term.

Other highlights from the term have included our Hands on Learning program and Practical Skills projects, Tennis, the commencement of Blue Earth a health program to support students with their social and emotional learning of team work, collaboration, respect and resilience. During the final part of this term, we were fortunate to have professional performers hold a play for some of our students. This play centered around the theme of Respect and Resilience and how to cope with challenging social situations. A fabulous opportunity for our students.

In closing, I would like to thank all of our families and school community for supporting our students. Without the support of families, friends and guardians, our students could not remain focused and engaged in committing to their learning opportunities.

I would also like to thank our wonderful staff. Their dedication, time, passion and the genuine care that they show for our students is truly valued and I strongly believe this dedication to their roles and belief they have in their students has a huge impact on the successful outcomes our students are able to achieve.

On behalf of the staff at the Shepparton FLC we wish all families a safe and happy Easter and holiday break. We look forward to seeing students on 24th April 2023 for the start of Term Two.

Michelle Sheehan



Site Principal

A campus of:
Wodonga Senior Secondary College
Every Student, Every Opportunity, Success for All



Important Dates and INFORMATION

- **Last Day of Term 1**
Friday 6th April 2:30pm finish
- **First Day of Term 2**
Monday 24th April
- **ANZAC DAY Public Holiday**
Tuesday 25th April
- **Careers Day Out Events**
Wed 10th & Thurs 11th May
- **Dookie Food & Fibre**
Friday 26th May

Student Absences

It is a requirement of the Department of Education and Training that accurate records of the student absences are kept by the school. We appreciate parent/carer support in notifying the school of a student's absence.

Contacting the school.

- 📞 Ring the school office from 8.30am 0427 877 113.
- 📱 Text the school on 0427 877 113.
- ✉️ Send an email: shepparton@nefln.vic.edu.au

Learning Mentors will contact families if there is an unexplained absence of a young person.

Thank you for your continued support.

Reminder that our school has a no phone policy during students timetabled classes.

Students can store phones in lockers provided during lessons.

Students can access their phones during designated break times 12:30pm - 1:00 pm

If parents/carers need to contact their young person, a message can be passed on via contacting reception on 0427 877 113.

We appreciate parents/carers support in limiting distractions while students are learning.



Mental Health Services and Support

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

QLife

LGBTI peer support and referral

1800 184 527 (6pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
headspace.org.au/eheadspace
(online chat 24/7)

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners



Funded by





YOUR SCHOOL PORTAL ACCESSING YOUR CHILD'S PORTAL



Download the School Portal App from the App Store (for iPhone) or Google Play (for Android)



Login using the mobile number or email address registered with your child's enrolment details



You will then receive a 6-digit authentication token to the mobile number or email address used to login



SCHOOL PORTAL NORTH EAST FLEXIBLE LEARNING NETWORK

YOUR SCHOOL PORTAL

The North East Flexible Learning Network utilises the School Portal mobile app to support the important three-way partnership between the classroom teacher, parents and their child.

School Portal provides real-time access to information to ensure that parents and guardians are kept informed of their child's learning and progression through their secondary education.

The School Portal mobile app has a growing list of functionality and provides access to:

- Download and view student reports
- Approve attendance
- Subject and activity payments
- Notification centre
- Teacher and Campus Leader contacts
- School calendar
- Announcements
- Approve and pay school activities
- Student timetable
- Update personal details

Visit the App store for iOS or the Google Play store for Android devices and search for 'School Portal' to download the app. Once downloaded, launch it and enter either the mobile phone number or email address associated with your child's enrolment at the school. You will then be sent a 6-digit verification code to the email address or mobile number entered, enter this to complete the registration process.

Please contact the College on 0427 877 113 if you require assistance accessing this.

STUDENT ATTENDANCE

Pre-approved attendance

From the School Portal, pre-approved absences can be entered for when it is known in advance that your child will be absent. A note about the absence along with a duration and type of absence can be entered via the portal. This will make staff aware of the absence when they mark their class attendance.

Unexplained absences

If your child has been absent, an explanation for this absence can be entered via the School Portal by selecting the 'Approved Absences' option from the menu. This will request a type of absence and allow an opportunity for a note to be entered which will be available for your child's teachers to view.



STUDENT REPORTS

Your child's progress reports are available to be downloaded and viewed from the School Portal, these are updated after every reporting cycle to ensure that you have access to the most up to date information.

Historical student reports from their time at the College are also made available through the School Portal.



