



Term 1 - Issue 8
March, 2020



FROM THE PRINCIPAL

I would like to take this opportunity to thank all staff, students and the Seymour FLC community for your continued cooperation, support, understanding and commitment to our College throughout this first term. There has been a great deal achieved this term and I wish to thank all staff for their cooperation and patience. Well done to students on their support with the mobile phone policy.

COVID 19 has certainly demanded our attention and based on what has been relayed via the media and Department of Education Updates I think it is wise to provide clear information about immediate and medium actions our school will be pursuing in the light of this never before experienced situation.

The parent teacher Interviews scheduled for Thursday 26th March will now be conducted by phone. Your child's mentor will be inContact before Thursday to arrange a time for this to happen.

Given the temporary closure of now three secondary schools in Victoria we need to be aware that we may face a similar situation here. We have the capacity to run our schools virtually. We are in a position for our students to continue their academic program even if they are isolated at home. In the event of a temporary closure the learning program will continue but virtually from home. It will NOT be an extended holiday!

Below is a link to information that may assist you if your child is anxious regarding the current pandemic.
Headspace has provided the resources below that you may wish to use with your staff and families:

Reach Out Schools – <https://schools.au.reachout.com/natural-disasters/dealing-with-bad-world-news>

Australian Research Alliance for Children and Youth (ARACY)

How to talk to your children about coronavirus – Worried about your child getting coronavirus? Here's what you need to know – The best way to avoid COVID-19 infection (and infection with any other respiratory virus) is by washing your hands with soap and water, using a tissue or the crook of your elbow to cover your mouth when you cough or sneeze and by avoiding close contact with others who are unwell.

IMPORTANT DATES

MARCH

27th – Last Day of Term

WELCOME

We would like to take this opportunity to welcome those students new to the school.

Star-Lee
Ethan

See link below for headspace's new factsheet regarding Covid-19
<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

As you would understand this is a continually changing landscape and we are being updated of changes and requirements on a daily basis. Significant changes will be brought to your attention as soon as we are informed.

I hope you all take the opportunity to have a safe, relaxing and well-deserved break over the next two weeks.

Shane Elliott

Campus Principal.

ART

Students have worked diligently in art, many have been planning and beginning PDS projects to contribute to their VCAL certificates. Group activities are part of building personal skills, and we have shared co-creating which is not about making masterpieces, but seeing what happens when we all work on something together (see image below). It can bring up new experiences, surprises, and highlight skills students already have.

An incursion will be offered in May 14th for students to go to Benalla to create art with students across campuses, for our own exhibition on the poles in our yard. Our woodwork teacher Dean will be combining with our art by constructing a greenhouse at the edge of our Memory Change Tree sculpture (see image below). The plan is that many contributors will create our own outdoor gallery space.



Group artwork



Outdoor gallery space with greenhouse



Splattering background

WRS – THE WIGGLE INN

Students undertaking VCAL Work Related Skills have been continuing to set up their Composting Project, The Wiggle Inn, where they will be creating compost using community sourced green waste. While there was a small delay in receiving the items we needed to begin the physical composting part of the project the students have been completing lots of tasks to work their way through a number of learning outcomes.

This past few weeks we have focused on employability skills and individual values. The students have done an amazing job and have shown remarkable team work and communication skills when completing set tasks.

Next newsletter we look forward to sharing our logo with you.



COOKING

Monday and Wednesday's cooking lessons are going amazingly well. Students have created a number of yummy dishes and have showed development in a number of skills.

We all thank them for providing us with lunch options on those days. We also thank Sue and Tanya for ensuring the pantry is stocked with all the items we need.

Here is a small sample of some of the amazing dishes the students have produced over the last month.

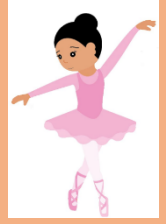


GUESS THE STAFF MEMBER

We all have dreams about possible future career pathways. But how many of them come true????
Below is a list of occupations. Can you guess which staff member wanted to be.....



- **An author or a vet** _____
- **Police officer and meteorologist** _____
- **A mum to 16 children!!!** _____
- **Dancer or teacher (primary, swimming, art)** _____
- **Doctor or sprint car driver** _____
- **Intergalactic smuggler** _____



MINUTE TO WIN IT



'Minute To Win It' is a fun game challenge held at lunch time on Thursdays. Come and have a go, have a laugh and see if you can be the weekly champion and win the prize. Who will top the leaderboard???

DOUBLE TROUBLE:

Student Winner: Seth

Staff Winner: Shane

FAST FINGERS:

Student Winner: Sophia

Staff Winner: Di

CUP FLIP:

Student Winner: Harry

Staff Winner: Tanya



IN COMMUNITY NEWS

Setting an example

Seymour Flexible Learning Centre student Sophia Loukas was the recipient of the first Chloe Morse citizenship award.

