

# Newsletter

SEYMOUR FLEXIBLE LEARNING CENTRE

SEPTEMBER 2021 · TERM 3 · ISSUE 2

## *From The Principal*

The impact of COVID-19 has been and continues to be significant across our state, our country and internationally. It has also, impacted on life within our school – on the teaching and learning, on the way we interact and on the wellbeing of our students, staff and families.

Despite this disruption, the Seymour FLC has continued to provide a quality Remote and Flexible Teaching and Learning Program to all students. Congratulations to all staff and students for your support and effort over this trying period.

It is always pleasing when we receive positive communication from students and parents. The support on offer from the wellbeing area has been fantastic, and I know many students have valued the time they have put in. Please reach out to any student who needs support, as we are more than happy to continue our approach.

In Term four, we will see the return of Carly Charters back from her leave. Carly has been with The Flexible Learning Network for several years and, in 2019, took extended leave. We are grateful to have her back.

The opportunity to discuss student learning progress was done by phone or Microsoft Teams on Wednesday 15<sup>th</sup> September. Thank you to those that made the time to discuss with the Mentors your child's progress. Hopefully, you were able to celebrate success in their schooling.

The last day of term is Friday 17<sup>th</sup> September, finishing at 2:30. I wish everyone a restful, safe and happy holiday break.

Shane Elliott  
Campus Principal Seymour FLC

## Important Dates

**Sept 15<sup>th</sup>** - Parent teacher interviews

**Sept 17<sup>th</sup>** - Last day of term

**Oct 4<sup>th</sup>** - Term 4 starts

\*Many programs have been moved to Term 4 due to COVID, please keep in contact with the relevant staff member for updates as things continually change.



## Welcome New Students!

We would like to take the opportunity to welcome our new students to the school.

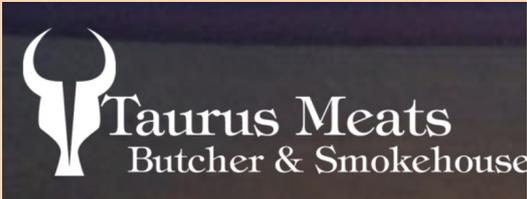
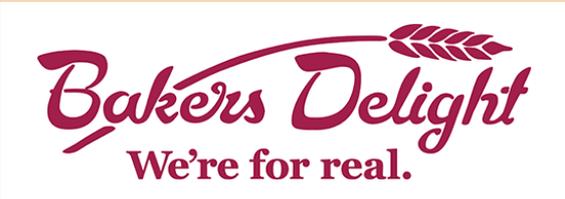
Daniel





The weather was perfect, BBQ was sizzling, students and staff were promoting the Seymour FLC, whilst raising money to go towards upgrading the basketball court, then..... LOCKDOWN 7 was called. Bunnings become crazy with lastminute shoppers and our community BBQ was cut short. But, we laughed and frantically sold all the sausages before the lockdown came into place.

A HUGE thankyou to Bunnings Seymour, who made a donation to the school, as we were unable to continue the BBQ. Thank you also to Seymour Bakers Delight and Taurus Meats who we sourced our sausages and bread from. We had many compliments.



A big thank you to the staff and students, especially Jay & Nicole who helped on the day.



# R U OK? DAY™

9 September 2021

R U OK? Day encourages Australian's to connect with people they are concerned about, and giving them some support. Now more than ever we have witnessed this global pandemic affect the mental and physical health of everyone, and it can be incredibly isolating. R U OK? Is not limited to just the one day, but is a reminder that we need to check in with the people that we care about often. You never know how much that conversation could mean to someone. I highly encourage you to check in with yourself, and have a think about people in your life who may be more withdrawn, or just simply aren't themselves. <https://www.ruok.org.au/how-to-ask> is a great way to think about how you would start that conversation, and potentially save a life.—Sarah.



Artwork by one of our Indigenous students, Nicole :)

# HEALTH AND WELLBEING

## Sexual Health.

It's important to take care of yourself. Have regular check ups with your Doctor or sexual health nurse. <https://www.fpv.org.au/our-reproductive-and-sexual-health-clinics/book-an-appointment-online>

Use condoms to prevent STI's and unplanned pregnancy

<https://www.fpv.org.au/assets/resources/Condoms-external-June-2021.pdf>

Ensure you are up to speed with consent



[The Basics of Sexual Consent](#)



[Consent — Blue Seat Studios](#)

## Be in with the chance to win a \$50 Gift Voucher

Participate in the Secondary Schools Sexual health Survey

[www.teenhealth.org.au](http://www.teenhealth.org.au)

## Alcohol and Other Drugs.

Sometimes during the School Holidays you might find yourself consuming more alcohol or drugs than usual. It's important to look after yourself and your mates.

