

Term 4 Flexi Learning Centre Newsletter

St Marys Flexi Learning Centre
Wollongong Flexi Learning Centre
St Laurence Flexi Learning Centre, Newcastle
Pambula Beach Flexi Learning Centre
Eastern Flexi Network Office, Wollongong

OCTOBER, 2021



Eastern Flexi Schools Network

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.

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Mental Health Awareness Month 1st - 31st October



October is an important time where community comes together to raise awareness and promotes better mental health for all. Being present by 'tuning in' has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

Mental Health Awareness Month is an opportunity to have those conversations with your friends, family, elders and community about mental health and well-being.



EDMUND RICE EDUCATION
AUSTRALIA

Visit our website;

<https://www.ereafsn.edu.au/eastern-flexi-schools-network/>

St Marys FLC

A NEW TERM
What's been happening
so far.....

Last term.....

Term 3 involved online classes focusing on being present and interactive. Throughout these sessions our young people have maintained their social bonds and have increased their IT skills. From using Kahoot to practising spelling, indicating how we are feeling by choosing gifs, contributing to word clouds and discovering how to play UNO online. Our main focus for Term 3 has been on building community.

The focal point of the curriculum studied was globalisation this term. We watched a series of you tube videos on youth activist and global issues such as the use of child labour in the production of Cobalt and Micca, which also included writing a letter to the President of Toyota Corporation asking for information on Toyota's stance on the use of child labour in the mining of cobalt used for batteries in electric cars.

The Warada class continued through lockdown, where our wonderful Young People worked through units at home, and joined in on Teams online to socialise and get support with their work. Our Young People have been awesome at keeping in touch each week, answering our calls to check in, and letting us know when they need more work or Well-being support.

We have been doing a constant stream of drop offs for young people of food, toiletries, career booklets, activities and school work. Our cook Jo has been working super hard cooking up a storm and making fresh and frozen meals to share.

Every Friday we had a whole school teams meeting and a different challenge each week with prizes.



Good News Stories from StMFLC.....

Our Transition Support Worker, Dale, organised a TAFE online session, kept us supplied with skills and employment updates and supported lots of young people with applying for jobs and their plans for the future, inc resumes & cover letters.

There was also the Hair and Beauty showcase workshop, which was interactive and informative and we learnt how to create full brows and fake freckles. We heard from an established make-up artist on what it is like to work in the industry and the different pathways available. We also met with a recruitment agency in 'Becoming a Bricklayer' who are keen to recruit. Several of our young people have already signed up and are waiting to hear about a work trial.

Wollongong FLC

A NEW TERM
What's been happening
so far.....

Last term.....

All staff from Wollongong have worked really hard each week in Term 3 coming up with new and engaging lock down activities for our YP.