STUDENT ACTIVITIES

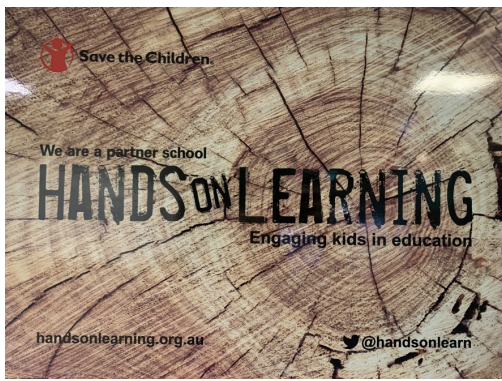
In the 'Activities' section of the School Portal mobile app, consent and payment can be made for student activities, preventing the need for printed permission slips to be distributed.

Once your child has been invited to participate in an activity, you will receive a push notification through the mobile app. You will then be able to approve their participation, provide an additional note to the staff member organising the event and if applicable, make a payment conveniently through the same interface.



FREQUENTLY ASKED QUESTIONS

- Q: Can more than one parent or carer have access to the School Portal?
 A: Yes, each parent or carer that is assigned to the student upon enrolment can login using their email address or mobile phone number. Please contact your school to update enrolment information.
- Q: I have children that attend other schools in the area, will they also appear in the same app or will I need different account details?
 A: Yes, if your school uses the School Portal, these all appear in the one location under the 'My Family' area. Please ensure that your contact mobile phone number and email address are the same across these schools.
- Q: What if my child has access to my mobile device, will they be able to access the School Portal?
 A: In addition to the one-time login, a custom 4-digit security pin can be set within the app. Once configured you will be prompted to enter this every time when accessing the app.



Students have been recycling old pallets and turning them into functional and practical usable items.

Over the last few weeks they have been working on building a garden bed box.

This week students completed their first box of many.

We look forward to what will be created next.

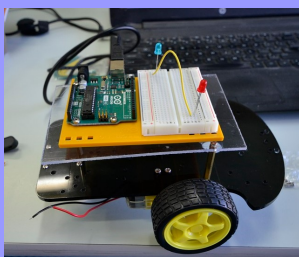
We have also been focusing on our garden courtyard area that was in desperate need of some TLC. Students have completed the clean up stage, getting garden beds ready for planting seasonal vegetables that can be used in our cooking program when ready for harvesting.



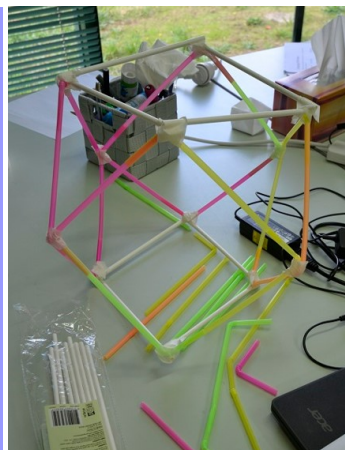
We currently have a science experiment between some students to see if spring onions grow better in full sun or part sun and shade.

In the **CLASSROOM**

Arduino



VESAK Lamp



Careers

We have partnered with SCA - Short Courses Australia for our students to participate in two courses;

- Road Infrastructure
- Hospitality.

Both courses have been well attended by students and will continue to run for the first 5 weeks of Term 2.

Below are some of the Nationally Certified certificates students will gain to add to their résumés

- ◆ Construction Induction Card - ID Card
- ◆ Stop Slow Certification
- ◆ First Aid
- ◆ RSA
- ◆ VGCCC

Students will graduate for these certificates on the 29th and 31st May respectively.

VETIS

Thank you Cindy for visiting the Shepparton VET students on 8th March, for students to undertake their hands on component for this course.

Bluey is a VERY fluffy girl and needs lots of attention especially to her grooming. Students had the opportunity to comb, bath and blow-dry Bluey.

Bluey left smelling fresh for her trip home to Wodonga.

CERTIFICATE II ANIMAL STUDIES



Bluey

Thank you Cindy for visiting the Shepparton VET students on 8th March, for students to undertake their hands on component for this course.

Students clipped Coby (Coby is the Wodonga FLC school therapy dog).

Coby looked very stylish for the trip home back to Wodonga.



