

## Benalla Flexible Learning Centre

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

## WHAT'S ON

**TUESDAYS** L2P Program

PRIMAL GYM 2PM

**THURSDAYS** Yoga 10:15

### TUESDAY 16TH MAY

Street Cat Named Bob

Movie—BPAC

### FRIDAY 19TH MAY

Red Cross Presentation

Benalla FLC

V8 Supercars excursion

Winton

### MONDAY 22ND MAY

Drumming Workshop

Catering for AGM

### MONDAY 5TH JUNE

Movie Melodies

Melbourne

### MONDAY 12TH JUNE

Queen's Birthday Holiday

## Pizza Oven

The pizza oven has been progressing quickly this term, with work on the base finally complete. Alex did a great job with the fire proofing and brick work, and Jayden helped to pour the concrete slab. The oven will be the final step in the project, and will be happening soon.

*If you'd like to help with building the oven, tell Sean so he can let you know when work will be happening.*



## Hands on Trade Day at Winton

Tuesday was the very successful school trip to the

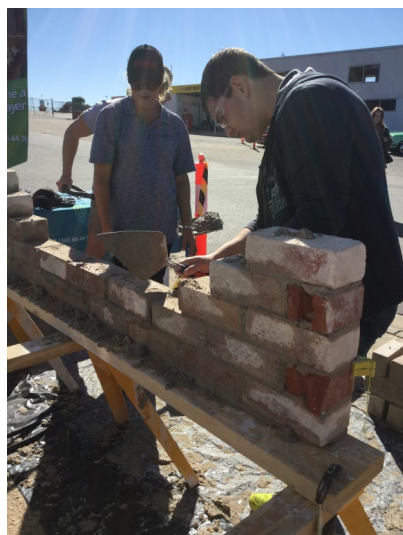


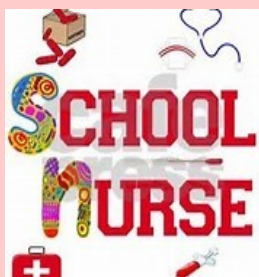
Hands on Trade Day – where students were able to explore the great opportunities for employment in a trade.



Misty and Paul even had a

go at spray painting and Jayden tried bricklaying.





***Cara's***

**Term Two Dates**

**Thursday, 18th May**

**Monday, 22nd May**

**Thursday, 1st June**

**Monday 5th June**

**Thursday 15th June**

**Monday 19th June**

**Thursday 29th June**

**L2P  
LEARNER  
DRIVER  
MENTOR  
PROGRAM**

**Every Tuesday**



The perfect opportunity for students to gain driving experience and build up their 120 hours.

Contact Michele or Lynne for information.



## **Catering Opportunity**



As a way of developing student skills Benalla Flexible Learning Centre will be catering for the Annual General Meeting of LLEN'S.

**Date: Monday 22nd May.**

**Venue: Benalla FLC**

Students wishing to be involved please speak to Michele or Bec.

## ***African Drumming Workshop***

*We have now had two fun filled sessions of learning rhythm on African Drums with Bri. These sessions are proving to be a fantastic opportunity for all students, everyone can achieve making a rhythm whilst also learning to work as a team. A simple beat can make a fantastic sound when played in unison as a drumming community. The group is already sounding incredible and it's only been two weeks.*



*If you'd like to try drumming, come join the group every Monday at 1pm*



## EXCURSIONS

MAY 16 - Film at BPAC - A street cat called Bob

MAY 19 - Red Cross Presentation - 11:30am - Benalla FLC

- V8 Supercars excursion - Winton

JUNE 5 - Movie Melodies excursion - Melbourne

*Please collect a permission form for these sessions*

DRUMMING WORKSHOP - Mondays - 1pm - 2pm

YOGA - Thursdays - 10:15 am - 11pm

GYM at Primal Gym - Tuesdays 2pm

*Please remember to wear comfortable clothing for these sessions*

**Speak to  
Brad  
about his latest  
Literacy  
challenge.**

## Part Time Work Program



Over the past two weeks we have been running the part time work program on a Wednesday morning, this program aims to give the students involved skills to assist them in gaining work, covering resume and cover letter writing and interview skills. Through this program students get to visit work places to talk to owners and managers about what it takes to gain employment and

learn about different work places. Over the last two weeks we have visited Fruits and Fare and Woolworths, both trips have been a great success with students gaining valuable insight into working life.



## CSEF –FORMS .....

**If you have a health care / pension card then it is important that you complete the Camps, Sports and Excursion Form that are available at the school. These forms will enable you to receive a grant of \$225 that will be used to support your involvement in camps, excursions and sports while at school. Please make sure that your teacher has a copy of a current health care card so that the grant will be approved without delay.**



# Art Room Update

In the art room over the last two weeks we have seen great progress in our mosaic seat project.



The design was drawn onto the seat by Julia and Crystal. The mesh panels have also been created and brought back to school. So far mosaic work has



begun on eight out of the seventeen mesh panels with a number of students within the school actively involved in the project. The results so far are



absolutely incredible and the seat is set to be an outstanding piece of artwork.



On Monday 8<sup>th</sup> of May, Katheryn a dietitian from Benalla Health came to the Benalla Flexible Learning Centre to teach us about healthy eating and cheap alternatives; a program called



**Food Cents.** We were required to make a healthy lunch but before we started, we had a worksheet with different foods displaying the price per kilogram. We found a kilo of Cadbury Freddo Frogs would cost just over \$23. Once completed it was time to get into the kitchen and prepare what was required for lunch. What

was on the menu actually was not dissatisfying. Veggie Quesadillas; involved many different ingredients like mushroom, carrot, cheese, a tomato base sauce and spinach, with all this in mind, you



could add your own ingredients such as onion and capsicum. You got a piece of flat bread and put you base on then add your ingredients, topped with cheese and then topped with another piece of flat bread. Cooked either in a frypan, flipping evenly making sure both sides are cooked, or in a sandwich press. The outcome would surprise tastebuds for people who are not really into multicultural food. Overall the most important thing I learnt from this program was, do not buy Cadbury Freddo Frogs by the kilo.