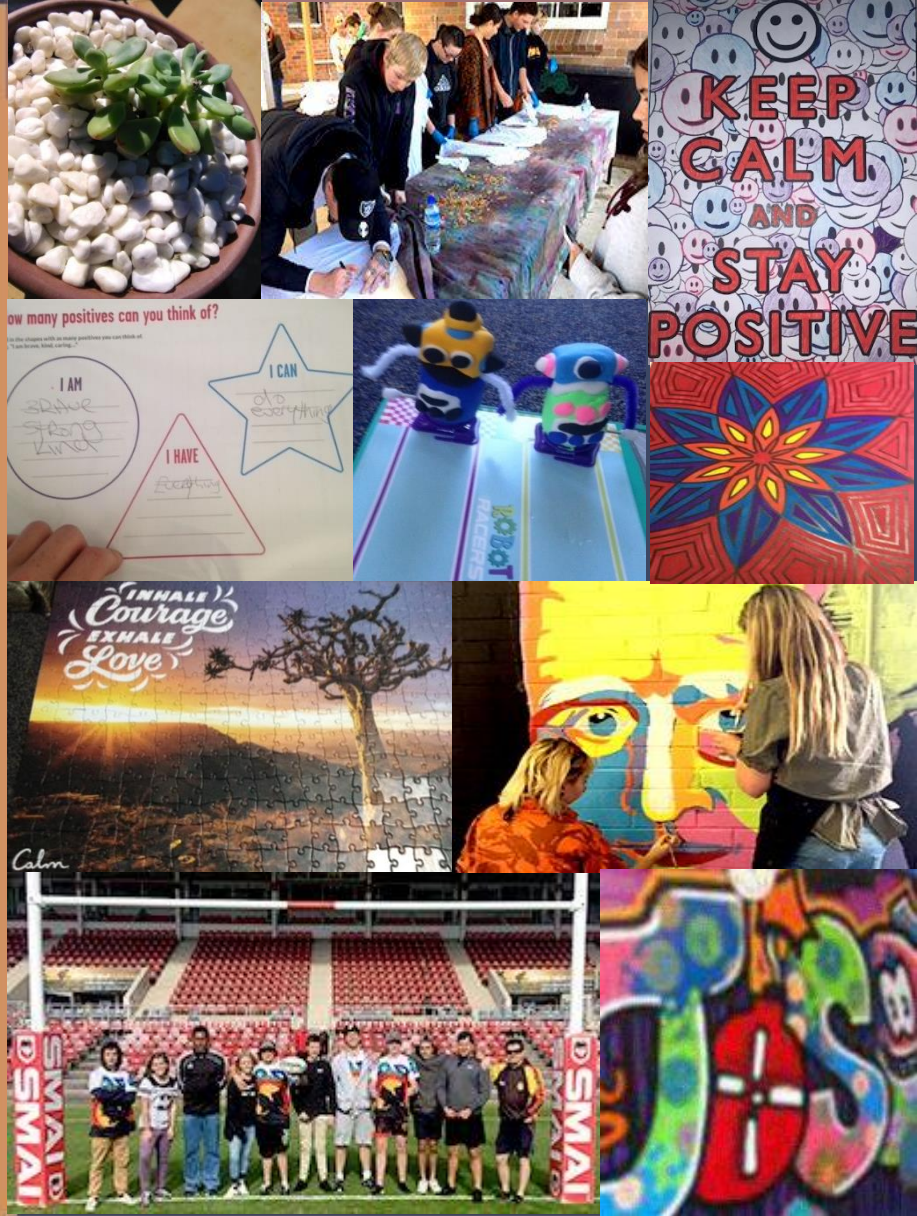
Some of our awesome activities included:

- * growing your own salad kit,
- * succulent planting activity,
- * abstract art activity,
- * robot making activity,
- * tie dying,
- * cooking activities,
- * science experiments,
- * make your own faux fur creative project,
- * and puzzles.

YP were also delivered curriculum specific booklets, career booklets, mindfulness colouring in, well-being booklets and food packs. The drop offs were to promote engagement during lock down, reduce boredom and to assist the YP with their mental health.

During Term 4 we are hoping to run White Card training with Accelerated Training and a First Aid course with Wollongong First Aid. Sadly the Hospitality SHE program at the Novotel Hotel will now be postponed till 2022.

Our Pathways Program sessions on a Wednesday in Term 4 will hopefully also include outings to Volunteering Illawarra, Wollongong Ambulance Station and to Symbio Wildlife Park for a career's talk. If any young person is interested in the above courses, programs and outings, please do let Amy know.



Good News Stories from WLGFLC....

A YP from our Dyalgala class has a current WDO and has been working extra hard during Term 3. This YP has not only reduced their fines dramatically, but continues to work so hard, asking for extra work and activities to be dropped off.

We also had three YP from our Merrigong class complete their White Card training online with support from their teacher and youth worker. A number of YP have also asked our Transitional Support Worker, Amy, for support with their resumes and applying online for jobs during the lock down.

Pambula Beach FLC

A NEW TERM

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

Last term.....

Term 3 was certainly different for our staff and young people at Pambula Beach FLC. Half was onsite, whilst the other half was offsite.

The first part included a delightful integration of several new young people into classes. Many attended our fantastic fishing days, which included different species being caught from locations including Eden Pier and Navy wharf. Our young people proved to be more capable than the staff in the art of fishing.

Following our fishing bonanza were our much-anticipated snow days. Our young people cannoned down slopes at a high velocity and dealt with the wind and cold like they were Swedish! Some chose to go down the slope on blown up truck tire tubes, which proved more perilous than they initially thought. The snow activities were heavily attended and much loved. Memories to last a lifetime.

In class our young people were 'slaying dragons', by engaging in Mental Maths and English warm-up activities with enthusiasm and effort. Many young people continued to work successfully at their vocational education and training. Our attendance in Term 3 was really solid as shown in our great turn out for Census Day at Top Fun day in Merimbula.

