

Newsletter

SEYMOUR FLEXIBLE LEARNING CENTRE

NOVEMBER 2021 · TERM 4 · ISSUE 1

From The Principal

It's great to have all students and staff back on-site with no more Remote Learning. Staff are focused solely on delivering curriculum to students in the classroom on site.

We need to remain vigilant and follow all the COVID safe guidelines to continue to remain as safe as possible.

I can't believe we are in week 5 already halfway through the term. A reminder that the Seymour FLC will be closed on Friday 26th November for Wodonga Cup as we did not close for the Melbourne Cup public holiday.

Just a couple of reminders for the term. Although there is no school uniform, students need to wear closed in shoes due to OHS reasons. Students are not permitted to be drug or alcohol affected at school, and will be sent home due to not being ready to learn if they are. Should your child be unwell and unable to attend school, please contact your mentor or the office and leave a voice message or a text message on the morning of the absence.

If you are concerned about your student and you think they require additional support, please contact the school, and ask to speak with Sarah or Emma the school nurse from our Wellbeing area.

Normal classes will run at the FLC until the 17th of December. Our awards and Christmas Luncheon will be on Wednesday 15th December at a time to be advised.

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.

Take care and stay healthy.
Shane

Important Dates

- Nov 10th** - Network Day (*no classes*)
- Nov 11th** - Remembrance Day
- Nov 25th** - 16 Days of Activism begins
- Nov 26th** - Wodonga Cup (*no classes*)
- Dec 10th** - Human Rights Day
- Dec 14th** - Network Day (*no classes*)
- Dec 15th**—Awards and Christmas luncheon
- Dec 17th** - Last day of term



Welcome New Students!

Molly
Shontay



Welcome back Carly

This term we welcomed back Carly from teaching interstate, and we are very excited to have her at Flexi again. Carly will be working full time mainly in the portables, and is also running cooking classes on Wednesday's.

Cans Please!

The Country Fire Association at Hilldene (on the way to Puckapunyal) collect cans to raise money for the CFA. We have collected a tub full already and donated them this week. Thank you Nicole and Chris for help with the cans. Please pop your cans in the white tub found in the staff room. I love that SFLC has such a great community spirit! - Carly



Wellbeing Directory

Emma and Sarah have created a Wellbeing Directory which you may have seen posters of around the campus! This is a place where you can find various types of support such as Alcohol and Other Drugs, Sexual Health, LGBTQIA+, Mental Health and more. This is a document that will be updated often so keep checking back regularly. The QR code will be at the back of each newsletter.



Have you ever noticed...?

Have you ever seen the Rose Garden out the front and wondered what it represented??
The Chloe Morse memorial garden.



Chloe Morse was a student here at the FLC for nearly 4 years. Nearly 3 years ago, we lost Chloe to Leukemia. Chloe was an amazing young lady, student, daughter, community member, sister and friend to many. Through Chloe's fight against her disease she showed strength and determination against every hurdle that she was faced, but most importantly, Chloe showed many qualities that proved to others the type of person she was. Chloe was always kind and accepting of everyone she met. Chloe was polite and empathetic to others, even when facing such painful and scary challenges herself.

Within the classroom, Chloe tried her hardest in everything that she did and was always willing to help others. Not only was Chloe an important part of the school community, but she was also invested in the local community, as she was successful in gaining a position on the Mitchell Youth Council and passionate about being a voice for the youth.

As a remembrance to the impact that Chloe had on all the staff, students and community, the garden you may have walked past a million times and never stopped to take note, was created for her. Next time you walk past, stop and have a look and smell the beautiful roses in full bloom at the moment.



Blueberry Muffins

Ingredients

- 1 ½ cups (195 grams) all-purpose flour
- ¾ cup (150 grams) granulated sugar, plus 1 tablespoon for muffin tops
- ¼ teaspoon fine sea salt
- 2 teaspoons baking powder
- ⅓ cup (80 ml) canola or vegetable oil
- 1 large egg
- ⅓ to ½ cup (80 ml – 120 ml) milk
- 1 ½ teaspoons vanilla extract
- 1 cup frozen blueberries

Method

PREPARE OVEN AND MUFFIN CUPS

Heat oven to 200 degrees. For big-topped muffins, line 8 standard-size muffin cups with paper liners. For standard-size muffins line 10 muffin cups.

