

# Newsletter

Respect Resilience Reliability Resourcefulness



# flexible Learning Centre

August 2023 · TERM 3 · ISSUE 4

*From The Principal*

We are now in the final stretch of the term, with just three weeks remaining. Throughout this term, there has been a remarkable collaboration between our dedicated staff and enthusiastic students, resulting in the accomplishment of truly remarkable feats. As we reflect upon the journey so far, it is evident that this term has been filled with achievements that have been made possible through collective effort and a shared commitment to excellence.

In the event that your child is feeling unwell and cannot attend school, kindly get in touch with either your assigned mentor or the school office. You can choose to either leave a voice message or send a text message on the morning of the absence to notify us of the situation. Your prompt communication will greatly assist us in maintaining accurate attendance records and ensuring your child's well-being.

In the upcoming year, our school is embarking on a comprehensive college review and the formulation of a fresh strategic plan spanning the next four years. This strategic roadmap plays a pivotal role in steering our ongoing enhancement efforts and guarantees a systematic evaluation of our school's progress and achievements. Our unwavering commitment to progress drives us to consistently elevate the quality of education and personal development that we offer our students.

During the fourth term, we anticipate the presence of external visitors who will engage with our staff and selected students. This interaction is intended to facilitate valuable insights and exchanges. Should you or your child have any apprehensions or queries regarding this initiative, please do not hesitate to reach out to me. Your input and concerns are highly valued as we collectively strive for the betterment of our educational environment.

Starting in 2024, The Seymour FLC will initiate its Disability Inclusion program, aimed at broadening the scope of support available to students with disabilities or extra requirements. Students who are already receiving funding will continue to do so, ensuring their needs are effectively addressed. Moreover, this expanded support will encompass students who are not presently funded but would significantly gain from additional learning assistance. Through this initiative, we are committed to fostering an inclusive and equitable educational environment for all.

## Infrastructure Upgrades

As we near the completion of the roofing project and the restoration work necessitated by the flood damage, we're pleased to update you on our progress. Noteworthy advancements include the installation of new roofs on the food building, young parents' room, and the administration building. Additionally, as part of our commitment to safety, asbestos sheeting has been diligently removed from beneath the eaves of the walkway.

We're delighted to share that the restoration of the Old School House is now complete. This historical building has been meticulously refurbished and is now serving as a dedicated space for several classes, rebounding from the flood damage that had previously impacted its usability. We're dedicated to providing a safe and conducive learning environment for our students, and these infrastructure improvements are integral to achieving that goal.

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.

Child safety and wellbeing at Wodonga Senior Secondary College (Seymour 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 (Seymour 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 Wodonga Senior Secondary College Website. <https://www.wssc.vic.edu.au/>

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 (Seymour Flexible Learning Centre), please contact the school office.

Shane Elliott

## Important Dates

1 Sept—Army Expo

5 Sept – RAMS (for selected students)

12 Sept—Youth Fest

14 Sept— R U OK? Day

31 Aug & 14 Sept —Blueearth

# RUOK?™

A conversation could change a life.

## All About Wellbeing

### Why do teenagers take drugs?

Teens may take drugs to:

- relieve emotional stress
- feel more in control
- feel connected to their friends.

A lot of teenagers experiment briefly with drugs. However, the more regularly your teenager is using drugs, the more likely it is that there are more serious issues.

Here are some things to look out for:

- They're spending a lot of time where drugs could be present.
- They're doing badly at school or quitting school activities.
- They're fighting with their friends.
- They've become more withdrawn or secretive.
- They appear to be affected by drugs at home, alone.
- They avoid, or make excuses to avoid, stressful situations.

**Breakthrough**—Families understanding addiction is a psycho-education program targeted at family members and loved ones of those with a substance use disorder.

