

# TOOWOOMBA FLEXI SCHOOL

every student matters!



## FLEXI FLYER

Term 3 September 2021



***Every Student Matters - Find the Greatness Within***

# HEAD OF CAMPUS UPDATE

## **Welcome to the latest edition of the Flexi Flyer!**

Toowoomba Flexi School provides a holistic learning experience for our young people through access to our Four Dimensions approach and Flexi School's points of difference. We do this by utilising Diverse Academic, Social and Emotional, Industry and Community Connect, programs. As a high-quality alternative educational setting we are committed to monitoring individual students progress and it has been wonderful to see our young people achieve their potential over the course of the year. I am thankful for those who work with our young people, teachers, support staff, mentors and other significant adults to ensure every student succeeds.

## **Mentoring Moments**

Thankfully, Term 3 saw the return of our Flexi Intergenerational Mentoring Program, now in its eleventh year. Thanks to the Coronavirus, it had been on hold for close to 16 months - but returned stronger than ever. We welcomed a number of new mentors into our Flexi family, bringing the total number of mentors to thirty-two. This wonderful program nurtures a one-on-one mentoring relationship that supports a young person to reach his/her full potential which, in turn, can make a positive difference to the young person's well-being and future. This term has provided participants a chance to establish a good fit mentoring relationship, which is said to be the cornerstone of an effective mentoring relationship.

## **Year 10 Senior Education Training Plan Meetings**

Our Year 10 Senior Education Training Plan (SET Plan) process will occur in Term 4, Week 3, Wednesday 20 October 2021, consisting of an informative session and individual interviews with each young person and their parents/carers, to devise their senior learning programs. We hope that all young people and families find this process of benefit in preparation for 2022 subject offerings. Please contact me if you have any concerns regarding subject choices, or alternatively book in with our Guidance Officer, Catherine Andress.

## **Tutorial Timetable**

A reminder that all young people are welcome to attend tutorial sessions throughout Term 4. Sessions are available with Industry Liaison Officer, Taegan Gloss. Please see Taegan to book in a tutorial time, there are various time slots available throughout the week to specifically support those young people engage in vocational education and training. Please sign in at the office and come prepared with charged laptop and appropriate learning materials. Many young people tell us that they gain the most benefit from these sessions if they attend regularly rather than waiting until assessment is due.

## **Flexi School's Celebrations and Events**

Celebrations and events are slotted into Flexi's Calendar of Events based on our young people's personal interests, passions and opportunities to raise awareness around issues of importance. Throughout term 3 we celebrated many things, the first being RSPCA Cupcake Day, raising funds and gathering a collection of items for our local RSPCA animal shelter. Next, Wear It Purple Day, this event coordinated by our 2021 Seniors was all about celebrating and supporting young LGBTQIA+ people. Further, our community was encouraged to ask our friends, mentors, family and colleagues the question, "R U OK?". RUOK Day is an Australian initiative and advocates for people to check in with one another. Last, but certainly not least, Flexi's first community Working Bee was held on Saturday 11 September, a collaboration with our long-standing community partner, Rotary Club of Toowoomba East. I would like to acknowledge and sincerely thank the Rotarians, young people, parents/carers and staff for your contribution to beautifying our community. Many hands indeed make little work, the grounds are looking fantastic.

# HEAD OF CAMPUS UPDATE (continued)

## Attendance – Every Day Counts

Flexi's intensive case management of young people involves the monitoring, communication and implementation of strategies to improve regular school attendance. Being at school every day counts and by missing one day per week, can quickly add up to months of missed school in a year. Thank you to families/carers who are working with us to support attendance at school; parents and carers play a key role in ensuring all young people attend school every day. Our young people at Flexi are aware of our attendance requirement of 85% and above. I encourage all parents/carers to contact the office and to provide an explanation of absence as soon as you are aware your child will not be attending school.

## Seniors 2021

Toowoomba Flexi Graduation, Year 12 Formal and Final Farewell Brunch and Walk-out celebrations are almost upon us with organisations well underway within our community. Year 12 students will celebrate their Graduation from schooling at the Flexi Awards Ceremony, 10am -12pm on Thursday 18 November at Centenary Heights State High School, Caldwell Performing Arts Centre. All young people across all year levels are required to attend, and we extend an invitation to parents/caregivers and community members to join in and support our Year 12 graduating young people and award recipients.

