

Newsletter

SEYMOUR FLEXIBLE LEARNING CENTRE

DECEMBER 2021 · TERM 4 · ISSUE 2

From The Principal

On behalf of the Seymour FLC, I want to say a big thank you to all our students, parents and carers for your continued resilience and support throughout this year. I know remote and flexible learning has not always been easy, but through our collective efforts, our students have continued to make valuable progress in their learning. You can be confident that our school will support any student who has fallen behind to catch up.

Congratulations to all students on a fantastic year. A big congratulations to our graduates and those students who received awards. We have seen a huge growth in many of our students where they have moved out of their comfort zone and learnt new skills. They have challenged themselves to improve their literacy and numeracy and have been involved in creative programs within the school.

Late in the year we farewelled Melissa Wood, and she is missed by staff and students. On another note, Carly Charters returned from leave and has picked up where she left off. Welcome back Carly.

I wish everyone a very Merry Christmas and a safe New Year and thank you all for your support over the year.

Shane

Important Dates

2021

- Dec 14th**—Pupil free day
- Dec 15th**—Student awards and Christmas lunch
- Dec 17th**—End of term

2022

- Jan 28th**—Term 1 starts
- March 14th**—Labour Day public holiday



Welcome New Students!

We would like to take the opportunity to welcome our new students and their families to the Seymour Flexible Learning Centre.

Jade
Megan
Riley
Scarlet
Hollie
Blake
Jackson
Tiara



Thank you Mel!

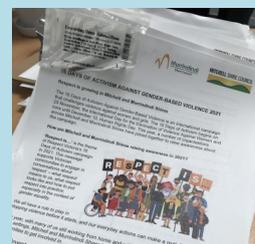
During this term we said goodbye to Melissa, who has been one of our mentors since 2019. We would like to acknowledge all of her experience and amazing work with our students and wish her all the best.

Respectful Relationships

Mitchell Shire Council have generously donated 100 packs of daisy seeds to promote the 16 days of activism against gender-based violence. If you haven't already, come grab some seeds from the office or from libraries and community centres across Mitchell and Murrindindi Shires and start the conversation.

Conversation starters might include:

- Challenging the condoning of violence
- Promote women's decision making and independence
 - Challenge rigid gender stereotypes
 - Promote respectful peer relationships for men
- Know where you can refer someone for help or to find out more



Spreading Kindness

We have been overwhelmed with donations this term, with hygiene packs from both Zonta Club of Mitchell and Share The Dignity. Our students have been very grateful to receive these and your generosity hasn't gone unnoticed. Thank you thank you thank you from all of us at Flexi!



ANIMAL STUDIES

Well done to Quinn for completing his practical component of his Animal Studies course. We think Bluey enjoyed it too!



School holiday activities



You can apply for a free pool day with yourself and three friends at either Seymour or Kilmore Leisure Centre, including snacks and a drink!

<https://www.mitchellshire.vic.gov.au/services/community-services/community-covid-recovery/mitchell-youth-out-about>



Check out the events happening in Shepparton
<https://greatershepparton.com.au/whats-happening/events>



Meet therapy dogs on Monday 20th December at Headspace Craigieburn!
https://orygen.qualtrics.com/jfe/form/SV_basBPGtsKsMtfw2



And Melbourne!
<https://whatson.melbourne.vic.gov.au/things-to-do/family-and-kids/school-holidays>

Wellbeing

We've been through another challenging year, and Christmas can be stressful and also difficult for some individuals and families. It's completely normal to feel like this year was 'wasted' and to feel unaccomplished. Take the time to make a list of all of the positive things you did or experienced through the year and make contact with those who you miss.

If you're spending Christmas Day alone, there are some options for you.

Love in Action Wallan are hosting an event with food and entertainment, head to their Facebook page or here to register <https://www.trybooking.com/events/landing?eid=793587&>

The Salvation Army are providing events and food at various locations around Victoria
<https://www.salvationarmy.org.au/christmas/events/full-list/>

Ask Izzy is an awesome website should you need support if you find you're in a crisis situation
<https://askizzy.org.au/>

I hope that you all have a well deserved break and take the time to practice self care. We'll see you in 2022! - Sarah and Emma



CAREERS

WOW..... What a year, and congratulations to all the students who completed courses, participated in work placement, put a plan in place for the future or even set themselves up with a resume.

Snap shot of outcomes for this year –

26 students completed a short course that we squeezed into Term 4. These courses included First Aid, Responsible Service of Alcohol & Food Handlers Certificate.

14 students completed a VET course this year which is an amazing achievement.

6 other students have commenced VET course and have a partial completion.

2 students COMPLETED a School Based Traineeship or Apprenticeship

5 more students are signed into School Based Traineeships or Apprenticeships to continue in 2022.

