



### Contact Information

Reception – 0419 481 754  
seymour@nefln.vic.edu.au

### Term 3 Calendar

**15<sup>th</sup> July** – 1<sup>st</sup> day of Term 3  
**16<sup>th</sup> and 18<sup>th</sup> July** – Party Ready Incursion  
**30<sup>th</sup> July** – Werribee Zoo excursion  
**2<sup>nd</sup> August** – Pupil Free Day -Federation Conference for Staff.  
**6<sup>th</sup> August** – Australian Defence Force presentation – on site  
**12 August** – Training Interviews  
**2<sup>nd</sup> – 6<sup>th</sup> September** – Mindshop  
**13 Sept** – Pucka Army Experience excursion  
**20<sup>th</sup> September** - Last day of Term 3



### Contact Information

Shane Elliott  
 Principal – 0408 585 804  
 shane.elliott@education.vic.gov.au

## Principal's Update

In Semester one we have seen some incredible dedication of our students as they strive to complete their work. It is truly heartening to see so many of them giving their best effort in everything they do. The fruits of their labour will be discussed with you during the upcoming Parent-Teacher Interviews on Wednesday, June 21st.

Throughout semester one, our students have been actively engaged in various activities and excursions. The feedback we have received regarding their behaviour and level of interest has been overwhelmingly positive. We are immensely proud of their enthusiasm and participation. As a result, we are excited to announce that terms three and four will offer even more opportunities for students to engage in a wide range of activities.

These upcoming opportunities will not only foster personal growth and development but also encourage collaboration, creativity, and a deeper understanding of various subjects. We believe that participation in extracurricular activities is an integral part of a well-rounded education, providing students with valuable experiences beyond the classroom.

We are committed to providing a supportive and enriching learning environment for our students, and we invite you to join us in celebrating their achievements. Your involvement and engagement play a crucial role in their educational journey, and we appreciate your continued support.

As always, please feel free to reach out to us if you have any questions or require further information. We look forward to meeting with you during the Parent-Teacher Interviews and discussing the remarkable progress your child has made.

Shane Elliott  
 Campus Principal.

### Welcome to our newest staff member Leah McCloy.

Leah brings a positive attitude and an abundance of enthusiasm. She is looking forward to getting to know our students and their families.

## Department Directives

No Smoking or Vaping	Mobile Phone Policy	Students Absences
<p>In Victoria, a person must not smoke or vape on school premises or within 4 metres of any pedestrian access point to school premises.</p> <p>The prohibition on smoking includes vaping and applies whether or not the e-cigarette contains nicotine.</p> <p>Cigarettes and e-cigarettes cannot be sold to people under 18 years of age.</p> <p>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.</p> <p>Smoking and vaping are not permitted during school events and excursions held off school premises.</p> <p>Use or possession of an e-cigarette does not fall under any of the grounds for suspension of a student.</p>	<p>Students who bring mobile phones to school must have them switched off and securely stored during school hours.</p> <p>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.</p> <p>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.</p> <p>Schools must provide secure storage.</p> <p>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.</p> <p>Schools will manage non-compliance with their local mobile phone policy in accordance with their existing student engagement policies.</p> <p>Schools should review their local policy as part of their regular cycle of review for school policies.</p>	<p>Schools must:</p> <p>have an Attendance Policy as part of their Student Engagement Policy</p> <p>maintain attendance records</p> <p>identify and follow up unexplained absences</p> <p>record student attendance twice per day in primary schools and in every class in secondary schools</p> <p>record, in writing, the reason given for each absence</p> <p>advise parents/carers of unexplained absences, as soon as practicable on the same day of the absence, including for post-compulsory aged students.</p> <p>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.</p>

## Respectful Relationships

Seymour 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.

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## *In The Classroom*

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### **Leigh's Class**

#### **Term 2 at flexi**

This term has been positive, I feel like I have achieved a lot of things by coming to school more and getting most of my work done.

