

Newsletter

SEYMOUR FLEXIBLE LEARNING CENTRE

APRIL 2022 • TERM 1 • ISSUE 2

From The Principal

The end of term has come around quickly, with students and school staff being busy. I want to thank our students and school staff for their support over the term.

We have been short-staffed, which has meant staff have had to go beyond their regular duties, and students have had larger classes than usual.

I have appointed a new teacher who will start in term two, who is very experienced and will fit in well at the Seymour FLC.

Over the term, we have had landscaping done in our courtyard. This has come up amazing and is a nice quiet area for students to spend time over their day.

I am on leave for a short period, with Carly Charters replacing me until my return.

I hope all have a safe and enjoyable Easter.
Shane

Important Dates



April 8th—Last day of term

April 25th—ANZAC Day (public holiday)

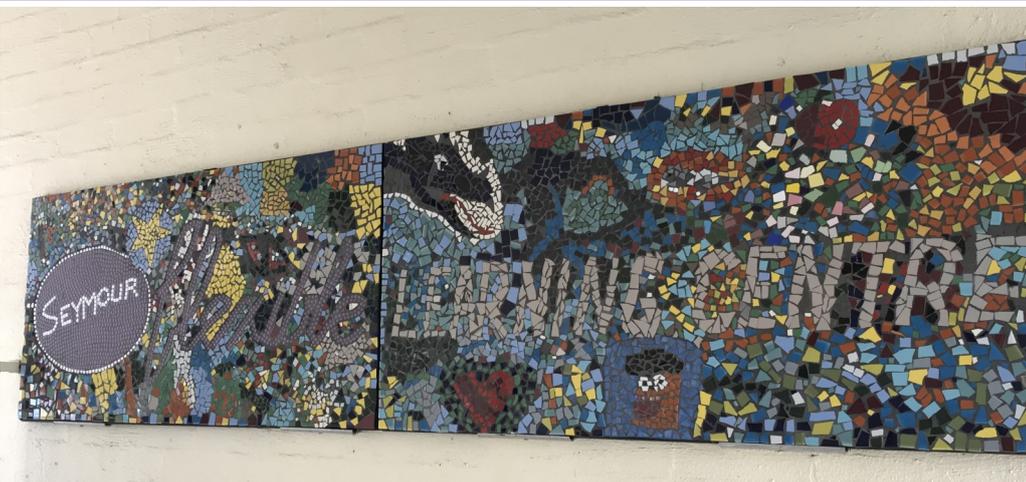
April 26th—Term 2 starts

May 3rd—RAMS (for select students)

May 4th—Street Art program starts (for select students)

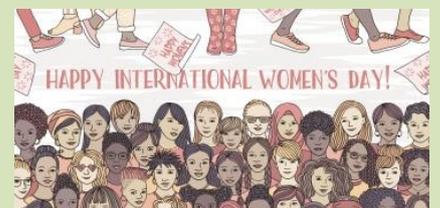
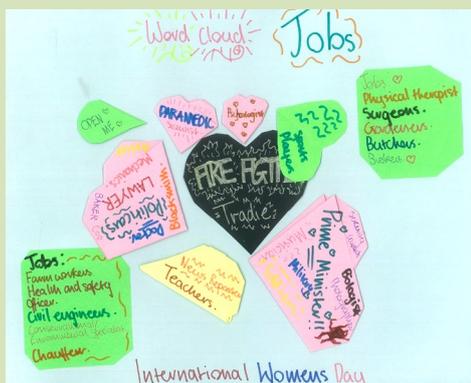
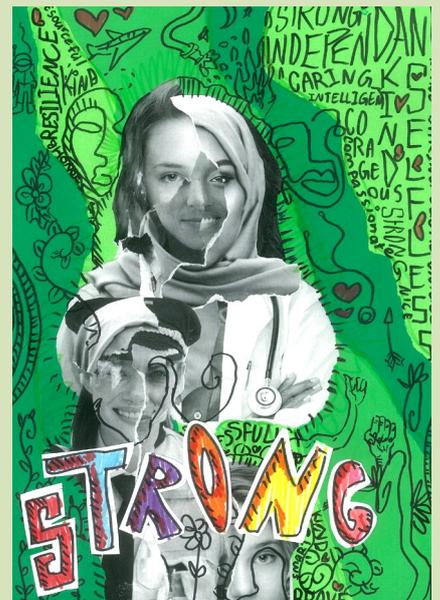
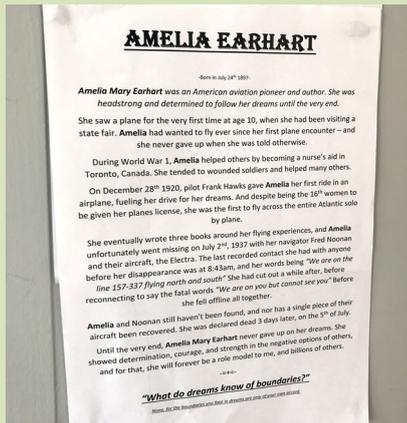
Welcome New Students!

