



flexible
Learning Centre

12th September 2023

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

Term Three reflections and celebrations!

It has been another fun packed and busy term for our students and staff at the Shepparton Flexible Learning Centre.

We continue to see our young people enjoying a variety of programs, including Art, Music, Hands on Learning, RDA and Health and P.E. In addition to these programs, we have had the pleasure of engaging in a variety of events and activities that have supported our community engagement. These have included guest speakers from the Shepparton Youth Police Branch, Greater Shepparton City Council and the Shepparton English Language Centre. All of these presentations have provided some valuable learning for our students and supported their connection and understanding of community issues both locally and in broader society.

A number of excursions and Career Expo's have taken place throughout the term. Students have had the opportunity to attend the Hands- on Trade Expo at Winton, the Melbourne Museum, Puckapunyal Work Experience Expo and some have had the opportunity of engaging in a community reading program at the Shepparton English Language Centre.

There have been a few staffing changes during term three. I would like to formally welcome Deb Wheelock as our receptionist. Deb comes to us with a wealth of knowledge and experience and we are all excited to have her join our team. Congratulations to Kylie Gibbons on her appointment as our Careers Practitioner and a big thankyou to Kylie for her support and the work that she has done in her role as our administration staff member over the past 7 years.

Meaghan Thompson, our school nurse joined our team at the commencement of the term and is working with us two days per week. Meaghan is available to support our young people with a variety of health and wellbeing topics as they arise.

To all our staff, THANK YOU. You all continue to be diligent, passionate and dedicated to your jobs. This helps our young people to not only work towards achieving their career and education goals, but supports them to feel cared for, valued and to experience a sense of belonging to our school.

To our parents and guardians, thank you for supporting and believing in your children. They are awesome!!

Enjoy the holidays and this beautiful weather as it starts to warm up!!!

Michelle Sheehan

Site Principal

A campus of:

Wodonga Senior Secondary College

Every Student, Every Opportunity, Success for All



We value & respect diversity within our school Community



Important Dates and INFORMATION

- **First Day of Term 4**
Monday 2nd October
- **Wodonga Cup Public Holiday**
Friday 24th November
- **Beechworth Excursion**
Monday 16th October
- **Jewish Museum Melbourne**
Thursday 9th November
- **Fun Fields Excursion**
Friday 1st December
- **Parent Teacher Interviews**
Reports Issued
Wed 6th December
- **Pupil Free Day**
Wednesday 13th December
- **Activities week**
11th - 15th December
- **Last Day of Term 4**
Wednesday 20th December

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 (8pm-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 <small>(online chat 24/7)</small>	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



2023 TERM FOUR ELECTIVES

Please speak with your Learning Mentor if you are interested in participating in the below electives.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 – 10 am		<div>Art Mish</div> <div>Horse Riding 9.30am</div>	<div>Pitstop Depart: 10.30 am Program: 11 – 12.30 pm Return: 1 pm John &</div> <div>Blue Earth 11.30am – 12.30pm Phil &</div>		<div>Music Individual Lessons Justin</div>
10 – 11 am	Cooking 10.30am – 12.30pm David				
11 – 12.30					
12.30 – 1	Lunch	Lunch	Lunch	Lunch	Lunch
1 – 2 pm	P.E / Gym John/ Rylie	<div>Art Di/Mish</div> <div>Music Group ensemble Justin</div> <div>Art Mish</div> <div>The Big Issue Sally</div>	<div>Art David</div> <div>Health & Fitness With John</div>	Gardening With Phil	Art Di/Mish
2 – 3 pm					
3 – 4 pm					
Staff Planning / Meetings					

CAREERS & PATHWAYS

We have had a busy Term with excursions to Winton Hands on Trade and the Puckapunyal Work Experience Expo this term. Our focus now moves to Term 4 and assisting students with their future career and study goals.

Students have placed their expression of interest for VDSS subjects with GOTAFE for 2024. It is really important that students monitor their school emails as some certificates require students to have a pre-enrolment interview and LLN (Literacy, Language and Numeracy) test. Kylie is sending letters home to those students that this applies to.

SHFLC is currently gathering student interest for our internal VETis certificates, Animal Studies, Community Services, Workplace Skills and Active Volunteering. Speak with your Learning Mentor or see Kylie for further information on certificates and registering your interest.

