faith CHRISTIAN SCHOOL FLEXIBLE LEARNING

NEWSLETTER

Term 4 2024 **Issue #8**

MESSAGE FROM THE PRINCIPAL

Blessings to all our wonderful FFL Families,

As you scan through the contents of this Newsletter, you will see that there is never a dull moment in our FFL Community!
Thank you to our dedicated staff who work so tirelessly and are always looking for ways to engage and encourage our students. We want every one of our students to know that they are loved, they are valued, and with a growth mindset, lots of hard work, effort and faith, they can and will achieve great things both now and in their future.
As well as the dedicated staff at our school, we have several external specialists who come in and out throughout the week to work with identified students for Mental Health and Wellbeing, Speech and Language, and Occupational Therapists. If you have a child that has specialists support at home, you are welcome to contact us to have appointments onsite at school if this helps.
We are thankful to have recent external community supporters onsite to partner with us in our endeavour to encourage and inspire our students.

- Thanks to guest speaker Johaan Kaa, who has appeared on national television and tours Australia sharing his inspiring story of overcoming the obstacle of losing his arms and legs and having to journey through the transition.
- Pastor Sigi who is also a former a chef, came in and prepared an awesome 5 star 4 course meal!!!
- The Blue Edge Program has got everyone in the FFL school moving and sweating!!! We appreciate Blue Edge, School Based Police Officers, Personal Trainer Alex from Phitkids, and all the guests that give up their time to come and invest in our students and school.

Thank you always to all the FFL parents and caregivers for the support you give your children and our school. We look forward to our end of the year upcoming events especially our graduation and really hope you will be able to join us in celebrating the success of your children!

Blessings,
Sulata Pop...

Raising Healthy Minds

PLEASE SEE THE CHYMS INFORMATION FOR PARENTS AT THE BOTTOM OF THIS NEWSLETTER

IMPORTANT DATES TO REMEMBER

FFL & BLUE EDGE PROGRAM REWARDS TRIP



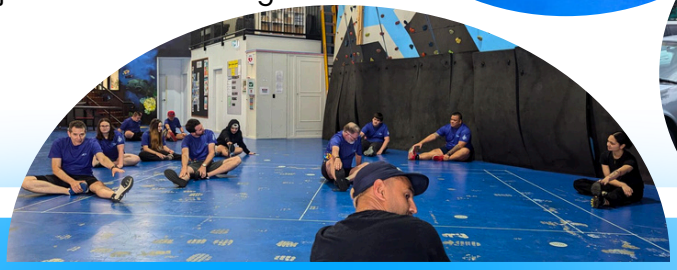


End of Year Celebration
Thursday 28th November







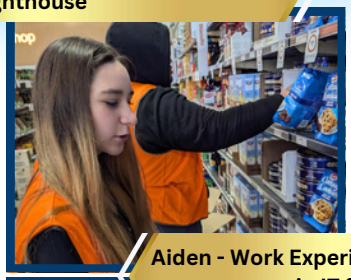


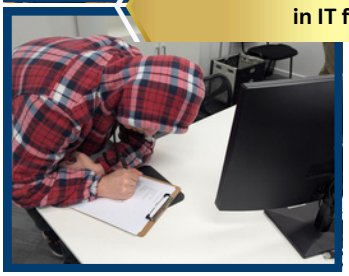
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SETPs & WORK EXPERIENCE

It's been an exciting start to term 4 as our future-focused students step out into the brave new world of work experience and industry placement. We have had two of our students start work experience at Lighthouse Care, a great nonprofit opportunity to learn new skills and complete a Certificate II in community services.
Another is working with the IT department at the Distance Education campus. And yet another of our students starts casual employment, which was offered during the work experience interview!
Seeing our students stepping out into the community and embracing fantastic opportunities. Stay tuned as there is more to come before the end of the year including SETP (Senior Education and Training Plan) interviews in preparation for 2025!

Honey & Nigel - Work Experience at Lighthouse





Aiden - Work Experience in IT for DE



Chris - Work Experience at Simply Beans

COOKING

Another great program this school provides without fail is the Wednesday cooking program, where a rostered staff member is privileged to cook up their special recipe with the assistance of students allocated for that particular day. We have seen and tasted such marvelous recipes each Wednesday lunchtime and in particular this term in week 5 we had a guest visitor Pastor Ziggy, who is also a qualified chef. Pastor Ziggy came in and cooked up a 3-course menu for the school with the assistance of staff and students, and I have to say it was enjoyed by all attending, especially the visitors from DE.
It was such an awesome experience as you could smell the aromatic spices and the freshness of the harmonious blend of citrusy brightness, earthy warmth, and herbal freshness including the fragrant aroma of garlic wafting through the kitchen and eventually making its way to the classrooms. This was a first for the school and hopefully more cooking experiences like this in the near future.