Follow the link to reduce the risk to your health and stay safe over the holidays.

<https://adf.org.au/reducing-risk/>

Healthy Eating Advisory Service

## Oodles of noodles Schools

### Category:

Select carefully (Amber)



### Ingredients (makes 12 small or 6 large serves)

- 6 cakes of plain instant noodles
- 2 cups (160g) diced frozen vegetables
- 1 cup (160g) lean ham, diced
- 1 small jar (175g) of honey soy stir-fry sauce or 1 cup sweet chilli sauce

### Method

- 1 Discard noodle seasoning and cook noodles following packet directions.
- 2 Add frozen vegetables and cook for 5 more minutes.
- 3 Drain water from noodles and vegetables.
- 4 Stir in diced ham and sauce.
- 5 Heat for an additional 3 to 4 minutes.

### Options include:

- Serve in noodle boxes, foam cups or plastic tubs.

## Ooodles of Noodles Recipe



# SCHOOL HOLIDAY ACTIVITIES



## MITCHELL YOUTH SERVICES

Holiday Activities –  
September 2021



Ages: 12 - 24

Register by Wednesday 22  
September to  
[youth@mitchellshire.vic.gov.au](mailto:youth@mitchellshire.vic.gov.au)



MitchellYouthServices

### FREE Online Art Activity - Linoart

Are you a young person 12-24 with a connection to Mitchell Shire? Then join us for an online linoart activity via Teams.

**When:** 2-3.30pm, Thursday 30 September

All art materials including carving tool, vinyl plate, paint and roller will be provided for FREE via post.

You **MUST** register by **Wednesday 22 September** to ensure materials are delivered on time.

To register please email your name, address and phone number to [youth@mitchellshire.vic.gov.au](mailto:youth@mitchellshire.vic.gov.au)



### MINUS18'S VIRTUAL CHILL OUT #3

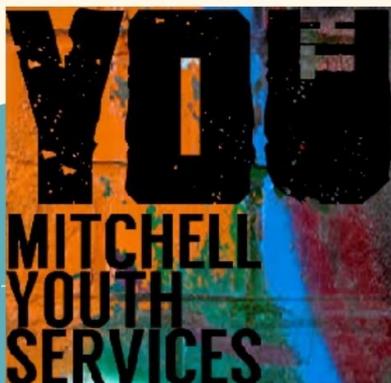
**WHEN** September 27, 2021 2:00 PM

**WHERE**

**COST** Free

**MORE INFORMATION**

For more information contact us:  
Mitchell Youth Services  
t: (03) 5734 6200  
e: [youth@mitchellshire.vic.gov.au](mailto:youth@mitchellshire.vic.gov.au)  
w: [www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)



Check out Mitchell Youth Services on Facebook for more school holiday activities!

# SCHOOL HOLIDAY ACTIVITIES

 **september chats**

Led by professionals, these chats bring young people, friends and family together and explore topics that are important to the community.

Safe sex, consent & confidence  
Sunday 12 September 7-8pm AEST

Managing exam stress  
Wednesday 22 September 7-8pm AEST

Supporting young people exploring their sexuality  
(family & friends)  
Thursday 23 September 7-8pm AEST

Coping with chronic pain or illness  
Tuesday 28 September 7-8pm AEST

weekly peer-led chats  
navigating relationships: Mondays at 6.15-9.45pm AEST  
gheadspace: Tuesdays at 6.15-9.45pm AEST  
general coping: Wednesdays 6.15-9.45pm AEST  
yarnspace: second Thursdays 6.15-9.45pm AEST  
supporting others: second Thursdays 6.15-9.45pm AEST



## MITCHELL YOUTH SERVICES Holiday Activities – September 2021



Ages: 12 - 24

Follow our facebook page for updates



MitchellYouthServices

### School Holiday Fun

• LINEART WORKSHOP • YOGA CLASS

Are you aged 12-24 and looking for something to do these school holidays? Join the Mitchell Youth Services team online for some fun activities.

#### Yoga for young people

Try a FREE 40 minute yoga class with Sophie.  
**When:** 2.30-3.10pm, Thursday 23 September  
**How:** via Mitchell Youth Services Facebook Page

#### FREE Linoart Activity via Teams

**When:** 2-3.30pm, Thursday 30 September  
All art materials including carving tool, vinyl plate, paint and roller will be provided for FREE via post.  
You **MUST** register for these activities by **Wednesday 22 September** to ensure materials are delivered on time.