I do enjoy coming to school to see my mates and achieve the work I need to get done, I feel I understand that I'm given a lot more.

This term we did a lot of persuasive writing on smokes vs vapes and other topics, we thought through what one was worse and how bad they can be. We also did biography, I did mine on Ned Kelly and Eminem I really enjoyed doing this, I was really interested to find out more about these people and their challenges.

Overall, I feel like I achieved a lot this term and I'm looking forward to the holidays

By Jade Bradley

#### **Term two 2024**

This term at Flexi has been full of positivity. For me my favourite activity was the Careers Day Out, where there was lots of different stalls for University's and Tafe ones too.

I think that everyday at Flexi is a great day, I love seeing everyone and hanging out with my friends.

Another great day I've had at flexi, is when we all went to the aquarium in Melbourne. The best fish that we saw was the stingray. It was cool seeing him glide over the glass tunnel and we could see his face. It looked like he was smiling! We also got to go to 7 eleven and got slushies.

There has been some sport days and they were fun too, I loved kicking the football to each other. I also love doing activities in class even if others think it isn't fun, I still enjoy it all.

By Char. M. Young.

This term at Flexi was the best I've had in a long time; I've learned a lot and had lots of fun.

The classwork has been a lot better than my old school. It's been a lot more interesting than my old school and I have more fun doing it. They would have never let me write about Pokémon! Especially not what would happen if all the Pokémon took on a million lions. (The Pokémon would win easily by the way.)

We went to the aquarium! I hadn't been since I was little and I loved the jellyfish. It was great that the school paid for us to go, I really appreciate that.

We've had groups come into the school too. We had road smart visit. They taught us about road safety and about designing safer roads. They also had an activity where we designed a car to be safer. The best part has been how kind the people are. I've made friends this term and have been made feel welcomed and appreciated. I've never felt this secure and loved at a school before. It's been reassuring to find a school where I feel I belong.

:)

By Lost Johnson

### **This term at flexi has been full of positivity, learning and fun**

Near the start of the term flexi went to the Melbourne aquarium, we had a guided tour for this which I personally think ruined it because I would've liked to walk around with friends and go wherever we wanted not have to stay with the group that made it impossible to see anything I would've liked to see then when everybody moved and I finally got a chance to see things the group had to move to the next exhibit.

I like that at flexi once we finish our work if we still have time left, we can do personal preference activities such as in my case colouring, playing games and doing puzzles. At the minute we have 2 puzzles going a circular earth one in the class and a lighthouse overlooking the ocean in the staffroom for everyone to share.

The most interesting thing I learnt this term was how to put together a website on PowerPoint I liked this because I could be imaginative with the products, I could put on it.

I enjoyed the different types of sport we did this term too we had 2 guys that came in most weeks to do all different types of sporty activities one time we had most of the kids and teachers/mentors playing, we had to get a dodgeball over the opposite side of the square using tennis balls and I won like 4 of the 6 rounds we played because when the ball got close to my side I puffed a tennis ball at the dodgeball and it went straight over the other side.

It's been a great term and I'm looking forward to the holidays and the rest of the year.

**Ben Davies**

## Helen's Class

### Student Highlights of Term 2

My highlight of term 3 was the Unit on 'Procedure Writing'. Firstly, we had to think of an activity and write a structured procedure (Step by step) that anyone could follow. I chose "Make-up application". The best part was participating in the demonstration activity with a class member as the model.