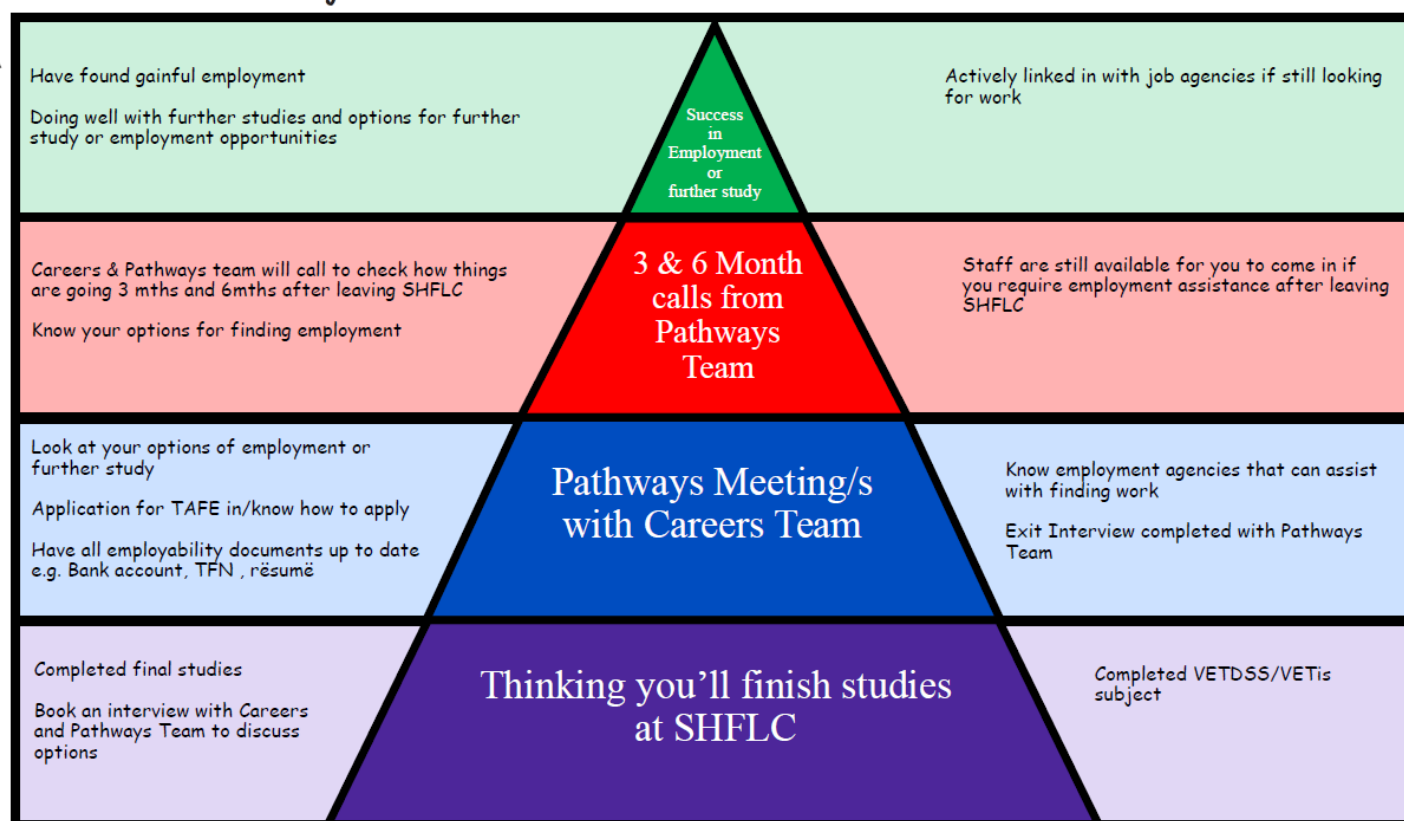
NOT RETURNING IN 2024

Below is a our School Leavers Guide for students and parents/carers of how we support our students as they prepare to embark on employment and/or further studies.

SHFLC Careers and Pathways Team will meet with students regularly during Term 4 to ensure they have all the necessary skills to be successful, post schooling.



School Leavers Guide



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.



Child Safe Policy

Child safety and wellbeing at Wodonga Senior Secondary College (Shepparton Flexible Learning Centre): information for families and the school community

Last year, the Victorian Government announced new [Child Safe Standards](#) to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Wodonga Senior Secondary College (Shepparton Flexible Learning Centre) has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to view on the [insert website page name and link].

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices.

If you have any suggestions, comments or questions about Child Safety at Wodonga Senior Secondary College (Shepparton Flexible Learning Centre), please contact the school office.

