

# Newsletter

SEYMOUR FLEXIBLE LEARNING CENTRE

March 2022 · TERM 1 · ISSUE 1

## *From The Principal*

This is the first newsletter for 2022. Welcome back to all and I hope you had a restful and enjoyable break. Term one has started well and it has been wonderful to see the progress our students are making with both their studies and their attendance.

As always, our aim is for students to attend all their scheduled classes for the rest of the 2022 school year, and we ask for your assistance in encouraging them to develop a consistent approach to getting to school each session. Last year several of our students successfully completed their Foundation or Intermediate VCAL and one of our students completing a Senior VCAL. We congratulate you all on such brilliant outcomes. Many other students have partially completed both Foundation or Intermediate VCAL, and we hope to see them complete those studies this year.

Congratulations to Dean Ramsbottom on gaining a position at Pavilion in Epping. He asked me to pass on his good and thanks to the school community for their support of his time at the Seymour FLC.

### CSEF

Students will have the opportunity to attend a variety of activities and excursions during the term.

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps, and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

If you applied for CSEF through our school last year, you do not need to complete an application form this year. If you did not fill in a form in 2021 and are eligible to receive CSEF in 2022 and would like to apply for the first time, please contact Tanya at the school office.

Stay safe and healthy.

Shane Elliott  
Campus Principal.

## Important Dates

**March 8th**—  
International Women's Day

**March 14th**—Labour Day  
(public holiday)

**March 22nd**—RAMS  
(for select students)

**March 18, 25, April 4**—  
Al's Skateboarding

**April 8th**—Last day of Term



## Welcome New Students!

Mya  
Maddy  
Jazmina  
Josh  
Deegan  
Trigher  
Jesse  
Sid  
Kaitlin  
Addi

## Thank you Dean!

At the end of term 4 last year, our mentor Dean said goodbye to Flexi and took on another teaching role closer to home. We acknowledge Dean for his energy and experience during his time with us, and wish him all the best in his new role.

## Free Showbags

Mitchell Shire Council have kindly donated showbags to our students filled with canvases, textas, card games, vouchers and more! If you have not gotten one yet and would like one, please see Sarah or ask your mentor.



## BOOK CORNER



By the front office you may have seen our little book corner which features one of the street libraries that the students have made. Feel free to take a book to read, and leave a book for someone else to enjoy. Thank you to everyone who has donated so far, and a special thank you to Kylie from Shepparton FLC for the generous (and impressive) donation of Goosebumps books!

## I Can Network

The 'I Can Network' are providing online special interest groups for neurodivergent and autistic young people. These programs do have a cost and families with NDIS funding are encouraged to join, otherwise participants are welcome to pay for the program privately.

For more information check out

[Online – I CAN Network](https://www.icannetwork.online/online) or [icannetwork.online/online](https://www.icannetwork.online/online)



## Secondary School Immunisation Program

The secondary school immunisation program offers free vaccines provided by the National Immunisation Program each year to students in Year 7 and Year 10. The local council immunisation service visits the school to provide the vaccination program.

Parents/guardians of students in Year 7 and Year 10 should look out for the vaccine information and consent form. You need to read the information, complete, and return the consent form. If you choose not to consent for your child to be vaccinated as part of the school-based immunisation program, you also need to return the consent form.

### Students who missed school vaccines due to COVID-19

Some students now in Year 8 and Year 11 may need to complete their vaccine program this year to catch-up the missed vaccines. The local council immunisation service will advise parents/guardians and work with the school to deliver any catch-up vaccines due to students. The consent that you provided last year for the school-based immunisation program remains valid and you do not need to complete another consent form.

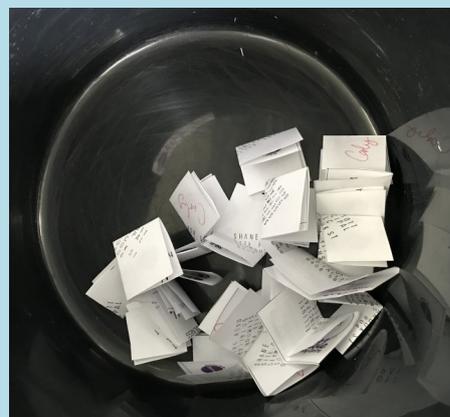
Please note if you consent for your child to be immunised for their Year 7 or Year 10 immunisation but then obtain this immunisation elsewhere, you must notify the Mitchell Shire Immunisation Team on 5734.6355 or email to [immunisation@mitchellshire.vic.gov.au](mailto:immunisation@mitchellshire.vic.gov.au) advising your child's name and school, to ensure your child has completed all required vaccinations. Please make sure your immunisation provider has reported the vaccination to the Australian Immunisation Register if received elsewhere.

For further information visit [Immunisation in secondary schools - Better Health Channel](#)

## *Respect, Resilience, Reliability and Resourcefulness!*

These are the four values of the North East Flexible Network (NEFLN) which should be looking familiar to students as they are part of our current raffle! Raffle tickets are handed out by staff members who see the students actively demonstrating one (or more!) of our school values.

