

# Newsletter

Respect Resilience Reliability Resourcefulness



# flexible Learning Centre

October 2023 · TERM 4 · ISSUE 5

I hope this newsletter finds you well and that all have had a fantastic start to Term 4. As we dive into the final stretch of the school year, there's a lot happening at the Seymour FLC and we're excited to share some important updates with you.

Our students have hit the ground running this term, putting in their best efforts to complete their VET work and outcomes in each of their subjects. It's worth noting that a number of our students will be graduating this year, which is a remarkable accomplishment. To ensure a smooth transition from school to their next endeavours, we have a comprehensive transition program in place to support them every step of the way.

While we embrace a relaxed dress code, we want to remind parents and students that closed-in shoes are a must for safety reasons. Your child's well-being is our top priority, and adhering to Occupational Health and Safety guidelines is essential.

As always, it's vital to maintain a drug and alcohol-free environment at school. Students who arrive under the influence will be sent home as they won't be in the right state to learn. We appreciate your understanding and cooperation in ensuring our school remains a safe and conducive learning environment.

If your child is feeling unwell and unable to attend school, please reach out to their mentor or the school office as soon as possible. You can leave a voice message or send a text message on the morning of the absence. Effective communication allows us to provide the necessary support and ensure your child doesn't miss out on any important educational opportunities.

The FLC will be open for regular classes on Melbourne Cup Tuesday, November 7<sup>th</sup> but will be closed on Friday, November 24<sup>th</sup>, due to our association with Wodonga Senior Secondary. I appreciate your involvement in your child's education and encourage you to stay engaged with the school community. If you have any questions or concerns, please don't hesitate to reach out.

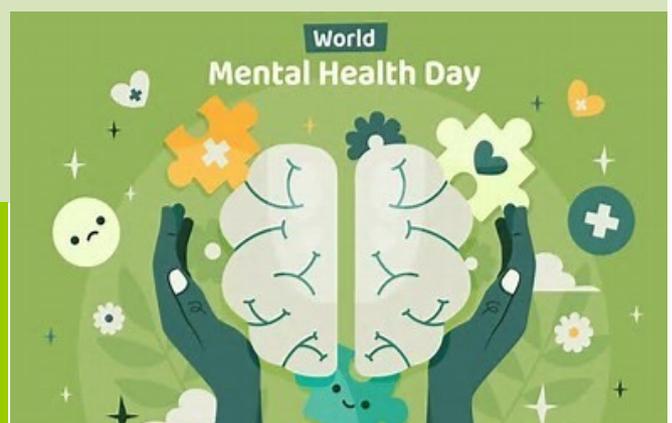
Let's make this term a successful and memorable one for our students!

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.

Regards  
Shane Elliott  
Campus Principal

## Important Dates

10 Oct— World Mental Health Day  
11 & 26 Oct, 9 Nov, 7 Dec—Bluearth  
24 Nov - Student Free Day





# Leigh's Group...

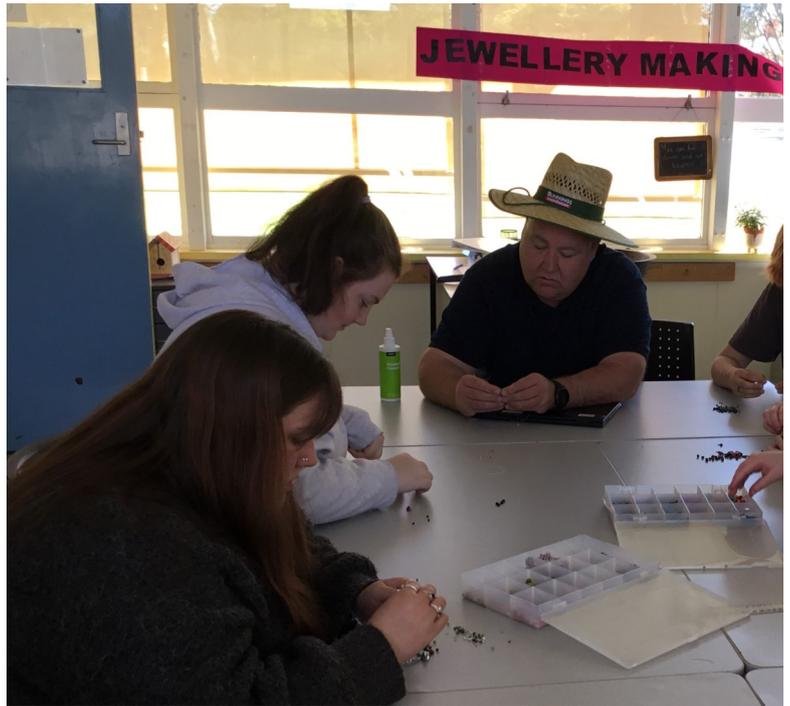
What a fantastic term 3 we've had in our (Leigh's) group. We've done lots of great things and it's been fabulous to see the growth in all of the students. Following the VCE VM program we completed our PDS outcomes with our amazing Youth Fest day at the end of term. Our group ran a jewellery making activity in the morning and it was wonderful to see how the students mixed with students from the other mentor groups and the level of conversation and engagement was superb. In the afternoon we ran a Bocce competition. The students all had great fun and those who perhaps normally don't engage in sporting activities really enjoyed being competitive and winning!

