

Newsletter

Website: www.nefln.vic.edu.au

Phone: [0427877113](tel:0427877113)

Welcome Back to School!!!

Remote Learning has begun at Shepparton Flexible Learning Centre and what an exciting time for us all as we embark on ensuring that we provide the best 'facilitation of learning' in the state, in the most flexible manner possible. At home hard copy 'Remote-Learning' packs have been mailed out to every student and work is coming back either by the return pre-paid envelope or by photos, emails or text messages to teachers.

At the NEFLN we pride ourselves on adapting to meet the needs of every student and provide them with every opportunity every day. The current restrictions in place do not change this motto or the way we enact it in our practice. What does change however is the approach we take, with each other and with our students and parents. It is our responsibility to make sure that our students are provided with every opportunity for success. This can be achieved by staying true to our values. This week I want you to focus on our values and supporting others to do the same. Building on the skills, knowledge and practice that comes with; Respect, Resilience, Reliability and Resourcefulness. I understand that we will face barriers in our practice over the upcoming term and that there will be many changes that are placed in front of us. But with this in mind, our values stand clear that through our own resourcefulness we will continue to be a reliable constant in your lives, as we continue to engage with our parents and school community with respect and the outcome will be our resilience through these uncertain times.

Thank you for being a wonderful school community and weathering this storm with us I look forward to this term, as I do each school term. With excitement about all that we can achieve for our students over the next 11 weeks. We have Year 12's we need to support during this time to complete their secondary education, we have new students to re-engage back into an education system, we have year 9's that are ready to commence their careers studies and set a course for their future and we have many students that will be provided with excellence, equity and wellbeing support. Our jobs at the SHFLC are not ones taken on lightly, we love working with students that need our alternative to mainstream approach to education that has both the flexibility and the rigour required to attain great results and productive outcomes.

The Department (DET) and WSSC are providing daily updates and changes to the expectations that they have for us as a school community. Any questions that you have please do not hesitate to be in contact regularly with your learning mentors and we can work through these situations together.

I am proud to face this new adventure with you all, as we head into what is sure to be a fantastic term ahead. I

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

hope that you share my enthusiasm for our work and that together we embrace this new age of teaching and learning.

Thank you.



REMOTE LEARNING: LIMITED ACCESS

Access to school grounds is limited to:

- school staff
- students attending on-site learning
- contractors, including cleaners and maintenance workers.

For more information, visit

education.vic.gov.au

Contact: 0427 877 113

Email: brad.hearn@wssc.vic.edu.au



Term 2

All Staff are available from 8:30am until 4:30pm daily (Monday to Friday) throughout the term. If you require assistance contacting a staff member or your teacher/learning mentor please call reception.

Below are the school opening hours. Please make sure you have called ahead to book your time to attend 'on-site'.

This can be done by calling your learning mentor or reception.

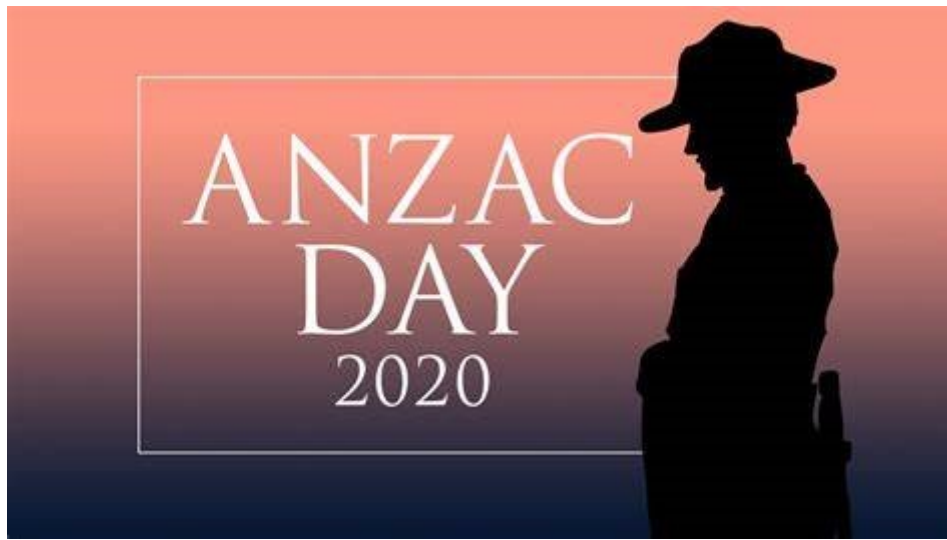
Reception Ph: 0427 877 113

13th April 2020 Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Easter Monday	Curriculum Day	8:30am - 3:10pm	8:30am - 3:10pm	8:30am - 3:10pm

