

# EDMUND RICE EDUCATION AUSTRALIA FLEXIBLE SCHOOLS NETWORKS

Our Four Principles are: Honesty, Respect, Participation, Safe & Legal

safe & legal  
honesty  
participation  
respect



## WELCOME BACK

### Term 2 2021 Newsletter

### Eastern Flexi Schools Network

Edmund Rice Education Australia is committed to providing an inclusive, welcoming and sustaining environment and a culturally enriching education for all young people.

EREA is committed to furthering Reconciliation by valuing the wisdom, experiences, and a deepening understanding of Aboriginal and Torres Strait Islander Peoples.



Flexible Learning Centres provide a place and an opportunity for young people to engage with learning and community.

Flexible Learning Centres operate on a common ground basis where young people are empowered to determine their own pathways.



### FLEXIBLE LEARNING CENTRES

St Mary's FLC (NSW)

Wollongong FLC (NSW)

St Laurence FLC (Newcastle, NSW)

Pambula Beach FLC (NSW)



# A NEW TERM

What's been happening so far.....

## Wollongong



On 30th March, several of our young people participated in a 'Day in Construction', which was a fully funded opportunity for any of our young people who were interested, via our collaboration with the Regional Industry Employment Partnerships.

Our young people were able to complete an accredited unit in Construction, as well as attend Fusion Training Solutions to learn about trade courses as well as having the opportunity of building their own individual bird boxes. This also included learning how to safely use construction tools in the workshop. There was even a free BBQ, and a chat with some industry experts!



On Friday 23rd April, to celebrate Youth Week, we held our yearly Wollongong Flexi Scavenger Hunt, which was awesome fun for all young people and staff. Our class groups combined to go against one another with a huge list of different tasks and challenges within our campus and in the local community.

From making our own horror movies to building a hipster giant out of recycled materials in the middle of Globe Lane, Wollongong, it was team Nangamay Marri who took out the win, winning by only 60 points.

There was lots of great teamwork, problem solving and thinking outside the box, with of course loads of laughter!

Everyone is already looking forward to next year's hunt, especially team Dyalgala who won't let Nangamay Marri win again!



## St Marys FLC



Stage 4 Birrong class looked at 'Stories'. This involved several guests coming in to share stories of their culture, background, and lives. We also had our guest artist Imogen returning to assist in the production of our play 'Tiddalick the Frog' where students direct staff members into acting roles while producing the play.



Our Stage 5 Mudjin class continue to work on 2 units including 'King Hit' which looks at the effects of coward punches that have become prevalent in young people over the last decade. This includes creating fake skulls to recreate the damaging effects. They also looked at our 'Happiest Refugee' unit which included studying Ahn Do's book and looking at explaining the differences between refugees and other types of immigrants.

Our Stage 5 class Badu also worked on the Happiest Refugee unit. They have already conducted a class outing to Cabramatta to check out the unique atmosphere and culture that can be found there. They will continue to focus on the Certificate II in Skills for Work and Vocational Pathways to help guide students with a pathway when they are ready to leave school.



Our Warada class continued to attend in the afternoon to work on their 'Cert II' also while getting assistance in resume writing and job applications.

St Marys Flexi School had 10 students undertake training to obtain their Construction White Card recently with a local training organisation. The students are interested in roles in construction, cementing, scaffolding and traffic control. They learnt about how to ensure safe workplaces and look after their health and safety whilst at work.



We'd like to congratulate all 10 students who successfully attended and completed the course: Rebecah B, Justin, Emma C, Luke, Aleah, Dash, Jacob R, Shanelle, Destiny K and Ryan.

## Pambula Beach FLC



Pambula Beach Flexible Learning Centre has reflected positively on Term 1 2021 and is now successfully underway with Term 2, with some awesome activities planned with our young people.

Last term music was such a huge hit, with the djembe drumming being popular amongst our young people, that we are continuing the theme this term also.

Both our weekly Monday morning breakfast of bacon and eggs and Friday's 'Minute to Win It' continue to be a huge hit with both staff and young people! It's been a fantastic fun term.

So far this term we have taken our young people bush cooking at the Goodenia Picnic Area, where the young people also learnt about local flora and fauna.



