

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 Shepparton FLC Learning Community,

Welcome to our last term for 2020. I want to wish all of our Year 12 students all the best with their studies as they work towards completing their units and time with us. How lucky we have been to continue our learning throughout this pandemic and continue the fantastic work that all of the students have achieved both during Remote Learning (1 and 2) and face to face with their teachers. Keep up the resourcefulness as this Term moves quickly. There are a number of significant days coming up, including pupil free days:

- Thank you Victoria Day on Friday 23/10/2020
- Wodonga Cup Day Friday 27/11/2020
- Curriculum Pupil Free Day, Wednesday 11/11/2020.

A reminder that we are still open on Melbourne Cup Day.

Additional information in regards to the Shepparton COVID19 cluster can be found in the Newsletter on Page 6.

For your own health and safety please remember to be vigilant, maintain good hygiene practices including sanitising hands, keep socially distanced (1.5meters minimum) and wear a mask correctly. If you have symptoms or if you are unsure if you have COVID19, you can complete a self-assessment screening at: <https://www.dhhs.vic.gov.au/coronavirus-self-assessment>

Finally I want to thank all of the parents and students of Shepparton FLC for their support and dedication to their learning. Our door is always open. If you need support please speak to your Learning Mentor or Our Team. Have a great term!

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*



# Our School Values

Respect

*Respect for self, others and community.*

Resilience

*Overcoming barriers, persisting to succeed.*

Reliability

*Committed, dedicated and dependable.*

Resourcefulness

*Building networks, connections and skills.*

# 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.



## Second Step Program

Mission Australia along with our Wellbeing staff are holding a 6 week program to support students with their social and emotional learning. This program commences on Tuesday 20<sup>th</sup> October and will run over 6 weeks, every Tuesday mornings for an hour online.

The program covers topics surrounding respectful relationships, positive communication, being assertive, facing challenges and giving and receiving support.

We have a number of students enrolled in the programme this term. For more information please speak with your Learning Mentor.

## WILL YOU BE ABSENT FROM SCHOOL?

It is important that if a student will be absent from school on a day they are timetabled to attend, that the school is notified of the absence.

The office is open from 8.30am for all enquiries and can be called or messaged on 0427 877 113.

Alternatively you can contact your students Learning Mentor

## Traffic Management



A friendly reminder to our school community regarding traffic and entry to our school. The speed limit within our grounds is 10km,

We share our space with community members that reside in the units across from us, some of which are vision impaired. We also have students that walk/ride to and from school. We ask that all visitors please be mindful and adhere to the speed limit that is sign posted when entering the service road.

There is also the ability to utilize the drop off zone at the front of reception. If you need to come into reception, we ask that you use the designated parking spaces.

Thank you Shepparton FLC

# COOKING WITH KYLIE

On Friday 16th October our focus in the kitchen was “creativity”. Students experimented with Cheerios to create strawberry and blueberry cheesecakes. We discovered that we needed to adjust our recipe quantity’s for some ingredients to fulfil our expected number of cheesecakes.

The students really enjoyed being in the kitchen and all students that tasted the cheesecakes loved the flavours.

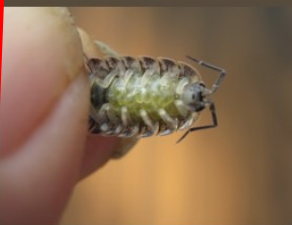


## VicCurric Students

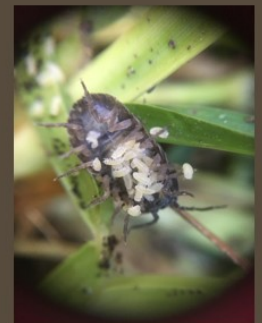
Some of our younger students have been working on a variety of independent research projects. One of our dedicated students has recently completed a PowerPoint on Slaters, otherwise known as Rollie Pollies.

This project involved researching a variety of isopods and determining defining characteristics, breeding habits and other interesting facts. Please see one of the pages from her PowerPoint presentation below.

Michelle Sheehan



### ✿ EGG LAYING ✿



Instead of laying boring ol’ eggs, rollie pollies have egg pouches, its just a small little yellow brood pouch filled with eggs on their stomach.

