HEAD OF DEPARTMENT UPDATE

Welcome to the latest addition of the Flexi Flyer!

Congratulations to all young people who have achieved success in their individual learning goals this term. It is so very rewarding to be a part of young people becoming more active participants in their educational journeys, becoming more independent as learners and contributing to the Flexi School community.

Year 10 SET Plan Meetings

Our Year 10 Senior Education Training Plan (SET Plan) process occurred on Thursday 12 September 2019, consisting of an informative session and individual interviews with each young person and their parent/carer, to devise their senior learning program. We hope that all young people and families have found this process of benefit in preparation for 2020 subject offerings. Please contact me if you have any concerns regarding subject choices, or alternatively book in with one of our Guidance Officers, Jo Brennan and Peter King.

Tutorial Timetable

A reminder that all young people are welcome to attend tutorial sessions throughout Term 4. Sessions are available Monday and Friday, 12pm—2.20pm and our students receive one on one assistance. Please sign in at the office and come prepared with BYOD 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.

Attendance

Thank you to families who are working with us to support attendance at school. Parents and carers play a key role in ensuring all students 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 young person will not be attending school.

FLEXI MOTTO

“Every student matters – find the greatness within”
Be safe
Be respectful
Be a learner

SCHOOL TIMES

**Case Management**
8:55am - 9:15am
Period 1
9:15am - 10:20am
Period 2
10:20am - 11:30am
LUNCH
11:30am - 12:00pm
Period 3
12:00pm - 1:10pm
Period 4
1:10pm - 2:20pm

LOOKING AHEAD

**Tuesday 8 October**
First Day of Term 4

**Friday 18 October**
School Fees Finalised

**Monday 21 October**
Student Free Day

**Thursday 14 November**
Year 12 Graduation & Formal

**Thursday 15 November**
Last Day for Year 12

**Friday 29 November**
Last Day of Term 4
Toowoomba Flexi Graduation, Year 12 Formal and Final Farewell Breakfast 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 14 November at the Empire Theatre Church Hall. All young people across all year levels are required to attend, and we extend an invitation to parents/carers and community members to join in and support our Year 12 graduating young people and award recipients.

The Year 12 Formal will kick off that same day with arrivals commencing from 5.30pm. 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 $50 per person – tickets will not be available at the door. Please ensure your tickets are secured by no later than Friday 11 October. 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 2019.

Year 12 Final Farewell Breakfast will commence at 9:45am at Toowoomba Flexi School on Friday 15 November and conclude by 11am. All Queensland Year 12 students are required to attend up to and including this finishing day. This morning farewell will entail a shared breakfast with our graduates, their families, mentors and staff, prior to a final farewell to our senior students at 11am.

All of these events require a lot of hard work and people power, Year 11 young people will be given the opportunity to volunteer at all of these events. Keep a look out for volunteer lists and rosters, or alternately see me to pop your name down; volunteering is a great way to contribute to your community.

Linda Bourke | Head of Campus Toowoomba Flexi School

RSPCA CUP CAKE DAY—Thursday 22 August

Toowoomba Flexi School are passionate about making a difference to support mistreated, abandoned and abused animals. Our students held their very own Cupcake Day for the RSPCA event hosting a morning tea and selling homemade cupcakes to staff, students and mentors. This event was a great way for our community to come together, eat delicious cupcakes and help animals in need.

Our students are very proud of their fundraising efforts, raising over $160 to help animals in need. A big thank you to Lee and Sandy, representatives of Toowoomba RSPCA, who attended our event and brought with them a couple of furry friends from their Adopt-a-Pet program. A reminder: if you are interested in volunteering your time, and are over the age of 16, the RSPCA would love to have you!
WEAR IT PURPLE DAY

Toowoomba Flexi School wore purple to show their support to rainbow young people everywhere on Friday 30 August. Supporters wear purple to celebrate diversity and young people from the LGBTIQA+ (lesbians, gays, bisexuals, transgender, intersexes, queers (or those questioning their gender identity or sexual orientation), and allies (or asexual) community.

Wear it Purple Day (WIPD) is about celebrating, supporting and showing everyone that they can be proud of who they are. WIPD was an opportunity for our community to empower together, reflect on all the diversity that surrounds us and celebrate!

