

Term 3 Flexi Learning Centre Newsletter 2022

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



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.

Contents:

- What's been happening....
- What's coming up.....
- Network News.....
- Good News Stories.....

NAIDOC Week
3rd - 10th July 2022!



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.....

We at St Marys Flexi had a great and productive term 2.

As well as working on BKSB and Cert II. We had a visit from **Walk the Talk**, which was very interesting. Baudu Visited the Sydney Museum and saw the Jurassic World Lego exhibition.

With the help of our teacher Joe, young people prepared and cooked a bush camp feast.

The sewing elective proved to be extremely popular, and our young people made scrunchies and pillows.

During reconciliation week Glen Liddiard (**Indigenous Welfare at Penrith Panthers**) and Tyran Liddiard visited our school, had a yarn and painted.

We also attended another careers market and made contact with lots of employers looking for employees.

Coming up in Term 3.....

Next term we have a new **Deadly Dreaming program** delivered by **Noffs St Uni** for our YP, which will focus on inspirational aboriginal historical figures. The workshops will consist of 5 sessions with the other 5 sessions being street Uni sessions. We also have on;

Wed 3rd Aug - White card booked in Every Wednesday - a woodwork workshop at The Men's Shed.

We will be working with PCYC and local police on some projects.

Will be working on a billy cart building project and will be going go karting on Fri 5th Aug.

Fri 12th Aug - Indigenous Smoking Ceremony

Fri 19th August - PCYC Sports day with Wollongong FLC in Wollongong

Fri 9th Sept - Community and family BBQ
Wheel Chair basketball at the end of term



Good News Stories from StMFLC.....

Our amazing young person Jermane applied for his 1st job, from the careers expos we attended in Term 2, had an interview and was successful in attaining full time work. Well done!!



Wollongong FLC

A NEW TERM

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

Last Term.....

We had a visit from **Apprenticeship Support Australia**, where the young people learnt about job readiness skills, what employer's look for and also what current apprenticeship pathways are available.

We had 7 young people complete their White Card Training this term with **Accelerated Training**. This has been a goal for a number of the young people so it was great to see them achieve this. More White Card Training has been booked for Term 3.

A number of young people showed interest in work experience opportunities. Starting from next term, young people will be completing work experience with **Green Connect Farm**, **Quick shift Motorcycles Albion Park** and **MMJ Real Estate Wollongong**. There has also been 2 young people successful with casual positions at **Illawarra Small Goods**.

A number of young people from our Nangamay Marri class worked with Andre from **Zigzag Hub** on an **Introduction to Coding program**. Students learnt a range of skills as a foundation to creating their own computer game via code. One student is now looking to further their skills with a more advanced program as a gateway to a career in IT. It was great to collaborate with a community organisation to broaden career pathways for our young people!

Some young people completed some amazing artwork for their Cert 1 Art and we attended the **Koonawarra Community Centre** for their NAIDOC celebrations.

Coming up in Term 3.....

Wed 20th July - Commitment Day

Mon 25th July - Scavenger Hunt

Thurs 28th July - Xmas in July

Tues 2nd Aug - Flexi Careers Expo

Mon 15th/Tues 16th Aug - White Card Training

19th - 22nd Aug - UCI World Championship

Cycling Race - Volunteering opportunities



Good News Stories from WLGFLC.....

Last term we had 2 young people attend the EREA National Principals & Business Managers conference at the Novotel Hotel in Wollongong. They were the only flexi young people among many other students from EREA mainstream schools from NSW. The young people worked collaboratively with others during the day on the draft learning statement and came up with a response that was delivered to all the Principals at the end of the day.

The young people from our Flexi were tremendous and were applauded by all for their well composed response to the learning statement and were even quoted by the President of the EREA Council at the Conference Dinner.

Pambula Beach FLC

A NEW TERM

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

Last Term.....

Term 2 flew by with an enormous number of successes. We opened up with canoeing as our outdoor education activity. Our first-choice location was Wallagoot Lake. A sterling place with still water, safe havens and ample wildlife. In our first session, jelly fish squelched about in extraordinary numbers, keeping young people focused on not getting wet. Ten young people paddled out to a small island and took in the breath-taking scenery and calming quiet. Lunch was delicious. Other canoeing days included paddling across the fish pen, past the oyster farms, pelicans, cormorants and retirees to Spencer Park. Our young people came in numbers that suggest we should do a lot more paddling in years to come.