Liam
Ryan
Mitchell
Zara
Gemma
James
Tenisha
Charlotte



International Women's Day

International Women's Day provides an important opportunity for teachers, parents and caregivers to educate and inspire children and students about gender equality. From celebrating women's achievements to challenging gender stereotypes and bias, educating future generations about gender equality is one of the most grassroots differences anyone can make. On March 8th, Seymour Flexi celebrated International Women's Day by completing various activities using the resources from the official website. Thank you to everyone for participating!



LiverWELL Presentation



Kay Dufty from Hepatitis Victoria did a presentation this term for our students on liver health and viral hepatitis. Kay discussed how this infection can be transmitted, along with how to get tested and treated. Following this, Kay introduced the StreetShot competition which invites young people under 25 to create something to represent what young people need to know about viral hepatitis. This competition ends in September, for further information please speak to Sarah.

ALS SKATE CO

Students at Flexi have been enjoying weekly visits from Al's Skate Co all the way from Wodonga! Not only does skateboarding require patience and coordination, it's a great way to keep fit, reduce stress and increase confidence. Well done to staff and students for having a go at something new.



LANDSCAPING UPDATE





What is Auslan?

Auslan is Australian sign language. The Australian Federal Government recognized Auslan (Australian Sign Language) as a language in 1987, but it has been out for a lot longer. Auslan uses two-handed signs and incorporates a two-handed alphabet, which is called fingerspelling.



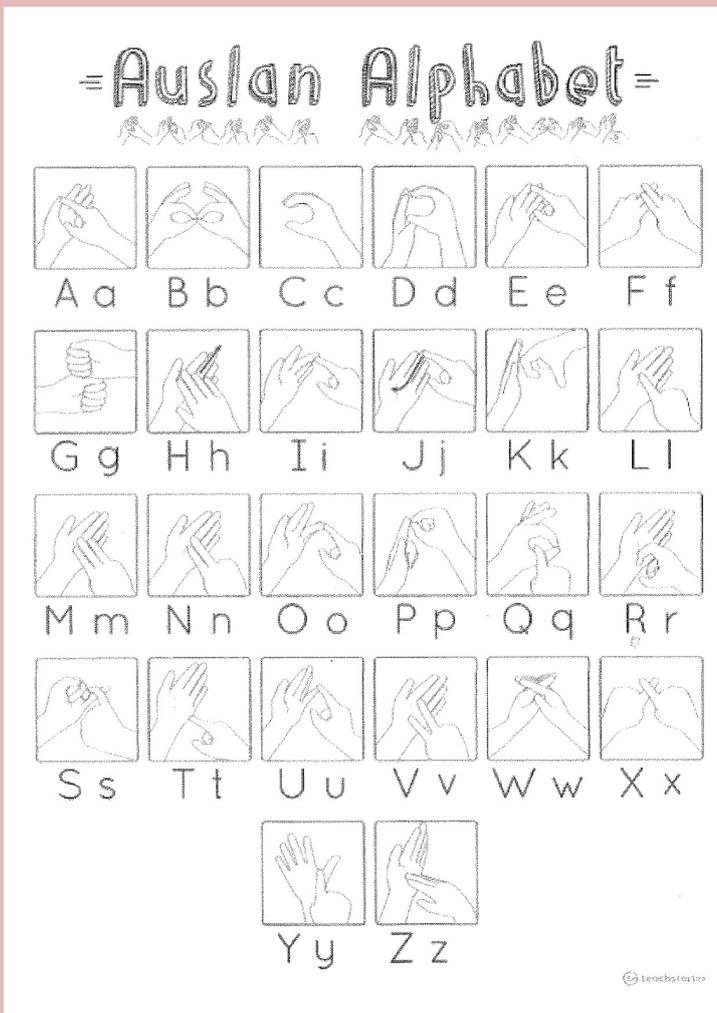
Why is it good to learn Auslan?

People who are in the deaf community live and work to various degrees with hearing people within the hearing community. This means that sometimes it is quite difficult for hearing and deaf people to communicate with each other, including in the work place.

That's why I think it would be awesome to learn Auslan because deaf people often struggle with discrimination and misunderstanding because not a lot of people know how to do Auslan.

That's why I think we should start teaching it in schools because we would all be able to communicate and it would just make life easier for people who are deaf and non-verbal.

