

# Newsletter

SEYMOUR FLEXIBLE LEARNING CENTRE

MAY 2022 · TERM 2 · ISSUE 1

## *From The Principal*

An outstanding start for the term! A number of enquiries to enrol and several new students have started. I would like to extend a very warm welcome to Gerard Collins. He joined the FLC team at the start of term two. Gerard has stated a music program here on Friday afternoons, where students are learning how to play the Guitar and mix music. This has been very popular with in the FLC.

Did you know that without a note or other documentation we must mark young people with an 'Unexplained Absence'. This is what Centrelink and government auditors look for in deciding whether a person is in fact a fulltime student. Please provide your mentor with a text message, phone message or written note so that we can provide an explanation on the roll. This will ensure your enrolment and avoid a Centrelink debt.

NAPLAN testing has been done and well done to those students who sat the tests. You will hear a lot about NAPLAN on the television or on the radio. It is a snapshot of your child's learning which we use along with many other forms of assessment to get a clear picture of your child's learning.

Tuesday 17 May, students and staff came together to celebrate IDAHOBIT day with a lunch and several fun activities. Well done to all involved.

There have been a couple of excursions this term, such as our RAMs and Street Art Programs. I would like to point out that reports came back to the Centre from the places our students visited with all commenting on the manners, good attitude, and excellent behaviour of our students. We know how great they are, but it is pleasing to know people outside education can see this too.

Shane

## Important Dates

- 24 May**—Street art onsite (for select students)
- 25 May**—Network Day (no classes)
- 30 May**—Reconciliation Week
- 8-9 June**—Street art onsite (for select students)
- 13 June**—Queen's Birthday (public holiday)
- 14 June**—RAMS (for select students)
- 16 June**—Ventia (Pucka) tour
- 24 June**—Last day of term



## Welcome New Students!

Abby  
Jake  
Cooper



# WELCOME GERARD!

This term we welcomed our new mentor Gerard who has been impressing us already with how quickly he's adapted to his role at Flexi. Gerard has introduced us to the world of VR headsets and also how to play instruments and create music. If you haven't already, please say hello!

## ANZAC Day

On the first day of term, Tianna organised a commemoration service for ANZAC Day as part of an PDS outcome. She did a wonderful job in planning everything, and thank you to the students who were involved and to everyone for being respectful.



## GAMING TO GAMBLING WORKSHOP

Steph Byrne from Primary Care Connect came in to do a presentation about the blurred boundary between online gaming and gambling. Steph did an awesome with our students and was kind enough to bring in extra goodies for anyone who answered her questions!



# IDAHO BIT

On May 17th, Seymour Flexi celebrated the International Day Against Homophobia, Biphobia, Intersexim and Transphobia (IDAHOBIT). As of 2022 we get to be empowered by our sexuality, genders and pronouns which has not always been the case. Well done to all of the students who planned the day for everyone to celebrate together.



Thanks Jasmine for contributing to this newsletter!



The latest RAMS session involved martial arts therapy with the focus on impulse control. The facilitators used martial arts techniques to teach students how to respond to situations well, rather than reacting. This was followed by participants making some stress balls to take home.



## Careers Day Out

Today I went to the Shepparton Careers Expo. I got to meet people from Go TAFE, The Victorian Police Department, RYOBI, Shepparton Bunnings, RMIT, Rumbalara and many more. I had a lot of fun and it was so cool seeing how many other schools in the region came today. Thanks to Carly and Jana for planning this trip. Written by Nicole

Seymour FLC attended the Shepparton Careers Day. This is a large regional careers expo represented by the big universities, TAFE's, apprenticeship providers, employment providers and large employers. The day gives students the opportunity to speak to exhibitors about options and possibilities for pathways, as well as giving students new ideas about what is available for them. The day included hands on activities, interactive activities as well as many resources.

We had perfect weather and the students were such a pleasure to take. Conversations and follow-ups are already taking place from ideas sparked on the day.



## STREET ART



After several delays due to COVID, the Street Art program finally began this term with Dan and Lucas from 90 Degrees Creative. Together with the students, they created some awesome pieces to demonstrate the techniques they had learned. We are so honoured to be part of this program, as Dan has painted murals all over Australia, including the one below which you may have seen around town...



# Street Art Excursion

Street art students had an excursion to Everfresh studio in Collingwood with Dan from 90 Degrees to spend the day with street artist Matt Thompson. Students explored the local street art before getting the opportunity to paint on the walls outside of the studio! Kathleen from Creative Victoria also attended and commented on how friendly and welcoming our students were.



# MUSIC



## Mitchell Youth Council



**We're looking for passionate young people  
to join Mitchell Youth Council!**

Mitchell Youth Council is an advisory committee  
represents the voice of young people in Mitchell  
Shire and aims to make our community a better  
place. Apply online at  
[www.mitchellshire.vic.gov.au/youthcouncil](http://www.mitchellshire.vic.gov.au/youthcouncil)

**Applications close  
9am, Monday 13 June 2022**

# 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/>