

92-100 Wilmot Rd, Shepparton, VIC 3630

Email: shepparton@nefln.vic.edu.au

Website: www.nefln.vic.edu.au/shepparton

Phone: 0427 877 113

Newsletter

Dear SHFLC Community,

What a great year 2024 has been!

When I reflect, I realise the broad range of programs and learning opportunities that our students have engaged in. We have been fortunate to run several programs throughout the year, including our hands-on learning opportunities. These have included building a chook shed and garden shed, weekly cooking sessions, gardening, and barista training.

We have also connected with a variety of community-led activities outside of the school, including *Riding for All Abilities*, *Sailability*, *Are-Able*, the *L to P Program*, and *Pitstop*. Various guest speakers have come on-site to present to our students, covering a wide range of topics and providing valuable learning experiences. Topics covered by guest speakers have included *Safe Partying*, *Looking After Your Mates*, *Respectful Relationships*, and more.

We have witnessed our students participating in and gaining skills from various courses. These have included *First Aid*, *White Card*, *Teen Mental Health First Aid*, *RSA* (Responsible Service of Alcohol), *Barista Training*, and *Health and Hygiene Practices*.

I want to acknowledge and thank the staff for their incredible work, their genuine care, and the passion they bring to their roles every day. Our students are lucky to have such caring and dedicated staff who share a belief that our students matter and deserve to feel a sense of belonging.

I also want to acknowledge and thank the parents, guardians, and agencies who support our students to engage and be a part of our school. Your belief in and support of our school goes a long way in helping our students feel valued and capable of achieving success in so many ways.

Finally, I want to thank our amazing students. You inspire us every day, and we are in awe of your achievements. We are proud of you and grateful for how you contribute to making our school such an incredible place.

Enjoy the holiday period, Christmas celebrations, and some well-deserved rest. We look forward to welcoming you all back in 2025!

Michelle Sheehan

Site Principal

A campus of:

Wodonga Senior Secondary College

Every Student, Every Opportunity, Success for All






Student Absences

Schools must:

- ♦ Have an Attendance Policy as part of their Student Engagement Policy
- ♦ Maintain attendance records
- ♦ Identify and follow up unexplained absences
- ♦ Record student attendance twice per day in primary schools and in every class in secondary schools
- ♦ Record, in writing, the reason given for each absence
- ♦ Advise parents/carers of unexplained absences, as soon as practicable on the same day of the absence, including for post-compulsory aged students.

Contacting the school.

-  Ring the school office from 8.30am 0427 877 113.
-  Text the school on 0427 877 113.
-  Send an email: shepparton@nefln.vic.edu.au

Please phone/text your student's teacher or reception to inform us of any student absences. If we don't hear from you then we are required to contact you.



In Victoria, a person must not smoke or vape on school premises or within 4 metres of any pedestrian access point to school premises.

The prohibition on smoking includes vaping and applies whether or not the e-cigarette contains nicotine.

Cigarettes and e-cigarettes cannot be sold to people under 18 years of age.

It is a legislative requirement that schools must display suitable No Smoking or Vaping signs at all pedestrian access points (entrances) to the school grounds.

The legislation defines smoking to include e-cigarettes.

Smoking and vaping are not permitted during school events and excursions held off school premises.

Mobile Phone Policy



Students who bring mobile phones to school must have them switched off and securely stored during school hours.

For the purpose of this policy, a mobile phone is a telephone with access to a cellular (telecommunication) system, with or without a physical connection to a network.

Exceptions to the policy may be applied if certain conditions are met. Exceptions can be granted by the principal, or by a teacher. Exceptions must be documented.

Schools must provide secure storage.

Schools are required to develop a local policy on students using mobile phones, which must include how this ministerial policy will be implemented and may include other personal devices in addition to mobile phones.

Schools will manage non-compliance with their local mobile phone policy in accordance with their existing student engagement policies.

Schools should review their local policy as part of their regular cycle of review for school policies.

Respectful Relationships

Shepparton Flexible Learning Centre is a Respectful Relationship Partner school. Respectful Relationships is a state government initiative that supports schools to promote and model respect, positive attitudes and behaviours. It teaches our young people how to build healthy relationships, resilience and confidence. It supports young students in dealing with a range of challenges they may face and covers topics including being respectful, resilient, engaged at school and being confident within themselves. Respectful Relationships promotes equality and helps students learn how to build healthy relationships.



