

Newsletter

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Phone: [0427877113](tel:0427877113)

Hello to our Shepparton FLC community and families.

I hope that you are all safe and well. Please remember that we are ALWAYS here to help and support. This newsletter is to provide you with all of the current information regarding our Return to School Plan and the onsite changes that have occurred during Remote Learning at our school.

I look forward to welcoming you all back to Face to Face learning. We are working diligently to ensure that the highest precautions are taken to make sure that all students, parents and staff are safe whilst at school. Some things have changed in the way that we operate, which you will be able to read in this newsletter. What hasn't changed is our commitment to our students and our commitment to making sure every student reaches their goals for this year. On behalf of the amazing staff at Shepparton FLC, I want to welcome you all back to school. If you have any questions my contact details are below and your learning mentors are on hand to answer any queries that you may have.

As your Principal, my number one priority is to make sure that the students and teachers at Shepparton FLC are safe and can continue to learn. We have taken a number of steps behind the scenes to address all requirements and recommendations so that this can occur. Please trust that our staff continue to hold our students central in all the work that we do. Our school cleaning has increased dramatically. We have numerous additional personal sanitation areas within our school. We have personal protective equipment which is available for staff and students.

I wish to thank you all for your commitment to learning over the past 8 weeks as we have navigated an exciting new time for teaching and learning. All of our students have access to the internet and laptops through the school and these will continue to be used by students throughout this term. Well done to all students who have continued their studies! A special thank you to all of the staff for their hard work over this time.

Please reach out if you need.

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



Remote Learning Update

Transition to on-site schooling

May 13, 2020 in [COVID-19 & Remote Learning](#)

Dear Parents and Carers,

Thank you for all your support during these past few weeks of remote and flexible learning.

Following advice from the Chief Health Officer, the Victorian Government has advised that schools can begin a phased return to on-site schooling.

In the **first stage**, students in Prep, Grade 1 and Grade 2, senior secondary (Year 11 and 12 VCAL and VCE) students and all students in specialist schools will return to school from Tuesday 26 May.

To support all school staff to prepare for this transition, Monday 25 May will be a pupil-free day.

In the **second stage** of our return to on-site schooling, all other year levels will return to school from Tuesday 9 June.

For those students who cannot be supervised at home and vulnerable children, the existing model of on-site schooling will remain in place during the two-week period from Tuesday 26 May to Tuesday 9 June. The current process that we are using to enable parents and carers to indicate the days or part-days for which on-site schooling is required will continue for this two-week period.

All other students in these grades and year levels who can work from home must continue learning from home until Tuesday 9 June.

Once a year level has returned, all students will be expected to attend school as normal. This means if you choose to keep your child/children home after their year level has returned to on-site schooling, we can no longer support their learning from home.

This does not apply to children who need to be absent for health or medical reasons. For those families, please contact us so we can make an appropriate plan.

This same approach is being taken by all government schools in Victoria. To support the health and wellbeing of all our students and staff, our school will continue an enhanced cleaning routine and will encourage frequent hand washing.

If your child is ill or is feeling unwell, **they must not** attend school. They must remain home and seek medical advice. If they do become unwell or show symptoms of being unwell they will be immediately quarantined and you will be called to immediately pick up your child from school. Please remember If any students or staff member test positive for COVID-19 the campus will be immediately closed until deep cleaning of all surfaces can take place.

While the Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will be a number of important changes to our school operations, consistent with health advice to all schools that will be made available on the college websites. This will apply until further notice. I will provide more detail about our local context as soon as possible, but it is important to note that changes will include:

- All campuses and sites of Wodonga Middle Years, Wodonga Senior Secondary Colleges and the Flexible Learning Network Centres will continue with the timetable that was in place prior to remote learning. The school day will operate during the usual times.
- Only immediate school staff and students will be allowed on site. If parents need to contact the school, they must do so by telephone or email.
- the way we conduct parent-teacher meetings and interviews including Student Support Groups (SSG's) will be via teleconference.

We understand that some families may feel anxious about this move back to classroom teaching and learning. I can assure you that this decision has been taken on the basis of the best health advice available to our state. With your support and vigilance in enacting the health and hygiene measures as outlined we will make this a safe experience for all.

More information about the return to school and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated:

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

Thank you for your continued support and patience during this time. We look forward to welcoming our students back to the classroom.

Yours sincerely,

Vern Hilditch
Executive Principal



Special to our
thanks
 Education Support Staff
 YOUR is greatly
 dedication APPRECIATED.

Education Support Personnel (**ESP**) Day is celebrated globally on the 16th May. It's a dedicated day to acknowledge and recognise the vital contribution ES members make in our schools every day.

We would also like to say a big thank you to our ES staff for the great work they have done supporting both teachers and students during this challenging time of remote learning.

CAREERS

GO TAFE - Students are in their second week of remote learning completing theory lessons. Remember to continually check your emails so you are informed of any correspondence from your teachers or changes to class timetables. Simon will also continue to check in with Tafe students every week to troubleshoot any issues students may be having.