During lock down our young people engaged in daily phone calls and MS Teams meetings. I'm not sure the youth workers and teachers have ever giggled so much in this different but fun way of teaching and learning. Our young people were able to gain both 1:1 tuition and group class time. We asked them to cook 'sent home recipe packs' and they hit the ball for six. Our students really showed commitment during this difficult and confusing time.

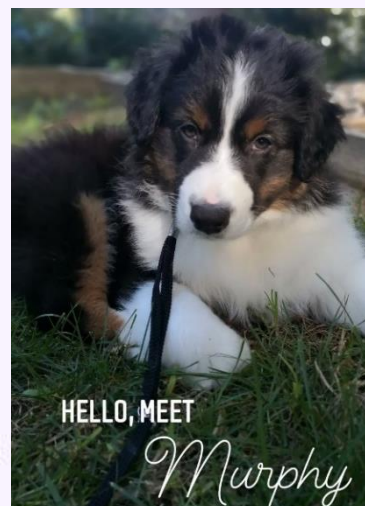


Good News Stories from PBFLC....

We welcome some new staff at
Pambula Beach!

Two new amazing youth workers
are joining the team this term, the
wonderful Meg and Teegan.

Plus, please also welcome our new
school support puppy, Murphy, who
am sure will receive a rapturous
welcome when all our young people
return to face to face classes,



Important Dates for Term 4.....

St Marys FLC

Thur 14th Oct (10am) - Online session - Health & medical industry sharing career pathways, professions, and an insight into opportunities for young people.

Tues 19th Oct (5.30pm) - Online Session - Explore careers and opportunities in the Retail sector that are currently available for young people.

Thurs 9th Dec – Presentation Day (TBC)
Fri 10th Dec - Last Day of Year – Whole School Outing (TBC)

Please see attached flyers/speak to Dale for the registration details for the above and for other opportunities in St Marys/Penrith region.

Pambula Beach FLC

*** Face to face classes at PB FLC will resume Tuesday 5th October 2021.**

Wed 13th Oct (5.30pm) - Online session - The construction industry and what entry level jobs & traineeships are available for young people.

Thurs 21st Oct (10.30am) - Online Session - Careers and opportunities in the Snowies

Tues 2nd Nov (10am) - Online session - Professionals in the Sport & Fitness Industry on their career paths and journeys inc NRL great Dave Gower, AFL player Zach Williams, and a Physio for the Parramatta Eels.

We will also be surfing and snorkelling, in the bush on mountain bikes and continuing our traditions of community meetings with weekly bacon and egg breakfast.

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

PLEASE NOTE: All face to face classes will at present be returning on Monday 25th October 2021 for our *Flexi's in St Marys, Wollongong and Newcastle.

Wollongong FLC

Tues 12th Oct (10.30am) - Online session - Working in the Horse Industry with Michelle O'Neill

Tues 12th Oct (11am) & Wed 13th Oct (2pm & 6.30pm) - Online session - IRT Traineeships in Aged Care - information session

Wed 13th Oct (11.30am) - Online session - Employment Expo, How to win that Job for 2022

Wed 13th Oct (10am - 11am) - Online Session - Preparing Young Women for the future workforce.

Wed 20th Oct (11.30am) - Online session - The Future of Retail Industry, Panel Discussion

Wed 3rd Nov (11.30am) - Online session - Who's who in the zoo? Careers working with animals

Thur 18th Nov (11.30am) - Online session - Industry Snapshot Working in Media, WayWard Films

Wed 8th Dec – End of Year celebrations - Wollongong FLC

Thur 9th Dec – Young People Christmas Lunch - Wollongong FLC

Fri 10th Dec – Flexi Annual Awards Day - Wollongong FLC

Please see attached flyers or speak to Amy for the registration details for the above and for other opportunities in the Wollongong/Illawarra region.

St Laurence, Newcastle FLC

Wed 6th Oct (10am) - Online session - Industry experts will speak about emerging employment trends for the Hunter & Central Coast regions and how young people can be better prepared for the careers of tomorrow.

Wed 13th Oct (10am) - Online Session - Preparing Young Women for the future workforce.

Please see attached flyers or speak to Fiona for the registration details for the above and for other opportunities in the Newcastle/Hunter region.

Latest Update...

Tuning In to Mental Health...

'Tuning in' is about taking a moment to be present, aware and mindful of the way we feel. This can help you focus your mind, get a new perspective, relax or feel more connected.

