

# Newsletter

## Latest News

Welcome to Term 4!! Well we are at the end of a busy year and I want to thank all of the students, staff and parents of Shepparton Flexible Learning Centre for welcoming me to the school and making me feel a part of this amazing learning community. It is a true pleasure to work with you all and share in the opportunities that a good education can provide to all those that are involved in the process. We have all chosen to be at Shepparton Flexible Learning Centre because we know that everyone has the right to a quality education, but with this right comes a responsibility to always try our best to achieve our personal and academic learning goals.

Our school moto is: "Every Student, Every Opportunity, Success for All." At our school we all strive to build a culture of acceptance, choice and opportunity for students to experience success in all levels of curriculum and in life. We do this by instilling a sense of resourcefulness and reliability through the development of respect and resiliency. It is a privilege to be a member of the Shepparton Flexible Learning Team and I look forward to working with the Students, the Families and the Staff to support us all to achieve our collective goals. I want to wish our senior secondary students all the best in the VCAL, VET and VCE subjects as they draw to a close for the 2019 period and wish all students the best in the completion of outcomes and assessment tasks this term. We have a number a fantastic opportunities and excursions that are coming up and have been developed and lead by our team to encourage career development and pathways as well as chance to celebrate the achievements made throughout the year. Ask your learning partner about the opportunities that are coming up throughout the term as we look to 2020 and begin planning and setting goals for next year. This term will go quickly and I want to wish you a happy and supportive Term 4.

As Henry Ford (Ford Motor Group) once said: "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."

Brad Hearn  
Campus Principal

### 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.

### School Nurse

Cara our school based nurse will be on site every Thursday of Term 4.

### REGULAR PROGRAMS:

#### Mondays

2nd Step Program  
Ceramic Artists  
PE

#### Tuesdays

Reading with SELC  
Independent

#### Wednesdays

Reading with SELC  
VET Courses  
Community Services and Business  
Men's Shed

#### Thursdays

VET Courses  
Community Services and Business  
Girls Group

#### Fridays

Men's shed  
Afternoon Activities

### IMPORTANT DATES:

#### Friday 25th October

Point Cook Melbourne Excursion

#### Tuesday 29th October

LaTrobe Uni Visit

#### Thursday 31st October

Halloween Dress up

#### Tuesday 5th November

Melbourne Cup  
School As Normal

#### Wednesday 6th November

**NO SCHOOL**

Teacher Professional Practice Day  
No staff on site that day

#### Thursday 7th November

Oaks Day Dress up

#### Friday 8th November

Beechworth Asylum Tour

#### Friday 22nd November

Puckapunyal Military Visit

#### Friday 29th November

**NO SCHOOL**

Day in Lieu of Melbourne Cup



## Industry Visit to Banksia Aged Care Facility and Wyndam Street Childcare Centre.

Overall, the students were engaged and comfortable to ask questions from both facilities staff. It was fantastic to see them getting involved in the activities. This included, bowling and number ball with the elderly and playing both inside and outside of the Child Care Centre with the children. Often I noted the students sitting one on one with the children and being involved with their imaginary play. Overall the day was a huge success and it has created some avenues for further engagement in the future for some of our students.



Playing bowls with the guys was my favorite and meeting the different residents. The lady who came over and started chatting who used to be a teacher, was a 'crack up' and I loved talking with Margaret, she was a character, I just enjoyed the Aged Care Centre so much. I loved everything about it.

Eliza.

I liked the Child Care Centre, I think the Aged Care Centre was really rewarding, but it is not what I want to do. I want to work with kids and that's just genuinely where I feel most comfortable and where I want to be, just playing with the kids and working with the kids, even if I got a pocket full of sand, I just love it.

Kirraley.



I loved skipping around with the kids and playing with the rabbits.

Lyndsey.

I liked getting to know all the residents and playing with the rabbits at the Child Care Centre.

Eleesha.

# physical education

In physical education classes this semester we have been going to the Shepparton Stadium on Monday afternoons. Students have participated in a variety of activities including soccer, badminton, basket-football, cricket and table tennis. All those who have attended have displayed a positive attitude. Many have been prepared to be part of a team and help others feel included.

On Wednesday afternoons we have also had activities running, with the highlight being students completing sessions at Northside Gym. In addition to gym sessions, groups have participated in ten-pin bowling and mini-golf. It is always extremely pleasing to see students having fun while being active.



## R U OK Day 2019



R U OK? Is a suicide prevention charity in Australia, reminding people that having meaningful conversations with mates and loved ones could save lives.

