

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](tel:57624528)

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,

We have come to the end of our first semester and... what a journey it has been! As I look through the academic reports, I am so impressed and proud of all the hard work our teachers have put in, and the substantial achievements of so many of our students. Term 2 was particularly challenging, with Remote Learning; but, as is so often seen in adversity, a lot of positives were drawn. A number of our students showed great resilience in maintaining school attendance via our online platform- Microsoft Teams- as well as through phone calls and emails. Others, who struggled with working externally, attended regularly on-site and also produced fantastic work. Their commitment to learning has been reflected in their reports, so much so, that we have attached some certificates of merit for those who excelled during this period. It was reassuring to see that the school culture we endeavor to cultivate each day of the year, was not only evident in the lives of our students, but continues flourish.

The return to On-site learning brought much joy for staff and students alike, albeit, under strange conditions. It was pleasing to hear comments like, "Aww, is it the end of term already?" or "It's so good to be back onsite." Students smoothly transitioned back to onsite learning and teachers once again enjoyed the busyness of an engaging classroom. Of course, we have had some setbacks - we were not been able to offer all the external learning opportunities we would have liked, due to the ongoing COVID -19 restrictions. However, we have planned, and look forward to delivering work experience opportunities, excursions, incursions and other learning connections next semester. It is my hope that Semester 2, will allow us to take advantage of these exciting programs and events our staff have prepared, so that we can continue to deliver robust and engaging curriculum.

I wish our staff and students a well-earned break and look forward to a new semester of focus and enthusiasm, as we strive to reach our goals in education.

Kind Regards,

*Bridget James*

Acting Site Principal (Benalla FLC)



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



Another challenge was to create sculptures from kitchen foil. Charlie used the foil sent home over the Remote Learning period, to produce these wonderful dragon sculptures!



The year 10 psychology class has been learning about neurons and constructed a neuron out of lollies and Magiclay.



Each week Remote Learning, students were offered Creative Challenge activities by Deb. One of these activities was to re-enact a well-known portrait and send in a photo. Daniel chose to re-enact "The Son of Man" by Rene Magritte. What a creative and humorous interpretation!

**We have received some great recipes for the BFLC recipe book**

**KEEP THEM COMING!**

# Remote Learning Student Submissions

REVEALED

**Guess the BFLC staff member.**

1. Deb
2. Sharee
3. Pip
4. John
5. Bec
6. Jenny
7. Bridget
8. Bri
9. Jess
10. Lynne
11. Sean
12. Ian
13. Josh

Well done to Shyanne for the most correct guesses



# NEWS FLASH

And the name is.....

## CHESTER

**Congratulations to Kai & Shyanne who both submitted the name.**

**Thank you to all students, who submitted names and voted.**

**Chester will start regularly at school in Term 3.**

# Back On-Site



Chook House Complete!



Tiny



House



Woodwork



Drumming

Enjoying being back at school



Equine Therapy



VETiS Music



WRS Project

Online Support		24/7 Support	
Head to Health	<a href="http://headtohealth.gov.au">headtohealth.gov.au</a>	Triple Zero (emergency)	For use in life threatening or time critical emergencies <b>000</b>
Who, What, Where Benalla	<a href="http://www.benallaservices.com.au">www.benallaservices.com.au</a>	Beyond Blue	Depression, anxiety and related disorders <b>1300 224 636</b>
Beyond Blue	<a href="http://beyondblue.org.au">beyondblue.org.au</a>	Lifeline	Crisis support, suicide prevention and mental health support <b>13 11 14</b>
Lifeline	<a href="http://lifeline.org.au/Get-Help">lifeline.org.au/Get-Help</a>	Kids HelpLine	Young people aged 5-25 <b>1800 551 800</b>
Suicide Call Back Service	<a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	SuicideLine	People affected by suicide <b>1300 651 251</b>
SANE Australia	<a href="http://sane.org">sane.org</a> (Helpline: 1800 187 263)	Suicide Call Back Service	24/7 free professional phone and online counselling <b>1300 659 467</b>
eheadspace (for 12-25yo)	<a href="http://eheadspace.org.au">eheadspace.org.au</a>	Standby Murray - Support After Suicide	People bereaved or impacted by suicide <b>0439 173 310</b>
ReMinder suicide safety plan app	<a href="http://ontheline.org.au/what-we-do/suicide-prevention/making-a-safety-plan/">ontheline.org.au/what-we-do/suicide-prevention/making-a-safety-plan/</a>	National Indigenous Critical Response Services	Emotional and practical support to bereaved families and individuals <b>1800 805 801</b>
		MensLine Australia	Men with family and relationship concerns <b>1300 789 978</b>
		Mental Health Crisis Line	Mental health triage (information, assessment and referral) <b>1300 783 347</b>

### Self Care

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.

See Beyond Blue:  
<https://bit.ly/2SghEiK>



## Wellbeing Space

### MS TEAMS

This Space has been created as a resource for everyone. This is a work in progress and there will be additional information added regularly. Below is an example of what is already there.

#### General Contacts

A list of contact phone numbers and websites, for those days that you may feel like accessing a service that can help you.

#### Yoga

Mark has been working hard to create videos for you to do Yoga from home. Even if you haven't done Yoga with Mark before, this is a great way to try it out. More videos will be added each week.

#### Healthy Eating

A range of websites and documents, that provide tips for the kitchen and some yummy, easy to cook meals. Thanks to Benalla Health for their input.

#### Sleep tips

Some websites to access to get some tips if you are having trouble with your sleeping routine.

*Please make sure you have a look, there will be information added regularly.*

*Let your teacher or Lynne know if there are any other topics you would like to see included.*



#### Office Number:

Phone 03 9830 0566

Fax 03 9830 4793

Email: [admin@arcvic.org.au](mailto:admin@arcvic.org.au)

Support Groups provide an opportunity for people to help one another, understand their anxiety disorder and the recovery process.

ARC Vic, are having to adapt in ways that are completely new due to COVID 19 restrictions.

This has brought about virtual support groups, making these groups more accessible to people living in rural and remote areas.

At a time when we are having to physically distance ourselves from one another it is also a time to ensure we don't emotionally disconnect, let our voices do the work, reach out through the distance and uncertainty of it all and let our human kindness and compassion do its job.

The virtual support groups will provide an avenue for us to share our concerns or worries, hope, motivations and our journey in a safe, supportive environment.

If any of our school community feels they would like to connect with a support group please go to the website <https://www.arcvic.org.au/our-services/support-groups-2> or phone.(03) 9830 0566 for more information.