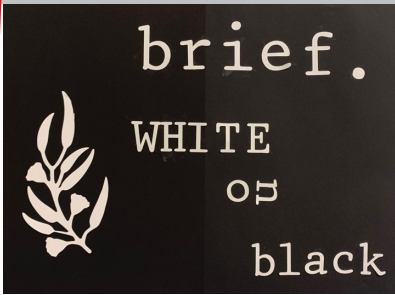
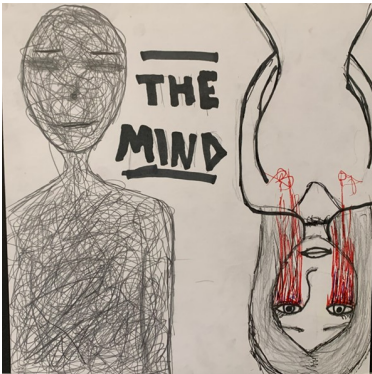
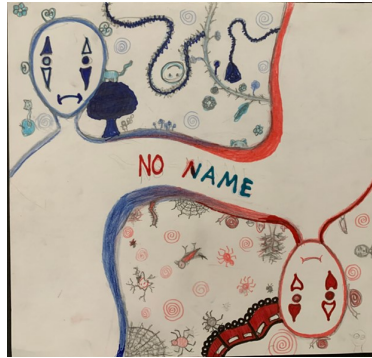
Coby



Visual Arts

TERM
M-1

album
covers



Visual Arts



Respectful Relationships

Shepparton Flexible Learning Centre is a Respectful Relationship Partner school. Respectful Relationships is a state government initiative that supports schools to promote and model respect, positive attitudes and behaviours. It teaches our young people how to build healthy relationships, resilience and confidence. It supports young students in dealing with a range of challenges they may face and covers topics including being respectful, resilient, engaged at school and being confident within themselves. Respectful Relationships promotes equality and helps students learn how to build healthy relationships.



Consent

Consent is an individual's free agreement to participate in an activity. Consent can only be given if it is free and voluntary, without fear, coercion, intimidation, or anything else that inhibits free agreement

Sex and the law:

- ✦ It is an automatic illegal offense to engage in sexual activity with a person under 12.
- ✦ In Victoria, the age of consent is 16.
- ✦ Between the age of 13-16 there can be no more than 2 years between sexual partners
- ✦ A person with authority to someone under 18 is not allowed to undertake any sexual act.

CONSENT IS:

CLEAR

COHERENT

**GIVEN WITHOUT
PRESSURE,**

GUILT OR THREATS

Clear

Consent is active.

It's expressed through words or actions that create mutually understandable permission.

Consent is never implied, and the absence of a no is not a yes.

Silence is NOT consent.

"I'm not sure," "I don't know," "Maybe" and similar phrases are NOT consent

Willing

Consent is never given under pressure.

Consent is not obtained through psychological or emotional manipulation.

Consent cannot be obtained through physical violence or threat.

Someone in an unbalanced power situation (i.e. someone under your authority) cannot consent.

Coherent

People incapacitated by drugs or alcohol cannot consent.

Someone who cannot make rational, reasonable decisions because they lack the capacity to understand the "who, what, when, where, why or how" of the situation cannot consent.

People who are asleep or in another vulnerable position cannot consent.

Ongoing

Consent must be granted every time.

Consent must be obtained at each step of physical intimacy.

If someone consents to one sexual activity, they may or may not be willing to go further.

Alternative Health Services GV Health



Euroa Health

Our community.

Urgent Care Centre in Euroa
Open: 24/7
Kennedy St, Euroa, VIC. (03) 5795 0221



Support service for young people (12-25 years old).
Open: Monday, Wednesday, Friday: 9am - 5pm;
Tuesday & Thursday: 9am - 7pm,
129 High St, Shepparton, VIC.
(03) 5823 8800 | 24/7 hotline: 1800 650 890

Goulburn Valley Area Mental Health Services Centralised Triage

Mental health support service staffed by
a team of experienced local mental
health professionals
Open: 24/7
1300 369 005



Open: 24/7
36-44 McDonnell St, Nathalia, VIC. (03) 5866 9444
24-32 Broadway St, Cobram, VIC. (03) 5871 0777
2 Katamatite Rd, Numurkah VIC. (03) 5862 0555



Urgent Care Centre in Kyabram
Open: 24/7
86-96 Fenaughty St, Kyabram, VIC.
(03) 5857 0200

Respiratory Clinic

Monday 9am – 12pm, Tuesday 9am – 12pm
Wednesday, Thursday, Friday 9am – 12pm
Closed on weekends
172 Welsford St, Shepparton, VIC. (03) 5821 9655

COVIDSafe information hotline

Support for COVID-19 health enquiries. The
COVIDSafe information hotline diverts to the nation:
hotline everyday from 8pm - 8am.
Open: 24/7
1800 675 398

Alternative Health Services GV Health



Telemedicine service providing phone or video
consultations with Australian-qualified senior
emergency specialist doctors.
• Monday – Friday, 8am – 6pm, \$250
• All other times, \$280
Open: 24/7
myemergencydr.com



