



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

Dear Shepparton FLC Community,

As we come to the end of the year, we reflect on our achievements and look forward to exciting endeavours to come in 2022. A reminder that staff have a planned curriculum day on Tuesday 14th December so students do not come to school on this day.

While 2021 has been another challenging year for our community, a mixture between face to face and remote learning with many of our students needing to isolate when COVID-19 put our community into lockdown. The resilience of our students to get through this extremely difficult time is commendable.

On Friday 10th December we celebrated our successes with our final awards assembly. We would like to thank our special guests Uncle Reuben who delivered the Welcome to Country and Ben Vanderzee from GMLLEN and parents/carers and students for attending.

Congratulations to the following students who completing their VETis subjects or receiving achievement awards on Friday.

Certificate II Community Services

- Destiny Sheppard-Burke
- Tarlah Spencer
- Chloe Collins
- Marlene Atkinson
- Pilan Fitzpatrick
- Ash Ford
- Allie McDonald

Certificate II IT

- Reuben Gray

Cert II Animal Studies

- Charlie Phillips

VCAL

- Jess Rodriguez, Morgan Bice, Taylah Michelotti

Structured Workplace Learning

- Jess Rodriguez

Work experience,

- Troy Hamilton, Aaron Martin, Brendan Van Nus, Milly Hildebrandt, Brodie Currie

Vic Curriculum

- Kaiden Thomas, Cooper Boswell

Music

- April Houlihan, Bailey Palmieri

VCE Art

- Keisha Connally

Visual Art

- Danielle Jarman, Rikki McKay, Taylah Michelotti

Many students also successfully complete the following short courses throughout this year; First Aid, Food Handlers, RSA, Construction Induction Card.

We celebrate and wish all our students who have completed their studies with us and are moving onto further studies and Employment all the best. You should be extremely proud of your achievements as we are proud of your accomplishments.

Finally thank you to all our families for supporting our students through this very challenging year. Without the support of families and friends, our students could not have continued to remain focused and engaged.

On behalf of the staff at Shepparton FLC we wish all families a safe and happy festive season. We look forward to seeing students on 31st January 2022.

Anna Pinnuck



Site Principal

A campus of:
Wodonga Senior Secondary College



Every Student, Every Opportunity, Success for All






Important Dates and INFORMATION

- **Curriculum Day - pupil free day**
Tuesday 14th December
- **Last day of Term 4**
Friday 17th December
- **School Holidays**
Saturday 18th - Sunday 30th January
- **Reception open for enquiries**
Monday 24th January
- **Australia Day Public Holiday**
Wednesday 26th January
- **First Day of Term 1**
Monday 31st January

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.



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

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.

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.

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.

V
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T
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S

Class of 2021

Congratulations VET students

Despite the challenges of lockdown restrictions and coping with a disruptive timetable, several of our senior students have shown incredible flexibility and resilience to complete their Certificate II courses this year. They have demonstrated determination to keep up with their required studies and have proven to themselves and others that if you persist and put effort into your work, you can achieve your goals.

The Shepparton Flexible Learning Centre community congratulates the following students for completing their chosen VET studies. A fantastic effort. We are immensely proud of you all.

Certificate II Community Services students

Marlene Atkinson
Chloe Collins
Pilan Fitzpatrick
Destiny Sheppard-Burke
Tarliah Spencer
Ash Ford
Allie McDonald

Certificate II in I.T Design and Technology

Reuben Gray

Certificate II in Animal Studies

Charlie Phillips

Visual Arts

In the final term to what can only be described as a crazy, surreal year, we're so proud reflecting on what we have achieved.

This term students have enjoyed learning mosaicking processes and skills. Many students opted to create a coaster, house number artwork or a mosaic artwork on a wooden board. Michelle St continued to create three beautiful native bird artworks with a group of students in collaboration. In the art space an 'All welcome' collaborative bird bath was designed with students' feedback on themes, colours and composition in mind.

The bird bath aimed to engage both staff and students to pop in and glue some tiles to the artwork or precut some tiles for others to contribute. Students or staff could come in alone or with others to contribute, and students who were confident with mosaicking from the visual arts unit previously, had opportunity to guide and help others to learn about the unique and beautiful art skill.

During the latter part of the term, in collaboration with Kaiela Arts, students and staff have had the opportunity to create their own turtles from clay with inspiration and instruction from local indigenous artists. We are aiming to create a small installation with many of the turtles in early 2022. The opportunity for students and staff to connect with country and culture while developing sculpture skills in the visual arts space has been fantastic.



Leading into the festive season, students are invited to come and create Christmas gifts for loved ones while developing new skills in candle-making, glass decorating and design, paper marbling and printing.



Visual Arts

In Term Three, we had our amazing Flexible Learning Centre Network exhibition 'Inspire Within', between two lockdowns. COVID restrictions meant it was difficult for SHFLC students, their families and staff to attend and experience the exhibition. It was great to see many of the students being involved in all aspects of being involved in an exhibition as artists including the development of artist statements and supervising the exhibition. Di put forward a great plan to display the exhibition artworks for our end of year celebrations event with the help of students. The art works will remain up for our school community to admire into Term 1, 2022. Please come in for a look! You won't be disappointed!