To register please email your name, address and phone number to youth@mitchellshire.vic.gov.au

For more information contact us:  
Mitchell Youth Services  
t: (03) 5734 6200  
e: youth@mitchellshire.vic.gov.au  
w: www.mitchellshire.vic.gov.au



**4pm Tuesday October 5**  
connect online for an hour of:  
**fun, food and fidgets**

**Register:**  
Send an email telling us you're interested to:  
headspaceCraigieburnCommunity@orygen.org.au  
OR click the link in our bio!

**VERY LIMITED SPACES AVAILABLE**

open for anyone aged 12-25

REGISTRATIONS CLOSE FRIDAY 17TH SEPTEMBER

ALL participants will be sent a pack full of all the things you'll need to participate, including:

- Ingredients for a simple snack making activity
- Sensory activity materials and toys



# Careers

What a crazy term, open, close and partially open.

Term 3-

I have been trying to catch all students to look at planning for 2022. If you have not seen me yet, please email, phone, text or find me so we can sit down.

Term 4-

We will be offering the following short courses-

- Responsible Services of Alcohol
- Food Handlers Certificate
- First Aid (been postponed 3 times now)
- Construction Induction Card

We will also be looking at work placement options for students and possible School Based Traineeship and Apprenticeships.

I want to say a HUGE CONGRATULATIONS to all the students currently participating in VETDSS courses. With lockdowns in place, so many of you are still achieving amazing results, and your trainers are saying wonderful things. Well done. —Jana

## Headstart Program Kick Off!

Jay is a Year 11 VCAL student at Seymour Flexible Learning Centre. Jay has commenced his Headstart carpentry apprenticeship with Ridd Builders. Nick Ridd from Ridd Builders, already employs another Headstart apprentice from Seymour College, which illustrates his commitment to continue to support young people within the Seymour district. Jay is the first registration at Seymour Flexible Learning Centre, who have just recently joined the NEMA Headstart cluster.



Vic Curric—Ash & Melissa



This term in Literacy we have been learning all about Antarctica and what makes it so unique. We have learnt about its location, climate and number of people who live in Antarctica, including the reasons why they are there and the jobs that they are doing. We have listened to some of these people talk about what life is like in Antarctica and what they do on daily basis. Students have also completed a research report on an animal of their choosing that is native to Antarctica. We have just started our next topic of Rainforests and will be learning about this for the next couple of weeks.

In numeracy, students have continued to work hard and we have covered a range of topics including how to find the area of composite shapes and calculating percentages. We have just started our next topic on data.

## ***APPEAL FROM THE STREET LIBRARY PROJECT***



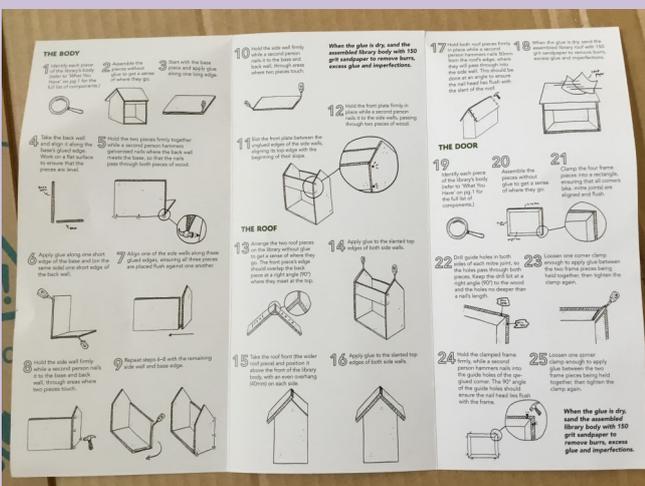
We thank those who have generously donated their books to the Street Library project. Everyone in the project is grateful.

We are still seeking donations of more books, aimed at a younger audience. One of the organisations we are donating two is a kindergarten, so we are seeking donations of picture books, board books, baby books or books for younger people (short chapter books, etc). Thank you in advance!