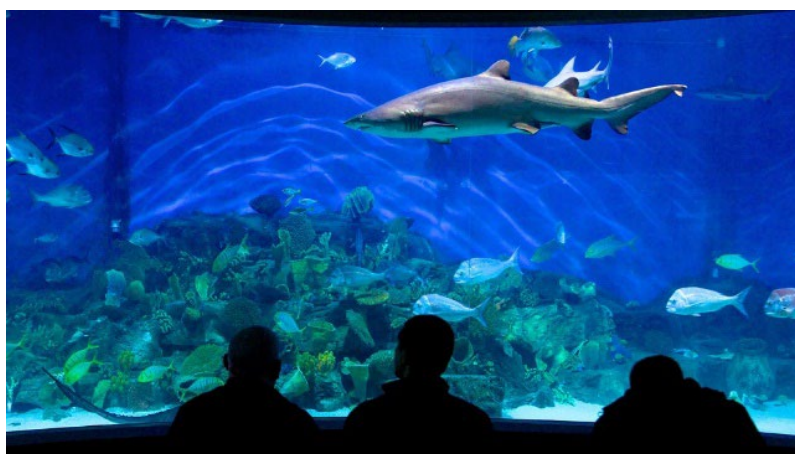


#### By Scarlett – Year 10

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My favourite thing about this term was probably going to the Melbourne Aquarium. There were a lot of weird looking animals, for example they had a 76 year old crocodile, which the tour guide said was the oldest in captivity. The Aquarium had sharks, turtles, stingrays and many other majestic creatures. I hope we do something like that again, because I really did enjoy it more than I thought I would! Me and one of my classmates also produced a brilliant poster to highlight our awesome photos we took on the day. You can check it out in the main office reception area, where it is proudly displayed.

#### By Tayla – Year 9



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My favourite part of term 2 was all the sports we did. I love sports because we get to use our legs and arms and it's not good sitting for too long! I like going outside and getting fresh air because it's so good for my health. My preferred sports games were: Basketball, Volleyball and Downball. A big thankyou to Jimmy and Cooper for running the sessions.



By Baz - Year 7

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## DRUMBEAT

Over the course of the term, several of our junior students participated in the 'Drumbeat' Programme at the FamilyCare centre in Seymour. These exciting drumming sessions took place every Wednesday afternoon for one hour and was facilitated by the wonderfully talented Karen. The students had a lot of fun and learnt some cool beats. The sessions revolved around specific themes such as: Community, Respect, Teamwork, which offered an additional learning experience for our students. Drumming is a great way for our students to express themselves, learn the importance of listening, coordination and creativity through music. Above all it was a joy to see the students come together in a safe and stimulating environment.

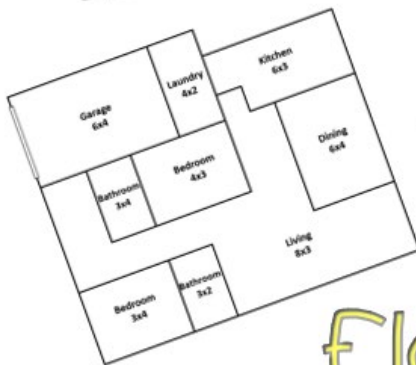


## Ash's Class

### Numeracy



### Measurement



### Floor Plan Design

This term in Numeracy, students combined their computer skills and creativity to design some fantastic floor plans!

Once they had labelled each room with the dimensions, they then calculated the area of the floor and how much it would cost to tile or carpet each room.

For an added challenge, students also calculated the total surface area of the internal walls and ceiling to find out how much it would cost to paint!

# colouring competition

## MINDFUL COLOURING.

A COLOURING COMPETITION TO BE  
DISPLAYED IN THE PRINTER ROOM.

PAGES ARE SUPPLIED AT THE FRONT  
OFFICE. ONCE FINISHED, SIGN YOUR NAME  
AT THE TOP AND HAND IT TO YOUR  
MENTOR.

THERE IS A 1ST, 2ND, AND 3RD PRIZE FOR  
THE TOP 3 COLOURINGS.





# **FLEXI OP-SHOP**



**LOCATION: STAFF ROOM**

- **FREE CLOTHES FOR ANYONE WHO NEEDS THEM.**
- **CLOTHES WILL BE REPLACED REGULARLY.**
- **TAKE WHAT YOU NEED AND BE RESPECTFUL.**



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## Careers

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### What a term we have had within the careers area.

