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Newsletter

Dear Shepparton FLC Community,

What a positive Term One we have had at our beautiful school. I would like to start by thanking our staff for all the hard work they continue to put in to care for our students and to make sure that each student is supported to achieve academically and with their social and emotional learning. It's been a credit to the staff that they have been patient and understanding as we continue to experience changes in staff roles and responsibilities.

Welcome to the newest member of our staff – Justin. We feel blessed to have Justin join our team. He comes with a wealth of knowledge in music and has already inspired many of our students with his passion and talent in this area. Students have been singing, playing guitars and most importantly trying new skills outside of their comfort zone. This has been an absolute delight to see and we look forward to watching the music program continue to grow and evolve as the year progresses.

Our other elective classes continue to be popular among many of our students. They have included Art, Gardening, Cooking, Sailability, Gym and P.E. Our Respectful Relationship program this term not only included small activities embedded into the curriculum but also the Boys Program. This has been created to nurture a calm and safe environment for boys to discuss a variety of topics along with engaging the boys in some chilled activities. All of these electives have been designed to support the interests and skills of our students. Over the past few weeks we have circulated a survey to gain student voice in programs they would like to see offered at the school. We will be reviewing the results of this survey to develop the electives Timetable for Term Two and to organise future excursions based on student interest and feedback.

A highlight this term was receiving the news that one of our students from last year won an outstanding achievement award for his effort and community spirit in Certificate 11 in Community Services course. This award was given to only five students from across the state and was chosen from applicants who had completed Business, I.T, Creative Studies and Community Services. We applaud this outstanding achievement and feel extremely proud of Mussad Rehal on achieving this award.

Another highlight has been watching our new students grow in confidence both academically and socially in such a short time during Term One. This is testament to the kind, individual and nurturing approach our staff continue to implement into their teaching practice.

In closing, thank you to all parents and guardians who continue to support and motivate our young people to attend school and work towards a future pathway. Thank you to the staff who continue to put 100% into their teaching and provide individual programs that cater to all our students specific needs. The care and thought that goes into supporting our students to not only learn but to feel safe and welcome at the SFLC is hugely appreciated.

Finally, a big thank you to our students. We continue to feel blessed by seeing your individual skills, talents, incredible resilience and by seeing you opening your minds to new possibilities.

Enjoy the Easter break and holiday period and stay safe. We look forward to seeing you for another fun filled and exciting Term Two!

Kind Regards,

Michelle Sheehan



Acting Site Principal

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



Important Dates and INFORMATION

Student Progress Interviews
Wednesday 31st March




School Holidays
Friday 2nd April - Sunday 18th April

First Day of Term 2
Monday 19th April

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 will be directed to store phones in lockers provided during lessons.

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



Junk Food Policy

Food and drinks:

The SFLC provide fruit, health bars and food items for students. We also provide milo, coffee and tea.

We request that students do not:

- Bring sugary drinks (including fruit boxes, sports drinks, iced coffee and iced chocolate) into the centre. These drinks contain unacceptable levels of sugar, flavourings and preservatives.
- Bring energy drinks into the centre, as they contain very high levels of caffeine as well as sugars.
- Bring food containing high levels of sugar and preservatives, such as Doritos, chips, lollies etc.

The reason for this is that the high sugar content, plus caffeine and preservatives has detrimental influence on student behaviour as well as proven health issues.



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

Throughout Term One, staff and students from the Shepparton FLC have taken part in workshop sessions presented by CASA (Centre Against Sexual Assault). These workshops have not only covered consent, but also information and whole group discussions surrounding healthy and unhealthy relationships, positive and negative behaviours in conflict and consent and the law. Language used in social media consent was also covered during these sessions.

During the staff session, the importance of this issue was stressed to all staff and they were given the opportunity to raise concerns and discuss how to support our young people with this important issue that has been raised in the media and is being included in the curriculum throughout Victorian schools.

**"NO" MEANS NO
"STOP" MEANS NO
"I'M TIRED" MEANS NO
"NOT NOW" MEANS NO
"I'M NOT SURE" MEANS NO
"I DON'T KNOW" MEANS NO
"I'M NOT READY" MEANS NO
NO DOES NOT MEAN "CONVINCE ME"
IF IT'S NOT A YES,
IT'S NOT CONSENT.**

Meaghan The Nurse will see you now:

Born and raised in Wodonga, I was very lucky at a young age to know what I wanted to be. A Nurse! I was not ready for university straight out of school so I went to Wodonga TAFE and got my Cert IV and my qualification as a Division 2 nurse. I got a nursing home job and a casual job at Albury Base Hospital in 2009 in their surgical ward and decided that I wanted to go to university. I was told by everyone around me that I shouldn't and that I wasn't smart enough. But I decided that I could do it, and I worked hard and studied to prove them all wrong.