The award was created to recognise a student within Seymour FLC that showed many of the same characteristics and qualities as Chloe, who passed away after a battle with acute lymphoblastic leukaemia late last year.

"Chloe was not only an engaged student within the school, she was also engaged in the community," Seymour FLC teacher Jana Ash said.

"While fighting leukaemia, Chloe still represented the youth with her involvement in Mitchell Shire Youth Council.

"She was kind to all students and staff at the school and even when she was fighting hard to beat such an aggressive disease, she would go out of her way to support others, and not show her struggles.

"Chloe was thankful for every opportunity she was given and appreciated the friends and family she had around her."

Chloe's mother Kristy Morse said Chloe suffered many setbacks and infections during her illness, but always made time for others.

"She often took the younger ones suffering the same illness under her wing," she said.

"Chloe had such strength, courage and empathy, qualities I will always admire and be proud of. Chloe fought hard during her illness and she will always be a warrior and a hero in my eyes."



Honour: Seymour Flexible Learning Centre student Sophia Loukas is presented with the first Chloe Morse citizenship award by teacher Jana Ash and principal Shane Elliott.

Sophia is preparing to undertake a traineeship at Seymour Health with hopes of one day becoming a nurse.

"I'm extremely proud to be the first recipient of the award, especially with it being in memory of someone as amazing as Chloe," Sophia said.

"I've loved my time at Seymour FLC. They take time to get to know you and I feel like I'm cared about."

"I've been involved in leadership programs and a heap of other things that has pulled me out of my comfort zone."

Principal Shane Elliott said Sophia had proven to the Seymour FLC staff and student body to be kind, strong and committed to supporting the people around her while excelling in her secondary education.

"Sophia shows strength, commitment and continues to put friends and family first, even when she also has her own struggles," he said.

"She is always willing to be engaged within school and community activities, even when those activities sometimes push Sophia out of her comfort zone."

SCHOOL DRESS CODE

A friendly reminder that even though we do not have a set uniform here at Seymour Flexible Learning Centre we are still a place of education and therefore we must adhere to some dress guidelines.

Remember:

Your clothing **SHOULD NOT** be revealing in any way.

You should also be wearing closed toe footwear at all times. No slides or thongs are appropriate.



GYM

Every Friday morning, students have been heading to the Seymour Leisure Centre for a 1 hour session in the gym. Students have been using a range of different exercise equipment and are starting to develop their own individual workout plan. The program is off to a great start, with all students engaging and putting in some fantastic work!

All students are welcome and encouraged to join the gym program. There are still a few spots left so if anybody is interested, please speak to Ash.



DUNGEONS AND DRAGONS

Each student has created their own character and have begun their D&D campaign. The group is currently in the town of *Vallaki*, one of the larger settlements in the realm of *Barovia*. Together, they have dealt with the corrupt mayor of the town and are now gathering provisions before travelling to the next region. Students have been working well as a team and are prepared to tackle the next challenge together!

DUNGEONS & DRAGONS



Most of us have now completed our second piece of writing for VCOP, our narrative. Teachers are impressed with some of the amazing stories we have read over the last few weeks. Students are now in the process of editing their work as necessary and setting themselves some goals to continue to improve their writing.