# BREAKTHROUGH



Families understanding addiction



A FREE community support and education programme that focuses on supporting families and friends

**FAMILIES: GET THE FACTS, DEVELOP STRATEGIES, FIND OUT WHERE TO ACCESS HELP AND SUPPORT**

for more information and to register:  
please call

Primary Care Connect on (03) 5823 3200

Chittick Community Place  
Chittick Park, Pollard St  
Seymour VIC 3660  
Wednesday 13th September  
10.00am—1.00pm



# YOUTH FEST

Tuesday 12th Sept

## Some of the Activities

- ✓ Art Display
- ✓ Scavanger Hunt
- ✓ Jewellery Making
- ✓ BBQ Lunch
- ✓ Scarecrow building
- ✓ Outdoor Activities

ALL STUDENTS INVITED!  
STUDENT-LED FOR STUDENT FUN



# From the Portables..

This term has been an amazing ride of different topics for our VCE VM students. Students have completed biographies and researched countries and animals. It's been wonderful to see their ability to research and present their findings. We have also been doing lots of persuasive analysis, looking at a range of articles and the famous "I have a dream" and "Build a wall" speeches. We looked at how people can be persuaded by a range of techniques. This culminated in a common assessment task about duck shooting that signalled the successful end of Unit Two, Outcome One for Literacy.

In numeracy we have been looking at data, data, data. Students read graphs, made graphs, thought about graphs and analysed graphs. They finished up answering the question "Is Gen Z doomed?" and had to focus on one aspect of life in their generation that you can back up with data. Some students said they're not doomed, because smoking rates are going down, others said yes because the number of extinct animals is going up. It was amazing to see the range of answers that students came up with.

Our Work Related Skills unit has been focused on applying for jobs. We looked at the difference between transferable skills and specific skills. Students have written their resumes and written a cover letter for a mock interview in a range of jobs with the Ventia company. This has been a great opportunity for all students to really think about how they will need to go about applying for a job. It was especially challenging for students to "sell" themselves and think about the many skills that they have.

In Personal Development Skills we have been looking at the communities that we belong to and how we can engage with them. Students have been planning activities for the Youth Fest day that we are going to have at Flexi in September,

**Interesting facts about Poland**

- The name Poland means- people living in open fields.
- Warsaw the capital city was almost completely rebuilt after ww2.
- Marie curie the first woman to win 2 nobel prizes was born in Poland.
- The heaviest animals in Europe the European bison live in Poland.
- Polish people celebrate name days which are feast day of the saints they are named after.

**Tourist attractions**

- lazienki palace
- park wilanowski
- archikatedra oliwska
- saxon gardens
- museum of independence
- jasna gora

**Popular sports**

- some popular sport go from soccer, volleyball motorcycle
- Speedway, ski jumping track
- And field and American-Football

**Climate**

- It snows in Poland during the start of December or middle to late November
- It isn't uncommon to snow during this time
- But people also travel to Poland during the warmer time of the year or during autumn or spring.

**Famous people**

- Yvonne strahovski-actor
- Daniel olbrychski-actor
- Ingrid pitt-actor
- Jerzy dudek-football
- Kamil stoch-ski jumping
- Robert Kubica-formula 1
- Wladyslaw szpilman-musician
- Krzysztof Penderecki-musician

**Languages**

- Poland has a different language to English and its called polish they say witam-hello do widzenia. goodbye.

**Currency**

- Poland use PLN zł- polish sloty
- Compared to 1 australian dollar

**History**

The history of Poland spans over a thousand years including medd tribes, christianization, monarchy and more. In prehistoric and po historic time over a period of at least 600,000 years the area we Poland went through multiple ages including stone age, bronze age iron age as stages of development. Poland bronze age began around 2400-2300BC and its iron age began around 750-700BC. One of cultures that were uncovered is the is the Lusatian culture span bronze age and iron ages leaving notable settlement sites.

**Capital city**  
Warsaw

Many people talk about whether under 12s should be able to have mobile phones. I think they shouldn't be able to have a phone. This is because they will become addicted, there are dangerous people online and they can access bad content.