I graduated from Latrobe University in 2011 with my bachelors degree and got a position in the graduate nurse program in Wangaratta. I worked in the surgical ward, their nursing home, I spent some time in Benalla's urgent care centre on rotation and also the Emergency Department (ED) in Wangaratta. During my undergraduate placements, I got to spend 6 weeks on the cardiothoracic surgery ward at the Royal Melbourne Hospital, this is where my first passion for critical care nursing was ignited.

I fell in love with the ED; the fast pace, the not knowing what was coming through the door and thinking on my feet. I decided I wanted to do further study in this area and so I applied to do my post graduate training in ED and ICU. I was unsuccessful in my application in Wangaratta and got offered a position in the program through GV Health. So off I went, or, here I come! I completed my further studies, got my post graduate certificate and worked in ED and ICU (intensive care), I did a few other roles but most recently I worked as an associate manager in ED at GV Health.

But after 2020 I decided I needed a break, and found this amazing world of school nursing, and for now you're all stuck with me. My story isn't finished by any means, I've just started a new chapter.

But remember, I'm BRAND new to this role and am still learning, but am so excited to be here.

Every Monday from the start of Term Two, I will be onsite to help you out with whatever is worrying you, stressing you out, or just someone to chat to.

I have a strong passion for people, mental health and for personal growth.

If you have any health topics you would like to chat with me about, you can send me an email at meaghan.thompson@wssc.vic.gov.edu.au or speak with your Learning Mentor and they can book an appointment with me. All appointments are private and confidential.

But for now just a little bit of Easter advice. Don't eat too many chocolates, moderation is key. The less you eat in a sitting the longer they will last.

Be kind to yourself,

Meaghan



2nd Step Program

Mission Australia along with our Wellbeing staff are holding a 6 week program to support students with their social and emotional learning. This program commences on Tuesday 4th May and will run for the following 6 weeks, every Tuesday morning for an hour at the Shepparton FLC campus.

The program covers topics surrounding respectful relations, positive communication, being assertive, facing challenges and giving and receiving support.

We have a number of students enrolling in the program next term, with Anthony from Mission Australia delivering the program with staff supporting during each session. For more information please speak with your Learning Mentor or see Kylie in reception.



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



Term 2 Student Electives

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am	Music Justin	Art Dianne	Social Ent. Sally	IVET C.S M.Sh	Art Sarah
10.30am		11.30 – 12.30 Second Step Program Anthony	IVET I.T Ben	PDS Sally	IVET C.S Michelle Sh I.T Ben
12:30 – 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
	P.E/Gym John/Justin	Boys Program Ben & Tim	Share the Dignity Sally & Sarah	P.E John & Michelle Stoj	Art Sarah
2:00pm				Music Justin	Art Dianne
3:00 – 4:00pm	Staff planning/meetings				

IVET Outstanding Achievement Award

Congratulations to Mussad Rehal.

Early this term, the school was informed that Mussad had received an award for his outstanding effort and commitment to his studies in 2020. During the 2020 year he completed his Certificate II in Community Services.

The award acknowledged the commitment Mussad had demonstrated to not only his studies, but also his willingness to participate in community engagement. It was also noted that Mussad had been very focused in the pursuit of a career in his chosen field.

Only five students from across the state were awarded this certificate.

Congratulations Mussad on this outstanding achievement. We are so proud of your efforts. We wish you all the best as you continue your studies at TAFE this year, completing your Certificate IV in Community Services.



SAILABILITY

Students have again taken up the opportunity to participate in sailing this year at Victoria Lake with Sailability Shepparton during Term One. This program is ideal for students to learn the basic principles of sailing in a fun and safe environment on Victoria Lake.

The dinghies are virtually impossible to capsize but it is important that students learn to stabilize the boat at all times. Students begin by having an instructor show them how to sail and also explain the different working parts of the boat. After a few sessions with an instructor, students can then sail solo.

This Term 7 students from the Shepparton FLC have been sailing and 3 have sailed solo this term, along with students that have previously participated in this program and have shared their enjoyment of sailing with new students. Sailability has finished for Term One but we look forward to sailing again in Term Four.



COOKING WITH KYLIE

This term students have explored a range of foods including using pantry staples and we have alternated between sweet treats and savoury items each week.

Hygiene and kitchen safety is always our number 1 priority when we are in the kitchen.

Students and staff enquire each week as to what students have planned. We receive feedback each week on what people liked, disliked or what could be added to compliment each dish.

It's always great to see students try our cooking, especially when ingredients they aren't fond of or familiar with are included. A few students were surprised they couldn't detect some of the hidden vegetables in the sausage rolls.

Below are some picture of some of the items students have cooked this term.

