



Contents

WSMLLEN Annual General Meeting	1	It's OK to say NO Information Night	4
Welcome to the team	1	Headspace - Mental Health Support	5
SWL - Structured Workplace Learning	2	Horsham Youth Festival	6
MATES Mentoring	3	Short Film Festival	7
Reading Buddies	3	Contributions to News You Can Use	8
Discovering the Best You	4	WSMLLEN Staff	8

WSMLLEN Annual General Meeting

LLEN members, partner organisations and anyone with an interest in supporting young people in our local community, are invited and welcome to attend.

Wimmera Southern Mallee LLEN
Annual General Meeting

WIMMERA
SOUTHERN
MALLEE
LLEN

Wednesday, 1 May, 2019
6.00 pm
Horsham Special School
17 High St North, Horsham
Followed by supper

RSVP
info@llen.com.au
03 5381 0122
by Friday 26 April 2019

POSITIVE FUTURES
FOR YOUNG PEOPLE

Welcome to the team

Welcome Di

The WSMLLEN would like to welcome Dian Dent to the team. Di previously worked at Nhill College for around 16 years and part of her role involved directing the school production and as a student support officer as well as many other tasks.

Welcome to the team Di.



SWL - Structured Workplace Learning

Secondary students across our region are now settled into their Structured Workplace Learning (SWL) placements which are arranged during first term. Work placements are a great way to see if a young person is a good fit for your business. Many students undertaking VET courses will currently or soon be seeking new opportunities for Structured Workplace Learning (SWL) work placements.

WSMLLEN assists students to find suitable work placements by sourcing work placement opportunities available in local businesses and listing them on the SWL online portal. To date, 101 positions in the Wimmera have been posted and 25 opportunities have been taken up via the online portal. Many students find their own work placements without accessing the portal, but the online portal is becoming increasingly popular and provides students with a range of local opportunities which they may not have otherwise considered. Schools are becoming more and more dependent on local business communities to provide this vital component of the education program of secondary students. Thank you to all of the local businesses who continue support our young people by offering a work placement. Any businesses interested in having a work-placement student please contact us here at the LLEN on 5381 0122.



An advertisement for finding work placements. On the left, the text "Find your work placement here!" is written in large, bold, orange letters. Below this, a pink banner contains the URL "www.workplacements.education.vic.gov.au". Underneath the banner, there is a paragraph of text: "For VET students looking for on-the-job training, the Structured Workplace Learning (SWL) State-wide Portal is the first place to look. SWL Placements allow Victorian school students to complement their VET studies with real industry experience. If you're a VET student (VCAL or VCE) you can undertake Structured Workplace Learning." Below this paragraph, there is a blue button with the text "Visit the SWL Portal and explore!". To the right of the button, there is a dark blue button with a magnifying glass icon and the text "Start Search Now". On the right side of the advertisement, there is a photograph of two young women. One woman is wearing a blue scrub top and is looking down at a tablet computer she is holding. The other woman is wearing a white t-shirt and is looking at the tablet. The background of the photograph is a light blue gradient.

Students seeking a placement can search for SWL placement opportunities at

<http://workplacements.education.vic.gov.au/llens/wsmlen/>

MATES Mentoring

The MATES Team have been busy with all things MATES related. On March 12th we had a MATES get together in Edenhope which was a lot of fun as well as a success. Each Mentor was presented with a mug with the words 'Mates for life' printed in bright colours.

We've also been visiting the Horsham College McKenzie Creek students every Friday on a fortnightly basis and conducting simple activities. These activities involve anything from installing water systems in the veggie garden to doing plant activities in mason jars which has been well received.

TRAINING – 2019 Full Day

Mentors can attend 1 full day training event to complete all 3 training sessions.

The full day sessions run from 9:30am – 4:00pm

Date Tuesday 2nd April

TRAINING 2019 - Session 1 (2 Hours)

Mentors can attend Session 1 of the MATES training which will be sufficient to mentor a young person in a local school.