My first reason is you can become addicted. You can become addicted to your phone. Under 12s would be on it so much that they aren't talking with their family and friends. They should put their phones down and spend time with real people.

My second reason is there are paedophiles online who would like to groom young people who don't know any better. Under 12's brains aren't developed enough to know when someone isn't who they say they are. They need to be kept safe.

The last reason they shouldn't have mobile phones is that they can access bad content. They might see inappropriate stuff, extreme violence or hateful ideas. They're not mature enough to avoid stuff that might traumatize them.

Overall, I think that kids shouldn't have phones until they're old enough to handle it. Under 12 is just way too young.

Zorzy

## Ed + Lorraine Warren

**DEMONOLOGISTS**

**LIFE INFO:** Ed was born in 1926 on September 7th  
Lorraine was born in 1927 on January 31st  
They had a daughter after WWII and got married during the war.  
Ed died in 2006 while Lorraine died in 2019

Lorraine was a skeptic of the paranormal, she met Ed when he worked as a writer on a movie theater in their teen years. They connected over the fact that Ed grew up in a haunted house and Lorraine had ghost sightings.  
As adults they became members of the Roman Catholic Church and responded to people with paranormal happenings in their homes.  
Their investigations became known all across America and were able to stop Anne Chapman Johnson from getting the death penalty for killing Allan Parramore a demonic possession. There were people based on their cases investigated from the "The Exorcist" "Amityville" and "The Addams". Ed and Lorraine had a daughter named Judy who also saw things others couldn't.

**Amityville horror**

**The real 'conjuring' house**

**Lasting Impact:** That paranormal and demonic situations ARE real

**Articles from their journey with the Paranormal**

Continued.....

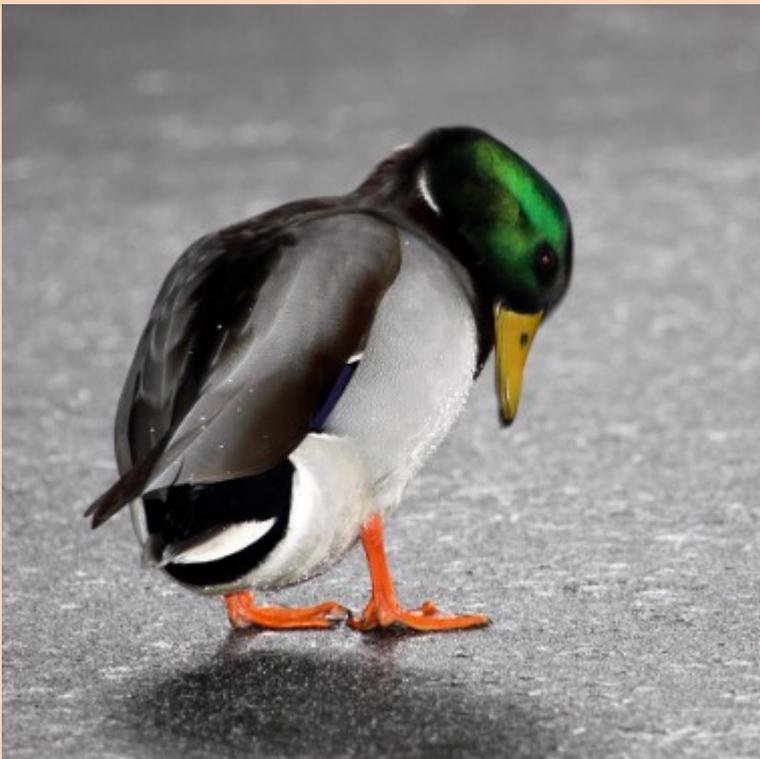
## Duck hunting

**I believe that duck hunting is wrong because they aren't being used for anything except entertainment purposes.**

**My first reason for this is the ducks haven't anything to be shot and killed. Ducks don't do anything to hurt anyone so why are we harming them? People kill ducks for fun which is not necessary.**

