

Newsletter

Respect Resilience Reliability Resourcefulness



flexible Learning Centre

MARCH 2023 · TERM 1 · ISSUE 1

From The Principal

This is the first newsletter for 2023. Welcome back to all, and I hope you had a restful and enjoyable break. Term one started well, and it has been wonderful to see our students' progress with their studies and attendance. As always, we aim for students to attend all their scheduled classes for the rest of the 2023 school year. Therefore, we ask for your assistance in encouraging them to develop a consistent approach to getting to school each session.

Last year, 15 of our students completed their Foundation, Intermediate or Senior VCAL. We congratulate them on a brilliant outcome.

The FLC team said farewell to Jade Beaman over the break as she went to work closer to her home. We welcome Jeynelle McLennan to the Seymour FLC team. Jeynelle is highly experienced in well-being and looks forward to working with our students and families.

CSEF

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps, and sporting activities. If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families. **If you applied for CSEF through our school last year, you do not need to complete an application form this year.** If you did not fill in a form in 2022 and are eligible to receive CSEF in 2023 and would like to apply for the first time, please contact Tanya at the school office.

Important Dates

6th March—Blueearth

8th March – International Women’s Day

13th March – Labour Day (Public Holiday)

17th March – World Sleep Day

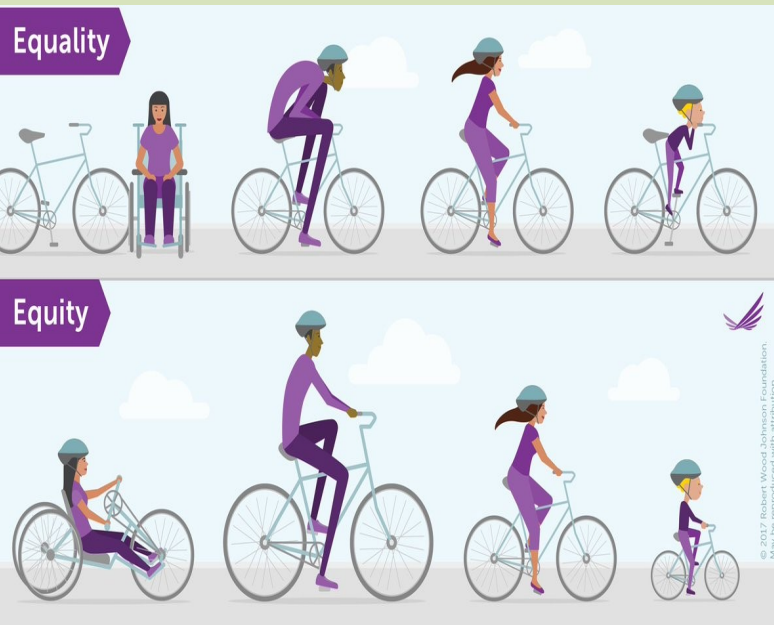
20th March—Blueearth

21st March – RAMS (for selected students)

6th April—Last Day of Term 1

Crazy Sock Day!

Tuesday 21st March



Happy International Women’s Day

International Women’s Day #EmbraceEquity #IWD2023



“Bluearth takes an approach to active living that goes beyond traditional sport and education models....it is less about competition, and more about positive participation experiences that develop skills and motivation to embed lifelong healthy habits... and generally be more active. This is key to reversing the predicted dire health outcomes and to improving educational outcomes.”

Here are some comments from the students' mouths!

“I am grateful for the opportunity to do some physical activity at school”

“Thanks to Jimmy and the Blue Earth team for running such an awesome program”

“It was heaps of fun and can't wait to do it again”.

“It was good to be with other kids in the school who are not in my class and compete with each other”.

“Dodgeball was the best!”

“I didn't like PE before, now I do”

“I didn't realise how unfit I was!”.“Dodgeball was the best!”



