

# Newsletter

## Latest News

Merry Christmas Shepparton Flexible Learning Centre!!

As we draw to the end of our term it is a perfect opportunity to reflect upon what we have all achieved throughout the year and the goals that we have met. I wish to congratulate the students who have completed their VCAL certificates with us this year and who are finishing their time at Shepparton Flexible Learning Centre. I want to wish them well on their educational journeys and their career pathways. Congratulations to all of those student that have completed a VETiS Certificate this year, you should be very pleased about your accomplishments and successes.

As we look ahead and forward to the New Year, both in school and on the calendar, we are reminded that another trip around the sun has occurred for us all. With the new year brings along with it a new opportunity for change. A time to reflect upon our choices and a time to redirect our lives. Life is the combination of little choices we make along the road, each day, each minute and each year. As we move along that road, take the holiday time to redefine your aspiration and recalibrate the direction you have set for yourself. Remembering that only you can change the way you feel, think and act in the face of life. Take the time to reconnect with family and friends and celebrate all that you have accomplished in the year from the small to the grand achievements and remember that you choices have great power.

Finally I want to wish all of the Students, Parents and Staff of Shepparton Flexible Learning Centre a happy and safe Christmas and New Year. I look forward to seeing you all next year for another school year full of fun, learning and connection. Have a safe holiday and remember to look after one another.

Brad Hearn

Campus Principal

## IMPORTANT DATES:

**Friday 13th December**

From 11-1 pm  
End of year Awards  
Presentation

**Friday 20th December**

Last day of term 4

**Tuesday 28th January**

Teaches start back  
Students NOT required

**Wednesday 29th—31st Jan**

Timetable appointments



## **Will you be absent from school.**

It is important that if a student will be absent from school on the days they are timetabled to attend, that the school is rung or a message is sent to the school mobile on 0427 877 113.



On the 28th of October Shepparton FLC Education Support staff and students hosted a lunch to acknowledge the contribution that teachers make in lives of the students they work with.



While we appreciate the work they do everyday, this day is an opportunity to say Thank You. Plus it's always lovely to sit down together, staff and students, talk, laugh and enjoy a meal together.



## SELC Buddy Reading Program

Michelle, Lyndsey and I meet some of the students from the Shepparton English Language Centre (SELC). We walked into the classroom of the primary aged students, approximately 15 students.

Each student was from different areas of the world, it was very interesting to find out where they were born and what language they spoke. I was so impressed that these young kids could speak multiple languages as well as speaking fluent English.

The class environment was very structured and respectful. The students addressed us by Miss Eliza, Miss Lyndsey and Mrs Sheehan.

The students had their own books to read, I also chose some books from the collection of books Michelle had been given. To begin with I felt quiet nervous, I stood at the front of the class while the students asked questions about me such as, "Where were you born?" "What sports do you like?" Lyndsey did the after me. We were split into groups of three and then I listened to the girls read their book, I then read a book back to them. Once finished, I then moved to the next two boys, who each read a book to me, I helped one of the boys to pronounce difficult words in his book. I read them both a book and then it was time for us to finish up. Listening is a skill I normally struggle with but I felt that I was able to pay complete attention to the students and get to know them.

Eliza W

BEECHWORTH, VICTORIA  
**ASYLUM  
GHOST TOURS**

On Friday the 8th of November, we went to the asylum in Beechworth.

My favourite thing was when Jayson got to wear a strait jacket and he got it off by himself. I also really liked the laundry room because it was interesting to hear about. How the room was designed so all of the clothes and linen dried within 3 minutes. I also liked hearing about how one of the ladies died in there because she wouldn't be quiet, so another lady hit her over the head with an iron.

Jayson's favourite thing was wearing the strait jacket because he has wanted to do that for ages. He also really liked the HAAA walls because they are cool.

We would like to go back there for a night tour because we think that would be very different from going there during the day.

Kai and Jayson.