**My second reason is because the population of ducks is getting too low. The population of ducks is getting to low and in a few years, there won't be any ducks left. This is because the habitat for ducks is getting lesser and lesser each year.**

**My last reason is because ducks are cute. Ducks are harmless and cute. How do people kill animals that are cute and haven't done anything to hurt anyone?**



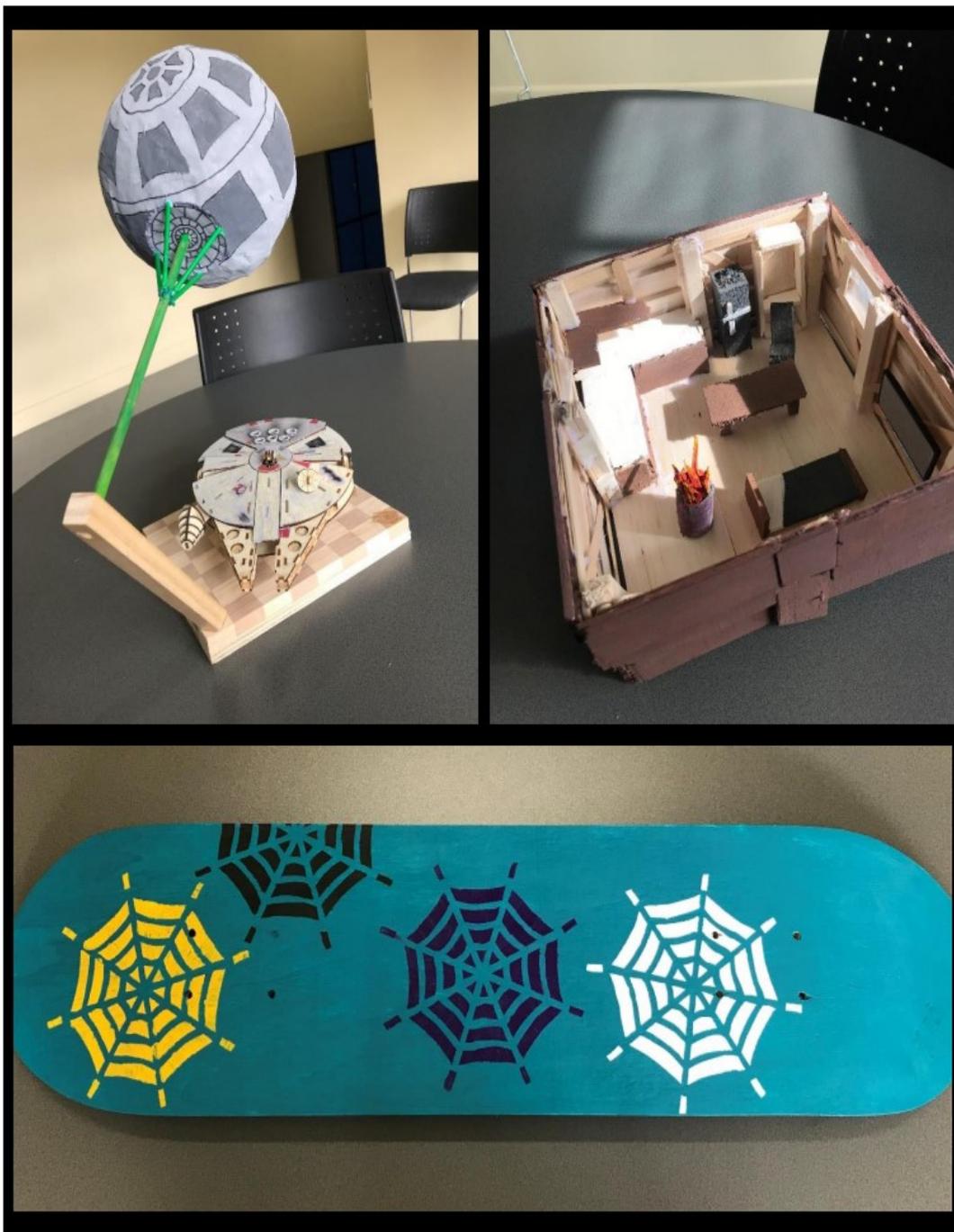
**By Molly Gordon**

## Word from the schoolhouse.....

### Numeracy Problem Solving Cycle!

Earlier in the term, students finished off their Problem-Solving Numeracy tasks focusing on shape, measurement and design.

Below are just a few examples of the great work that has been done!





**Communication → Teamwork → Problem Solving → Success!!**

This Semester in Work Related Skills, students have been learning how to write **cover letters** updating their **resumes**. All students are preparing to submit an application for a **mock interview** that will be held late in Term Three.

In the classrooms, students have been completing a range of team challenges and gaining some of the most important skills needed for future employment such as communication, teamwork and problem solving.

## Is Gen Z Doomed?!?!

Where the Black Rhinoceros population is **INCREASING!**

COUNTRY	1980 POPULATION	2021 POPULATION	TOTAL INCREASE
Namibia	300	2156	1856
South Africa	630	2056	1426
Eswatini	0	48	48
Malawi	40	56	16

**So, are we 'doomed' when it comes to Black Rhinoceros population in these countries?**

- The graph shows that in Eswatini in 1980 there were 0 Black Rhinos, but by 2021 the species had spread and climbed to 48.
- South Africa had the highest Black Rhino population in 1980 with 630. By 2021, the population had increased by 1,428.
- The smallest increase was in Malawi, with the population only growing by 16 since 1980.
- The biggest increase in population between 1980 and 2021 was in Namibia, where the number of Black Rhinos increased by 1,856!

The overall increase in Black Rhinoceros population in these countries proves that we are heading in a better direction in this instance 😊