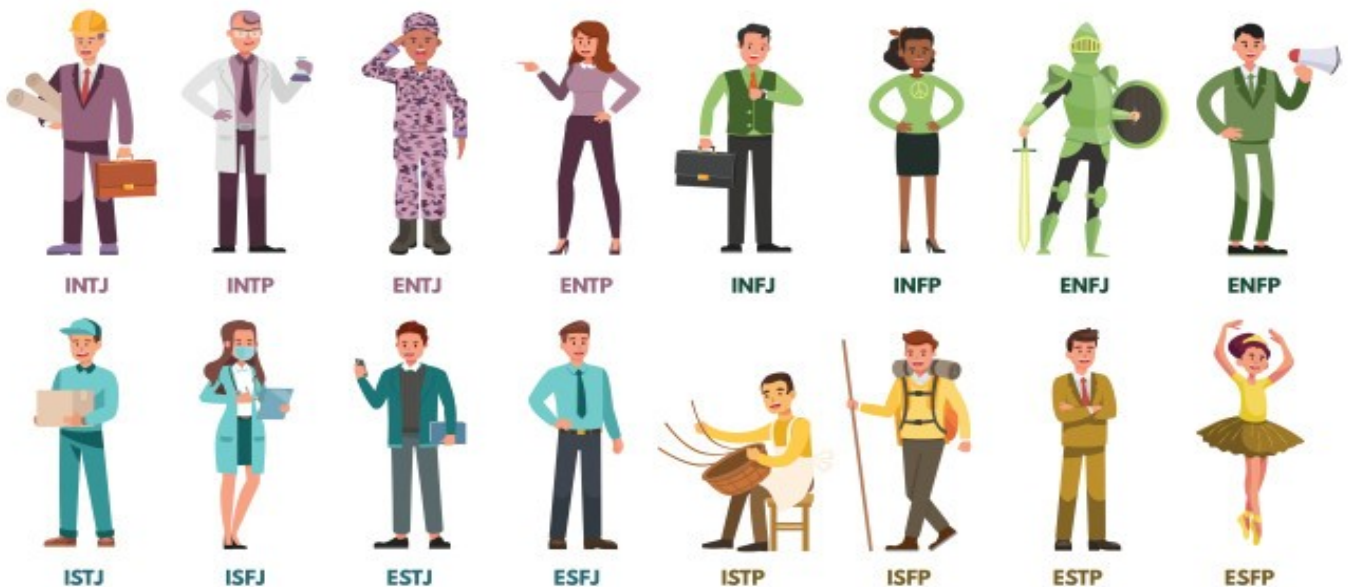
Resilience & Self-Belief

The word from the portables..

We've had a fabulous start to 2023. It's a great opportunity for our students with the new VCE Vocational Major starting this year in place of VCAL. We've already finished the first part of our Literacy Outcome and it was terrific to see how everyone was able to think deeply about stereotypes we have in our community and how they can be really unfair. We also talked about our personal identity in our PDS unit. We looked at our strengths and challenges, as well as the type of personality we have. Students surveyed themselves against 'The 16 Personality Types' and considered Who is in our lives that we really value? Who is in our Circle of Trust? Ash and I were really pleased that all of our students had more than one person in their inner circle. It made us grateful for all the wonderful people who are there for our students when they need support the most.

There are many new faces in our classes this year and everyone has their own story. It's been great to watch how accepting and generous all our students are with our new people. Everyone has been made to feel welcome, safe and included, which is a tremendous credit to how inclusive and kind the students at Seymour Flexible Learning Centre are. The whole Seymour Flexi is such a supportive and wonderful place for all of us and it's fantastic to see how well our students are rising to the challenge of the new curriculum.

16 PERSONALITIES





Gorranwarrabul Aboriginal Community House
6 Callen Street, Seymour VIC 3660
Mob. 0429 555 250

Invite you to:

HARMONY/CLOSE THE GAP DAY

23rd March 2023 - 11am to 2pm

Cultural activities-

Information Stalls –

Lunch provided –

Everyone welcome.

RSVP Brenda 0429555250

Sponsored by Mitchell Shire



Art Therapy—We welcome Annabel Ayers, from Aardvark Studios, who is facilitating weekly sessions for selected students on Fridays in Term 1! All students will be offered the opportunity to participate over the year.

Emma's Health Highlights!



The friendly Smile Squad dental team visits schools to provide annual oral health packs, dental health examinations and follow-up treatment as needed.

RETURN THIS FORM
AND.....



