

Benalla Flexible Learning Centre

- Individual Learning Plans
- Flexible timetables
- Mentor Support
- Involvement in the community
- Catering for students needs

WHAT'S ON

WEDNESDAYS Waminda Café
GYM 2pm

THURSDAYS Yoga 11 am

Please make sure you have returned your permission forms for gym and wear comfortable activity clothing for gym and yoga sessions.

WEDNESDAY 7TH AUG

Year 10 Careers Day
Lakeside Centre,
Benalla

THURSDAY 8TH AUG

One the Bear
Arts Centre,
Melbourne

Thoroughly Modern Millie
Arts Centre,
Melbourne

Great Performance— Thank you



UNAPPOLOGETICALLY MYSELF

Story telling at it's best! What a privilege to witness such a magnificent performance. The stories that Somebody's Daughter & Nobody's Fool production team create just keep on getting better and better. The storyline is so relatable to our young people, it shows no matter where you live there are people out there that have a similar story.

Thank you to all involved in making this program happen.



Benalla FLC were the opening act!

Thank you to Somebody's Daughter & Nobody's Fool production team for encouraging our young people to perform as a precursor to their play.

These young people have been working on this group performance for some time and it was wonderful they got to perform in such a setting.

Congratulations Bonny, Connor, Bri and Tara. You make us proud.



Anxiety Recovery Centre Vic presents

"Parenting Anxious Children"

Special Parent Presentation

This is a wonderful opportunity for every parent. Please make the time to attend this seminar, we can always learn more.

See details on page 4, to book your place.

Year 10 Careers Day

This annual event is designed to supplement the information young people gain from school-based career activities by providing a wide a range of career information, and direct access to as many career experts as possible, in just one action-packed day.

As well as show-casing the many exciting courses at tertiary institutions, both regional and in Melbourne, students learn about the possibility of working or continuing their careers locally in their own community.

Speak to your teacher to organise your participation in this wonderful opportunity.



School Wellbeing Nurse

Term 3

Cara will be at BFLC every Monday .

During this time Cara will be conducting Respectful Relationship sessions as part of BFLC's Health and Wellbeing program.

The focus will be on Respect Boundaries and Emotional Literacy.

Or, if any student would like to have a chat to Cara, please organise with your teacher.

And then there were the workshops



The crew came back to workshop with our students, for two very productive days. It was wonderful to see the collaboration between all involved.

They broke into groups and began to create their own stories. The workshop culminated in sharing their works with each other. Some very creative and thought provoking work was produced. We are hopeful there will be more of these workshops in the future.



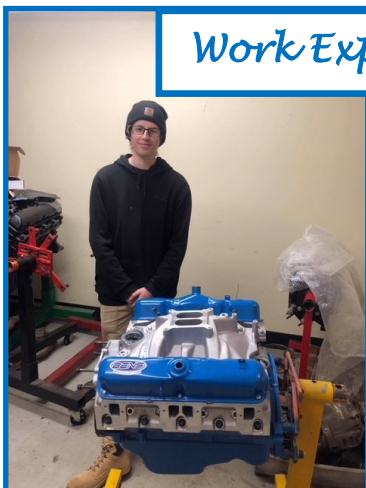
A picture tells the story!

The smiles on the faces, is testament that these workshops were very successful.



Students at Work

Work Experience



Maths Tasks

Excursions:

Make sure you get a permission form from your teacher.

One the Bear

A fairy tale for the hip hop generation.

Using allegory and fairy tale, *One the Bear* explores themes of identity, exploitation, appropriation and friendship in a performance that will have your students dancing in their seats, growling with the star and engaging in critical conversations.

Written wholly in rhyme and created by an extraordinary creative team, *One the Bear* is a stunning dystopic world guaranteed to burst your senses and expand your mind.

Audience: Year 9 students

Date: Thursday 8th August, 2019

Venue: Arts Centre, Melbourne



Thoroughly Modern Millie

Take a fun-filled ride to the heart of the roaring twenties with *Thoroughly Modern Millie*!

It's the height of the jazz age, the roaring 20's, and small-town girl Millie Dillmount has just arrived in New York City, ready to make her dreams come true.

Millie's plan is simple: find a job as a secretary for an eligible bachelor, and then marry him.

Audience: Music/Drama Students

Date: Thursday 8th August, 2019

Venue: Arts Centre, Melbourne





Congratulations to two members of the Benalla FLC community for having their art-work chosen to be displayed in the "In Your Face" art exhibition.

We can't wait to see the work of our talented Deb Dodd and Tara Kells.

Let's all get involved and go to NEA Gallery 2 to view these and many other beautiful pieces of work.

The exhibition runs from August 3 to August 31.



"Parenting Anxious Children"

Community seminar

Learning to cope with anxiety and fear is a normal part of a child's development. Whilst it's estimated that between 10 to 20 percent of children and adolescents will experience significant anxiety at some time, it is important to note that most cases are short lived. Recognizing and managing anxiety, as early as possible, enables children to gain knowledge, skills, confidence and a sense of power in managing their own worries.

The Anxiety Recovery Centre of Victoria presents, "Parenting Anxious Children". This is a relaxed and informative seminar presented for your community which, is specifically designed to help educate and support parents who feel, that their school aged children maybe experiencing anxiety.

Topics to be covered include:

- Understanding anxiety and normal childhood development
- How personality and environment contribute
- The signs and symptoms in your children
- Types of anxiety disorders
- Methods and strategies to help support your children
- Tips on building resilience
- Where to go for more information/help

Date: Friday 2nd of August

Time: 10.30am to 12.00pm

Venue: Activity Room 2, Benalla Health: 45-63 Coster St, Benalla,

COST: FREE & BOOKINGS ESSENTIAL

For further information or to register contact the
ARCvic Office – 9830 0566 or email Raspal Khumra: rkhumra@arcvic.org.au