A graphic titled 'What are the child safe standards?' featuring a group of diverse children (boys and girls of various ethnicities) standing and sitting, some holding up phones. The text 'What are the child safe standards?' is in a large, bold, sans-serif font. Below the title, there is a list of standards and a call to action. The graphic is decorated with colorful, abstract shapes in the background.

What are the child safe standards?



Standards exist to keep you safe.

You have the right to:

- Be and feel safe wherever you are
- Expect that adults around you will keep you safe.
- Be given information about how to get help.
- Be listened to.
- Have action taken regarding your safety.

Speak to Wellbeing staff for more info.

SCHOOL NURSE – MEAGHAN



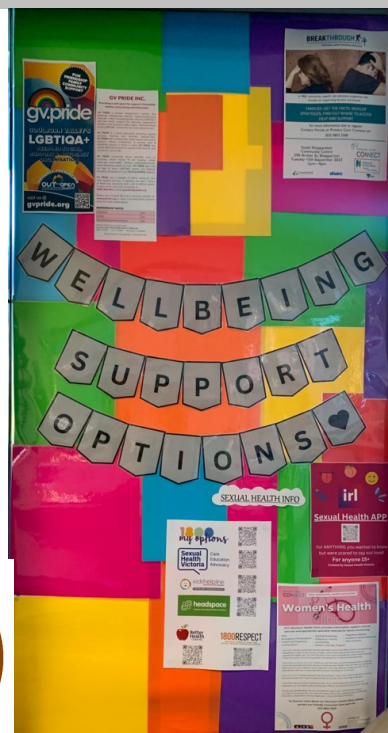
Hi all,

Meaghan here, school nurse. For those that haven't met me yet, I'm around 1 or 2 days a week, onsite, but am available 5 days a week via email.

Look out for some health info displays around the school, designed to educate and support your choices.

If you have any ideas or suggestions about what I should put up, please let me know via Meaghan.thompson@education.vic.gov.au

Always happy to support or help out with any concerns that you come across.



WELLBEING WITH TIM

Throughout the term, there have been many programs running to support our young people with their wellbeing. Activities occurring regularly include those that cover Respectful Relationships, Healthy Habits of the mind, help seeking and healthy eating and routines.

Our students are fortunate to be able to seek the ongoing support and wisdom from our Wellbeing Team members – Tim, Eliza and Meaghan.

During our final week of term, we have been focusing on RUOK Day. We have concluded the term with recognising this important event with a sausage sizzle and yellow cupcakes!!!

We make time to ask
RUOK?

HEALTH

10 HEALTH HABITS TO START RIGHT NOW



Help Seeking

Help seeking is an important social skill that enables individual students to know when outside help is needed, the type of assistance required, how to access the help by effectively engaging others, and how to apply what they learn to solve their problems and complete tasks.

4 steps of an RUOK? conversation



10 TIPS FOR HEALTHY EATING

- 1 Consume home cooked food more often
- 2 Eat only as per your requirements
- 3 Eat at regular intervals
- 4 Munch on healthy snacks
- 5 Eat when hungry
- 6 Consume whole grain more often
- 7 Eat more protein
- 8 Eat fish for Omega source
- 9 Include healthy fats in your diet
- 10 Eat variety of veggies



COMMUNITY CONNECTIONS

Victoria Police guest speaker.

Thanks to Tim for organising Mitchell Bull from Victoria Police to come to the school as a guest speaker to talk about Drugs and Alcohol. Mitchell supported our students further understanding and awareness of this topic.

Students spoke openly with Mitchell and asked questions that are relevant to situations that come up within the community.



SELC (Shepparton English Language Centre) guest speakers.

On the 21st of August, three staff from the Shepparton English Language Centre (SELC) came to the school to inform us how their school operates, some challenges faced by their students, the many benefits of their educational program and how they support their students to move into mainstream educational settings. We learnt that there are



currently students from 13 different countries attending the SELC and discovered how their teachers and education support staff help these students to learn English and help to prepare and support them to live and go to school in Australia.