From 20th April 2020 Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 3:10pm	8.30am - 3:10pm	8:30am - 3:10pm	8.30am - 3:10pm	8:30am - 3:10pm



Dawn Service Driveway Vigil

Due to Covid-19 restrictions the traditional marches have been cancelled and Dawn Services restricted to essential personnel only for this years ANZAC DAY ceremonies.

As a way to demonstrate our respect of the anniversary of the first major military action fought by Australian and New Zealand Forces during WW1, a Driveway Vigil is being suggested.

With the support of local radio station One FM 98.5 at 0600H (6am) the Dawn Service Program from the Melbourne Cenotaph commences (25mins).

THEY SHALL NOT GROW OLD,
AS WE THAT ARE LEFT BEHIND GROW OLD,
AGE SHALL NOT WEARY THEM,
NOR CONDEMN,
AT THE GOING DOWN OF THE SUN
AND IN THE MORNING
WE WILL REMEMBER THEM.





Self Care Ideas

A few reminders from the SFLC Wellbeing Team

Our Wellbeing team – Michelle Sheehan and Ben Linnett (School Wellbeing Staff) Tim Hunter (Youth Worker) and Cara Myers (School Nurse) are all available for you to contact throughout the term. If you have any concerns or questions surrounding your mental or physical health, please phone the office or ask your Learning Partner to put you in touch with one of the above staff. We are able to work with you and support you to access the services you need.

Remember:

- It is O.K to ask for support.
- It is O.K to feel overwhelmed and anxious when life becomes uncertain.

AND

- It is O.K if you feel absolutely comfortable, safe and if you don't need support at this time.

Take care and continue to practice social distancing.

Remember – Shepparton Flexible Learning Centre Staff, care and value all of you.

Michelle Sheehan

Leading Teacher/ Wellbeing Coordinator



Congratulations

Towards the end of Term 1 we guided 3 students through the process of applying for a Scholarship to help assist them financially with their studies after graduating from Shepparton Flexible Learning Centre. We received the exciting news that all 3 were successful in their application and so would like to congratulate Nara, Eliza and Alkira, and wish you all the best in your chosen field of study.

CAREERS

Careers @ Shepparton FLC: In times of Remote Learning

In these times where we are all adjusting and developing new ways of doing things, Career's Advice and the FLC Centre is living up to the Centre's namesake, and being flexible with how Careers Sessions are being delivered. Our Career's Adviser is still available for consultations on anything work and further study related matters, and will be more than happy to take calls and emails to arrange a suitable time to have a chat about any thoughts, questions or ideas about anything Job and Career related. So reach out either via phone, email or text message during school hours. Or if you prefer, you can organise a day and time through your Learning Partner to receive contact from the Careers Department.

Contact Details:

Simon Taylor – Careers Advisor

Ph: 0438 790 127 **Email:** simon.taylor@wssc.vic.edu.au

Year 9 Careers Program: Morrisby

The Department of Education is involving all Year 9 Students across the state in a specific Careers Program. In the first stage of the program students will undertake an in-depth Career and Profiling Assessment online, and will be provided with a booklet that outlines various details about personality, skills and what their interest areas are. Students will be assisted with setting up their online account on the Morrisby Website. Below is a link to a video that can give students more information.

Website Link: <https://www.morrisby.com/students>

The second stage of the program will see students having a one-on-one session with an external Careers Counselling Service, that will help students to understand the information and to also explore some options for Career and Job exploration.

Shepparton FLC has our own Careers Website

Shepparton Flexible Learning Centre Careers

Each student will have, or be able to create a personal account on the website, which is filled with different resources to help you build a personal profile.

