

Benalla Flexible Learning Centre

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

WHAT'S ON

TUESDAYS GYM 2pm

WEDNESDAYS Waminda Cafe

THURSDAYS Yoga 10:15

TUESDAY 14, 21, 28 AUGUST
Years 7 to 9

Teen Mental Health First Aid

THURSDAY 16, 23, 30 AUGUST
Years 10 to 12

Teen Mental Health First Aid

FRIDAY 17TH AUGUST
Scrap Art Exhibition
Swanpool

MONDAY 20TH AUGUST
Viking Excursion
Melbourne Museum

THURSDAY 20TH AUGUST
Jewish Holocaust Museum
Melbourne



Teen Mental Health First Aid

Live4Life Benalla is in its second year of implementation in our community.

The Live4Life model aims to ensure that young people, teachers, parents and the wider community are better informed about mental ill health and are proactive in identifying the signs and symptoms of an emerging mental health issue before a crisis occurs.

Benalla Flexible Learning Centre students participated in a launch event on Monday 26 March at the Benalla Drill Hall Community Activity Centre with students from Benalla P-12 College and FCJ. The Live4Life Benalla launch event was coordinated by a Crew of year 9 and 10 students from the secondary schools with the support of Benalla Rural City Council, schools and the Live4Life Benalla Partnership Group. The launch focused on self-care and the key messages of Mental Health First Aid:

- Look for warning signs,
- Ask how they are,
- Listen up,
- Help them connect with an adult and
- Your friendship is important.

In addition, Youth Mental Health First Aid has been delivered locally to 35 teachers and parents (across the community).

Benalla FLC will be offering teen Mental Health First Aid to students

Years 7 to 9:

Tuesday 14th August, Tuesday 21st August, Tuesday 28th August

Years 10 to 12:

Thursday 16th August, Thursday 23rd August, Thursday 30th August

A further Youth MHFA for parents will be offered for four consecutive Monday evenings in August. For further information contact Benalla Rural City Council on 5760 2600.



EMPOWERING RURAL COMMUNITIES TO IMPROVE YOUTH MENTAL HEALTH

For more information on:

- ♦ Mental Health First Aid see <https://mhfa.com.au>
- ♦ Live4Life see www.live4life.org.au/benalla

Benalla FLC students will be serving
hot drinks from the AOK Coffee Van



**Term 3 we are really
pleased to have
Cara
at our school on
alternate
Mondays &
Thursdays.**

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



Come join us for a
Latte, Cappuccino,
Long Black or Hot
Chocolate.

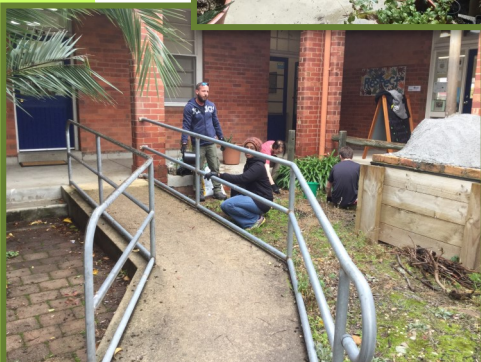
For more information
contact

Waminda Community
House 57624528



Gardening Group

As part of Work Related Skills a team of students and staff are giving our garden a face lift. It is very exciting to see the changes to this space so quickly. Such dedication on these frosty mornings.



Cybersafe Talk

The cyber bully talk that we had with the youth police officer was very informative. She thoroughly went through on how to be more private with social media. We were reminded to be careful about who we trust, and what we publically say on social networks as these can affect other people and us. The officer also mentioned some consequences that many young people are not aware of regarding a breach in privacy. I thought it was a very informative session.

by Leah

**Student
Review**

EXCURSIONS

AUGUST 17 - Scrap Art Exhibition - Swanpool

AUGUST 20 - Viking Excursion (Year 8 students) - Melbourne Museum

AUGUST 30 - Jewish Holocaust Museum (Students studying novel "Night") - Melbourne

Please collect a permission form

GYM at Primal — Tuesdays 2pm - 3pm

YOGA – Thursdays – 10:15 am – 11pm

Please remember to wear comfortable clothing for these sessions.

Wow

We are very excited our proposal for **Pick my Project** has been accepted to the next stage.

We received this message from the organisers:

"Your project idea, "NEW TOILET, SHOWER AND LAUNDRY FACILITIES FOR BENALLA FLC", has been approved to progress to the voting stage of the Pick My Project initiative. This means that people in your local community can vote for your project idea.

Voting is anticipated to open at 9am on Monday 13 August 2018 and is anticipated to close at 5pm on Monday 17 September 2018 – so it's time to rally your community for their vote."

This means we now need your help!

Please vote for our project.

Follow the links to:

<https://pickmyproject.vic.gov.au/rounds/pick-my-project/ideas/dignity-for-all>



PICK MY PROJECT

Your local community. Your decision.

VOTING IS NOW OPEN

From big ideas to small ideas, to park ideas, restoration ideas and innovation ideas, there are a lot of great project ideas to make your community an even better place to live - so which ones will you vote for?

Pick My Project is a Victorian-first community grants initiative with at least \$1 million in funding available in each metro and regional area. Now it's time to vote for your favourites and make your community an even better place to live.

Simply go online and vote by 5pm, Monday 17 September 2018.

pickmyproject.vic.gov.au

 If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. For more information, www.relayservice.gov.au.





NEW TOILET, SHOWER AND LAUNDRY FACILITIES FOR BENALLA FLC

New toilets, shower and laundry facility for disengaged youth.

FREE COME AND TRY DAY

When: Sunday 16th September 2018
Time: 10am-1pm
Where: Churchill Reserve, Waller
Street entry, Benalla
FREE sausage sizzle

Young people aged 5-19 can try a range of fun, enjoyable activities that are currently offered in Benalla.

Including archery, astronomy, athletics, golf, netball, scouts, soccer and tennis.

Assistance with the cost of registration fees is available to families with pension and health care cards.

For more information
call Corena Brennan on 5762 1211

TOMORROW TODAY



The possibility of studying courses at GOTAFE in Wangaratta on Wednesdays is an option.

Please talk to your teachers about what you would like to do and we will see how we can accommodate your interests.

To assist with your decision, there will be an opportunity for BFLC students to tour GOTAFE Wangaratta.

2018 National Student Volunteer Week

Well done to our students who have been active volunteers within our local community.

As part of 2018 National Student Volunteer Week, Benalla Rural City Council, Mayor, Don Firth presented a certificate and medallion to each student.



Congratulations to Jack, Crystal, Kaleb, Brianna, Serena and Aaron(absent)