Date Monday 1st April at 5:30pm

We are still on the look-out for mentors. If you have potential volunteers in the community that you think would be great for the MATES Mentoring program and would like to hold an information session or are interested in attending a training, please contact Sam at Wimmera Southern Mallee LLEN to arrange a suitable time. We also have one last upcoming mentor training for term one. If you have multiple volunteers wanting to undertake the training but unable to attend the listed times, please contact Sam to arrange an alternate session

... and remember "It only takes 24 hours to change a life!"



Reading Buddies

Have you ever thought about volunteering in a local school? Now is a great time to go beyond the thinking stage to the acting stage and sign up to become a reading buddy for the commencement of term two.

We need volunteers to listen to children read for one hour, one or more mornings a week in local primary schools.

Find out more or register your interest online on the WSMLEN website at <http://www.llen.com.au/reading-buddies/> or contact us at the LLEN: Phone: 03 5381 0122 or email: info@llen.com.au

**Become
a reading
buddy at a
local primary
school...**

**...and
make a difference
in a child's life.**

**Volunteers
Wanted**
*Would you like to share your love of reading?
Would you like to boost a young person's
self-esteem, confidence and school results?*
YES?

Why not become a

mates
reading buddy

at your local primary school



By volunteering for 1 hour just once a week you could really help a young person achieve all of the above and set them up with skills for life.

All reading buddies will be fully supported. A brief induction on tips for reading with a young person will also be provided.

Discovering the Best You

'Discovering the Best You' is a business that is built around mental health and wellbeing and focusses on helping and supporting groups, clubs and other individuals discover the best version of themselves while using their mantra and motto *We work on the "DAY TIME YOU" to create the "BEST GAME TIME YOU"*.

Discovering the Best You is facilitated by former Horsham local Alistair Mitchell. Alistair is a passionate supporter of mental health and wellbeing while being a health, wellness and performance coach, motivational speaker and an ambassador for LIVIN.org, a charity that focusses on breaking the barriers and stigma that surrounds mental health. Alistair and the team understand that everyone is different and that mental health isn't something that is or has a "one size fits all" approach.

Discovering the Best You visited Horsham earlier in the month and ran a number of sessions based on mental health, wellbeing and looking after yourself as well as those around you.



Alistair's visit included presenting and talking to the year 11 and 12 students at St Brigid's College, which was made possible from money raised by the Horsham Greyhound Racing Club. The money raised enabled Alistair and LIVIN to reach and present LIVIN's Livinwell program to people within the local Horsham area.



The LLEN MATES mentoring team were also fortunate enough sit down with Alistair and chat to him about mentoring, his story, how mentoring helped him and how sharing his story led him to helping others going through similar challenges and to be where he is now. The audio from the conversation can be found by clicking the link below.

Any businesses, sporting clubs, schools or individuals interested in having Alistair speak at their workplace, club, school or event please visit <https://www.discoveringthebestyou.com.au> or <https://livin.org/> for more information.

Click Here to Listen to the MATES Mentoring Podcast



It's OK to say NO Information Night

Are you concerned about the drinking culture in our community?

We are holding an information night for parents/caregivers, managers and the Horsham community to start a conversation about the role of alcohol in our region.

**Friday March 29th at Coughlin Park
Community Centre - 6pm**

SPECIAL GUEST SPEAKER ALISTAIR MITCHELL

FREE ENTRY & LIGHT SUPPER SUPPLIED

VISIT: <http://bit.ly/itsokinfonight>
for more information and to register



mental health support for australian students, teachers, and schools following large scale incidents

Large scale distressing events impact our school communities in many ways.

support for students

- students may have been exposed to distressing images published by the media or streamed on social media
- content can be extremely distressing and triggering for adults, children and young people
- parents and schools should try to take steps to minimise their exposure to graphic and distressing content
- schools may see a change in behaviour for some students, who may be finding the recent incident confronting and distressing



