

Newsletter

Dear Shepparton FLC Community,

What a fantastic start to the year we have had this term. With the first term nearly complete, I want to congratulate every student on their hard work and the commitment that they have shown to their learning. Our Parent Teacher Interviews for Term 1 are being held on **Tuesday the 24th of March** and I encourage every student and parent to ensure that they meet with their Learning Mentors and teachers to discuss their progress and set new objectives for Term 2.

This term, our staff have been focused on learning the Habits of the Mind and how to be good leaders of oneself. The three habits of personal leadership are: **1)** Be Proactive, You are in Charge of You. **2)** Begin with the End in Mind, Have a Plan. **3)** Put First things First, Work first then Play. To find out more about being a good leader of yourself and learning the skills to lead others, talk with your teachers.

As the uncertainty surrounding COVID-19 is circulating throughout the world and in Australia, I want to ensure families that our teachers will continue to work to support you to achieve your objectives and are available to be contacted via the internet and on the phone during the school day. With no cases in the Greater Shepparton Area there is more information on the Department website (**found on pg. 3 of the newsletter**) on how to stay safe and informed.

As always, our aim is for students to attend all of their scheduled classes for the rest of the 2020 school year and we ask for your assistance in encouraging them to develop a consistent approach to getting to school each session. So far our students have shown an amazing dedication towards their learning goals and as we head into our first set of well-earned holidays, it is important to rest, rejuvenate and prepare for the next term of learning ahead.

A special **Thank You** to all of our partners who have worked with us in providing the best education opportunities to our students. The community support and commitments that we received from our partnering agencies and volunteers is vital in the successes that we all share together here at The Shepparton Flexible Learning Centre. Another big **Thank You** go to the wonderful team of staff at our school. I encourage all students to tell their Learning Mentors and educators what impact they have had on helping you to achieve your learning objectives these past 9 weeks.

Have a happy and safe holiday and enjoy the remainder of Term 1.

Kind Regards,

Brad Hearn



Site Principal

Bach. App Sci (Psych), M. Teach (P-12), M. Couns (Psych), M Lit (Lead), TAE

A site of:

Wodonga Senior Secondary College

Every Student, Every Opportunity, Success for All



IMPORTANT DATES:

Tuesday 24th March

Parent Teacher Interviews
(3—6 pm)

Friday 27th March

Rubicon Activity Day
Last Day of Term 1

Tuesday 14th April

First Day of Term 2




Thursday 23rd April

Winton Hands on Trade Day

Student Absences

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

If the school isn't notified of a students absence, parents/carers and students will receive the following text.

"Shepparton FLC: xxxx has been marked as not in attendance from 9am 6/3/2020. Please contact reception on 0427 877 113 to notify school of this absence or to talk with their teacher."

If you receive this message please respond via one of the above methods.

Partnership

Thank you to the amazing Shepparton Community for supporting us to provide every opportunity to every one of our students.



Medical Forms



To ensure we comply with the Department of Education and Training guidelines, all students upon enrolment has listed they have a medical condition (Asthma, Anaphylaxis etc.) need to provide a copy of their medical plan signed off by their GP to the school. Parents/carers of students that have not yet provided the school with a plan would have received a message reminder to bring a copy into reception **asap**.



School Nurse

Cara Ferguson
Secondary School Nurse

Cara is on site every Thursday between 9 and 3. Speak with Kylie or your Learning Mentor if you'd like to make a confidential health related consultation with Cara.

Protect yourself and your family

Wash your hands regularly

Stay germ free and healthy

Protect yourself and your family

Cover your cough and sneeze

Stay germ free and healthy

COVID-19 - CORONAVIRUS

Cold vs Flu vs CoVid-19

Symptoms	Coronavirus	Cold	Flu
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common* (usually dry)	Mild	Common* (usually dry)
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes for children
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

As the reporting of instances of CoVid-19 continues to escalate both Internationally and Domestically, we will continue to monitor the situation here for our students.

A reminder to families that general information about the virus and the Departments of Education's response can be found at

<http://www.education.vic.gov.au/about/departments/Pages/coronavirus.aspx>

For more specific advice, please email the Department of Education's Health Advice email address

health.advice@edumail.vic.gov.au

Queries to this email address are responded to by health experts that can provide a response in a timely manner.

CAREERS

Below is a list of some of the events in our local region that students will participate in this year. Students have the opportunity to explore different campuses to undertake further studies either while still with us or upon finishing their education. These events give students ideas and further insights into career choices available to them.

23rd April—Winton Hand's On Trades Day

30th April & 1st May—Barista Short course

5th May—Careers Day Out

22nd May—Dookie Food & Fibre Day

28th May—GV Rural Health Career Expo

Respect



For Self, Others and Community

Developing a strong sense of self-respect can help you fulfil your potential, develop healthy relationships, and make everyone around you see you as a person who is worthy of respect. Treating people with respect makes our world a nicer place to live in, whether it's at home, at school, or out in the community. And it's easy, all we have to do is treat people the way you'd like them to treat you.

Girls Group

Every Thursday afternoon, a group of girls meet with myself and Cara (School nurse) to discuss issues surrounding 'growing up'. Each student is encouraged to reflect on topics such as the pressures of social media, relationships, effects of drugs and alcohol and their own strength and skills and how these have helped them to cope and be more resilient. This group is relaxed and informative without being confronting.