Website: www.sflccareers.com.au

Most students will already have an account on the Website. If you have accessed the Website before with your Teacher, then you can already access with your login details you have been using.

If you haven't logged in before, you can follow these steps:

1. Access the Website via the link above.
2. Across the top of the Website next to the FLC Centre Logo is a dashboard with dropdown option. Navigate to the end where it says 'FOR STUDENTS' and then the first option on the drop down box will be 'STUDENT SECURE AREA'. Click on this option.
3. Now enter your Username and Password:
 - Each Student's Username will be their school login followed by @wssc.vic.edu.au
 - E.g. - if your Student login at school is FLE0001 then the login will be FLE0001@wssc.vic.edu.au
 - For your first Login, your Password will be SheppFLC1
4. Once you have logged in, you can change your username to whichever email you prefer, and please make your own new password.

Once you have created your account, you can explore your account and do different Career activities like a quiz, resume or start to build your interest profile.

Just a quick update from me in this unprecedented time. It continues to be a privilege for myself and TBYS to partner with SHFLC. I have loved seeing the commitment in which staff at SHFLC have showed to their students. Students too are showing a high degree of resilience as they face a really challenging time. I too have been working remotely and been able to have regular check in's with staff, students and community partners who in many ways continue to impress me.

A couple of good news stories from me... I have loved working with a student recently who has taken a lot of **Reliability** and responsibility for their actions. In large part their success was due to the young person's initiative and ability to take responsibility for their actions. Very impressive!

It has also been a joy to work with a young person needing housing support. I have loved stepping through, with this person, some of the processes to obtaining a private rental and moving towards greater independence. This young person has demonstrated a strong work ethic, commitment, motivation and wisdom in pursuit of more stable housing. A great example of our school value of **Resourcefulness**.

All this to say, plenty is happening with my role and the young people of SHFLC. The students at SHFLC continue to demonstrate amazing human qualities in the midst of significant challenges this term.

Tim Hunter – The Bridge Youth Service youth worker

At the Shepparton FLC we have defined our value of **Resilience** as
Overcoming Barriers and Persisting to Succeed.

Everyone has barriers that prevent them from achieving their goals. Having the commitment and persistence to keep trying and succeed is vital to showing that you have **Resilience**. By having a **'Never Give Up'** attitude and a **'Have a Go'** spirit you can overcome all barriers to reach your goals and have success. The staff pride themselves on knowing how to teach and build upon students **Resilience**. We celebrate at every opportunity students

capacity to demonstrate **Resilience** in their learning, in their personal lives, in their social lives and within the school community. Setting goals is an important part of building **Resilience**. Through goal setting students can identify barriers and brainstorm ways of overcoming barriers to learning, living and life with their learning mentors. These barriers maybe access to resources and support people, mental health concerns, home-life issues or social problems. By working together students can synergize with their learning mentors and teachers to be successful. Change can be difficult to accomplish by yourself, yet with practice and support from your teachers and learning mentor you can achieve any goal that you set and see the changes that you want to see in your life. Simply put **Resilience** is about bouncing back from setbacks with a better plan and a more refined goal so that you can move forward in life and learning and so that you can reach for the stars and be ambitious. We don't always get it right the first time, but with **Resilience**, we make sure that the first time isn't the last time and that next time we will do better. Our staff pride themselves on their own **Resilience** by making a commitment to never stop trying to reach their own goals and ambitions, they hope to work with you to do the same and make the same commitment to your goals in learning and life.

Never Stop Trying. Have a Go. Make a Goal. Have a Plan. Work Together. You Can Be Successful. You Can Achieve!

Resilience





Lets have some FUN

During this time of uncertainty I thought I would give you some inspiration to have some fun with everyday items you can find in and around the house or you can go out and explore the great outdoors and collect some autumn leaves to get busy.

One idea which is simple is to draw triangles and colour each one differently using any medium you have access to, you can even cut up an old magazine for different colours and effects.

Another idea, get outside and collect autumn leaves. Cut these into triangles and paste them down having fun with the different colours and textures of different leaves.