**Looking After Our Mates** is a free interactive drink/drug driving presentation for young adults focusing on the impacts of alcohol and other drugs on road safety. The presentation's objective is to educate young people about the effects of alcohol and drug driving. It challenges participants to develop their own strategies to decrease the chances that they are not at risk of being impacted by crashes caused by alcohol and other drugs. The presentation encourages young people to separate drinking, drugs and driving





## Work Experience!

I do work experience at the vets in Yea, and it is very interesting to watch the veterinarian and his assistants help sick animals get better. I have even watched some surgery being done, which was fascinating.

A few wild animals have come in, for example a koala and a cockatoo.

Doing work experience at the vets is an inspiration to me so hopefully one day I will become a vet or vet nurse and I hope to save lots of sick animals in the future.

I think saving animals does a good deed for humanity!



Charlotte Young

Unicorn Issie—



On Thursdays I do my school work placement in childcare in Kilmore.

I like working in childcare because it never gets boring and it keeps you on your feet all day. I love making strong bonds with the kids and the workers. The workers are very nice and welcoming and make you feel included and I have learnt a lot from them in the past few weeks.

One of my favorite part of the day is walking in the door and having the kids run up to you with the biggest smile on there faces and giving you a big hug. I love how the workers and kids all get along and all the workers love the kids so much and treat them all equal and teach them so much.



## Careers Pathways Transitions

Work Placement uptake has been great this term, with one placement about to be converted to a School Based Traineeship. These opportunities are worth taking up, as you never know what you will get out of them. We also had 3 students take part in the Australian Defence Force week long work experience. The young students that took part in this opportunity gained a greater knowledge about what it would be like in the army, and they are still keen to follow this pathway.

Friday 1st of Sept, Puckapunyal is opening its doors for another Army Experience. This is a great day out. Even if you think the defence force is not for you, gain you will gain an idea about what the ADF do. Please see your mentor if interested.