Chidsafe Policy

Child safety and wellbeing at Wodonga Senior Secondary College (Shepparton Flexible Learning Centre): information for families and the school community

Last year, the Victorian Government announced new [Child Safe Standards](#) to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Wodonga Senior Secondary College (Shepparton Flexible Learning Centre) has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to view on the [Shepparton | NEFLN](#)

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices.

If you have any suggestions, comments or questions about Child Safety at Wodonga Senior Secondary College (Shepparton Flexible Learning Centre), please contact the school office.

Mental Health Services and Support

Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au	QLife LGBTI peer support and referral 1800 184 527 (9pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au
headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) headspace.org.au/headspace (online chat 24/7)	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

be you | **Beyond Blue** | **Early Childhood Australia** | **headspace** | **Australian Government Department of Health**

School Saving Bonus

Dear parents and carers,

In Term 4, 2024, families with a child enrolled in a government school from Prep to Year 12 in 2025 will receive the one-off \$400 School Saving Bonus. The email will be from Department of Education Victoria titled “Your \$400 School Saving Bonus”, please check your email junk folder.

The \$400 School Saving Bonus provides families with support for education-related costs, such as school activities and/or school uniforms and textbooks.

The School Saving Bonus is not available for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

Actions for parents and carers

Before 18 October 2024, the Department of Education is asking parents and carers to:

Complete enrolment: If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025. For more information, read about [Enrolling in School](#).

Check your contact information: Ensure your email address and phone number is up to date with us. You can check this information by contacting us directly.

We need to ensure your contact information is up to date as the Department of Education will email you twice:

- in October, to verify your email address

- in November, with your \$400 School Saving Bonus and access to an online system.

Please check your junk mail regularly to make sure you do not miss this important email. If you require further assistance please contact Deb in admin on 0427 877 113.

To learn more about the School Saving Bonus, download the

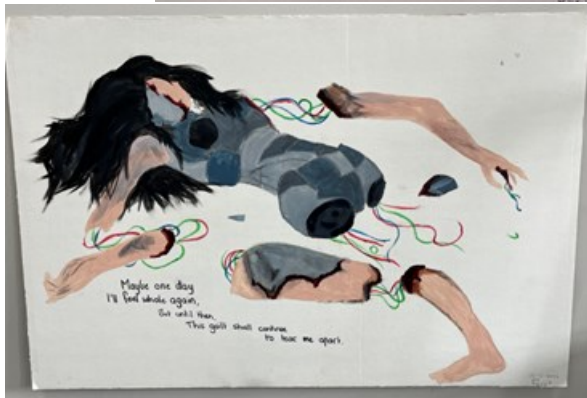
[School Saving Bonus Information sheet for government school parents and carers](#)

or visit

vic.gov.au/school-saving-bonus.

Art Exhibition

In the Spotlight



Celebrating Student Achievements

2024



flexible
Learning Centre

The Shepparton Flexible Learning Centre Community congratulates the below students for completing their chosen VET studies with us this year.

We are immensely proud of you all.

Certificate II Animal Care

Harley

Emily

Lakita

Certificate II Active Volunteering

Cipher

Certificate II Workplace Skills

Felix J

Certificate III Equine Studies

Sienna

GRADUATING CLASS OF 2024 Congratulations

The Shepparton Flexible Learning Centre community congratulates the below students who have finished their final years of secondary schooling and move onto further studies or employment opportunities.

Harley

Nathan

Talun

Tayem

Bailey P

Ben

Annie

Troy

Lennie

Emily

Jesse

Tyzak

Olivia

Rhiannan

Braydon

Billy

Catherine

Landden

Seth

Mikeala

Careers

Let's reflect on the year that was and touch on the massive importance of positive career engagement through activities and excursions.

Secondary school is more than just a place for academic learning; it's a platform for exploring passions, discovering strengths, and building the foundations for students to explore pathways to a fulfilling career. Participating in activities and excursions provides students with unique opportunities to engage with the world beyond the classroom.

Whether it's through Career Expo's, industry visits, short courses, work experience, they offer a glimpse into different career paths and help students understand where their interests, talents and passion truly lie. By actively participating in these opportunities, students gain practical experience, nationally recognized qualifications, make valuable connections within our community, and build on their skills for future success in the years to come.

I'd like to acknowledge the careers events and activities students participated in this year.

