



# Term 4 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....

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Network News.....

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## October is Mental Health Month



*Connect, share the journey,  
stay strong*



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AUSTRALIA

Visit our website;

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



# St Marys FLC

## Last Term.....

We at St Marys Flexi had a great and productive term 3, although the highlight was when we took 12 YP and 4 staff to the National Park at Glenbrook in the last week of term for a one night camp.

All of our cooking was done over open fire/coins and according to YP it was one of the highlights of the trip. We took YP for a bit of a walk up to a couple of lookouts with the intention of tiring them out before the evening. On reflection, I think it tired me out more than them. We would definitely call it a success and look forward to planning another.

## Coming up in Term 4.....

Mens Shed sessions will be running every Wed, where the YP will be cutting boards.

**Mon 12th Sept** - Barista course at Catch.  
**7th -11th Nov** - Microsoft Work Experience and Skills Program for YP in years 9-12 to learn about technology careers as well as to develop coding skills through Prodigy Learnings "coding in Minecraft" credentialing program.

**Wed 16th Nov** - Inspiring the future afternoon, where industry workers will be coming in to discuss their careers and how they have got where they are.

**Thurs 17th Nov** - Hair and Beauty taster day at Kingwood TAFE

Tradies will also be attending the FLC for sessions to supervise the making of picnic tables for the community. Once completed, plaques will be attached noting St Marys FLC & the names of the YP who constructed on them.

## A NEW TERM

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



## Good News Stories from StMFLC.....

Jermene is enjoying his job although does have a few blisters. He is excited to have received his 1st pay check. Another YP, Aaron is currently doing work experience at a mechanics in Emu Plains.

We recently received the following from Chloe, an ex- St Marys Flexi YP, who graduated last term, from year 12.

*"Wowwwwww what a ride a journey that began 4 yrs ago, I'll never forget the 1st meeting my feelings where so mixed, but here we are and all of this is because of you guys and your constant support and push. We love you and thank you"*





# Wollongong FLC

## Last Term.....

Over Term 3 a group of students from Wollongong FLC have been regularly attending Club Lime Corrimal. The young people agreed to 4 sessions a week, with many also attending in their own time. Youth Worker Will has supported the group and has been very pleased with their commitment, effort, & progress.

The gym staff had only complimentary things to say about our YP and they have represented the school well. The program has helped our young people build routine, improve physical health, and improve self-worth.

We've also had our most successful term yet this year by having over 20 registered training organisations and employment providers attending our first ever Careers Expo for our YP. Here's to 2023!

We also visited both Wollongong and Yallah TAFE for a tour. Plus, several YP completed their White Card training with Accelerated Training, as well as 1 YP completed his Forklift Ticket with All Onsite Training and Assessment, 1 YP completed work experience at Quickshift Motorcycles, 1 YP has been signed up for the Transition to Work Program, Octec, 3 YP signed up for courses at ARC Training and 2 YP signed up for courses at Fusion Training. Great job!

Sadly we said goodbye to our Transitional Support Worker, Amy, at the end of last term...who assisted and supported so many of our YP at Wollongong FLC with their pathways. She'll certainly be missed.

## A NEW TERM

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



## Good News Stories from WLGFLC.....

One of our YP met with the owner of Wollongong, Warilla, Warrawong and Shellharbour McDonalds at our Career Expo. She spoke about wanting to work and was asked to attend an interview.

The YP was successful and is now working at Warrawong McDonalds. Just last week, she spoke about how she has been asked to train other people and has also been getting called in to cover shifts. Overall her mental health has greatly improved since getting this job.



# Pambula Beach FLC

## Last Term.....

During Term 3 here at Pambula Beach as a community we were able to accomplish a lot. The South Coast provided us with the beautiful sunshine to complete outdoor activities throughout the Term.

Our Young People had incredible success with fishing and even though we didn't catch too many fish (Tally: 3 fish and 1 large crab) we all enjoyed casting out and enjoying the serenity.

Our Young People also came along to Potoroo Palace, an organisation down here that supports the rehabilitation and care of Native Wildlife. Our young people had some beautiful up-close and personal experiences with reptiles, a wombat, kangaroos and emus.