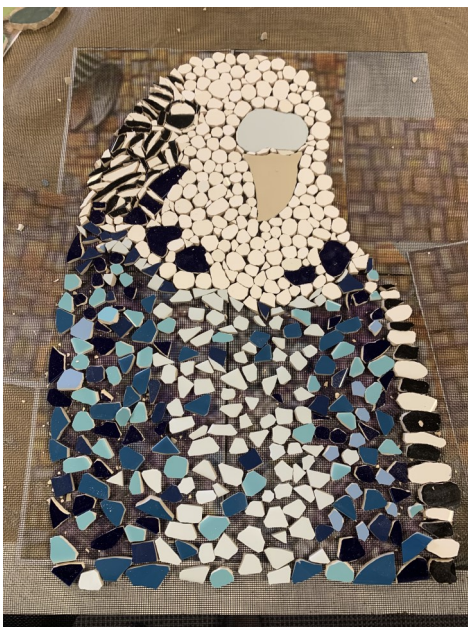
A small group of students decided to design and decorate skateboards this term. Each student is at different stages of completing their skateboard however it has been a pleasure to witness the students work through the project from the design concepts, preparation of the surfaces to the completion of the art works.

Moving into next year we are excited at the possibilities of getting out and about to see the new Shepparton Art Museum, visiting Top Arts exhibition in Melbourne and connecting with the Heidi Art Museum through 'Art workshops in a Box' initially with a visit to the gallery later in the year.

We are also looking forward to offering student electives for sketching and drawing, character and shield designs together with textiles. Each of the electives will be offered for a term. Some of the Term One electives may inspire students of possible inclusions into the animation elective in Term Two. We would like to thank the students for their contribution of ideas and preferences for electives next year, as these will continue to inform what is on offer, during the year.

In 2022, we will continue our partnership with Kaiela Arts with the offering of workshops facilitated by local Indigenous Artist. Wood burning and weaving will be the first workshops on offer during Semester One.

In addition to our plans so far, students will continue to have the opportunity to pursue their own interests in art together with therapeutic and mindfulness art activities, to compliment individual needs and wellbeing goals.

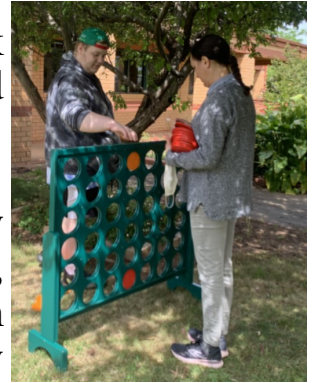


Outdoor Classroom Day – November 1

On Monday of week 5, we celebrated Outdoor Classroom Day at SHFLC. Outdoor Classroom Day is a global movement aimed at making time outdoors a part of every student's day. On this day, teachers provide opportunities for students to learn outside.

Students and staff enjoyed the warm sun and did laptop or book work outside or participated in some games with others to build connections and strengthen positive relationships.

We were kindly donated jumbo outdoor games by Ange Lucy from Benalla. These included Giant Jenga, Giant Connect Four, Corn Throw and Hookey. Tim our youth worker brought in an extreme hand ball game to add to the fun and there were plenty of chairs, bean bags and picnic blankets to relax on.



Meaghan our school nurse and Jess Rodriguez did an amazing job of catering the day, creating nutritious whole meal scones, fruit platters and fresh sandwiches which were thoroughly enjoyed by all. Thank-you to the staff and students who participated and emerged themselves in this calm, educational and fun day!



Music



Special thanks to the Bridge Youth Service for providing Shepparton Flexible Learning Centre with quality musical equipment. Students have enjoyed setting up and using the new musical equipment. Which will provide students with an additional electric guitar, an additional PA system and a new Bass guitar. Student's have been very excited to use the new equipment and we are appreciative to the Bridge Youth Service for their generous donation.

This semester, April Houlihan and Bailey Palmieri had their singing skills showcased at the end of year celebration after winning the Shepparton Flexible Centre Music achievement award. Congratulations to April and Bailey and well done to all other music students that participated in the music program.



School holiday ideas



Santa Claus is coming to town and visiting KidsTown Adventure Playground on the 18th and 19th of December. Come and meet Santa and capture your special family moments together. Santa visiting times: Saturday and Sunday 10am to 1pm plus an extra special visit on Saturday evening from 4pm to 7pm. The KidsTown Dig In Café and Miniature Train will be open and running while Santa is visiting. Entry to KidsTown is via a gold coin donation, there is no extra charge to meet Santa



This year the famed and beloved event, will once again take place at Queens Gardens on Sunday 19 December commencing at 6:30pm, led by passionate local sponsors and supporters.

This event is free to attend



Pack a picnic and grab a camera or phone and explore the Botanical Gardens. Take advantage of daylight savings and enjoy the sunset over the wetlands, be sure to pack insect repellent for any mosquitoes that may be about.