Also in Term 2 is the much-celebrated bush cooking. Potato bakes, baked potatoes, meatballs and pasta bakes were consumed in astronomical quantities. Our young people start from a great base of fire lighting talent and careful coal positioning. Laughter echoing through bush, the scurry of young people hunting for tinder and the productivity of fire maintenance impressed. We also welcomed a cohort of new young people swelling our school population to 25, pressing our ability to produce toasted sandwiches for lunch. Rikki's art class continues to engage the whole school with colour blending into colour, into wilderness.

Rikki and Erin's students have enjoyed reading and finishing the novel, *The Outsiders*. Our young people went Charter fishing where an enormous number of sizable fish were caught and later eaten. Thank you to Cameron Madden and the NSW State Government for putting that together.

Also worth a mention, Bacon and Egg Breakfasts on Monday, Parkour sessions on Thursdays (thanks Paddy), Art on a Monday afternoon, Mental Maths engagement and a new game called Sequence. All in all our young people have really enjoyed Term 2 of 2022 and are looking forward to Term 3.

Coming up in Term 3.....

So what is coming up for Term 3? Our young people have Snow play, Fishing, Science, Bega Indoor Sports stadium, Monday Breakfasts, Human Society and it's Environment, PDHPE and English. Term 3 is looking fantastic for lots of different reasons. We continue our **Certificate II in Skills for Work and Vocational Pathways**, and are looking forward to our young people achieving this certificate before the end of 2022



Good News Stories from PBFLC.....

For the first time since we opened in 2020, we had the chance for our older, young people to attend an amazing careers day in Bega.

Our students were easily able to envision positive futures, in farming, mechanics, childcare and game development among others. They had a terrific day and really enjoyed learning about different pathways open to them for when they are ready to leave our Flexi..



Semester 1 Highlights

The PB FLC community spent some time reflecting on what they had learned through the year so far, and shared some personal highlights.

The young people identified different types of learning and gave examples of emotion, intellectual and social growth that they experienced.



Have a read for some insight into the great work that was done with this crew in semester 1 of 2022.

What we learned this semester..

- collaborative problem solving
- being able to regulate my emotions when I'm feeling overwhelmed anxious & angry
- able to work with new people
- confidence in my reading
- having an interest in science outside of school
- group activities such as sport
- how to go underwater properly with the snorkel and how to breathe in the mouthpiece
- talking to people to help my mind get distracted from what is happening
- how to calculate angles by sitting in class and practising to get it right
- parkour
- reading out aloud
- an interest in science through the study of waves and energy transfer

Our Biggest Achievements

- preparing and going up Mt Kosciuszko
- going to Canberra
- walking up Mount Kosciuszko and snorkelling
- building a new computer
- doing a VET course
- starting a coding course
- learning how to snorkel, surf, drive go-karts and canoe



- raising \$4500 for suicide awareness by swimming
- not tipping the canoe with Toby
- going to the bush and building fire with friends, and eating meals together while talking about things
- snorkelling with sting rays and fish



Pambula Beach Flexi

Activities, bus driving, planning learning opportunities and food prep proudly brought to you by Rikki, John & Caleb.

Picturesque scenery and wildlife visitors courtesy of Yuin Nation.

Fun, bus tunes, learning, participation, laughs and positivity via the awesome Flexi young people.

Chewed sticks, balls and slobber kindly donated by Murphy!

Eastern Flexi Network Office

Leading on from the previous announcement from the Trustees of Edmund Rice Education Australia (EREA) on the 27th April 2022, as featured in last terms newsletter, we are delighted to inform you that from January 2023 the Eastern Flexi Schools Network in NSW and the Nano Nagle Flexi Schools Network in Victoria will be joining together to become the combined **Southern Network of Edmund Rice Education Flexi Schools Network**.

This decision comes as part of the Flexi Review that has been ongoing since May 2020 and has involved considerable consultation.

From the **1st January 2023**, we would like to welcome the following Flexi's to the Southern Region of Edmund Rice Education Flexi School's Network;

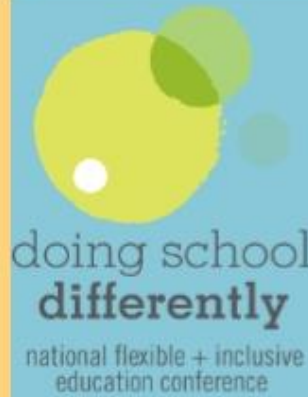
- Pambula Beach Flexible Learning Centre*
- Wollongong Flexible Learning Centre*
- St Mary's Flexible Learning Centre*
- St. Laurence Flexible Learning Centre, Newcastle*
- St. Francis Flexible Learning Centre, Tasmania*
- St. Joseph's Flexible Learning Centre, North Melbourne Campus*
- St. Joseph's Flexible Learning Centre, Geelong Bardangal Campus*
- And of course, our young people from Colac...*

For further information, please reach out to your Head of Campus, or see full details on: <https://www.erea.edu.au/new-governance-structure-for-a-new-era/>



**EDMUND RICE EDUCATION
AUSTRALIA**

A NEW TERM... IMPORTANT NEWS.....