MAKE BATTER

- Whisk the flour, sugar, baking powder, and salt in a large bowl.
- Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1 cup line with milk (⅓ to ½ cup milk). Add vanilla and whisk to combine.
- Add milk mixture to the bowl with dry ingredients then use a fork to combine. Do not over mix. Fold in the blueberries.

BAKE MUFFINS

- Divide the batter between muffin cups. Sprinkle a little sugar on top of each muffin.
- Bake muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack.

Zucchini Fritters

Ingredients

- 3 (about 400g) medium zucchini
- 75g (½ cup) self-raising flour
- 40g (½ cup) parmesan, finely grated, plus extra to serve
- 3 shallots, ends trimmed, thinly sliced
- 1 egg, whisked
- ¼ cup fresh continental parsley, chopped
- 2 teaspoons dried oregano leaves
- ¼ teaspoon ground nutmeg
- 1 teaspoon salt
- 1 tablespoon olive oil

Method

1. Trim the ends from zucchini. Coarsely grate the zucchini. Place in a colander and squeeze out as much excess moisture as possible. Transfer to a bowl. Stir in self-raising flour, parmesan, shallots, egg, parsley, oregano, salt and nutmeg.
2. Heat 1 teaspoon olive oil in a non-stick frying pan over medium-high heat. Drop three portions of zucchini mixture into pan. Cook for 1 ½ minutes each side or until golden and cooked through. Transfer to a plate. Repeat with remaining olive oil and remaining zucchini mixture.

Immunisations

Immunisations will be happening onsite in March 2022. If you are needing one sooner, here are the dates and locations in Mitchell Shire for the rest of 2021.

MITCHELL SHIRE IMMUNISATION.

Timetable – 2021

Please arrive on time to avoid disappointment.

*Moved to Monday 25 January due to public holiday

^Moved to Thursday 23 December due to public holiday

Locations	Sessions	January	February	March	April	May	June	July	August	September	October	November	December
Beveridge Corner Lithgow Street and Mandalay Circuit	4th Tuesday 10.30 - 11.30am	25*	23	23	27	25	22	27	24	28	26	23	23^
Broadford Broadford Hall, 20 Murchison Street	1st Wednesday 10.30 - 11.30am	6	3	3	7	5	2	7	4	1	6	3	1
Kilmore John Taylor Room Kilmore Library, 12 Sydney Street	2nd Tuesday 1.30 - 2.30pm 4th Tuesday 4.30 - 5.30pm	12	9	9	13	11	8	13	10	14	12	9	14
Puckapunyal DMFS (formerly DCO), Ground Floor Building, 548 Vivi Street	2nd Tuesday 10.30 - 11.15am	12	9	9	13	11	8	13	10	14	12	9	14
Seymour Maternal and Child Health Rooms, 29 Stewart Street	1st Wednesday 1.30 - 2.30pm	6	3	3	7	5	2	7	4	1	6	3	1
Wallan Wallan Family and Children's Centre 71 Stanley Street	1st Wednesday 4.30 - 5.30pm 4th Tuesday 1.30 - 2.30pm	6	3	3	7	5	2	7	4	1	6	3	1
		25*	23	23	27	25	22	27	24	28	26	23	23^

www.mitchellshire.vic.gov.au/mitchell-early-years

Contact us:

(03) 5734 6200

immunisation@mitchellshire.vic.gov.au

If you are unavailable for Mitchell Shire Council sessions, please discuss options with your GP in order to prevent overdue immunisations.