Careers Day Out was a great day for students to explore and discuss pathway options with universities, TAFE's and Industry. Some great options have come out of the day.

Go TAFE Health Immersion was a walk through what to expect in the health sector, and what to expect if student's pathway into TAFE to become qualified. This day was hands on and full of conversations that gave the students an understanding about the different areas within the health sector. Two passionate staff from Go TAFE spent the time with the Seymour FLC students to make sure students were engaged and comfortable to ask more questions. Was an amazing opportunity given to our school?

Agri-Tech Roadshow attended Seymour FLC to inform students about the advancement of technology within the Agriculture Industry. Over 30 students participated in 2 activities- Tractor Code Creators and Livestock Locators. Both students and staff were amazed by the change from 'typical farming' to the new style of 'farming'. Students learnt that there are many pathways into agriculture that do not require you to 'work on farm'.

CRLLEN brought the VR VICE headsets into the school last week. This is an interactive experience for students to gain an understanding and knowledge about an industry without having to step foot into the business. Students had to choose to experience 2 industries out of the 15 industries within the VR Headsets. The program was such a success it is booked in to return in Term 4.

Term 3 will be just as busy. Students have the opportunity to get involved in the following programs- **Work experience**- Strong focus on students going on a work placement in term 3 to gain workplace skills, learn about an industry and share that knowledge with others within the school.

**ADF**- Australian Defence Force are coming to the school on the 6<sup>th</sup> August to speak to students that are interested in the defence force, or that are keen to gain some knowledge.

**Training Interviews**- Term 3 is the month that students are encourage to participate with 'Training Interviews'. The school partners with Ventia who facilitate the interviews for us over a day. Students will receive feedback to assist them when applying for future jobs.

**Industry Visits**- Throughout the term Industry Visits will be arranged. These will include areas that students have raised interest in within career meetings.

**VETDSS preparation**- Students that are looking to enrol into a Vocational Education and Training Delivered to Secondary School will need to enrol in term 3. Students 15yrs and above will have a meeting in relation to options and pathways for 2025. Seymour FLC will work with the students and families to prepare students for success in VETDSS.

As always, if students or families have any questions, please get in contact with me.

Regards,  
Jana

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## *VR Headset Incursion*

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### VR headsets

Today Vic Vice came to school with headsets. They were VR headsets and you could experience different jobs in different industries. There were agriculture, health, mechanics and community services jobs to choose from. Once you were in the job you were interested in, you watched an intro that explained what you do in the job and then did two activities to do with the job you chose.

First, I did childcare education and I really enjoyed learning about what they do in child care and how to look after the kids. I saw how to make a baby's bottle and the correct way for the kids to sleep. It was interesting and I could see myself doing this as a job in the future.

The second job I did was a dental assistant, and I didn't really enjoy it because it just seems gross and not a future career for me. The VR showed the assistant passing the tools to the dentist. I had to click on the tool the dentist wanted to pass it to them. The other thing I had to do was recline the chair backwards and turn the light on. Even though it was good to experience, it's definitely not for me!

The VR headsets were good for showing us what you do in different jobs. It was good and I've now got an idea of a job I might like.

Charlotte M Young.







### VR headset

Today Vic vice come to school with headsets...

Showing us the different experience in a lot of different jobs

First, I chose... diesel mechanic

In it I saw... them showing you how to service and fix trucks and how to use the tools.

I think it might be... I think this is for me I've always loved mechanics and getting my hands dirty and learning how things work.

Second, I chose. rehabilitation (allied health) The tasks were passing things to people and helping people with there muscles this isn't for me as it doesn't interest me

Overall, this experience was good to learn about different work places and what they achieve

Jade Bradley



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## Melbourne Aquarium Excursion

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On Tuesday, 7<sup>th</sup> of May, about 24 students and three staff went on an excursion to the Melbourne Aquarium. We boarded the coach with excitement and anticipation and headed down to the city.

We got to the Melbourne Aquarium at approximately 10.30 am and we were introduced to our tour guide “Kat” who was very informative.