Over the holidays we were lucky enough to get most of our young people out of bed and into the bowling ring where there all had a crack and called it another successful day!

We have also taken groups of young people to summit, Kosciuszko, snorkelling over bull rays, tobogganing in snow, surfing, canoe, & downhill mountain bike rides. And it was in the spirit of this that 5 YP also set out to conquer porcupine rocks recently with our staff. The group took the snow train up to the Perisher Valley.

The group was greeted with blue skies, tonnes of snow and snow hole traps waiting for unwary students. The students hiked to a small hut and cladded themselves in snowshoes, where 3 Wedge tailed eagles flew beneath them as the group then descended the mountain! Well done all!!

## Coming up in Term 3.....

During Term 4 we will have 3 weeks of cooking or Mountain Bike Riding (the YPs will decide which they choose), followed by 3 weeks of snorkelling and stand-up paddle boarding and last but not least 3 weeks of surfing.

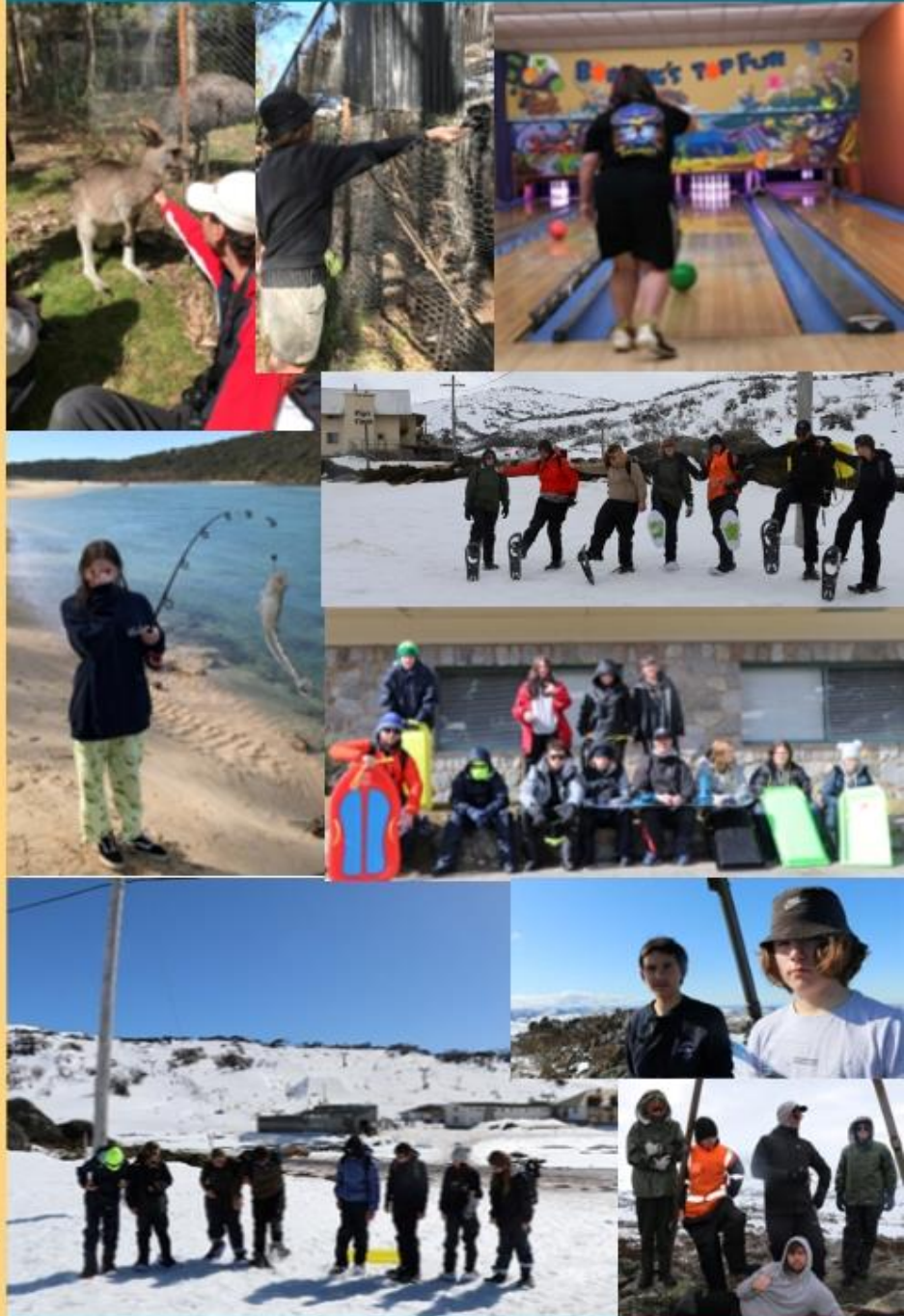
4th Nov - Whale watching Trip

11th Nov - Trip to Cobargo for Stand Tall event

We can't wait for another fun term ahead!

## A NEW TERM

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



## Good News Stories from PBFLC.....

During Term 3, our small group of VET students participated in a week long intensive to work toward completing their Cert 2 in Skills for Work and Vocational Pathways.

The young people displayed great commitment to their learning and demonstrated gratitude toward the community for supporting them in achieving their goals. Charlie, Ami and Spencer are well on their way to completing their Cert this year.



# 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** continues their success in Term 3, which included participating in the following programs;

### **AUTOMOTIVE IMMERSION PROGRAM**

This was a 3 day program on-site at St Laurence FLC, where our young people had the opportunity to gain 'hands on' experience using free standing engines and guidance from an experienced trainer.

- Tuesday 30th August
- Wednesday 31st August
- Thursday 1st September

There was also the '**Launch your Career in Hospitality**' Virtual live event, which was streamed live on Thurs 18th August to our young people.

**2022 TAFE NSW Virtual Open Days.** This event ran across 3 days – Wednesday, 24 August to Friday, 26 August 2022, which allowed our young people to explore courses and make decisions around their future choices.

The '**Girls on Fire**' program delivered evidence-based cultural immersion and fire programs to our teenage girls, which is designed to inspire young women to take an active role in building community safety and connection. All while uncovering their own personal confidence and resilience – and the potential of an exciting new career path.