# BEECHWORTH, VICTORIA ASYLUM GHOST TOURS



At Beechworth Asylum our students went on a tour they had a fantastic day spending money at Beechworth Lollies Shop! Having some lunch at Beechworth bakery. A beautiful day with rain with some slight fog making it mysteriously spooky for our students! Some of the students had an experienced with some paranormal activities which intrigued some of our students. Learning history of the town was so much fun! The students and teachers would do it again as a camp trip! Being there is a lot of stuff to do around there.

If you had been any of these you would have been put in the Asylum! By family or Friends! Everyone who went on tour would have been in the asylum including staff!

Going in would be easy only with two signatures and to get out would be ten signatures! Not very many left the asylum some of the patients, nurses and doctors are still there roaming those halls looking after the building still doing their job. Mayday Hills Lunatic Asylum was the fourth such Hospital to be built in Victoria, being one of the three largest. Mayday Hills Hospital closed in 1995 after 128 years of operation and the most haunted place in Victoria.

Charlie



Everyone needs a little help from time to time, especially in the lead up to the holiday season. Below is a list of agency that you can contact in a time of need, all year round.

These services are confidential and are open to community members

## Food Assistance Providers

<b>Salvo Care Shepparton</b>	9am—1pm	Monday—Friday	27 Wyndham Street, Shepparton	5820 8000
<b>Community Care</b>	10am—12.30pm 1.30pm—3pm	Monday—Thursday	2b Campbell Street, Shepparton	5831 7755
<b>St Vinnies—Shepparton</b>	10am—12pm	Monday—Friday	Benalla Road, Shepparton	5821 0317
<b>ST Vinnies—Mooroopna</b>	1pm—3pm 10am—12pm	Monday Tuesday—Friday	2 Northgate Street, Mooroopna	58251888
<b>Rumbalara</b>	9am—4pm	Monday—Friday	ATSI Clients Only 20 Rumbalara Road Mooroopna	5820 0000
<b>Pregnancy &amp; Family Support Emergency supplies of Nappies, Formula etc</b>	9.30am—12.30pm	Monday—Friday	15a St Andrews Road, Shepparton	5821 0826

## Community Meals

<b>People Supporting People</b>	Summer 5.30pm—6.30pm Winter 4.30pm - 5.30pm	Monday—Friday Gold Coin Donation Appreciated	Victoria Lake (next to Skate Park)	
<b>Mooroopna Life Op Shop</b>	5pm—6pm	Wednesday	Mill Street, Mooroopna	5825 4298
<b>Community House</b>	12pm	Monday & Thursday	Tracey Street, Mooroopna	5831 8515
<b>The Hub Mooroopna</b>	12pm	Tuesday \$6 per meal		5825 1774 for a booking
<b>The Salvation Army</b>	11.30am—2pm	Wednesday Gold Coin Donation Appreciated	99 Nixon Street, Shepparton	5821 2666
<b>GV Christian Fellowship</b>	5.30pm—6.30pm	Tuesday	9 Pine Road, Shepparton	5831 5263
<b>Kyabram Community &amp; Learning Centre</b>	12pm—1pm	Thursday Gold Coin Donation Appreciated	21-25 Lake Road, Kyabram	5852 0000

# CONNECT

Shepparton *flexible*  
LEARNING CENTRE

phn  
MURRAY

An Australian Government Initiative

VICTORIA  
State  
Government




## Self Care

When you're putting emotional energy and effort into supporting another person and keeping them from harm, it's important that you look after yourself. Make your own health and wellbeing a priority.