Both Cara and I have been impressed with the girls honesty and willingness to be engaged in the conversations and learning that has taken place.

Well done girls!!!

Michelle Sheehan.



SAILABILITY

Students are given an opportunity to participate in Sailability every Thursday for Term One. This program is ideal for students to learn the basic principles of sailing in a fun and safe environment. The dinghies are virtually impossible to capsize but it is important that students learn how to stabilise the boat at all times. Students begin by having an instructor show them how to sail and also explain the different parts of the boat. After a few sessions with an instructor, students can then sail independently.

Three students at the Shepparton Flexible Learning Centre have been sailing solo in Term One. We have also had a number of new students join the program as well and this is fantastic to see. Sailability will end after Term One, but start again in Term Four.



CONNECT

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LEARNING CENTRE

phn
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Self Care

When you're putting emotional energy and effort into supporting another person and keeping them from harm, it's important that you look after yourself. Make your own health and wellbeing a priority.

See Beyond Blue:
<https://bit.ly/2SghEiK>



24/7 Support

Triple Zero (emergency)	For use in life threatening or time critical emergencies	000
Beyond Blue	Depression, anxiety and related disorders	1300 224636
Lifeline	Crisis support, suicide prevention and mental health support	13 11 14
Kids HelpLine	Young people aged 5-25	1800 551 800
SuicideLine	People affected by suicide	1300 651 251
 Suicide Call Back Service	24/7 free professional phone and online counselling	1300 659 467
Standby Murray - Support After Suicide	People bereaved or impacted by suicide	0439 173 310
 National Indigenous Critical Response Services	Emotional and practical support to bereaved families and individuals	1800 805 801
MensLine Australia	Men with family and relationship concerns	1300 789 978
Mental Health Crisis Line	Mental health triage (information, assessment and referral)	1300 783 347



Local Support

Market Place Medical
03 58222677

Family Medical Centre
03 58212533

Shepparton Medical Centre
03 58233100

Goulburn Valley Health
03 58322322

Headspace Shepparton
03 58238800



Supporting Someone

It's a myth that talking directly about suicide will put the idea in someone's head. Here are some ideas to help start a conversation:

"I've noticed that you haven't been yourself lately. Is everything ok?"

"I'm worried about you. Can we talk about what's troubling you?"

"You seem (down/sad/angry/unhappy) lately. I'm worried that you might be thinking of hurting yourself or suicide. Can we talk about this?"



Online Support

Head to Health	headtohealth.gov.au
Headspace	https://headspace.org.au/headspace-centres/shepparton
Beyond Blue	beyondblue.org.au
Lifeline	lifeline.org.au/Get-Help
Suicide Call Back Service	suicidecallbackservice.org.au
SANE Australia	sane.org (Helpline: 1800 187 263)
eheadspace (for 12-25yo)	ehespace.org.au
ReMinder suicide safety plan app	ontheline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/

SPACE4US

**FREE peer support program
for young people aged 13-18
years old who have a parent
with a mental illness**



Participants will meet with other young people in similar situations to share experiences and learn new ways of looking after themselves:

- Understand mental illness**
- Deal with stigma**
- Build self care and support strategies**
- Improve relationships**

**The program runs over 4 days during the school holidays
(there will be a pre-program interview held in the weeks leading up to
the group program)**

**For more information or to make a referral
please contact Paige on 58 236 000**





We celebrated Strove Tuesday on the 25th February. Students got very creative making traditional pancakes and experimented with adding fruit and chocolate to make cupcake pancakes along with a sweet and savoury bacon and maple syrup.

Shrove Tuesday (also known in Commonwealth countries and Ireland as Pancake Tuesday or Pancake Day) is the day in February or March immediately preceding Ash Wednesday (the first day of Lent), which is celebrated in some countries by consuming pancakes. In others, especially those where it is called Mardi Gras or some translation thereof, this is a carnival day, and also the last day of "fat eating" or "gorging" before the fasting period of Lent.



Tim (Bridge Youth Worker)

Through the ongoing partnership between the Flexible Learning Centres and The Bridge Youth Services, The Bridge provides Tim Hunter as a generalist youth worker to be on site at the Shepparton Flexible Learning Centre two days a week. Tim works at Shepparton FLC on Monday and Tuesday, having the capacity to link students in with extra support services where appropriate, working one-on-one with students and their families and running some group work programmes. Tim fits

within the schools wellbeing team and is available to link in and support students and their families in areas outside of the school setting. Tim has helped run a couple of groups, including a "Boys Programme" and a "Housing/Independent Living Programme. Tim loves connecting with students and is always available for a chat. Tim is very approachable and has built great professional relationships with both students and staff.

Taking Care of Me School Programme

On Thursday Cara the school nurse discussed some of the different types of contraception that are available to young people and how they can access sexual health services. We covered many of the hormonal methods of contraception, the pros and cons of each including cost and effectiveness and discussed the barrier methods. We discussed sexual health as being part of our physical health and something that we should look after by discussing it with our GP and getting sexual health checks.

Next week we will have a guest speaker from Uniting Care Kildonan to talk about diversity and healthy relationships.





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Coordinator

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your name and postcode to
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