Thursday 7th Sept is when the Seymour FLC in partnership with Ventia, are running the 'Training Interviews'. I am blown away by the level of professionalism in the resumes and cover letters that are coming in. This is a great partnership, and students will be able to receive feedback from employers, that will support them when they are faced with job interviews in the future.

Two leadership programs are happening in Term 3. The first is at Kilmore Health, and we are lucky enough to have 2 students participating (only 6 from the region in total). This program runs for 6 consecutive Thursdays. The following commences over the final week of Term 3. This one is located at Puckapunyal. Both programs have the same objective. Students are given a 'task' within the workplace, and the students need to work together to present resolutions and/or ideas. The presentation is to management of the organisations, school representatives and community. If you are interested in participating, please let me know.

2024 VETDSS (Vocational Education and Training Delivered to Secondary Schools) enrolments are currently happening for next year. If you have not caught up with me yet about what you are wanting to do please come and see me and arrange a time. VETDSS is part of the Secondary School Certificate.

Term 4 we are running a number of 'Short Courses' for senior students. Students need to put their name on the sheets located in the staff room if interested. Dates will be confirmed soon.

As always, please come and see me if you have any questions, or ideas.

Jana Ash



Picture: Road infrastructure course 'Stop-Slow' practical

**State Schools' Relief is proudly facilitating the supply of 30-day pre-paid Travel Passes on behalf of the Department of Transport for all students enrolled in a Victorian Government School.**



**Travel Passes are valid for 30 days and can be used on any metro/vline or any public transport within Victoria.**

***For all enquiries please contact Tanya in the office on mobile 0419481754***



**School Holiday Activity**



**21-23 Sept. 10am-1pm \$60 for 3 days**  
 Les Bell Pavilion, Kings Park, Seymour



**Call Beth on 0447340241**

Scan here for more details





# ARMY EXPO

*Duckapunyal*



**FRIDAY 1ST SEPT  
10:30AM-12:30PM**

## 🎯 SCHOOL OF ARMOUR

- BATTLE TANKS
- ARMoured VEHICLES
- ARMoured PERSONNEL CARRIERS

## 🎯 SCHOOL OF ARTILLERY

- DISPLAY M777 GUNS
- AIR DEFENCE SYSTEM
- UNMANNED AERIAL SYSTEMS

## 🎯 SCHOOL OF TRANSPORT

- ARMY VEHICLES
- BUSHMASTER
- HAWKEI

## 🎯 OTHERS

- SCHOOL OF SIGNALS
- PHYSICAL TRAINING LESSON
- COMMUNICATION SYSTEMS

*Speak to  
mentor or Jana*



**We care less about competition, and more about positive participation experiences that develop skills and motivation to embed lifelong healthy habits for Aussie kids to play, jump, run and generally be more active. This is key to reversing the predicted dire health outcomes and to improving educational outcomes.**



# COMMUNITY CHAMPIONS

## October 2022 flood event

**Do you know someone who deserves recognition for their October 2022 flood contributions?**

Nominate them for the Community Champions Recognition Program now.

**To nominate someone, scan QR code or complete a nomination form at:**

- Recovery Hub (Guild Street, Seymour) or
- Seymour Customer and Library Service Centre



**Nominations close**  
**Friday 22 September 2023**  
[mitchellshire.vic.gov.au/community-champions](https://mitchellshire.vic.gov.au/community-champions)





Australian Red Cross  
**Lifeblood**



**Got a bit of time next month? Time to give blood and change lives? 1 in 3 people in Seymour will need blood, and they need people like you to give it. We're rolling into town from 4 to 15 September.**

**Don't forget to pre-book your spot at [lifeblood.com.au](https://lifeblood.com.au), on our app or on 13 14 95.**

# PROTECT

**Everyone has the right to be safe and be protected from abuse.**

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



**It's everyone's responsibility.**

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

**Further information & resources**  
[www.education.vic.gov.au/protect](http://www.education.vic.gov.au/protect)



# 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/>