



flexible
LEARNING CENTRE

28 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 28 August – school immunisations 2:15 onwards

Tuesday 8 September – RUOK? Forum BPACC

Thursday 10 September – RUOK? Benalla Flexible Learning Centre providing activities and coffee at NEA

Monday 14 September – Give My Regards to Broadway Melbourne excursion.

GET OUT THERE YOUTH AWARDS

Congratulations to Colby Butler on receiving a Get Out There Youth Award at the 2015 awards ceremony on Monday night. Colby received the award for his work in the arts area, in particular the work he has done with organizing the Melbourne Street Art Tour and workshop for BFL students to attend.



Above: Colby receiving his award at the 'Get Out There Youth Awards' Ceremony at BPACC

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ROMEO AND JULIET

On Friday 21 August a group of students travelled to Melbourne's Playhouse Theatre to see the Shakespeare play ROMEO AND JULIET. The show included forbidden love, family feuds and fast-paced fights in a contemporary production of the classic play. Students were a little confused with the dialogue of some of the characters but through careful listening and concentration were able to follow the plot and understand the story. Thanks to the First Call Funding this excursion was offered free of charge to our students.



Above: Students pictured outside the Victorian Arts Centre prior to the Romeo and Juliet performance

RUOK? DAY BENALLA

As part of the activities planned for Youth Mental Health week. Benalla Flexible Learning is participating in two events.

The first of the events will be held on Tuesday September 8 at BPAC students will be invited to attend a Youth Forum. This will involve some guest speakers, a play produced by students from Wodonga's Highwater Theatre and some workshop activities.

The second event is on thursday 10 September at NEA; 'North East Artisans'. Students will have a display set up as part of Youth Mental Health Week, and will be preparing coffee on our new portable coffee machine to give to the general public.

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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.