



Term 3 - Issue 1
7th August, 2019

FROM THE PRINCIPAL

Welcome to the first edition of our Newsletter for the Seymour Flexible Learning Centre. Thank you to Melissa and Carly for working with students to create our Newsletter.

The campus newsletter will be published each fortnight and I ask you to please check the information regarding important dates, activities and, enjoy the reports of the wonderful things your students are doing at the centre. The newsletters will be posted onto the school webpage, as soon as the construction of that site is completed. The webpage will also include information about the Seymour FLC, the staff, career opportunities and staff and student reports.

2019 has begun with a bang and we have enjoyed a largely positive commencement to our school year. New members have hit the ground running and the school is a hive of activity. Many of our students have partially completed VCAL and we hope to see them complete those studies this year.

There have been a number of excursions and activities happening in the classrooms. The Seymour FLC principal moved on in early term 1 and this gave me the opportunity to lead the school. I am really enjoying this role and working with staff and students.

Should your child be unwell and unable to attend school, please contact your mentor or the office and leave a voice message or a text message on the morning of the absence.

This year our School will complete a College review and write a new strategic plan for the next four years. This four-year plan helps to guide our constant improvement and ensures we measure our school's growth and performance. We want to continue to improve to offer the best education and growth for our students. On the 12th September we will have visitors at the School to talk to staff and some of the students. If you or your child have any concerns with this please feel free to contact me to pass on your concerns.

The Seymour FLC actively promotes the safety of all students and all staff are committed to protecting students from abuse or harm in the school environment in accordance with their legal obligations including Child Safe Standards.

I wish to thank staff and students for a great start to 2019.

Shane Elliott
Site Principal.



ANNOUNCEMENTS

Welcome to our new students this term:

Max

Tobias

Nathan

Lily

Important Dates:

AUGUST

22nd – The Truth About Drugs Workshop
(5 weeks)

SEPTEMBER

2nd-8th Self-esteem awareness week

4th – CI Card Training

12th – Are you OK day

18th – Edgars Mission Lunch Fundraiser

20th – Last day of term 3

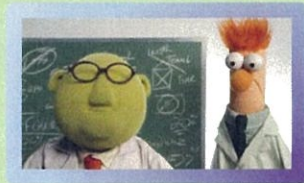
OCTOBER

5th-13th Mental Health Week

14th - Vaccinations

SCIENCE WITH DEAN TUESDAYS 1:45

Please see Dean if you are interested as places are limited.



CANS FOR SUCCULENT VCAL PROJECT

We are currently working on a project for VCAL PDS where we pot succulents in plants for Goulburn Options to use as part of their social enterprise. Read more about our project below.

We need at least 85 empty cans!

We are seeking more cans. So, if you have any clean cans don't put them in your recycle bin. **Donate to us.** You can bring them to the front office for collection.

THANK YOU



One the Bear Excursion

What a performance! So many ways of interpreting this energetic hip-hop theatrical production. On the 8th of August Dean, Connor, Lockie, Andy and Jenni joined with Shep Flexi students to travel to the Melbourne Arts Centre for a fantastic thought-provoking performance. The trip down was uneventful, apart from seeing a rather large rat mingling with startled pedestrians on a city footpath. The sights you see in the big smoke! Sadly, we also observed several homeless people, complete with their worldly possessions, huddled close to the Swanston St shop fronts. But back to the bear...

Hip hop theatre for radical hearts.

Written wholly in rhyme with infectious beats, neon projections and powerful performances, enter a stunning dystopic world that's gone wild with celebrity.

One the Bear is a game changing production for young people and audiences with curious minds. Pushing the boundaries of form, style and storytelling, this brave new work of hip hop theatre is guaranteed to burst your senses and expand your mind.

This is the story of a young bear who wants more for her tribe. Set in a rubbish tip, where garbage sparkles and catches on beams from broken streetlights, One (Candy Bowers) and her best friend, Ursula (Ashleyrose Gilham), get up to mischief, spit rhymes and mourn the dank life they lead. The two orphan cubs rail against living under Hunter law and dream of the days when bears were free; eating fresh fish rather than packaged fish-fingers.

But what happens when One is given the opportunity to speak for her community? What happens when fame knocks at the door?

Exploring themes of identity, body image, fame, friendship, oppression, colonialism and celebrity; this work was created by real-life sisters Candy Bowers and Kim Busty Beatz Bowers who together have been creating award-winning innovative theatre for over 15 years.

It was a very enjoyable performance. Andy did a great job of finding somewhere for lunch. The day ended by travelling back to Seymour on the train. Thanks to Connor, Lockie and Andy for being great excursion participants and for Shane for organising the day.
Jenni



Staffing at Seymour FLC

- Shane Elliott -Principal
- Carly Charters- Leading Teacher
- Vikki McNaughton - VCAL Coordinator
- Dale Knight -Teacher & Mentor
- Dean Ramsbottom- Teacher & Mentor
- Jenni Bannister- Teacher
- Mike Bannister-Teacher
- Melissa Wood- Teacher & Mentor
- Robin Shipard- Teacher
- Jana Ash – Pathways and Careers
- Tanya Angeli – support Staff
- Chris Lusted- Support Staff
- Sue O' Keefe – Support Staff
- Jack Angeli- Support Staff
- Emma Sears- School Nurse
- Stephen Gibb- Welfare (Bridge Worker)

YEAR 9

This term in Literacy/ Humanities we have been looking at compelling stories. So far we have looked at a number of inspiring individuals from around the world. From Isatou Ceesay in Africa, who recycled plastic bags into purses and baskets to help reduce the amount of dumped plastic waste, to Toru Oki in Japan, who saves dogs who are to be destroyed and trains them as therapy dogs (just to name a few). We have now switched our focus to looking at those individuals who lived during and after the colonisation of Australia and through the early years of Australia's history.