YOU WILL RECEIVE THIS
AMAZING DRINK BOTTLE
FILLED WITH AN ASSORT-
MENT OF INTERESTING,
TEETH RELATED ITEMS.



WELLBEING News

Jeynelle McLennan is the SFLC's new Wellbeing Education Support worker. Please don't hesitate to contact Jeynelle for support on mobile 0437176542 (Tuesday-Friday)

CAREERS AND PATHWAYS

A huge CONGRATULATIONS to all the students that have started a VETDSS course on a Wednesdays. Currently we have 18 students participating in courses in Seymour, Shepparton, both internal and online. Courses this year include: Beauty; Plumbing; Building & Construction; Equine; Business; Community Services & Animal Studies.

Coming up we have an excursion to Shepparton for the Animal Studies students, an excursion to Puckapunyal to visit the Automotive and Engineering workshops, as well as Careers Expos in early Term 2.

At the school we will also be rolling out the start of the short courses in Term 2, with First Aid and Construction Induction being advertised soon.

Please come and visit careers if you have any questions.

Jana
Careers Advisor



31st March—2 April 2023

YOU MITCHELL YOUTH SERVICES

Mitchell Youth Rooms are fully supervised, free, safe and inclusive spaces for all young people aged 12-18. Youth Rooms run during school terms.



Teen Fitness

WHEN: Tuesdays, 3:30-5pm

WHERE: Seymour Youth Room

WHAT: Get active with a range of sports equipment, supervised by a qualified fitness instructor! If a workout isn't your vibe then hang out, grab a snack and listen to some tunes.



U-KREW

Come join U-KREW for a free feed, chill out, yarn and meet others from the area



THE
Bridge
Youth
SERVICE

You between
12-17years old?

Looking for
something
to do?

For more info,
call Kristy on
(03) 5831 2390
0408 507 887

Wednesdays weekly 3.45pm - 5.45pm

Chittick Park Community Place
Seymour - Taungurung Country

WHAT'S ON IN SEYMOUR

MENTAL HEALTH AND WELLBEING SUPPORT

SUPPORT SERVICES

Triple Zero (emergency)*	000
Beyond Blue*	1300 224 636
Lifeline*	13 11 14
Kids Helpline*	1800 551 800
SuicideLine*	1300 651 251
Suicide Call Back Service*	1300 659 467
Mensline Australia*	1300 789 978
Mental Health Crisis Line*	1300 783 347
1800 RESPECT*	1800 737 732
Yarning SafeNStong*	1800 959 563
Rainbow Door	1800 729 367
Qlife	1800 184 527
Nurse On-Call*	1800 60 60 24

* 24/7 Services



ONLINE SUPPORT

Mitchell Shire
<https://www.mitchellshire.vic.gov.au/services/community-health/>

Head to Health
<https://www.headtohealth.gov.au/>

eHeadspace
<https://headspace.org.au/eheadspace/>

SANE Australia
<https://www.sane.org/>

Bite Back
<https://www.biteback.org.au/>

Reach Out
<https://au.reachout.com/>

Headspace
<https://headspace.org.au/>

Qlife
<https://www qlife.org.au/>

Friendline
<https://friendline.org.au/>

MindSpot
<https://mindspot.org.au/>



WELLBEING DIRECTORY



Created by Sarah and Emma

LOCAL SUPPORT SERVICES

- Ask Izzy - <https://askizzy.org.au/>
- Berry Street - <https://www.berrystreet.org.au/>
- Beyond Housing - <https://www.beyondhousing.org.au/>
- The Bridge Youth Service - <https://thebridge.org.au/>
- Child and Adolescent Mental Health Service - 03 5832 2160
- FoodBank - Broadford - <https://www.facebook.com/broadfordlivingandlearningcentre>
- Freedom Care Kilmore - <https://freedomcare.org.au/>
- Goranwarrabul House - 03 5793 6100
- Kilmore and District Hospital - 03 5734 2000
- Love in Action Broadford - <https://www.facebook.com/groups/110497049644489/>
- Love in Action Wallan - <https://www.facebook.com/groups/165934793859725/>
- Nexus Primary Health - <https://www.nexusprimaryhealth.org.au/>
- Seymour Health - 03 5793 6100
- Wellways - <https://www.wellways.org/>