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Newsletter

Dear Learning Community,

What a term we have had as a learning community.

It has been a difficult and struggling time for many Australians and as Victorians we have seen the brunt of this struggle. As a school we have been doing our best to be of support to each and every one of our students, their families and our community. We have had the pleasure to ensure that emergency food is always available at our school. Hot Breakfast and Lunch has always been available to every student throughout the term and will continue for the rest of the year. Staff are always available to support you and your families in accessing relevant services and help, if required.

It has been a privileged to see those engaging in Remote Learning and students achieving their learning objectives in spite of the restrictions placed on their lives. There are a number of students seeing success on Essential Assessments addressing their learning gaps in both English and Maths. A number of students have become job ready and have secured work experience and jobs for when Stage 3 Restrictions are lifted. Many students are still attending school onsite and it has been fantastic to provide students with face to face teaching and learning based on their needs.

After a long term, we have completely moved into our new home at Channel Road in Shepparton. How lucky we are to have a beautiful new building to continue our programmes and activities in safety and with the best resources available. Our new kitchen is up and running seeing many Food Technology classes ahead in the new Term. Our gardens are being maintained and our new sensory garden project has kicked off.

I want to wish all of the students a happy and safe term break and we look forward to a fantastic fourth term and helping you complete your yearly goals!! Congratulations to all of the students that will be graduating at the end of next term and remember, that there is still time left to be finishing your certificates at both Shepparton FLC and at TAFE.

As announced by Dan Andrews on Sunday 6th September, it is expected that week 1 of Term 4 will be a remote learning week and week 2 students will return to face to face learning.

Have a fantastic break and we will see you recharged on the 5/10/2020.

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



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 helps young students deal with a range of challenges they may face and covers topics including being respectful, resilient and engaged at school and being confident within themselves. Respectful Relationships promotes equality and helps students learn how to build healthy relationships.



SETTING UP LEARNING AREAS

Over the last month we have been busy moving into our new home. We said farewell to St. George's Road and thanked the SELC (Shepparton English Language Centre) for sharing their building, facilities and area will us for the last 5 years.

A positive during remote learning due to COVID19 is it has given staff the opportunity to arrange and set up their learning spaces without a disruption to students learning. It is exciting to see classrooms coming together in readiness for when students return to face to face learning in term 4.

With a larger facility we have the ability to maximise our programs and introduce new and exciting opportunities for our of students.



COOKING WITH KYLIE

KYLIE HAS BEEN VERY BUSY IN THE SCHOOL KITCHEN WITH OUR FRUIT DELIVERY FROM OUR BREAKFAST CLUB PROGRAM. STUDENTS HAVE ASSISTED WITH MAKING STEWED APPLES AND FRESH SQUEEZED ORANGE JUICE THAT THE STUDENTS WILL COME UP WITH RECIPES FOR IN TERM 4'S COOKING PROGRAM.

WE HAVE FAMILY SIZE APPLE CRUMBLES AND INDIVIDUAL APPLE PIES IF FAMILIES WOULD LIKE PLEASE CONTACT KYLIE AT SCHOOL ON 0427 877 113.

Apple Crumble Ingredients

- Apples
- Raw sugar
- Cinnamon
- Rolled oats
- Wholemeal spelt flour
- Butter
- Castor sugar

Reheating

- Thaw in the fridge over night.
- Remove from bag and heat at 160-180 degrees for 20-30mins, depending on your oven.
- Really nice with cream or ice cream and fresh berries



Apple Pie Ingredients

- Apples
- Raw sugar
- Cinnamon
- Short crust pastry

Reheating

- Thaw in the fridge over night.
- Remove from bag and heat at 160-180 degrees for 20-30mins, depending on your oven.
- Really nice with cream or ice cream



Term 3 Parent Teacher Interviews will be held on Tuesday of 15th September. Learning Mentors will call families between 2pm and 6pm to discuss students progress during term 3.

If you have a preferred time you'd like to be contacted please contact Learning Mentors or Kylie at reception on 0427 977 113.

Instagram Challenge



STEP ONE: Check out the theme

Check the Shepparton Flexible Learning Centre's Visual Arts instagram by searching **SFLC_CREATIVITY** on the instagram app on your phone or device. Each Monday the weeks theme will be released on our instagram account and be sent to your email.