Students may want to discuss the incident with friends or in the classroom and share opinions and views, which is a normal response to a tragic incident. It is recommended that staff listen carefully and answer questions based on fact and avoid personal commentary or value statements. School staff should guide conversation with messages of safety, self-care, and seeking help

- at times like this students look to teachers to make sense of the world. It can be hard to provide responses which make sense and reassure students. It is appropriate to recognise and respond to students in distress
- any staff concerned about particular students should make this known to counselling and support staff within their school or refer them through normal counselling pathways

- it will be important to monitor students who may feel vulnerable, and ensure those who have experienced trauma in the past have access to additional support
- **common causes of distress may be related to:**
 - having been directly at risk from the events
 - being concerned about family and friends
 - feelings and memories related to previous experiences
 - other grief and loss.
- for some, where the harm has been caused intentionally, this may be an added source of stress and generate a sense of insecurity or distrust
- for most people, these feelings usually settle within a few weeks, particularly when support has been provided. While most will manage with the support of family and friends, there are still times when someone may need extra help and support. **Support you may be able to offer includes:**
 - check in regularly with students that you're worried about to see how they are coping
 - encourage students to reach out to friends for support in addition to adults
 - provide information and access to student counselling services
 - discuss with parents and carers about support services that can be accessed outside of school.

HORSHAM YOUTH FESTIVAL

SUNDAY APRIL 14TH, 4-8PM

HORSHAM SOUNDSHELL, SAWYER PARK

LIVE MUSIC

DJ BRYNNY

KESSIA PETERSON

LOCAL TALENT SHOWCASE

ACTIVITIES

PHOTO BOOTH | DUNK TANK | AMUSEMENTS

MECHANICAL BULL | VIRTUAL REALITY

TEMPORARY TATTOOS & MORE!!

FREE ENTRY AND FREE ACCESS TO ALL ACTIVITIES WHEN YOU
REGISTER FOR YOUR WRISTBAND

VISIT: WWW.CERDI.EDU.AU/YOUTHCAN
TO REGISTER



Wimmera Drug Action Taskforce



supported by
VicHealth™



ENDOREIC

short film festival

& Yarriambiack Young Achiever Awards



Thursday April 4th

Lake Lascelles, Hopetoun

Young Achiever Awards from 7:00pm
&

Short Film Festival from 7:30pm

Don't forget, 'Colour Rally in the Mallee'
Hope to see you there!

For More Information, Call or Email Murray:

0407585097 & mmckenzie@Yarriambiack.vic.gov.au



Contributions to News You Can Use

Anyone wishing to contribute news or information about events, is welcome to submit articles for inclusion in the WSMLEN Newsletter. Articles can be forwarded to info@llen.com.au

WSMLEN reserves the right not to include items deemed to be incompatible with the purpose of the LLEN.

WSMLEN Staff



Tim Shaw
Executive Officer
Let's Read Program
eo@llen.com.au



Sam Flaherty
Project Officer
MATES Mentoring
sam.flaherty@llen.com.au



Lorraine Merton
Administration Officer
Reading Buddies
Program
Community Action
Networks
info@llen.com.au



Dian Dent
Project Officer
SWL
VET Cluster Co-Ordinator
di.dent@llen.com.au



Angela Watson
Finance Officer
angela.watson@llen.com.au



Vanessa O'Loughlin
Project Officer
vanessa.oloughlin@llen.com.au



Millie Kemp
Administration Trainee
millie.kemp@llen.com.au



Annie Mintern
Careers Expo Project
Officer



Wimmera Southern Mallee LLEN is a recognised Gold Skilled Workplace with a majority of our current staff having completed the Youth Mental Health first aid training. We highly recommend YMHFA training for everyone who works with young people.

To find out more about being a skilled MHFA workplace, or to apply for recognition for your organisation, go the Mental Health First Aid website:

<https://mhfa.com.au/cms/mental-health-first-aid-skilled-workplace-initiative>

The Wimmera Southern Mallee LLEN Newsletter is sent electronically to over 300 people across the region.