



flexible
Learning Centre

25th November 2021

Newsletter

50 Barkley Street, Benalla, Vic 3672

Email: benalla@nefln.vic.edu.au

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

Phone: 0418 952 215

Dear Benalla FLC,

What a year we have had. Remote Learning plagued the year along with many, many achievements made by our entire learning community. This year has been truly remarkable for everyone involved. Firstly to our students that have completed their VCAL Studies I say a huge congratulations to you and your families. The **Resilience** and **Reliability** required to complete your Year 12 studies is an enormous effort and takes a team. You should be deeply proud!

Joel Atkinson

Tom Bassett

Emily Marsh

Jayden Kaine

Annabelle Lizio

Lachlan Spencer

Secondly to our students that completed their TAFE level VETDSS studies and gained their Certificates we also wish a big Congratulations to you and your families!

Gemma Barrett *Certificate II in Animal Studies*

Ebonny Russell *Certificate II in Animal Studies*

Tarnia Norman *Certificate II in Animal Studies*

Lachlan Spencer *Certificate II in Business*

Thomas Bassett *Certificate II in Music Performance*

Joel Atkinson *Certificate III in Music Performance*

Joel Atkinson *Certificate III in Agricultural (SBA)*

Jess Clark *Certificate II in Community Services*

Emily Marsh- *Certificate III Make Up*

Finally to the 44 students that have completed their time with us at the end of this year and who are going on to bigger and better things in their life ahead. Be reminded that life is a long journey not a fast race and that we are always here, wishing you every success in the world. Remember that help can always be found when you approach the world with **Respect**. We celebrate all those students who are moving on to Employment and to further study. Take the skills that you have learned and the positivity that you have been a part of forward and continue to make this world a better and more connected place. You should be proud of your commitment and achievements that you have made during your time here at school.

Life presents challenges that we all face every day. I want to thank every member of our school community who have made sure that our school is not only a safe place but a positive environment that supports all members to achieve. Each set back presented by the pandemic has made us come back stronger and more committed to our Individual Learning Plans and Goals to ensure we keep striving for success. The year has seen us participate in a variety of learning both in school and in our community. Our 2021 Year Book outlines some incredible memories that we have captured throughout the year. Please take the time to celebrate and cherish these special opportunities we have shared as a school.

We could not have achieved what we have without our incredible partners. On the back page of our Newsletter and in our Year Book are a thank you to those organisations that have supported our school and built our **Resourcefulness** as a school community, to whom we are honoured to work alongside.

As we draw to the end of our term, it is a perfect opportunity to reflect upon what we have all achieved throughout the year and the goals we have met. As we look ahead and forward to the New Year, both in school and on the calendar, we are reminded that another trip around the sun has occurred for us all. The new year brings along with it a new opportunity for change. A time to reflect upon our choices and a time to redirect our lives. Life is the combination of little choices we make along the road, each day, each minute and each year. As we move along that road, take the holiday time to redefine your aspiration and recalibrate the direction you have set for yourself. Remembering only you can change the way you feel, think and act in the face of life. Take the time to reconnect with family and friends and celebrate all that you have accomplished in the year from the small to the grand achievements and remember that your choices have great power.

Finally, I want to wish all of the Students, Parents and Staff of Benalla Flexible Learning Centre a happy and safe Christmas and New Year. Myself and the team is looking forward to seeing you all next year for another school year. Full of fun, learning and connection.

Have a safe holiday and remember to look after one another.

Brad Hearn



flexible
Learning Centre

Site Principal

A campus of:
Wodonga Senior Secondary College





26th November Pupil Free Day Wodonga cup
 1st December Jewish Holocaust Museum online session
 7th December Parent teacher Interviews
 7th December Drumming at Cooina
 9th December First Aid Practical session
 10th December Graduation Celebration
 14th December Pupil Free Day
 13th-17th December Activities Week

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	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	Music Appreciation	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	HOL Jenny + Ian

Teaching and Learning

A fantastic end to 2021!

Literacy

This term, students read and analysed a couple of fantastic novels: *Chinese Cinderella* by Adeline Yen Mah and *Holes* by Louis Sachar. Our visual learning boards display cultural research tasks, biographies, text analysis and 'I wonder' prompts that stimulate imagination and inferencing.