GOULBURN MURRAY
 LOCAL LEARNING AND
 EMPLOYMENT NETWORK

'SCHOOL – EMPLOYER' INDUSTRY ENGAGEMENT WEBINARS

Mon 1 June – Fri 5 June (running from 10.30am – 11.30am)

Preparing secondary students to be work ready

Mon 1 June	Tue 2 June	Wed 3 June	Thu 4 June	Fri 5 June
Employer expectations & the local labour market	How can secondary students prepare for the world of work		Learn about the different pathways into trades	

Webinar STUDENT/SCHOOL INSTRUCTIONS

- SCHOOLS** – To receive a [registration link](#) for a specific webinar session, please email [GMLLEN](mailto:gmlen@gmlen.com.au)
- You will then receive a registration link to share with students.
- STUDENTS** – must then individually register for each webinar session they are interested in.
- Once registered, they will receive an email notification with a unique join link.

What students need to know:

Please engage and be involved in the Webinars by using:

- ✓ the show your hand function if prompted
- ✓ participate in polls
- ✓ ask questions through the Q & A tab

Come with an open mind - it might open your viewpoint to other possibilities.

This provides a great 'networking' opportunity.

Think about future possibilities:

- ✓ contacts for undertaking work experience or work placement
- ✓ part time job possibilities
- ✓ meet future potential employers.

SFLC wellbeing moment

Theme: self care

What is self-care?

It is any activity that we do deliberately and consciously in order to take **care** of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook.

Why should we do it?

Good and regular **self-care** is vital in improving mood and general wellbeing. The saying goes "you can't pour from an empty cup". If we don't take time to do things we enjoy then all areas of our life including school, work, and relationships will be impacted.

How can we do it?

The great thing about **self-care** is that everyone gets to choose what works for them. Once you have established what things you enjoy doing then it is important to set aside time **regularly** to do it. Examples include:

- Regular exercise
- Reading a good book
- Eating a well-balanced diet
- Getting outdoors in the fresh air
- Spending time with loved ones if they love with you or online
- Playing music
- Drawing/ painting
- Watching a favourite show or movie

Remember!

A 'full' self-care cup should include a few different things rather than just one. So if you enjoy watching movies then make sure you also find time to do something active, like going for a walk, bike ride or team sport.



BRAD SHOWING US HIS LOVE OF SHOWJUMPING.



Leonie loves her nature walks and getting outdoors.

Michelle spending time in the sunshine with her dog Millie.



CARA ENJOYS WALKING MT MAJOR DOOKIE AND SPENDING TIME OUTDOORS .

TAKE CARE



OF YOURSELF



Kylie has been creative with pop-up playgrounds in the front yard.

Sally has built this beautiful frog pond in her garden.



Maintaining kids' mental health during the coronavirus pandemic

While there are concerns about the negative impact of physical isolation is having on children's learning, we should also be concerned about their mental health. Teachers and health professionals report that the strain of physical isolation is starting to show for many children and young people. Any anxiety and fear they experience is heightened by isolation from friends, lack of access to their usual sports and leisure activities and a lack of certainty about the future.

In these challenging times kids' mental health needs to be a high priority. The following plan laid out by the experts at Parenting Ideas will show you how to a solid foundation for good mental health, and outline key behaviours that will help build the resilience and psychological strength that kids need in these difficult times.

Build the foundation for good health.

A healthy diet, plenty of exercise and good sleep patterns are basic to good physical and mental health. Get the foundations right and you establish optimum conditions for your child to flourish even in difficult circumstances.

Eat a healthy diet

The "healthy body, healthy mind" mantra that we grew up with needs to be updated to "healthy gut, Healthy brain". Recent research has revealed the links between a child's gut health and good mental health. Kids who experience anxiety and depression typically have imbalances of adrenaline (which keeps the brain alert) and GABA (which calms the brain down), that can be rectified with good gut health.

A framework for healthy eating includes eating real rather than processed foods, consuming small and regular meals, starting each day with protein and complex carbs, drinking plenty of water and keeping kids away from caffeinated drinks.

Get plenty of exercise

Exercise not only promotes good mental health, it's also a tool that kids can use to manage their mental health. Exercise and movement send endorphins through their bodies improving mood and relieving tension and stress. Exercise and movement relaxes the muscles and reduces feelings of anxiety that build up over time.

A framework for exercise includes starting the day with some movement, taking regular movement and game breaks, finishing the school day with movement that gets their limbs moving and heart pumping.

Maintain good sleep patterns.

The benefits of good sleep patterns are immense and far-reaching, impacting kids' learning, memory and emotional stability. Sleep restores the brain to optimum conditions and rejuvenates the body, allowing hormone levels elevated during the day to return to normal. Consequently, sleep-deprived kids experience greater anxiety doing routine tasks and have a propensity for pessimistic thinking, which is associated with anxiety and depression.

A framework for good sleep patterns includes finding an optimum bedtime, creating a regular, relaxing routine, eating and exercise at the right time, creating a sleep sanctuary and getting up at regular times each day.