My favourite animals were the King Penguins because they looked very majestic. King penguins lay their eggs on land and the parents take turns protecting the eggs.

Another sea animal I found fascinating was the Stingray, because it had a funny and cute little face.

We were astonished by the sea turtle which was huge and missing its rear flipper.

Kat told us that the sea turtle was saved and raised from a baby.

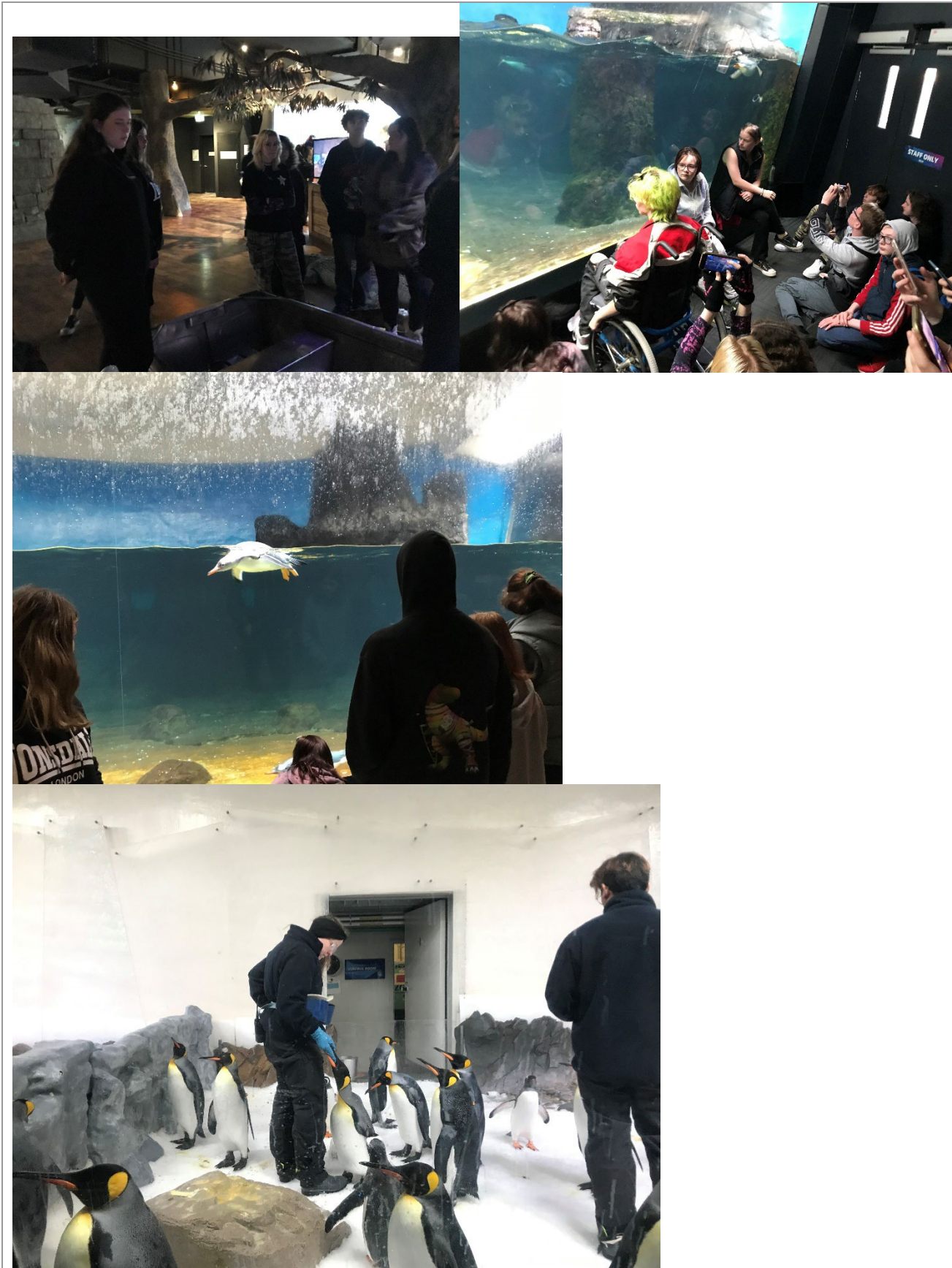
There were so many interesting and beautiful little creatures at the aquarium from an 80-year-old crocodile which was 5 metres long to the jellies and sea horses!