- Hot Apple Pies
- Chicken and Beef Sausage rolls
- Chicken Caesar Salad
- Chocolate and Apricot Weetbix Slice
- Fried Rice
- Easter White Chocolate Popcorn

I would like to thank all the students who participated in this terms cooking program and look forward to continuing our cooking journey in term 2 with a few hearty winter meal as the cooler weather sets in.

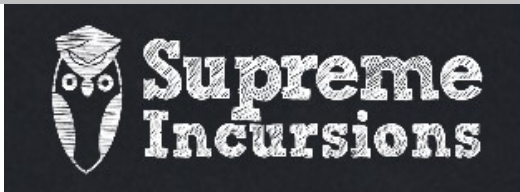


Music



At Shepparton Flexible Learning Centre, music can be heard! The new music program has 16 students participating in private and small group learning. Although guitar has been most popular amongst the students, rap, singing and production has been offered also.

Furthermore, with the addition of new music instruments and resources, the aim of Term Two is to engage students in small ensembles and to utilize new technology. The new instruments to arrive at the Shepparton Flexible Learning Centre include: a new electric guitar, keyboard, P.A. system, percussion instruments and microphones. The new additions will allow for keyboard/piano and percussion tuition and extend the capabilities of our vocal and guitar programs. Our young performers are set to take the stage soon!



Billy Karts

Supreme Incursions offered us a day of Billy carts, problem solving, teamwork and a lot of fun. The day began with us reuniting with students from Seymour FLC. We worked in teams to put together mini billy carts. One of the best parts of the day was riding and racing the billy carts. It certainly tested our fitness.

Supreme Incursions provided two types of Billy carts. The first was the old fashioned type that all of us are familiar with. The second, was a type of billy cart that riders can maneuver and control themselves. The day finished with a BBQ lunch and some more time to develop new friendships with students from Seymour.



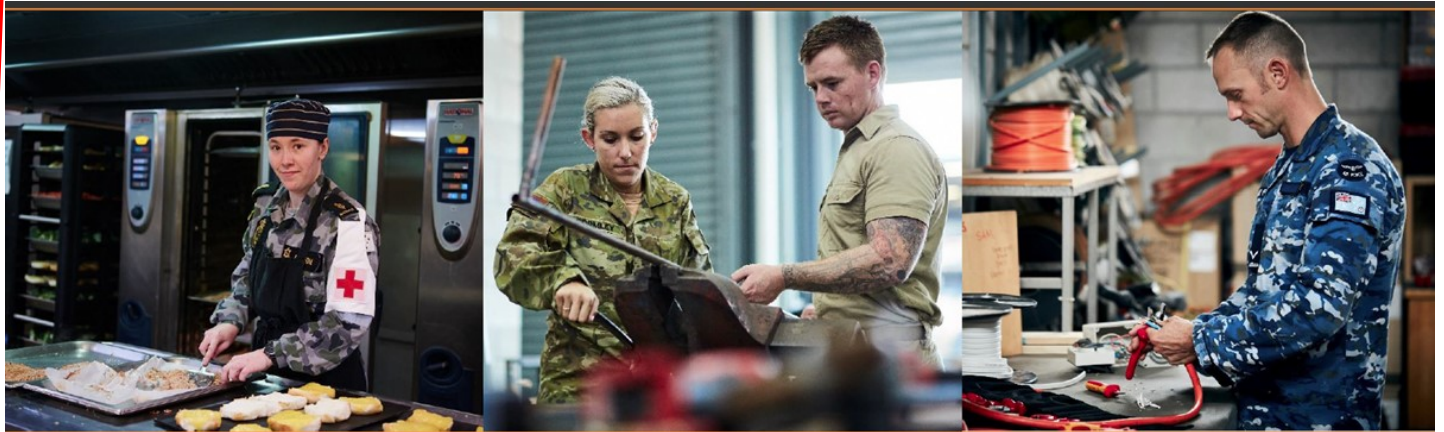
physical education



It has been great to see many of our students participating in gym and physical education classes on Mondays and Wednesdays. Gym classes have been on Mondays and have been conducted at Aqua moves. Students have been able to participate in body conditioning programs through completing fitness circuits. They have also been able to use gym equipment under the guidance of trained instructors.



On Wednesdays we have ventured down to The Shepparton Sports Stadium and have focused on improving our basketball skills. It has been pleasing to see students grow in confidence over the term. Games have been competitive and fun.



2021 ARMY LOGISTICS TRAINING CENTRE CAREERS OPEN DAY

A group of 6 students joined 2 staff on a trip across to Wodonga's Latchford Barracks, a training facility used by all arms of the Australian Defense Force, but mainly the Army. We were met by Warrant Officer Class 2 Matt Williams, who escorted us through the stations of different careers. Matt initially discussed his entry into the Army after finishing Year 10 and how he progressed through the ranks to where he is now. His story sparked some interest in our students and his honest explanation of initial training assisted to dispel any fears students had that Army life is an easy ride.

