

Benalla Flexible Learning Centre

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

WHAT'S ON

MONDAYS — Business
TUESDAYS — Equine Therapy & Music Appreciation
WEDNESDAYS -Coffee Club & Animal Studies
THURSDAYS — Music & Tiny House
FRIDAYS — Studio Art/Animation & Tiny House

Excursions

29th October — Winton Wetlands
18th November — 15 Mile Creek

Tuesday 3rd November
Melbourne Cup Day
 A regular school day at Benalla FLC

Pupil Free Day's

Wednesday 11th November
 —NEFLN Network Day
Friday 27th November —
 Wodonga Cup

Dear Families of Benalla Flexible Learning Centre,

Welcome to Term 4!

Our school is once again buzzing with renewed vigour and enthusiasm as we recommence face to face learning. It is such a pleasure to walk through our classrooms and see young people actively engaged in learning, and working towards the goals they have set in their Individual Learning Plans (ILP). We are only in Week 3, but staff have been busy completing ILPs with students, reviewing Career Action plans and conducting assessments in Numeracy and Literacy. We realise our Year 12 students, like many in our state, have been impacted by the measures that have taken place to keep the virus at bay. We are working together with the Department of Education to provide every opportunity for our final year students to complete Vocational Educational Training in Schools (VETiS), as well as VCAL programs. We have also taken advantage of face to face teaching and learning, and commenced with work experience opportunities at local businesses, school excursions and hands on projects at school, to once again create an onsite, vibrant educational program. We hope that at the end of the term, we will be able to celebrate all the great work that students, staff and you our valuable parents and carers have done to make this a successful year.

Please keep an eye out for emails and text messages, as we will regularly communicate with you about upcoming events, activities and important dates. One such activity is the Attitudes to School survey, which will be conducted starting 4th November to 13th November. This is an 'opt out' survey, so please let Home Group teachers know if you do not want your child to participate in it. We also have a Parent Opinion survey, in which we would appreciate your participation. These surveys are an important part of the school evaluation process, and we would love to know how we can better serve our young people and community at BFLC.

I look forward to celebrating the successes of your child at the end of term, and hope that we will be able to do so in person.

Kind Regards,

Bridget James

Acting Site Principal (Benalla FLC)



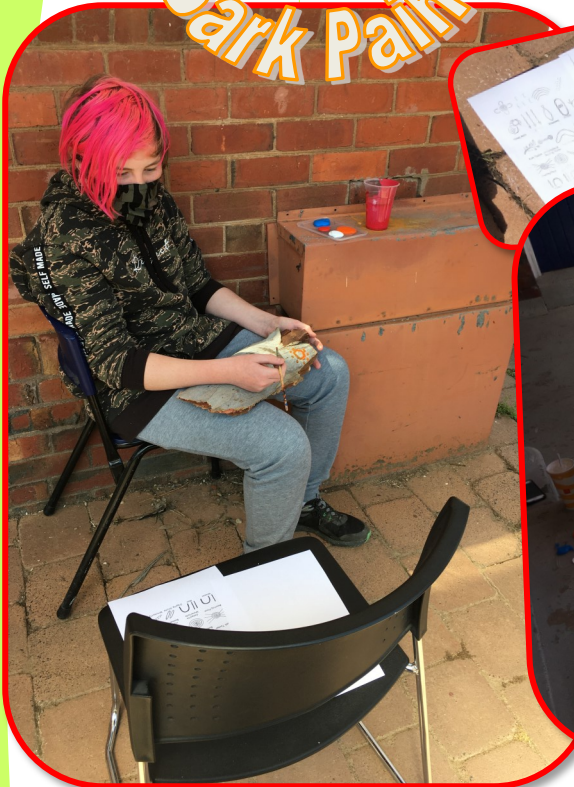
Wodonga Senior Secondary College
Every Student, Every Opportunity, Success for All

Bridget.james@wssc.vic.edu.au

[Ph. 0418 952 215](tel:0418952215)

Cultural Day Activities

Weaving
Bark and
Painting



Introducing Cafe Club

Somewhere you can meet others, share a cuppa or just enjoy some social time

Perfect if:

- you are new to town
- you are wanting to meet new people
- you just need to get out of the house

Where: CWA Hall, Bridge Street, Benalla

When: Wednesday 10-12pm

Cost: \$2 donation

Coffee supplied by Benalla Flexible Learning Centre



For more information contact
Waminda Community House 57624528



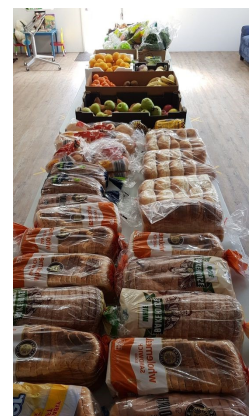
WAMINDA
COMMUNITY HOUSE

Waminda's Food

Contact details 5762 4528

School families looking for supports during this time, are encouraged to phone

Waminda to organise food being put aside



Autism Awareness Session

On Tuesday 20th October, one of our VCAL PDS Groups held a long awaited presentation with the intention of raising awareness for ASD, more commonly known as Autism Spectrum Disorder. Their aim was to further educate the school community about different aspects of autism and those affected by it. Some of the facts about ASD include:

Autism is the fastest growing developmental disorder, but the most underfunded.