Once the eggs are ready to hatch, the pouch basically bursts open with a million tiny babies, there’s so many babies and the mother struggles. A lot! I even heard they can die from starvation because the birth takes so long to finish and the mother can’t get her nutrients in time. this is just a myth, though.



(Here’s another random fact!! Slaters actually moult, at a first glance, you might think their shed is actually a dead slater, but no, their shed is pure white just like young slaters that just hatched)



Its exciting times as we start working from our new site, coming into term 4. To start our new adventure with good routines and good practices, we are implementing a recycling programme and investigating our responsibility towards the Environment. National recycling week is coming up in November (9th-15th). Our aim is to keep the recycling momentum going into 2021.

We are collecting the following items:

- Bread Closure Tabs
- Used pens
- Pull Tabs from cans
- Bottle Lids



The items we collect will be donated to organisations that reuse and recycle these items. Lids 4 Kids collect bottle lids to assist young people around Australia to create prosthetic limbs for kids.

While we will encourage students to recycle at home, we will have a focus for students to bring in specific items to be donated to charities to assist those less fortunate. Look out for our collection tubs or chat with Mish for further information.

Michelle Stojanovski

## PATHWAY PROGRAMS

Our Pathways and Transition team have designed a 6 week programme for school leavers, holding workshops in readiness for students transition into the workforce or further studies.

The topics that will be covered are:

- Resume and Cover letter Writing
- LLEN—What Employers are Looking for.
- GOTAFE—programmes and education
- CVGT—job services
- Presentation for Job Seeking
- Mock Interviews

At the end of the programs students will gain confidence and skills to be successful and job ready in their future endeavours with prospective employers.

Simon Taylor—Careers

# COVID-19 in Shepparton

## Who is deemed a close and casual contact?

A **close contact** is anyone who: has had face-to-face contact for more than 15 minutes (cumulative over the course of a week) with someone known to have COVID-19, while that person was or may have been infectious, including in the 48 hours before their symptoms started

A **casual contact** is someone who has been near a confirmed case of COVID-19 while they were infectious but is considered at lower risk than a close contact. They should still be vigilant and watch for symptoms but casual contacts are not required to self-isolate in their homes unless they develop symptoms.

If you have visited any of the **high-risk locations** below during the dates and times identified you should get tested and quarantine for 14 days. Even if you don't have any symptoms or only mild symptoms.

- **Central Tyre Service**, Welsford Street Shepparton on Wednesday 30 September to Tuesday 13 October 2020
- **Mooroopna Golf Club Members Bar** Sunday 4 October from 11:00am to 2:00pm and Sunday 11 October 2020 from 11:00am to 2:00pm
- **Bombshell Hairdressing**, Fryers Street Shepparton on Wednesday 7 October 2020 from 9:30am
- **Thai Orchid Restaurant**, Nixon Street Shepparton on Wednesday 7 October 2020 from 7:00pm
- **Shepparton Market Place Medical Centre** Midland Highway Shepparton Thursday 8 October 2020 from 9:15am to 10:15am

If you have visited any of the **locations of concern** below you should get tested and stay at home while you await your results. In addition, people should be vigilant for symptoms of COVID-19 and get tested again at the first sign of any symptoms.

- **Bunnings Warehouse** Shepparton Benalla Road Shepparton Wednesday 30 September 2020 from 5:00pm to 7:00pm
- **McDonalds** Shepparton **North** Numurkah Road Shepparton Saturday 3 October 2020 from 12:00pm to 2:00pm and on Thursday 8 October from 6.45am to 7.45am. Anyone who went through drive through does not need to get tested
- **Lemon Tree Café** Fryers Street Shepparton Wednesday 7 October to Monday 12 October 2020
- **Mooroopna Golf Club Pro Shop** Sunday 11 October 2020 from 11:00am to 2:00pm
- **Caltex Kalkallo Service Centre** South Bound 1340 Hume Freeway Kalkallo 30 September 2020 from 7:00pm to 9:00pm.
- **ANZ Bank** 261 Wyndham Street, Shepparton – Wednesday 7 October 2020 from 9:30am to 10:30am and Friday 9 October 2020 from 9:30am to 10:30am
- **Woolworths** Corner of **High Street** and **Archer Street**, Shepparton – Saturday 10 October from 7:45am to 8:45am