We met the Building, Carpentry, Plumbing and Electrical/Electronics workers. They explained that getting a trade in these areas through the Defense Force will translate over into civilian life as the same competencies are used. They also pointed out that all trades were trained through Wodonga TAFE.

The Mechanics/Motor section of the tour explained that the apprentices gained double the qualification as their civilian counter-parts as they work on such a varied fleet of vehicles. Again, these qualifications translate to the civilian workforce.

We continued on through Catering, Medics, Parachute Rigging, Logistics, Transport and Transport Recovery. All continued along the same theme: you get paid, housed, medical coverage and fed in the Defense Force all while studying and undertaking your apprenticeship. In return all they ask of you is to complete 6 years of service.

If you have any questions regarding a career in the Defense Force, please feel free to talk to Simon or Kylie or your Learning Mentor.

SILO ART TOUR

As a fun wrap up to a great term, 10 students attended an excursion to check out local Silo Art in St James, Devenish, Tungamah and Goorambat.

Sarah and Michelle St had positive reports and were so proud of the students enthusiasm, rich discussion and interest in the internationally recognized artworks inspired by local history and local flora and fauna.

The sheer scale of these artworks and the processes involved to plan and create them was inspiring to us. Thank you to the Goorambat Railway Hotel for welcoming us for a warm and delicious lunch together before heading back to school.



Visual Arts

WOW! Term One in Art has been a fantastic start to 2021. It has been an honour to work with so many creative students face to face in our lovely Channel Rd art space.

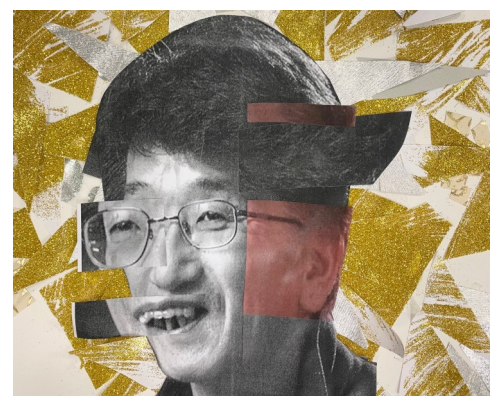
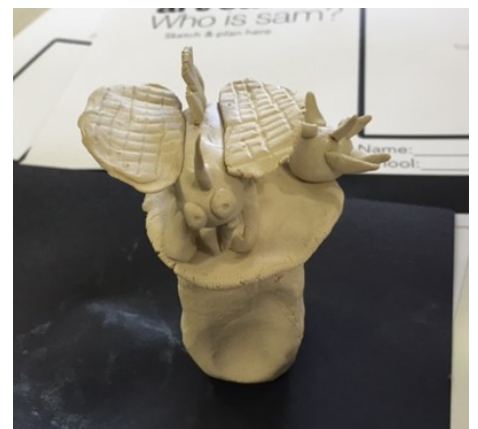
This term we have experimented with both two and three dimensional art techniques, beginning with a collaborative 'heart and emotions' themed artwork made from unique wooden tiles completed by individual students and staff and brought together for a larger display. Each tile is unique, using colour, textures, patterns and mixed media in response to the theme, drawing from the artists unique inspirations.

From working in collaboration, students then moved to creating self-portraits featuring imagery, influences, techniques and text depicting a visual representation of their unique self. Some students chose to depict themselves through images of their role models, favourite characters, celebrities or other iconic influencers. Within the artworks, students focused on their use of colour and pattern whether it be as backgrounds to the portraits or on the characters themselves.

Some students within SFLC chose to pursue their own passions and interests within visual art in a particular area or technique. This term some examples of other art learning include: clay mask sculptures and small ceramic pieces, costume creation, creative warm up style art enhancing creativity and art as a therapy, including painting, drawing and mindfulness colouring.

Not to limit visual art to wall displays and aesthetics, we introduced students to inks and dyes as an art medium and integrated this learning with textiles to tie dye our own master pieces! Students had the opportunity to trial various techniques and processes on sample materials, tie dye a t-shirt or bring in their own clothes or textiles as a basis for their tie dye. It was fantastic to see so many students trying something new and unfamiliar and receiving such a sense of pride and achievement through their success in this unit.







We had planned to visit the new Shepparton Art Museum this term, however the building wasn't quite ready for us. Linda Bryan, Education Engagement Director of SAM, instead came to us at the Channel Rd site and facilitated an engaging sculpture workshop in search of a mascot for the Shepparton Art Museum. This was a fantastic opportunity, and the students involved in the workshop took away great skills and inspiration from Linda. In week 3, term 2 we will welcome Linda back to SFLC to conduct another engaging workshop which we are very excited about!





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