Consult an Australian Medical Board-certified GP by
phone or video. Prescriptions, medical certificates,
referrals, general consults, blood tests, x-rays and
more.
Open 7 days: Monday – Friday, 9am – 9pm,
Saturday – Sunday, 9am – 1pm
nationaltelemedicinedoctors.com | (02) 8834 7760



Doctor consultations, prescriptions, medical
certificates, and specialist, radiology and pathology
referrals.
• Prescriptions \$19.99
• Telehealth consultations \$29.99
Open: 24/7
primemedic.com.au



Online prescriptions, telehealth doctor consultations
online medical certificates and pathology requests.
• Prescriptions \$15
• Telehealth consultations \$40
Open: 24/7
instantscripts.com.au



After hours, bulk billed, in-home doctor visit.
Open: Weekdays from 6pm
Saturdays from 12 noon
All day Sundays and public holidays
137 425 | homedoctor.com.au

Open: 24/7
1300 606 024

Maternal and Child Health at Greater Shepparton City Council

A free service and available to all families with
children aged 0 to 6.
Open: Monday - Friday, 8.30am to 4pm
(03) 5832 9312

Maternal and Child Health Line after-hours service

This is a 24-hour telephone service staffed by
qualified maternal and child health nurses. The
telephone line provides over-the-phone information,
advice and referral to all families with young children
Open: 24/7
132 229

Alternative Health Services GV Health



Diabetes education, farmer's health, refugee health, cancer support and more.
Open: Monday – Friday 9am – 5pm
399 Wyndham St, Shepparton, VIC.
(03) 5823 3200



Free phone advice service with registered nurses, who can arrange a call back from GP.
24 hour advice
1800 022 222



Via phone or video

- Prescriptions & medical certificates \$15
- 8 minute on-demand appointments \$39
- 15 minute scheduled appointments from \$52
- Open: 24/7
- healthengine.com.au



Telehealth GP service offering video access to Australian registered doctors at a time and location that suits you.

- \$60 during business hours.
- \$90 after hours

Open: 24/7



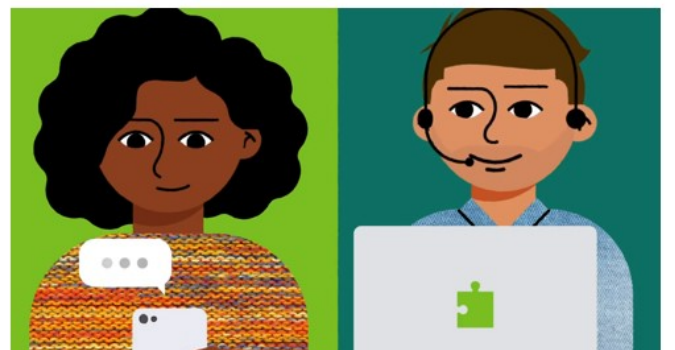
If you're 12-25 and going through a tough time, you can talk to a headspace youth mental health professional.

eheadspace.org.au
1800 650 890

7 days a week
9am to 1am

headspace.org.au

connecting with others





These beef and black bean burritos make for a quick and healthy Mexican inspired dinner.

Recipe tip

Add pico de gallo, cheese, jalapenos, guacamole or whatever you like before rolling up.

Ingredients

- Olive oil
- 500g mince, lean
- 1 large onion, peeled and diced
- 2 large Capsicums Red and Green, sliced
- 2 cloves garlic, peeled and sliced
- 1 tsp cumin
- 1 tbs smoked paprika
- ½ tsp ground coriander
- ½ cube beef stock
- 400g can black beans
- 400g can chopped tomatoes
- 1 medium lime juiced
- 500g rice cooked
- 8 tortillas wraps

Method

Step 1 of 4

Heat the oil in a large pan on medium high heat and fry the beef mince, diced onion and capsicums for 5 minutes. Add the garlic, spices and crumbled beef stock cube and cook for 2 minutes.

Step 2 of 4

Stir in the black beans (including the liquid from the can) and chopped tomatoes and bring to a simmer. Add half a can of water and cook for 20 minutes until thickened, stirring occasionally. Squeeze in the lime juice and stir.

Step 3 of 4

Heat the rice according to pack instructions and cook the tortillas for 30 seconds in the microwave.

Step 4 of 4

Spoon chilli mix into the middle of each tortilla, add rice and any other toppings you like, fold over each end, roll up and serve.

6th March 2023



Pantry items are available in reception for students, parents and carers.

Shopping bags are available, hanging on side of cupboard.

If no bags are present, please ask at reception.

Shelves are restocked daily with more stock, please take as you need.



Wishing our school community a happy and safe Easter break.

Enjoy some down time and sleep ins over the school holidays.

We will see everyone fresh and ready for Term 2 on Monday 24th April.