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Newsletter — Issue 10 — Term 3— 7 AUG 2017

### 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 10:15am

FRIDAYS Lake Walk 2:00pm

#### **MONDAY 7th AUGUST**

Drumming Workshop

— 1:00pm

#### **WEDNESDAY 9TH AUGUST**

Food Cents

- 11:00am

#### **MOND**AY 14th AUGUST

**Drumming Workshop** 

- 1:00pm

**FRIDAY 18th AUGUST** 

**GOTAFE Tour** 

## **Your opinion matters**

Here at Benalla Flexible Learning, we welcome your opinion. In view of this, we have created a Suggestion Box. Everyone is welcome to place a comment that is important to them in the box.

If there is something causing concern and you don't feel you can say it face to face, then write it down and place it in the box.

If you have something positive to say about school, a staff member or fellow student write it down and place in box.

We are also willing to find out about any requests or suggestions you may have .

All we ask is that you write your comments in a polite, respectful way.

This newly created Suggestion Box is located on the bench top outside Michele's office.







We are very lucky to be having Kathryn, a Dietician from Benalla Health, back during Term 3 with her Food Cents program.

Thank you Kathryn for making the time to share your dietary knowledge with our students.



## Cara's

**Term Three Dates** 

August

**Monday 7th** 

**Monday 14th** 

Friday 25th

Thursday 31st

September

**Monday 4th** 

Thursday 14th

**Monday 18th** 

# 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.

## GLP—Girls Leadership Program.

This term our school nurse Cara will be bringing a new girls program to Benalla Flexible Learning Centre. The program will

cover topics such as body image, self-esteem, understanding anger and other feelings, communication, conflict resolution, assertiveness, relationships and self-

care.
The program encourages young women to be

Strength Speaking Empowerment
Social Festival Healthy Growth
College Louisville Networking
Support Policy Women Literacy Career
Love Idea Goals
Focus
Focus
Potiential Passion Fun Confidence Friendship
Media Commitment Professional
Family Comfort

"girls with attitude" – confident to cope with life's challenges, to stand up for what they believe and to achieve their goals. The program is set to commence on the 31<sup>st</sup> of July and will consist of 6 sessions over the semester.

### Our Volunteers are incredible!

Misty and Paul represented our school as volunteers at the matinee sessions held on 29<sup>th</sup> and 30<sup>th</sup> July and 5<sup>th</sup> August.

The feedback we received:
"Both Misty and Paul were
willing to do anything asked
of them. Nothing was too
much trouble. They were
very polite and helpful. We



would recommend them to others."

Congratulations Misty and Paul on a job well done.

Be proud of your efforts, as we at BFLC are proud of you. Well done.

Mr Fox climbed out the hole,

To have a look at the scene.

All he wanted was a quick look,

But ended getting shot by Bean.

Poem by Jack Giannios

#### **EXCURSIONS**

GYM at Primal Gym — Tuesdays 2pm - 3pm

YOGA - Thursdays - 10:15 am - 11pm

LAKE WALK — Fridays — 1:30pm

Please remember to wear comfortable clothing for these sessions

## Pyjama Dày

The things you do for a worthy cause! Staff dressed up on Friday, 22 July, to raise funds for local homeless youth.

A very funny day. Whilst their attire was very warm and comfortable, staff found it to be a rather interesting experience to be out of their comfort zone!



## **Iosaic Seat..**

Congratulations to all Students and Staff involved in this project. It was a huge effort by all, with a tremendous outcome. Job well done!

There will be an official opening. (Date to be advised)





## Maths in Practice

Three of our young students, diligently working on a maths task to help renovate our newly acquired classroom. The boys are using their knowledge Measurement to determine the costs involved in painting and recarpeting the room.

## Re-thinking our approach to regularity and predictability

by Michael Grose

An interesting article for all parents/guardians that is well worth reading:

Blog (HTTPS://WWW.PARENTINGIDEAS.COM.AU/BLOG/)> RE-THINKING OUR APPROACH TO REGULARITY AND PREDICTABILITY

If you have trouble accessing the blog, ask Brad or Lynne for a printed copy.

## Jack presents a clock to BFLC

Jack Giannios pictured, presenting the clock he made for BFLC. The clock has pride of place in our meeting room. Jack is certainly showing he has a talent for this craft.

Jack is not only a member of Benalla Woodworkers Association, but is also an active committee member. It is fantastic to see our young people finding their passion and being involved in the wider community.



2018

Courses

The possibility in studying courses at GOTAFE in Wangaratta on Wednesdays are an option.

Please talk to your teachers about what you would like to do and we will see how we can accommodate your interests.

To assist with your decision, there will be two opportunities for BFLC students to get a tour of GOTAFE Wangaratta.

Keeps these dates in mind:

Friday, 18th August Friday 1st September