V- VOCABULARY
C- CONNECTIVES
O- OPENERS
P- PUNCTUATION

ATTENDANCE

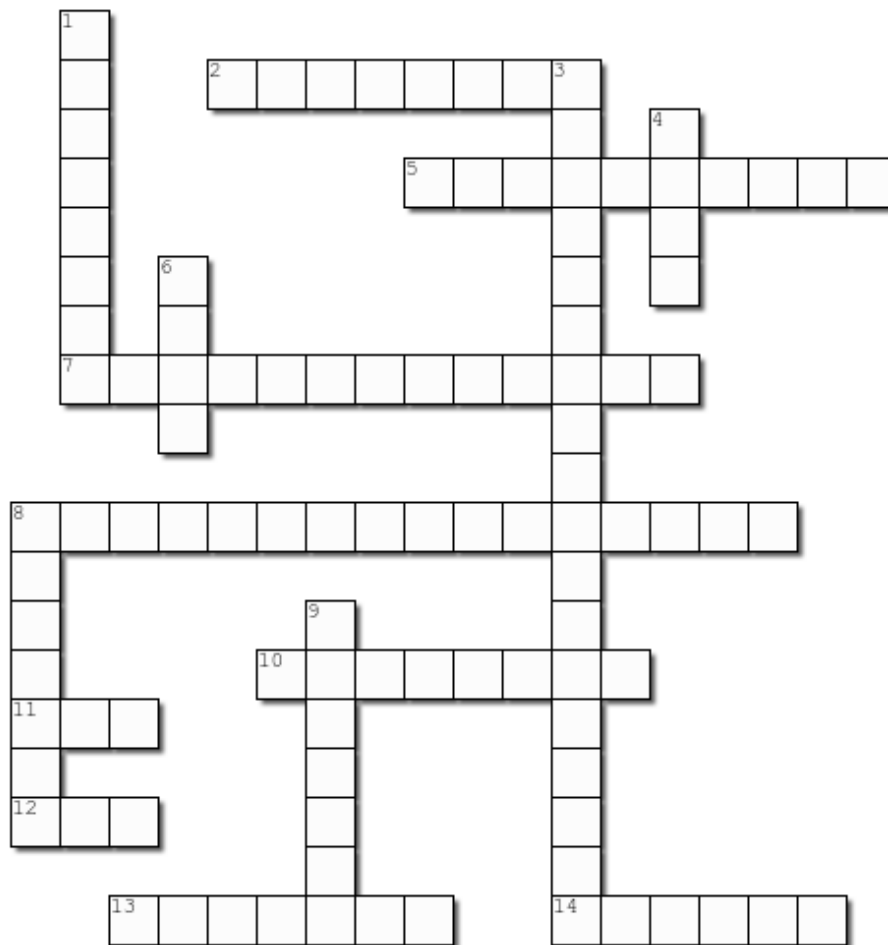
We love celebrating the success of our students. This term attendance by a large number of our students has been fantastic, well done to all those who have been attending regularly.

A special mention goes to Hayley and Seth who have had 100% attendance this term. Well done to you both!

Thank you to Vikki for her amazing contribution to this issue of the newsletter. Can you solve the puzzle???????

Name: _____

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. The worst AFL club in the league, currently supported by Shane
- 5. Words like 'and,' 'so,' 'then' that makes a simple sentence longer
- 7. Awesome games run by Emma on Thursdays at lunch
- 8. What we work on with Jana to map what happens when we leave school
- 10. Hands-on elective that is offered on Thursday afternoons
- 11. Where the school bus stops to pick up students in the morning
- 12. Sporty class offered by Ash on Fridays
- 13. What we apparently eat for breakfast and lunch at SFLC
- 14. The first thing every student does when they arrive at school

Down

- 1. Where slippery creatures live, eat scraps, and create compost
- 3. Role-playing elective offered by Jack
- 4. A new writing framework being used at school this term
- 6. Rumour has it this person is made up of 90% coffee
- 8. What students do in the kitchen with Sue
- 9. Food scraps and garden waste are combined to make this

It's a word you might have heard at school or online or T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people sick.

Coronavirus Facts



*Corona is Latin for crown.

*Under a microscope these viruses look like a crown with spikes ending in little blobs.

A lot of the symptoms are similar to the flu (which you might have had before!)



Dry, itchy cough Fever kinda hard to breathe

Most people who have gotten sick with this coronavirus have had a mild case.

And there aren't a lot of cases in kids. If kids do get the virus, it tends to be very mild.



People who are much older or who already have health problems are more likely to get sicker with coronavirus.



If anyone gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.



In the U.S., we don't have a lot of coronavirus cases. Medical people are tracing the disease very carefully and are trying to make sure it doesn't spread.



If there's anything you might be confused or worried about, don't be afraid to ask someone you TRUST.



There are some things you can do to protect yourself, family and friends from getting sick.

1) WASH YOUR HANDS OFTEN

- USE SOAP AND WATER
- WASH FOR AT LEAST 20 SECONDS IF IT HELPS, SING (THE ABCS) WHILE YOU DO IT—THERE'S ABOUT 20 LETTERS.
- WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR AIRPLANE).
- TRY TO GET INTO ALL THE ROOMS & COUNTRIES!



2) SNEEZE INTO YOUR ELBOWS

- CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR NOSE.
- IF YOU SNEEZE AND YOU DON'T, YOU CAN PREVENT YOUR FLUID FROM GOING INTO THE AIR AND INTO THE EYES.



3) AVOID TOUCHING YOUR FACE

- DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T TOUCH YOUR EYES.
- THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



It's very important to remember that this kind of virus can affect

ANYBODY.

It doesn't matter where you come from or what country your parents are from.



Just because someone looks different or talks differently doesn't mean that they are at a higher risk of getting the coronavirus or spreading it.

AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.



But seriously, though...
PLEASE wash your hands!!!