I have enjoyed learning Auslan so much its very interesting to see how deaf people communicate and that I'm able to communicate in a different way and I'm thanking Vikki who has been teaching me Auslan, Thanks Vikki!!!!



Written By Nicole Kilpatrick

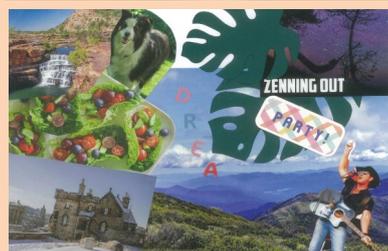
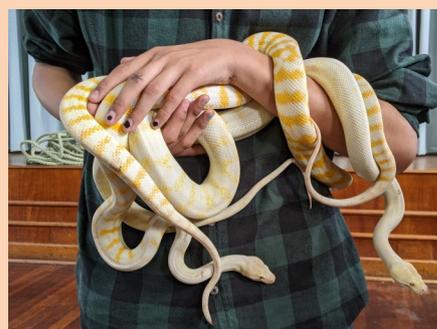
And the winners are...

Last year we were entered into a competition on Facebook and won a defibrillator! It was delivered recently by Matt Tennant from Tenex and installed in the foyer of the office area.



RAMS RETURNS!

The resilience across Mitchell Shire program or RAMS has officially started for the year, with participants attending from various secondary schools within the Shire. RAMS aims to increase levels of self-esteem, critical reflection and social emotional intelligence with students in a safe and positive learning environment. The introduction session involved discussions around the themes of connectedness, being worthy, reaching out for support, emotional awareness and self regulation. We also got to hang out with some reptiles!



Guest speaker from Victoria Police

This term we invited Senior Constable Ryan Coleman, who is the Youth Specialist Officer for Mitchell Shire, to come down to Flexi and have a talk with our students about his role within the community. Ryan also touched on various topics, such as sharing photos without consent, sexualised behaviour and smoking and vaping.



SESSIONS WITH EMMA

Our school nurse Emma has been running sessions on Thursday afternoons based off of student survey responses. Some of the themes have been smoking and vaping, negative self talk and communication. These sessions have included discussions, Kahoot games and role playing. Thank you to all the students who have been engaging and participating in these sessions!



E-cigarettes and Teens

What are e-cigarettes?

Electronic cigarettes (e-cigarettes) are battery-powered devices that come in many forms. They all heat liquids, called e-liquids, into an aerosol that users breathe in. They may contain nicotine, flavourings and a range of harmful and toxic chemicals. Many e-liquids come in flavours that are attractive to young people, such as mango, lime and mint. The e-cigarette heat may also produce toxic substances.

Using e-cigarettes is often called '**vaping**'. It is sometimes referred to as 'juuling'.

What are the health risks of e-cigarettes?

Most e-cigarettes contain nicotine, which is highly addictive especially for teens. E-cigarettes and e-cigarette liquid may contain nicotine, even if they have been labelled 'nicotine free'. One e-liquid pod can contain as much nicotine as a packet of cigarettes.

Nicotine exposure during the teenage years can harm brain development, which continues until about age 25. It can impact learning, memory and attention, and increase risk for future addiction to other drugs. Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.

E-liquids can poison children and adults through swallowing or skin contact. Symptoms of nicotine poisoning include sweating, dizziness, vomiting and increased heart rate.

E-liquids can also be a danger to young children if inhaled, swallowed, or spilled on the skin. A young child can die from very small amounts of nicotine. The effects of nicotine poisoning can come on very quickly. If you think your child may have been exposed to nicotine, you should seek medical attention or call an ambulance immediately.

While scientists are still learning about the short and long-term health effects of using e-cigarettes, a recent outbreak of lung disease and deaths related to e-cigarette use in the United States demonstrates that e-cigarette aerosol can be harmful to the lungs. E-cigarettes can also be modified to deliver marijuana and other harmful substances that have been linked to lung disease.

Defective e-cigarette batteries have caused some fires and explosions, which exposes the user to the risk of serious injury and burns.

Are e-cigarettes and e-liquids safe?

The Australian Therapeutic Goods Administration (TGA) has not safety tested e-cigarettes or e-liquids, so they should not be considered a safe product.

These products are not regulated in Australia and are often purchased online, meaning they can be made anywhere, by anyone and contain anything.

When to see a doctor

If you're worried about your child, it's a good idea to see your family doctor.

Too much nicotine from e-cigarettes can cause nicotine poisoning. If you are concerned about your child, please call the Victorian Poisons Information Line on **13 11 26**.

The Victorian Poisons Information Centre (VPIC) has information on what to do when someone has been poisoned, overdosed or made a mistake with their medication. When you call the VPIC, trained staff will give you first aid information, and tell you if you need to call an ambulance or refer you to a doctor for treatment.