Student Vahke shown how to garnish a chicken curry Laksa soup by Pastor Sigi







Student Vahke learning how to cook a stir fry dish utilising the big Wok with Pastor Sigi





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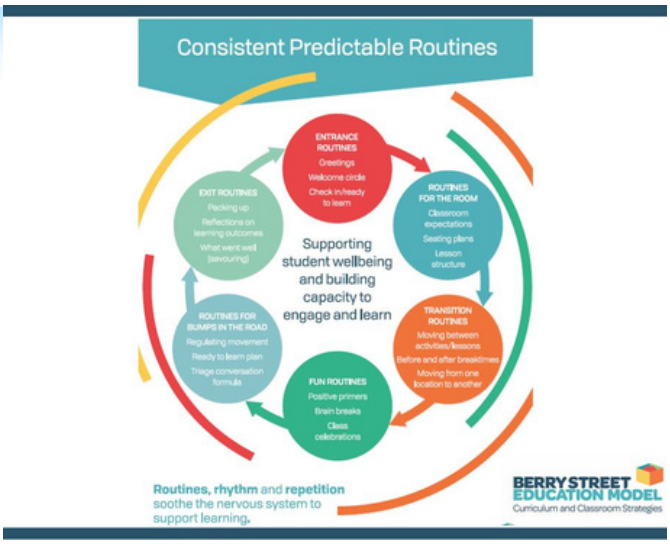
BSEM STRATEGIES

RESPECT · AWARE · LEARN · CARE

The Berry Street Education Model (BSEM) provides strategies for teaching and learning that enable teachers to increase engagement of students with complex, unmet learning needs and to improve all students successfully':

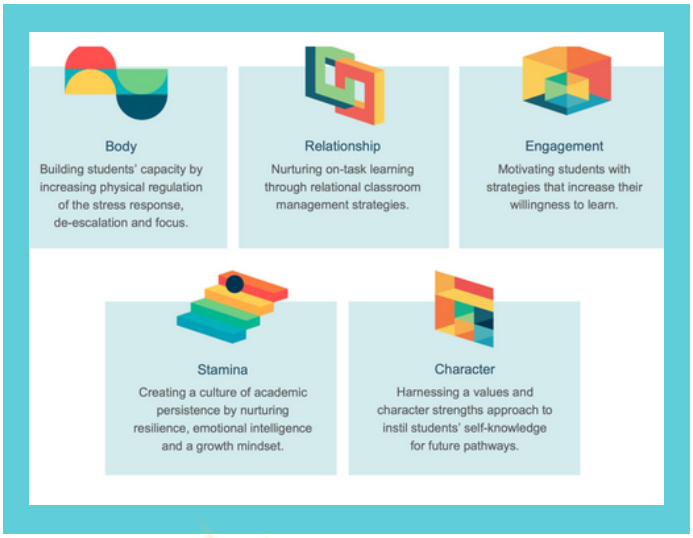
- self-regulation
- relationships
- wellbeing
- growth
- academic achievement.

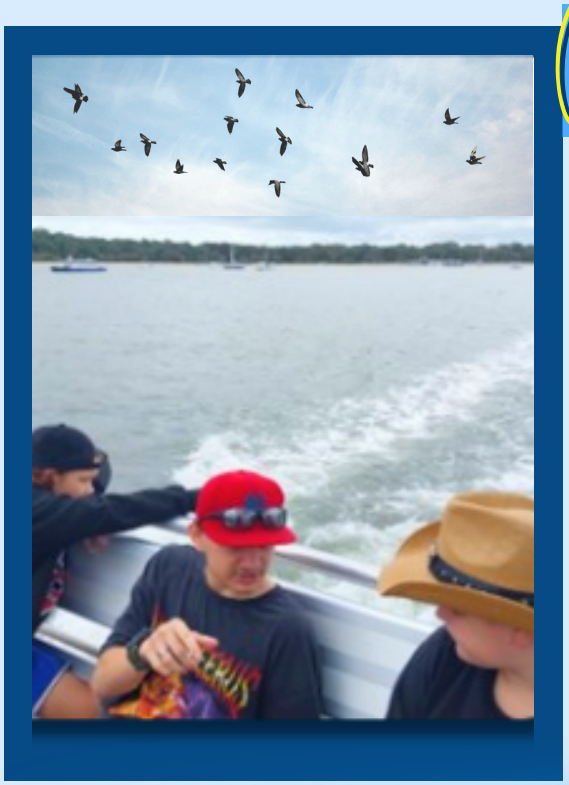
The implementation of BSEM practices in each classroom could include Consistent Predictable Routines, Domain daily/weekly goals, and Brain break activities.
The students are well-engaged and thrive with classwork, resulting in successful learning.



