

10-22 Channel Rd, Shepparton, VIC 3630

Email: [shepparton@nefln.vic.edu.au](mailto:shepparton@nefln.vic.edu.au)

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

Phone: 0427 877 113

# Newsletter

Dear Learning Community,

Stage 3 Lockdown Restrictions see most of us transition back into Remote Learning for a second time in this academic year. Your teachers are always available from 8:30am until 4:30pm on their phone. Please speak to your Learning Mentors to get contact details of your teachers. MS Teams is back up and running with many students logged on and many more collecting their loan devices from school. It is important that you continue studying during this time to remain on track to meet your goals for this year. Each teacher will be contacting their students at least 3 times per week so please be mindful of your times and be ready for your contact time. A hard copy pack will be sent out to students and a copy of their timetable and this newsletter. If you have not received your class times please call Ph: 0429274153.

This term while you are learning from home we will be preparing to move into our new school site. We are waiting on the final approvals from the Government and are anticipating that we should be in by Term 4. This is exciting for our school as we will be able to provide additional Hands-On and Technical lesson delivery along with additional electives for students to participate in. A map of the new site is attached to the newsletter.

Some students are learning onsite and our school will remain open everyday for parents and students to access. Supervision is available for students onsite who meet the additional needs outlined by the State Government. The school will be open from 8:30 to 4:00pm each day. Masks are to be worn if you are on site.

During this time it is important that you all look after one another and follow the health guidelines and recommendations. We wish you all well during Remote Learning and look forward to helping you achieve your best and reach your objectives. Have great lessons over the next weeks and we will see you at the end of Remote Learning!

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*



# Health Corner with Cara

With Victoria in different stages of lockdown because of the global panic around [coronavirus](#) (COVID-19), we are all feeling overwhelmed and stressed, be reassured that this is a very normal response. Below are 10 ways you can take time for self-care in less than 10 mins a day.



## 1. Stay active

Exercise is really good for both our physical and mental health. There's heaps of different types of exercise you can do from home, thanks to YouTube and apps. Below are a few free ones to try.

Yoga with Adrienne is a great yoga channel. She is quirky, down to earth and has classes from 5mins to an hour. Nike Training Club offers heaps of free workouts you can do from, with wellness and nutrition guidance from experts also.

Seven-7 Minute Workout app (iOS & Android) workouts are designed for maximum benefit in the shortest amount of time. You can link up with friends or team mates if you play sports. Keep connected and compete with friends through this app. These are just three ideas, getting out of the house to exercise is also great. Take the dog for a walk or go for a run, do whatever works for you, just try and do some activity daily.

## 2. Take 10 to be zen

When we're stressed our thoughts tend to speed up. Taking 10 minutes or so to practise mindfulness can help produce a sense of calmness. If you don't get what mindfulness is all about, check out our WTF is mindfulness meditation.

Here are some suggestions for free mindfulness apps to try: Insight Timer has over 25,000 free guided meditations from 1 to 90+ minutes Smiling Mind meditations are structured programs such as Sleep, Mindful Foundations etc.

If meditation isn't for you, try doing an everyday activity in a mindful way - in other words, put aside distractions and focus fully on one small task.

For example, while you're having a cup of tea, pay attention to your senses (the smell of the tea, the warmth of the cup in your hand, the taste...).

## 3. Chat with friends

Because we can't see our friends doesn't mean we can't still keep in contact with each other. Stay connect via text, Messenger, WhatsApp, Facetime or (gasp) call them. Remember to check in with friends, they are most likely having the same feelings of isolation as you. You could start a group chat with friends where you share one good thing that happened in your day.

## 4. Check out our forums

If you're feeling isolated jump on our online forums. ReachOut Forums are a safe, supportive and anonymous space where you can chat with other young people. If you are struggling, check out the thread [Today I am having a tough time because...](#) Or share what you're doing for self-care in the thread [Today I practiced care by...](#)



## 5. Make a homemade meal

Good nutrition is important but during stressful times it's even more so important to eat a balanced diet. There's nothing better than a tasty, healthy homemade meal. Ask friends or family for their favourite recipe or check out, Taste's easy recipes section, google 4 ingredients recipes. There are loads of free recipes online or get creative and make something with what you already have in the pantry.

## 6. Take a break from the news.

Between the news and social we are getting bombarded with coronavirus updates. While it's important to stay updated with events, using trusted news sources it's also important to take a break. If you find yourself turning to social media because you're feeling isolated, take a break and spend time on another activity, such as those we've suggested here.



## 7. Make a music playlist

Music can make us feel so much better. Hop on Spotify and make a playlist with your fave songs. You could make a group playlist and ask your friends to add five of their favourite songs as well. If you want to get fancy, you could make several playlists for different moods/vibes (e.g. rainy day, feeling happy, etc.).

