



flexible
Learning Centre

13th August 2021

Newsletter

50 Barkly Street, Benalla, Vic 3672

Email: benalla@nefln.vic.edu.au

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

Phone: 0418 952 215

Dear Benalla FLC Community,

Term 3!

I want to thank every student for their resilience during this time. Please remember that there are Breakfast Club take-home food packs available at the school for every family and that wellbeing supports are always available on site. We have an exciting term ahead for all students as we work towards achieving our Individual Education Plan learning goals and work towards achieving set outcomes. Our Pathways and Transition team are working hard to secure work experience opportunities for every student who has submitted their interest to their Learning Mentor to participate in work experience.

We want to thank Bryony and Ashlee for supporting our school whilst Sean has been unwell. On behalf of the staff and students we wish Sean all the best with his recovery and are pleased to report that he is out of hospital and doing much better. Sean will be away for the next few weeks as he recovers.

Thank you to all the students who took to remote learning with commitment and determination it has been a pleasure to see everyone engaging in their learning in such a variety of ways.

Please remember to look after one another and keep up-to-date with the local guidelines and recommendations put out by the State Government. After nearly half a year in lockdown I want to congratulate all of the staff and students of the Benalla FLC for their hard work and resourcefulness during this pandemic.

Brad Hearn



Site Principal

A campus of:
Wodonga Senior Secondary College





Important Dates

Important Dates –

- 27 August – Daffodil Day
- 2 September – Be Wise Education Day
- 9 September – RUOK day

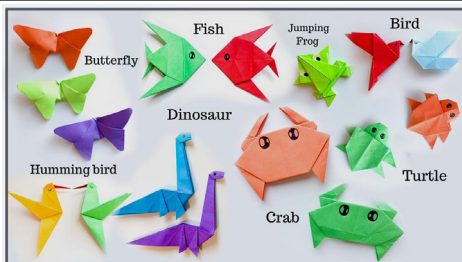
2021 Elective Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Part-time Staff	Sean	Sean	VETDSS Sean	Ian/ John/ Josh	Ian
9 – 10	VCE Studio Art Sharee	VCE Foundation Maths Sean	VETDSS Other Support Sharee	VETDSS Music John + Josh	HOL Jenny + Ian
10 – 11	VCE Studio Art Sharee	Woodwork Vic Curriculum Sean SDT Drama Sharee	VETDSS Creative Industries Sharee Careers Vic Curriculum Jenny	VETDSS Music John + Josh WRS Sharee	HOL Jenny + Ian
11 – 12	VCE Foundation Maths Sean VCE Food Technology Bec		Careers VCAL Bec + Jenny		HOL Jenny + Ian
12 – 12:30	Activities Sharee	Activities Bec	Activities Brad	LUNCH	Activities Bridget
12:30 - 1	LUNCH	LUNCH	LUNCH	Activities Yoga – Ian	LUNCH
1 – 2		Careers VCAL Jenny + Sean VCE Psychology Bec	Art Vic Curriculum Sharee Mosaics Jenny	Lawn Mower Comp Ian	HOL Jenny + Ian Animation Sharee
2 - 3		VCE Psychology Bec Gym Brad/ Jesse / Sharee	Humanities Vic Curriculum Bridget + Sean	Landscaping Jenny Music Appreciation John + Josh	HOL Jenny + Ian

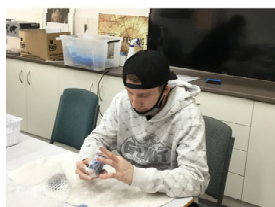
Teaching and Learning



As part of Olivia's VCAL Literacy task, she was required to follow the instructions for two origami pieces without any assistance then discuss and write a review on how challenging the instructions were. Throughout the folding, it became apparent that the instructions were complicated and unclear. When guidance was given the task became more manageable and resulted in some excellent final pieces. Well done, Olivia on your determination.



Jaz, Riley and Carter learning the process of Felting



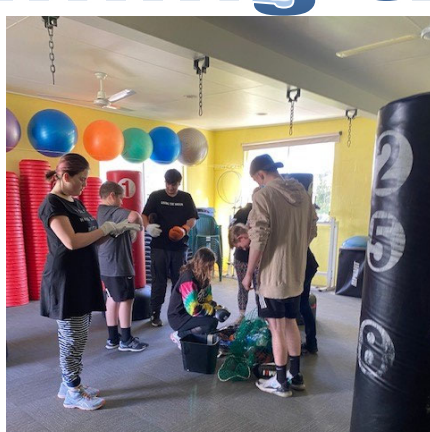
Joel's PDS project



During Term 3, I have been running weekly engagement activities for the Benalla Flexible Learning students. These activities have been running each Tuesday lunchtime and their purpose is to create more fun and engagement within our school. Last weeks games had the theme of 'Card Games'. We played the 'Game of Things'. Many students attended. They enjoyed participating and I am sure they will enjoy the future games I have planned.