We also continued at St Laurence FLC, our '**culture strong program**' and our **Job Club sessions** throughout the term.

Last month in the MNNEWS, a local news outlet for Newcastle, the following article appeared regarding our St Laurence FLC, by Tim Bowd.

### **A bright forecast predicted**

It's Monday morning on a cold winter's day in August. The prevailing westerly wind cuts through the youth as they approach the gates at St Laurence Flexible Learning Centre at Broadmeadow. The mood, however, changes markedly as soon as we enter the gates.

A sense of calmness prevails, the bite in the wind eases and it suddenly feels warmer as the students, or young people as they are referred to by the staff, are individually greeted. Some of the greetings are short and some are lengthy. Yet one thing is consistent - all conversations are distinct and discuss the student's unique personalities – the types of personalities that don't always fit into mainstream schooling environments.

Year 10 student Elijah said the morning welcome from the staff was very important. *"The welcome into the gate, followed by the pastoral care at the start of the day and having breakfast helps me settle into the day".*



*"Compared to my old school, here I have real relationships with the staff. We work together, and they take time to make sure we are okay".*

With recent reports highlighting the current shortage of skilled workers in Australia, the opportunity for these young people to acquire work-ready skills and VET qualifications while at the centre is more valuable than ever.

Year 9 student Jimmy has thrived in this environment and with a construction white card already under his belt says he is *"looking forward to getting into a trade"* when he finishes at the centre. *"I enjoy the real-life practical skills on offer here, the staff go out of their way to support me,"* he said.

Since enrolling at St Laurence, Elijah too has received his white card as well as a Certificate 2 in construction and a barista course among others. He says that making the move from a mainstream school to the centre has been the right choice for him. *"I get more out of the learning here"* he said.

With an emphasis on acceptance, support and transitioning to adulthood and meaningful employment, the future looks bright for the students at the St Laurence Flexible Learning Centre. Even a cold westerly in August can't pervade the warmth inside the gates.