Garden Report

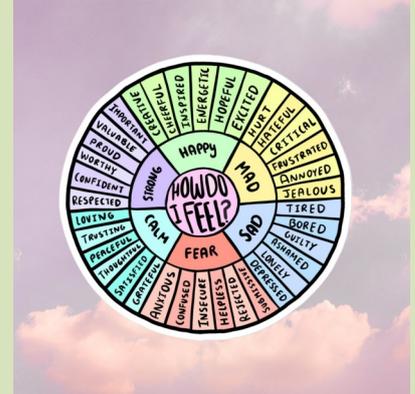
The recent bouts of warm and sunny days followed by heavy rain have proved very beneficial for the newly-planted veggie patches at SFLC. Bunnings donated many seedlings to the school, which we quickly planted into hastily-weeded garden beds. Soon, we will have bountiful produce from which the cooking group can incorporate into the healthy eating menus! Of the current crop, the tomatoes are faring well, the lettuce is going gangbusters, and the zucchini looks particularly happy. However, special attention is currently being paid to the broccoli, which is valiantly fighting off an aphid infestation. Thoughts and prayers are appreciated at this time as we subject it to specialised treatment of diluted vinegar every couple of days. Hopefully it pulls through.

Thanks to the students who have given time out of their lunch breaks to help water and maintain the gardens.



Art Therapy

Art therapy sessions have been held 1:1 or in small groups for students who aren't quite ready to go to classes or just need some space. If you're interested, come and have a chat to Sarah to see when she is available.



Respectful Relationships

The 16 Days of Activism against Gender-Based Violence is a global initiative designed to galvanise individuals, communities and organisations to address gender inequalities, gender-based violence and take action to prevent violence before it starts.

The Respect Victoria website have resources on how to get involved with the 16 Days of Activism initiatives and raise awareness of the primary prevention of gender-based violence.



<https://www.respectvictoria.vic.gov.au/16-days-activism-2021>

<https://safesteps.org.au/2021-wafv/>

<http://dvvic.org.au/campaigns/16-days-of-activism-against-gender-based-violence-2021/>



ALL-AGES TOUR

2022

20 ALL-AGES EVENTS ACROSS REGIONAL & OUTER-SUBURBAN VICTORIA
4 FEBRUARY – 27 MARCH 2022

ALEX LAHEY • ALICE SKYE • ALLDAY • THE CHATS
DALLAS WOODS • JK-47 • KAIIT • KIAN • MALLRAT
MLBRN • NINAJIRACHI • THE SMITH STREET BAND
SYCCO • TEENAGE JOANS • THELMA PLUM

Tickets are available from moshtix.com.au :)

Street Libraries



Students and staff working hard on the street libraries.

Psst. Did you see us in the local paper?

VAX RATE SURGES

The COVID-19 case load in Victoria continues to grow, but so does the vaccination rate. Victoria recorded 1749 COVID-19 cases on October 19, but the case numbers are countered by rising vaccinations and relatively low rates of hospitalisation. Chief Health Officer Brett Sutton said these factors provided the confidence to start opening further when Victoria reached the 70 per cent full vaccination milestone, set for October 21. "Victorians have so much to be proud of today, we are racing through that 70 per cent double dose mark and we will get to the 80 per cent at record rates," he said. It comes after lockdown restrictions in Mitchell Shire finally lifted at midnight on October 15, with restrictions to match those in place in the remainder of regional Victoria. While there are still new cases in Mitchell, public health officials are confident that the lockdown and the commitment of the community have

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Careers

Term 4 has been crazy busy, with amazing outcomes for students which has awesome to see.

Last week 18 students have successfully completed RSA and Food Handlers certificates. Congratulations to all students involved, and thank you to staff for assisting in the classes.

A number of students have commenced work placement this term which is a great opportunity for career development. We still are planning to send more out over the next couple of weeks. We also have had 3 students apply for school based traineeships at Seymour Health. We wish them luck in their interviews in the next week.

Finally, if there are students keen to undertake a VET course in 2022, and have not had a career chat, please come and see me. Also, if any students need assistance in resumes and interview techniques, please come and see me. There are a lot of summer jobs currently being advertised. Perfect time to gain some employment.

