

50 Barkley Street, Benalla, Vic 3672

Email: benalla@nefln.vic.edu.au

Website: www.nefln.vic.edu.au/benalla

Welcome to Term 1 2020! I hope you all had a safe and restful break.

As we all reflect on our holidays, I hope everyone has spent some well-earned time with friends and family. It is a pleasure to be back at the BFLC and to be working with you all again. It is a privilege to work here and support students to achieve. I want to thank the parents, students and staff at Benalla Flexible Learning Centre who have welcomed me back and made me feel blessed to be a part of this school community.

I want to welcome you all back and hope that you have had a wonderful and restful break over January. As we come into 2021 recharged and reinvigorated we have lots to look forward to in this busy and short term ahead. I want to thank the six staff members who are not returning to work with us this year: **Michelle, Deb, Lynne, Pip, Bri and Hayley** for all that they have done to shape and develop who we are as educators and what our school is to the community that we serve. Each of these staff have had a profound impact on the students that we teach and as they move on we are blessed with the outcomes that they have achieved with our students as we continue their learning. I also want to wish a big **Welcome Back** to **Rebecca** who is returning from Maternity Leave. It is fantastic to have you back as a member of the team.

As we enter a new year it is important to refocus on our own personal goals and objectives for the year. For some this is finishing their Year 12 for others it is about engaging with school on a regular basis, whatever your goals may be the staff at Benalla Flexible Learning Centre are here to help. All students should now have their 2021 Term 1 timetable as we commence the new year with positivity and productivity. A new electives timetable has been developed, please talk to your Learning Mentor if you are interested in participating in any activity.

Student testing is underway please students check-in with your Learning Mentor to book in a time to review your Literacy and Numeracy results.

Don't forget to check out our school website for more details and more information about the programmes on offer for you this year: <http://www.nefln.vic.edu.au/benalla/>

Or check out our NEW Careers website that supports students to find work and build their skills to ensure success at work:

<https://neflccareers.com>

Finally keep in mind our school moto and values as these are the drives that support us in all of the work that we do together.

Every Student, Every Opportunity, Success for All
At NEFLN we value: Respect, Resourcefulness, Resilience and Reliability

We want to also thank Michelle Ramage for all of her work in our school and we will all strive to keep her legacy alive so more students in rural Victoria have an opportunity to have success in education and have a place where they can achieve whatever they set their mind to. Michelle's legacy of providing the students of Benalla with an opportunity to learn, connect and thrive will continue and we want to thank her for her bravery, leadership and determination.

Kind Regards,

Brad Hearn



Site Principal

A campus of:
Wodonga Senior Secondary College
Every Student, Every Opportunity, Success for All





25th March— Today Tomorrow Annual Year 10 Careers Day

1st April—Last day of Term 1

2nd April—Good Friday

2021 Elective Timetable

Time	Monday	Tuesday	Wednesday VET in Schools	Thursday	Friday					
Part-time Staff	Sean	Sean	Sean	Ian	Ian					
9-10	Studio Art Sharee			VET Music Josh and John	Tiny House Ian	VCE Psych Bec	Food Tech Bec	Tiny House Ian		
10-11										
11-12	Food Tech Bec	Knitting Jenny	Woodwork Sean	Yoga 11.45—12.30		Tiny House				
12-12.30	Activities									
12.30-1	LUNCH									
1-2		Swimming/Gym Sean/Jenny	VCE Psychology Bec	Vic Art Sharee	Mosaics Jenny	Drums Josh	Music Classes John	Lawn Mower Comp Ian	Landscaping Jenny	Animation Sharee
2-3				Careers Sharee/Jenny	Music Ap SF/JL				Digi-Tech Ian	

Back at School



Downball



**Lawn Mower
Comp.**



Food Tech



Pathways & Transitions

2020 Graduates

On the 15th December, we celebrated students leaving Benalla Flexible Learning Centre who have worked hard to complete their VCAL or VET certifications:

VCAL - Nikita-Lee Wallace
Kaleb Lissenden
Isobel Elliott
Ruby Peasley
Laura O'Toole

VET - Annabelle Lizio
Isobel Elliott

Finally as part of the year celebrations we paid tribute to students who had outstanding achievements reflecting the core values of the school—Respect, Resilience, Reliability and Resourcefulness and those who contributed to the school community and strived to reflect the core values.

Vic Curriculum Student of the Year — Joel Atkinson
Vic Curriculum Encouragement Award — Kai Easterbrook
Vic Curriculum Encouragement Award — Harley Brown
VCAL Student of the Year — Nikita-Lee Wallace
VCAL Encouragement Award — Gemma Barrett
Remote Learning Award — Dan Young

Well done to all students in 2020 and we hope for great experiences in learning for 2021.