See Beyond Blue:  
<https://bit.ly/2SghEIK>



## 24/7 Support

<b>Triple Zero (emergency)</b>	For use in life threatening or time critical emergencies	<b>000</b>
<b>Beyond Blue</b>	Depression, anxiety and related disorders	<b>1300 224636</b>
<b>Lifeline</b>	Crisis support, suicide prevention and mental health support	<b>13 11 14</b>
<b>Kids HelpLine</b>	Young people aged 5-25	<b>1800 551 800</b>
<b>SuicideLine</b>	People affected by suicide	<b>1300 651 251</b>
 <b>Suicide Call Back Service</b>	24/7 free professional phone and online counselling	<b>1300 659467</b>
<b>Standby Murray - Support After Suicide</b>	People bereaved or impacted by suicide	<b>0439 173 310</b>
 <b>National Indigenous Critical Response Services</b>	Emotional and practical support to bereaved families and individuals	<b>1800 805 801</b>
<b>MensLine Australia</b>	Men with family and relationship concerns	<b>1300 789 978</b>
<b>Mental Health Crisis Line</b>	Mental health triage (information, assessment and referral)	<b>1300 783 347</b>



## Local Support

Market Place  
Medical  
**03 58222677**

Family Medical Centre

**03 58212533**

Shepparton Medical  
Centre

**03 58233100**

Goulburn Valley  
Health

**03 58322322**

Headspace  
Shepparton

**03 58238800**



## Supporting Someone

It's a myth that talking directly about suicide will put the idea in someone's head. Here are some ideas to help start a conversation:

"I've noticed that you haven't been yourself lately. Is everything ok?"

"I'm worried about you. Can we talk about what's troubling you?"

"You seem (down/sad/angry/unhappy) lately. I'm worried that you might be thinking of hurting yourself or suicide. Can we talk about this?"



## Online Support

**Head to Health** [headtohealth.gov.au](http://headtohealth.gov.au)

**Headspace** <https://headspace.org.au/headspace-centres/shepparton>

**Beyond Blue** [beyondblue.org.au](http://beyondblue.org.au)

**Lifeline** [lifeline.org.au/Get-Help](http://lifeline.org.au/Get-Help)

**Suicide Call Back Service** [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**SANE Australia** [sane.org](http://sane.org) (Helpline: 1800 187 263)

**eheadspace (for 12-25yo)** [ehheadspace.org.au](http://ehheadspace.org.au)

**ReMinder suicide safety plan app** [ontheonline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/](http://ontheonline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/)

# CAREERS

On the 3<sup>rd</sup> of December, four students from Shepparton Flexible Learning Centre were given the opportunity by La Trobe University to be given a tour of the Shepparton Campus as well as a tour of the Fryers Street GO TAFE facility. Facilitator Dani Gow (La Trobe University) spoke with the students about a range of options available to them, including pathways through TAFE and into University.

The students were engaged in a few activities, including a tour of the Allied Health facility, where they were able to practice CPR and see the simulation equipment that the La Trobe students work within their studies. La Trobe put on a lunch for the students from the Campus Café, followed by a demonstration of the Universities 'One Button Studio' where students can record video and audio presentations and projects for their studies.

The 'One Button Studio' has been offered to the Flex Centre to utilize, which presents a fantastic opportunity in 2020 for the Flexi Students in their VCAL projects. All students in attendance were impressed, and quite amazed at both the La Trobe and GO TAFE facilities, and intentions are to make an annual tour of both La Trobe and GO TAFE, so students at the Flexi Centre can see the possibilities that lie beyond their studies here at Shepparton Flex.

**Simon Taylor**

Career Pathways Co-ordinator

**gotafe**



## Looking forward to 2020

We are already looking ahead to next year and courses to run that will assist students to gain skills and potentially casual employment while completing their studies. Below is a list of short courses we are looking to participate in. If you are interested or would like further information, book in to have a chat with Simon.

