

Newsletter

10-22 Channel Rd, Shepparton, VIC 3630

Email: shepparton@nefln.vic.edu.au

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

Phone: 0427 877 113

Dear Shepparton FLC Community,

As Semester One comes to a close, we have many things to celebrate and reflect on that our school community can be proud of.

Throughout Term Two, our students have been engaged in a variety of programs that have complimented their interests and passions to learn. These programs have included Gym and P.E, a great variety of art projects, music, gardening, cooking and the commencement of the Pitstop program. Pitstop has been a wonderful addition to our electives program and has created a space for students to learn more hands on practical skills in relation to small motors and car mechanics.

For our Social and Emotional Learning curriculum this term, some of our younger students have had the opportunity to be a part of the Second Step Program. These lessons support students to reflect on their thoughts and behaviours and recognise positive strategies in how to deal with 'real life' social and emotional challenges that people face throughout their lives. This program aims to help students to be more resilient in how they deal with barriers they face in their every day lives such as how to negotiate and communicate effectively. In conjunction with this program, our respectful relationship activities have focused on dealing with stress and using positive self-talk. As students worked through these sessions they were given an opportunity to reflect on the strategies they use to cope in their own lives and determine what changes they could make to support how they cope and can handle future challenges.

Some highlights from Term Two have included two students representing the school at a cross country event in Myrtleford, students emerging themselves in our cooking program by preparing both staff and students with delicious and nutritious lunches as well as the Food Handlers course where students were able to prepare a lunch on-site.

I want to reiterate my thanks to our beautiful staff who continue to show individual care to every one of their students. This natural empathy and willingness to support our students is commendable and is what makes our school unique and such a positive caring environment.

In closing I want to thank our students who show respect to their teachers and continue to learn and grow every term so they are working towards achieving their pathway goals.

We feel so lucky to have a community of dedicated staff and respectful students at the Shepparton Flexible Learning Centre.

Have a wonderful and restful holiday and we look forward to seeing you all in Term Three.

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 23rd June



School Holidays
Saturday 26th June - Sunday 11th July

First Day of Term 3
Monday 12th July

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.



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 (9pm-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



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

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.

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.

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.



Sleep

What is sleep and why is it important?

Sleep is really important part of our life. It helps us to feel well, focused and happy. Most people experience a bad night's sleep now and again, but if you regularly don't get enough sleep it can really affect how you feel and what you can get done during the day.

Our body clock is on roughly a 24 - hour cycle. This cycle is coordinated by the pathways from our eyes to our brain that detects light and dark (daylight and night time). In the evening, our bodies release the hormone melatonin and lowering body temperature which prepares the body for sleep.

We have two types of sleep - non rapid eye movement (N-REM) and rapid eye movement (REM). REM sleep is when we are more likely to experience dreams, our brain is as active as when we are awake. The amount of REM sleep increase during the second half of our sleep, so it's important for teenagers (between 12-17) to get 7-9 hours sleep and young adults (between 18-25) to get 6-11 hours.

What is not normal when it comes to sleep?

If you are struggling to stay awake and concentrate at school or work, and/or have noticed you are more irritable than usual and/or you are experiencing distress about your sleep, then this could be a sign of more significant sleep difficulties.

If you are having problems getting a good night sleep try some of the tips below

Try these tips for a good night's sleep

- ⇒ Stick to a sleep schedule which involves going to bed and waking up at the same time every day.
- ⇒ An hour before bed, try to limit your use of screens
- ⇒ Create a night-time routine that will signal to body that it's time to wind down
- ⇒ Morning exercise could help your body to shift earlier, but avoid exercise close to bedtime
- ⇒ Avoid or limit your intake of alcohol or cigarettes/e cigarettes before bed
- ⇒ Pay attention to what eat and drink
- ⇒ Try not to have caffeine after 6pm including coffee and energy drinks
- ⇒ Limit daytime naps
- ⇒ Bed is for sleeping, not entertainment. Try not to get in the habit of using your smartphone in bed before falling asleep
- ⇒ Lower the Temperature - if your room is too hot it makes it harder to fall asleep, room temperature should ideally be between 15.6 and 19.4°C
- ⇒ Listen to relaxing music
- ⇒ Try aromatherapy
- ⇒ Visualize things that make you happy





SHARE THE *Dignity*

Share the Dignity works to make a real, on the ground difference in the lives of those experiencing homelessness, fleeing domestic violence, or doing it tough. We distribute period products to women, girls, and anyone who menstruates who needs support. When someone is doing it tough, the last thing on their mind should be dealing with their period.

We assist those in need through collecting thousands of period products each year through our collection drives and campaigns and distribute them directly to charities across Australia.

What we are doing at school to help.

This year, our girls group is putting together bags for homeless women in Shepparton containing products such as pads, tampons, shampoo, conditioner, toothbrush, toothpaste and other feminine products to ensure women in the local area get the help they need. The girls have been putting their sewing skills to great use and making make-up bags and baby bibs to put in their bags.

How can you help?