We have completed our WRS units with lots of career planning, looking at courses and other career paths. It was really great to see that there are so many different ways to reach our goals.

The big workload was in Numeracy and Literacy. It was terrific to see everyone complete persuasive pieces on a topic of their choice. A lot of people chose to write about the dangers of AI to our community which was very interesting and a little scary! Students also analysed an article on duck hunting to see how the writer was trying to convince them. As well as being a literacy activity it is fantastic skill building for being aware citizens who can recognise when they're trying to be persuaded.

Numeracy was a big challenge! We had to do a problem solving activity that was open ended. The question was "Is Gen Z doomed?" Students thought about issues such as mental health, house prices, the rise of anxiety and crime rates. Students had to take a deep dive into their topic and collect lots of data, organise it and work out trends and communicate what conclusions they could draw.

It has been lovely to see the amount of personal growth that has been evident in every child this term. To be completing genuine VCE work to a great standard is amazing and everyone should be proud. What a wonderful, kind and generous group we have to work with in our mentor group!



## Student literacy work—Narrative

Bruno's story.

Bruno was driving along and he saw the motorbike on the road in front of him. He stopped quickly and jumped out. Albie was in the seat asleep.

Bruno went to see if the biker was ok. He was about to say something but than suddenly the biker grabbed Bruno and pulled him by his ears for a head butt. Knocking back Bruno and smashing his lip. While blood was going out his lip he quickly retaliated and knocked the man out before he could hurt himself even more. *Then Albie heard his dad say Albie come out here—*

Albie came over and I told him to hold him down while I went to get help. As I went to the ute I squeezed Albie's shoulder to let him know I'll be back. I hopped in and drove as fast as I could to race to town. I drove to the hospital to the emergency room. I ran in the door and yelled, "I need help, there's been an accident! Some drunk rider fell off his bike. He needs some help. The bike's wrecked and he's mangled. I'm worried that he's bleeding out." Two ambos ran past me out the door. Bruno ran after them. He couldn't just abandon his son.