The Year 12 Formal will occur that same day with arrivals commencing from 5.30pm with the venue being Gip's Restaurant Function Room. We encourage young people and their guests to purchase tickets to this event. All tickets are required to be pre-purchased from the Flexi School office at a cost of \$55 per person– tickets will not be available at the door. Please ensure your tickets are secured by no later than Friday 22 October 2021. Additionally, guests are required to be over 16 years of age. Your presence will surely be of great pleasure to us, and our graduating class of 2021.

Year 12 Final Farewell Brunch and Walk-out will commence at 11:30am at Toowoomba Flexi School on Friday 19 November and conclude by 1:00pm. All Queensland Year 12 students are required to attend up to and including this finishing day. This farewell will entail a shared brunch with our graduates, a guest and staff, prior to a final farewell to our senior students at 1:00pm.

My deepest thanks go out to everyone in our Flexi Community - for your support, volunteering, feedback and encouragement; it is more appreciated than words can convey. Please enjoy the read and some photos of our school community in action. Have a safe and restful break.



**We would like to extend a very big thank you to the Rotary East Club of Toowoomba, students, parents/carers and staff who assisted with the Spring Working Bee on Saturday 11 September. The work completed in the front and back gardens is greatly appreciated and the school is looking beautiful for Spring and the Carnival of Flowers.**

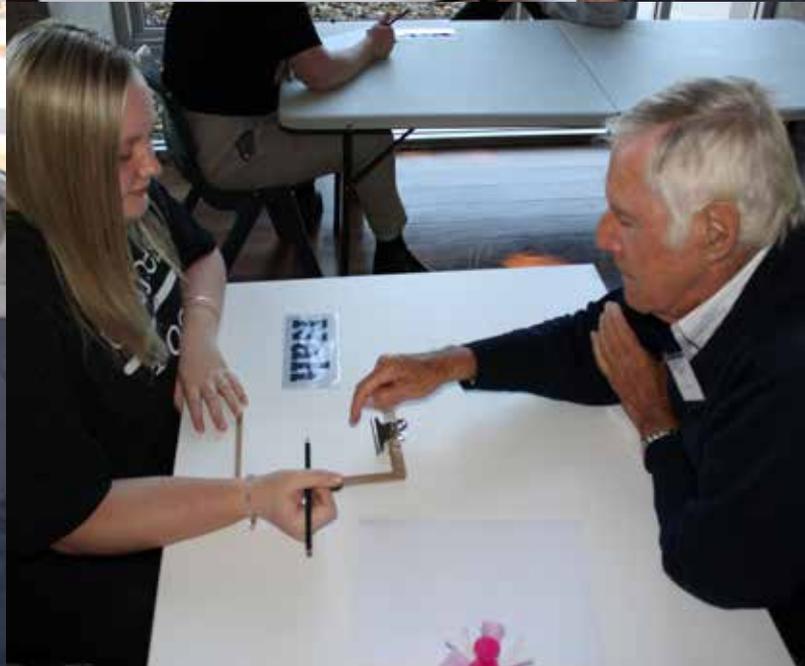


**Linda Bourke |**  
Head of Campus

# ROTARY CLUB OF TOOWOOMBA EAST WORKING BEE



## MENTORING MOMENTS



# OFFICIAL ROOM NAMING EVENT

On Wednesday 15 September at 9:30am, the Centenary Heights State High School Toowoomba Flexi School held an Official Room Naming Event for three of our Flexible Learning Areas. These learning areas are named in honour of three Flexi Mentors, Mrs Judy Antonio, Mr Tom Mitchell and Mr Keith Jordan. These incredible individuals volunteered their time in our community for a combined 32 years.

- Keith Jordan = 2005 – 2011
- Judy Antonio = 2009 – 2016
- Tom Mitchell = 1998 – 2017

It is important and admirable to note that these three individuals were all still volunteering at Flexi in the year they passed.

Toowoomba Regional Council Mayor Paul Antonio officially opened these newly named and signed rooms and acknowledge his wife, the late Judy Antonio, and her role in the Flexi Mentoring Program. We were fortunate enough to have many of the wider Flexi community members attending, with representatives from the University of Southern Queensland, Lifeline Darling Downs and South West, TOMNET, the Rotary Club of Toowoomba East and Lions Club of Toowoomba. The continued support from these organisations is invaluable to the success of Flexi and we were grateful so many could attend this special occasion.