We have also had great outcomes of students transitioning out of school once completed VCAL and obtaining work.

You have all obtained amazing results even in another CRAZY COVID year.

Can't wait to see what we are capable of in 2022 :)

Jana

END OF TERM ACTIVITIES

We have had so much fun creating! We have made amazing tie-dye shirts and socks, cute succulents pots, unique Christmas baubles and sweet Gingerbread Houses. Thank you to all the students that participated.



Art with Vikki

We have explored a few mediums of art this term, from blind line drawing, to drawing with shadows and attempting to emulate Picasso's style – see the kitchen and the interview room for some gorgeous examples of student art work! However, the unexpected hero of this term has been Zine making. Zine's are like tiny booklets of interesting factoids, opinions, insights and creativity. Students have been diligently working on their Zines over the course of a month or so, adding more and more detail and thought to each page. They look amazing. Well done to all involved!



Cooking with Carly

The cooking class has made use of our new veggie patch and made some delicious healthy burgers.

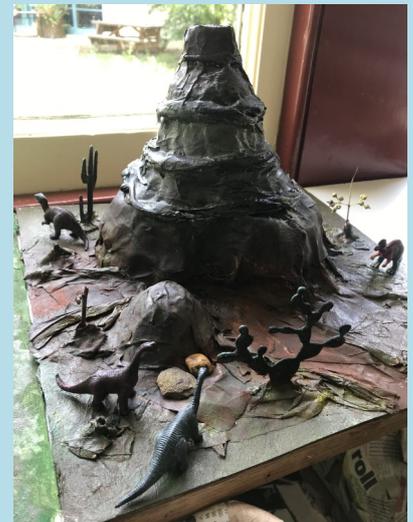


Activities with Ash

This term in the Activities elective, students have been spending time playing Down ball, Footy and table tennis. With the warmer weather upon us, it has been great to spend some time outside having fun! As usual, all students are welcome and encouraged to join the Activities group and if you are interested in joining in 2022, please see Ash.

Ash's Classroom

To finish off a great year, students had the opportunity to research a famous volcano from around the world and create their own model out of paper mâché. Students carefully designed, painted and erupted their volcanoes in the last few weeks of Term Four and the results were spectacular. All students put a lot of time, thought and effort into their volcanoes and it was great to finish off 2021 with a bang!!



Volcano Eruption



Oh the places you'll go...

'Oh, the places that you'll go.' So said Dr Suess. Well, most of us haven't got to go very far really over the past 20 months. One of our students got to head out to Avenel with me on Tuesday afternoon. We have the privilege of installing a Street Library at Avenel Kindergarten. Jay and myself have made up a post strong enough to hold an elephant. (Well slight exaggeration). We concreted the post into a 600mm hole and we will go back next week to place the library on the post and provide a starter set of children's books. The library looks great, Dana, Aiden, Tianna, Molly and Allison did a great job painting it. It even has Truffula trees. How good is that? The children and parents will love their new Street Library. Good work Seymour Flexible Learning Centre!

Some folk have no choice but to go places. This year some of our students looked at the reality of homelessness and the impact that it can have on people even in our very own communities. As part of our VCAL curriculum we are obliged to reach out to different members and organisations within our community and form partnerships and networks. Covid has made that a very difficult prospect. No where near as difficult as the prospect faced by those in our community that have become homeless during this pandemic. As a school we agreed that we could use some community grant funding in assisting those that have become homeless due to economic pressures and distress, whether Covid related or otherwise. One of our students took the lead in organizing a budget to purchase some essential quality items for 10 'Homeless Back Pack Kits'. The 'stocking fillers' for these back packs include: hygiene kits, durable nutritious food, warm quality clothing, first aid kits, drinking canteens, a torch, batteries, sunscreen, a good quality hiking tent, lollies and a handwritten letter of encouragement from one of our students.

We have approached Beyond housing and Salvo care and they are ecstatic and appreciative to be receiving 5 kits each to be able to distribute to people in our local community doing it tough. This was a great initiative and highlights the compassion and empathy that our school has for the disadvantaged within our community.

At this stage of the year, I'd like to personally thank all staff and students involved in both the Street Library and The Back Packs for the Homeless projects. I'd also like to personally wish you all a happy and safe holiday season. Let's all do our best to treat one another with dignity and then, 'oh the places that we'll go!' - Dean



Installing the Street Library at Avenel Kinder



Avenel Kindergarten
9 December at 21:40 · 🌐

👉 Look at our Street Library!! 👈

Our wonderful friends at Seymour Flexible Learning Centre have been hard at work crafting a little library for our community to access. These community-minded secondary students chose images that they thought would appeal to our kindergarten demographic, including truffula trees from the Lorax, butterflies and the alphabet.

