

Newsletter

Respect Resilience Reliability Resourcefulness



flexible Learning Centre

JUNE 2023 • TERM 2 • ISSUE 2

From The Principal

With less than three weeks remaining in semester one, we are witnessing the incredible dedication of our students as they strive to complete their work. It is truly heartening to see so many of them giving their best effort in everything they do. The fruits of their labor will be discussed with you during the upcoming Parent-Teacher Interviews on Wednesday, June 21st. To ensure a convenient and suitable schedule for all, our administration staff will be reaching out to parents and carers over the next few weeks to arrange interview times. We highly encourage your participation in these valuable discussions, as they provide an opportunity to gain insights into your child's progress and address any concerns or questions you may have.

Throughout semester one, our students have been actively engaged in various activities and excursions. The feedback received regarding their behaviour and level of interest has been overwhelmingly positive. We are immensely proud of their enthusiasm and participation. As a result, terms three and four will offer even more opportunities for students to engage in a wide range of activities. These upcoming opportunities will not only foster personal growth and development but also encourage collaboration, creativity, and a deeper understanding of various subjects. It is our belief that participation in extracurricular activities is an integral part of a well-rounded education, providing students with valuable experiences beyond the classroom.

Seymour Flexible Learning Centre is committed to providing a supportive and enriching learning environment for our students, and we invite you to join us in celebrating their achievements. Your involvement and engagement play a crucial role in their educational journey, and we appreciate your continued support.

As always, please feel free to reach out to us if you have any questions or require further information. We look forward to meeting with you during the Parent-Teacher Interviews and discussing the remarkable progress your child has made.

Shane Elliott

Important Dates

8/15/22 June – Art Therapy (for selected students)

12 June – King's Birthday (Public Holiday)

13 June – RAMS (for selected students)

19 June – Blueearth

20 June – Dress Up Day

21 June – SEED Project (for selected students)

23 June – Last Day of Term 2

10 July – First Day of Term 3

21 July – Pyjama Day



National Pyjama Day (officially held on Friday 21 July, 2023) is all about wearing your favourite pair of PJ's to help The Pyjama Foundation raise much-needed awareness and funds for children in foster care.

All About Wellbeing

This term, the Wellbeing team have been focusing on Mental Illness. Utilising ‘Headspace’ as our main support resource, the students have been brainstorming many aspects of Mental Illness including: definitions; types; triggers; diagnosis; treatments; and most importantly ‘How to help myself and others when impacted by Mental Illness’.

What can I do to manage anxiety?

There are plenty of ways to manage your anxiety so that it doesn’t get in the way of your daily life.

Care for yourself—Managing anxiety starts with good self-care. Try to eat well, get enough sleep and stay active to help your overall mental health and wellbeing.

Talk about it—It’s a good idea to talk about how you’re feeling – whether it’s with your family, friends, a teacher, coach, your mob or Elders.

Notice your thinking patterns—Being aware of how your thoughts can influence your anxiety is an important step towards managing it.

Be aware of avoidance—It’s normal to want to avoid situations that make you feel anxious. It might work in the short-term, but over time it can make your anxiety feel worse.

Learn some skills to cope with anxiety, like helpful self-talk and relaxation, then gradually face the things you fear and put your skills into action.

Try new breathing strategies—Lots of anxiety symptoms involve a cycle of physical sensations – pounding heart, shortness breath, trembling and butterflies in the stomach. Working on slowing your breathing is a good way to try to interrupt that cycle.

Limit your use of alcohol and other drugs—While alcohol and other drugs might help you to feel good in the short term, they can make you feel much worse in the longer term.

The word from the schoolhouse..