# YEAR 10 REFLECTION

Wow! What a busy term the Year 10 cohort has had. This term all of the Year 10 young people have been engaged in a Trade Taster program at TAFE once a week. This will lead into the young people picking an area of interest ready for work experience in Term 4.

As always, we constantly monitor and talk to all of our young people around attendance. Our target at Flexi is 85% attendance. It is so good to see the vast majority of our young people not only achieving this target, but far exceeding it. We have a number of young people sitting on 98% for the year. That is an amazing achievement. There are always conversations and supports in place for those that are not quite reaching our target to help them achieve their best.

There will be some minor changes to the timetable for all of our Year 10 young people for Term 4. This will involve the two Year 10 classes combining for the last term in preparation for the one Year 11 class next year. This will mean that Friday will be our industry day for all of the Year 10 cohort in Term 4.



**Julian Booth & Linda Bourke** | Year 10 Case Managers



# CLASSROOM & SUBJECT NEWS

## Year 10 History Excursion

The Year 10 classes attended a History excursion to the Australian Army Flying Museum at Oakey on Wednesday 8 September (Year 10 Y) and 15 September (Year 10 Z). This excursion was to consolidate the learning that had taken place this term with regard to the causes, course and effects of World War II and its impact on Australia with a focus on the Kokoda Campaign. The museum had a vast collection of aircraft and related memorabilia from all eras of Australian Military Flying. We enjoyed a personalised tour of the complex by Scotty, who shared stories of the pilots, the various aircraft, and the adverse conditions experienced at war.

**Wendy Ellem** | History Teacher



## Year 10 Health “Sugar”

The Year 10 students are learning more about sugar. According to the 2014 documentary ‘That Sugar Film’ – “Sugar is addictive”. Rose and Damon measured 40 teaspoons of sugar representing the average amount of sugar consumed by Australians each day from perceived healthy supermarket foods. Students put this data to the test by reading the nutrition label on a variety of supermarket food products, weighing the recommended serving size into a bowl alongside the amount of sugar including frozen raspberries, breakfast cereals and popcorn. During the lesson visitors joined in with their own “on hand foods” including a double choc muffin containing 10 teaspoons (41g) of sugar which is the same as a large 7/11 Slurpie. Anastacia discovered a Monster Energy 500mL has 14 teaspoons of sugar (57g) and Guarana V Energy drink 500ml has 18 teaspoons (71g). Luke, Nathan and Bailey found a 375ml of Kirks Pasito Soft drink has 9.3 teaspoons (37g). The class learnt that the World Health Organisation recommends no more than 6 teaspoons (24g) of sugar a day to avoid insulin stress leading to diabetes, fatty liver, heart disease and dental carries. ‘That Sugar Film’ along with the World Health Organisation explain how sugar impacts our brains reward system motivating us to seek more sweet tasting foods. In the upcoming lessons the Year 10 students will be analysing their own daily food sugar consumption.

**Karyn Quinton** | Health Teacher



# YEAR 12 REFLECTION

At the start of the term we reflected on the goals that were set at the start of the year. We celebrated the goals that were met and encouraged ourselves to revise and/or continue working on the long term goals set for the end of the year.

Additionally, the Year 12 cohort were fortunate to have the talented School Chappy, Jason Berry, deliver the Bass Drop program over 5 weeks of this term. Jason kindly made the drums out of the large water bottles used for water dispensers. Over the weeks the program focused on using rhythm-based activities to help students with their relationships, emotions, harmony & community. The outcomes of the program were to work with others, improve emotional regulation, build self-esteem and healthy peer relations. Each week the students painted their drum to make it uniquely their own.

Thank you, Jason, for sharing your amazing analogies and activities; it certainly has provided the Year 12s with invaluable tools for moving forward to 2022.



**Wendy Ellem** |  
Year 12 Case Manager



# FLEXI CAREERS OFFICE

Term 3 has seen all Year 10 young people engage in the TAFE Taster Program. This program offered a variety of courses including; construction, engineering, hairdressing and hospitality. The Tasters on offer allowed each young person the opportunity to explore different industries and gain further insight into what a TAFE pathway looks like. Participating in the Taster program will allow our young people to make an informed decision regarding their area of interest if they choose a TAFE pathway for 2022. Upon completion of this Taster program all students have received either a Responsible Service of Alcohol (RSA) Certificate, or a General Construction Induction Card (White Card). These certificates will be a great addition to building the young people's resume.