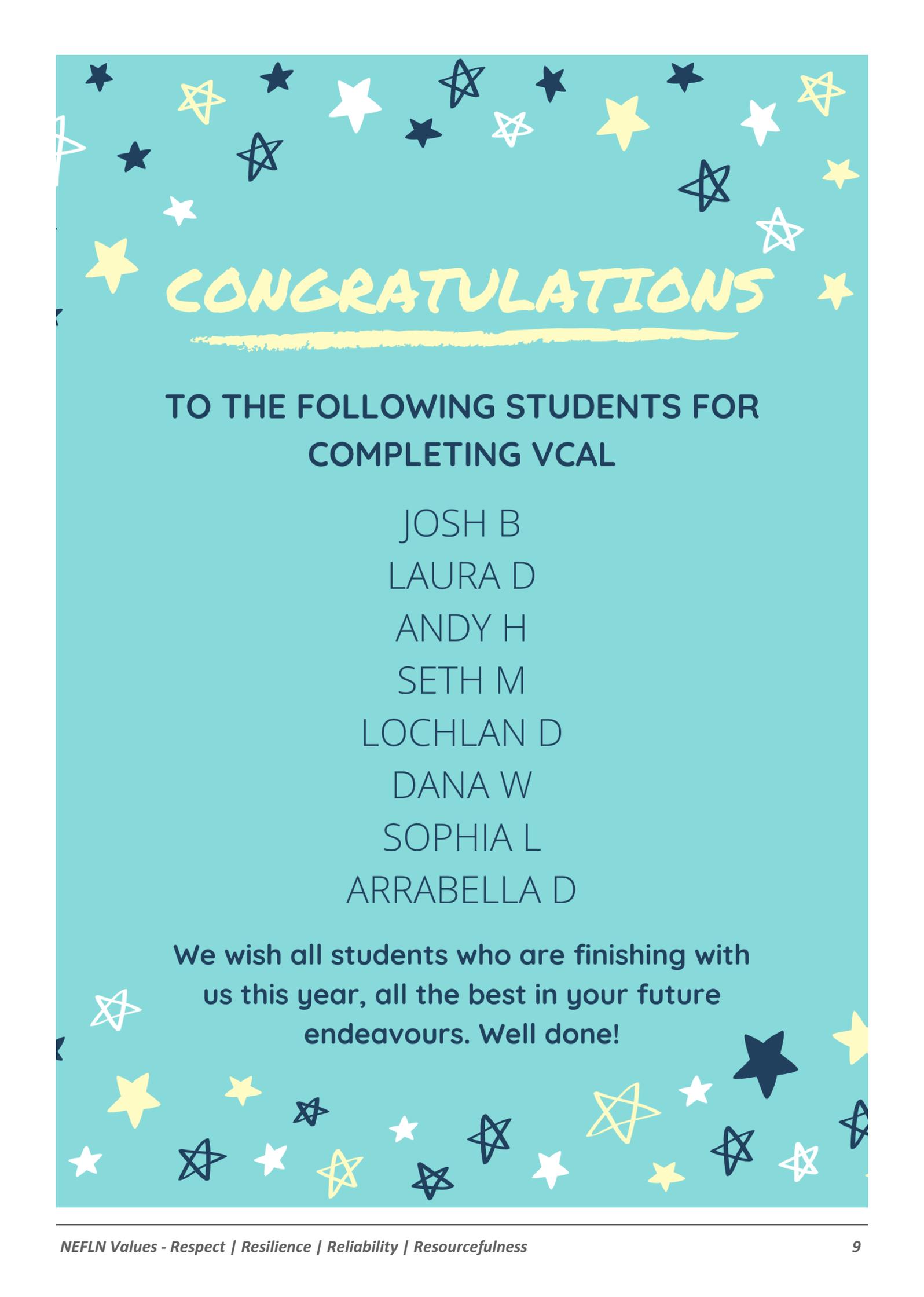
Our little learners are lucky to be part of a community that loves literacy! We encourage our families to contribute to our library by taking a book and leaving a new one behind for the children of our community to enjoy!

#avenel #avenelkinder #avenelvicoria #avenelkindergarten #communitieswhocare #communitykindergarten #streetlibrary #lovestrathbogje #literacy #storiesmatter #1000booksbeforekindergarten #community #education #



Creating and Donating the Homeless Packs





CONGRATULATIONS

**TO THE FOLLOWING STUDENTS FOR
COMPLETING VCAL**

JOSH B
LAURA D
ANDY H
SETH M
LOCHLAN D
DANA W
SOPHIA L
ARRABELLA D

**We wish all students who are finishing with
us this year, all the best in your future
endeavours. Well done!**

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/>