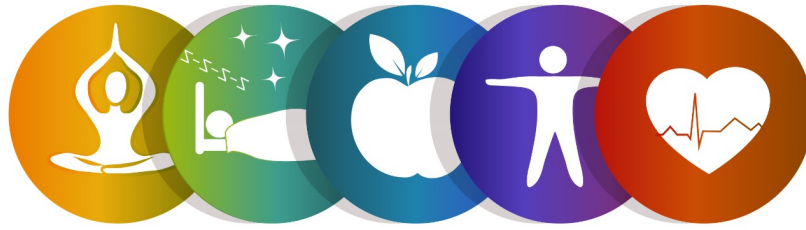
Cultural and Community Connection Koori and Education Support Officers presentation

We have had the pleasure of Shane Clarke and Kiah Atkinson (Koorie Engagement Support Officers) coming to the school on several occasions during Term Three.

On 7th August, Shane and Kiah presented a talk on First Nations history and challenges and discussed some ideas and reflections with the students on future service supports. This was an enlightening and enriching presentation for both staff and students.



PHYSICAL EDUCATION



Health and P.E

In addition to our regular P.E sessions at the Shepparton North stadium, a large focus during Health and P.E this term has been on lifestyle choices and healthy eating. Students have engaged in several short activities to encourage and consider ways to make healthier choices. Some of these activities have included 'making smoothie's', walking groups and over the past few weeks the simple pleasure and enjoyment of 'fishing'. Below are some snaps of our successful fishing trips to Victoria Park Lake!

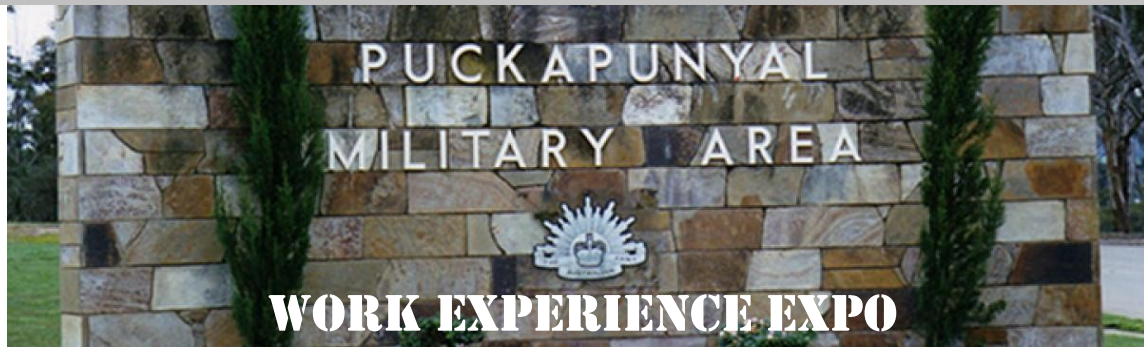


Blue Earth

Our students have continued to enjoy the Blue Earth program. This weekly activity supports the students learning of working in a team using a variety of fun games and effective communication strategies. We have been so fortunate to have Jimmy supporting us with this invaluable program.



CAREERS & PATHWAYS



On Friday 1st September students attended the Puckapunyal Military Base for the Army Work Experience Expo. Students had the opportunity to interact with and ask questions of current serving soldiers, climb in and around the many vehicle displays, including Armoured Fighting Vehicles (AFV's), and watch soldiers from the School of Artillery demonstrate firing M777 155mm Howitzer.

Defence Physical Training Instructor (PTI's) had a strength test for students and Seth managed to lift over 200kg. Top effort! Students were able to interact with working military dogs and their handlers. A high light was being able to go for a ride in a Bushmaster Protected Mobility Vehicle (PMV), it was a massive step up to get in and we were required to wear hearing protection. It was a fairly smooth ride even when they took us off road. Overall it was a great interactive experience for students and staff.



My name is Ash Beks and I am a pre-service teacher working across Shepparton and Benalla Flexible Learning Centre's as part of my placement. I am currently studying a Masters of Teaching via the amazing Nexus program at La Trobe University and my main discipline areas are Humanities (Philosophy) and the Arts (Media).

I am a proud member of the local LGBTQIA+ community, and I'm incredibly passionate about regional issues, particularly mental health and celebrating the arts. My previous experience includes working as a journalist for the Shepparton Advisor, as well as marketing/PR at GOTAFE and Rumbalara.

I've been working two days a week at NEFLN while continuing my studies, and have thoroughly enjoyed a warm welcome and getting to know all the students and staff. I'm currently teaching literacy and numeracy classes and assisting with Music, Arts, Animal Studies,



EXCURSIONS & ACTIVITIES

Bugs *Live!*

MUSEUM
MELBOURNE

On Tuesday 8th August students visited the Melbourne Museum "Bugs Alive Exhibition. Students had the opportunity to see, hear and smell insects, spiders, snails and other vertebrates, brilliant beetles and beautiful butterflies cover the walls while naturalistic enclosures held living, thriving insects. Students learnt about what they eat, how they breed and how they contribute to ecosystems by pollinating flowers and decomposing waste. Giant models of insect mouthparts and body systems showed just how intricate these little animals are. It was engaging and informative excursion for our students.