Staff from the English Language Centre, parents and students bought copious amounts of coffee and ate through 112 slices of pizza ranging from the ever popular 'BBQ chicken' to the desert pizza 'Cookies and Cream' to ensure we raised enough money to donate to the R U OK? Day charity. Approximately \$150 was raised on the day, a fantastic effort by all...well done!!

Sally Simsen  
VCAL Teacher

## VIC CURRICULUM

In Literacy, the focus for this term is writing. We will be introducing the 'Big Write and VCOP' into our lessons and asking students to produce a piece of writing each term. What does VCOP stand for? V = Vocabulary and in this area students will build on their word knowledge and subject – specific vocabulary. C = Connectives and this area focuses on words that connect sentences. O = Openers and students will learn different sentence starters that can make their writing more interesting. Finally the letter P = Punctuation and students learn about capital letters, full-stops, etc and the rules of how to use these within their writing.

In Maths, the Victorian Curriculum students have recently been working on their booklets. These booklets cover a range of various skills from number and algebra, measurement and geometry and statistics and probability. The students have been working either with teacher support or independently. We have been pleased with all of the students' efforts with all of their Maths work this semester.

Looking forward to a productive Term Four!

From the Vic Curriculum Team.

On the 12th September 2019, the VCAL classes celebrated R U OK? Day with a fundraising event selling coffee and home-made pizza. Students spent many weeks prior to the day preparing and working together as a team to ensure the day was a huge success.



It has been a massive year in Certificate 2 in Business. There was a change in direction of the way business has been presented and the students have engaged very well with this. Students have been learning about the processes used within businesses, communication skills, Occupational Health and Safety skills, working with customers, colleagues, and management and how to apply for and prepare for the work environment.

The feedback from students about the instruction of the course has been very positive. One of the Business students, Tristan said that the course this year has been “extremely good” as “I will be able to finish it this year.” Caycee was quoted as saying the course this year was “good and that the boring bits were made more interesting through student engagement.” Ben H. stated that “he hated the work, but the teacher I had improved the quality and made it bearable.”

It has been great to see the progress and achievement from all students in Certificate 2 in Business this year, they have been successful in everything they have done. Good luck in the future Business students, I know you will all be great at whatever you do.

## Community Garden Project

In term 3 Shepparton Flexible Learning Centre started in partnership with the Shepparton English Language Centre the development of a shared space on the Eastern side of the school site. This area is currently being paved by the capable students of both centres, they are working together to complete the mammoth task of making sure that pavers are being laid level and have full support so that they don't crack. The partnership is allowing students from both centres to gain an understanding of different cultures and also spreading friendships between the centres among the students working on this project.



## Thunderstorm Asthma

Every year during grass pollen season there is an increase in asthma and hay fever symptoms, and during grass pollen season there is also the chance of a thunderstorm asthma event.

### What causes thunderstorm asthma events?

Thunderstorm asthma events are thought to be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in large numbers of people developing asthma symptoms over a short period of time.

### ***Those at increased risk at this time include:***

- ☑ people with asthma, people with a past history of asthma
- ☑ those with undiagnosed asthma (i.e. people who have asthma symptoms but have not yet been diagnosed with asthma)
- ☑ people with hay fever who may or may not have asthma.

Having both asthma and hay fever, as well as poor control and self-management of asthma, may increase the risk further.



Protect yourself in five ways from skin cancer

## Reducing your risk of skin cancer this summer.

With the temperature heating up it's so important to protect your skin. Australia has the highest rate of skin cancer in the world. Two in three Australians (2 in 3 men and 3 in 5 women) will develop some form of skin cancer before the age of 70. Over 440,000 Australians are treated for skin cancer and more than 2000 Australians die each year from skin cancer.

But this doesn't need to be the case. Nearly all skin cancers can be prevented by protecting yourself from the sun and most skin cancers can be cured if they are diagnosed and treated early.

### **How to be Sun Smart**

Always protect your skin when UV levels are 3 (moderate) and above. Sun Smart has developed a phone app where you can check UV levels in your area.

### **Protect yourself in 5 ways:**

- Slip on clothing that covers your shoulders, arms and legs. Choose shirts with collars, high necks and sleeves and trousers or longer shorts and skirts that come below the knees.
- Slop on SPF30+ or higher broad-spectrum water-resistant sunscreen. Apply generously 20 minutes before going outside and re-apply every 2 hours. Never rely on sunscreen alone.
- Slap on a broad-brimmed hat that protects your face, ears and neck. Broad-brimmed, bucket and legionnaire style hats provide good protection. Baseball caps are not recommended, as they do not protect the ears, cheeks or neck.
- Seek shade whenever you can especially when UV levels are highest between 10am and 2pm (11am and 3pm during daylight saving).
- Slide on sunlasses that fit your face well.