Jana



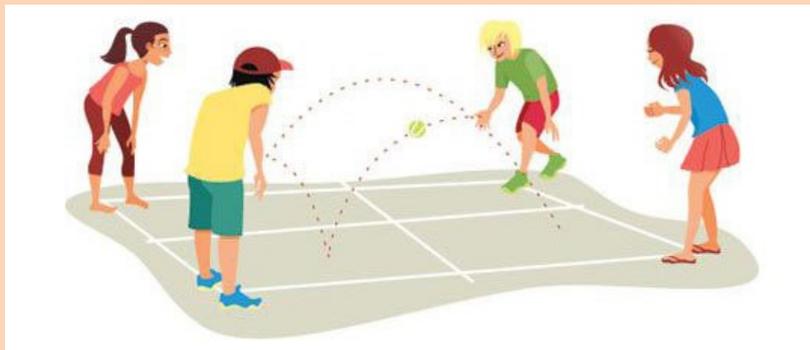
COOKING WITH CARLY



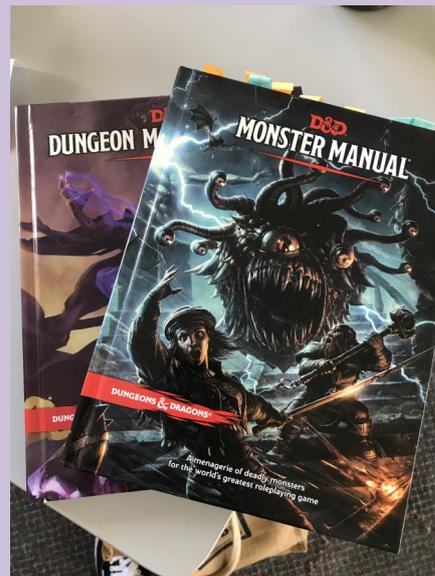
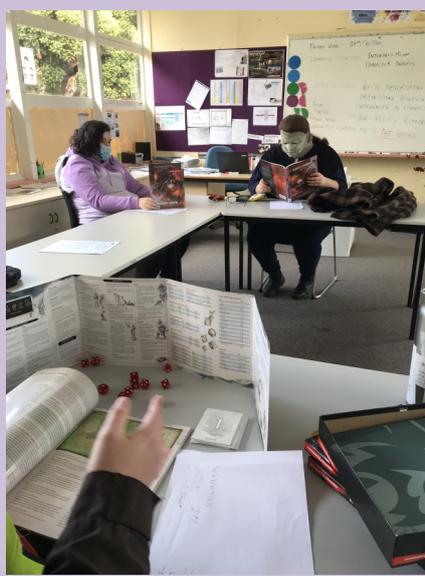
On Wednesdays students have been cooking up a storm in the SFLC kitchen. They have cooked a delicious ragu, lasagna, Oodles of Noodles and a scrumptious apple crumble. It is not just the cooking skills I have been impressed with, it's the teamwork, kindness and creativity of our wonderful students. If you would like to be involved with cooking, chat to your mentor. It's on Wednesday 12:30—3:00.

ACTIVITIES WITH ASH

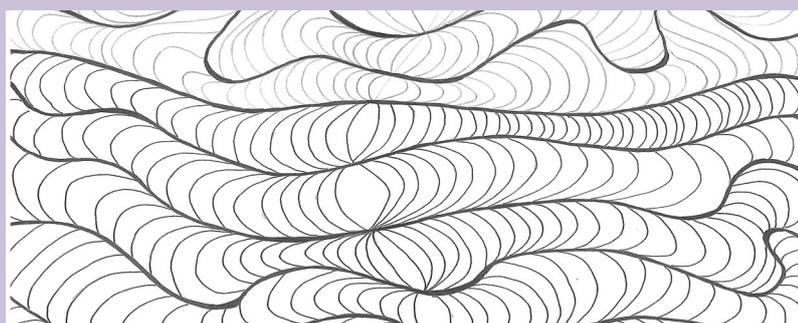
We have started new electives this term and we are now offering P.E/Sport/Activities to all students at the Learning Centre. So far, we have been playing Tennis, Downball and Basketball. Students have already expressed their interest in a number of different sports such as Volleyball and Footy, so we will be focusing on these over the next couple of weeks. With the weather warming up, it is a great opportunity to get outside and have some fun! As usual, all students are welcome and encouraged to join the Activities group on Thursday afternoons from 2pm – 3pm. If you are interested in joining or have some fun activities in mind, please see Ash.