## 8. Declutter for five minutes.

As we are spending a lot more time at home, it can help to have an environment that feels good to you. Instead of getting all Marie Kondo and trying to overhaul your whole space in a day, try decluttering for five mins a day. Pick a shelf to start with, or pick up five things and find a home for them. Clearing off your bedside table or tidying up your bedroom room, removes the visual clutter and can make us feel better.



## 9. Watch or read something uplifting

Distraction can be a good thing. Watch something that you find uplifting or that "go to" funny movie and allow yourself to zone out from what's going on in the world. Some suggestions include *The Good Place* and *Brooklyn 99* on Netflix, or *The Bold Type* and *Family Guy* on Stan. YouTube is a great option too. are sure to help you chill out.

If reading is more your thing, go to your bookshelf and choose an old favourite or something you've been meaning to get to for a while, or if you don't have physical books then e-books are a great option.

## 10. Learn something new

Have you wanted to get into drawing or learning a musical instrument? Now's a great time to make a start. If you want to learn a new language, [Duolingo](#) is an awesome free language learning program you can access from your computer or phone. YouTube has great free online tutorials for pretty much everything.

It's important to remember that you are not alone. We are all sharing the uncertainty of what's happening with the current situation. Remember to take time for yourself and stay connected with friends and family.

For other tips and ideas check out

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

## Do's →



Inspect the mask for damage or if dirty



Clean your hands before touching the mask



Clean your hands before removing the mask



Avoid touching the mask



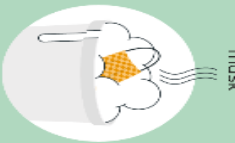
Cover your mouth, nose, and chin



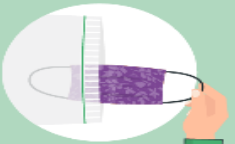
Adjust the mask to your face without leaving gaps on the sides



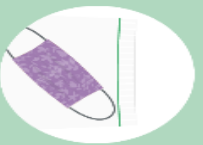
Clean your hands after removing the mask



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Remove the mask by the straps when taking it out of the bag



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Pull the mask away from your face

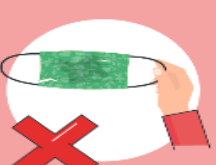
**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.**

[who.int/epi-win](http://who.int/epi-win)



# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

## Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.**

[who.int/epi-win](http://who.int/epi-win)



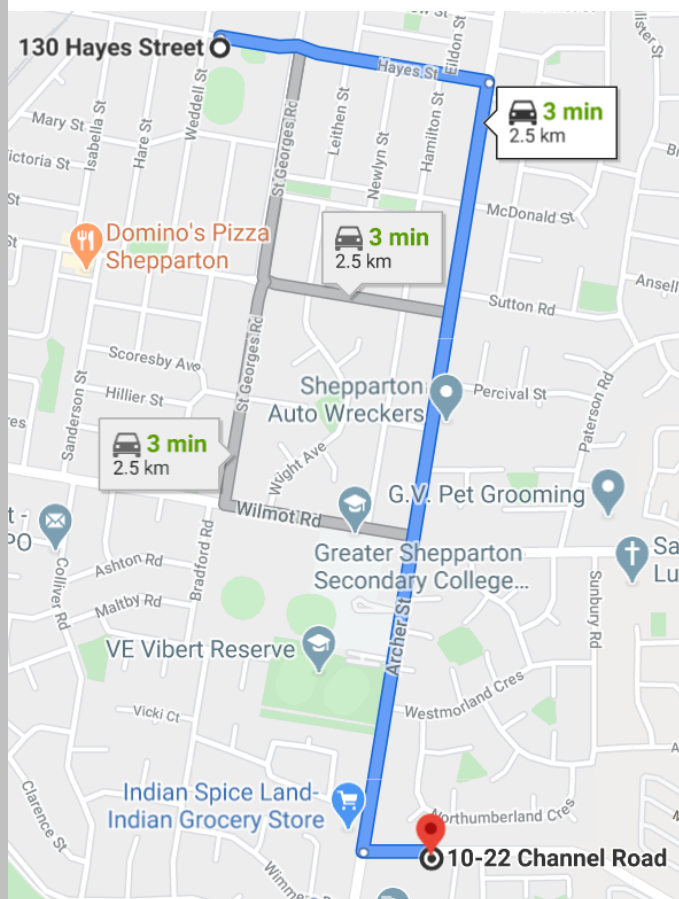
# We're Moving

With great excitement we can inform families that we have been successful in our application to move to a larger site. The new site is located at 10-22 Channel Road Shepparton, the map below shows the distance from our current location to the new site.

