

Benalla Flexible Learning Centre

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

WHAT'S ON

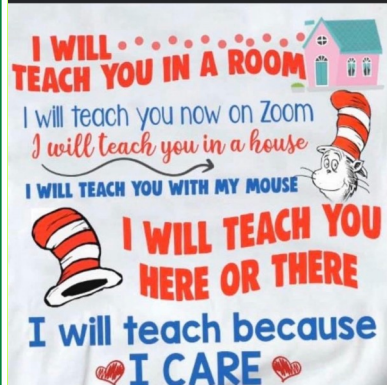
Waminda's Food

Tuesday and Thursday between
11 am & 12 pm

Contact details 5762 4528

They have food available Tuesdays
and Thursdays between 11 and 12.

School families looking for
supports during this time, are
encouraged to phone Waminda to
organise food being put aside.



Dear Families of Benalla Flexible Learning Centre,

What a fantastic start to this new phase of teaching and learning!

I would like to take this opportunity to thank you for your overwhelming support in educating our students. A well-known proverb says, 'it takes a village to raise a child', and in this setting, we certainly have appreciated your commitment to facilitating learning at home. Parents and carers have been in constant communication with staff, enabling students to log onto Microsoft Teams, passing on educational packs to students and ensuring that they are ready and organized to start classes each day; and so I say ...'thank you and keep up the great work'.

In our deliberations, at the start of the term, the staff at BFLC were determined, despite these uncertain days, to allow our core values of respect, resilience, resourcefulness and reliability to guide professional practice. We took on the challenge of remote learning, as an opportunity for us to explore, try new things and have confidence ...that we would find a way to help our lifelong learners be happy, engaged and reach their full potential. As such, staff continue to deliver an individualized learning program for each child, providing assessment and feedback for self-reflection, re-evaluation and goal setting. We understand that wellbeing is a key factor that underpins a child's ability to learn, and our wellbeing team have been working closely with agencies and staff to support learners who find remote learning a challenge. On our online platform, MS Teams, we will be setting up a Wellbeing channel with helpful tips for self-care, agencies who can support young people, and topical information for teens. A yoga session will also be uploaded each week, so feel free to join your child in relaxation and meditation exercises. If I may remind you, should your child be experiencing distress from working at home, please fill out the onsite form each week and submit it to the home group teacher, so that he/she may come to school on set days.

I look forward to our continued partnership as we provide each child, every opportunity, for success.

Kind Regards,

Bridget James



Wellbeing Space



A page on MS TEAMS is being set up for students to access information about a range of health, wellbeing and fun topics during this time of remote learning.

Topics include: Healthy eating
Support numbers
Mark's Yoga
Sleeping tips
And more.....

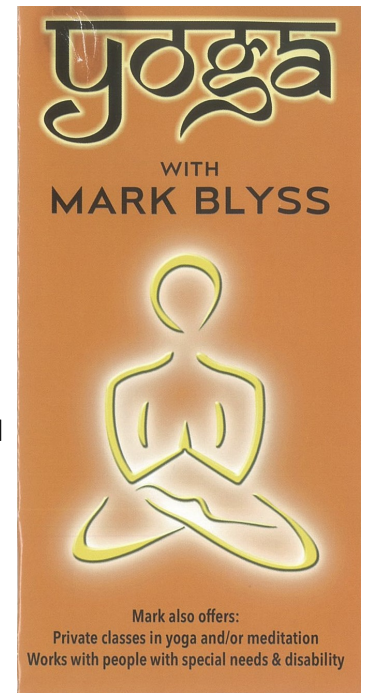
Information coming soon on how to access.

While I may not be visible at school, I am still here to help you with any questions you have.

I'm also here for a chat! I've been missing my conversations with you students.

I can be contacted either by:
email lynne.sidhu@wssc.vic.edu.au or
phone (02) 6048 7711.