We have also discovered the start of the Bundian Way, which is the Aboriginal path up to the high country, where we also bush cooked and played djembe drums at this location.

# What's coming up this term.....

## Wollongong FLC



We have NAPLAN coming up for those wanting to complete, in Reading, Writing & Numeracy.

There is Barista Course training at Delano's Speciality Coffee, North Wollongong, every Wed for 3 weeks starting on 5th May, for those interested in gaining this qualification.

We have a dog treat making workshop at the RSPCA, Unanderra Shelter on 26th May.

Our young people have been invited for an Illawarra Steelworks Tour on 2<sup>nd</sup> June and a guest speaker is coming in from the SES on 9th June to have a chat about volunteering.

Wesley Mission is delivering their Financial Literacy program at the FLC, in how to 'manage your money' on 16<sup>th</sup> June.

## St Marys FLC



We have guest artists coming to help us to create an Indigenous mural for our school on 17th May.

A volunteer hairdresser at school offering free haircuts for our young people, on 21st (boys) / 28th (girls) May.

St Marys FLC Presentation Day is on 23rd June, and on 24-25th June are our whole school outing days.

## St Laurence FLC



Every Thursday throughout Term 2 we have 'G' And Sam attending our FLC from Youth Express, who are continuing their 'Culture Strong Program' with our young people.

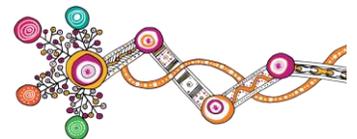
We have a visit by the Dept of Defence on 5th May.

Our Learners Drivers Course is starting on 7th June.

We are also attending the Careers Expo at the Newcastle Jockey Club on 13th May.

We have the following electives this term, Cycling for Fitness program, Wellbeing program, Furniture Restoration, Golf, Gym, Photography, Ninja Gym – Parkour & Cooking.

AND are very excited for a young person starting a week's work experience at Frasers



## Pambula Beach FLC



We have several new young people starting with us this term, who are already engaging successfully in our programs. The weather is cooling on the Far South Coast, so we are out of the water this term and into the bush for our weekly bush cooking sessions.

Our young people have also started to organise fishing excursions to local piers. We can't wait to dangle a hopeful line, for a midday catch!

Our stage 5 students are engaging with the Cert 1 in Functional Literacy and are enjoying the Literacy for Learners unit. We also have an art, music, yoga, circuit training and drama this term to keep us healthy in mind and body.



# SOMETHING TO DO

## MAY-JULY 2021

FREE for 12-24year olds [unless otherwise specified]

### RAINBOW LEAGUE

A social group for same-sex attracted, gender diverse or questioning young people aged 16-25.

Mondays (fortnightly) 4 - 6pm  
@ Wollongong Youth Centre

### Q-MUNITY

A social group for same-sex attracted, gender diverse or questioning young people aged 12-15.

Mondays (fortnightly) 4 - 6pm  
@ Wollongong Youth Centre

### ON AIR PLAY OUT

Tune into 106.9 VoxFM to listen to radio hosted by young people.

Mondays 8 - 9pm  
106.9 VoxFM

### LEGAL WALL

The back wall at the Youth Centre is a legal aerosol art wall. Bring your own paint + practice your aerosol art skills.

Anytime  
@ Wollongong Youth Centre

### HANG OUT

Comfy lounges, WiFi, pool, table tennis, gaming + more.

Tuesdays 3 - 6pm  
Thursdays + Fridays 3.30 - 7.30pm  
@ Wollongong Youth Centre

### 2518 CONNECT

A range of activities including art, craft, games, trivia + more for young people aged 12-18 years.

Wednesdays 3 - 5pm  
@ Bellambi Neighbourhood Centre

### BUNDALEER CONNECT

An arvo of sports + games. Get active, catch up with friends.

Tuesdays 3.15 - 4.30pm  
@ Bundaleer Park

### CREATE

A space to get creative, try new art forms + experiment with new ideas.

Tuesdays 4 - 5.30pm  
@ Wollongong Youth Centre

### ACTING UP

Get involved in theatre sports, drama activities & performance. Gaining skills & confidence in fun interactive activities.

