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My Favourite Song

By Liry Marks

For this edition of the Music Mag, I'm reviewing one of my favourite songs – “Jam Sandwich” by the band The Five1Hero.

Released on 29 February 2024, “Jam Sandwich” is the title track from their album, also called “Jam Sandwich”. The song is a sonic feast, blending a variety of genres including funk, hip hop, and rock.

The track isn't just a song – it's a journey through funk rock fusion, the kind we haven't heard much of since the '70s. Its infectious beats and soulful instrumentation deliver an experience that goes beyond conventional funk.

What I love about this song is how funky and delicious it is to listen to. It makes me want to eat a jam sandwich, dance everywhere, and feel very groovy!



Flexi

Fest

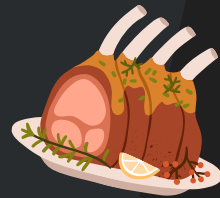
18th Sept 2025

10:00 AM - 2:00 PM



Food
Culture
Live Music

Art
Raffle
Face Paint



Celebrating Young People



Flexi Fest is a festival hosted
by Noosa Flexible School



Sage Releases A Single

Earlier this term, we interviewed Sage McCann, who goes by the artist name Kuriocity. We spoke about their newly released song “My Star”, which was recorded here at school.

What was your inspiration for writing your song, “My Star”?

“I was in kind of a shitty place, and honestly, the inspiration was just that I wanted to write a song. I wanted to do something more developed than my previous song “Find Myself”. I was really inspired by artists like Billie Eilish, NewDad, and Beabadoobee.”

What genre would you say your song is?

“I would say it’s alternative folk.”

How long did it take you, and what was your process to write and create the song?

“Oh, this took me about a year—on and off—to fully make. It actually only took a couple of days to write the song originally, but later on, I decided to cut some lyrics. The whole process, from beginning to end including recording, took around a year. The most difficult part was definitely getting the vocals right. That was so hard. We’d work on it here at school, then come back to it a couple of weeks later. It wasn’t something we worked on every day—it just developed over time.”

What advice would you give to other writers or musicians?

“It’s a process. Don’t rush it. Nothing really great is going to come out in a day.

It takes time to find what you really love and make it your own. Absolutely do not rush it. And speak from your heart. Don’t be like, “Oh, I’m going to write a song about something I’ve never experienced!”

Write a song about something you’ve experienced or how you feel. I think that’s how the best songs really come out.”

Are you working on any songs currently?

“I am! I’m working on a new song called “Not True”. I’ve done most of the lyrics, but that’s all for now.”

Where can we find your music or listen to it?

“It’s available in all the usual places—iTunes, Apple Music, Spotify, and YouTube.”

▶ Youtube

Spotify

Apple Music

Amazon

MY STAR

Kuriocity

Available on All Streaming Platforms



NEW SONG OUT NOW!

By Kuriocity

Evie's Art Success

Last term, Evie submitted her artwork to a competition hosted by Caloundra Regional Art Gallery. To her surprise (but not ours), one of Evie's entries was selected as a finalist! Bainsey caught up with Evie to chat about her experience.

Tell me about the process you went through to enter the art competition at Caloundra Regional Art Gallery.

"Well, I made three pictures and I wanted to make four, so to have four, I decided to choose dingoes. Dingoes were easier to make, and I spent the least amount of time on that one compared to all the others—and somehow it got picked!"

Can you explain what's happening in your picture?

"The dingoes are on the beach, and they're having a dispute. They're angry at each other for stealing each other's prey. The sky is grey, and it reflects their emotions—sadness, anger, and betrayal."

What was it like putting your artwork out there for others to see?

"It was exciting and scary to draw things I'd never done before. I was really curious to see how people would respond and to show everyone at the museum what I could do."

What did you enjoy about the announcement and exhibition opening?

"It was interesting to see everyone's art and to see all the people there. It was really nice to have Chris (Youth Worker), Bainsey, and my dad there. It meant a lot to hear the judge talk about my "very well-rendered dingoes." I was excited to be the first Flexi young person to be part of that competition!"

What's next for the artist 'Evie Kitty'?

"I want to learn how to draw different things and enter more competitions. I really want to start a YouTube channel to display my art and try drawing all sorts of things. Being part of a public exhibition was both scary and positive. Right now, I'm working on a picture of snails. I've also started using a paper journal to draw different things—until now, I only ever drew my cats on an iPad."



Evie Kitty

Dingoes of K'gari - 2025

Set pens on paper

21 x 28.7cm

Age 11 - Noosa Free School

Dingoes of K'gari is a school excursion
observation.