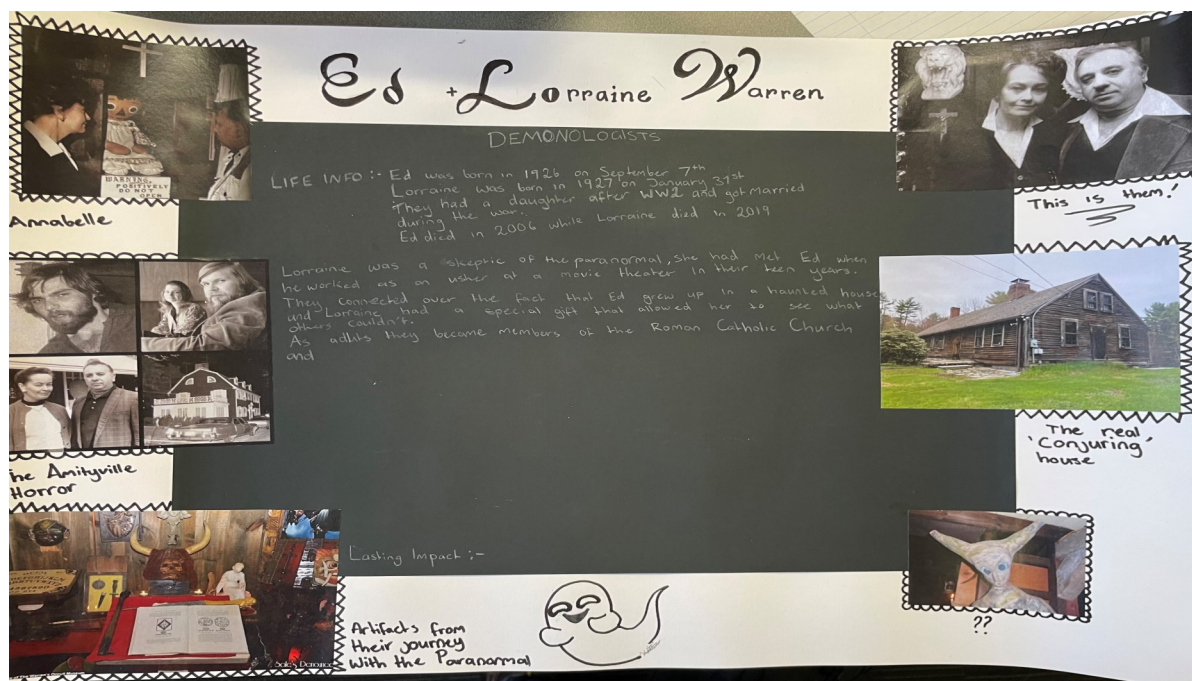
Biographies



In Literacy this Term, we have been reading and writing biographies. Students enjoyed having the opportunity to research and write about a person of interest who has had a lasting impact on society. Above are a couple of people our students chose to write about.




Can you name any of them...?..?..?..?

Student Work



AMBERLEY SNYDER

WHY IS SHE SOMEONE I ADMIRE?
no matter what she goes through she keeps going and shes a top barrel racer in my eyes

AGE AND BACKGROUND
Born: 1992
Where: Southern California

HER STORY
Amberley started riding at the age of three. She was seven when she got her first barrel racing horse. She grew up competing in barrel racing.

LIFE CHANGED IN AN INSTANT
On January 10 2010 she was on her way to the Denver Stock Show and Rodeo. She was driving and she looked down to check a map. She drifted across the road and there was a beam in front of her. She swerved and lost control. The car rolled and she got airborne out of the car. She landed on a fence post and she immediately snapped her spine. She couldn't feel her legs. Doctors told her that she would never be able to use her legs again.

OTHER ACHIEVEMENTS
She graduated University with a Bachelor's Degree In Agricultural Education. And a master's degree in School Counselling. She wanted to reach out to inspire people. She showed people she manages to live a full life despite her injury. Amberley has 400k followers on Facebook.

In 2019 Netflix made a film of her life called, Walk, Ride, Run. She has also appeared in an episode of Yellowstone.

HER RECOVERY.
Only four months after her accident she was back on a horse. Because of her injury, Amberley uses a custom seat belt to hold her into the saddle. In 2021 Amberley qualified for the Pro Rodeo Wildernes Circuit Finals. She is competing against people who have the use of her legs.

Anne Frank.

Annelies Marie Frank was born in Germany on the twelfth of June in 1929, she later fled to The Netherlands at the start of world war two that started in 1239, and died at the age of 15 in a concentration camp called Bergen-Belson concentration camp in Germany between February or march in 1945.

Anne Frank was best known for her diary she wrote going through the years she was alive during the holocaust and world war two.

Her family consisted of her father, Otto, her mother Edith and her sister, Margot. Her father is the only one that survived the holocaust from her family but died at the age of 91 in August nineteenth in 1980 due to lung cancer and her mother and sister died around the same time as her.

Before world war 2, her father was working in a bank later being spice merchant after he was an officer in world war 1, her mothers' family was born in to a wealthy family so, I'm guessing Anne was also bought up into a somewhat wealthy family.




On her 13th birthday she got a diary to write in, which later got published by her father to tell her story of being a victim of Hilers hate crimes and the war she was put in the middle of.

Anne couldn't do anything about making things right since she died at a young age, but her father published her diary to tell her stories and what her life was like in the war. She wrote about what life was like in the concentration camp, hiding away from the Germans behind the bookcase, how her life was like before she died and what her life was like before the war and what innocent Jewish people had to go through. She always wrote in a positive tone, like everything was going to be ok.

The actions that were taken to fix things were actions from her father since she died at a young age, he published her diary and made a museum called the Anne Frank House, located in The Netherlands to get her story out there and for people to know what many million people died for and went through in the holocaust and world war two.

After doing research, most people were supportive of getting her story out into the world but some other people still think that the holocaust was a good thing to do to kill all the Jews since they think all Jewish people are bad people.