*This was taken from the Royal Children's Hospital website.
(https://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens)

SEYMOUR ALTERNATIVE FARMING EXPO

The expo was a very fun and entertaining excursion. There was a variety of stores ranging from homemade, interior design and farming, there were plenty more stores for anyone and everyone's enjoyment. They held different events, I personally went to see the Kelpies herding sheep.

Thank you Kate for your contribution to this newsletter!



Immunisations in May

Mitchell Shire will be onsite on **Friday the 13th of May** to give students any immunisations they need or may have missed. This includes Human Papillomavirus (HPV) and Meningococcal. If a student is needing either of these, consent forms will be at the front office for you to complete.

FLEXI OP SHOP

We have a lot of op-shop loving students and they suggested we have one at school - why not!
Thank you to our wonderful staff for helping source our op shop items.

Students enjoyed sorting and arranging items on display tables and hanging racks. They also had the opportunity to bring in donations from home to swap for something fresh for their wardrobe.

It has been a hit and students have indicated they would like this to happen next term. It has also provided lots of learning opportunities and collaboration between students.



SCHOOL VALUES

Our school values are: Respect, Resilience, Responsibility and Resourcefulness. During the term, students have earned a raffle ticket when they have demonstrated these values at school. Our raffle ticket bucket is chock-full of tickets, proving what we already know - we have awesome students! Raffle tickets were drawn on Thursday 7th April followed by an Easter egg hunt!



Naplan practice test

Thank you to the Year 9 students who participated in the online practice NAPLAN tests. These sessions ensured our tech and staff are ready as well as giving students an opportunity to familiarise themselves with the online format. Thank you!

Community Services

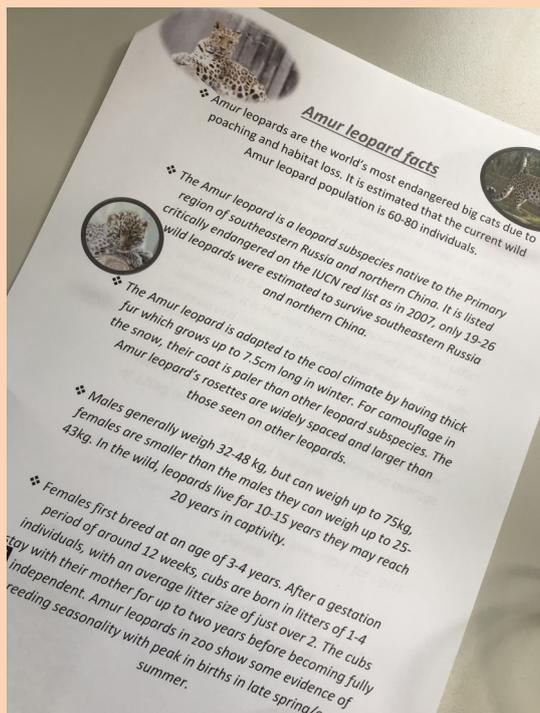
The students completing the Community Services course had a guest speaker this term named Martyn Lawrence. We invited all of the VET students to come and watch Martyn talk about his life experiences living with cerebral palsy.



Ash's Classroom

Students have continued working hard in the classroom this term and are finishing off strong! It has been a very productive term in VCAL with students completing a range of tasks for Literacy, Numeracy and Personal Development Skills (PDS). One of these Literacy tasks was to create a children's story book, aimed at early primary school kids. Students put together some amazing stories, complete with hand drawn illustrations and important moral messages. In Numeracy, we have been focusing on general maths skills, fractions and finance.

Wishing all students a Happy Easter and a well-deserved break :) See you all in Term Two!



Feral Dromedary (camel)

Scientific name:
The scientific name for a camel is Camelus.

Where does the camel originate from?
The camel family originated in North America.

Management:
The government has fenced off key areas to keep out feral camels. They also harvest and export feral camels for commercial sale.

When, How, & Why it was introduced:
Camels were first introduced into Australia from the Canary Islands in 1840. They were brought over by British settlers from India, Afghanistan and the Middle East in the 19th century to assist in the exploration of inland Australia. They helped carry equipment for explorers over long distances and across warmer environments.

The problem they are creating:
In Central Australia, feral camels eat more than 80% of the available plants. In much of the NT there are more than two camels per square kilometer, which is really bad for the native vegetation. They also damage farm fencing and infrastructure at cattle watering points.

What is an introduced species?
They are animals that have been moved by humans to an environment where they didn't occur naturally.




Facts:
Camels have three sets of eyelids and two rows of eyelashes to keep sand and bugs out of their eyes. Camels have thick lips which let them forage for thorny plants other animals can't eat.