



Newsletter

July 2023

Issue #2

Students and Families of the ILC,

Like many of our students, I can't quite believe that we are at the end of Term 2. Time flies when you're having fun and we've had lots this term.

Community Engagement:

Congratulations goes to Rosie and her Volunteering class who teamed up with Four Reasons Why to coordinate the Winter Wear Campaign. Four Reasons Why support so many of our students and families and being able to pay that support forward is really important to us. Well done also to the CAFÉ ILC class who coordinated the Soup Series onsite at the ILC this term. Students cooked up a storm each Wednesday to cater a shared soup lunch for all staff and students at the ILC.

Staffing:

I would like to acknowledge Chris Patterson for his many years of dedicated service to the Independent Learning Centre, and wish him all the best in his retirement.

We welcomed new Case Manager, Marcus Wanganeen, to the team this week. Marcus comes to us from Allendale R-12 and Yahl Primary where he supported students and families in his role as Aboriginal Community Education Officer.

Marcus will reach out to the students and families on his case load during the holidays.

End of Semester Reports:

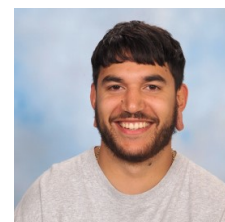
Caregivers will receive a copy of student end of semester reports at the end of week 10. Reports can be accessed via Daymap, but a copy will be sent to you by text as well. As most subjects are year long at the ILC, we grade students on an A-E scale as a Progress Grade, which gives you an indication of the work achieved to date and if students are on track to pass the subject by the end of the year. If your child receives below a C, I encourage you to have a conversation with them and their case manager or teachers about the ways that they can improve their attendance and engagement to be successful in their learning.

Work Ready/TAFE Open Day:

Stage 1 students begin their Work Ready subject next semester. Beginning with an introduction to the subject, then attendance at the TAFE Open Day in week 2. Further information will be sent out via case managers.

Wishing everyone a fun and restful break.

Regards, Jamie
Campus Manager



Welcome: Marcus Wanganeen,
White Lion Case Manager

Term 3 Important Dates:

2nd-9th July: NAIDOC Week

6th July: Last day of Term 2

10th-3rd July: School Holidays

18th August: Pupil Free Day

18th August: National Day of Action Against Bullying & Violence

4th- 8th September: National Child Protection Week

14th September: RUOK Day

2nd-13th October: School Holidays

15th December -Term 4 last day

Term Dates 2023

Term 2: 6 July, Final Day Term 2

Term 3: 24 July - 29 September

Term 4: 16 October - 15 December



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Donations To Keep Families Warm This Winter

Stage 1 Volunteering students have enjoyed the opportunity to make a difference by supporting the Four Reasons Why, WINTER WEAR CAMPAIGN. Donations included clothing, shoes, bedding, blankets, beanies, scarfs and knitted toys. Over the term, students sorted and labelled items, loaded the ILC van for delivery and displayed the donations at local Primary Schools ready for families to collect and enjoy.

The response has been wonderful. A highlight being the anonymous donation of \$4000 that was used to purchase protective and warm clothing from local shops ready to distribute to families doing it tough during the winter months.

Thankyou to Joel for driving the van to collection and drop off sites and to our Volunteer Robert for his support each Monday.



National Volunteer Week

National Volunteer Week is Australia's largest annual celebration of volunteers. Volunteers contribute to the education sector in many ways, from reading in class to helping on excursions. Our volunteers contribute thousands of hours to our schools, preschools and children's centres and help us create a world-class education system.

In 2023, National Volunteer Week will be held from Monday 15 to Sunday 21 May, celebrating the significant contribution of over 25,000 volunteers who dedicate their time to help our schools, preschools and children's centres.

Dedicated volunteers Deb and Robert were celebrated with a morning tea as a thank you for their unwavering support.



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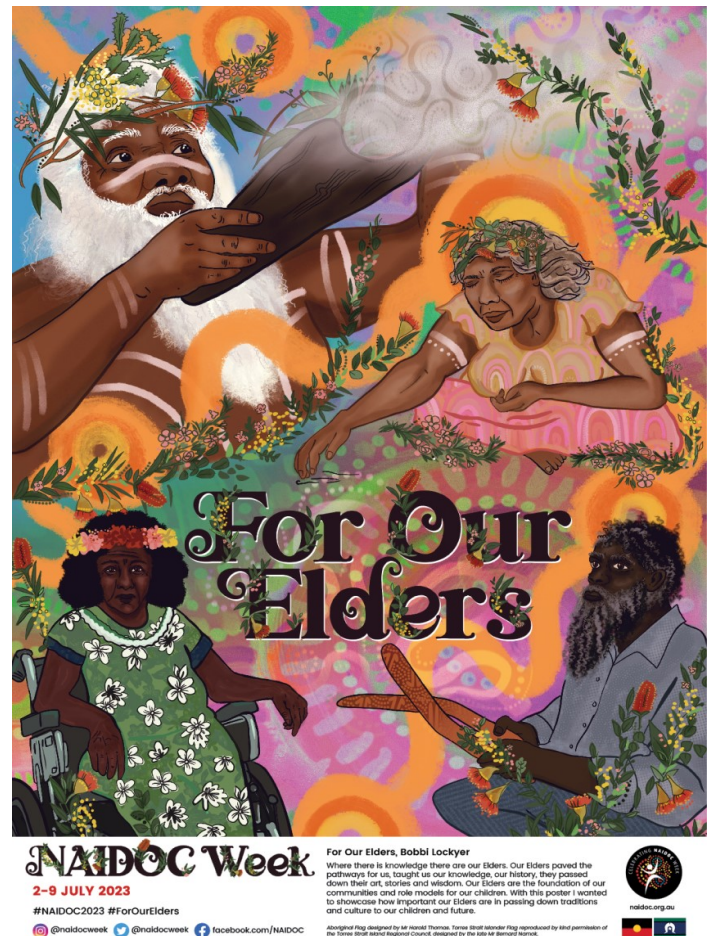
NAIDOC WEEK 2023 ~ For Our Elders