TAFE UPDATE

Toowoomba Flexi campus has 10 students across Year 10, 11 and 12 currently engaged in a variety of courses such as Certificate III Health Support, Certificate II Back of House, Kitchen Operations, Certificate III Beauty Services, Certificate II Electro Technology and Certificate III Information & Digital Media. These courses are excellent gateway qualifications for these young people into the working world.

VOCATIONAL EDUCATION & TRAINING (VET) AWARDS

I had the pleasure of attending the Regional Final Presentation evening on Friday 26 July to support our young person Evelyn who was nominated for the Equity VET student of the year. It was a night of celebration and excitement as achievements were recognised and the regional winners for employer and individual categories were announced. We congratulate Evie on being a nominee and hope she had an amazing night!
MENTORING

Term 3 in mentoring has seen us delve into the 50th Anniversary of the moon landing and also consider all the conspiracy theories that went with man landing on the moon. We have discussed predictions for the future and how quickly technology is moving. Who would have known 30 years ago that we would have mobile phones, Google, iPads and self-driving cars? What will the next 20 years hold for us?

We have so many interesting conversations in mentoring and the learning happens both ways. Access to the web means that young people can research anything they are interested in and be well informed about what is happening in our world. It is so important to spend time listening to each other because we can learn so much. We actually recently also talked about the fact that listening is an active skill as opposed to just hearing.

In the last few weeks we have discussed 'procrastination'. Why do we procrastinate? In our discussions we talked about the fact that when you procrastinate we are both avoiding doing something uncomfortable or threatening and approaching something more pleasurable and less uncomfortable. There are so many ways we move away from being able to sit with some discomfort. It is important to know that change is generally uncomfortable but that is where the growth occurs.

Thanks so much to our mentors for another great term. We have such an amazing and diverse group of mentors who freely give of their time and energy to Flexi. Great things happen when people come together and connect with each other.

Mel Priddin | Social Worker

TRY A TRADE DAY AT TAFE

A wonderful day was had by some of our year 10 students at the TAFE Try a Trade Day. Students were able to experience hands on aspects of trades such as Concreting, Carpentry and Plumbing giving them a better insight into these different areas of trade and what that involves.

Karen Bolch | Teacher Aide
HEALTH TIPS

Cyber bullying continues to be a source of mental anguish for many Australian children and teens. Statistics from the esafety commission show that 8% of children and 19% of teens report cyberbullying. If not addressed early and effectively cyberbullying can lead to poor social, emotional, physical and mental health. The esafety commission provides information and guidance on how to report any concerning cyber behaviours as well as tips and tricks for keeping everyone safe.

5 Strategies for dealing with Cyberbullying

When someone is tormenting you online, it can be common to feel powerless. Here are some practical strategies that may help a young person deal with cyberbullying.

https://au.reachout.com/articles/5-strategies-for-dealing-with-cyberbullying?

Cyberbullying, Information for Parents.

7 Ways to Manage Web-connected Devices in the Home
Information for parents:
https://www.esafety.gov.au/education-resources/iparent/7-ways-infographic

PROJECT SCHOOL FORMAL

The time of year has come around again to celebrate our graduating 2019 Senior Flexi Students.

Project School Formal is a wonderful non-profit organisation that assists young people to fulfil their dreams of achieving that desired look for their formal. The Year 12 students visited this amazing pop-up formal shop on Monday 16 September 2019 as an opportunity to find the perfect dress, suit and accessories. Shout out to Gay Hold, owner of Jazzy Lane Hair and Beauty Studio, and the wonderful volunteers for allowing this service to operate.

Karen Bolch | Teacher Aide

WELLBEING

Our Year 12s attended the community homelessness BBQ and expo at Toowoomba Civic Square. It was a fantastic opportunity for our young people to engage with some of our local community services.

Rachael Maughan | Wellbeing Worker

SNAP SHOT

A special shout out in recognition to our on campus student school photographer Riley. Riley takes great passion in capturing a number of our amazing moments for our school events.

Karen Bolch | Teacher Aide
6 WAYS TO HELP YOUR CHILD FOCUS

If staying focused is hard for your child, try these six simple strategies.