Science

Some student work ready for the Bennalla Market. A culmination of our science topic for Term 4 – 'Sustainability'. After a series of lessons on issues affecting Climate Change and Sustainable Practices, students used recycled coffee jars and sticks to create these beautiful rustic vases



Maths

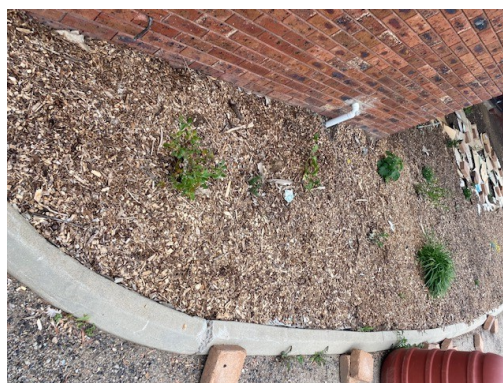
PAT ASSESMENTS

Fantastic results!

Well done to all students who have worked so hard to improve their PAT assessment scores and achieve their learning outcomes. The majority of our students scored higher than expected

Hands on Learning

Working as a team the Hands on Learning students have been working hard removing the weeds. They are using organic products to revamp the back to the Technology room





ADOLESCENT PARENTING INFORMATION SESSION

This **FREE** 2 hour information session provides information for parents and carers of adolescents aged between 12- 18 years

Topics covered

- ♦ Adolescent development and its impacts
- ♦ Challenges facing adolescent s & parents/carers
- ♦ Understanding our child's emotions & how to help them regulate
- ♦ Building resilience
- ♦ Connecting with your teenager
- ♦ Problem solving
- ♦ Family Values

Date
Tuesday 30th November 2021
Time
6pm - 8pm

Light Refreshments Provided

Location
Flexible Learning Centre,
50 Barkly Street, Benalla

***Want to come
along?***

**Contact the Flexible
Learning Centre on
0418 952 215**

Bookings are essential

Pathways & Transitions



Term 4 2021

Persistence, Patience and Resilience are a few values the students and staff had to strengthen while we tried to get Work Experience happening this year.

Finally, it paid off and we are pleased to say a number of students are out experiencing working life. Thank you to the local businesses willing to assist our students.



GOTAFE SCHOOL-BASED TRAINEESHIP PROGRAM 2022

GOTAFE has partnered with MEGT to offer students the opportunity to work with GOTAFE while completing a Certificate III in Business or Hospitality each Wednesday.

Certificate III in Business

3x positions – Shepparton, Fryers Street
1x positions – Wangaratta, Docker Street
12 – 24 months

Certificate III in Hospitality

1x position Shepparton – Fryers Street
1x position Wangaratta – Docker Street
12 – 24 months

Ideal candidates include those who are:

- Undertaking year 10 or year 11 in 2022
- Driven and enthusiastic about the opportunity
- Able to positively contribute in a team environment
- Committed to learning in their field of interest
- Have an interest in pursuing a career in administration or hospitality

Please note that applicants will need to complete a language, literacy and numeracy test. Aboriginal and Torres Strait Islander students are strongly encouraged to apply.

To apply, please email a current resume and cover letter to humanresources@gotafe.vic.edu.au. Applications close on 10 December 2021.

GOTAFE have partnered with MEGT and Sarina Russo to offer a number of SBAT opportunities to work with GOTAFE and are seeking your support to promote within your school community.

GOTAFE have offered SBAT opportunities in the past, please feel free to share the following links to interested students.

Successful employees at GOTAFE: [the story about Jaz](#) and [the story about Liaqat](#).

<https://www.gotafe.vic.edu.au/whats-on/news/pathways-to-success-sbt>

See Booklet for IVET Courses

The Coffee van was invited by Gateway Health to “Jabba the Bus” at Waminda House on 21st October and also Maxine Vaccine at Benalla Library on 5th November. This has been a great opportunity for the students.