Testing in Shepparton and the region is available at:

- \* **GV Health Acute Respiratory Clinic** at Graham Street, Shepparton is open from 8:00am to 5:30pm. People who have symptoms are encouraged to attend this location.
- \* Drive through clinic at the **Shepparton Sports Precinct**, corner of Numurkah Road and Brauman Street, Shepparton from 8:00am to 4:30pm.
- \* **Kyabram District Health Hospital** drive through hours Sun 9:00am – 11:00am
- \* **The McIntosh Centre** at Shepparton Showgrounds corner of Thompson Street and High Street from 10:00am to 3:00pm. People who do not have symptoms are encouraged to attend this location.

Please stay safe and look after one another. Remember that we are in this together and that your health is my number one priority along with the health of your students.

# Wellness with Cara: staying safe and well during COVID-19

When disaster strikes such as a global pandemic (COVID-19), many emotions can arise such as feeling lost, confused and even scared or anxious. It is all very normal to experience a range of emotions at times of uncertainty.

Anxiety can help us to avoid danger in our lives and research has shown that during the pandemic anxiety has helped us to follow the recommendations that keep the COVID-19 virus at bay, such as hand hygiene.

However, if you find anxiety being unhelpful, here are some tips to try if you are feeling overwhelmed:

1. **Channel your anxious energy into action: get informed, prepare and plan:** we often feel anxious when things are out of our control or we feel we don't have the skills to cope. **Try to focus on what you can control.**
2. **Limit or avoid unhelpful media and misinformation:** the more we limit our use of social media, the more time we have to focus on the things we enjoy. **Distraction can be a great tool to get away from negative information, myths and rumours that impact anxiety**
3. **Cut down or stop behaviours that fuel anxiety:** be aware of these behaviours and how they make you feel and replace with helpful strategies
4. **Stay focused on the here and now:** try not to get caught up thinking about the past or the future. **Take each day as it comes**
5. **Be aware of negative thoughts and don't give them too much power:** Just because your thinking something doesn't mean it's true
6. **Look after your body:** sleep, eat well, stay active
7. **Stay connected with others:** sharing your stories with supportive people can help us feel less isolated and alone
8. **Help others, be kind and compassionate:** helping others can also make us feel better. **We're all in this together**
9. **Take a breath:** when we feel overwhelmed take a few slow deep breaths, listen to music or go for a walk
10. **Seek help if you feel like you're not coping:** It's ok to ask for help. You can talk to outside services such as kids helpline 1800 55 1800 or your GP. School staff are also there to help you, you can speak with your learning mentor and the wellbeing team.

As you would all be aware COVID-19 is a virus and all viruses spread through droplets in our breath. Particularly by sneezing and coughing.

Things to remember to keep ourselves and each other safe while we continue to work through the COVID-19 pandemic are:

Other symptoms can include runny nose, headache, muscle/joint pain, nausea, diarrhea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

If you have questions you can contact the COVID-19 hotline, numbers below.

1. **Social distancing:** trying to remain 1.5m apart whenever possible.
2. **Hand hygiene:** washing hands for 20 seconds with soapy water, especially before and after eating, drinking, touching your face and using the bathroom
3. **Refrain from touching** the eyes, mouth and nose.
4. **Hand sanitiser and cleaning of surfaces** before and after use.
5. **Wearing face masks:** this is as soon as you leave the house
6. **Stay home if your feeling unwell:** if you are experiencing any of the symptoms listed, its advised to have a COVID-19 test
  - fever
  - sore throat
  - cough
  - shortness of breath

**COVID-19**  
**Who to call?**

<b>Symptom Checker</b> For information on COVID-19 or to check your symptoms. healthdirect.gov.au 1800 022 222	<b>COVID-19 Hotline</b> For suspected cases. National Hotline: 1800 020 080
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# Make way for sparenting

POSITIVE PARENTING



by Michael Grose

Raising children has always been best when it's a community affair. In previous generations, aunts, uncles, grandparents, god parents and family friends – spare parents, or sparents – all played a part in raising kids.