Prior to stage 3 restrictions some students had the opportunity to do a site tour of the new facility with their learning mentors. Our official start date for students to attend the Channel Road location will be in Term 4, 2020

Bus timetables will be available for those students who catch the bus. Bus tickets will be available from the front office to support students with transport.

We are thrilled to welcome our Learning Community to our new facility in Term 4, as we look to offer an extended range of hands-on learning experiences and look to expand our academic offerings to the students of the Shepparton flexible Learning Centre.



## Contacting School

School numbers will remain the same.

Reception: 0427 877 113  
02 6048 7770

Email: [shepparton@nefln.vic.edu.au](mailto:shepparton@nefln.vic.edu.au)

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

Students can contact their learning mentors also if they have any questions regarding the transition to the Channel Road location



# COOKING WITH KYLIE

Kylie is looking for recipe idea's for Term 4, when we can return to face 2 face learning. If you have a go to recipe you'd like to share or one that you've always wanted to try but never got around to it, then Kylie wants to hear from you.

Breakfast, lunch, dinner, dessert and snack recipes are welcome.

Email recipes ATT: Kylie to [shepparton@nefln.vic.edu.au](mailto:shepparton@nefln.vic.edu.au)



## CAREERS

During this difficult time during our second lockdown and the Shepparton FLC venturing into remote learning, Careers at the school will still function as normal. Our Career's Practitioner Simon, will still be available to answer any questions, queries and conduct Career Counselling Sessions with the students. Whether it be via email, MS Teams or phone contact, Simon is available to discuss any of these avenues with both Students and Parents.

Simon Taylor  
Careers Advisor  
Ph: 0438 790 127  
Email: [simon.taylor@wssc.vic.edu.au](mailto:simon.taylor@wssc.vic.edu.au)

## Word Search

### PE and Wellness Activities

PHWAXXQQZS OCCER PCKLR  
AQKEMMAGASSAGENOGVROBV  
RTBVKOGXOCQSWIMMINGY  
KSMRXUYCFGFWJCNQDHM  
OMXWUOZNPFIJZZWFIRD  
UESASCTTROXSELCARE  
RNDDEL I KEAUOECTYZWLN  
TKRSIMKCCLINTHSCYMJN  
AGIKBTWIPLONNBCJOPXI  
BPNIODAONLINBIALGZBS  
LIKIXAFTTTGAMEINLAUUX  
ELWNIHV I QZYBTKGLMSO  
TAAGNCYXPOWGLIBIEBHR  
ETTVGELZONJINANAWI  
NEEHORSERIDINGSGLGAG  
NSRXRRBKGVSPQDRTFLLA  
IEVSLEEPROUTINESDHKM  
SMIIJBASKETBALLIHZII  
RONHIKINGLONGJUMPHNX  
NCDEEPBREATHINGWHEGJ

- |                 |                |                |                |
|-----------------|----------------|----------------|----------------|
| Mountain Biking | Music Playlist | Deep breathing | Sleep routines |
| Bush Walking    | Rock climbing  | Table tennis   | Basketball     |
| Horse riding    | Drink water    | Football       | Long jump      |
| Self-care       | Running        | Swimming       | Massage        |
| Meditation      | Netball        | Soccer         | Walking        |
| Zumba           | Hiking         | Origami        | Pilates        |
| Parkour         | Tennis         | Skiing         | Boxing         |
| Dance           | Yoga           | Draw           | BMX            |

## Breakfast Club

Thank you Brendan and Charlie who assisted Kylie in stewing apples and making cold pressed orange juice to freeze for the Term 4 cooking program.

Looking forward to seeing and tasting the recipes you have planned to shared with staff and students.



North East Flexible Learning Network

## ON-SITE ATTENDANCE FORM

Student/s name:

Student/s date of birth:

Student/s year level:

*The Victorian Government has stated that all students who **can** learn from home **must** learn from home.*

I am requesting that my child attend on-site schooling.

By submitting this form, I declare that my child is well and I will collect my child as soon as is practicable upon the request of the school if my child becomes unwell.

Is your child anaphylactic? YES / NO

Dates required:

Please note you need to complete this process weekly to ensure adequate staffing on-site.

Day	Date	AM, PM or ALL DAY
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Monday

Tuesday

Wednesday

Thursday

Friday

Given the Department's advice that all students who **can** learn from home **must** learn from home, explain why your child **cannot undertake remote learning at home**: (please attach relevant documentation e.g. letter from your employer).

Emergency contact details:

Parent/Guardian name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Received and Processed by..... on (date).....