1. **Jump right into projects.**

Sometimes, the longer you wait to start a task, the harder it is to focus on it. That goes for projects for school and around the house. That does not mean your child has to do everything at once, though. To make it easier to get started, try breaking it into chunks. The important thing is to not put off getting started.

2. **Practise mindfulness.**

Mindfulness exercises are all about paying attention and focusing. Studies have shown that mindfulness can help kids improve their behavior and their ability to focus in school. One way to practise is to sit quietly and focus on breathing in and out. Taking even a few deep breaths before class or a test could make a difference.

3. **Limit directions to one or two at a time.**

When kids struggle with focus, it can be hard for them to listen to, remember, and follow through on directions. So try not to overload your child with too many directions at once. For instance, at homework time, tell your child to check the assignment notebook and get out the right materials to do that day’s work. If that is too much for your child to focus on at once, try giving just one direction at a time.

4. **Set a timer.**

When kids know there is a limit to how long they have to stay focused on a task, it can be easier to hang in there a little longer. When your child sits down to do homework or another not-so-fun task, set a timer for how long your child needs to work before taking a quick snack or a play break. You can increase the amount of time little by little as your child gets better at focusing.

5. **Be open to what works.**

Some people need total quiet to focus. Others do better with noise. That is why it is important to ask kids what works best for them. Maybe your child wants to listen to music while doing homework. Give it a try and see how it goes.

6. **Direct focus back to the task.**

Even when using these focus techniques, kids might still get distracted. That is why they also need strategies to get back on task once they have drifted.

Come up with a signal for when your child’s mind starts to wander. It might be putting a hand on your child’s shoulder or saying a specific word. Tell your child’s teacher that you are doing this at home and ask if the teacher can use the same strategy in class.

Joanne Brennan | Guidance Officer

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FLEXI LUNCH PROGRAM—SHOUT OUT!

Thank you to Allan Jones and Raymond Smith, our TOMNET kitchen volunteers. Between them, they have prepared over 60 lunches this year for our community, we sincerely appreciate you both!

It is wonderful to have Allan back on campus and to have him almost back to full-health.

Linda Bourke | Head of Campus
I would like to thank the Lions Club of Toowoomba Inc. on behalf of the Year 12 students for the donation of our Senior Jumpers. The Year 12 class of 2019 were presented with their jumpers by Trish Clark (President), Don Russell (Treasurer), Lion Pat Smith and Lion Jill Smith from the Lions Club of Toowoomba. These jumpers have kept us snug throughout the cooler months.

We all appreciate the jumpers as they provide our students with the opportunity to represent our school and provide us a sense of community. Thanks to the club and their sponsorship, we are all very grateful.

Emily | Year 12 Student
## RECIPES

### PUMPKIN SOUP

**Ingredients:**
- 750 g jap pumpkin diced
- 250 g potatoes diced
- 2 onions diced medium
- 3 chicken stock cubes crumbled
- 3 1/2 cups water
- 250 ml thickened cream
- 1 pinch salt and pepper *to taste

**Method:**
1. Place all ingredients, except the cream, into a large saucepan.
2. Simmer until vegetables are tender.
3. Remove from heat.
4. Blend with a stick blender until smooth.
5. Add cream and stir through (do not boil after adding cream).
6. Season to taste.

**Equipment:**
- 1 saucepan
- 1 blender

**Notes:**
I have only used Jap pumpkin as it has the nicest flavour.

### LEMON PASSIONFRUIT LOAF

**Delicious moist lemon and passionfruit loaf made with coconut milk**

**Ingredients:**
- 1 tsp lemon zest
- 125 g butter cubed
- 3/4 cup caster sugar
- 2 eggs
- 3/4 cup coconut cream combined with 1/4 cup water
- 2 cups self raising flour sifted

**Glaze:**
- 1/4 cup caster sugar
- lemon juice
- 1 passionfruit

**Instructions:**
Preheat oven to 175 C and grease and line a 20cm loaf tin. Using an electric mixer, cream butter, sugar and lemon zest until light and fluffy. Add eggs, one at a time, beating well after each addition.