1. Take 5 - Take a beat, pause, and make sure we're ok before we get back to the daily grind.
2. Be curious - An easy way to start tuning in is to get curious with your own feelings. Identify what you're feeling and letting yourself acknowledge it, is the first step to feeling better.
3. Get Appy - There's a huge range of both free and paid apps available for download that can help guide you to tune in to your senses and support your wellbeing. Such as Calm, MoodApp, Daylio and MoodMission
4. Say yes to Exercise - This builds strength, awareness and harmony in both the mind and body. Can't get to a class or the gym? There's a range of great free online resources to help you exercise at home.
5. Meditation (guided or unguided) - this helps in awareness and to get a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgement. Check out the Headspace meditation app.
6. Breathe it out - Deep breathing for even just 1 minute can have a huge effect at calming down and releasing happy hormones.



Eastern Flexible Network

Huge Congratulations...

Congratulations to everyone for the great work in meeting and in some cases exceeding our goals for the four week Census Period. Even though we didn't have the opportunity to celebrate Census Day together as a community, some amazing examples of engagement permeated the four weeks across all schools.

This 'text' was sent to one of our Pambula Beach FLC staff members from a parent, which really encapsulates what happens at every site, every week – even in lockdown.

*"Hi, *Sally* is going to stay home today to give you guys a rest. True story, they were her words lol. She will definitely be there tomorrow and understands the importance of why.*

I have not seen Sally come home from school that excited since primary school or when she played soccer and touch footy (she is a talented sports girl by the way, before social judgements and boobs arrived!). She had the best time ever were her words. You guys have completely changed her academic and life trajectory. I believe this completely. She totally respects you all and speaks so awesomely about you. And not once has she disrespected the other kids even when she expresses her differences of opinion about some things.

*You're giving her a space to be heard and seen and valued while still stimulating her school earnings. She's talking more about returning to mainstream so she can go on. Through play and honesty and respect and a shit tonne behind the scenes work that you have provided, she now feels empowered to talk about going back. This way of schooling needs to be the future. Thank you so much and please pass this on to all staff". (*YP* name has been changed)*

Thank you to all our staff for continuing to make the choice to work with our young people and their families.





Employability Skills

What are Employability Skills?

Employability skills are personal, transferable skills that are important to employers. Young people gain employability skills at school, work, and when volunteering or participating in sport or cultural activities. The Australian Jobs Guide 2017 gives "people skills", how we relate to others, as the employability skills most important to employers in Australia.

[Youth Central](#) (a great website for young people by the Victorian Government), explains 8 employability skills:

Communication: being confident to speak with others and in written letters, notes, customer documents. Every group task, oral presentation and assignment at school helps this one!

Teamwork: being able to work well with others and support the team by doing your allocated tasks well. Volunteering and part-time work can help you to learn these skills.

Problem-solving: being able to find solutions in a new situation or task. You work on this when you do school assignments, and, for example, handling customer complaints in your part-time job.

Initiative and Enterprise: being able to think creatively and make improvements to the way things are. Think about joining a service group at school to develop this skill.

Planning and Organising: being able to plan, prioritise and meet deadlines. You do this every day as you meet school deadlines and organise all the activities you do.

Self-Management: being able to get on with your work without someone having to check on you. Learning how to work independently is a very important work skill.

Learning is life-long. Taking opportunities at work to learn new things, undertaking study so that you have the capacity to advance in your work or take up new, higher-level jobs is a part of every successful worker's life.

Technology and Using Tools: having the capacity to use a word processor, spreadsheet and email (and using the tools of your trade) are core things at work. You need to feel comfortable to try new programs, learn to trouble-shoot and show that you are keen to learn for this skill.



"Rather than learning how to solve that, shouldn't we be learning how to operate software that can solve that problem?"



Tuning into Teens™

VIA ONLINE

Starting: Thursday 21 October

6 week course – every Thursday

Where: Online via video platform

Time: 4:00pm – 6:00pm

RSVP Required – Max 10 people

Contact: headspace Reception on
64948844 to secure your spot

Designed
for parents
of young
people
aged 10-18

A FREE six session parenting
program for parents and
carers of young people.



FAR SOUTH COAST
Family Support Service Inc.



headspace

National Youth Mental Health Foundation



SUMMER SKILLS



Dive into the Summer Skills program today!

Every summer has its own story, time to write your own!

This summer is expected to be an absolute bumper. Many employers will need summer staff to cope with the huge demand of jobs across a variety of industries.

This is why the NSW Government is offering fee-free, industry aligned short course for young people wanting to learn new skills.

Who can apply?

