

# Newsletter

Website: [www.nefln.vic.edu.au](http://www.nefln.vic.edu.au)

Phone: [0427877113](tel:0427877113)

Dear SHFLC Families,

Thank you for your patience.

What a term we have had together, as we worked towards our common objectives and goals. Thank you to all of the students for your willingness to engage and be Resourceful during these times. Working both at home and at the school. We are so lucky to work with such enthusiastic and committed students that are dedicated to achieving their learning goals. Thank you to all of the families and guardians who have supported our students during the past term. The introduction to increased Remote Learning has been a challenge and we appreciate your attitude and Resilience to learning. At Shepparton Flexible Learning Centre we pride ourselves on being Reliable, the staff are determined to follow through and be available to students throughout the past term and into the future. We have all embraced the changes that have come our way and continued the Respect we have for one another.

Thank you to our community for their ongoing support!

We are looking forward to another fantastic semester of learning at the SHFLC. Please ensure that you have a safe and restful holiday period and take the time to recharge the batteries for another exceptional term in two weeks time.

We have overcome many changes this term. From Remote to On-Site Learning, Online to Hard Copy learning packages, not to mention all of our post COVID-19 site based reforms. Thank you to all of the students, staff and parents who have attended on-site and have followed our new procedures. The health based and hygiene focused recommendations have become a habit for our school community and the cleanliness of our school is based on everybody's contributions to ensuring that the highest expectations are employed when using our learning spaces. This has been impressive to see and I want to congratulate everyone on their efforts for making our school a ongoing safe space for all those that attend. We have truly lived up to our school values this term (Respect, Resilience, Reliability and Resourcefulness) and we should be proud of all that have been achieved over the course of the semester.

Congratulations to Callam D on your successful completion of Certificate II in Business and your completion of your Foundation VCAL Certificate!! Well done on all of your effort and commitment to your studies, you should be extremely proud of your accomplishments.

Finally remember to be safe and kind to one another. Enjoy your well-earned holidays!!

*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*



## Urgent!! Asthma Plans

All students who have been identified through their enrolment forms as being **asthmatic** will need to complete 1 of the following 2 options:

1. Family to visit a local doctor and return a personalised and signed '**Asthma Action Plan**' form to school, or,
2. Parent/s to visit school and sign a standard school accepted '**Asthma Action Plan.**'

Please organise one of the above options a.s.a.p.



# Parent-Teacher Interviews

Semester 1 reports have been mailed to families today, 19th June, in readiness for Parent Teacher Interviews. Interviews will be held on Tuesday 23rd of June. Teachers will call families between 2pm and 6pm to discuss students progress this semester.



## Breakfast Club Program

This year we signed up to the initiative from the Department of Education and Training, Breakfast Club Program in schools. As students started the term remote learning from home, we were unable to provide a breakfast program on site.

Once we return in Term 3, we are looking forward to providing breakfast and lunch programs to our students on site. If you would like to participate, chat with Kylie or your learning mentor.



School Holidays start on Friday 26th June.  
The first day of Term 3 will be Monday 13th July

## Resourcefulness

Building networks is an important part of our work that we do at the Shepparton Flexible Learning Centre. Networks are groups of people that can support us in a range of different endeavours. These can be improving our peer networks and friendship groups, developing our professional and career based networks, or exploring different health networks to work on our own health be that physical, mental or social. Developing connection is so important at our school. Every activity and learning opportunity is centred on developing and building trust and connections between the student and the teacher, teacher and the student and the students with their peers. We value Resourcefulness because it is the coming together of these skills in building networks and developing skills that lead to a stronger connectedness with other people. Resourcefulness is more than just relationships, but these are the foundations of the work that we do at the Shepparton Flexible Learning Centre. As learners at the SHFLC we all value the ability to look at situations outside of the box and explore all of our own and of other peoples resources to achieve the goals that are presented in our learning. We work collectively to achieve at the SHFLC.



# All the Best Rhonda

On behalf of the Shepparton Flexible Learning Centre we wish Rhonda Mildren all the best in her retirement from education.

Her commitment to the Shepparton FLC and our Network of schools is a true testament to the career that she has built within the Education system.

Her many years of service are deeply valued. The positive impact that she has had on students, parents and staff will have a lasting impact on the Shepparton community and beyond.