I definitely recommend the Melbourne Aquarium and it was a wonderful experience for us all. I will definitely be going again!

Tayla - Year 9.







## Wellbeing @ the Flexi

As we move into the school holidays, we would like to wish all our students an enjoyable holiday break.

Stay safe and make good choices.

We look forward to seeing you all in Term 3.

If students need wellbeing support, they can see me in person, text or email.

0408 841 497

[cmurphy@wssc.vic.edu.au](mailto:cmurphy@wssc.vic.edu.au)

### 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 SafeNStrong*	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/>





## What Is the Party Ready Program?

A first aid program for young people centred around the context of keeping safe at parties and social gatherings. When their mates are injured, unwell or in distress, would they have the skills and confidence to step in help someone before medical assistance arrives? Party Ready will equip Year 9 to 12 students with the tools and knowledge to do everything from drug and alcohol awareness to CPR.

The program is not just focused on physical first aid, but psychological first aid. Whether someone is anxious, aggressive or showing signs of being affected by substances, Party Ready will help young people to de-escalate the immediate situation as well as help them to direct the person to an appropriate intervention.

## Who Is It For?

Those in Years 9 to 12 who are beginning to attend parties where adults are no longer present and substances such as alcohol and drugs may be starting to be consumed. Our program is a practical and knowledge-based program to help guide users to make better decisions.



## How is it Delivered?

Through a range of practical and workbook activities. Both in groups, on their own and with an abundance of engaging activities that bring the ideas to life, including video-based scenarios.



## What Topics Are Covered?

- How to be safe at parties (planning ahead, during the party and as the party is ending)
- Drink spiking
- Binge drinking and the effects of alcohol on the body and decision making
- Drugs and their effects on the body and decision making
- Tobacco and e-cigarettes and their effects
- Dispelling common myths around drugs and alcohol
- First Aid action plan: the DRSABCD (practical activities include placing each other in the recovery position, CPR practice on manikins, Defibrillator practice)
- Calling Triple Zero and what might happen
- Common mental health conditions and how drugs and alcohol can impact these conditions



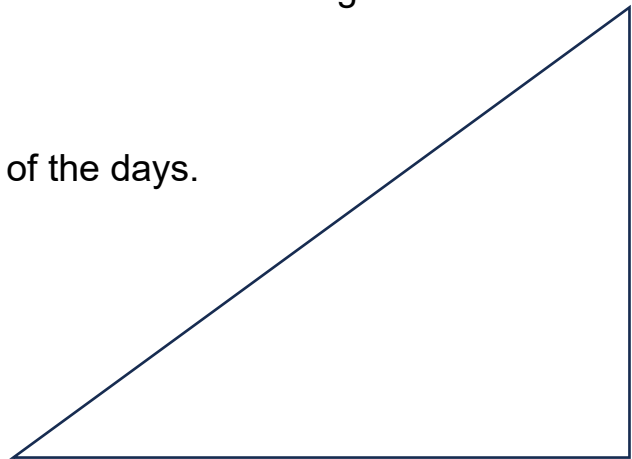
- What a mental health crisis is and psychological first aid approaches with the Action Plan
- Do's and Don'ts of helping people in distress
- Additional resources for more information, support and help in an emergency

## When is it running?

Tuesday 16<sup>th</sup> and Thursday 18<sup>th</sup> July at Seymour Flexible Learning Centre.

9am-3pm

All students encouraged to participate in one of the days.