The **Great Mooving Art Roundup** is free to enter and you can start at any clue or destination,

Everyone in the family can enjoy the roundup, you'll be able to find the cows near lots of playgrounds and outdoor areas. Take the family on a little road trip and explore the offerings of our small towns such as award-winning bakeries, wonderful shopping opportunities, friendly locals, unique visitor experiences, sceneries and lots of hidden treasures. The treasure hunt will kick off on Sunday 26 December (Boxing Day) and end on Sunday 23 January 2022.

Collect an entry form from the Visitor Centre now located in the new SAM building on Wyndham Street, or complete it online via [The 2021 Great Mooving Art Roundup - Visit Shepparton and Surrounds - Discover Many Great Things](#)

Respectful Relationships

Gender diversity and equality

At the Shepparton Flexible Learning Centre we celebrate and accept gender diversity and encourage gender equity. To support both staff and students with their learning in this area we have been lucky to have two guest speakers from the Diversity Project come to the school to talk with both staff and students to cover these topics. These sessions were engaging and informative and allowed staff and students to ask questions and seek advice with topics they were unsure about.

Topics presented included gender, sex and sexuality – the differences, pronouns, coming ‘out’, inclusive language and making your school safe for LGBTIQ+ people.

Student support and resources

The Diversity Project,
136 Maude Street, Shepparton 3630
E: diversity@vt.uniting.org / T: (03)5831 6157 unitingvictas.org.au

Crisis and Support Services for people in Victoria: Websites and additional resources:

Rainbow Network (resource directory) www.rainbownetwork.com.au

Minus 18 (young people) www.minus18.org.au

YGender (young people/peer-led organisation) www.ygender.org.au

Zoe Belle Gender Collective (young people) www.zbgc.org.au

Transgender Victoria www.tgv.org.au

Transcend www.transcendaus.org

Parents of Gender Diverse Children PGDC (families) www.pgdc.org.au

Intersex Human Rights Australia ihra.org.au

Intersex Peer Support Australia isupport.org.au

Pronouns www.mypronouns.org and practice <https://pronouns.minus18.org.au/>

Headspace pronouns video <https://www.youtube.com/watch?v=3xpvricekxU>

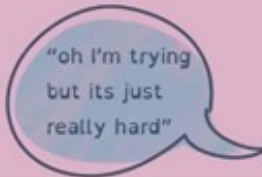
Victorian Government’s Inclusive Language Guide www.vic.gov.au/inclusive-language-guide



GENDER DIVERSITY AND PRONOUNS

how to do better at Getting New Pronouns Right

no more



1. When you slip up,
correct yourself
briefly and
move on



2. When someone
corrects you, say
“thank you”

and just
move on
swiftly



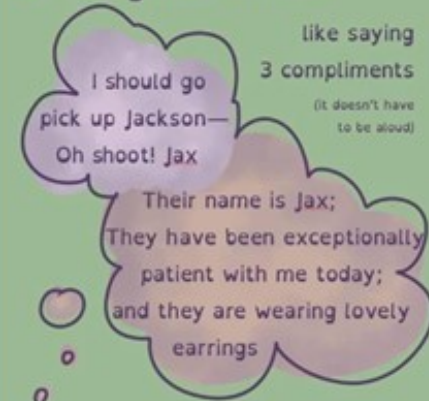
3. Get in the habit of
interrupting people
with a quick correction

yes,
every time



It sets a good precedent,
lifts some burden off trans people,
and makes it easier to catch yourself

4. For every time
you get it wrong,
do it right 3 times



like saying
3 compliments

(it doesn't have
to be aloud)

5. Consider meeting with
someone to practice

Go for coffee with a mutual friend
and correct each other until you get it



6. Don't make anyone
feel like a burden for
having pronouns you're
struggling with

do not say
“oh it's just
really hard”



7. Don't make them
alleviate your guilt

If you get it wrong do not apologise profusely,
because that puts the other person in the position
of having to say it's ok, and putting their own feelings
aside to make you feel better / stop apologising

Express your love and
learn



CELEBRATE





Over the last 2 years the Department of Education issued many students with laptops to assist students while remote learning.

As our enrolments grow, we encourage students who do have laptops, bring them in on their timetabled days.

It is expected that devices are fully charged (there is the ability to charge during the day in most classes) and students are responsible for looking after their device.

Meaghan The Nurse



Staff and students say goodbye to Meaghan our school nurse this week as her contract to fill in while Cara took family leave comes to an end. Meaghan we value your knowledge you shared with us, and students will miss your cooking skills. We wish you all the best for 2022.

GROWING UP STRONG

Young people were asked, "What does 'Growing up Strong' mean to you?" The most common themes were **independence, health (physical and mental) and confidence**. The bigger the bubble, the more common the theme was.

What does 'Growing up Strong' mean to you?



CONNECT

Shepparton *flexible*
LEARNING CENTRE

phn
MURRAY

An Australian Government Initiative

VICTORIA
State
Government





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/2SqhEiK>



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 659467
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) eheadspace.org.au

ReMinder suicide safety plan app ontheline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/

PARTNERSHIP

Thank you to the below organisations and businesses that supported us this year.



GOULBURN MURRAY
LOCAL LEARNING AND
EMPLOYMENT NETWORK