Are you a school leaver or aged between 16 and 24? Are you looking to kick-start your summer career? Then Summer Skills could be for you.

Heaps of courses and locations available!

There are plenty of jobs in trendy locations like Byron Bay and all the way down the beautiful NSW Coast; or head inland to magnificent places like Mudgee.

You can choose from a range of short courses where there are plenty of jobs available in these industries:

- Hospitality
- Construction
- Agriculture
- Community Services
- Sport & Recreation – Swimming
- IT/Digital

Set yourself apart from your peers and get the skills you need.

Work in some of the most beautiful thriving parts of NSW.
You could do a sea change or a tree change or hit the big smoke!

Eligibility criteria

You must be:

- a school leaver or
- aged between 16 and 24 (at the start of training)

You will also need to be:

- living or working in NSW
- Australian or New Zealand citizen, permanent resident or humanitarian visa holder
- signed out of school

Visit the Summer Skills enquiry form to register your interest

Scan the QR code or visit:



https://skills.syd1.qualtrics.com/jfe/form/SV_8ce72Rijb3h7VDU

Hunter & Central Coast Careers of Tomorrow

Industry Panel Q&A for Y9-12 Students, Parents, Teachers and Careers Advisors



Industry experts will speak about emerging employment trends for the Hunter & Central Coast regions and how young people can be better prepared for the careers of tomorrow.

INDUSTRY PANEL

- **Alex Blow** - Manager of Central Coast Food Alliance
- **Mina Zaki** - Cyber Security Professional
- **Dennis Hensman** – Director Optimum Control Technologies Pty Ltd
- **Annie Jiang** – Director of Go Circular
- **Laura Mabikafola** – Director Skills Lab
- **Frank Sammut** – Executive Director of Central Coast Industry Connect
- **Dr Scott Sleaf** - STEM Project Advisor and Conjoint Senior Lecturer University of Newcastle

Q&A Open to all participants

WHEN Wednesday 6 October, 10am – 12pm

HOW [Register here](#) for the Teams webinar



Regional Industry Education Partnerships (RIEP)

Newcastle - Gary.Sewell19@det.nsw.edu.au 0447 856 540
Upper Hunter - Walter.Mansfield1@det.nsw.edu.au 0417 870 945
Central Coast - Jillian.Williams4@det.nsw.edu.au 0447 331 399
Lake Macquarie - Jenney-Lee.Pyel@det.nsw.edu.au 0467 715 370



Working in the Horse Industry with Michelle O'Neill



Join Michelle O'Neill for a session about working in the Horse Industry. Michelle has lead a career that only others can dream of, living her passions and dreams working with Horses and the owner of Cherry Tree Equine.

Michelle doesn't just excel in the horse ring, she is also a writer for Australian Performance Horse Magazine, and former Q&A column "Ask Michelle" in HorseWyse Magazine, a presenter at Equitana and the co-producer of the DVD "Please...Can I have a Pony."

Where: Online Zoom Session

When: Tuesday 12th October 2021

Time: 10.30 am

RSVP: To attend the webinar please register via this link:

[Click Here to register for Careers In the Horse Industry](#)

After registering, you will receive a confirmation email containing information and a link to join the meeting on the day.



Regional Industry Education Partnerships (RIEP)

Any questions please contact your RIEP Officer:

Neil Bessant: neil.bessant@det.nsw.edu.au

Careers of Tomorrow: Construction, more than construction!



Parents, students & teachers are invited to join us for an online forum to hear from CPB Contractors on their Western Sydney Construction projects and their entry level job opportunities.

Hear career insights from trainees, school-based apprentices/trainees and graduates and ask questions directly.

Where: Real time virtual webinar

When: Wednesday 13 October 2021

Time: 5:30pm-6:15pm

RSVP: Scan the QR code to register for this event



Regional Industry Education Partnerships (RIEP)

• Jane Artup: Jane.artup1@det.nsw.edu.au

Preparing young women for the future workforce

Webinar + Q&A for Y9-Y12 Students



Join Telstra Business Woman of the year Samantha (Sam) Martin-Williams to hear about the skills you will require to be successful in your career.

SESSION OPPORTUNITIES

Sam will be discussing and sharing with you topics such as:

- Who Sam has drawn professional inspiration from and how have these networks inspired her
- What are some of the things Sam knows now about women and work she wished she had known earlier in her career
- Career planning for woman
- Tips for young woman who are just starting their career journey
- Leadership for women
- Every participant will receive a free copy of The Experience of Work – Women Leaders Study Tour Report.