GOTAFE taster day

Army work experience day at Puckapunyal

L2P Program

Winton Hands on Trades Expo near Benalla

Allied Health Day at GV Health

Virtual Reality industry exploration with GMLLEN

Dookie Food & Fibre

Careers Day Out at DECA

Looking out for our Mates Driver Education Program with Bill Winters

Short courses are a valuable steppingstone towards students' future pathways, be it a short term or long-term goal. This year SHFLC students engaged in the following short courses,

First aid

Construction Induction Course

Barista

Safe food handlers

Responsible Service of Alcohol

I would like to acknowledge the 33 students that participated in one or more of the above short courses. Students have received their certificates so they aren't required come up now, but I would like to acknowledge them here.

Tiarne	Jordan L	Bailey M	Jordan W	Latrelle	Olivia
Makayla A	Shaeley	Cipher	Bailey P	Bryce	Malakai
Ella D	Lakita	Elishia	Brodie B	Josef	Connor
Jaylen L	Eve	Nathan	Deon	Will E	Felix J
Billy	Jesse	Rylin	Liam	Khai	Seth
Rhiannan	Tyzak	Kailey			

Work Experience plays a hugely critical role in helping students understand careers and the expectations in the workplace. It bridges the gap between academic learning and the practical skills required in workplace environments. Students gain real world exposure, build on and develop their skills, builds networks, improve their career readiness, build confidence and this experience helps students make informed career choices regarding their future career pathway. Integrating work experience programs into education ensures students are better equipped to navigate their careers and contribute meaningfully to the workforce.

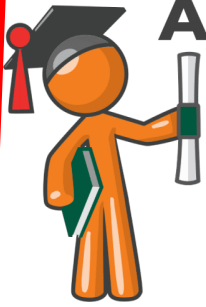
We worked with students to explore their interests and passions in a range of different industries. Work experience opportunities were then arranged with employers, with students placements ranging from 1 day a week over a term, to a full weeks work placement. The following students participated in work experience this year.

Nathan	Landden	Mikeala P	Tyzak
Brodie	Dakota	Rylin	Ella D
Landal	Eve	Glen	Olivia

So to round up careers, Thank you to our Pathways Team John, Ben, Justin and David who have also assisted students in careers space this year, I'm excited for what 2025 holds for our students and I'm looking forward to supporting our students further with exploring their career aspirations further.

Careers

Responsible Service of Alcohol



Accredited Short Courses

On Wednesday 27th November 9 SHFLC students joined students at our Benalla FLC campus to complete a RSA course, congratulations.

Partnering with campuses within our network is essential when planning to support students to gain accredited qualifications. This strengthens our partnership with staff and students can build relationships with students from our campuses as we partner for other events and activities in the future.

Students were supported to attend GOTAFE's orientation day on 27th November.

Students toured the facilities they will be attending in 2025, meeting teaching staff, getting further information regarding the support services available to students and meeting students from the region that will be their class mates during the next two years, allowing for a smooth start to 2025.



At this stage the first say of TAFE for students will be week 2, the week beginning 3rd February 2025.

If this information changes updates will be sent to parents/carers and students in week 1.

VETIS 2025

Classes for students that are undertaking VETis subjects being in week 2 of Term 1. Please see below for days and times.

Certificate II in Active Volunteering (CHC24015)

Wednesdays 9:00 - 12:30pm

Certificate II in Animal Care (ACM20121)

Wednesdays 9:00 - 12:30pm

Certificate II in Community Services (CHC22015)

Tuesdays 9:00 - 12:30pm

Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

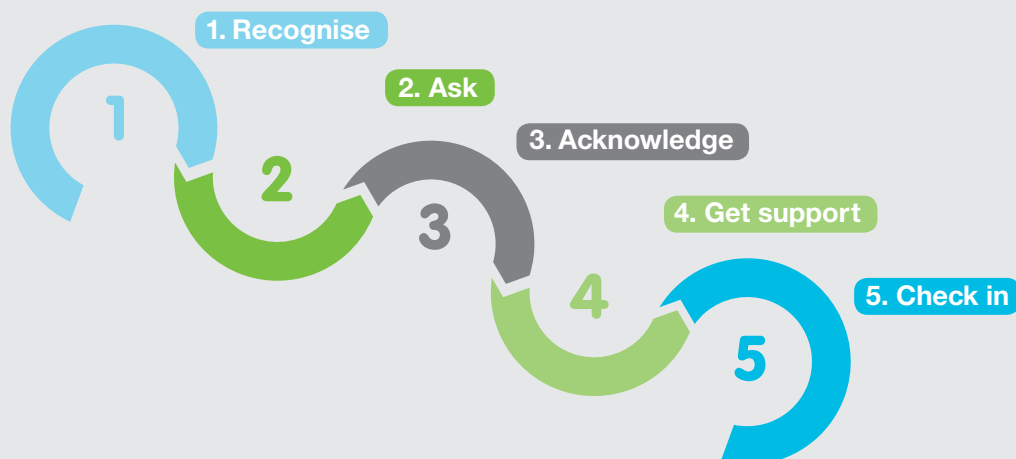
Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



Tips to help you support your young person

- 1 Recognise** their distress or concerning behaviour
- 2 Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – ehespace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.

Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890
(9am to 1am daily)
headspace.org.au

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander people

13 92 76
13yarn.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

1800 RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

QLife

LGBTIQ+ peer support and referral

1800 184 527
qlife.org.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners



Funded by



Health & Wellness

It has been such a great year for me as the school nurse returning to work at the Shepparton Flexible Learning Centre after having maternity leave in 2023. For many students I was a new face to the setting and for others it was nice to reconnect and catch up with where they are at in life and school.

Over the course of the year, I have delivered sessions to all students who attend on Tuesday or have delivered smaller workshops with select students. It has been so fulfilling to have many meaningful conversations, while providing health education with the hope that the knowledge shared will encourage students to make better informed decisions about their wellbeing.

Students participated in party ready sessions which included conversation about vaping, first aid, mental health first aid, drugs and alcohol and the effects they have physically and mentally and of course a lot of fun with beer goggles which changes the vision and makes everyone very uncoordinated. Luckily no one was injured while in use.

Respectful Relationships and Sexual Health were also a big focus over the course of the year and all students participated in a session about consent. This topic flowed into smaller group work with students reading different real-life scenarios and discussing the different issues that present. This allowed for discussions around consent, respect, setting boundaries, healthy communication, what is a healthy relationship, pornography, supporting friends and help seeking.

A few other topics touched on were RUOk? Day, sleep hygiene and sexually transmitted infections.

The students participated in all sessions beautifully, and I feel very lucky to be in the position I am to be able to support the student who attend SFLC.

I look forward to returning in 2025 and building on the health and wellbeing of our school.

Cara

Adolescent Health Nurse



**During
the**



Carols by Candlelight is a free event for the community, with food and drink available for purchase on the day.

This year we will be celebrating the 50th anniversary of the event!

Please remember to bring a rug, chair, pillow or blanket to make your evening comfortable in the garden, and importantly, don't forget that mosquitoes are out and about this time of year. Please apply insect repellent and wear loose fitted clothing to prevent being bitten.

When: Sun, 22 Dec 2024 Sunday 22nd of December, 2024, at 6:30pm – to 9:30pm

Where: Queens Gardens, Shepparton

Cost: Free

Website: greater-shepparton.com.au/carols

GREATER SHEPPARTON AND MOORoopNA NEW YEARS EVE FESTIVAL

New Year's Eve Festival with entertainment on stage, stalls, bar, rides, and fireworks.
Fun for the whole family!"



WHEN:

31 December 2024 at 6:00pm to 11:00pm

WHERE:

John Gray Oval Mooroopna Recreation Reserve

COST:

Free



**During
the**



Turtle Talk 2025

Come along and learn all about our local freshwater turtle species up close!



When:

Tue, 14 Jan 2025 Tuesday 14th of January, 2025,
at 10:00am – to 12:00pm

Where:

Cussen Park, Tatura

Cost:

Free

Contact:

Emily Lange 0488 313 152

Website:

[events.humanitix.com/turtle-talk-20...](https://events.humanitix.com/turtle-talk-2025)

Turtles Australia and RiverConnect present Turtle Talk.

Long Necked, Broad Shelled, Eastern, Western, Murray, Ballinger or Manning Rivers - learn all about Australia's native freshwater turtles at this interactive activity!

A fun, free and family friendly option for the school holidays.

This event is proudly brought to you by RiverConnect as part of the Activities in the Park program.

Registrations required via Humantix.

<https://events.humanitix.com/turtle-talk-2025>



We would like to extend our heartfelt thanks to our amazing school community for your continued support of our students throughout 2024. It truly does take a village to help our young people thrive, and we are grateful for each and every one of you.

We hope everyone enjoys a restful and rejuvenating six-week holiday, filled with beautiful sunny days and plenty of time to recharge

Reception will be closed over the holi-day break.



Learning Mentors will be in contact with students and families for timetabling appointments between 29th and 31th January.

Timetabled classes will resume Mon-day 3rd February.