- Written By Joel Atkinson □

Swimming and Gym



Hands On Learning

HANDS ON LEARNING



Hands On Learning (HoL) is an innovative in school program that primary and secondary schools use to increase attendance and student achievement by building personal and social skills and supporting the different ways young people learn. HoL adds value to school communities by

supporting and mentoring vulnerable students to stay and achieve at school. HoL runs onsite at on site at school so they do not have to leave school to take part. We want students to have a place where they feel safe, to become a part of a team.



Pathways & Transitions



gotafe



Congratulations to Riley, Loki, Bonny, Charlie, Dan, Toby, Harley, Jared, Callam and Jake for all successfully completing their CI Card training. The course was conducted by GOTAFE during the last week of Term 2. Thanks to Tomorrow Today for their generous grant enabling our students to participate. The smiling faces at the end of a long day were testament to their determination and satisfaction in completing the course.



Next Training



FIRST AID TRAINING

Certification in HLTAID003 Provide first aid
HLTAID003 Provide first aid

is the minimum requirement for workplace first aid compliance.

In this course, you will learn the skills and knowledge required to provide first aid response

and life support, manage casualty(s), the incident, and other First Aiders until emergency qualified help arrives at the scene of the incident.



The Careers team is collaborating with local businesses to ensure our students gain the opportunity to experience a range of work places.
Please speak to your Learning Mentor about your options.

Come and Try Day

SUNDAY 12
SEPTEMBER
2021



Free community event showcasing
Benalla's great sports and recreation activities.



Come and Try Day

Free community event showcasing Benalla's great sports and recreation activities.

Come and try:

- > Baseball
- > Basketball
- > Guides
- > Cricket
- > Archery
- > Soccer
- > Gibbs TaeKwonDo
- > Tennis
- > Room at the Table
- > Squash
- > Little Athletics
- > Dance

Who

Young people aged 5-19 years

When

Sunday 12 September 2021

Time

10am – 1pm

Where

Benalla Indoor Recreation Centre and All Blacks oval (Entry via Ackerly Avenue)

For more information

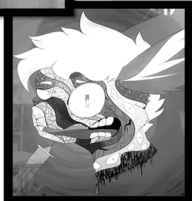
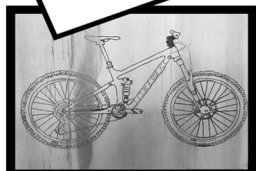
Call Corena at Tomorrow Today on 5762 1211 or email admin@tomorrowtoday.com.au

FREE
SAUSAGE
SIZZLE!

If you decide to join a club or do an activity, Tomorrow Today can provide financial assistance to families with pension and health care cards.



Inspire
Within



Student Exhibition

Open Tuesday 10th August

Tues – Fri: 10am till 2pm

Inspire
Within



Collaborative student art exhibition
including work by student artists from
across North East Victoria.

Paintings, Mosaics, Ceramics, Digital
artworks and a variety of other mediums.

An opportunity for students to show the
inspiration within, as they engage with
education, learning and life!

Many works for Sale!

Student Exhibition

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Information Session GOTAFE (school-based) VET course in 2022?

**What do you know about School Based VET courses?
Is this something you are considering? Find out more.**

**Colleen from GOTAFE will be coming to BFLC
to tell us more.**

on

Thursday 19th August 2021 at 11am.

Speak to your Learning Mentor for more information.

Are you considering a GOTAFE (school-based) VET course in 2022?

Students interested in attending a school-based VET course at GOTAFE for 2022, it is time to begin the enrolment process. See steps below:

STEP ONE: Expression of Interest

To begin the VETDSS journey with GOTAFE there are two options:

Students complete an [expression of interest form](#) online and submit it to GOTAFE. If a student is already clear on what course they're keen to do, this is the ideal step.

A student can explore their options with a GOTAFE [Youth Engagement officer](#), who can talk through the different course options and what best suits their aspirations.

Speak to your Learning Mentor for more information.

**Expressions of interest close on
Friday 3 September.**

MORRISBY CAREERS PROFILING

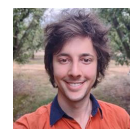


This is a program run by My Career Insights for all Year 9 students in government secondary schools. This program will help your child to learn about what skills and abilities they could bring to a job, and what jobs match their abilities, interests and personality. It will also assist with subject areas needed for those jobs. Students will complete these online questions and quizzes in Term 3, 2021. Parents/Carers of Year 9 students there will be a letter sent in mail, please sign form and return to school.

<https://www.thebigdayin.com.au/live-dif2021>

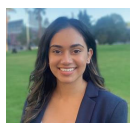


Please share this link with your students & join us on **31 August at 10.00am (AEST)** online for 2021 Virtual BiG Day In DIF presentations



FREE TO ATTEND

**No registration required -
just click on the link above & select 'Watch on the Web'**



Students will be able to ask questions in the Q & A session

by clicking on the the 'Ask a Question' button

Each presentation will be approx 25 minutes



Attendees only need to click on the link above & select 'Watch on the Web'
More details to come!-www.thebigdayin.com.au



Wellbeing focus

This term BFLC will be focusing on Stress Management and Help Seeking Behaviour.

