

# Newsletter

## Important Dates:

- ◆ **Tuesday August 8**  
10am—2pm Music Project  
Shepparton FLC Campus
- ◆ **Thursday August 10**  
11 am Mixed Self Defense  
Fitness Classes  
Taekwondo Centre
- ◆ **Monday August 14**  
11 am Self Defense for Girls
- ◆ **Tuesday August 15**  
10am—2pm Music Project  
Shepparton FLC Campus
- ◆ **Wednesday August 16**  
Go Jump
- ◆ **Thursday August 17**  
11 am Mixed Self Defense  
Fitness Classes  
Taekwondo Centre
- ◆ **Friday August 18**  
8am-6pm  
Sky Deck Tour  
Mini Melbourne Great Race
- ◆ **Monday August 21**  
11 am Self Defense for Girls
- ◆ **Tuesday August 22**  
10am—2pm Music Project  
Shepparton FLC Campus
- ◆ **Thursday August 24**  
11 am Mixed Self Defense  
Fitness Classes  
Taekwondo Centre

## Message from Roger

It is hard to believe that we are already into week 4 of term. A great deal has happened since our last newsletter.

Jaiden has started redeveloping the front gardens with some help from other students (and staff) and we look forward to the completion of this project soon. Soon we will begin work on the campus community space as we convert it into a BBQ area with some garden beds and seating. An art space will also be included in the finished project.

The Creative Arts project started last week and it was wonderful to see the enthusiasm and effort students have put in already. We hope that in 14 weeks' time we will have written, performed and recorded at least one song with the help of our mentors. Again well done to Dianne on writing and submitting the application for this grant worth \$35,000.

Kathleen submitted an application to the Barnardos Children's Support Program in conjunction with Aldi, for the centre to develop a healthy living program. The application was successful and we received a full grant of \$5000 to be used for cooking programs and for the purchase of sporting equipment.

We are currently awaiting the outcome of an application that Ben submitted to the Fisheries and Wildlife Department for funding for a boys' fishing program. If successful it will commence once the weather warms up. The program will also meet goals towards the PDS component of VCAL.

We would also thank the Shepparton Lighthouse program for their invaluable assistance with providing resources toward our breakfast and lunch-time meals. The assistance they have given us is greatly appreciated.

**The centre is also looking for any unwanted musical instruments that could be used in our creative Arts project.**

Roger Gale  
Campus Principal



## School Nurse

## Cara's Dates for Term 3

### August

### September

Week 5 Thursday 17

Week 8 Friday 8th

Week 6 Thursday 24th

Week 9 Monday 11th

Week 7 Monday 28th

Week 10 Thursday 21st

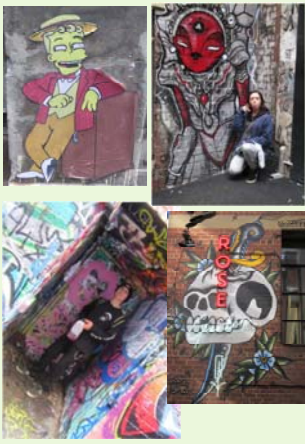
## WILL YOU BE ABSENT FROM SCHOOL.

If students will be absent from school on the day they are timetabled to attend, please ring or message the school mobile on 0427 877 113.

## MELBOURNE STREET ART

The tour of the street art in the CBD was a fabulous opportunity for students to view and respond to a vast array of different images, art styles and the messages conveyed by the artists. For many students using public transport to travel to Melbourne and around the CBD were totally new experiences. As a couple of students would say....'It was a long day but they enjoyed looking at the art work'.

We are about to move into an exciting time as students begin to create their design ideas for our very own Street Art murals.



**Courage** doesn't always roar.  
Sometimes courage is the quiet voice  
at the end of the day saying,  
**"I will try again tomorrow."**

### RIDDLE ME THIS

It runs and runs but can never flee. It is often watched yet never sees. When long it brings boredom. When short it brings fear.

What is it?

If you think you know, see Kylie.



All of the students at the Flexible Learning Centre are here because they do not fit into mainstream schools, for many different reasons. There are many times when the students need someone to talk to and that is primarily what my job is within the Flexible Learning Centre. They often know exactly what they need to do to solve whatever is annoying or worrying them, but they just need someone to listen to them and help them sort it out.

I have been teaching for more years than I really want to think about, but not quite as many years as Roger has. I have taught in Primary and Secondary schools in the State Education System and the Catholic System. My main areas of study have been English, History, Sociology and Psychology, but I have also taught in most subject areas from Prep to VCE.