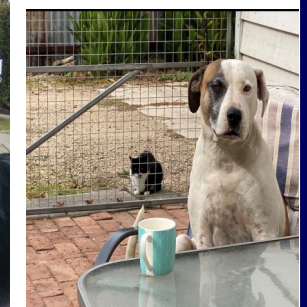
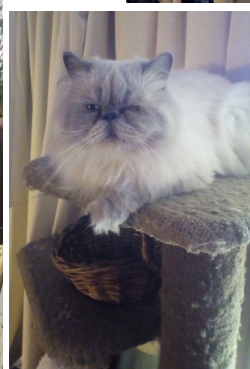
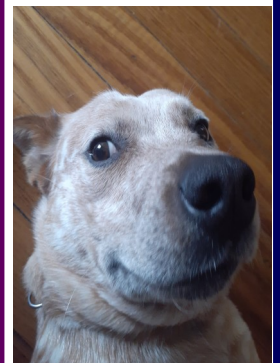
Starting this week Mark Blyss will be recording weekly yoga sessions, so that students and their families will be able to continue to participate from home. Mark will be recording a range of sessions including: short introductory yoga (approx. 10 Minutes), short introductory meditation (Approx. 2 Minutes) and an extended relaxation meditation (20 Minutes) designed for deep relaxation to promote sleep. These sessions will be extended each week to enable students to build up their yoga and meditation skills, they will be uploaded onto the MS teams Wellbeing section at the beginning of Week 5.



Health benefits of having animals

Interacting with animals has been shown to decrease levels of stress and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood.

Here are some pictures of the students beautiful animals



Remote Learning

We are asking students to send in photos of applied learning and academic achievements during remote learning. Below are few photos to share with you of their success



Home Economics

As part of our healthy eating program students are being encouraged to share recipes to create the BFLC Cookbook. Harrison and Dan have kindly sent in photos of home cooked recipes



Science at home

Amy and Cam creating an eco-system for science using household materials



Building & Constuction

Sam using technical skills from the 'Tiny House' project at school to renovate the bathroom at home



Music News

Music students have enjoyed taking part in group music appreciation meetings, and Cert II Music on Microsoft Teams.

The purpose of these sessions is to build musical literacy, which will enable our students to compose effectively structured music, communicate their artistic ideas, and work well in collaboration with their band.

There is room to join the group music appreciation meetings, so please email

Bri (music teacher)

briannaslattery@wssc.vic.edu.au to get started.



Writing for Self –Expression by Kai

Quinn's bedroom was dark, the only light being that of the moon, which was full and shone brightly through the white curtains. It threw rays across the room, attempting to mimic the sunshine that awoke Quinn every morning.

The night was silent, save for the quiet snores that would erupt from from Quinn's mouth every now and again, before it went quiet again.

But, all too soon, there was a noise outside. A scratching – perhaps a cat? A possum? – followed by a small, distant giggle. *Dunks*, Quinn thought when he opened his eyes and the noise was still continuing. *Bloody fucking dunks*.

The giggles grew closer. He grumbled under his breath and rolled onto his side, turning to stare at the open window. The moon shone dimly, covered by a cloud that rolled past and blocked out the glittering stares.

He was about to roll over and go back to sleep when there was another scratch, soon followed by thumping on the roof. Quinn's eyes flew open; he threw his blanket off and stomped to the window. "Hey!" He shouted out, his voice echoing through the night. "You on my bloody roof? Get off!"

The thumping stopped. He saw something jump off his roof and land neatly on the tree outside. He sighed. *Of course. It was just a possum.*

Quinn turned, meaning to go back to bed, but came face to face with some sort of humanoid creature, sitting comfortably on top of his blankets, staring. Quinn staggered backwards, a scream on the tip of his tongue, and nearly fell out the window. In an instant, the creature jumped up, grabbing Quinn's shoulders and slamming him down onto the bed.

