



flexible
LEARNING CENTRE

7 August 2015

Campus Principal: Michele Ramage

Address: 50 Barkly Street Benalla 3672

Mobile: 0418 952 215

Facebook: <https://www.facebook.com/BenallaFLC>

DATES FOR THE DIARY

Friday 21 August - Romeo and Juliet performance
Tuesday 11 August - School Nurse at school
Wednesday 12 August - 'Rock and Water' program
Wednesday - 'Lets Read Benalla' Ride Avenue Kindergarten
Thursday 13 August - School Nurse at school
Friday 28 August - Immunisation Day
Tuesday 8 September - 'RUOK? Forum' BPACC
Thursday 10 September - 'RUOK?' Coffee making NEA

ROMEO AND JULIET

On Friday the 21 August there will be a school excursion to the Melbourne Arts Centre to see a performance of Romeo and Juliet by the Bell Shakespeare Company. We will be travelling by bus to Melbourne and back. There will be no cost to students. Please make sure you return your excursion form.

IMMUNISATION

On Friday 28 August at 2.30pm the Immunisation Officers will be at school to immunise students. We will be in contact with students who will be needing their immunisations.



Students with Josie (teacher) and Felicia (school nurse) enjoying a healthy lunch



Artwork by Tahlia

Individual learning plans
Flexible timetables
Catering for students needs
Involvement in the community
Mentor support



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*Left: Stencilling artwork by Abbie
Right: Abbie completing the work*



RUOK? DAY BENALLA

On Tuesday 8 September Benalla Rural City will be running a Mental Health Awareness forum for 15 - 16 year olds at the BPACC. Students from our school have been invited to attend. On Thursday 10 September students from Benalla Flexible Learning will set up a RUOK? display at North East Artisans, and serve coffee from our new coffee machine.



*Left: Mia completing
some artwork
Right: A work in
progress*



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ROCK AND WATER

Last week we welcomed Mrs Sally Mathieson to our school. Sally is currently the Speech Pathologist at Benalla Health. She has kindly offered to run the 'Rock and Water' program at our school for girls this term every Wednesday starting at 12pm.

Some more information about this program:

Rock and Water Program for women and girls

At Benalla Health we provide a number of initiatives to support women and girls deal with family violence.

Rock and Water is one such program and aims to connect participants with their body, inner feelings and strength to allow them to connect with the people they love. The program will be offered at the Benalla Flexible Learning Centre at 12noon each Wednesday in term 3, 2015.

Rock and Water working with girls/woman consists of a 10-lessons program:

1. Stand strong and stay strong
2. Generating force from your basic
3. Power of breath and using your voice
4. Body language and attitude
5. Rely on your intuition and feelings
6. Feeling and setting boundaries
7. Dealing with sexuality and sexual violence
8. Mental strength and self-confidence
9. Making choices: the Rock quality
10. Communication and solidarity: the Water quality

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What is 'The Other Talk'

At some point we have all sat down with our parents for 'the talk'. It's not always easy, but learning about sex is an important conversation that every parent and child should have.

The Other Talk is about Australian families talking openly about alcohol and other drugs and is an important step when preparing your child for a teenage party. However, you could start talking to your child as early as eight years to make sure they have the right information and attitudes when they reach high school.

Starting the conversation early also means you create an understanding that when it comes to alcohol and other drugs, no question is too silly and no topic is off limits. These topics could include related issues such as peer pressure, health, and safety.

The [Australian Drug Foundation](http://www.adf.org.au) (ADF) is encouraging parents to have The Other Talk because research shows that young people consider parents to be credible sources of information about alcohol and drugs*. However, many parents fear The Other Talk because it may raise questions that they feel ill-equipped to answer or explain appropriately.

As an independent, evidence-based organisation that has been working closely with parent groups, the ADF has all the information you need to have The Other Talk with your children. This website is a resource for parents wanting to learn about alcohol and other drugs to protect their children from associated harms.

Having open communication with your family has never been so important. Equip yourself with the right information and [start The Other Talk today](http://theothertalk.org.au).

* [Parenting guidelines for adolescent alcohol use](http://www.adf.org.au/parenting-guidelines-for-adolescent-alcohol-use)

Visit: theothertalk.org.au to download the Other Talk Booklet and Discussion Guide

or call 1300 858584

If you do not have internet please ask at the Flexible Learning Centre and we can download the information for you.