What is the purpose of stress?



Emotions are signals to help us recognize problems. Stress hormones help us fight or flee when we are in danger. But our body's stress response can become a problem when it constantly signals danger about issues that aren't necessarily a threat, or it grows to the point of overwhelming our health, well-being or clear thinking.

Some stress can be beneficial and may lead to actual problem-solving, but a lot of our stress is unnecessary and even harmful. Research is clear that stressed brains do not operate the same way as non-stressed brains – creativity, productivity, motivation and sometimes even your immune system will suffer from chronic stress.

What is stress management?



Stress Management is a set of techniques and programs intended to help people deal more effectively with stress in their life. It is the ability to handle or minimize the physical and emotional effects of specific stressors and taking positive actions to minimize their effects. BFLC students will learn to recognize their personal signs and symptoms of stress and

develop strategies that will help them cope with challenges in the future

Help Seeking Behaviours



Students experience all kinds of challenges as they grow and develop. Help seeking behaviours are fundamental to mental health and wellbeing. Encouraging and fostering help seeking behaviours is one way to improve mental health and wellbeing. It is important to work with students to ensure they are aware of help seeking avenues and have the confidence to seek help from an appropriate source when

needed.

What barriers are preventing young people from seeking help?

Public, perceived and self-stigmatizing attitudes to mental illness creates embarrassment and fear of identifying with a mental illness or seeking help about it. Often due to confidentiality and trust issues students have a preference for self-reliance rather than seeking outside help.

BFLC will help students to recognize the influence of emotions on behaviours and discuss factors that influence how different people interact. They will learn to describe their own and other contributions to health, physical activity, safety and wellbeing. The students will develop strategies to enhance their own and others' health, safety and wellbeing at home, at school and in the community.



WELCOME BACK to Chester



Chester is currently in training .

- When you enter please pay no attention to him until he is calm
- If he jumps or is excited around you, ignore him until he has settled down
- Once he has calmed down you are allowed to pat him as long as you do so calmly. If he gets too excited stop giving him attention again until he calms down again.

If Chester makes you uncomfortable please speak with Sharee and she will keep him away from you.



Teens and Beyond Regional Victoria

FREE ONLINE WORKSHOP
For parents and carers
of children with disability



Accessing the changing supports and services your teenager needs in regional Victoria can be challenging.

Teens and Beyond is a brand new three part workshop series that provides information to parents and carers of children with disability aged 13 years and over.

This series is hosted by facilitators living in rural Victoria and who are parents of young people with disability.

The workshop looks at:

- >> Accessing services in rural Victoria
- >> Future planning
- >> Regional focus on school and post-school options
- >> Getting the right NDIS support for your teen

Workshop details:

- >> Saturday - 10:30 am
05 June | 12 June | 19 June
- >> Each workshop runs for two and a half hours
- >> Bookings essential
- >> It's highly recommended that you attend all three sessions to get the most out of the series
- >> Content is intended only for parents and carers of teens with disability aged 13+

Presented by Inspired Carers in partnership with
Association for Children with a Disability (ACD) www.acd.org.au
all other enquiries email Nicole O'Brien: manager@inspiredcarers.org.au



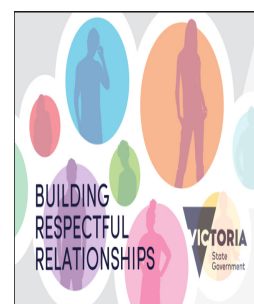
Book now

<https://link.acd.org.au/zwg>

Workshops may be cancelled if numbers are low.

Resilience, Rights & Respectful Relationships

Benalla Flexible Learning Centre is a Respectful Relationship partner school. Respectful Relationships is a state government initiative designed to develop students' social, emotional and positive relationship skills. BFLC promotes learning opportunities to teach young people how to build healthy relationships, resilience and confidence. It supports young students to manage a range of challenges they may face and covers topics including being respectful, resilient, engaged at school and being confident within themselves.



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 (6pm-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



FULL IMPACT PROJECT

BE HEARD

Are you aged 11-19 years old and living, studying, working or playing in Benalla? The Full Impact Project is an exciting initiative that will give young people of Benalla a voice on local issues.

Tomorrow Today is looking for a diverse group of young people to form our Full Impact Advisory Committee. The committee will take part in

multiple workshops aimed at developing skills and knowledge to lead and influence change in the community.

Applications: surveymonkey.com/r/RWRGB7C
Applications close on 24 August 2021

The Full Impact Project celebrates diversity and equality.



Photo by Kevin Vo









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tomorrowtoday.com.au

TOMORROW TODAY
Benalla. Stronger together



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*

BERRY STREET
Believing In
Children,
Young People,
Families &
Their Future.

Contact
your local Saver Plus
Coordinator

Phone
1300 610 355

Email
WangarattaBenallaSP@
berrystreet.org.au

Online
saverplus.org.au

Find us on Facebook 


saverplus

*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.'

CONNECT Benalla

A Community Suicide
Prevention Resource

phn
MURRAY

An Australian Government Initiative





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/