- ◆ RSA
- ◆ First Aid
- ◆ Food Handling
- ◆ Barista
- ◆ Chainsaw
- ◆ Construction Induction (White Card)

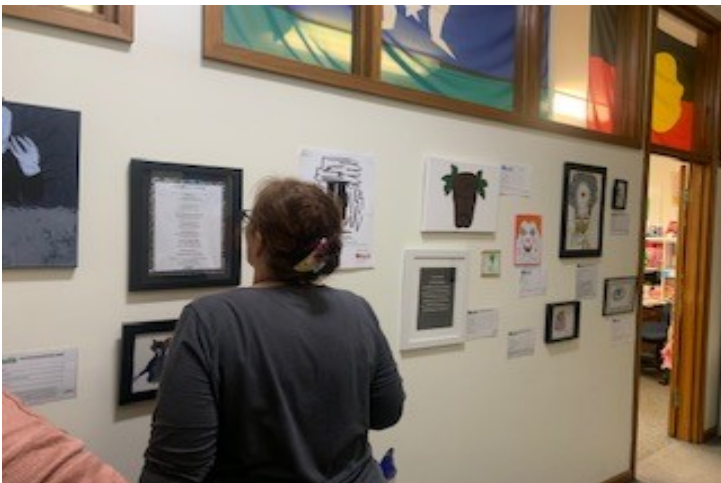


# *Fears & Monsters*

An Art Exhibition Featuring Art Works by Students  
From the Flexible Learning Centers in Benalla,  
Seymour, Shepparton & Wodonga.

This year there has been a stronger emphasis on students exhibiting their artworks across the region. This has encompassed Seymour, Benalla, Shepparton and Wodonga. Within each Art exhibition students have contributed art pieces. The themes this semester have related the themes of fears and monsters and, anti-violence. The themes were determined by students.

'Fear and Monsters' Art Exhibition was held at our school near the end of Term Three and was celebrated with an Opening where families and students from other schools joined us. The exhibition was very impressive, comprising of paintings, drawings, mixed media pieces, ceramics and written pieces in response to the theme. It was a pleasure to witness the excitement of a few students who sold their art pieces.

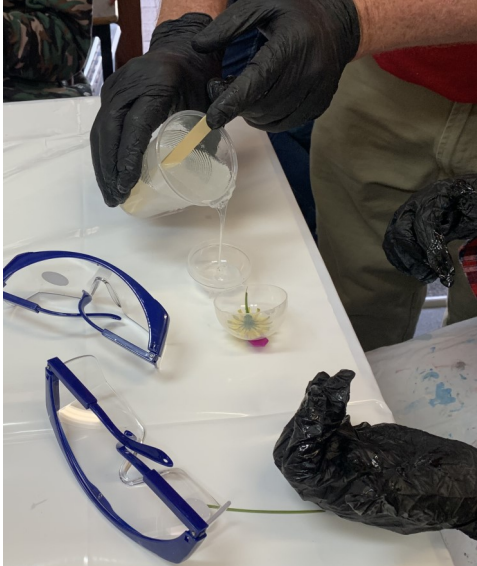
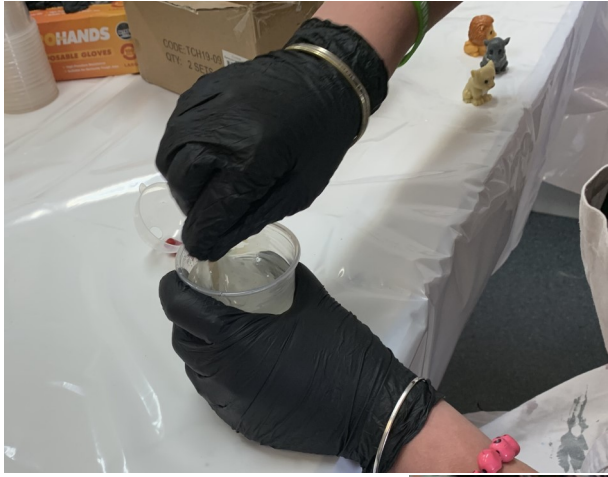




# RESIN WORKSHOP

Over the Second half of term 4 we have had Steve Harmer join us in the Art space to provide our students with the skills and techniques to create pieces out of resin. Students have not only been able to experiment with different shapes but also been involved in making moulds, using a different technique to pour the resin into. We have mainly focused on small pieces and experimented with creating a layer over the flow paintings.

During the past few weeks we have focused on creating jewellery for our stall at the Violet Town Market on 14<sup>th</sup> December 2019 where we will be selling the finished pieces.



