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SEPTEMBER 4, 2015

What's on in September?

8 SEPTEMBER RUOK. Youth  
Forum BPAC

10 SEPTEMBER RUOK  
coffee and colour NEA 3—  
4:30pm

14 SEPTEMBER  
Give My Regards to Broad-  
way –Melbourne

## Benalla Flexible Learning Centre

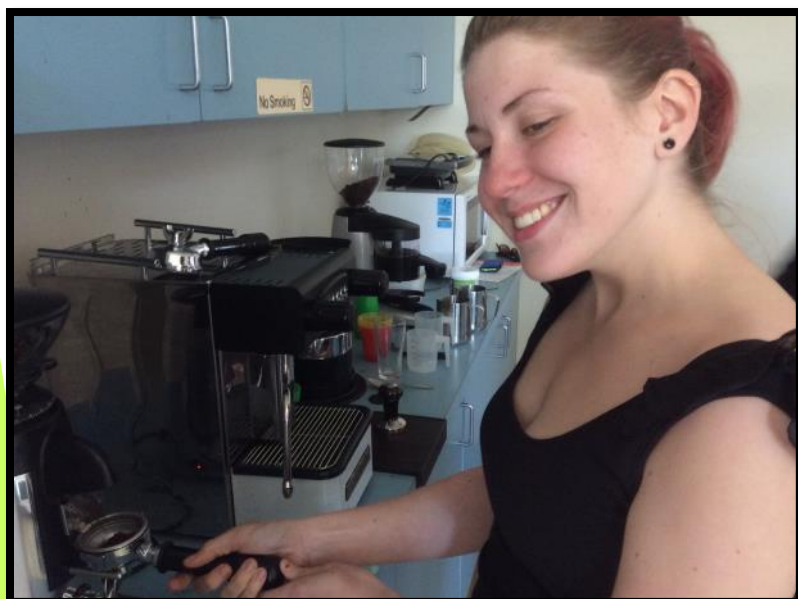
- Individual Learning Plans
- Flexible timetables
- Mentor Support
- Involvement in the community
- Catering for students needs

## RUOK BENALLA?

As part of Youth Mental Health Awareness Week Benalla Flexible Learning Centre will be involved in two activities. On Tuesday 8, 2015 students will be participating in a student forum at Benalla Performing Arts Centre. This day will involve student workshops, a youth performance and lunch. To confirm your place please make sure you have completed and submitted your permission form.

Benalla Flexible Learning Centre is running a 'Colour and Conversations' activity at the North East Artisans Gallery. This will involve students making coffee and providing colouring activities for their friends from 3:00 -4:30 pm.

Sophie, Anna and Michele travelled to Wodonga to take delivery of a new coffee machine for the school. After having completed the 2 hour workshop they were given their coffee licence to use the café quality machine.



Students will also need to complete their training before they are permitted to use this machine. This is to prevent students from injuring themselves on the hot steam that the machine produces.

The cost for the beans used in this coffee is quite high and so from Monday 7 the cost for coffee from this machine will be \$1 per cup. As always there will still be tea, coffee and milo available for students and visitors free of charge.

## **Give My Regards to Broadway:**

This next performing arts experience in Melbourne will be on Monday 14 September. The bus will leave school at 9:20am with a second pick up at the Faithfull street car wash at 9:30 am.

This performance is a celebration of the chorus numbers from Broadway musicals such as A Chorus Line, Guys and Dolls and West Side Story. This production has toured New York, LA and even Paris. There will be a picnic lunch supplied to have in the park in Melbourne.

The seats are limited for this excursion. To book your place please ensure your signed permission form is returned to school ASAP.

## **MURAL ART PROJECT**

In conjunction with North East Artisans and Tomorrow:Today, next term students will be participating in constructing large mural boards for the school. These can be done individually or with a partner. Students will design the art work and use a variety of media to construct the board. This week we met with Tim Bowtell to discuss the options for our students. Tim is a talented artist, you can see his work on display at NEA. We look forward to this partnership.

## **HEALTHY LIVING HEALTHY MINDS**

Meals are great social occasions – more than just refuelling stops. They provide a great opportunity for families to get together and talk. Talk about each other's day – the highlights and low lights. At Benalla Flexible Learning we all have lunch together and take this time to talk to each other.



**Thank You to Tomorrow Today for supporting Benalla Flexible Learning. Some of the healthy meals enjoyed this week have been honey mustard chicken and quiche.**

**Left: Jess's quiche was a hit with the students at Benalla Flexible Learning this week.**



## **Some other good conversations starters:**

If you have a 'conversational clam' in your family try talking over a snack, or while doing an activity. Boys, in particular, tend to open up more while their hands are busy. Relax, go for a walk and watch how their tongues loosen up.

If 'nah' or 'yep' are the only responses you get from your children consider asking questions that begin with What, Where, How or Why. Ask interesting questions that will spark more than a one-word response.

Talk to young people on their turf. Often they will open up in the privacy of their own bedroom, particularly when they are relaxed and feel secure.

**Please ensure you check the weekly timetable so that you know when you are required at school.**

**Absences during these times will be recorded.**

**Due to the increased enrolments at the school we cannot guarantee that an alternative time with your teacher is available.**