By Billy

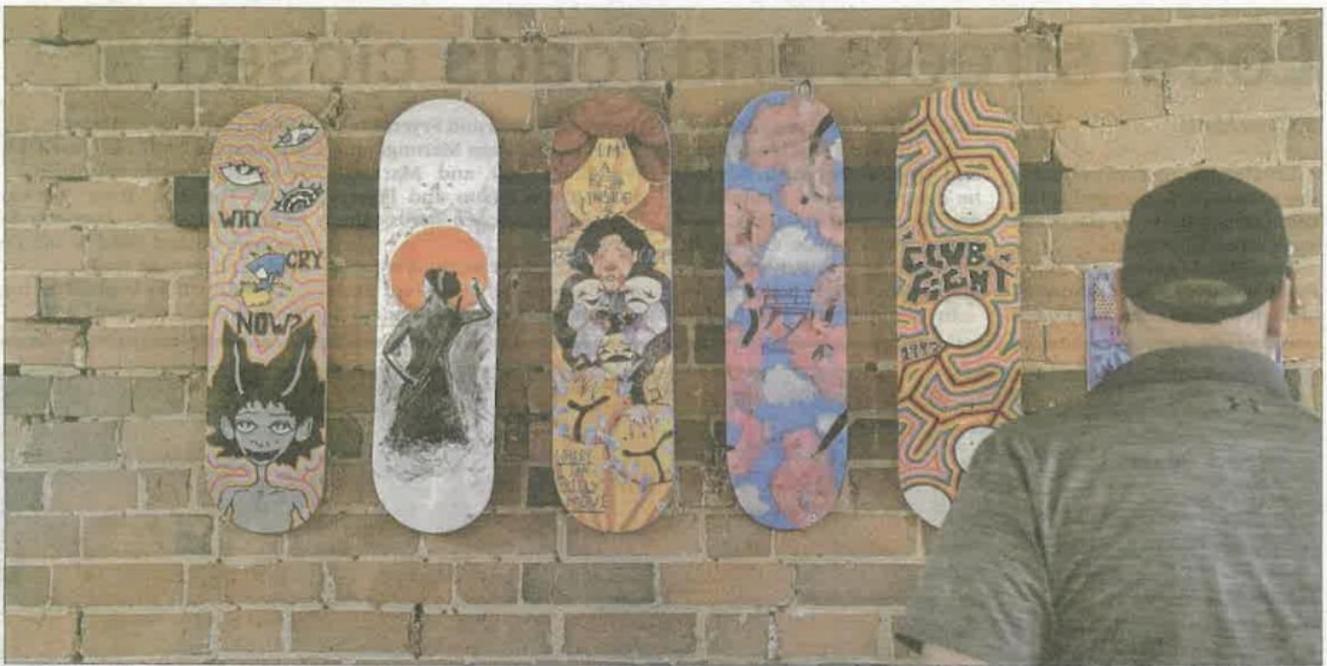
**Albie's dad—**

**"He's down!" In the road was a man twenty metres from his bike. He hit the back of a parked car on the side of the road. He's crippled. His arms and legs are bent and there's blood everywhere. I drive closer. The guy isn't moving. I stop the ute. Albie's still asleep next to me. I give the guy on the road a long geeze. He's seriously munted. He needs help.**

**I open the door of the ute and hop out. I walk across to the guy and kneel down. "Hey mate, are you all right?" He just makes a weird moaning sound like an animal. His jaw's all twisted so I can't take his helmet off.**

**I try to look at his arms to see how bad they are when out of nowhere he takes a swing at my jaw. He connects and I feel my teeth slam together. I impact bite my lip and I taste heaps of blood. He hit me over and over. I tried to hold his arms but I couldn't grab him. I swore and lost it, punching him once as hard as I could. His head snapped back and he was out. I wiped the blood and called out "Albee!" I heard the car door close and Albie's little footsteps rushing towards me. "Sit on him. Hold him down."**

**"Put your feet on his hands. I'm going for help. I'll be right back." I squeeze Albie's shoulder as I walked past. I didn't want to go but it was what I had to do. I just hoped he'd be ok. I hop in the ute, gun it and do a spinning u turn. I have to get help and get back as soon as possible. I can't leave Albie by himself.**



Decked out: An observer takes in the artwork at the cafe.

# Boards decked out

By Jay Bryce

"It matters. Every day, what they do and what they create matters."

This was the message that GOTAFE trainer and assessor for art and design Jan Donaldson received (and hoped her students received) after more than a 100 people gathered at Stellar Coffee in Shepparton to celebrate her student's work.

Sk8 of Art is an exhibition of student work from GOTAFE's

Certificate III in Design Fundamentals and Certificate IV in Design.

The students range from 16-year-olds in high school to mature-age students.

They were tasked with creating artwork on a skateboard deck, with little to no guidance on what to do or how to do it.

Ms Donaldson said the open design brief initially left the students a little frustrated and lost on where to start.

But now, after all 30-plus of her

students have submitted their work, it's paid dividends.

"They each brought their own voice," Ms Donaldson said.

"They're (the artworks) all so different and such an expression of each student."