Another great idea for your collected autumn leaves is to make them into animals by drawing on or around the leaf, do some doodling on the different shape and coloured leaves and incorporate them into your art.



When we do return to school, I have been busy creating a lot of FUN activities which will be incorporated into the Sensory Garden we are creating – keep a look out.

Michelle Stoj

KEEPING A HEALTHY HEADSPACE

Good mental health is a state of wellbeing where you feel able to work and study, feel connected to others, be involved in activities in your community and 'bounce back' when life's changes and challenges come along.

Learn new ways to handle tough times

Taking time to think about how you're handling tough times is really important. Sometimes the things we do naturally can help, and other times they don't.

Build your options for handling tough times

They'll come in handy now and into the future. Here are some options to consider:

- use art, music or journaling to express yourself
- * spend time in nature
- * set some small goals, and get help seeing them through
- * talk kindly to yourself
- * websites and free apps that can help

Stay active

Staying active can help you to sleep better, manage stress and boost your mood. Make time to take a break from study or work or hanging out, whether it be going to the gym, kicking a ball around with a mate or just going for a walk. Whatever it is, start small, and make sure it's something you enjoy.

Get enough sleep

Sleeping well is good for your brain and body, and helps you feel energised, stay focused and protect your mental health.

Eat well

Eating well can improve your mood, energy levels and general health and wellbeing. Fill up on nutritious food (like vegies, fruit and whole grains) and drink plenty of water to give your body and brain all the power it needs to function well.

How can I get help?

If you feel like support from family and friends isn't enough, seek professional help. You can go to the school's Student Wellbeing Centre, your General Practitioner (GP), make an appointment to chat to someone at headspace or eheadspace for online and phone support.

Remember, keeping a good mental health involves building your mental fitness, so you can stay on top of things and get the most out of each day.

Cara— Adolescent Health Nurse

SHEPPARTON FLC CREATIVE CHALLENGE

Dear Students

Throughout term 2, we will undertake some creative challenges!

Week 2: "Words to Live By"

Your challenge is to create a poster featuring a meaningful message/quote and add pictures/photos/drawings which may help to explain what the message means to you.

Try to choose words which you can relate to. It could be a message which signifies a journey you have been on or a challenge you hope to conquer. It may be a message to remind you of the values you wish to live by, or simply a lovely saying you have heard which is meaningful to you in some way.

If your message is a "quote", please acknowledge the original writer (it doesn't need to be a famous person). I have included some examples below which you are welcome to choose from –you can find more on the web, or you may like to come up with your own. I have also added a copy of my poster as an example.

You should work on this project during your timetabled lesson in week 2, however if you would like a little more time to finish your poster, please submit it by **Friday 8th May** to Michelle.Stojanovski@wssc.vic.edu.au if you have any questions about the task, you may email me at this address too. If you have handmade the poster, you may like to scan it or take a photo of it to email to me. If this is not possible, that's ok, just send me an email telling me some details about your poster.

Please save your original work and keep it at home until we can arrange collection or you return to school.

All the best from Michelle

Here are just a few examples:

"Try to be the rainbow in someone's cloud" Maya Angelou

"Kindness is the language which the deaf can hear and the blind can see" Mark Twain "Adopt the pace of nature: her secret is patience" Ralph Waldo Emerson

"Forgiveness doesn't make the other person right, it makes you free" Stormie Omartian "Share your smile with the world. It's a symbol of friendship and peace" Christie Brinkley "Don't tell me the sky's the limit when there are footprints on the moon" Paul Brandt

Food relief in the Goulburn Valley



FOOD ASSISTANCE PROVIDERS

Shepparton Family & Financial Services

2b Campbell St, Shepparton T: 5831 7755

Mon - Fri, 10am - 4pm

Pregnancy & Family Support

15a St Andrews Rd, Shepparton T: 5821 0826

Emergency supplies - nappies, formula etc.

Assistance for children up to 5 years.