STEP TWO: Take some photos

Think about the things in your home or around your community you could take a photo of that relates to the theme. There will be examples each week to guide you. If you would prefer to draw, sculpt, paint or create something to suit the theme please do! Take photos of your artwork or creation and send them through. Your photos don't have to be professional or taken in any specific way, there's no wrong answer in art!



STEP THREE: Submit your photo

When you've taken a photo that you like, send it via message through the instagram app or email Sarah at sarah.terry@wssc.vic.edu.au so it can be posted on the account. This will need to be before Friday afternoon each week.



Other information

- If you enjoy altering, editing or enhancing photos through photoshop or other editing programs you are welcome to! Be as creative as you like!
- Your photo can be in black and white or colour.
- Remember your photo needs to be sent to the *slfc_creativity* instagram account via message or to Sarah through email in order to be displayed on our instagram.
- Our instagram account is public so your work will be FAMOUS. We wont be posting last names on images or any images containing names or faces for this reason 😊

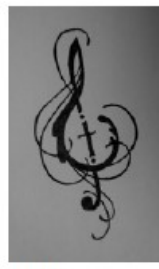
Example photos for the theme 'Music'



A photo of a music player in your room



A photo of a poster of your favourite band



A picture you drew of musical notes



A collage you made with images of singers and bands taken from a magazine

Wellness with Cara: Physical Activity

Exercising regularly releases chemicals in our bodies called endorphins and increases levels of serotonin - this triggers a positive feeling in the body and mind. During your day make some time to move your body.

Whilst you are learning remotely, it is important to stay physically active. People your age should be participating in at least 60 minutes of physical activity every day.

Physical activity is any bodily movement that uses energy, this includes activities such as, sport, exercise, active transport, household chores and recreational activities.

Whilst you are all in isolation, there are only four necessary reasons to leave the house, and one of those reasons is to EXERCISE!! (very important!)

Light physical activity includes everyday activities like leisurely walking, standing to do artwork or playing a musical instrument.



Moderate activities make you huff and puff a bit. These could include brisk walking, dancing, bike riding and jogging. Even helping out with some of the more active chores inside and outside your home can be good such as mowing the lawn, vacuuming and mopping.



Vigorous activities increase your heart rate. Vigorous activities can happen in any game with lots of running. They're often a big part of sports like soccer, cycling, hockey and football, and some forms of dance.



While we're in isolation we should try to aim for at 60 minutes of light to moderate exercise per day.

Why physical activity is important?

- improves heart and lung health
- boosts your immune system
- develops strong muscles, bones and good posture
- Helps you maintain a healthy weight and avoid overweight or obesity
- Reduces the risk of blood pressure, anxiety, depression and type-2 diabetes.

Physical activity is also great for:

- breaking up long periods of sitting and studying
- improving concentration and memory
- learning new skills
- increasing self-confidence
- reducing stress and improving sleep

Plan ahead to make physical activity part of your daily routine:

- Ask yourself where can I be active? At home, is there enough space, backyard, walking track, park
- We are able to exercise with one other person with the current restrictions. Who might this person be who can help you stay motivated?
- What activities from light and moderate exercise do I enjoy?
- Make time for physical activity in your day by writing a daily routine

Try to Stay Active

Sensory Garden



As we start our new adventure at our new facilities, we are happy to confirm we have received a grant from Uniting to complete a Sensory Garden.

We have chosen to do this within the garden space next to the community centre. Marlene and I have been busy clearing out all the weeds so when we return in Term 4, we can get started with a clean slate.

Within the Sensory Garden we will incorporate all of our senses, Sight, Sound, Taste, Touch & Smell through different mediums such as plant selection, art work, design application and heaps more.

I'm really looking forward to working with anyone who wants to be involved to create this area, where everyone is welcome and is a nice relaxing, quiet space.

For more information, have a chat with Mish



Ask RU OK?

How are you travelling?

You don't seem yourself lately – want to talk about it?



Listen with an open mind

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



Encourage action

Have you thought about speaking to your doctor or a health professional about this?

What do you think is a first step that would help you through this?



Check in

Just wanted to check in and see how you're doing?

Have things improved or changed since we last spoke?