Adelaide, we came, we saw, we did School Differently!

At the very end of Term 2, a number of Flexi staff attended an amazing 2 day conference in Adelaide called 'Doing Schools Differently'.

What an amazing few days it was! A big shout out to Uncle Mickey and his ancestors for welcoming and watching over us as we met on the lands of the Kaurna People.



'Doing Schools Differently' is an Australian conference for all educators, youth workers, researchers, policy makers and young people who are committed to developing and sustaining successful educational opportunities and pathways for young people who have experienced barriers to education. We all learnt a lot, and hopefully will be putting this into practice over future terms and years.



Connecting with community.

Regional Industry Education Partnerships Program (RIEP)

An initiative of the NSW Government

Our RIEP collaboration with our **St Laurence FLC in Newcastle** has been highly successful this last term, which included participating in the following programs;

Young people took part in the **Lifesaver Drone Outreach Program** with *UAV Australia* and *Surf life Saving NSW*.

Throughout each season the students explored applications of UAV technology, relating to wildlife surveillance, event safety, and swimmer safety. They explored how UAVs are used for mapping, 3D modelling, and surveying. This transitioned into a practical day of learning through experience. The students now have an opportunity to apply for one of the 250 casual roles available with Surf life Saving NSW, which is a well supported employment pathway.



Our young people also finished off their **Construction Pilot Program**.

Students completed their 'Prepare to work safely in the construction industry' with Intercept Training. A deep dive into the roles and pathways in the construction industry.



Our young people completed the **Intro to Hospitality Program**, with industry partners *Signature Learning* and *TAFENSW*.

This program included a tour of a hospitality school and the students sat in on classes of hospitality management, cookery and bakery and had the opportunity to discuss with industry leaders the career and educational pathways available in the sector.



Our young people also completed the **Cut Above The Rest Hairdressing program**, in partnership with the Australian Hairdressing Council and TAFENSW.

The students can now participate in a work experience program in Term 3.

Lastly, our students also participated in the **Purpose Project in Readiness program**, which exposed them to emerging industries and future work trends, allowing them to open up their study and career pathways in a rapidly changing job market.



The city of Wollongong will host the 2022 UCI Road World Championships from 18-25 September.

Wollongong will welcome the world's best athletes for the UCI's pinnacle road cycling event encompassing eight days of elite racing and a non-stop city festival for the whole community.

Join team Wollongong 2022 – the above event is still currently looking for enthusiastic, passionate and amazing volunteers to help deliver a safe and successful event through our volunteer program.

At Wollongong Flexi Learning Centre, we feel this would be a unique opportunity for our staff and young people to be part of this inclusive, energetic, can-do team and create a lasting legacy for the Wollongong community and cycling in Australia.

There are many benefits to volunteering: you'll be making a contribution to the community, be part of a diverse team, enjoy a once-in-a-lifetime experience behind the scenes of a major international sporting event, receive an exclusive volunteer uniform, undertake some training with event professionals, build your network, make new friends, be a part of history and learn some amazing new skills that will help you with future employment opportunities.

If interested, please reach out to your Transitional Support Worker or Head or Campus to register.





2022 Flexi Career Expo

Tuesday 2nd August

10am-1pm

Dapto Ribbonwood
Centre

On the day:

Information stalls, Guest speaker, RTO's,
Employment Agencies, Workshops &
Demonstrations, Photo Booth, Icecream Van,
Coffee Van & Subway catering for lunch





2022 Apprenticeship / Traineeship & Jobs Expos

The perfect opportunity for students, parents & job seekers to speak with potential employers & training providers with opportunities available now

FREE PUBLIC ENTRY - YOUR DREAM JOB AWAITS YOU

NORTHERN SYDNEY
 Tuesday 9 August
 3pm to 8pm
 The Concourse, Civic Pavilion
 Chatswood

CENTRAL COAST
 Tuesday 16 August
 3pm to 8pm
 Mingara Recreation Club
 Tumby Umbi

ILLAWARRA
 Tuesday 23 August
 3pm to 8pm
 Illawarra Sports Stadium
 Berkeley

SOUTH WESTERN SYDNEY & MACARTHUR
 Tuesday 30 August
 3pm to 8pm
 Liverpool Catholic Club
 Prestons