Autism spectrum disorder impacts **1 in 68** children.

34% of children on the autism spectrum say that the worst thing about being at school is being picked on.

Seeing these facts made the group realise this was an important issue to highlight and raise awareness of.

The presentation included a slideshow highlighting traits to be aware of and then ways to help.

Some of the tips include:

- Including a person with autism in activities and games.
- Understand that patterns and schedules are important to people with autism.
- Be consistent and considerate.

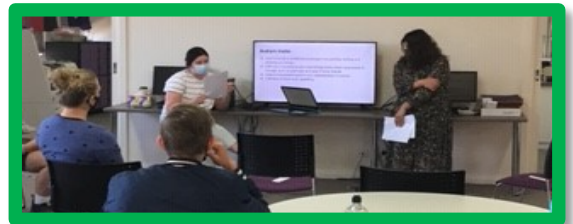
At the end of the presentation the group had prepared cupcakes for the audience in exchange for some feedback. The presentation was a success as some of the feedback comments indicated:

'Really interesting and good team work putting it together'

'Very good presentation, learned a lot'

'You did really well'

Thank you to **Ruby, Annabelle, Bianca B, Laura and Jayden** for bringing awareness to this important topic.



Equine Therapy



Drumming & Music Appreciation with Bri

Can you find

New Numeracy & Literacy Boards

Rock and Riddle

Mighty Maths

If you know the answers, let Hayley know.

Wellness with Cara:

staying safe and well with covid19



When disaster strikes such as a global pandemic (Covid19) many emotions can arise such as feeling lost, confused and even scared or anxious. It is all very normal to experience a range of emotions at times of uncertainty.

Anxiety can help us to avoid danger in our lives and research has shown that during the pandemic anxiety has helped us to follow the recommendations that keep the covid19 virus at bay, such as hand hygiene.

However, if you find anxiety being unhelpful, here are some tips to try if you are feeling overwhelmed:

1. **Channel your anxious energy into action: get informed, prepare and plan:** we often feel anxious when things are out of our control or we feel we don't have the skills to cope. **Try focus on what you can control**
2. **Limit or avoid unhelpful media and misinformation:** the more we limit our use of social media the more time we have to focus on the things we enjoy. **Distraction can be a great tool to get away from negative information, myths, rumours that impact anxiety**
3. **Cut down or stop behaviours that fuel anxiety:** be aware of these behaviours and how they make you feel and replace with helpful strategies
4. **Stay focused on the here and now:** try not to get caught up thinking about the past or the future. **Take each day as it comes**
5. **Be aware of negative thoughts and don't give them too much power:** Just because your thinking something doesn't mean it's true
6. **Look after your body:** sleep, eat well, stay active
7. **Stay connected with others:** sharing your stories with supportive people can help us feel less isolated and alone
8. **Help others, be kind and compassionate:** helping others can also make us feel better. **We're all in this together**
9. **Take a breath:** when we feel overwhelmed take a few slow deep breaths, listen to music or go for a walk
10. **Seek help if you feel like you're not coping:** It's ok to ask for help. You can talk to outside services such as kids helpline 1800 55 1800 or your GP. School staff are also there to help you, you can speak with your learning partner or wellbeing team

As you would all be aware covid19 is a virus and all viruses spread through droplets in our breath. Particularly by sneezing and coughing. Things to remember to keep ourselves and each other safe while we continue to work through the covid19 pandemic are:

1. Social distancing: trying to remain 1.5m apart whenever possible
2. Hand hygiene: washing hands for 20 seconds with soapy water, especially before and after eating, drinking, touching your face and using the bathroom
3. Try to refrain from touching the eyes, mouth and nose
4. Hand sanitiser and cleaning of surfaces before and after use
5. Wearing face masks: this is as soon as you leave the house
6. Stay home if your feeling unwell: if you are experiencing any of the symptoms listed, its advised to have a Covid19 test
 - fever
 - sore throat
 - cough
 - shortness of breath



Other symptoms can include runny nose, headache, muscle/joint pain, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

If you have questions you can contact the Covid19 hotline on 1800 020 080

Taking care of your mental health during COVID-19

Stay connected	Maintain a healthy lifestyle	Stay positive	Stay informed	Seek support
Keep in touch with friends and family via email, social media, video conferencing or telephone	<ul style="list-style-type: none">Establish a regular daily routineGet plenty of sleep and eat nutritious mealsEngage in exercise and physical activities that you like	Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus	Obtain accurate information from reliable sources like the Australian Government and the World Health Organization	Mental health services are available if you're feel anxious, worried or overwhelmed