## Stay Hydrated



### **Try something hot to cool down.**

Your body may tell you that if you are hot, drinking something cold will cool down your body. However, research has shown that on a hot day, drinking a hot beverage may help your body stay cool. The reason being that when you drink a hot drink, your body produces sweat to cool down your body temperature. Initially you may be adding heat by drinking the hot liquid, but the amount of sweat that your body produces to cool down more than makes up for the added heat from the liquid. The increased perspiration is key; when the sweat evaporates from your skin, it is able to cool down your body temperature.

If you don't like the idea of drinking a hot drink, drinking room temperature water will hydrate you more, than drinking a chilled glass of water. Try it.



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 Wyndam 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



At the Shepparton Flexible Learning Centre our staff are trained to consider the holistic needs of each student and there is a large focus on their wellbeing. We have a strong belief that in order to learn, students need to feel a sense of belonging, they need to feel valued and they need to feel emotionally safe. We follow the respectful relationship curriculum and teach our students the fundamental values of respect, positive social interactions and acknowledge and support gender equality.

Our Wellbeing team are available for students to meet with to discuss any concerns or difficulties they are experiencing. Our team consists of myself – Michelle Sheehan (Wellbeing coordinator), Ben Linnett (Leading Teacher), Tim Hunter (Youth Worker) and Cara Ferguson (School nurse).

Should your child have a concern or are not coping due to other stresses in life, please call the school and a member from the Wellbeing team will be able to meet with you or the student to discuss concerns and make referrals as required.

## Importance of Sleep.

While sleep is essential for everyone, sleep problems can occur if you or someone you know is experiencing mental health difficulties. Some symptoms and treatments of mental ill-health can affect your sleep in a number of ways.

Sleep – what's normal? The sleep of 15–25-year-olds is really important. As you enter your mid teenage years, natural hormone changes shift your body clock. Your body clock regulates many of your body's patterns, including when you sleep and when you wake up. The shift alters this and causes changes to your sleep patterns. It's normal to want to go to bed later than you used to, but because of all the changes happening in your body, you actually need more sleep at this time. Sleep research suggests that young people need between 9 and 10 hours of sleep every night.

Making sure you get enough sleep can be tricky. Finding the right balance of sleep is important because it helps you be alert and energetic during the day, and to feel good about yourself. Not sleeping well can cause you more stress or moodiness.

### What can help?

- Stick to a routine of waking at the same time every day, and going to bed at the same time each night.
- Cut back, or stop, using alcohol, cigarettes and caffeine before bed, as they can make it harder to get to sleep, or cause your sleep to be disrupted.
- Try to reduce your TV or computer time in the evenings – artificial light can trick your body into staying awake.
- Try not to nap during the day, as this'll make it harder to sleep in the evening.
- Exercise, but do it at least three hours before bed. Exercising outdoors first thing in the morning can be useful because it helps reset your body clock.
- Do relaxing activities in order to wind down, like reading or listening to music softly. A warm bath or shower can also help to make you feel sleepy.
- Learn relaxation and meditation techniques to help you switch your mind off in the evenings.

***Most importantly create a sleep space that works for you – quiet, dark, uncluttered.***



## Kids Under Cover Scholarships

During Term Three, eight students were awarded with a scholarship from Kids Under Cover, a not-for-profit, charity organization supporting vulnerable young people between the ages of 12 and 25 years.

This award was to acknowledge the students efforts in education when facing adversity and students are able to use this scholarship to cover some costs associated with further study.

Dianne Marega and Michelle Sheehan were privileged to attend the event which was held at the Melbourne Town Hall on 18th September .

Three students and parents from the Shepparton Flexible Learning Centre attended, along with students and parents from the Benalla and Wodonga Flexible Learning Centre's.

In addition to the award ceremony, guest speakers spoke about their own challenges in achieving their educational goals and how they were able to overcome them. Guests and students were further entertained by several gripping performances of hip hop dancing and beat boxing by Outer Eastern Urban Project.

A fantastic day and achievement for the following recipients of the KUC awards for the 2020 school year. Kai Bucktin, Layola Butterworth-Slade, Taliah Fraser, Bridget Belmont, Brendan Van Nus, Greg Kelly, Declan O'Hara and Faith Mostert- Lacey.



This semester students have been working on a number of projects for our school and the wider community. We have been working with Steve weekly and have designed and built a kitchen bench, an arts table and a bench seat.

VCAL students have been working on dingo and possum shelters for the St Germain Animal Shelter. They have designed the shelters and used a variety of tools under Steve's direction to complete the task.

It has been great to see the students confidence and pride in the work they doing.

