



Contact Information

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

Term 3 Calendar

Thursday 19th December – Awards Day
Friday 20th December – Last day of Term
Students finish at 2.30 pm.

2025

Monday January 27th – Australia Day
Holiday

Tuesday 28th January – Staff Return

Wednesday 29th January – Students
Return



Contact Information

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

Principal's Update

Wow, it's hard to believe that we have reached the end of the 2024 school year. What a year it has been! I want to take this opportunity to congratulate all our students on a fantastic year of learning, growth, and achievement. A special congratulations goes out to our graduates—you have reached a significant milestone, and we are so proud of everything you have accomplished. We also celebrate those students who received awards this year, recognising their hard work, dedication, and outstanding achievements.

Reflecting on the year, I am inspired by the incredible growth we have witnessed in so many of our students. Many of you have stepped out of your comfort zones, embraced new challenges, and developed skills that will serve you well into the future. Whether it was improving literacy and numeracy skills, participating in creative school programs, or engaging in extracurricular activities, each of you has demonstrated resilience, determination, and a willingness to learn and grow.

None of this would have been possible without the unwavering commitment and dedication of our staff. To our teachers, support staff, and everyone who contributes to making our school a vibrant and nurturing environment: thank you. Your hard work, care, and passion for education have made a lasting impact on our students' lives, helping them reach their potential and achieve their best.

As we prepare to close this chapter and look ahead to 2025, I encourage all students to take time over the break to rest, recharge, and reflect on the accomplishments of the past year. For those returning next year, we are excited to continue this journey with you. For our graduates, as you step into the next stage of your lives, remember that you are always a part of our school family. We wish you every success in your future endeavours.

Finally, to our parents and guardians: thank you for your continued support, partnership, and trust. Together, we have created a community where students can thrive and succeed.

Have a safe and enjoyable break, and we look forward to another wonderful year ahead in 2025!

Shane

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.

Careers

What an amazing year, and so much success with students in 2024.

Congratulations to the students that completed VETDSS courses over 2024. We have had successful completions of full certificates in-

- Cert III Business
- Cert II Community Services
- Cert II Creative Industries
- Cert II Animal Care
- Cert II Workplace Skills

Also, congratulations to the students that have completed 1st yr of a 2 year course that include-

- Cert II Automotive
- Cert II Plumbing
- Cert II Agriculture

Next year VETDSS will be even busier and we are looking forward to seeing even more success from students.

Over the past term we have done an industry tour and engagement project with GAP (Greyhound Adoption Program), have had students out on work placements, continued out training interviews externally and internally to increase students' confidence and be able to offer constructive feedback. We have had the opportunity to partner with The Centre & MSYS to offer a 'flood photography program', as well as continue to complete the Morrisby Career Profiling program with Year 9's.

In 2025 students will commence VETDSS externally and internally in Week 2 of Term 1. Please get in contact if you have any concerns or questions in relation to VETDSS.

Careers at Seymour FLC in 2025 is going to have a focus on School Based Traineeships and Apprenticeships as well as increasing the knowledge of local and future job opportunities.

Well done to all the students that got jobs this year, participated in a career event, completed a course or even built a resume for the future. Every step is a step closer to new opportunities.

A HUGE Congratulations to our graduating students that have been offered full-time work, TAFE placements and University placements. We are all so proud.

Have a safe break, and will see you in 2025.

Buxton Trout Farm Excursion

Fishing Trip

On Tuesday we went to the Buxton Trout Farm for our end of year activity. It was lots of fun, but it took a while to catch a fish, for me anyway! We each got a rod and some bait that looked like dog food. It wasn't hard for most of us to catch a fish but for me it took ages. It wasn't until I swapped rods with one of my classmates that I caught a fish. Overall, it was a great day though!

Chris, one of our ES caught her first ever fish and it was huge! Most of the fish were big and slimy. It was actually gross.

We also had a bbq lunch and stopped at the park in Yea on the way back. It was a fantastic day for everyone involved.

By Charlotte M. Young.





Leigh's Classroom

We have had an amazing year in the back portable. It's been fabulous to see how everyone has changed, matured and grown over the year. There has been an amazing amount of academic and emotional growth amongst all the students and I'm really looking forward to seeing everyone continue progressing next year.

We've had amazing PDS projects including the Footy Colours Day, the Lolly Guess jar and the Seymour Flexible Learning Centre Art Competition. It was great to see how far outside their comfort zone people were prepared to go. They organised and promoted their projects, went between classes to encourage participation and setup displays. For Footy Colours Day Jade also ran a Superboot competition for the longest kick. Everyone joined in and had a great morning.

We've got amazing writers who are super creative. We have wonderful future lawyers who argue great points of view. Not to mention fantastic artists and amazing mathematicians. It's been great to see everyone pursue their talents and work on their challenges.