Wednesdays 3.30 - 5.30pm  
@ Wollongong Youth Centre

### TEENZ CONNECT

Learn new stuff + meet new people— resume writing, self care ideas, your rights at work + more.

Tuesdays 3 - 5pm @ Dapto Library  
Thursdays 3.30 - 5pm

### LATE NIGHT

Music, food, stuff to do, a place to hang out with friends ... WiFi, pool, gaming + more.

Thursdays 3.30 - 7.30pm  
Fridays 3.30 - 7.30pm  
@ Wollongong Youth Centre

### BOOK A ROOM

Are you a young person who needs a space for your group to meet? Book a space at the Youth Centre for FREE!

Contact us for current availability

### TEAM IGNITE

Join Team Ignite to boost the music & performance scene for young people in Wollongong. Learn skills in AV production, event management + promotion.

Thursdays 4.30 - 5.30pm  
@ Wollongong Youth Centre

### ON STAGE ON:LINE

A chance to perform live, record & film your performances & learn stagecraft, AV skills + more. Equipment provided.

Thursdays 6pm  
@ Wollongong Youth Centre

### BIG SCREEN GAMING

Come & play video games on the BIG Screen in the Audi + snacks.

Tuesdays 3.30 - 5.30pm  
@ Wollongong Youth Centre



To make a booking or to find out more information:  
**CONTACT THE YOUTH SERVICES TEAM**  
**DM: Our socials P: 4227 8222**  
**E: [youthservices@wollongong.nsw.gov.au](mailto:youthservices@wollongong.nsw.gov.au)**



# E-Cigarettes

## What you need to know as parents.

If you, or a parent you know, is concerned about the risks of electronic cigarette use in teenagers, the following information provides you with the facts.

### WHAT ARE E-CIGARETTES?

Also known as covies, stigs and vapes an e-cigarette is in simple terms a device that heats a flavoured liquid (popular flavours include; strawberry, watermelon, peach and creme brulee) to an aerosol which can be inhaled. The device can be disposable (often allowing for up to 600 inhalations) or it can be reusable by refilling the device with e-liquid or a pod (containing e-liquid). Recent data shows an increase in use of e-cigarettes over the past three years, with one in five students aged 16–17, trying e-cigarettes.

### HOW DO THEY WORK?

E-cigarettes produce an aerosol by using a battery to heat a liquid. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," or "vape liquid." The liquid used in e-cigarettes is made up of flavours, chemicals and often contains nicotine.

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

### WHAT DO THEY LOOK LIKE?

E-cigarettes come in a variety of shapes and sizes. They can be as small as a USB and even look like one, they can also look like pens, highlighters or cigarettes.



### WHY ARE THEY UNSAFE/RISKY/DANGEROUS?

E-cigarette liquid is made up of different chemicals. These chemicals can include:

- Nicotine (although illegal without a prescription in Australia, many disposable devices that youth are using contain nicotine.)
- Flavorings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

**Studies have also shown that kids who use e-cigarettes are more likely than their peers to go on to smoke cigarettes.**

### Effects of nicotine on youth:

- Nicotine can harm the developing teenage brain.<sup>1</sup> The brain keeps developing until about age 25.
- Using nicotine as a teenager can harm the parts of the brain that control attention, learning, mood, and impulse control.<sup>1</sup>
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine as a teenager may also increase risk for future addiction to other drugs.<sup>1</sup>

### WHAT CAN I DO AS A PARENT?

The KEY is talking about e-cigarettes with your child, preparing yourself with the facts and role modelling with a smoke and e-cigarette free environment. KEY considerations for talking about e-cigarettes:

**K:** Know the facts or where to find them from a reputable source

**E:** Engage on the topic in a relaxed and easy way. Use the cues around you, a note home from the school, a person using a device, a story on the news as the way into the conversation and the way to keep talking about it ongoing.

**Y:** You know your child, communicate with them in ways that work for you and allow you to provide them with the right information to make healthy decisions.

**Important note** – if you are concerned that your child may be experiencing nicotine withdrawal please speak to your pediatrician or doctor.