Amyl & The Sniffers Live Review

By Sophia Milanese

Ross Jenkins (aka @founding_photos)

On January 30th Sophia, Amelia and Lindsay saw Amyl and the Sniffers at The Station in Birtinya. They are an Australian band that started in Melbourne pubs and now they are playing all around the world. Amyl and the Sniffers are a Punk Rock band that proves that Punk Rock isn't dead!!

Before Amyl and The Sniffers, the supporting act was English Punk duo Bob Vylan.

Bob Vylan had an incredible stage presence, interacting with the crowd the whole set. A song that stood out for us was "wicked & bad" had the whole crowd jumping and screaming. If they tour in Australia again, we are definitely grabbing tickets as soon as they come out.

Now to the main act, Amyl & The Sniffers. The lead singer Amyl, carries an infectious loud energy to the stage and the rest of the band's energy brings everything together.



“I think Australians do Punk Rock the best”

A favourite song they performed was “Guided by Angels”. The loud bass line was electrifying, you could feel it in your chest when they played. They played most of their popular songs including Jerkin’, U should not be doing that and Security.

Not a single person in the crowd wasn’t moving or dancing. Everyone was singing and shouting to every song.

Overall, Amyl and The Sniffers was such a memorable experience and I would 100% go again. The energy in the room was Incredible and unforgettable. I think Australians do Punk Rock the best.



Ross Jenkins (aka @founding_photos)

QUICK FIRE QUESTIONS

At the start of term 1, when Mack was brand new to Flexi, it didn't take long for us to discover he was a musician. Naturally, we couldn't resist grilling him about his favourite music and artists.

What do you like about music?

"It's a way to express yourself. You know, let your feelings out."

What's your least favourite genre of music?

"New country. I hate it!"

What music have you been listening to recently?

"A lot of Deftones."

What instruments do you play?

"Guitar and bass."

What's your favourite song?

"'What's The Use' by Mac Miller currently."

If you could hang out with any artist, dead or alive, who would it be?

"Kurt Cobain."

What was the first song you remember listening to as a child?

"Ain't it Fun by Paramore."



Musician Spotlight

Sophia enrolled at Flexi halfway through last year and immediately became an integral part of our school and, in particular, our Flexi music community. Sophia is a multi-instrumentalist who sings, plays guitar, bass and piano.

She is always keen to participate in our bands and does so with an infectious energy and enthusiasm.

Last year, in her first semester at the school, she performed at Flexi Fest and Grad. This year, Sophia is enrolled in our Certificate II in Music, and we are already preparing a set list for Flexi Fest at the end of Term 3, which she will be very involved in.

Sophia is in Year 12 this year, so we all expect her to go out with a bang at our end-of-year Graduation Ceremony, where she will again be heavily involved in all of the bands playing.

Sophia



Jemzel



Last term, we were lucky enough to be visited by local indie singer-songwriter Jemzel, who sat down with us for an interview for the Flexi Music Magazine.

She spoke about her breakout track “Tell Nobody”, which has been streamed over 700,000 times on Spotify, as well as her latest EP “Starry Eyed”. Jemzel also opened up about the realities and challenges of trying to make it as a young person in today’s music industry.

How and when did you start making music?

“When I was 8, I was an iPad kid, and I asked, ‘Mum, can I get GarageBand?’

When you’re a kid, you don’t realise it’s music production — but it is.

And then, when I was 11, I fully wanted to know how to do it and I locked myself in my room watching YouTube, trying to learn.

As for guitar, I only really got into it properly at the start of high school, in Year 7.

I only decided to start releasing music when I was around 15, and I was in Year 10 when I dropped my debut single.”

Who or what inspires you, sound-wise?

“I’ve said this in a lot of interviews, I’m like a *sponge*. Whatever I listen to, I absorb it. A lot of my music is subconsciously influenced by whatever songs I’m listening to. Like with ‘Locked Lips,’ I was listening to a lot of Dominic Fike, and now the song sounds Dominic Fike influenced.

I’m also a Clairo fan. I saw her live at Laneway and died! It was life changing.

The first concert I ever went to was a Beabadoobee one, probably the best I’ve been to. For someone a little more local, Molly Payton. She opened for Beabadoobee and that’s how I found out about her.

There’s so many good artists, I feel obliged to say everyone. But those are my big ones.”

What is your favourite song that you’ve written & why?

“I did a little Q&A on Instagram for my EP, and someone asked, ‘What’s your favourite song from the project?’ and I was like, ‘I don’t know, man!’

When you’ve been working on something for a year and a half, they all become these special little things you share with the world.

But a song like ‘Breaking My Limbs’—songwriting-wise—is quite good. It’s one big metaphor and makes me feel like a poet.”

Your song ‘Tell Nobody’ has gained a lot of recognition. How did this happen and what was your initial reaction?