# Billy Carts



On Thursday 5<sup>th</sup> December, 5 students and two staff went to the Seymour Flexible Learning Centre to meet with the Seymour FLC students to take part in a fun filled day of billy cart creating and riding!!

All students thoroughly enjoyed the day. Students were involved in both making and designing billy carts as well as other movable objects made from wood. They also had the chance to ride on the billy carts. At the conclusion of the session, students had some relaxed but certainly competitive races on the billy carts.

Thanks to Di Marega for organizing this day and Supreme Incursion for running this fabulous hands on workshop.

Comments made from our students included;

'It was a fun day, I liked meeting up with the other students and I liked all of it' (Ila )

'I liked being able to talk with everyone from Seymour, riding the carts was fun too' (Brendan)

'Pushing the billy carts was the best' (Tristan)

'I liked seeing all the kids that go to that school and how it's different. I also liked building the carts' (Mussad)

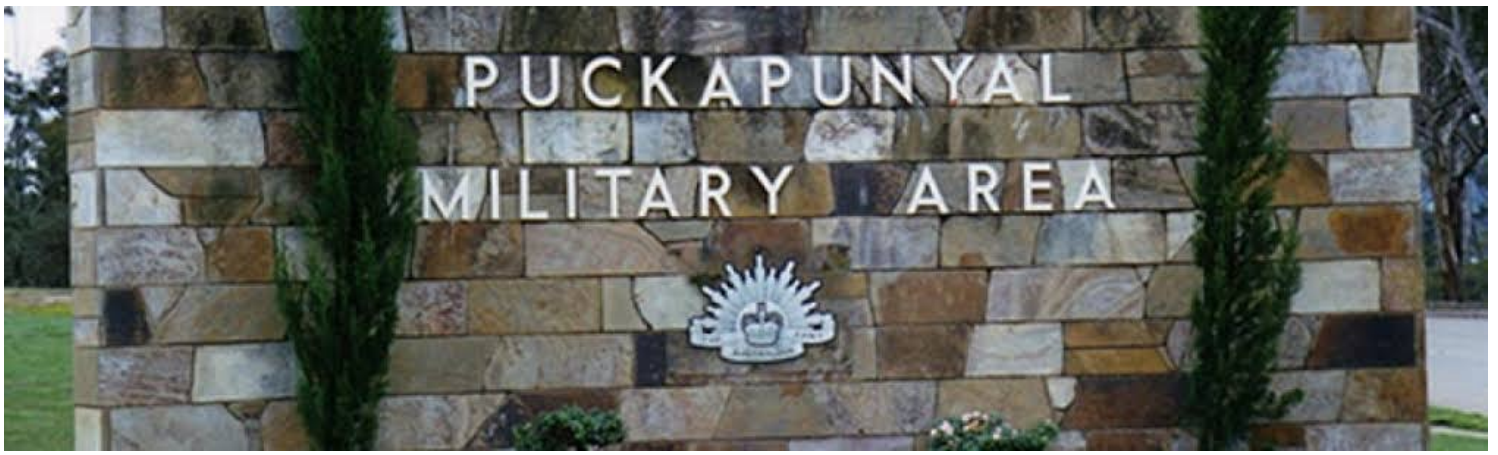
'Riding and pushing the billy carts with someone in it was fun' (Charlie)

## physical education

This term in PE we have stepped outdoors under the guidance of Mark Mills, a tennis coach from Mooroopna. We have been learning new tennis skills and the students have grown in confidence under Mark's

guidance. Everyone seemed to enjoy getting outside and participating in this activity. We look forward to doing more coaching sessions like this.





A group of 6 students were privileged and lucky enough to have a guided tour of parts of the Puckapunyal Army Base. This grand tour started with a tour of the Sergeant's Mess, as with each of our stops our tour guide was the knowledgeable and engaging Warrant Officer Class 2 Shaun Gibbons. During the tour of the Sergeant's Mess, WO2 Gibbons explained to us the significance of certain parts of the Mess and why particular tributes were placed in certain sections of the Mess. He explained the historical role of the cavalry and how the current Armoured Corps have been derived from the days of old.