It has been a fantastic year and 2025 promises to be even bigger and better!

Wellbeing @ the Flexi

Today (Thursday 12th) the Seymour FLC had a Gathering of Human Beings. This was a follow up on the Young Men and Women's group conducted this term and focused on the uniqueness of all students as human beings. Workshops were conducted and to discuss the following four questions which reflect things which are important to us all.

What is kindness?

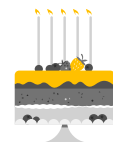
1. What is Respect?
2. What makes a healthy relationship (intimate work social etc.)?
3. What is equality?
4. How do we look after our mental health?

Fabulous presentations occurred and a shared lunch followed.

We are human. We are special. We all deserve good things in our life.



Happy Birthday to Brian who had a birthday this week



Newsletter #4 2024

Term 4 Week 11

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

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/>





SCHOOL PORTAL

NORTH EAST FLEXIBLE LEARNING NETWORK

YOUR SCHOOL PORTAL

The North East Flexible Learning Network utilises the School Portal mobile app to support the important three-way partnership between the classroom teacher, parents and their child.

School Portal provides real-time access to information to ensure that parents and guardians are kept informed of their child's learning and progression through their secondary education.

The School Portal mobile app has a growing list of functionality and provides access to:

- Download and view student reports
- Approve attendance
- Subject and activity payments
- Notification centre
- Teacher and Campus Leader contacts
- School calendar
- Announcements
- Approve and pay school activities
- Student timetable
- Update personal details

Visit the App store for iOS or the Google Play store for Android devices and search for 'School Portal' to download the app. Once downloaded, launch it and enter either the mobile phone number or email address associated with your child's enrolment at the school. You will then be sent a 6-digit verification code to the email address or mobile number entered, enter this to complete the registration process.



STUDENT ATTENDANCE

Pre-approved attendance

From the School Portal, pre-approved absences can be entered for when it is known in advance that your child will be absent. A note about the absence along with a duration and type of absence can be entered via the portal. This will make staff aware of the absence when they mark their class attendance.

Unexplained absences

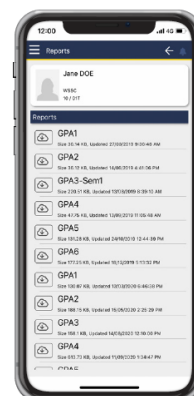
If your child has been absent, an explanation for this absence can be entered via the School Portal by selecting the 'Approved Absences' option from the menu. This will request a type of absence and allow an opportunity for a note to be entered which will be available for your child's teachers to view.



STUDENT REPORTS

Your child's progress reports are available to be downloaded and viewed from the School Portal, these are updated after every reporting cycle to ensure that you have access to the most up to date information.

Historical student reports from their time at the College are also made available through the School Portal.



FREQUENTLY ASKED QUESTIONS

- Q:** Can more than one parent or carer have access to the School Portal?
- A:** Yes, each parent or carer that is assigned to the student upon enrolment can login using their email address or mobile phone number. Please contact your school to update enrolment information.
- Q:** I have children that attend other schools in the area, will they also appear in the same app or will I need different account details?
- A:** Yes, if your school uses the School Portal, these all appear in the one location under the 'My Family' area. Please ensure that your contact mobile phone number and email address are the same across these schools.
- Q:** What if my child has access to my mobile device, will they be able to access the School Portal?
- A:** In addition to the one-time login, a custom 4-digit security pin can be set within the app. Once configured you will be prompted to enter this every time when accessing the app.

STUDENT ACTIVITIES

In the 'Activities' section of the School Portal mobile app, consent and payment can be made for student activities, preventing the need for printed permission slips to be distributed.

Once your child has been invited to participate in an activity, you will receive a push notification through the mobile app. You will then be able to approve their participation, provide an additional note to the staff member organising the event and if applicable, make a payment conveniently through the same interface.



System guide for parents and carers

How to use the online School Saving Bonus parent and carer online system

About the School Saving Bonus

The Victorian Government is making life a little bit easier for families by providing a one-off \$400 School Saving Bonus. This support will help cover the cost of school uniforms, textbooks, and school activities like camps, excursions and sports.

Receiving the School Saving Bonus

Parents and carers of government school students enrolled for 2025 will receive an email from the Department of Education from 26 November 2024.

The email will contain:

- your unique School Saving Bonus code to use the \$400 support
- a link to the [School Saving Bonus parent and carer online system](#).