“I don’t even know how it happened. One afternoon I was like, ‘I should film a TikTok.’ So I went outside and filmed one—I didn’t even think about it. Then I remember checking my phone at school the next day, and every minute, hundreds of people were liking it! So yeah, it just kind of grew. I checked Spotify, and the numbers just kept going up. It was really overwhelming.”

You recently released an EP, ‘Starry Eyed.’ Songs like ‘Breaking My Limbs’ contain themes of queer love and relationships, can you tell us what inspires your lyrics?

“My love life. Especially when you’re a teenager and love’s a new thing, it’s just intense! You hear a lot of people say that they’ll never love someone as intensely as in their teen years. I guess for all the sad songs, that’s just my coping mechanism. All of my songs are inspired by my life or the people in it. With writing, it’s just living day to day. You go through stuff, and then find something to write about.”

Your song ‘Breaking My Limbs’ feels like the start of the EP’s storytelling, did you know when you were writing these songs what order they would appear in?

“The order of the tracklist was such a process. The original version was nothing like the final product—it was just a lot of sad ‘I miss you’ songs. I’m glad I chose to put it at the start, because in traditional storytelling, you usually begin with some kind of action—and that’s exactly what the song does.”

In the song ‘Uneasy,’ you sing about viewing a former relationship in a new light now that you’re in a healthier one. Did you draw from your personal experience for this song? If so, was it difficult to be so open in your lyrics?

“Oh, it was difficult. It’s hard to be open. But at the end of the day, it is *my* music, and I have to be able to write about whatever I want.”



“Writing songs.... it’s just living day to day. You go through stuff, and then find something to write about.”

Do you find it challenging trying to break into the music industry? Do you feel like it’s difficult to get noticed?

Nowadays, everybody can record at home. So many people are releasing stuff, which is great on one level, you don’t need a record contract! but also there’s a lot of noise to compete with.

What advice would you give to young people starting out in the music industry?

“Just start. That’s the hardest thing to do.

A lot of people get discouraged by either their skill set or not having connections, but at the end of the of the day, if you just start, that’s the first step.

Another one, make friends. When you meet a muso, befriend them. Go to a gig, play a gig, become friends with the other acts, befriend whoever you meet. Follow people on social media and hope they follow you back. Engage with other people’s posts, use all the platforms you can. I made a lot of friends through Triple J Unearthed, because we were in the same boat. Use anything you can to connect with people.”

You can find Jemzel and her music on all the usual streaming and social media platforms.



QUICKFIRE QUESTIONS

For this edition of the music magazine, we interviewed Cody and Layla in a bonus double quickfire questions round!

What's the first song you remember listening to?

Cody: “Kerser – ABK 225 Freestyle. That’s one of the first ones I remember hearing.”

Layla: “It was probably Iron Maiden or Metallica or something like that. My dad was like, ‘Let’s put this one on in the car’.”

Who's a music artist you really enjoy?

Layla: “I enjoy Sticky Fingers and Billie Eilish.”

Cody: “Kerser—and Sticky Fingers as well.”

Is there a song that you both really enjoy listening to together?

Cody: “Yeah, Feast Your Eyes by Sticky Fingers.”

Layla: “And in that song, there’s a part where it says “Pontoon Sunrise,” but it sounds like “Brontosaurus”—it’s funny every time!”

Which concert would you go to, given the chance, by any artist—dead or alive?

Layla: “I reckon I’d go to a Billie Eilish concert. I think she’d put on a great performance.”

Cody: “Probably Kerser or Nter.”

If you could become skilled in any instrument, what would it be?

Layla: “Probably something loud, something noisy, something that says, “I’m here, I’m playing!” Probably drums—something my brother can’t play.”

Cody: “Yeah, probably drums too.”



Musician Spotlight

Athea enrolled in Flexi last year and immediately made an impact on us all with her musical knowledge, eclectic taste, passion for music, songwriting, and of course, her outstanding voice.

Athea dazzled us all at last year's Flexi Fest with her versions of Amy Winehouse's Stronger Than Me, Beabadoobee's Cologne, and Beautiful Boy by young Sydney artist Esha Tewari. Whenever Athea covers a song, she makes it sound like her own—which is the sign of a true artist.

We're excited for the rest of this year with Athea at school. We've been collaborating in the music program to develop more songs in our repertoire for her to sing, and we'll be showcasing these at both Flexi Fest and Grad. Maybe we'll even be lucky enough to hear an original composition?

Athea





NOOSA FLEXI MEDIA

Noosa Flexi Media Magazine is
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Want to contribute to the next edition?

We are always looking for young people
to contribute to the magazine. Let us
know if you are interested.