

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.

Friday 13TH DECEMBER

Student Christmas Lunch
Report Distribution BFLC

TUESDAY 17th DEC

Last Day Activity

Bright Picnic

FRIDAY 20TH DECEMBER

School Closes at 1:30PM



We are ready for celebrations

Violet Town Market Stall

Saturday 14th December

Site T128



BFLC students have been very busy preparing for the Christmas stall at the Violet Town Market tomorrow. They are situated on Tulip Street, site number 128. Profits from the day will be used to purchase toys for the Christmas Wishing Tree. All items are had made by the students. Wooden Christmas

Tree is over 1 metre in height, beautiful bees wax wraps, Christmas decorations, propagated plants, had painted terracotta pots and more. Anyone purchasing an item will receive a free hand made fruit fly trap. If you're heading to the Violet Town Market tomorrow we look forward to seeing you.



Return to school 2020

Tuesday 28th January — Staff return to school.

29th Jan to 31st Jan — Student/Parent meetings to develop Individual Education Plan.

3rd February — School routine begins

Enjoy your Break!

Sustainability Excursion

Students had a wonderful day learning about the process of recycling. They attended two centres, JJ Richards Wangaratta and Albury Waste Management Centre.

The students were told the proper procedure and requirements of recycling.

They are pictured here next to a Solar Farm



We wish all students and families best wishes during this holiday break.
Relax and enjoy your time. We look forward to seeing every next year for a very exciting and productive school year.

FUNFIELDS

All four campuses travelled to Whittlesea for a day of fun. This proved to be a very successful day with students trying out all the different activities on offer. A very collaborative way to enjoy the end of year.



CONNECT Benalla
A Community Suicide Prevention Resource

phn MURRAY
An Australian Government Initiative

Self Care	24/7 Support																														
<p>When you're putting emotional energy and effort into supporting another person and keeping them from harm, it's important that you look after yourself. Make your own health and wellbeing a priority.</p> <p>See Beyond Blue: https://bit.ly/25ghEIK</p>	<table border="1"> <tr> <td>Triple Zero (emergency)</td> <td>For use in life threatening or time critical emergencies</td> <td>000</td> </tr> <tr> <td>Beyond Blue</td> <td>Depression, anxiety and related disorders</td> <td>1300 224 636</td> </tr> <tr> <td>Lifeline</td> <td>Crisis support, suicide prevention and mental health support</td> <td>13 11 14</td> </tr> <tr> <td>Kids Helpline</td> <td>Young people aged 5-25</td> <td>1800 551 800</td> </tr> <tr> <td>SuicideLine</td> <td>People affected by suicide</td> <td>1300 651 251</td> </tr> <tr> <td>Suicide Call Back Service</td> <td>24/7 free professional phone and online counselling</td> <td>1300 659 467</td> </tr> <tr> <td>Standby Murray - Support After Suicide</td> <td>People bereaved or impacted by suicide</td> <td>0439 173 310</td> </tr> <tr> <td>National Indigenous Critical Response Services</td> <td>Emotional and practical support to bereaved families and individuals</td> <td>1800 805 801</td> </tr> <tr> <td>MensLine Australia</td> <td>Men with family and relationship concerns</td> <td>1300 789 978</td> </tr> <tr> <td>Mental Health Crisis Line</td> <td>Mental health triage (information, assessment and referral)</td> <td>1300 783 347</td> </tr> </table>	Triple Zero (emergency)	For use in life threatening or time critical emergencies	000	Beyond Blue	Depression, anxiety and related disorders	1300 224 636	Lifeline	Crisis support, suicide prevention and mental health support	13 11 14	Kids Helpline	Young people aged 5-25	1800 551 800	SuicideLine	People affected by suicide	1300 651 251	Suicide Call Back Service	24/7 free professional phone and online counselling	1300 659 467	Standby Murray - Support After Suicide	People bereaved or impacted by suicide	0439 173 310	National Indigenous Critical Response Services	Emotional and practical support to bereaved families and individuals	1800 805 801	MensLine Australia	Men with family and relationship concerns	1300 789 978	Mental Health Crisis Line	Mental health triage (information, assessment and referral)	1300 783 347
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Local Support

Carrier Street Clinic
03 5762 4629

Benalla Church Street Surgery
03 5762 1022

Coster Street Medical Practice
03 5762 2538

Benalla Healthcare Centre
03 5762 2803

Community Health Centre, Benalla Health
03 5761 4500

Supporting Someone

It's a myth that talking directly about suicide will put the idea in someone's head. Here are some ideas to help start a conversation:

"I've noticed that you haven't been yourself lately. Is everything ok?"

"I'm worried about you. Can we talk about what's troubling you?"

"You seem (down/sad/angry/unhappy) lately. I'm worried that you might be thinking of hurting yourself or suicide. Can we talk about this?"

Online Support

Head to Health headtohealth.gov.au

Who, What, Where Benalla www.benallaservices.com.au

Beyond Blue beyondblue.org.au

Lifeline lifeline.org.au/Get-Help

Suicide Call Back Service suicidecallbackservice.org.au

SANE Australia sane.org (Helpline: 1800 187 263)

eheadsapce (for 12-25yo) eheadsapce.org.au

ReMinder suicide safety plan app ontheins.org.au/what-we-do/suicide-prevention/making-a-safetyplan/