Our next stop was the Australian Armour and Lighthorse Museum. Our students were full of amazing questions that were all taken and answered exceptionally well by our guide. Lachie enjoyed being able to sit in a tank commanders seat, while Jaxson enjoyed strolling through the variety of tanks on offer to be viewed. The Tank Museum and our guide stepped us through the evolution of the Australia Armoured Corps from World War 1 through to present day. We all enjoyed the tour of the museum and learned a huge amount about the history of armoured vehicles in the Australian Army.

After a short break for lunch, it was off to another site that is rarely, if ever visited, by the general public. The Gunnery Wing at Puckapunyal. In this section we were able to see what tank different tank rounds look like, were able to try on different pieces of personal body armour and helmet to see what the weight of operational combat gear was like. We were also spoken to by US Marine Gunnery Sergeant Ricky Farrell, he spoke to us briefly about the US Marines.

To end the day we finished with a photo on a Centurion Tank. Aaron, Ben, Jayson, Jaxson, Lochie, and Kai, would like to thank Warrant Officer Shaun Gibbons and Gunnery Sergeant Ricky Farrell for their time, patience and knowledge. A special thanks also goes to our lovely Admin worker at Shepparton Flex, Kylie Gibbons for organising the day, good work Kylie.



# Puckapunyal 2019





On Wednesday December 4th students went down to Whittlesea near Melbourne with the 3 other Flexible Learning Centres in our Network to spend the day at Funfields, a water theme park. It featured wet rides and rides that weren't wet, such as a downhill toboggan rides that slid down a steel slide.

One ride was called the Voodoo, which span around and went upside down and was more for those daring thrill seekers, though some students were game enough to get on it. Another was Black Beards Ferry, a boat that swung

underneath a frame and went fully vertical !

Despite it being a bit of a cold day in the morning the weather soon picked up towards the middle of the day and most students were able to go on the water rides instead of being stuck in the line up for go-karts and the toboggan rides.



Jaxson

I really enjoyed one of the waterslides as it was really fast but all the slide were good. It was good to meet and chat with the other students and staff from the other Flexible Learning Centres. I would like to go back in the future as it a was a really fun day.

Brendan

## *Parent Teacher Interviews*

Term 4 interviews were held on Wednesday December 11 and semester 2 reports were discussed and handed to families. These interviews throughout the year are a vital part of students education. Not only does it give families an update on their child's progress but it's also great for students to hear how they are progressing and for teachers to share the students successes with family and it's heart warming to see how proud students truly are of their hard work throughout the school year. We thank families for their continued support of these very important meetings.

We encourage families to make contact with the school if they wish to discuss their child's progress at anytime during the school year.





Semester Two in the Arts has been full of fun, creativity, showcasing students' artworks to the rest of the school community and the general public and, trying new things.

During this time, students have travelled to Melbourne to be a part of audiences of major performances including, 'Thoroughly Modern Millie' and Bangarra Dance Company's, '30 Years of Sixty-Five Thousand Years' dance performance. Students regarded the opportunity to view the performances within the Arts Centre as something to always remember.

## 3D Printing

During Term Three, students had the opportunity to participate in a 3D Ceramic Workshop at Heide Museum of Modern Art. This was an awesome opportunity, working alongside Artists, learning how to use an online 3D design program and the 3D Ceramic Printer. All the students enjoyed every minute of their time at the workshop.



## CERAMICS ARTS

In term 4, we went and used the pottery wheels at Kaye's house where she taught the students the 'art' of using the wheel. All students had a go on the wheel and learnt the techniques needed to make a piece.



We also worked on techniques for making pinch pots, and students own individual pieces of their choice.

The pieces the student created will be fired in the Kiln and we will decorate and refire next term to complete.

We look forward to seeing the finished art works in 2020.