Add flour and coconut cream mixture and mix until just combine. Pour batter into a prepared loaf tin and bake for 45 minutes or until a skewer inserted into the middle returns clean.

To make glaze, heat lemon juice, passionfruit pulp and sugar in a small saucepan. Stir and bring to the boil then remove from heat and allow to cool.

Drizzle glaze over cooked loaf and allow to cool in tin.

YEAR 11 UPDATE

Term 3 saw our Year 11 Pastoral Care Group attend the Currumbin Wildlife Sanctuary for a fun filled day hanging out with various forms of wildlife. The day began with a meet and greet with a Lizard, Owl and Snake and an educational session that detailed the lives of these critters. As the day progressed, we witnessed the Free Flight Bird Show that involved a range of large birds including Wedge Tailed Eagles, Pelicans and Parrots. Following a fantastic lunch at the café, our young people took to the trees in the Tree Top Challenge ropes course.

The ropes course was a great opportunity for the young people and their teachers to form a common bond, primarily based on adventure and fear. The encouragement that all participants gave each other was outstanding and showcased the tightening bond that our class has developed over the year. The day was a complete success and we look forward to further adventures together. Special thanks goes to Blinky Bill for allowing us to pose with him for the group photo and to Matt for winning the lucky seat prize. Thanks also to Chappy Jason for driving the bus, getting us there and back safely and to Kerri-Ann for her supervision. All had a great time.

Michael Bancroft | Year 11 Case Manager

YEAR 10 UPDATE

This term has provided a plethora of opportunities for our young people. At the start of the term, some of our students attended the Trial Day at TAFE where they were able to experience various trades. The students also commenced Tasters for subjects that will be offered in 2020 including Essential Maths, Essential English, Music and Social and Community Studies.

During PCG we have been involved in the Coaching Young People for Success Program (CYPFS) with emphasis on empowering our young people to identify their unique gifts and natural strengths to set meaningful goals in their life and career. The Year 10s created their own strengths based personal profile and designed an inspiring and personalised Life and Career Pathway Plan. It will be wonderful to see the goals that have been produced come to fruition.

On Monday 25 November, our end of year event will be to climb the Story Bridge in Brisbane. This will be an opportunity to celebrate together the growth and learning that has occurred in 2019.

Wendy Ellem | Year 10 Case Manager
This term, the Year 12 class have been exploring *Transition to Life after Flexi*, a program delivered by our Guidance Officer, Peter King. The focus of this program is on developing knowledge about opportunities and the process to apply to tertiary education. Our young people work across three topics, Career planning, Making real choices and Budgeting to make it in the real world. To consolidate this work, all year 12s will have participated in a one-on-one 45-minute interview with Peter to consolidate their post-school options and develop a transition plan.

At this point in the year, time truly does seem to fly, Formal invitations have gone out and our 12s are having a wonderful time preparing for their big day on the 14 November. Year 12s are also reminded that there are study sessions in which they can participate should they find themselves getting a little behind in assessment; they just need to have a chat with myself and I will timetable them into one of these sessions.

Let us finish strong by demonstrating our **growth mindset** - the belief that you are in control of your own ability, you can learn and improve and that you are in control of your own destiny.

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**UPCOMING DATES — YEAR 12 — TERM 4**

**Australian Outback Spectacular - Year 12 Final Excursion**  
Tuesday 5 November 2019, 4:00pm-11:15pm

**Toowoomba Flexi School - Graduation ceremony**  
Thursday 14 November 2019, 10:00am-12:00pm

**Toowoomba Flexi School - Senior Formal**  
Thursday 14 November 2019, 5:30pm-10:00pm

**Year 12 finishing date & Farewell Brunch - Toowoomba Flexi School**  
Friday 15 November 2019, 9:45am-11:30am

Linda Bourke | Year 12 Case Manager & Head of Campus
Positive Relationships | Value the importance of connection and strong relationships
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Positive Emotion | Value an environment built on joy, gratitude and contentment
Positive Health | Value mindfulness and resilience to develop broader health
Positive Engagement | Value learning to find sources of interest and passion is
Positive Accomplishment | Value challenges with determination to learn from
Positive Purpose | Value the welfare of others and the wider community

Toowoomba Flexi School wishes to thank supporting businesses and organisations!