WESTERN SYDNEY
 Tuesday 6 September
 3pm to 8pm
 Penrith Valley Regional Sports
 Centre
 Cambridge Park

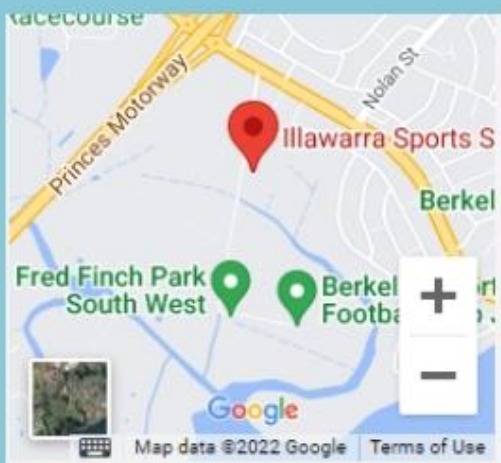
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 E V E N T S



Central Coast

Tuesday 16 August 2022 – 3pm to 8pm

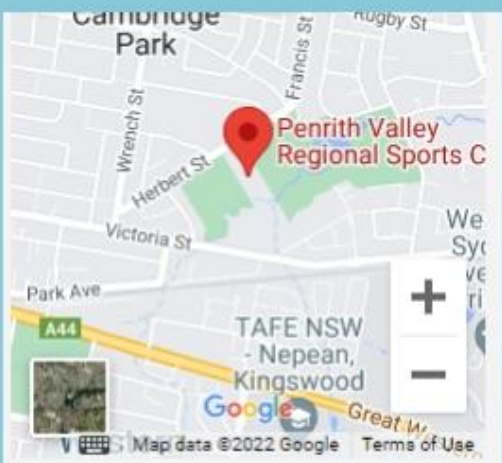
Mingara Recreation Club – Tumby Umbi



Illawarra

Tuesday 23 August 2022 – 3pm to 8pm

Illawarra Sports Stadium – Berkeley



Western Sydney

Tuesday 6 September 2022 – 3pm to 8pm

Penrith Valley Regional Sports Centre – Cambridge Park



Launch your Career in Hospitality.

Launch your Career is a series of live virtual events connecting secondary students with industry to identify future career pathways.

Are you looking for a fun and flexible job to fit around your study and sports? Did you know the four largest employing occupations for people under the age of 22 includes fast food cooks and wait staff?*

This event takes a deeper dive into the roles within restaurants, cafes, bars, hotels, pubs and clubs. High school students throughout NSW are invited to hear from young, inspirational industry professionals, teachers and alumni to learn more about:

- The exciting diversity of roles within hospitality, including accommodation, bar, wait staff, chef, marketing and business
- What employers are looking for and the perks of the job
- Developing employability skills in the sector to suit your personality
- The study options at TAFE NSW and career opportunities



Employment in Accommodation & Food Services is projected to grow by **112,400** (or 13.2%) over the five years to November 2026.**



Register now to attend this free live virtual event

LIVESTREAM: Thursday, 18 August from 10am-11am.

TAFE NSW RTO 90003 | CRICOS 00591E | HEP PRV1204B. *Source: 2022, Labour Market Insights, Accommodation and Food Services **Source: National Skills Commission Annual Report 2020-2021

Proudly funded by the NSW Government in association with TAFE NSW, the NSW Department of Education, and Training Services NSW.

tafensw.edu.au

TAFE NSW
NSW GOVERNMENT

Are you excited to see what life is like on the other side of the world?

Have the time of your life by taking a Gap Year after school, or live and breathe a new city with a working holiday. Either way, get out there and live in the real world!

Check out **Australia, New Zealand, United Kingdom, Thailand** or the **United States of America** as the next go to destinations for your 2022 Gap Year.



AUSTRALIA



NEW ZEALAND



THAILAND



UNITED KINGDOM



UNITED STATES OF AMERICA

Programmes

A Letz Live paid Gap Year or working holiday is an affordable way of travelling to the UK, Australia, New Zealand, Thailand and the USA. Choose your destination, take a good work ethic plus a travel wish list & you are set for the best year ever!

Finishing school?

Letz get you out into the world.

Letz Live is partnered with renowned schools in Australia, New Zealand, Thailand and throughout the United Kingdom. These partnerships let us arrange the most comprehensive Gap Year programs for young people who want to take a break after completing their secondary schooling or university education before diving into the workforce.