Benalla Flexible Learning Centre Benalla Farmer's Market - Stall Saturday 27 November 2021

Make sure you call in to our stall and purchase an item that has been made by our students. The profit from these sales is donated to a local Christmas Charity.
We look forward to seeing you at the market



Wellbeing & Engagement

Five self-care habits



Connect with others



Exercise regularly and sleep well



Be mindful



Eat well



Be kind to yourself

Self-care is when you take time out of your day/evening for YOU. It can be easy to assume that feeling OK means avoiding the uncomfortable feelings and chasing the good feelings! But feeling OK is more about whether your life is meaningful and satisfying, rather than fun and pain free.

Establishing a daily self-care routine is one of the best gifts you can give yourself. By incorporating self-care time into your daily routine, you can be more present in your relationships, school, work, passions, and nature.

Plus, it helps you and the other people around you!

By taking these steps in valuing your own self-care, you can also start to notice indirectly influencing others to take care of themselves as well.

The best part about making a self-care routine, is that it is one thing that you can do EVERY SINGLE DAY OR NIGHT. Getting into the habit of doing **5 things every day** to feel OK is a good way to look after yourself and develop helpful habits to manage feelings.

Working on New Habits

In each box, write down the things you already do regularly to feel OK. Which self-care areas are you already working on? Now look at the area where you could make some changes. Over the school holidays, what are some ways you can work on looking after yourself? Start small. How can you make new habits.

Practice & Reflect

Practice your self-care tasks daily. Every day try one of the habits you have identified that help you feel OK. Once you have finished the activity, tick it off

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Connect	Connect	Connect	Connect	Connect	Connect	Connect
Exercise & Rest	Exercise & Rest	Exercise & Rest	Exercise & Rest	Exercise & Rest	Exercise & Rest	Exercise & Rest
Be mindful	Be mindful	Be mindful	Be mindful	Be mindful	Be mindful	Be mindful
Eat well	Eat well	Eat well	Eat well	Eat well	Eat well	Eat well
Be kind	Be kind	Be kind	Be kind	Be kind	Be kind	Be kind

HOLIDAYS

HAVE YOU THOUGHT ABOUT PART TIME WORK OR VOLUNTEERING??

Are you ready?

Is your resume up to date?

BE PROACTIVE, INTRODUCE YOURSELF AND HAND DELIVER YOUR RESUME TO THE BUSINESSES OR ORGANISATIONS YOU WOULD LIKE TO TRY.



Students came up with a number a great names with “**Bean-alla Flexi**” being the chosen one. Our new look van is ready to engage with small community activities in 2022 by providing great quality barista style refreshments



How to help a friend

At some time, somebody in your life is going to need help. Maybe they will ask or maybe they won't. Keep track of your friends and your family and check in with them whenever you can. You might notice little things that actually mean a lot.

what should I look out for?

Some of the things to look out for are people:

- not doing the things you know they enjoy anymore
- hiding away a lot more than is usual for them
- starting to use alcohol and other drugs more often
- not acting the way they normally do
- seeming disconnected or fighting with mob.

Keep an eye on what people are posting online. If this seems different then there is probably something up.

how can I help?

If someone seems to be experiencing difficulties and you are feeling OK, the best thing you can do is to ask them if they are doing OK and listen while they yarn up to you.

Try not to bombard them with your opinions or advice and don't feel like you have to solve all their problems. It's amazing how healing it can be to simply be listened to.

TAKE
a
STEP

Summer Holiday Fun in Benalla



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.



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?"

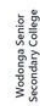
"I'm worried about you. Can we talk about what's troubling you?"

"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/



Every Student. Every Opportunity. Success For All



NESAY
youth, family & community



PEOPLE LIVING WELL



A Foundation for
Rural Community
Development



local learning and employment network



A program supported by Save the Children

Benalla
HEALTH



**A BIG THANK YOU
TO OUR
SUPPORTERS!**



School Focused Youth Service



Education and Training
Victoria Government



BENALLA
ART GALLERY



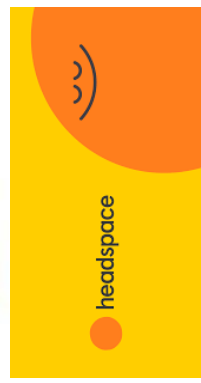
Jabba the Bus
Schedule coming soon...



BENALLA



gotafe
choose success



TRICIA VALE
& ASSOCIATES