



Term 3 - Issue 2
5th September, 2019



FROM THE PRINCIPAL

As we near the end of term 3, it is important to look back at the achievements of our students.

The front wall of our centre is now covered in the fantastic artwork done by students, and our garden beds are really starting to look great with new plants going in. Some students are completing their first year of VET subjects and others are completing their VCAL units in preparation for them to graduate.

There have been a couple of excursions this term, and I encourage as many students as possible to "put their name down" to attend future trips.

I would like to point out that reports that come back to our Centre from the places our students visit all comment on the manners, good attitude and excellent behaviour of our students. We know how great they are but it is pleasing to know people outside education can see this too.

Last week I was privileged enough to sit in the Truth About Drugs program ran by Jana and Steve. The program is very informative and students were engaged. Thanks to Jana and Steve for organising and running the program for the students.

Thank you to all staff and students for all you do for our school.

Shane Elliott
Site Principal.

ANNOUNCEMENTS

Welcome to our new students:

*Amber Young
Lilly Petter*

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

7th – Term 4 Begins

14th – Vaccinations

SCIENCE WITH DEAN TUESDAYS 1:45

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



REMINDER

There is a washing machine and dryer available for student use. See a teacher privately if this is something you may be interested in.

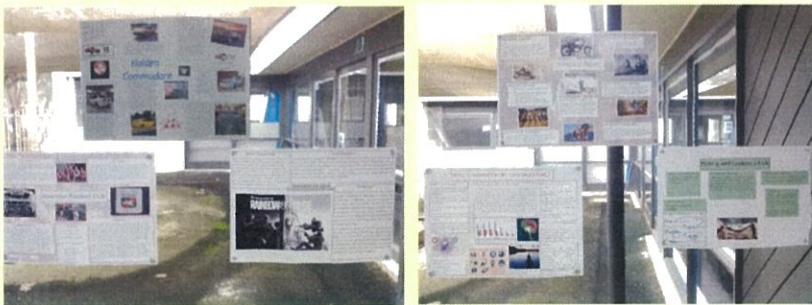


DEAN

Digital Poster Task

Over the past number of weeks students in Dean's classroom have engaged in some inspired learning. Each student has been able to choose a topic of interest to develop a digital poster presentation around. The students have presented some exceptional work and the posters are quite eye catching. Topics covered include; motocross racing, Holden Commodores, the importance of mental health, how to fish like a professional, a brief history of the Essendon Football Club and an overview of the video game "Rainbow Six Siege".

The quality of submissions was impressive and students combined learning literacy skills with becoming more familiar with Microsoft Word. Wander into Dean's room and have a look at the awesome presentations.



WOMEN'S HEALTH WEEK

Women's Health Week runs from September 2 – 6.

The two biggest barriers for women not maintaining a healthy lifestyle is 'lack of time' and 'health not being a priority'.

Women's Health Week is the time to do something for your health and start making positive changes that can last a lifetime.

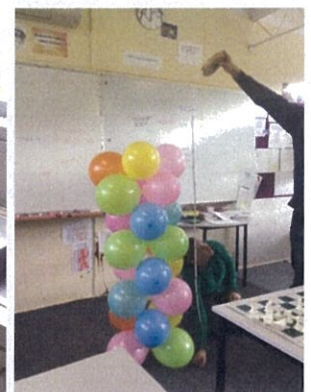
Jean Hailes for Women's Health ran the very first national Women's Health Week in 2013. Last year, more than 85,000 women participated in more than 2,100 events.

Jean Hailes provides health information and free resources to support women across Australia.

Visit the website jeanhailes.org.au for more information about women's health.



AROUND THE FLEXI



Chittick Park Development Program

The Chittick Park Development Program included students from the following schools: Seymour Flexible Learning, Broadford Secondary College, St Mary's College, Yea High School and Assumption College. Connor and I were selected from here. All student representatives got together to come up with ideas of how we can transform Chittick Park into a fun and safe space for families and friends in our community. Although a few students left the program in the first few days, we all put our heads together and came up with what I say was a pretty good proposal for the Mitchell Shire Council. We visited different youth spaces such as playgrounds and seated BBQ areas for ideas to add to the park. It took a lot of hard work and thinking to come up with our final result but we got there and had a lot of fun working with different people and exploring new ideas.