After she died, she didn't know she was going to be globally known for her diaries and stories about her life that she wrote at a young age.

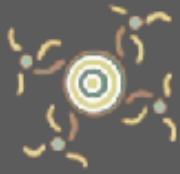
For our Personal Development skills (PDS) Project, our class chose to design and construct a massive 'Class Banner' which will be patch-worked together by the students' individual panels.

The theme of this Project is **"How we promote Wellbeing at the Flexi"**.

Students design their panel using on of the four school values: **Respect, Resilience, Resourcefulness, Reliability and Learning.** The students are really loving this Project!

Below are three examples of the student's preliminary design:







TOORONG MARNONG

SAVE THE DATE

GV KOORIE BIG DAY OUT

Koorie Big Day out is on the road again
and heading to Shepparton!

 Thursday 22 June 2023

 10.00am to 2.00pm

 Greater Shepparton Secondary College

The GV Koorie Big Day Out will welcome Koorie Units from all nine unis in Melbourne as well as local employers and community organisations.

Koorie students in Years 10 to 12 will learn about scholarships, traineeships, accommodation options, jobs and supports for them.

The day will feature:

- Pathways and career information
- Health and wellbeing workshops
- Cultural activities
- Yarning circle
- Guest speakers (including local elders)
- Competitions and prizes
- Koorie student ambassadors

TOORONG MARNONG ACCORD IS AN INITIATIVE OF VAEAI

TOORONG MARNONG MEANS 'JOINED HANDS' IN THE WOIWURRUNG LANGUAGE OF THE WURUNDJERI PEOPLE ON WHOSE LAND MOST VICTORIAN UNIVERSITIES ARE LOCATED

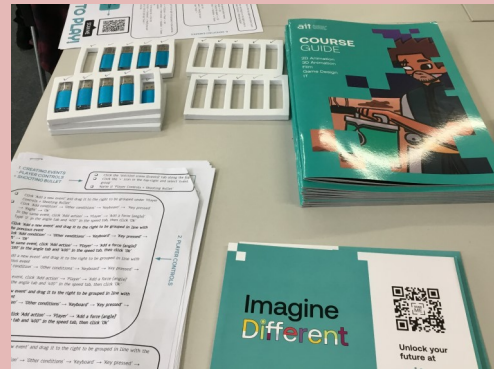


CAREERS AND PATHWAYS

EPIC!! HUGE!! CRAZY!!- Is the only way to describe what's has been happening within the careers space this term.

Careers Day Out in Shepparton- A bus load of students attended, and were provided the opportunity to be part of an interactive day discussing pathways, careers and employment opportunities.

AIT Game Development- Tess from AIT came to the school and ran an interactive session on game development, and walked the students through the steps of creating the basics within a game.



First Aid Course- Students and some staff had the opportunity to compete their First Aid certificate. This was arranged for the students that are also studying Community Services within the school. Congratulations to all that attended and passed!

Placement and Apprenticeship talk- Today Rick from 'Headstart' and Jeremy from CRLLEN attended the school and spoke to all students about the importance of work placements and how/what is a school based apprenticeship and traineeship.

Internal and External VETDSS- Congratulations to all the students smashing out courses either at TAFE on Wednesday or onsite. For those that are a bit behind, now is the time to catch up.

L's- This term we have had A LOT of students pass their L's TEST—WOO HOO!!!

Employment- There are jobs available in SO MANY PLACES!!! Apply apply apply

TERM 3 Focus-

Term 3 the FLC Careers has a focus on work placements. The benefits for students can lead to future employment, an idea of the industry, apprenticeships and traineeships, or knowing that that industry isn't for you.

Also- We have a Road Infrastructure course starting in Week 1 of Term 3. This is a great opportunity, so please see mentors or Jana for more information.



Self Defence Skills

In week 4 we had Marleigh from Real World Karate run self-defence classes for our students. The session covered different scenarios and covered key skills about body awareness, safety skills and techniques to deflect unwanted physical contact safely and effectively. Student's (and staff!) had fun learning different moves and self-defence techniques. Special mention to Ben for volunteering to help demonstrate the moves.



Dress Up Day!!

Date;

Tuesday 20th of June

Theme;

Dress up as your favorite musician/artist or band. We know how important music is to our students and staff when working. It will be a fun way to express and celebrate flexis students and staff's music taste, and connect with each other through music.



Coin donations welcome!!

All donations will go towards the school and to contribute to something in the school grounds, (will be decided at a later date)



Prizes

There will be prizes for best dressed, a first, second, third, and one for most accurate to their musician/band.

Don't have a costume on the day?

No worries! We will provide small costume accessories so no one gets left out.

For more information, ask Addi or a flexi staff member!



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/>