

# FLO CONNECT

engage | educate | aspire

## Co-ordinators Corner



### “Bern’s Brief”

Welcome to FLO Connect for 2015! It’s fantastic to see so many enthusiastic young people engaged in their learning and attending regularly. Keep up the great work! We currently have 50 young people enrolled at FLO Connect, all with varying timetables and learning plans. Please see your young person’s Mentor or Case Manager if you need any of this information clarified. This Thursday night (5<sup>th</sup> March) FLO Connect will have an **Open Night** from 5pm-6pm. Please call in during this time (10 minutes, half hour or an hour!) so that our young people can introduce you to their Mentors, Case Managers and other FLO Connect staff and the learning activities that they have been involved with so far this term. I look forward to seeing you this Thursday☺ Please feel free to contact me if you have any questions/enquiries.

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## Life Style Program

On Wednesday’s our young people visit Jim at the Japan Karate Association of Australia Do Jo on Deakin to learn self defence.



Chris Haddon one of the keen participants mentioned it was “Pretty Cool and Awesome - we are learning how to control our anger and be able to let it out in a controlled circumstance, Learning about consequences and repercussions when making bad choices and how to see beyond the now.”

*Self defence* is a countermeasure that involves defending ones property, or the well-being of another from harm. The use of the right of self-defense as a legal justification for the use of force in times of danger is available in many jurisdictions, but the interpretation varies widely.





**Who am I?**

Name: Keisha Clarke

- I would like to go to Fiji for a holiday
- I would like swimming with the sharks or caged diving

Who's your favourite band:

*Nickleback*

What's your favourite food:

*Chicken/Lamb*

What's your favourite show:

*Home and Away*

What's your favourite colour:

*Green*

**VET Studies @ TAFE**



Ryan Smithwick is studying VET Certificate III in IT at the Sunraysia Institute of Tafe on Monday and Tuesdays. Ryan has been learning about creating networks and servers. Ryan is hoping to gain employment in the IT industry as a Network Administrator. He also is looking to pursue a position in a big computer gaming company as a future goal. Ryan is building his own computer at home which shows he is keen to develop his new learnt skills at home.

The Mildura - Japan Karate Association of Australia is a Martial Arts School offering Karate classes in Mildura, Australia for kids, men and women. Japan Karate Association of Australia is Located at 42 Deakin Avenue.

Come in to FLO Connect and check out the video Stephen and Beau made during Wednesday's class. Many of the young people are looking at continuing with Jim during regular classes on Monday evenings.



*Fishing with Leigh*

On the 19<sup>th</sup> of February Leigh and Kym took six young people down to Lock 11 to fish off the island. Due to the weather warming up quickly we were only able to fish for an hour. The bait of the day were scrub worms and the first to land a fish was Kym, measuring in at 10cm. A little while later Riley (pictured left), who was fishing off the rocks, pulled in a nice 35cm silver Perch. It was a very fun morning and we look forward to fishing more once the summer weather ends.

*Visiting the Murray - walk to get a water sample.*

Ten FLO Connect young people ventured down to the river to see what they could find. Quality water is crucial for maintaining a healthy environment and providing drinking water for communities. It assists agricultural enterprises to be productive and profitable and is important for many recreational activities. After collecting a sample students will be watching and recording what happens to the water after it has been sitting for a few days.



<http://www.mdba.gov.au/river-data/water-quality>



### Who am I?

Name: Mikayla Fitzgerald

- I would like to go to New Zealand
- I would like work in the Child Care

Who's your favourite band:

*GRL*

What's your favourite food:

*Souvlaki*

What's your favourite show:

*Mike and Molly*

What's your favourite colour:

*Black, Blue and Purple*



### VET Studies @ TAFE

Shawn McLean is studying VET Certificate II in Automotive at the Sunraysia Institute of TAFE on Tuesdays and Wednesdays. Shawn has been learning about the theory behind the automotive industry. Shawn is hoping to gain employment in the Automotive industry as a Mechanic. He also is considering pursuing a position as an Auto Electrician as a future goal.

## You and Sleep?

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful — even deadly. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams, on the court or on the field. Remember: A brain that is hungry for sleep will get it, even when you don't expect it. For example, drowsiness and falling asleep at the wheel cause more than 100,000 car crashes every year. When you do not get enough sleep, you are more likely to have an accident, injury and/or illness.



#### Facts:

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.

*Teens need about 8 to 10 hours of sleep each night to function best.*

Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

#### Consequences:

Not getting enough sleep or having sleep difficulties can:

Limit your ability to learn, listen, concentrate and solve problems. You may even forget important information like names, numbers, your homework or a date with a special person in your life;

Make you more prone to pimples. Lack of sleep can contribute to acne and other skin problems;

Lead to aggressive or inappropriate behaviour such as yelling at your friends or being impatient with your teachers or family members.

Cause you to eat too much or eat unhealthy foods like sweets and fried foods that lead to weight gain;

Heighten the effects of alcohol and possibly increase use of caffeine and nicotine; and contribute to illness.



### OUR CASE WORKERS

Kathy

Jane

Rachel