Rhonda helped start and shape our Shepparton Flexible Learning Centre and has been an active participant in the Network. Her passion for supporting all of our students is infectious and her ability to build relationships with students is a strong strength in the work that she has done. It has been an honour and a privilege to work with Rhonda and I want to thank her for the legacy that she has built here in Shepparton.

I wish to congratulate Rhonda for her Career and wish her all the best on this exciting new chapter.



## Partnership

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







# Happy Retirement

On behalf of the students, parents and staff of the North East Flexible Learning Centre and in particular Shepparton Flexible Learning Centre I would like to thank Rodger and Kathleen Gale for their contribution to the Shepparton Flexible Learning Centre from the beginning of the campus until their well-earned retirement. Rodger and Kath's involvement with SHFLC has encompassed a period of significant change, in education within the Shepparton community, the formation of SHFLC has provided opportunities for a large number of students who otherwise would have been lost to education. The number of students whom Roger and Kath taught and mentored during this period and the range of responsibilities they have undertaken will mean that the Flexible Learning Network will miss your skills and knowledge in the future. We would hope that you have many rewarding memories of the SHFLC and its students.

Please accept our best wishes for the future.

David Whitehead

North East Flexible Learning Network

Campus Principal



## *Sensory Garden*



We have been successful in our application for a garden grant from Uniting Shepparton to create and build a sensory garden. Students will embrace the 5 senses in their design concepts

**Touch**—*different plant textures, sand, pebbles and water*

**Smell**—*herbs and flowers with fragrant perfumes*

**Sight**—*creating shapes within the garden with plants or create ornaments*

**Taste**—*herbs and other edible plants that students can then use in cooking programs*

**Sound**—*wind chimes and other items that make sound.*

Students will be involved in the planning, purchasing, creation of garden art, construction and maintenance of the sensory garden.

Please talk with Michelle Stoj if you'd like to participate in this exciting project.

# Health Corner with Cara

## Theme: Hygiene

As we are in the winter months one of the most effective ways we have to protect ourselves and others from illness is good personal hygiene. This means washing your hands, especially, but also your body. It means being careful not to cough or sneeze on others, cleaning things that you touch if you are unwell, putting items such as tissues (that may have germs) into a bin.

### **Personal Hygiene**

Personal hygiene, such as showering, is very much dependent on the culture in which you live. In some cultures, it is expected that you will wash your body at least every day and use deodorants to stop body smells. Other cultures have different expectations. It is an expectation that if you are working or attending school that you wash each day and use deodorant to stop body smells. You may require to wash twice a day depending on the type of physical activity that you have been attending.

**Hair Washing:** It is expected that you should wash your hair on a regular basis. Your hair can have a build-up of oil and bacteria which can become very smelly if not washed regularly. Adolescents can have additional oil production and may require to use an anti-dandruff shampoo if their scalps are flaky.

**Shaving:** Personal hygiene includes shaving of facial hair for males. In the workplace particularly the food preparation industry, facial hair is to be covered or removed to decrease risk of contamination of food.

### **Body Odour**

Body smells are caused by a number of factors working in combination, this includes:

- Chemicals found in sweat, which are made by the body.

- Wastes excreted through the skin.

- The actions of bacteria that live on the skin and feed on dead skin cells and sweat.

- Unwashed clothes, such as underwear and socks.

### **Handwashing:**

Most infections, especially colds and gastroenteritis, are caught when we put our unwashed hands, which have germs on them, to our mouth. Some infections are caught when other people's dirty hands touch the food we eat. Hands and wrists should be washed with clean soap and water, using a brush if your fingernails are dirty. Dry your hands with something clean, such as paper towels or hot air dryers.

### **You should always wash your hands:**

- After using the toilet

- Before making or eating food

- After handling dogs or other animals

- If you have been around someone who is coughing or has a cold.

### **Dental Hygiene and Bad Breath:**

Good dental hygiene includes regular brushing and flossing. Bad breath can be caused by diseases of the teeth, gums and mouth, such as infections. Most people have bad breath first thing in the morning because saliva is not made while you're asleep. Some foods that can cause bad breath include garlic and onion. Mouth washes, mouth sprays and flavoured chewing gum can make your breath smell better for a while, but if you have a health problem in your mouth, you need to see your dentist. On attending school or the workplace to ensure that you have good dental hygiene ensure that you are brushing your teeth at least twice a day.

If you are unsure of whether you have a medical condition in regards to ongoing bad breath or body odour our School Nurse Cara can assist you with any queries.

**Information provided from the Better Health Channel**