2021 Careers Opportunities

In addition to VET in schools, students will be able to participate in the below list of career events. This will give the students ideas and further insights into career choices:

Tomorrow Today Careers Carnival (year 10 and 11 Students) —25 March
Virtual Careers Week—17-23 May

Well-being & Engagement

In 2020, Benalla Flexible Learning Centre received a grant for \$2000 to build a portable stage to enhance the courtyard area and assist students to practice and perform their music. The students and their peers are able to work together to develop their skills on an outdoor stage with professional guidance. This project has benefited the students and teachers as it facilitated work related skills for the students while creating the stage and social inclusion for performing and music students both at BFLC and in other outdoor areas.



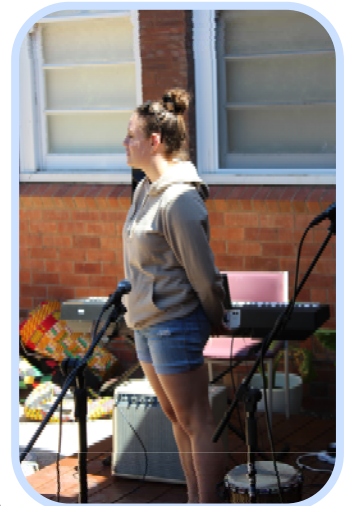
The poster features the 'VYW' logo in colorful letters at the top left. To its right is the 'Benalla flexible LEARNING CENTRE' logo, with 'Benalla' in a green circle and 'flexible' in a script font. Below these is the 'VICTORIA State Government' logo. The main text reads 'VICTORIAN YOUTH WEEK' in bold black letters, followed by 'Come, Let's Celebrate' in large blue letters. A small photo shows two people building a wooden stage. Text below the photo says 'As part of the Youth Week project, BFLC students were supported by community tradesmen to build the portable stage.' At the bottom right, it says 'Job well done everyone!'.



The first performance using the portable stage was at BFLC to celebrate Michele's retirement on the 10th December, 2020.

Students were able to make speeches and perform in a professional manner.

The use of the stage created an open, creative and socially inclusive environment for students, staff and other members



We look forward to the continual use of the stage throughout 2021 starting with music appreciation classes.

Remote Learning 3.0

Victoria closed down for a 5 day lockdown with remote learning from Monday 15 February to Wednesday 17 February. One student took this opportunity to take use what he had learnt at BFLC on a furniture project at home.



Mental Health Services and Support

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

QLife

LGBTI peer support and referral

1800 184 527 (8pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
headspace.org.au/eheadspace
(online chat 24/7)

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidecallbackservice.org.au

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



With delivery partners



Funded by



CONNECT Benalla

A Community Suicide Prevention Resource

phn
MURRAY

An Australian Government Initiative

VICTORIA
State Government





Self Care

When you're putting emotional energy and effort into supporting another person and keeping them from harm, it's important that you look after yourself. Make your own health and wellbeing a priority.

See Beyond Blue:
<https://bit.ly/2SghEiK>



24/7 Support

Triple Zero (emergency)	For use in life threatening or time critical emergencies	000
Beyond Blue	Depression, anxiety and related disorders	1300 224 636
Lifeline	Crisis support, suicide prevention and mental health support	13 11 14
Kids Helpline	Young people aged 5–25	1800 551 800
SuicideLine	People affected by suicide	1300 651 251
 Suicide Call Back Service	24/7 free professional phone and online counselling	1300 659 467
Standby Murray - Support After Suicide	People bereaved or impacted by suicide	0439 173 310
 National Indigenous Critical Response Services	Emotional and practical support to bereaved families and individuals	1800 805 801
MensLine Australia	Men with family and relationship concerns	1300 789 978
Mental Health Crisis Line	Mental health triage (information, assessment and referral)	1300 783 347



Local Support

Carrier Street Clinic
03 5762 4629

Benalla Church Street Surgery
03 5762 1022

Coster Street Medical Practice
03 5762 2538

Benalla Healthcare Centre
03 5762 2803

Community Health Centre, Benalla Health
03 5761 4500



Supporting Someone

It's a myth that talking directly about suicide will put the idea in someone's head. Here are some ideas to help start a conversation:

"I've noticed that you haven't been yourself lately. Is everything ok?"

"I'm worried about you. Can we talk about what's troubling you?"

"You seem (down/sad/angry/unhappy) lately. I'm worried that you might be thinking of hurting yourself or suicide. Can we talk about this?"



Online Support

Head to Health headtohealth.gov.au

Who, What, Where Benalla www.benallaservices.com.au

Beyond Blue beyondblue.org.au

Lifeline lifeline.org.au/Get-Help

Suicide Call Back Service suicidecallbackservice.org.au

SANE Australia sane.org (Helpline: 1800 187 263)







eheadspace (for 12–25yo) eheadspace.org.au

ReMinder suicide safety plan app ontheline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- | | |
|--|--|
|  laptops & tablets |  lessons & activities |
|  uniforms & shoes |  books & supplies |
|  sports fees & gear |  camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus
Coordinator

Phone
1300 610 355

Email
WangarattaBenallaSP@
berrystreet.org.au

Online
saverplus.org.au

Find us on Facebook 



*Many types of income and Centrelink payments are eligible, please contact your local Coordinator for more information'

'Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.'