# The importance of Volunteering.....

Often, we have suggested to try volunteering as a way of gaining valuable professional experience and skills, as well as having the chance to give something back to the local community or helping make a difference to the people around you.

Thus, when the opportunity of volunteering at the recent UCI Road World Championships arose our network Pathways Project Officer thought what better way to not only find out what volunteering is all about, but to also get close to the action and be a part of something special. *"Being part of such a major international sporting event - such as these World Championships – was an unforgettable experience and a unique opportunity to work with others behind the scenes that created a lasting legacy for our city"*



Across the 8 days, there were over 1500 volunteers donning their bright blue uniforms from all backgrounds and of all ages, with some even travelling from overseas, to be part of the biggest sporting event Wollongong has ever seen.

*'It didn't matter what time I started, where I was positioned on the course or what the weather was doing that day, every volunteer I met had the biggest smile, the most infectious laugh and the warmest welcome.... some were new to volunteering like me, and for others, this wasn't their first rodeo... we all came together, and friendships were formed'*



## **So why volunteer and what can we learn from volunteering?**

Volunteering can provide a healthy boost to your self-confidence and self-esteem, as well as strengthening your community. Volunteering can help with communication, time management, leadership, delegation, leadership and problem-solving – which are all fantastic transferable skills that employers look for and are great to include on your resume. When you volunteer, you are increasing your social network by making valuable connections, which may also lead to paid work in the future.

Volunteering can not only have a positive impact and a lasting impression on those you help around you but it can also help you by reducing stress and anxiety, improving your health, developing empathy and self-efficacy, keeping you mentally stimulated, and providing you with a sense of purpose. No qualifications or training is ever required, and all roles are fully supported on the day, and you take part as often or as little as you would like. You have that real opportunity to watch, have a go, make a mistake, try again, watch some more..... as you get to learn at your own pace.





Kick start your career in Hospitality.

New fee-free\* short courses.

\*Eligibility criteria apply.

## School holiday hospitality skills

Hospitality is one of the fastest-growing employment sectors in Australia and students can take advantage of a fee-free\* short course during the school holidays. The hospitality sector offers flexible working arrangements, which is perfect for school students who want to balance their work and study commitments.

Are you looking to enter the dynamic hospitality industry, or progress your hospitality career to a more senior role? These FEE FREE short courses will help you change the course of your life.



STATEMENT OF ATTAINMENT  
Beverage Service  
SG00009571



STATEMENT OF ATTAINMENT  
Food and Beverage Service  
SG00006137



STATEMENT OF ATTAINMENT  
Hospitality (RSA, RCG, Hygiene Skills)  
SG00002534



STATEMENT OF ATTAINMENT  
Introductory Marketing for a  
Hospitality Venue  
SG00009572



STATEMENT OF ATTAINMENT  
Understanding Financial Concepts for  
Budgeting  
SITSS00043

## Eligibility Criteria

~ **Fee-free Eligibility** for Kickstart your career in hospitality short courses

To be eligible for a fully subsidised place you must meet Smart and Skilled Eligibility guidelines which are:

- live or work in NSW, and
- be an Australian Citizen, a permanent resident, a New Zealand citizen, or a humanitarian visa holder, and
- have left school





# Summer Skills

**Are you a school leaver? Kickstart your career with short fee-free Summer Skills courses in early childhood education and care**

The early childhood education and care workforce is set to expand with the NSW Government committing 25,000 fee-free training places to attract more staff to the early childhood education and care sector, and provide more opportunities for existing workers to upskill.

To help bridge the gap between leaving school and starting the next stage in your life, the Summer Skills program of **fee-free** training is available to all 2022 Year 12 school leavers looking to become future early learning professionals.

You can test out this in-demand, critical sector or get a taster of a future course, gain some valuable skills and experience the unsurpassed dedication and commitment early childhood educators and teachers have for the lives of children and families.

As part of this program, you can take a short course in early childhood education and care over the summer 2022–23 period, and if it's right for you, extend your learning by enrolling in fee-free full and part qualifications across 2023. It's a win-win situation! Not only can you get a job in an incredibly rewarding sector, but you can also study for free and earn while you learn.