I do teach the students doing both the Victorian Curriculum and VCAL at the Flexible Learning Centre, but the majority of my time is spent working with the students, their parents/carers, any agencies who are involved with helping the students and with the staff in dealing with any problems that might arise.

As a mum of six children and grandmother of twelve wonderful grandchildren, I have had many years of experience in dealing with the general ups and downs of young people's lives. I also have many years' experience in the areas of student administration and student welfare.

### THE IMPORTANCE OF MAKING EVERY DAY COUNT

We all want our children to get a great education and that can only happen by attending school. Going to school everyday develops good habits that are necessary to succeed later in life when students gain employment or choose to undertake further studies.

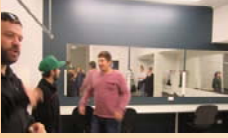
Missing days that you should attend impacts directly on students educational outcomes. Each day missed has an affect on Numeracy, reading and writing skills.

Remember it's never too late to change and improve attendance.



## Riverlinks's Back Stage Tour

While visiting SAM to view the art exhibitions students took an interest in becoming more familiar with the performing arts side of the joint Arts facility. As an outcome, a small group of students were given the opportunity to take a tour of the back stage areas including lighting and sound.



Hush now  
Drift off to sleep  
Nothing shall harm you  
for I'm watching over you're  
Dreams and Reality



**DRAWING BY ACE**

## REASONS FOR LIMITING EXPOSURE TO TECHNOLOGY

Students use technology on a daily basis, be it smartphones, iPad, iPod, laptops and gaming consoles at all hours of the day and for some night. Technology for kids nowadays is a source of learning and entertainment.

There are countless benefits from using technology: to do research, play online math games, and improve language skills, even video games can encourage developmental skills such as hand-eye coordination and some motion-controlled active games on the Wii or Xbox with Kinect can promote physical activity such as dancing.

But all these electronic devices can also have some distinct disadvantages as well.

It may interfere with sleep, both falling asleep and staying asleep. Getting enough sleep can be challenging enough for teens without overstimulating them by having electronic devices in their bedrooms, which can result in grumpy teens in the mornings.

It limits your social interaction, given how challenging it can be to find good quality time to interact as a family, having technology cut into those moments is something parents may want to prevent as much as possible.

Studies have shown that too much screen time may be associated with attention problems. It may interfere with schoolwork and children become less physically active and can increase the risk of obesity

### How to Limit Technology

It is possible to reduce the amount of screen time our children are exposed to by setting some simple yet effective limits to their technology usage.

Turn it off, when you're not watching a specific program, turn the T.V off and leave it off till a program comes on that they want to watch.

Put it away, not allowing phones or iPad at mealtimes, gives you the opportunity to talk about what has happened during your day or just current affairs in the media.

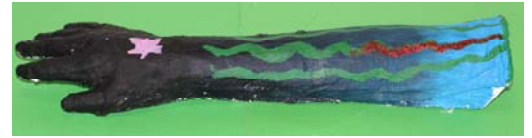
Set time limits, giving your child a time "between the hours of" that they can be on their device. Not allowing devices in the bedroom, as the temptation to check at all hours of night can be hard to resist.

Introducing "game nights" and playing a different board game each week, or having a technology free day once a month to rebuild those lines of communication that can be lost.



## THE ARTS

The Art Space has been a vibrant hub of activity since our last newsletter. Plaster casting has been a fantastic opportunity with many arms, legs and a couple of bellies of pregnant young women created with unique visual designs. The time together was also a great time for us to support each other and to simply chat and catch up. To compliment the plaster casts a few masks were created with a few more on the go..



## "Flow" Paintings

During the latter part of Term 2, students began to experiment with a very fluid style of painting that creates amazing effects. Students began by testing out techniques on small cards and canvas boards. This was very quickly followed by more adventurous art works using much larger canvases. Students loved the freedom of this style of art making. Very impressive.



## Music Project

Last term we were successful in receiving funding for professional musicians and producers to mentor students in the development of lyrics and music. The outcome will be creation of professionally recorded songs. The musicians and producers will be working with us until the end of the year.

Our first day was on Tuesday August 1<sup>st</sup>. It was a fantastic day, beginning with a morning tea to celebrate the commencement of the project and welcome the artists, Tina, Anna, Harley, Grant and Mo. This was followed by students and the artists getting to know each other more and lyrics being created and shared. By the end of the day,