Its mouth was stretched into something of a smile. Small, pointed teeth were scattered around its mouth, instead of being in rows. Quinn wanted to scream, but instead found himself paralysed in fear as the creature towered over him. "Shh," The creature said. "Hush, hush, no fear now."

Tears began to roll down Quinn's cheeks – and this time he really did scream. A sharp, high pitched shriek burst from his mouth before the creature's hand slapped over his mouth and silenced him. "Hush, hush," It repeated. "No fear for you."

The creature's skin was stretched tightly over its bones and its eyes too small for its face, a cruel parody of a human. As if somebody had tried to construct a person relying on memory alone. Its skin was whiter than flour, and its eyes redder than blood. Everything about the creature was the living definition of terrifying.

"Please," Quinn mumbled, muffled by its hand. "Please don't– I don't have any money but I– Please!"

"Do not understand," It replied, looking genuinely confused. It spoke as if it was actually a child, and reminded Quinn of Gollum from *The Hobbit*. Just a more scary, horrific version.

"Please!" Quinn cried again, but it came out as a garbled mess, sounding something like *Pfff!*

It echoed the noise, still looking confused. "Pff... Plff... Pleafe? Please? You... You say please?" It removed its hand from Quinn's mouth. "You say please?" He said again.

"Yes I... Please don't hurt me. I don't have money but I can get you some – And food! And water and drugs and alcohol and whatever you want, just please... Please don't hurt me!"

The creature was silent for a moment. "Want friend," He told Quinn. "You. Me. Friend."

"I..."

Its face spread into a smile again. "Forever," It murmured.

LITERACY CORNER

What's
going on at
BFLC



The school veggie garden is looking very healthy. Well done to the students that helped plant seeds at the end of Term 1!

NEWS FLASH! NEWS FLASH!!

We are getting a puppy!



But he needs a name.

Sharee is getting new puppy (Week 5 of Term) and he is also going to be our school dog. Which means he will be coming to school each day.

SO.... I want you all to be involved in coming up with a name for him.

I want you to send your ideas through to me either by email – sharee.fisher@wssc.vic.edu.au, text or phone call – 0447782496.

I will pick a top six and you will all get to vote on the final name.

I am really looking forward to seeing what you come up with and hope you are all keen to get involved!!

Kindness, community and creativity.

1000 Hearts is a kindness project based in Hobart, Tasmania - offering people a symbol of compassion and care through handmade pocket hearts.

<https://www.1000hearts.com.au/>

I made this one and I am going to send it to my sister. I have not seen her for some time and her birthday is coming up.



If you would like to make one to give to someone, let me know as I have the felt and the cotton to stitch it up, which I can send in your next pack. I can also provide instructions on how to sew blanket stitch.

Jenny, Jennifer.Muller@wssc.vic.edu.au

Enhancing Mental Health Support in Schools

Regional phone counselling service

It can help to talk with someone when things get tough

School can be a stressful time. There can be lots going on with physical changes, and friendship or family issues. It can help to chat with a professional counsellor if you're feeling worried, unsure of what help you need, or just want to talk things through.

Benalla Flexible Learning Centre is offering free counselling sessions for students by partnering with headspace's Victorian Regional Counselling service, which is funded by the Victorian Department of Education. It's available every weekday, 9am–4pm, where you can step away from class and speak to a professional counsellor over the phone in a safe and confidential space at school.

You can chat about any concerns you may have around studying, bullying, body image issues, sleeping problems or anything else. It's a great option if you're feeling ready to get help, but not ready for face-to-face counselling.

Our wellbeing support team will work with you to find a time that fits your busy schedule. To find out more, speak to Lynne in the wellbeing support team who can provide more details and help you access this free service.

Parents, if you feel that a young person in your life might benefit from speaking to a headspace counsellor, we encourage you to have an open discussion and help them access this free service. The school's wellbeing team can provide more information and help organise a referral.



Education
and Training