Heaps of courses and locations are available across NSW, including online learning so you can upskill at your own pace. The skills you learn can also easily transfer to other care and support sectors like aged and disability care.

So set yourself apart from your peers!

Buddy up with a friend or sign up to discover new passions and meet like-minded school leavers across NSW.

## Eligibility criteria

You must be:

- aged between 16–24 and have **left school**

You will also need to be:

- living or working in NSW
- an Australian/New Zealand citizen, permanent resident or humanitarian visa holder.



## Get in touch

Secure your place now — enrolments open on **26 September 2022**. Please contact the training provider for information on when/ how you can enrol and course commencement/completion dates.

Want more information?

- **Scan the QR code** to learn more about the Summer Skills program and the short courses on offer. New courses will be added on our website regularly so watch this space!





# Summer Skills

Calling all Aboriginal and Torres Strait Islander school leavers!

Hey you mob! Get ahead and make plans to learn, upskill and prepare for 2023.

A Summer Skills program of **fee-free** training and skills support is available to all 2022 Year 10, 11 and 12 Aboriginal and Torres Strait Islander school leavers.

As part of this program, you can take short vocational courses over the summer period to upskill, learn about your strengths and what interests you.

Leaving school can be daunting. These courses can help bridge the gap between leaving school and starting the next stage in your life.

There's up to **4,000** training places available across loads of in-demand industries including:

- early childhood education
- care sectors
- non-traditional trades
- hospitality
- construction
- agriculture
- transport and logistics
- sport and recreation and many more.



## Eligibility criteria

Aboriginal and Torres Strait Islander school leavers must:

- be aged between 16–24
- **have left school.**

You will also need to be:

- living or working in NSW
- an Australian/New Zealand citizen, permanent resident or humanitarian visa holder.



## Get in touch

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# SCHOOL & CAREERS OPEN DAY

11 NOVEMBER 2022


Wings Over Illawarra is Australia's largest annual airshow, and this year, for the first time, is offering students a fantastic opportunity to interact with industry professionals and explore aviation career opportunities at the Wings Over Illawarra School & Careers Open Day.



The School & Careers Open Day showcases a broad range of aviation career insights including being an engineer, working at an airport, flying drones and UAVs, being an air traffic controller, being a pilot, working in Defence, developing cutting edge industry technologies and much much more.

The School & Careers Open Day will serve a dual function for students attending, either by inspiring career choices or confirming career direction through access to industry professionals and aviation career advisors.





# Leussink

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# DEADLY TIPS TO STRESS LESS

MAKE  
TIME  
FOR  
YOURSELF

SAFE  
SUPER  
VISION

GO  
AND SIT BY

- > THE RIVER
- > WATERHOLE
- > OR THE OCEAN

TAKE TIME  
TO THINK

HAVE  
THE  
COURAGE  
TO BE  
IMPERFECT

GET ACTIVE  
GO OUTSIDE

- > GET SOME FRESH AIR
- > GO FOR A WALK
- > KICK THE FOOTY

GET THE FAMILY TOGETHER  
AND HAVE A GAME  
OF TOUCH

HAVE  
A  
YARN

TALK  
ABOUT IT

CLOSE  
YOUR EYES

FOCUS  
ON YOUR  
BREATH

YOUR  
MESSAGE  
HERE

LIGHT A  
CANDLE,  
HAVE A  
BUBBLE  
BATH

BE  
PROUD  
OF YOURSELF

- > WHO YOU ARE
- > WHERE YOU'RE FROM

SHARE

SOMETHING THAT  
MAKES YOU  
LAUGH

SPEND

TIME WITH PEOPLE  
YOU  
LOVE

LISTEN

TO YOUR FAVOURITE  
MUSIC

SPEND TIME  
WITH  
ELDERS

SHARE STORIES

CONNECT  
WITH THE  
LAND

- > GO BACK TO COUNTRY
- > CATCH UP WITH YOUR MOB

LAUGH  
LOVE  
LISTEN

Tune  
in



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[mentalhealthmonth.org.au](http://mentalhealthmonth.org.au)

MENTAL  
HEALTH  
MONTH  
SONGZOO

Wayhead  
Aboriginal Health & Medical Research Council