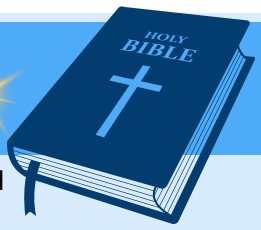
Berry Street Model Strategies

		Supports	Strategies
BODY	Self Regulation	Routines and Expecations Regulating movement Ready to Learn	Greetings, Values, Announcements, Positive Primers, What Went Well. Circle Time Ready to Learn Scale
	De-escalation	Calm Predicatable Environment The Stress Response Ready to learn plans	Escalation maps Ready to learn Plan
	Mindfulness	Brain Breaks Mindfulness	Conscious breathing Time-out breaks Short walks mindful breaks
	Present, Centred, Ready to Learn	Consistent Predictable Routines	Calm and focussed start to lessons Follow through with strategies Learning to breath Centering the body





Chappy Chat



As I was reflecting on **Term 4** thus far, the word ***'opportunity'*** came to mind.
The dictionary meaning states, "it is a time or set of circumstances that makes it possible to do something."
Opportunities arise all the time and, in many circumstances;

- Are we ready for them?
- Will we recognise the treasure they offer?
- Will we capture them and exploit them for the greatest benefit?

Or…will we look back and wonder what could have been?

The Bible instructs us in ***Ephesians 5:15-17***
15 Be very careful, then, how you live—not as unwise but as wise,
16 making the most of every opportunity because the days are evil.
17 Therefore do not be foolish, but understand what the Lord's will is.
Faith FFL is a place of great opportunity.
My prayer is for our students, as well as our staff, to recognise, seize and attain opportunities for our good, for others, and for God.
Amen

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COOCHIEMUDLO ISLAND

Students took the opportunity to participate in a spontaneous excursion to Coochiemudlo Island in Week 3. A quick ferry ride in Moreton Bay became a sweet portal into paradise. Students immediately made their way into the water for some friendly beach football and fishing. Even though the wind began to blow, and the rain began to drizzle, their spirits were not dampened, oh no! Everyone had some good ole' FFL family fun together building friendships and relationships with each other.

Students and staff were blessed with a BBQ lunch before leaving for home. What a great day together!













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COOCHIEMUDLO ISLAND

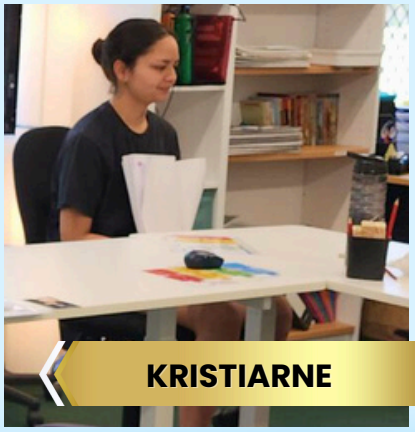




BROOKLYN



SHAMARA



KRISTIARNE

Prac STUDENTS

Term 4 has been filled with even more youthful enthusiasm as we have welcomed three young adults, who are studying youth work, to complete their practical at FFL. They have come alongside our students, supporting them in their learning and demonstrating how to take on new challenges.

Miss Shamarah, who shares her Math tips and is always ready for a game of touch, Mr Brooklyn, keeping it fresh with basketball and rugby comps says “It brings me joy to see the kids smiling and having fun with each other”.

Miss Kristiarne, the gentle encourager, has found it a space “to really connect with the kids” and “allow kids to spread their wings and grow into beautiful-minded individuals”. We’re looking forward to these opportunities continuing next year.

Information for parents

Raising Healthy Minds App:

The Raising Children's Network have an app that focuses on supporting your child's social and emotional wellbeing.

The free app can be tailored to your child's age group, so that you can get practical tips relevant to your child's age. You can search for topics, access articles and videos as well as identify places for further support.

You type a question into the app e.g., "My child is struggling at school" or explore the categories including: child wellbeing, emotions, behaviour, you and your family and parenting toolbox.

Scan here to download the app.

Recommended Books/Resources:

For younger students

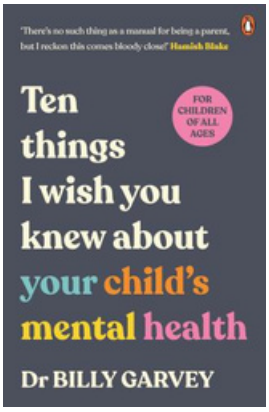
Educate2Empower

Educate 2 Empower has a range of children's books and resources that cover topics such as diversity, empathy, body safety and emotions in child friendly language. The website also includes free resources, lesson plans and information fact sheets for educators and families. Educate2Empower Publishing

For all ages

Ten things I wish you knew about your child's mental health

Dr Billy Garvey, a developmental paediatrician, has developed this book to equip readers with the knowledge and skills to set up a positive mental health foundation for their children and teens. Each chapter covers a major developmental topic (e.g., social skills, emotional development) and provides case studies and key takeaways.



Podcast Recommendation:

Dr Billy Garvey also hosts a parenting podcast with his close friend Billy. Together, they explore key parenting topics & advice using iconic TV and movie scenes from the 80's & 90's. If you are interested in learning about your child's mental health and seeking advice and guidance, check out this podcast.

You can access more information here:

Pop Culture Parenting