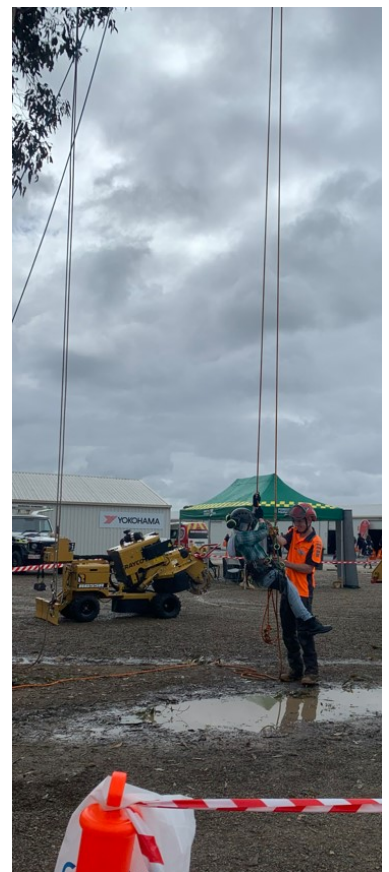
CAREERS & PATHWAYS



HANDS ON TRADES CAREER EXPO

On the 10th of August a group of technically minded young people attended the Winton Hands On Trade Expo. Our students were exposed to the different types of engineering, specifically 3D printing, Carpentry (Hammering a nail in one go), Arborists (Tree chopping), Paid and Volunteer Firefighters, Cordial and Vodka experts from Billson's and of course the Australian Defence Force was there.

Our students participated in all manner of hands on activities to assist in growing their interests in different trades. Most of our students gave either abseiling or getting in the basket of a cherry picker a go. Most also enjoyed using a fire hose to move toy fire appliances. It was a great day and a good time was reported to have been had by all.



COMMUNITY ANNOUNCEMENT



Magpie swooping season is upon us. August - October

Please be mindful when entering our site that we have a very protective family of magpies currently swooping to protect their young.

We recommend the following;

- Walk quickly, but don't run.
- Protect your head with a hat, helmet or umbrella
- Wear glasses to protect your eyes
- Don't turn your back, keep facing towards the magpie as you move away
- Please don't throw anything or attempt to hit the magpies.

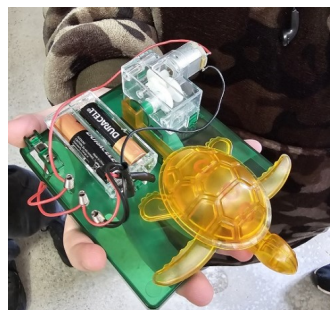
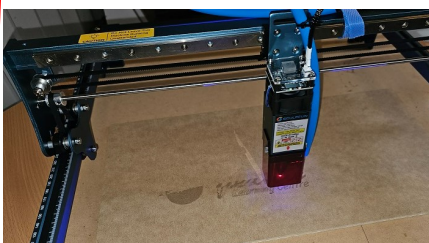


The Hands on Learning Program, has progressed very well this term, with some great work being done by the students. We even got some new recruits this term, because of word of mouth from existing students which was good to see.

Students have been working in groups to decide on and then design their projects which range from, pencil cases, a bedside table, small cupboard, 3d print models, electronic kits and items from pallet timber.

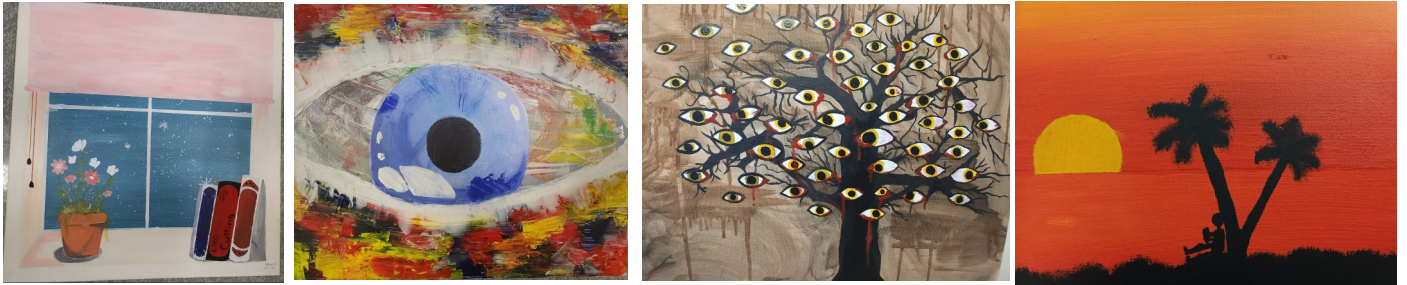
We received a very grateful donation of steel, which will go towards making a disabled ramp for a toilet block, which is our donation to a community sporting club.