For advice on existing evidence based methods to quit call the Quitline on 13 7848 or find online support here: [www.cancerCouncil.com.au/cancer-prevention/smoking/quitting-smoking/](http://www.cancerCouncil.com.au/cancer-prevention/smoking/quitting-smoking/)

More information on e-cigarettes can be found here: [www.cancerCouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/](http://www.cancerCouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/)

# The Pathways Project...

The Eastern Flexi Schools Network has recently invested in a **Pathways Project**, a program that covers all four Flexi Learning Centres for the next 3 years, and which hopes to establish an enterprising, future ready community.

This will be achieved by delivering a school-based community connected project that involves all key stakeholders, including our families/carers/guardians of our young people, in the project design, implementation, monitoring and evaluation.

This will hopefully lead to increased youth transitions into employment, further education, and/or training.

## Our aims are:

- To increase families and carers engagement
- To create support and nurture pathways for young people to transition into employment, further education, and/or training
- To develop a network of partnerships with employers, employment agencies and services that support the transition of young people into employment, further education, and/or training
- To equip young people to positive futures, by identifying key transition capabilities and implement a 'transition toolkit'.

Please look out for our twice-yearly **Pathways Project Survey for Families/Guardians and Carers**, where we are hoping for your feedback and input relating to different pathways and what the FLC's are currently offering.

Please let us know if you would like any support in completing this survey.



## Key words linked to the Pathways Project.....

Some of the following key words may appear in up-and-coming information relating to our Pathways Project....

- **Transition** – a change from one state, stage, subject or place to another.
- **Engaged** – to be involved or part of something.
- **Entrepreneurial education** – this focuses on the development of skills and attributes that can enable the realisation of opportunity.
- **Enterprise** – a project or undertaking within schools, often linked with entrepreneurial ventures.
- **Collaboration** – the action of working with someone to produce something.
- **Pathways** – a way or an avenue taken to achieve an overall outcome or a result, a course of action.
- **Contribution** – a person (or people) bringing about a result or helping something to advance.
- **Implementation** – the process of putting a decision or plan into effect.
- **Strategic** – relating to identifying long term aims and interests, and the means of achieving them.
- **Evaluation** – an assessment or a judgement about an amount, number, or value of something.



## **Wollongong Flexible Learning Centre**

**Head of Campus: Atesh Maharaj**

**Tel: 02 4201 1900**

**Email: wollongongflc@ereafsn.edu.au**



Wollongong FLC opened as a registered school in 2013. Since opening, we provide courses to young people from Year 7-10 and have a strong focus on providing individualised programs of study that respond to the unique talents and needs of each young person. We provide the NESA Syllabus for Years 7-10 alongside a range of wellbeing programs. We also offer a Transition to Work program with several accredited pathways.

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## **St Marys Flexible Learning Centre**

**Head of Campus: Michael Loudoun**

**Tel: 0427 341 657**

**Email: stmarys@ereafsn.edu.au**



St. Mary's FLC opened as a registered school in 2015 having transitioned from an annex of St. Dominic's College, Penrith. Since opening, we help to build self-confidence and esteem in young people, promote an optimistic view of their potentialities and future, and assist them to develop the knowledge, skills, and attitudes necessary to enjoy a healthy and fulfilling life.

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## **St Laurence (Newcastle) Flexible Learning Centre**

**Head of Campus: Kelly Anderson**

**Tel: 02 4075 2700 / 0447 331 382**

**Email: StLaurence.FLC@ereafsn.edu.au**



St Laurence FLC opened as a registered school in 2019 catering to Stage 5 (Year 9 and 10) students. Since opening, we provide young people with a varied and holistic set of learning, including the ROSA, and experiences supporting them to identify and pursue an individual transition to adulthood, employment, further education and training, and social connectedness.

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## **Pambula Beach Flexible Learning Centre**

**Principal: Ivan Mahoney**

**Tel: 0427 682 424**

**Lead Teacher: John Card**

**Email: pbflc@ereafsn.edu.au**



Pambula Beach FLC opened as a registered school in January 2020. Since opening, our commitment has been to support and encourage an awareness of our school within the Bega Valley educational landscape as a special assistance school offering varied flexible learning options for young people who have difficulty meeting the demands of mainstream education.

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**Eastern Flexi Schools Network  
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