NAIDOC WEEK is celebrated to recognise the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

This year's theme, 'For Our Elders' acknowledges how important Elders are within our First Nations communities. Elders are the holders of knowledge, passing down wisdom, stories and traditions for future generations.

Students and staff at the ILC recognised NAIDOC Week through participation in community events and in school celebrations, including:

- Community Studies students attended the NAIDOC Expo at the City Hall
- Textiles students practiced basket weaving
- CAFÉ ILC students cooked with locally sourced Quandong to make an Urti Pie.



Quandong

Quandong is a common name for a small desert tree up to 4 metres high, with rough dark bark and pale green elongated hanging leaves. The shiny, bright scarlet fruit is about 2cm in diameter and contains one large nut or kernel, which is sometimes only marginally smaller than the fruit.

Quandongs were an important fruit in the Outback. Although somewhat tart, the flesh is highly nutritious and contains twice the vitamin C of an orange.

Indigenous Australians also used Quandong for medicinal purposes. The wood from the slow growing trees was prized for the making of traditional bowls – pitti or coolamons. The Quandong fruit feature heavily in aboriginal mythology across all the desert regions.

Above Left: ILC students—Quinn and Emelia at Naidoc Week activities



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Artopia

Congratulations to all students involved in the 2023 Art Crawl event. It was a wonderful display of community art and, I hope, a source of pride for all involved. Special mention must go to Dom and Ashlynn, whose artwork sold, pocketing them \$35 and \$50 respectively.

As the Art Crawl came to a close, we moved onto screen printing. Students have selected their designs, cut their stencils and are working through the printing process over the last 2 weeks of term.

We are incredibly grateful to have the expertise of Grant High School Teacher, Mrs Ziakas guiding us for the remainder of the year. Mrs Ziakas will join us periodically in term 3 and 4 to introduce new art methods and assist students to deepen their understanding and use of materials.



Soup Series

CAFÉ ILC students blended up a storm in the kitchen this term, experimenting with the pressure cooker to create soups as part of our shared lunch Soup Series. Students utilised produce from the Community Garden, and learnt how a little can go very far when making soup. Providing a free hot lunch each week has helped us to connect positively over break times, fill hungry tummies and boost the vegetable intake of our students (and staff !). The feedback provided will inform students overall subject reflections next semester.

Right:

ILC Students, Quin, Emelia, Caleb, Sarah, Toby and Mary-Rose assisted by Staff members, Jamie and Kirsty



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BRUNCH CLUB

The ILC has been running a brunch program to support healthy eating habits for students. Students have the opportunity to get involved with the cooking, or come along and enjoy a meal during first break.

All ILC students are invited to join during first break, from 10.05am—10:25am on Monday, Tuesday, Thursday and Friday.



Above: ILC Student, Sarah and staff member, Kirsty enjoying Brunch Club

Right: Kylie, Rosie, Sarah, Quinn and Abbey

NAIDOC WEEK



Transport Timetable

As of term 3, Whitelion case managers will be offering transport home to students at the conclusion of the days lessons. If you would like to use this service, please meet the driver in front of the centre at the times below. There will be limited seats available, so we encourage use of other transport methods where possible.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Departure time	3.20pm	1.40pm	3.20pm	1.40pm	1.40pm



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Health and Recreation

Physical activity and spending time in nature has immediate and long-term health benefits. Students have been learning about the vast array of recreational opportunities in the Limestone Coast and how regular activity can improve their quality of life.

Students have participated in a range of recreational activities in the local region to improve their health and wellbeing and to encourage daily physical activity.

Activities include:

- Finska
- Spike Ball
- Blue Lake Fitness station
- Tour of the Wildlife Park
- Lawn Bowls
- Mini Golf / Putt Putt
- Blue Lake Aquifer tour
- Nature Walks around the Lakes area
- Disc golf
- Basketball at the Icehouse
- Lady Nelson Discovery Centre tour
- Table Tennis



Student Work: Stage 1 English: Responding to a Current Event

‘Four Reasons Why Winter Wear Campaign’

The winter campaign is taking place in the Limestone Coast region. This campaign has been initiated to address the critical need for warm winter clothing among local children and youth who are facing disadvantage.