The students had about two and a half months to create their skate artwork, and the project culminated in a presentation at Stellar Coffee on Wednesday, September 13.

Ms Donaldson was proud of the students and said that it was

a fantastic night, with friends and family coming to support them.

She praised Matt Kington, owner of Stellar, for going "above and beyond" and making it a charming evening for all involved.

"In a struggling world where it's so easy to see the negative, there were so many wonderful people involved in this to make it so special," Ms Donaldson said.

"The support has just been amazing."

The exhibition will be running at Stellar Coffee until October 14.

**'Sk8 of Art' was the yearly exhibition of VETDSS art. It is my second and last year at TAFE (certificate III) and overall the experience has been amazing. I already have a passion for skating, so finding out we were painting boards was so exciting, and I'm so happy with how everything went. TAFE is a really amazing experience with kind, like-minded people that want to see you succeed. If I ever had the opportunity to do it all over again I 100% would !!**

**-Addi Toy  
2023 VETDSS (Article from Shepparton News)**



# Youth Fest!



## Youth Fest Review

The day was fun and overall it was a really good experience. My favourite parts of the day was definitely building scarecrows because at first, I only wanted to watch but then, I got dragged in to help build one and it was really fun. I also liked tug of war because we did teachers versus students and we won! It could've been improved by having more drink options, not just soft drink. In tug of war teamwork was used, same as in the scarecrow making, we also worked together with 2 of us running and setting up the colouring in competition and the other 3 hiding the chocolates around the yard for the scavenger hunt. Which was an amazing team effort because running 2 different activities can be hard.

- Chloe STANTON



# Billy Carts

Yesterday at school we got to do an exciting activity with billy carts. First, we had to put them together and then we got to race them, and my team was purple. It was so much fun, I got to learn how to build and use different tools even though I've never done anything so 'hands on' before I did really enjoy working with others and building billy carts.

By Charlotte.

The Billy carts were so much fun! We had a race to see who could assemble them properly and the fastest. We ended up coming in second place, but we should have been first because we just forgot to tighten the screws. Then, two groups lined up at the starting line to race for about 10 laps. The first group to finish got 10 points, and the second group got 7 points. It was a blast! After that, we all made little race cars and tested which one could go the farthest. Unfortunately, we lost that competition. Then, we had to push our cars on the basketball court, we ended up coming in third place. But overall, my team was the winner. We did an awesome job!

- Angel



# Careers Pathways Transitions

Firstly, a HUGE CONGRATULATIONS to the students that completed the Road Infrastructure course. This course ran over 10 weeks (on Fridays), and the students completed 6 different certificates within the program. Attendance was fantastic and even though there was a lot of OH&S involved, the students came out of the program with an amazing advantage when looking for work in the future. Hopefully we have the interest and can run this program again on 2024.

Go TAFE 2024 VETDSS applications have closed for many courses, and we have been successful in a number of students being accepted into programs such as Building and Construction, Automotive and Education Support. We are running internal programs again within the school in Community Services, Animal Studies and Business. If you have any questions about options for 2024, please come and see me.

Congratulations to the students that are finishing up VETDSS courses over the next week. Many students have committed 2 years to these courses, and is amazing that they will leave with a Certificate II or III as part of their secondary schooling certificate. I will add a list of students names in the next newsletter once finalised so we can celebrate this success.

Work placements have been taking place over the past term, and are continuing this term. If you are interested, please come and let me know. It is a great opportunity to get a taster of an industry as well as gain experience.

**TERM 4 SHORT COURSES-** This term we are offering the following courses starting Thursday 19th October:

Food Handlers Certificate  
Responsible Service of Alcohol  
Barista Certificate

Jana Ash

**ATTENTION**

**UP COMING:**

**CAREERS**

**TERM 4**

- RSA COURSE
- BARISTA COURSE
- FOOD HANDLERS
- TAFE TOURS
- INDUSTRY VISITS
- TRANSITION PROGRAM
- COMMUNITY ENGAGEMENT

**Get INVOLVED**



“It was great being out in the sun today. The parachute activity was fun because we all worked together”  
- Charlotte



**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.**

# 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/>