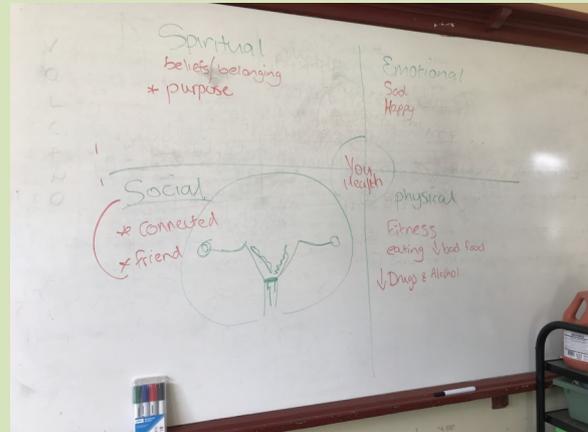
Twice a term, someone will be picked for a prize to be determined. If you get a ticket, make sure to pop it into the bucket at the front office or give it to Tanya. It's awesome to see how many tickets have already been handed out.



Today  
I will not  
stress over things  
I can't control

# HELP 4 YOU

Last year, the students filled out a health and wellbeing survey on what they would like to see at Flexi, and a large number of responses were based on where to find information. As a result, Emma our school nurse ran the 'Help 4 You' workshop which consisted of discussions around what health is, different scenarios our young people might face and also general questions the students had. Some scenarios included topics of sexual, mental and physical health.



## RESPECTFUL RELATIONSHIPS

International Women's Day is a worldwide celebration of women's historical, cultural and political accomplishments. The day is also celebrated in favour of global action against gender inequality. On March 8th, there are a few things you can do to celebrate!

- Watching movies with a strong female lead/character
- Donating to a cause that supports women
- Drawing your favourite female in history or hero
- Wearing purple to represent justice and dignity
- Support a women owned business
- Acknowledging a woman in your life who is a role model, and doing something kind for them
- Attending an event, such as these from the Mitchell Shire (<https://www.mitchellshire.vic.gov.au/news/events-to-celebrate-international-womens-day>)

Check out <https://www.internationalwomensday.com/> for more info on the date



# GARDEN AND WORM FARM



## Careers

Students at the Seymour FLC are settling into the 2022 VETDSS courses and school based trainee and apprenticeships. It is great to see the nerves are fading, and students starting to be engaged and are excited about what they have signed up for.

This year like all, we will be running short courses. These will commence in Term 2, and will be advertised in classrooms, in the newsletter and around the school. These include RSA, Food Handlers, Construction Induction Card etc. If you are interested in a particular course, please come and see me.

This term there are discussions around work placements, which will be commencing in Term 2 for many students. The focus this year is to expand the knowledge of our students in relation to the broader working world. Over the past couple of years we have been very restricted with the lockdowns and changes of requirements. Hopefully we will have many guest speakers and industry visits to educate students on possibilities and pathways.

All Year 9 students will be contacted within the next 2 weeks to discuss the Year 9 Morrisby Careers program. Information will be also sent home to families. This is a Dept. of Education program offered to all Year 9 students within Victorian Govt. schools. It is a great opportunity to educate young people further on pathway options.

I want to say a HUGE congratulations to all the students that have gained or applying for part-time work at the moment. With so many casual jobs available at the moment, it is great to see our students taking advantage of these opportunities. Well done. - Jana

## Ever come to school and feel like you can't concentrate?

Many things can impact our readiness or ability to learn in the classroom, and sometimes we feel like there are forces outside of our control that stop us from achieving what we need to in class. Our motivation can be affected in both positive and negative ways. Maybe we have had a fight with a friend or family member. Maybe we stayed up all night and are severely sleep deprived. Maybe it's a gorgeous day outside and we are in a ridiculously good mood, we can't stop laughing, and would rather be anywhere other than doing VCAL Literacy! Or maybe—we're just plodding along okay and even though we may not feel great, we can just get on with things for now.

In class we have an opportunity to 'Check In' with how we are feeling on the readiness to learn scale:

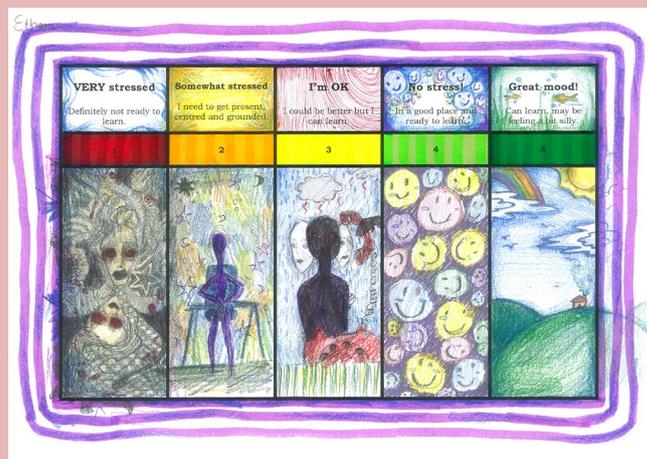
<b>VERY stressed</b> Definitely not ready to learn.	<b>Somewhat stressed</b> I need to get present, centred and grounded.	<b>I'm OK</b> I could be better but I can learn.	<b>No stress!</b> In a good place and ready to learn.	<b>GREAT mood!</b> Can learn, may be feeling a bit silly.
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Checking in is a good way for both you and your teacher to see how you are travelling before, during or after class.