Through the collective effort of our compassionate community, items such as pre-loved clothing and brand new essentials such as underwear have been donated. These donations are then distributed locally to schools and agencies, ensuring that the individuals in need receive the warmth and support they require during the colder months. Promoting warmth and comfort. This also ensures children can face the cold weather with dignity and without compromising their wellbeing.

The generosity of our community can make a significant difference by bringing warmth into their lives and reminding them that they are cared for. Another remarkable aspect of the Winter Wear campaign is the sense of unity and community bonding it fosters. When we come together to support a common cause, we strengthen the fabric of our community.

By actively participating in this campaign, whether through donating, volunteering or spreading the word, we contribute to building a stronger, more connected community.

This shared purpose unites us, transcending age, gender and background, as we all work towards a common goal of helping those in need. It creates a sense of solidarity and reminds us we are a part of something larger, where our collective efforts have a lasting impact on the lives of others.

The Winter Wear campaign donations collected through this campaign reach far and wide across the Limestone Coast region, not only benefitting individuals but also schools and agencies. By extending our support to these educational centres and organisations, we contribute to the ability to provide comprehensive care to students facing hardship.

Adequate winter clothing plays a crucial role in ensuring that students can focus on their studies without being distracted by the challenges of staying warm. By participating in this campaign, locals can support student's educational journey, promote self-esteem and contribute to their overall wellbeing.

An additional advantage this campaign plays a role in, is the promotion of sustainable fashion practices. By encouraging the donation of pre-loved winter wear, it's actively participating

in reducing waste and embracing more environmentally conscious approaches. Valuing the resources we have and maximizing their use before disposing of them.

Ensuring that children and youth have access to warm winter clothing goes beyond a physical comfort. It can have a profound impact on their self-esteem, well-being and overall development.

By supporting this campaign, we empower the next generation, sending a message of care and support. When young individuals feel confident and secure in their physical appearance, they are more likely to engage in activity in their education and social interactions.

Written by Ashlynn Golding.



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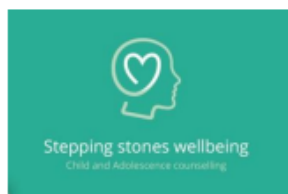
Community Services Noticeboard

Parent support group for those with Children living with neurodiversity



Stepping Stones Wellbeing is offering a parent support group for parents who have children living with neurodiversity with or without a diagnosis. This group is a safe non-judgemental supportive group for parents to come together to get access to information about what services are available to them in our community. This a wonderful opportunity to connect with other parents through shared experiences, stories, and helpful advice in hopes to improve social inclusion and decrease social isolation. This support group will help encourage parents to form friendships with others who are sharing the journey of raising these beautiful children with neurodiversity. Meeting once a month at the Public Library please follow our Facebook page that will have the confirmed date and time of each session for that month. Children are welcome to our sessions.

For more information, please phone Karms Smith at Stepping Stones Wellbeing on 0401028508 or visit website at www.steppingstoneswellbeing.org



FocusOne Health

Healthy & thriving regional communities

A Step Closer To Opening Mount Gambier Head to Health

We are delighted to share some exciting news as we move closer to the opening of the Mount Gambier Head to Health service. This new initiative aims to provide free and accessible mental health services to adults in the Mount Gambier community, without the need for an appointment or referral. The Mount Gambier Head to Health service will serve as a safe and welcoming space for individuals seeking mental health support. With funding from the Australian Government through the Country SA PHN, this service will ensure that our community can access the help they need, when they need it, at no cost.

Initially, a pop-up service will be available at FocusOne Health's Sturt Street location while a purpose-built space is being created for long-term operations. The Country SA PHN's support and funding have been instrumental in bringing this vital resource to our community. Mental health issues affect approximately one in five people each year, making it crucial to provide accessible and appropriate services. Mount Gambier Head to Health aims to simplify the process of seeking help for mental health problems, making it easier for individuals and their loved ones to navigate the available support systems.

Together, let us embrace this initiative and ensure that mental health support is readily available to all who need it. By working collaboratively, we can make a meaningful difference in the lives of individuals within our community. If you or someone you know requires assistance, you can contact Head to Health on 1800 595 212 or visit www.headtohealth.gov.au for more information.

Other Services include

Foodbank Mount Gambier

New Opening Hours:

Monday, Tuesday, Wednesday and Thursday from 11am to 3pm

Address:

23 Cave Road, Mount Gambier

Telephone: (08) 8723 0287



Headspace Mount Gambier

171 Commercial Street East, Mount Gambier SA 5290

Telephone: (08) 8725 0443



Mount Gambier Public Library

6 Watson Avenue, Mount Gambier SA 5290. Telephone: ((08) 8721 2540



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