In Numeracy we have been looking at Number, Pythagoras and Trigonometry. We have also been completing some problem solving tasks.

Each Wednesday we work together to prepare a staff lunch. So far we have cooked a range of different dishes, tried a few new foods and learnt some new techniques. We price the cost of our dishes per person and are working on obtaining an online food safety certificate.

Melissa



VCAL PDS - GO SUCCULENTS

This term our VCAL students have started a partnership with local disability organisation Goulburn Options. The team at GO have decided to start a new project to replace their 'GO Floral' enterprise, where instead of providing flowers to local businesses on a weekly basis, they will be distributing succulents in handmade pots. SFLC students have been recruited to help start the rejuvenated business. The Tuesday PDS classes have therefore been busy collecting and cleaning cans and succulent cuttings, and this week we have been painting the pots and getting them ready for planting. The pots are looking fantastic, and it has been great to see the project gain momentum over the last couple of weeks. Don't forget to wash, keep and bring in your cans from home! We are still well short of our target of 80 vases for our first lot of donated pot plants. We are also on the lookout for a bigger variety of succulent cuttings, so if you can get permission to donate some from your yard at home or from the gardens of your friends/families' places, that would be great!

Vikki



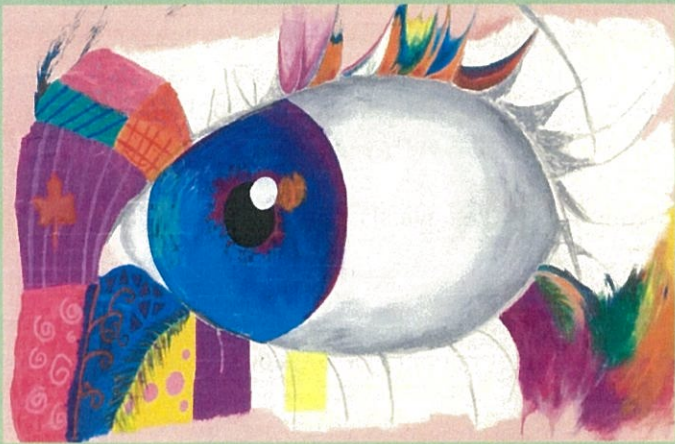
Equine Industry Immersion Day

On Friday 16th August a small group of students and staff attended the Equine Industry Immersion Day held at Tatura Park Complex. The day was organised and run by the Career Education Association of Victoria (CEAV) and showcased the vast array of jobs and careers that fall under the equine industry. It was an excellent day out, with knowledgeable presenters and displays of fantastic horsemanship. It also provided the students with the opportunity to discover potential jobs and career paths in an industry that they love. Hopefully in the future we will have the opportunity to attend immersion days focussing on many other industries. I would encourage all students to attend.

Dale and Jana



ART



CAREERS

Coming Up- Construction Induction Card 4th September ALL DAY. Come and put your name on the list, located in the front office. Great card to have if you are interested in the Building and Construction Industries, or to have on your resume. For more information, please see Jana.



SCHOOL NURSE - EMMA

Coming up- Self-esteem awareness: Love Your Body Week September 2nd-8th

How we feel about our body affects a lot of people regardless of being a woman or a man.

People often feel very negative about their body and often focus on the negative aspects. Challenging how we perceive our body is what the Butterfly foundation is focused on. It's trying to encourage people to celebrate how amazing and capable our bodies are and to find the positives.

Love Your Body Week is an annual campaign of the Butterfly Foundation and asks people of all ages to:

- reflect on the relationship they have with their body
- celebrate the amazing things their body can do!

This campaign promotes body acceptance and diversity, while encouraging people to engage in behaviours that are positive and respectful to themselves, their body and also to others.

Love Your Body Week also encourages people to consider the language they use around appearance, body shape and size and to see their worth as a person, well beyond how they look!

Love Your Body Week provides a great opportunity for parents to talk to their child about feeling good in their bodies. If you would like support in encouraging a healthy body image for your child, the Butterfly Foundation has produced a 'Tip Sheet' for parents

thebutterflyfoundation.org.au/LYBWSchoolresources

Sexual Health: Sexually Transmitted Infections (STI)

- Chlamydia is the most common STI in young people
- It is a bacterial infection of the reproductive organs (uterus, cervix, fallopian tubes, testicles, penis etc)
- Chlamydia is spread by unprotected sex- sex without a Condom
- Testing involves seeing a GP/ sexual health clinic, it's a simple urine (Wee) Sample
- Chlamydia responds effectively and quickly to a single dose of antibiotics
- Most people infected with Chlamydia have no symptoms at all
- Chlamydia can cause infertility (unable to have a baby)
- If you have Chlamydia it is important to tell your sexual partner/s
- <http://letthemknow.org.au/> is an anonymous service to send a text to your partner/s
- Always use condoms – they are available for free at the Flexi (there is a dispenser in the toilets)

WHO CAN HELP?

- Emma – School nurse on Thursdays
- Your GP/Doctor
- Family Planning Victorian Action Centre – Melbourne CBD
Clinic hours: Mon-Fri 8am-6pm Telephone: 03 9660 4700 or 03 9257 0100
<https://www.fpv.org.au/our-reproductive-and-sexual-health-clinics>
- Melbourne Sexual Health Centre – Located at:
580 Swanston Street
Carlton Victoria 3053
<https://www.mshc.org.au/AboutUs/Costsandserviceinformation/tabid/1119/Default.aspx#.XV4OTOgzblU>

DUNGEONS & DRAGONS

Dungeons & Dragons sessions Fridays at 12:45 – see Dean for more information.