Students have set their goal at 20 bags to be completed by the end of October 2021. You can help by simply adding to your trolley an extra packet of tampons, a bottle of shampoo or even a tube of toothpaste or bar of soap to help our girls achieve their goal and support this worthwhile charity.



All donations can be dropped in to the box in the front office of school anytime.
THANK YOU



During Term Two, our Community Services students have continued to show dedication to their studies and have now completed five units of their course. Students have learnt about workplace health and safety, as well as how to deal effectively with clients and customers from the Community Services field.

For each unit studies, students are required to participate in class discussions and complete review questions and an online assessment. I am extremely proud of the Community Services students, they Students have shown throughout class and within their written responses, not only their understanding of each topic, but also that they have the ability to reflect and consider the needs of people who are vulnerable in our society.

A superb effort from the students in this subject. Well done.

Visual Arts

We've had a productive, creative and fun term in the art space experimenting with many new and unfamiliar art techniques and materials. We welcomed many regular students for weekly art sessions and it's great to see some students who haven't previously engaged in visual arts having a go this term!

TIE DYE

We continued to work with tie dye, creating t-shirts boasting bright, contrasting colours and eye-catching pattern. It was great seeing some students master this process and share their knowledge by teaching peers.

COLLAGE

As a link with Earth Day, students researched endangered animals and used the collage method to create an abstract silhouette artwork. The rich conversation surrounding the environment in these sessions made this art so authentic and relevant. To follow on from this, we welcomed Linda Bryan back onsite in weeks 3 and 4 to run a poster workshop. The workshop was aimed to encourage students to express their opinions and morals in regards to the injustices we see in our world today. Students engaged well with the workshop, speaking about their views on topics including the LBTQI+ community, the Black Lives Matter movement, poaching and unnecessary taxing of alcohol and cigarettes to name a few.



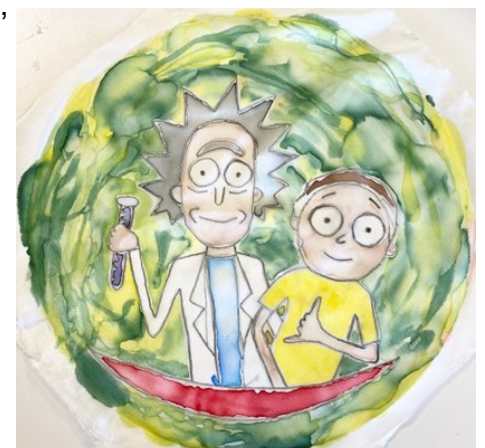
Collage Axolotl – I. Powell

RESISTS



PVA and watercolour resist abstract – Charlie

Students were introduced to resisting techniques first by using black PVA glue and watercolour. This exercise challenged students to plan their designs on a larger scale, with minimum detail. Once their PVA outline had dried on their paper, students added watercolour to produce colourful, effective designs with bold lines. From this students experienced silk painting, an ancient art form beginning in China, dating as far back as 206 BC. Silk was stretched onto embroidery hoops, designs outlined with cold wax (substituting gutta) and colourful silk dyes spread across the fabric, stopped only by the cold wax.

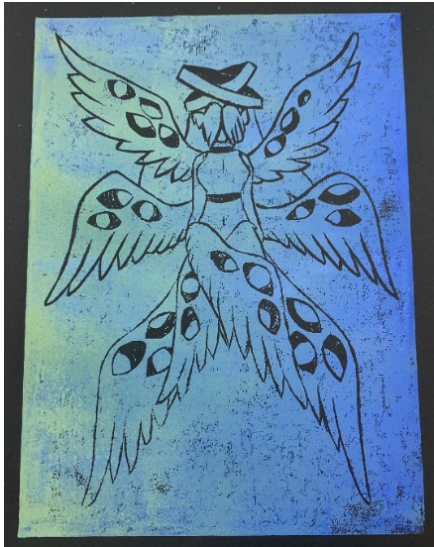


Silk painting wax resist – Trey Lowden

Visual Arts

PRINTMAKING

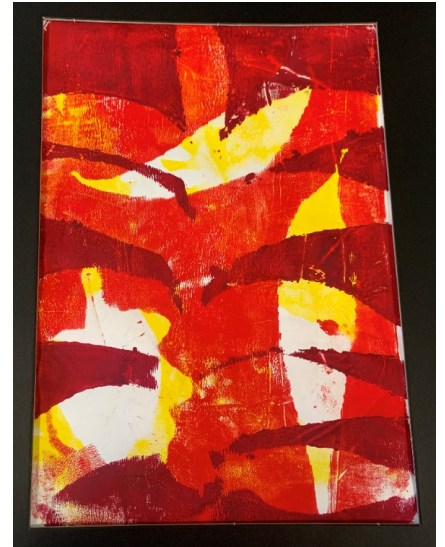
When learning about printmaking methods within art, students first worked on creating mono prints and printing objects found in nature using Gelli plates made by Danielle, Rebekah, Angel and Di. Students moved into the more complex method of Lino cutting where they needed to consider negative and positive space, reversing their designs and contrast in colour. Cutting tools were used to carve unique Lino and rubber plates for printing.