Q&A Open to all participants

WHEN Wednesday 13 October, 10am – 11am

HOW [Register here](#) for the Teams webinar



Regional Industry Education Partnerships (RIEP)

Gary.Sewell9@det.nsw.edu.au
Walter.Mansfield1@det.nsw.edu.au
Jillian.Williams4@det.nsw.edu.au
Jenney-Lee.Pye1@det.nsw.edu.au

0447 856 540
0417 870 945
0447 331 399
0467 715 370



Careers of Tomorrow: HEALTH HEROS IN THE PANDEMIC



Teachers and students are invited to join us for this webinar to hear from five health professionals across the health & medical industry sharing career pathways, professions, contributions to the pandemic and insight into opportunities within the health sector for young people.

Where: Real time virtual webinar

When: Thursday the 14th of October 2021

Time: 10am – 10:45am

RSVP: To register for this event

[Click here to Register for the Health Hero's session](#)

or scan the QR code



Regional Industry Education Partnerships (RIEP)

- Christine Assanti: Christine.assanti3@det.nsw.edu.au
- Jane Artup: Jane.artup1@det.nsw.edu.au



Careers of Tomorrow: CAREERS IN RETAIL

This session is open to students in Years 9-12, their parents and their teachers, who would like to learn more about the retail sector and some of the current job opportunities now open for application. With retail being one of NSW's biggest employment sectors, this session will explore careers in retail and provide a greater awareness of the opportunities currently available through one of Australia's larger retail employers, with 138 stores across NSW, BIG W.

Where: Real time virtual Webinar

When: Tuesday the 19th of October

Time: 5:30pm – 6:15pm

RSVP: Register [HERE](#) for the Careers in Retail webinar or scan the QR code below.



Regional Industry Education Partnerships (RIEP)

Christine Assanti : christine.assanti3@det.nsw.edu.au

Careers at Snowy 2.0



This is a 45 minute Online session where you will hear from Aaron Reid who is the Training & HR Mobilisation Manager involved in Snowy 2.0 in Cooma.

In this session we will learn about the Snowy 2.0 Project and hear from some of the employees and their careers, we will have a Q&A session at the conclusion of the session.

Where: Online Zoom Session

When: 21st October 2021

Time: 10:30am

RSVP: To attend the webinar please register via this link:

[Click Here to register for the Snowy 2.0 Session](#)

After registering, you will receive a confirmation email containing information and a link to join the meeting on the day.



Regional Industry Education Partnerships (RIEP)

Any questions please contact your RIEP Officer:

Paul Goodwin: paul.goodwin@det.nsw.edu.au

IRT Aged Care Traineeship Opportunities



Looking to start a new career?

If you're keen to gain valuable skills and secure employment in a growing industry, an Aged Care Employee Traineeship could be the path for you.

We are looking for enthusiastic and caring people with a genuine interest in a career in aged care to start work in December 2021. We have multiple full-time traineeship opportunities available at IRT with positions across Sydney, The Illawarra, Shoalhaven and Eurobodalla.

Come along to one of our virtual information sessions and find out more about:

- what's involved in a traineeship, including the Certificate III in Individual Support qualification
- what it's like to work in the aged care sector
- how you'll be supported throughout your traineeship with our dedicated trainers, managers and mentors
- benefits of working at IRT
- how to apply for a traineeship position with IRT

Session 1: 11am–12pm Tuesday 12th October

Session 2: 2pm–3pm Wednesday 13th October

Session 3: 6.30pm–7.30pm Wednesday 13th October

Bookings are essential, register today at www.irt.org.au/traineeships



**For more information, contact IRT's Recruitment Team
recruitment@irt.org.au | 134 478**



Cook Chill Chat Online Cooking Workshops

**Want to cook lunch with us?
Join our online Zoom Cook Chill
Chat sessions!**

Date: Every Wednesday starting 13 October for 5 weeks

Time: 11am to noon

Cost: Free

Join us live for all 5 classes and receive a \$50 Coles gift card.

Scan the QR Code and register today, or enter the link:

<https://www.surveymonkey.com/r/onlineccc>

Details for the Zoom classes will be provided upon registration

For more information, contact Helen Tran t. 4283 8111

e. helen@healthycities.org.au

Supported by the Australian Government
Department of Social Services.
Go to www.dss.gov.au for more information.

**Healthy Cities.
Healthy People.**