What happens if you are VERY or Somewhat Stressed? Depending on what is happening, getting yourself to a place where you are ready to learn may or may not be something that you can fix yourself. You may need to remove yourself to speak to a staff member to help calm down, OR you can try one of the following strategies:

- Listen to music for a few minutes
- Go for a short walk or shoot some hoops
- Practice some mindful breathing
- Try some colouring in
- Use fidget toys to stay on track

Ultimately you need to find something that works for you and your teacher! If you would like some more ideas on how to get yourself ready to learn and make the most of your time here, speak to Sarah or a trusted member of staff.



## Ash's Classroom

It has been great to see all students returning to the classroom this term and a big welcome to all new students joining us in 2022! Our theme and focus in literacy this term has been animals. Students have produced some fantastic brochures with information on how to prepare for a new pet, how to make delicious treats and how to choose a suitable pet for a particular lifestyle. In addition to this, students have researched a range of feral animals that have been introduced to Australia and the impact they have had on our environment and native wildlife. In numeracy, students have been working hard on their number skills and have been learning how to solve problems with and without a calculator. Well done everyone on a great start to the school year and I look forward to working with you all throughout 2022!



## Come and say hi to our new friends!



Last Monday we purchased a fish tank for our classroom and had the pleasure of setting it up!

It was a big responsibility, and we couldn't put fish in it immediately as we had to balance the water so that it was perfect for fish. Yesterday we were able to add two fish to the tank. Gillbert the Black Moor, and Eridan the silver goldfish.

We have to keep the water clear and fresh for them, feed them and make sure the filter is working properly. We think the new class pets are very cute, and make a great addition to our classroom!

Written By Sid :)

# Animals

Students have published fantastic writing for our Animal themed literacy unit. They have written brochures for how to care and prepare for pets and also information reports on feral animals in Australia. They have all worked hard and produced some great work!



# Student Awards

SEYMOUR TELEGRAPH WEDNESDAY, DECEMBER 22, 2021 7

## Students' work recognised

By Max Stainkamp

The Seymour Flexible Learning Centre celebrated getting through the past two years and recognised the work of students at its awards day last week.

Thirteen awards were handed out across the day, including the Chloe Morse award, which is given out in memory of a former student who died four years ago.

Campus principal Shane Elliott said while it had been a challenging year, it had been a step up from 2020.

"We were a little bit more organised in relation to the remote learning, but it's certainly been really, really tricky for most of our kids. But we've had some other educators thrive," he said.

"They've been amazing to step up like that, it's been great."

"Staff have done an awesome job and it's been pretty tricky for them."

Mr Elliott came to the flexible learning centre from a mainstream education system and said he had been blown away by how "amazing" the students had been.

"I'm really lucky to be where I am to be working with these kids," he said.

Arabella Dee won the Chloe Morse award, which was presented on Thursday, the fourth anniversary of her death.

Arabella is the first VCE student to receive a senior award, and she said it meant a lot to her.

"It's obviously a very big award. It's a big thing, and I certainly didn't expect it," Arabella said.

"I've been here a long time, the longest of anyone now, but I really like it here."

"If I wasn't here I wouldn't have completed school, I would have dropped out."

Arabella started at the centre early in Year 8 and knew Chloe.

"I knew she was really lovely," she said.

Chloe's mum Kristy presented the award and said she was "honoured" by the fact it was still handed out.

"It made me realise the



Honoured: Kristy Morse, Arabella Dee and Shane Elliott in front of the memorial garden to Chloe Morse at the Seymour Flexible Learning Centre.

impact she had on other people and I didn't realise that until after her funeral," she said.

"Like, it's really, I think she'd be really touched and I'm really touched and honoured that the award's still going and that I get to be a part of it when it's awarded."

"And I'm proud of the people that get it and also, you know, really proud that some of the qualities of Chloe are coming through to other people."

Award winners: The award winners at the Seymour FLC last Thursday.



Did you see the newspaper article featuring our 2021 award winners?

We are incredibly proud of our students and their achievements during another challenging year.



# SFLC AWARDS 2021

CONGRATULATIONS TO THE FOLLOWING STUDENTS



**Chloe Morse Award:** Arabella D

**Attendance:** Bella L

**Remote Attendance:** Lochlan D, Jayla P, Ethan B, Star B

**Achievement:** Aiden W, Dana W

**VCE Maths:** Max M, Dana W

**VCAL Literacy:** Jaiden M, Lochlan D

**VCAL WRS:** Jarek O

**VCAL PDS:** Jarek O, Jay R

**Vic Curriculum English:** Kiara S

**Vic Curriculum Maths:** Tanisha W

**Cooking:** Nicole K

**VET:** Hayley E, Tianna F

**School Spirit:** Jay R

**Sport:** Daniel H

# 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/>