I. Powell



Danielle



Danielle

COLLABORATIVE ART EXHIBITION

The excitement is building in the art space for our upcoming flexible learning network art exhibition. We can't wait to showcase our art in collaboration with Benalla, Seymour and Wodonga campuses. Details to come!



Taylah



I. Powell



R.S.



Lauren



Term 3

A lot of exciting and creative events have been planned or are in the pipeline for Term Three. Here are a few of the events planned so far.

Art Exhibition

The new term kicks off with the Network-wide art exhibition at Benalla during the second week of Term. More details to come.

Kaiela Gallery: Turtle Muster

On July 27th and 29th, students will be joining an artist at Kaiela Gallery to make ceramic turtles. The turtles will be a part of an outdoor installation at school. Sadly, due to COVID restrictions during Term Two, our ability to create and contribute to the larger installation at Kaiela Gallery was not possible.

Kaiela Gallery: Wood Burning Techniques and Decoration

Jack Anselmi, an Artist, will be offering a series of workshops at our school with the focus on traditional wood burning decoration techniques for tools and musical instruments. Dates to be confirmed.

Congratulations Dianne

Dianne had a small public exhibition during May at the Violet Town Gallery, displaying 10 art pieces. A number of staff from within the North East Flexible Learning Network visited the gallery to view the display, including the official grand opening of the Exhibition.

Congratulations again Di, the pieces you've created are just beautiful and we were privileged and inspired, knowing the time and effort that is involved with each piece of art.



bush gatherings is proud to present

Dianne Marega

The Changing Landscape: Abstractions of Sorts

Exploration of the landscape in its many forms has been an innate part of my art during the last twenty years. This exhibition reflects a challenge that I set myself during the last twelve months, one that incorporates a shift from purely painting to mixed media and, to another level of abstraction. The varied landscape together with its seasonal changes inspired the series, from the dramatic storms that are witnessed by many to the summer hues of the stark, barren hilltops. Themes that have emerged within the art pieces include the sense of isolation that can exist within our sparse landscape and the struggles between nature and the need to provide.

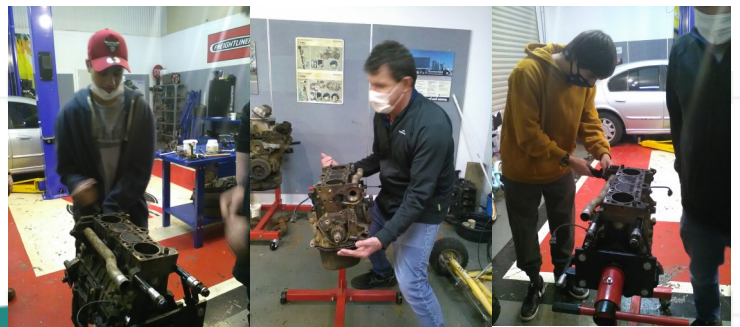
OPENING FRIDAY 7th MAY 2021 at 6.30pm
and then on display until **Tuesday 1st June 2021**
Saturday to Tuesday 10am - 2pm or by appointment

bush gatherings
208 High Street Violet Town Victoria 3669
e: bushgatherings@gmail.com
0417 166 824



AU Falcons, V6 engines, bikes, lawn-mowers and motor-bikes. Teachers John and Rylie have been completely out of their depth. Luckily Chris, Dean and their able assistance Jarrod have been guiding and teaching our students about how these things work.

It has been great to see students get their hands dirty as well as use spanners, ratchets and other tools to pull these motors and gadgets apart. Overall, it has been a great experience for all those involved.



gotafe Supporting Placement Students

I grew up in Mooroopna but left for the bright lights of the city as soon as I was 18. I had many different jobs in Melbourne, mainly office work, then decided to follow a friend to Sydney where I also worked in Administration Management roles. I lived in Sydney for 14 years before returning to Melbourne and eventually back to Mooroopna to be closer to family.

Fast forward 7 years, I commenced studies and I'm currently studying my Diploma in Community Services and I'm completing my work placement here at the Shepparton FLC.

I've absolutely loved my time here. The staff are great and the students I've been working with are the best! I've had the opportunity to work one on one with a few students helping them with Maths, Community Services studies and art. The Shepparton FLC certainly does have some talented artists! I've enjoyed taking part in the Second Step programme.

When I complete my diploma later this year I hope to continue working with young people, helping them transition into life as an independent adult.

Jenni



GET INVOLVED BE A YOUNG CHAMPION



Calling all young people aged between 12 – 25 years living, studying or working in Greater Shepparton to become a

YOUNG CHAMPION

by joining the Greater Shepparton Youth Committee.

Want to find out more? Call or text Lynda Bruce on 0429 508 721 or email youth@shepparton.vic.gov.au

Or visit shaping.greatershepparton.com.au to submit your application today! Applications **open now** and close Wednesday June 30th 2021.

If you need any help in completing your application please contact us on the details above – get creative!

GREATER SHEPP **YOUNG CHAMPIONS**

GREATER SHEPPARTON 

shaping.greatershepparton.com.au