Mon - Fri, 9.30am - 12.30pm. Apts after 12.30pm

SalvoCare Shepparton

27 Wyndham Street, Shepparton T: 5820 8000

Mon - Fri, 9am - 1pm (call at 9am to make apt)

St Vinnies Shepparton

Wyndham Street, Shepparton T: 5821 0317

Mon - Fri, 10am - 12pm

South Shepparton Community Church

15 St Andrews Rd, Shepparton T: 0408 738 967

Wed, 10.30am - 12pm

South Shepparton Community House

11 Service Street, Shepparton T: 5821 6172

Mon - Fri, 9.30am - 2.30pm

The Salvation Army Kyabram Corps

24 Unitt St, Kyabram T: 5853 1129


Also servicing the Rushworth area


By appointment only

St Vinnies Mooroopna


2 Northgate Street, Mooroopna T: 5825 1888

Mon, 1pm - 3pm & Tue - Fri, 10am - 12pm

 0432 517 329

 30 Young Street, Mooroopna VIC 3629

 info@sheppartonfoodshare.org.au

 sheppartonfoodshare.org.au

 /sheppartonfoodshare

Mooroopna Life Op Shop

4 Mill St, Mooroopna T: 5825 4298

Mon - Fri, 9.30am - 4.30pm

Family Haven

15 - 17 Young St, Mooroopna T: 0487 315 999

For families only. **Tue - Thu, 9.30am - 3pm**

Rumbalara

20 Rumbalara Rd, Mooroopna T: 5820 0000

ATSI clients only

Mon - Fri, 9am - 4pm

Generations Op Shop

119-121 Hogan St Tatura T: 5824 3059

Mon - Fri, 10am - 4pm

Shalom Worship Centre Merrigum

116 Waverley Ave, Merrigum M: 0429 866 478

Tue & Wed, 12pm - 4pm, or call/text

Shalom Worship Centre Girgarre

10 Morgan Crescent, Girgarre M: 0429 866 478

Please text for assistance

Girgarre Community Cottage

27 Olympic St, Girgarre T: 5854 6482

Mon - Thu, 10am-3pm

Euroa Christian Fellowship

Old School House, Clifton St, Euroa

T: 0402427955

By appointment only

Broadford Community Pantry

Broadford Living and Learning Centre

58 High St, Broadford T: 5784 4006

Assistance for the Broadford community in need

Mon - Thu by apt or Fri collections, 11am - 2pm

Compiled by Shepparton Foodshare.

Details subject to change without notice, correct as at Feb 2020

Food relief in the Goulburn Valley



COMMUNITY MEALS PROGRAMS

GV Christian Fellowship

9 Pine Road, Shepparton T: 5831 5263

Tue, 5.30pm - 6.30pm

The Haven

92 Wyndham St, Shepparton T: 0428 736 961

Dinner - For young people, 13 - 25 years only

Mon - Thu, 4pm - 8pm

The Salvation Army

99 Nixon St, Shepparton T: 5821 2666

Gold coin donation appreciated

Wed, 11.30am - 2pm

The Haven

92 Wyndham St, Shepparton T: 0428 736 961

Dinner - For young people, 13 - 25 years only

Mon - Thu, 4pm - 8pm

People Supporting People

Victoria Park Lake (next to Skate Park)

Mon - Fri, summer 5.30pm - 6.30pm, and

winter 4.30pm - 5.30pm

Mooroopna Education & Activity Centre

23 Alexander St, Mooroopna

T: 5825 1774 to book

Tue, 12pm - open to all

\$7 per meal - 2 courses

Mon, 12pm - senior citizens only

\$10 - 3 courses

St Vinnies GV Region

Old Mooroopna Hospital

Fri, 12pm - 1pm

Mooroopna Life Op Shop

4 Mill St, Mooroopna T: 5825 4298

Thur, 11.30am - 1pm

Family Haven

15 - 17 Young St, Mooroopna T: 0487 315 999

Lunch - For families only

Tue - Thu, 9.30am - 3pm

Kyabram Community & Learning Centre

21 - 25 Lake Rd, Kyabram T: 5852 0000

Gold coin donation appreciated

Thur, 12pm - 1pm



-  0432 517 329
-  30 Young Street, Mooroopna VIC 3629
-  info@sheppartonfoodshare.org.au
-  sheppartonfoodshare.org.au
-  /sheppartonfoodshare

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