Thanks Jarek for this piece :)

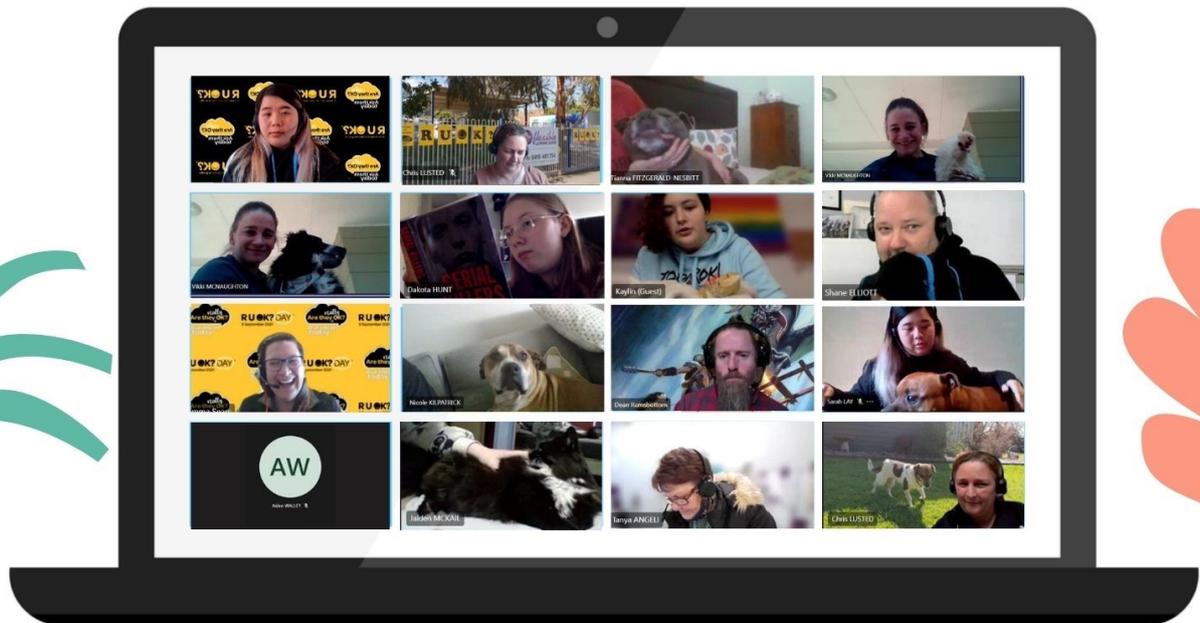


# How the street libraries are looking!



Fantastic effort from everyone involved!

# Social Sessions @ SFLC!



During remote learning, social sessions were run to bring in much needed fun activities during the week. Topics included R U OK? Day and Bring your pet to school day along with games such as Kahoot!, Drawasaurus and a scavenger hunt. We thank staff and students for participating!





WHAT ARE SOME POSITIVE THINGS ABOUT LOCKDOWN?

"spending more time with my family"

"more time to catch up on reading"



"spending more time with my animals"

"online shopping!"



"being able to watch more movies"



"being able to sleep in"



"more time for self care"



# 2022 VETDSS Offerings



## What is VETDSS

You are able to study a VETDSS (VET Delivered to Secondary School) courses that not only contributes towards your VCAL certificate, but also gives you an industry recognised qualification when you complete the course.

Not all students are guaranteed to be accepted into courses. Many courses have requirements and students need to show they are mature and committed enough to be enrolled. For more information about the courses listed, please contact your mentor or Jana- Careers and Pathways Co-ordinator as soon as possible. Not all courses are guaranteed to run, and many will fill quickly.

*"You'll never know what you're capable of until you take the first step and go for it"*



- 1.** If you are interested or have questions in regards to a course, let Jana know ASAP
- 2.** Phone, e-mail, text
- 3.** [Jana.Ash@wssc.vic.edu.au](mailto:Jana.Ash@wssc.vic.edu.au)
- 4.** Or... 0447 816 953

## VETDSS courses offered within the school

- Certificate II in Business
- Certificate II in Community Services
- Certificate II in Information, Digital Media and Technology
- Certificate II in Creative Industries
- Certificate II in Animal Studies

## VETDSS courses offered off school site

- Certificate II in Automotive (2<sup>nd</sup> yr only)
- Certificate II in Engineering
- Certificate II in Active Volunteering
- Certificate III in Allied Health
- Certificate II in Building & Construction
- Certificate II in Hospitality
- Certificate III in Education Support
- Certificate III in Early Childhood Education & Care

## School based traineeships

- Certificate III in Hospitality
- Certificate III in Early Childhood Education & Care
- Certificate III in Aquatics & Community Recreation
- Certificate III in Education Support
- Certificate III in Fitness