THE FACTS ABOUT VAPING

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The main ingredient in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavours and other chemicals. Vapes may contain harmful chemicals that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. **Vapes are not safe.**

DO YOU KNOW WHAT THEY'RE VAPING?



NICOTINE

Many vapes contain nicotine making them **very addictive**

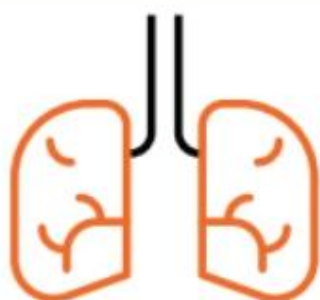


FRUITY

The nicotine in 1 vape can
= 50
cigarettes



Young people who vape are **3 times** more likely to take up smoking



Vaping has been linked to **serious lung disease**



Vapes can contain the same **harmful chemicals** found in cleaning products, nail polish remover, weed killer and bug spray



Vapes come in a variety of designs and styles and can be **easy to conceal**



VAPES APPEAL TO YOUNG PEOPLE

The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. **Many vapes also contain nicotine, which young people can become addicted to very quickly.**

Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.



HOW BIG IS THE PROBLEM?

The take-up of vaping by young people is increasing. Research shows that **1 in 5 young people have vaped** and nearly **80% of them say it is easy to get a vape illegally** at a shop or online.

In a recent survey, 64% of teachers reported being aware of the sale of vapes at school. The consequences of vaping are starting to emerge, and any uptake of vaping by young people is a concern.

NICOTINE IS HARMFUL FOR YOUNG PEOPLE



Nicotine is a drug that is often in vapes and is highly addictive for young brains.

It can cause long-lasting negative effects on brain development.

Nicotine changes the way brain synapses are formed in young people.

The impacts can include impaired attention, learning, memory, and changes in mood.

RISKS TO PHYSICAL AND MENTAL HEALTH

Vapes may expose young people to chemicals and toxins at levels that have the potential to cause negative health effects. **Vapes can leave a young person at increased risk of depression and anxiety.** Vaping has also been linked to serious lung disease. Importantly, many of the long-term harms of vaping are still unknown. The liquid in vapes and the vapour is not water. Vapes can expose young people to:

- the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- toxins such as formaldehyde and heavy metals.
- ultrafine particles that can be inhaled deep into the lungs.
- flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).

Vapes have even been known to explode causing serious burns.





The Driver Licensing Access Program helps remove the barriers that prevent Aboriginal people and other disadvantaged communities in NSW from entering the driver licensing system.

Objectives

- Improve safety outcomes among participants, leading to reduced crash and injury rates.
- Provide culturally appropriate support and resources that assist participants to obtain, retain and regain their driver's licence.
- Contribute to improved access to education, employment, health and other community services.
- Increase equity of opportunity for participants to obtain their driver's licence and be safe and legal road users.

Support

- Learner driver supervision and instruction.
- Access to a roadworthy vehicle for driving practice and the driving test.
- Mentoring individuals through the licensing system to achieve the learning and practical outcomes.
- Debt negotiation and management.
- Road safety training and licensing initiatives such as the Safer Drivers Course and more.
- Facilitating employment through driving skills and community networking.

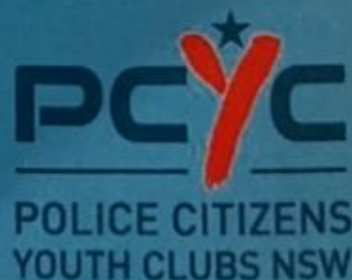
Licence classes that are suitable for the program are:

- Pre-learner - gain a learner's licence.
- Learner Licence - current holder of a P1 licence and eligible to progress to P2.
- P1 (Red Ps) - current holder of a P1 licence and eligible to progress to P2.
- P2 (Green Ps) - current holder of a P2 licence and eligible to progress to Full licence.
- Full licence holders with entry or retention barriers such as Revenue NSW fines and debts.

Contact your local club for details:



PCYC Wollongong
2 Exeter Ave, North Wollongong, NSW
PH: 02 4229 4418
Email: wollongong@pcycnsw.org.au



www.pcycnsw.org.au

EVER WONDERED HOW KEEPING FIT AND HEALTHY COULD IMPROVE EMPLOYMENT OPPORTUNITIES ?

Exercise not only boosts our mood, concentration, memory, and alertness, but also reduces stress and improves our cardiovascular and overall physical health.

Exercise releases endorphins, which are natural chemicals in your body that create feelings of happiness, which boosts self-esteem, establishes friendships and helps you stay motivated at work.

Feeling physically and mentally healthy is also great for your confidence in getting those jobs!