Add the pillars of good mental health

Mental health is complex and is impacted by many factors including a child's social and emotional wellbeing. The following four pillars have an insulating effect on your child's mental health, acting as circuit-breakers when life becomes difficult and complex

Maintain social connection

As social beings we long for connection to others and a sense of belonging to groups. While time alone can be restorative, sharing experiences, thoughts and stories with others is absolutely essential to your child's happiness and wellbeing.

A framework for social connection includes one-on-one time with family members and other loved ones, having shared family experiences to confirm a sense of belonging, having shared time and experiences with peers from school and the neighbourhood, and a connection with the broader community through shared experience, cause or goal.

Stay in the present

The human mind is restless, taking us all over the place. It can make us feel happy recalling memories of loved ones or happy times and it can also drive insecurity connecting us to events in the past or future that fill us with dread, and make us feel anxious. Kids' wandering minds need to take a rest and settle in the present, stopping their mental chatter, giving them the chance to relax. Mindfulness is an essential mental health tool that enables children to keep their minds in the present moment, allowing them to feel safe and secure.

A mindfulness framework includes regular exercises, doing one thing at a time, using mindfulness during an anxious moment, practising self-kindness and forgiveness.

Spending time in nature

Recent studies highlight what we already knew—that time spent in natural environments benefits our happiness, our sense of wellbeing and reduces stress and tension. The rejuvenating benefits of time spent in the bush or by the sea may be difficult to acquire during times of physical isolation but walks to the park, spending time under a favourite tree or even bringing some green shrubs inside have proven to be just as beneficial to children's mental health.

A time in nature framework includes management and reduction of screen time, exposure to natural environments in the neighbourhood, bringing the outdoors inside, and spending some time each day outdoors.

Keep foundation behaviours

Routine behaviours such as waking at the same time, having breakfast, exercising, showering and dressing get us ready for the day ahead. They underpin productivity, learning and wellbeing. Remove the structure provided by these foundation behaviours and many children and young people struggle, particularly those who are prone to anxiety and depression.

A foundation behaviour framework includes morning routines and rituals to prepare for the day, after school and evening wind down routines, and routines that prepare children for sleep.

Practice deep breathing

Recognition of the benefits of deep breathing dates back to ancient Roman and Greek times when deep belly breathing was used to rid the body of impurities. Modern science informs us that deep breathing instantly engages our capacity to relax and stay calm. When a child becomes anxious or fearful their breathing becomes shallow. Taking deep, slow breaths when they become overwhelmed by anxiety is the quickest way to return to a calm state. Deep breathing has great preventative powers helping the mind stay in a state of focus and calm.

A deep breathing framework includes practising spontaneously throughout the day, combining deep breathing with mindfulness practice, using deep breathing to restore energy when tired, and breathing deeply during an anxious moment.

Check in on feelings.

If children and young people are not tuning into their emotions they are missing a rich vein of information that will assist decision-making, learning and importantly, their wellbeing. It's relatively easy to tune into behaviour and thoughts, but much harder to detect our emotions. The skill of emotionally checking in, developed by Prof. Marc Brackett from the Yale Centre for Emotional Intelligence, helps children and young people to identify how they are feeling at any given time. It requires kids to stand still, close their eyes, take some deep breaths, identify and give a name to their feeling. This simple habit of checking, once practised and learned is a wonderful life skill to acquire.

Looking after your child's mental health may seem like a mystery at times. But there is a great deal we can do. By laying a foundation for good general health and then working at maintaining the pillars of mental health and teaching kids the protective mental health behaviours you provide them with a solid framework for maintenance of good mental health that they can take into adulthood.

What's On

May - July 2020

We've got a range of virtual events coming up for secondary school students and their parents to find out more about study options at RMIT.

Register for these events at rmit.edu.au/events.



Saturday
30th May | 6:00 am - 9:00pm
Study@RMIT
Virtual Expo

Tuesday
9th June | 6:00pm

Discover What's Next
All you need to know about RMIT

Thursday
11th June | 6:00pm

Discover What's Next
Art, Design & Architecture

Thursday
18th June | 6:00pm

Discover What's Next
Communications, Journalism & Media

Tuesday
23rd June | 6:00pm

Discover What's Next
Business & Law

Thursday
25th June | 6:00pm

Discover What's Next
Engineering

Tuesday
30th June | 6:00pm

Discover What's Next
Flight Training & Aviation

Thursday
2nd July | 6:00pm

Discover What's Next
Science

Thursday
9th July | 6:00pm

Discover What's Next
Computer Science & Information Technology

Thursday
16th July | 6:00pm

Discover What's Next
Fashion

Thursday
23rd July | 6:00pm

Discover What's Next
Health & Biomedical Sciences

Tuesday
28th July | 6:00pm

Discover What's Next
Education & Social Sciences

Thursday
30th July | 6:00pm

Discover What's Next
Building & Construction

Discover
What's next