We also embarked on making two woodworking benches which were needed before students could start on their projects. This was put together using nail guns which the girls in our group very enthusiastically used.

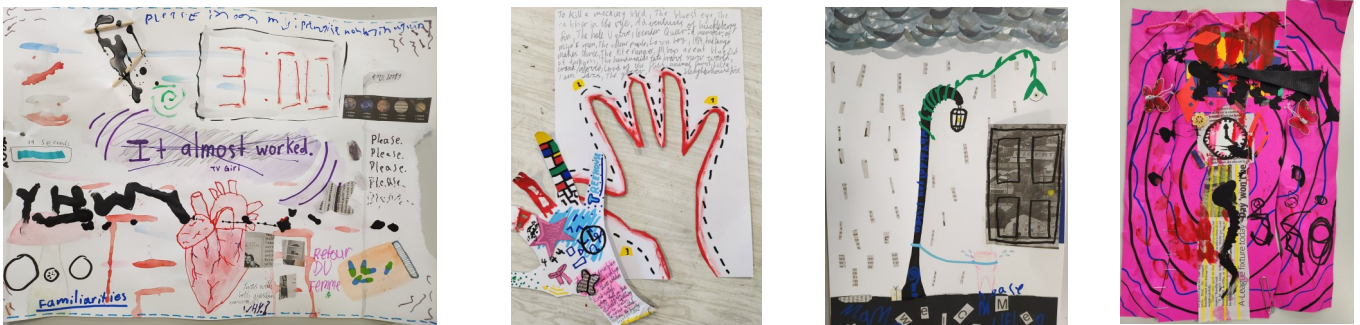


Visual Arts

The Art Space has been a buzz of creativity this term. As people enter the space, students are experimenting and creating final art works across an array of art forms including painting, textiles, drawing, mixed media, installations, sculptures and ceramics. Students are chatting with others about their art work, seeking and providing further ideas and feedback, together with the social catch ups and sharing. It has been exciting to witness students going beyond their initial creations, initiating further ideas and concepts to explore. The outcomes have been amazing.



Each term the Visual Arts Program comprises of a couple of key areas of focus. These are drawn from reflections and discussions with students near the conclusion of the previous term. As an outcome, one of the main areas of focus has been figurative art, enabling students to experiment with different styles of drawing, mixed media and different mediums and techniques. A few examples have been included in the newsletter.



Within textiles, the main focuses for a couple of students were weaving together with the incorporation of stitching within watercolour and drawn images.

Creating sculptures with recycled materials, early in the term, was a great springboard for students to explore these art forms in their own ways such as, the diorama of rooms within a house, a house made from icy pole sticks and a plaster mask.



Visual Arts

Within ceramics, a few students have explored the medium for the very first time and have created wonderful pieces, using hand building techniques.

During the later part of the term, an opportunity to contribute to an internal mural through drawing, painting and paste ups was introduced with the invitation for all to contribute to the mural. The mural is evolving and will be completed in Term Four.



Term Four will be another exciting time in and out of the art space with opportunities to participate in a series of painting workshops at Kaiela Arts, art workshops at SAM, creating art works within the theme of 'Hats'. Continuing personal art projects, drawing and photography out and about together with Christmas preparation, Shepparton Show, a visit to Winton Wetlands and an exhibition are also on the calendar of possibilities and events.



On behalf of the Art Team, I'd like to congratulate all of the art students on their achievements. Each and everyone of you have been amazing. We encourage you to pursue your interests and passions in Visual Arts, at school and home next term and beyond.



RU OK? DAY™

14 September 2023

CELEBRATIONS

**R U OK? Day at Shepparton Flexible
Learning Centre:**



Thursday 14th September
Wear some yellow!



**BBQ lunch provided & some other
yellow treats.**