It was wonderful to visit TAFE each Thursday and Friday to witness the engagement, interest and enthusiasm displayed by all young people.

Year 11 Young People have been completing work experience at various local business. During this placement the young people will be gaining valuable skills such as; organising and completing daily work activities, contributing to workplace health and safety and strategies to respond to routine within the workplace. This will contribute to the completion of the Certificate 2 in Skills for Work and Vocational Pathways. This certificate will be another great addition to building the young people's resume.

Myself, Case Managers and Support Staff have really enjoyed visiting the Year 11 young people while they are out completing their placements, Well done!



**Taegan Gloss** |  
Industry Liaison Officer



# WELLBEING WORKER

As the Wellbeing Officer, I have the amazing opportunity to work along side of and support our young people in whatever way they need. This support looks different depending on what each young person needs. This term I have been able to support young people to acquire their Tax File Number and complete Centrelink applications. Several young people have also been supported to book and attend GP and psychologist appointments. Earlier this term many young people had the opportunity to check out the Civic Assist Support Centre and took home some high-quality clothing for free through the Winter Warmth Appeal.

Many families have been provided with food hampers of bread, milk, frozen meals and bananas as a result of the weekly donations that Flexi receives from Loaves and Fishes Care Service in Toowoomba. Students who are interested in gaining their Provisional Licence have been able to enrol into the PCYC Breaking the Cycle Driving Program in which young people have access to trained and personable volunteers who help them to gain their 100 driving hours.

On Monday 2 August, the Year 10 students and I had the opportunity to attend the Homelessness Week Expo at Civic Square Toowoomba. Our young people were able to interact with many services including disability services, housing services, drug and alcohol services and QLD health to name a few. The young people enjoyed a free meal with a bag of goodies and also enjoyed playing social chess and other activities.

On Friday 27 August, Flexi students and staff celebrated LGBTQIA+ Wear It Purple Day. Students attended school, dressed in their best purple outfit and were able to engage in painting and dancing activities. Delicious burgers and rainbow themed treats were prepared by our students on campus. The staff at Flexi School are very proud of students Dan and Holley who organised this event.



**Melanie Kaye** |  
Wellbeing Worker



# COMMUNITY NEWS

## From the Guidance Officer

Throughout the year, it has been great working with our Flexi Young People, and supporting them in a Guidance capacity. Visiting their Trade tasters, checking in with 11s and 12s on pathway planning and helping to arrange of external presenters, such as Defence, to come to speak with students about options after school. I thoroughly enjoy supporting our Young People to explore their future options, and explore how they might investigate additional programs.

If you would like your young person to have a check in with the Guidance Officer for any reason, this can be arranged through Julie at the front office. Guidance Officers support students through career planning and tracking, general wellbeing, and other needs as they arise.

## Flexi Runners

This term has seen the start of the Flexi Running Club. We meet at 2:30pm each Friday to hit the roads and trails. Our aim is to run 4km- 6km each time in a variety of locations including the Picnic Point Trail, Jubilee Park Trail, Queens Park "Park Run" circuit. The group is open to all young people and families from Flexi. For more details or to register your interest in joining the Flexi Running Club, please let us know.



## 2021 DATES TO REMEMBER

**Friday 17 September**  
Last Day of Term 3

**Monday 4 October**  
Queens Birthday Public Holiday

**Tuesday 5 October**  
First Day of Term 4

**Thursday 18 November**  
Flexi Awards & Graduation Ceremony  
Toowoomba Flexi School Formal

**Friday 19 November**  
Year 12 Farewell Brunch & Walk-Out

**Friday 26 November**  
Year 10 & Year 11 Break-Up & Final Day

## FLEXI SCHOOL TIMES

**PERIOD 1**  
8:45am - 9:55am

HYDRATION BREAK  
9:55am - 10:00am

**PERIOD 2**  
10:00am - 11:10am

LUNCH  
11:10am - 11:40pm

**PERIOD 3**  
11:40am - 12:50pm

AFTERNOON TEA  
12:50pm - 1:00pm

**PERIOD 4**  
1:00pm - 2:10pm



## One School - Two Campuses



### FLEXI SCHOOL OFFICE

14 - 16 Chalk Drive Toowoomba  
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The Toowoomba Flexi School Office is open Monday to Friday 8am to 3pm

**Toowoomba Flexi School wishes to thank supporting businesses and organisations!**