EVERY FRIDAY FROM 12:30PM-3PM

Seymour flexible Learning Centre YOUNG MITCHELL YOUTH SERVICES



# YOU MITCHELL YOUTH SERVICES GAMES DAY

## TERM 2 SCHOOL HOLIDAYS

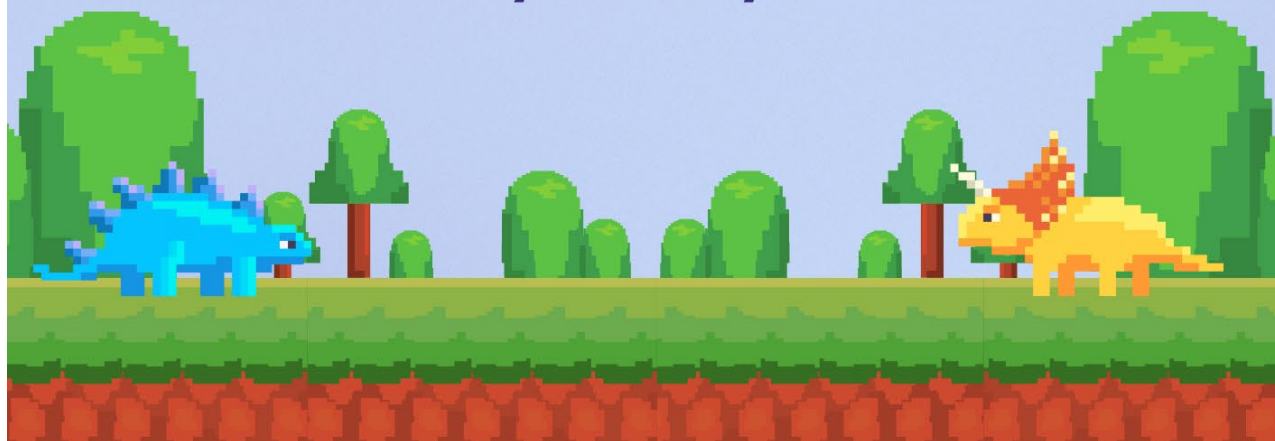
We are partnering with Reclink  
Australia to put on a big day of games!  
Outdoor sports, board games, pool  
table and Nintendo Switch!?!



Free Lunch provided!  
10.00am – 3pm  
Wallan Youth Room



Thursday, 4 July 2024



# WINTER HOLIDAY ACTIVITIES

For ages 12-24

School  
Holidays

Register now:  
[tiny.cc/mysschoolholidayprogram](https://tiny.cc/mysschoolholidayprogram)

## Barista for Beginners

- **What:** Learn the basics of coffee making + hospitality service
- **When:** 2 + 3 July, 10am-3pm each day
- **Where:** Greater Beveridge Community Centre
- **Who:** For 15-24-year-olds that live, socialise or study in Mitchell Shire.
- This workshop is free, a light lunch and snacks will be provided.

## Games Day

- **What:** Indoor and outdoor games day!
- **When:** 4 July, 10am-3pm
- **Where:** Wallan Youth Room
- **Who:** For 12-18 year-olds that live, socialise or study in Mitchell Shire.
- This workshop is free, a light lunch and snacks will be provided.

## Future Fit

- **What:** Learn valuable job ready skills + update your resume!
- **When:** 11 July, 10am-3pm
- **Where:** Broadford Hall
- **Who:** For 17-24 year-olds that live, socialise or study in Mitchell Shire.
- This workshop is free, a light lunch and snacks will be provided.

## Responsible Service of Alcohol

- **What:** SITHFAB021 - Provide Responsible Service of Alcohol (RSA)
- **When:** 13 July, 10am-4pm
- **Where:** 3 Wallis Street Seymour
- **Who:** For 17-24 year-olds that live, socialise or study in Mitchell Shire.
- **Cost:** Only \$15 per person

YOU MITCHELL  
YOUTH  
SERVICES