The last decade has seen the rise of parenting as an individual endeavour, which can place crushing pressure for parents to always be at their best.

The saying 'it takes a village to raise a child' needs to be updated to 'it takes a town or suburb full of healthy adults to look out for kids at different stages of their lives.' A mouthful, but you get the gist. A child can never have too many spare parents.

## Sparenting at different stages

When kids are very young, most parents want a break from the relentlessness of child-rearing. It's a time for other adults to step up to offer a smattering of advice, a touch of moral support and plenty of babysitting relief.

As kids move into primary school they are primed for finding their place in the world. Spending time with other adults such as family, friends and parents of their friends broadens their horizons, hastening this important socialisation process.

Developmentally, teenagers benefit enormously from relationships with men and women outside their immediate family. Sparents make great confidantes and coaches for young people at a stage when they are seeking independence from their parents while undergoing significant emotional and physical changes.

Some years ago my daughter loved babysitting her young niece, constantly phoning her brother with babysitting offers. Now as a parent she still takes a keen interest in her nieces and nephews because deep in her bones she knows that sparenting enriches a child's life in so many ways.

## The benefits of sparents

### Filling a talent or interest gap

Kids usually appreciate having an adult to share their interests, but it's hard for parents to be across all their children's hobbies and activities. Relatives or family friends are well placed to fill the interest void that occurs in some families.

### Filling a gender gap

If you are raising a son in an all-female household then an uncle, grandfather or male family friend can be a great additional role model. Similarly, girls in all-male households can benefit from sparenting by a female friend or relative.

### Bringing a fresh voice

Ever noticed how kids will listen to other adults more than they listen to their parents, even though the message is the same? It's frustrating, but that has always been the reality of raising children and young people.

### Bringing some emotional detachment

As strange as it may sound (hear me out), being your child's parent can be an obstacle to parenting them rationally. When we are heavily invested, rightfully so, in all their hopes and dreams as well as our own wishes for them, it's inevitable that we won't always use logic and reason, especially in the heat of a challenging moment.

The presence of another calming adult without the emotional investment that comes with parenting provides a different perspective, particularly when kids behave poorly or when academic results can disappoint.



# Free Parent Information Sessions

We understand that parenting can be a challenge at times, so would you like to learn how to:

- communicate more effectively with your young person?
- understand your young person better?
- help your young person to manage those difficult emotions?
- help to prevent behavioural issues in your young person?
- teach your young person how to deal with conflict more effectively?

Tuning into Teens shows you how to help your young person to develop emotional intelligence. Research shows young people with higher emotional intelligence:

- have more stable and satisfying relationships as adults,
- are able to deal with peer pressure better,
- are more able to cope positively when upset or angry,
- have fewer mental health issues and
- substance abuse difficulties.



## Tuning into Teens™ at headspace

**When:** Monday 9<sup>th</sup> November, 2020 for 6 weeks

**Where:** 129 High Street, Shepparton.  
Headspace Shepparton

**Time:** 12.30- 2.30pm

**Contact:** headspace Shepparton 58238800,  
or email [headspace@qvhealth.org.au](mailto:headspace@qvhealth.org.au)

A FREE six session parenting program for parents and carers of young people.



headspace  
National Youth Mental Health Foundation

# Term 4 Student Electives

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Part Time Staff	John, Michelle St	John, Michelle St	John, Michelle St		John & Michelle St
10:00		Art Sarah	IVET Community Services Michelle Sh	PDS Garden Sally	Sensory Garden Leonie/Michelle Stoj
10:30		Social Enterprise Sally	Art Sarah	IVET Community Services Michelle Sh	PDS Garden Sally
11:00	<b>Bike program – From week 4</b> 10.30am – 12.30pm John/Ben	Art Sarah	I.T Ben	I.T Ben	Leonie/Michelle Stoj
11:30		Second Step (From Week 3) Michelle Sh/Cara			
12:30 – 1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm	P.E. John/Rylie	Pathways Program Ben/Simon	Sensory Garden Leonie/Michelle e Stoj	IVET Community Services Michelle Sh	Afternoon Activities Ben
2:00pm		Art Sarah	Art Sarah		
3:00 – 4:00pm		Social Enterprise Sally			
	Staff planning/meetings				