OTHER ELECTIVES



If you're interested in doing Art, Cooking, Activities, Dungeons and Dragons or Woodwork as an elective, please have a chat with your mentor!

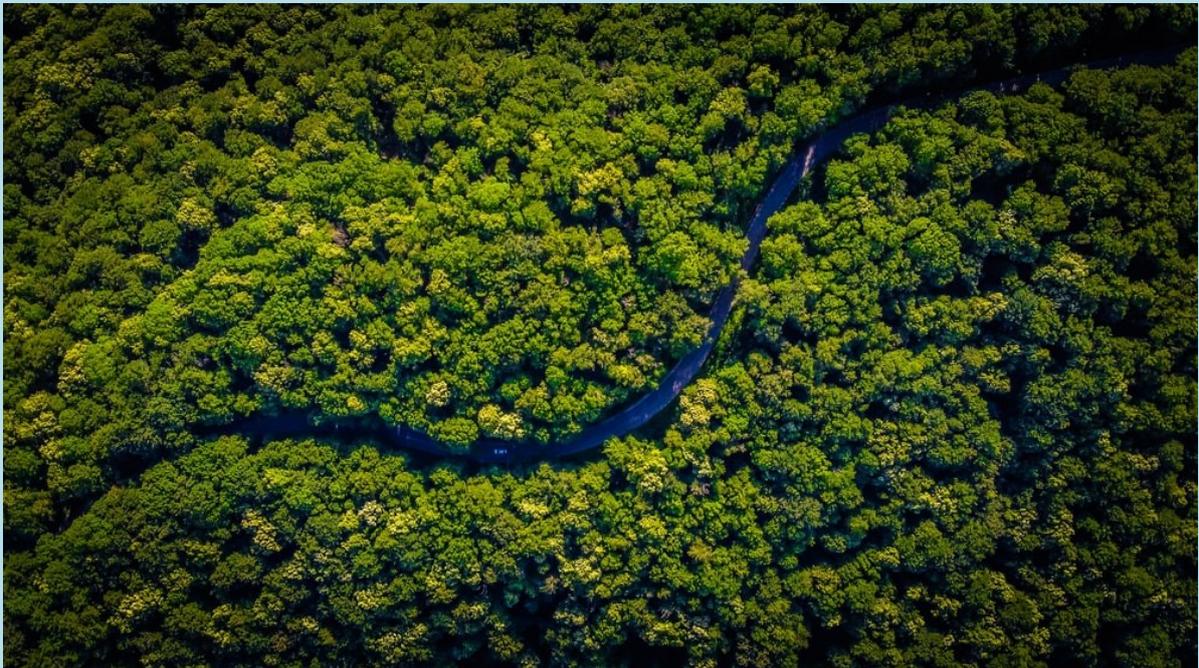


Vic curric

English and Humanities:

Towards the end of Term 3, the Victorian Curriculum students learnt all about the Amazon Rainforest and the potential threats that it is facing. We also looked at the different types of wildlife that live in the rainforest, as well as how each layer is constructed and its role within the ecosystem.

This term we have just started our next topic of Volcanoes and Earthquakes. So far, students have been learning about the layers of the earth, tectonic plates, geysers and how volcanoes are formed. Students are working up to creating a model of their own Volcano by the end of the school year.



Numeracy:

The Vic Curric students have been very busy in numeracy over the past couple of months. Students have been learning how to arrange data and statistics, calculate percentages and are now starting their next topic on fractions. It is great to see all student returning to on-site learning and back in the classroom. Welcome back everybody!



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/>