Maddi



ART

We have two student artworks going to Shepparton for the 'Fear and Monsters' exhibition. We will be having an excursion to see it on September 6th. If any students are interested please see Shane. We had two students complete their

addition to the shared mural at the front of our school, both were stencils and add a new dimension to the mural. Well done to all.

Robin

CAREERS

Well done to all the students who completed their Construction Induction card yesterday, 4th September.



SCHOOL NURSE - EMMA

Sexual health check-up/ testing.

1. If you are sexually active you should have a sexual health check-up and STI test EVERY 3 months especially if you have different partners.
2. Often STIs have no symptoms – so you have no idea you have an STI
3. Chlamydia can be tested for with a simple urine/wee sample.
4. Sometimes the Dr or sexual health nurse may recommend a blood test.
5. If you are worried about an STI- do not have sex until you have been tested.
6. If you have a positive test it's important to tell your sexual partners so they can get tested.
7. Remember- CONDOMS and dental dams are the only thing that helps prevent STI's.

When one person does not agree to sex

As well as age limits, the law says that two people can't have sex unless they both freely agree (consent). If you don't freely agree and someone threatens you to engage in a sexual act or touches you sexually or indecently they are breaking the law.

If someone has sex with you or touches you sexually when you are asleep, unconscious or so affected by alcohol or drugs that you are not able to freely agree, it is still a sexual offence.

Young people and contraception – legal aid Victoria.

If you're under 18 you may be able to get contraception, like the pill, from a doctor or sexual health clinic. This depends on whether the doctor thinks you're mature enough to understand what you're doing and to use the contraception properly. Make sure you know your doctor's rules about confidentiality. You can buy condoms at any age – there are no restrictions. Most chemists and supermarkets sell them.

Pregnancy

It's important to know that you have options if you have an unplanned pregnancy. A counsellor, nurse or doctor can help you think through your choice. These can include:

- Going ahead with the pregnancy and keeping the baby
- Going ahead with the pregnancy and adopting out the baby
- Having an abortion.

Medical and health professionals shouldn't judge your situation. Your decisions should be private. If you're not happy with the medical or health professional you're talking to, you can get a second opinion or make a complaint.

DUNGEONS & DRAGONS

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



SEX ED

Today, Thursday September 5, Emma (school Nurse) ran her first lot of Sexual Education sessions at the Seymour Flexible Learning Centre. The focus of today's lesson was Conception, STI's and Contraception.

THE TRUTH ABOUT DRUGS PROGRAM

This week was the third week of the Truth About Drugs program, run by Steve and Jana.

Over the past 3 weeks we have covered topics including;

- What is a Drug?
- Marijuana
- Alcohol.

The program will continue to run for another 2 weeks.

DALE

Students this term have been working with me on numeracy and work-related skills. We currently have a class project to construct some nesting boxes for native birds, and have been completing work leading up to the construction phase. Students have taken part in a team building exercise where they paired up and built a device to enable an egg to survive a 2.4m drop to a concrete path. We had 3 very different designs, a 'box', a shock absorbing frame, and wrapped design. On this occasion simplicity turned out to be the key, and the egg wrapped in a mat of straws was the victor. Robin was also kind enough to invite us over to incorporate art work into our WRS lesson. Robin taught us how to draw, and paint feathers. We used native birds as inspiration for the drawings and discussed what medium (pencil, wax crayon or water colour) we preferred.

HYGIENE AND THE WARMER WEATHER

Reminder about the joys of adolescents/ teenager- with changes to your hormones and sweat glands you might experience body odour. This occurs due to bacteria growth in your arm pits and groin. Sweat is a normal function to help cool our bodies. Keeping clean is important for your physical and emotional wellbeing.

Things to help- shower regularly with soap/body wash

- Wash under your arm pits
- Wash your groin/genitals and rinse the soap off well.
- Wash your clothes including underwear daily
- Use deodorant
- Clean your pyjamas and bed sheets
- Wear clean socks
- Wash runners/shoes in washing machine and dry outside.

Emma

CUSHION SEWING WITH SUE & CARLY

We have been learning to sew through making some cushions. If you are interested in learning to sew and making a cushion please see Carly.