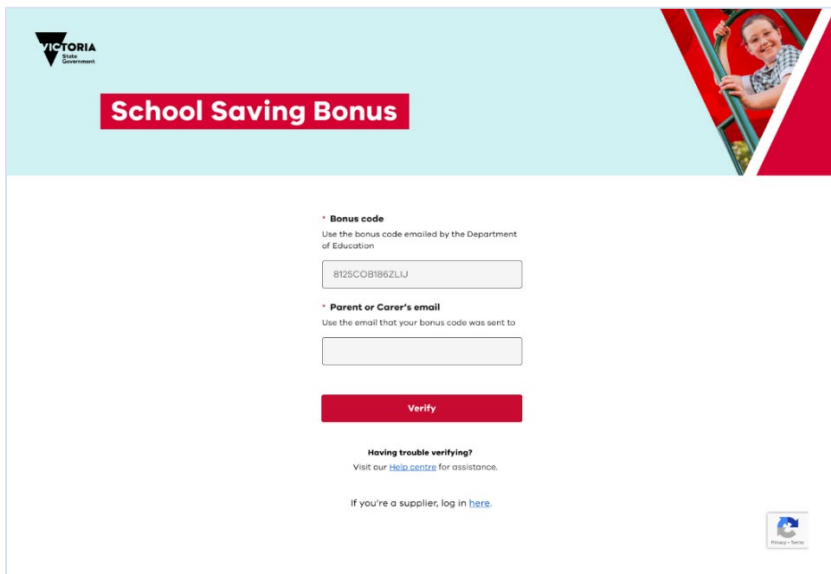
Parents and carers will receive one email and code for each eligible student in their family.

If you cannot locate the email, check your spam or junk folder. If you have not received your School Saving Bonus code via email by Friday 29 November, please contact the Department of Education by emailing school.saving.bonus@education.vic.gov.au.

Please note, the Department of Education and the Victorian Government will never ask you to provide your banking or financial details for the School Saving Bonus.

Accessing the School Saving Bonus parent and carer online system

1. Visit the [School Saving Bonus parent and carer online system](#)
2. The following webpage will be displayed:



The screenshot shows the 'School Saving Bonus' verification page. At the top, there is a header with the Victoria State Government logo and a photo of a smiling child. Below the header, the page has a light blue background. The main content area is white and contains the following elements:

- A red button labeled 'School Saving Bonus'.
- A section titled '* Bonus code' with the instruction 'Use the bonus code emailed by the Department of Education'. Below this is a text input field containing the code '8125C0B186ZLJJ'.
- A section titled '* Parent or Carer's email' with the instruction 'Use the email that your bonus code was sent to'. Below this is an empty text input field.
- A red button labeled 'Verify'.
- Links for assistance: 'Having trouble verifying? Visit our [help centre](#) for assistance.' and 'If you're a supplier, log in [here](#)'.
- A small 'Privacy Notice' icon in the bottom right corner.

3. Enter your unique School Saving Bonus code from the Department of Education and the email address it was sent to and click **verify**.

4. After you click **verify**, you will see your School Saving Bonus summary page.

School Saving Bonus summary page

The School Saving Bonus summary page provides key information and lets you choose how to spend the School Saving Bonus.

Quick links to key actions and the option to log out.

Links your child's details, current School Saving Bonus balance and school suppliers.

These links let you choose how to spend the bonus. Learn more about these links in the 'How to use your School Saving Bonus' section of this guide.

Click on drop down arrows to learn more or follow the quick links.

How to use the School Saving Bonus

The School Saving Bonus support can be used for an [in-store purchase](#), [online purchase](#), and [school activities](#). Through the School Saving Bonus summary page, you may also choose to [view codes](#), or your [transaction history](#).

Once you allocate your bonus to an in-store purchase, an online purchase, or to school activities, it cannot be reversed.

But don't worry. If you have any unspent funds, or you don't use the funds you allocate to in-store purchases or online purchases, these funds will automatically be available on your child's school account as an activities credit on 1 July 2025. This will help cover the cost of things like excursions and camps.

Allocating the School Saving Bonus to school activities

Click **School activities** to allocate all or part of the School Saving Bonus to school activities. The below page will appear, where you can select the amount you would like to nominate. Once you have selected the amount, click **next**.

You will be asked to confirm your allocation. **Please review your allocation carefully as this cannot be changed or reversed.**

The amount chosen will be available on your child's school account (the school they're enrolled at for 2025). **Please allow 48 hours for the transfer to take place.**

You will also receive an email confirming the allocation.

View codes and/or view transaction history

To see your School Saving Bonus code, and/or any [online supplier code/s](#), click **View codes** from the School Saving Bonus summary page.

To see how you have used your School Saving Bonus in store, click on **View transaction history** from the summary page. Please note that only in-store transactions are shown.

Help and support

More information about the School Saving Bonus parent and carer online system is available on the summary page.

For immediate support email school.saving.bonus@education.vic.gov.au.

From Monday 25 November 2024 the following additional options will be operational:

- Calling 1800 338 663 during business hours.
- Completing this [online enquiry form](#).



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 vegies, 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.

Version 1 – June 2015

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.