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Dear Benalla FLC Community,

As another Term draws to a close we are blessed by the progress made by so many within our learning community. From students completing outcomes for their VCAL, to others participating regularly and for those in Careers based education sessions. At Benalla FLC we are lucky to have such a wonderful group of students and staff. What a term we have had together, as we worked towards our common objectives and goals. Thank you to all of the students for your willingness to engage and be **Resourceful** during these times. Working both at home and at the school. We are so fortunate to work with such enthusiastic and committed students that are dedicated to achieving their learning goals. Thank you to all of the families and guardians who have supported our students during the past term. The reintroduction to Remote Learning has been a challenge and we appreciate your attitude and **Resilience** to learning. At Benalla Flexible Learning Centre we pride ourselves on being **Reliable**, the staff are determined to follow through and be available to students throughout the past term and into the future. We have all embraced the changes that have come our way and continued the **Respect** we have for one another.

Thank you to our community for their ongoing support!

We are looking forward to another fantastic semester of learning at the BFLC. Please ensure that you have a safe and restful holiday period and take the time to recharge the batteries for another exceptional term in two weeks' time. We have overcome many changes this semester as we have gone from Remote to On-Site Learning. Thank you to all of the students, staff and parents who have attended on-site and have followed our new procedures. The health based and hygiene focused recommendations have become a habit for our school community and the cleanliness of our school is based on everybody's contributions to ensuring that the highest expectations are employed when using our learning spaces. This has been impressive to see and I want to congratulate everyone on their efforts for making our school an ongoing safe space for all those that attend. We have truly lived up to our school values this term (**Respect, Resilience, Reliability and Resourcefulness**) and we should be proud of all that have been achieved over the course of the semester.

Finally remember to be safe and kind to one another. Enjoy your well-earned holidays!!

Brad Hearn



Site Principal

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





22nd June -Parent Teacher Interviews

24th June-CI card training on-site

25th June—Last day of Term 2

12th July– First day back of Term 3

20th July to 26th July— Art exhibition

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

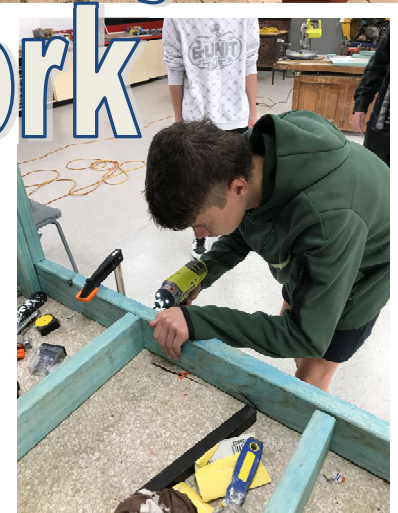
Teaching and Learning



Life skills



Gardening Projects



Woodwork

Golf Sessions

BFLC were successful in obtaining a \$1000 Sporting Schools Grant. Benalla Golf Course was chosen for the students to have 1 hour sessions with all equipment provided



IDAHOBIT DAY



On Monday the 17th of May, three students organised an event for IDAHOBIT Day. IDAHOBIT Day is the International Day Against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT) celebrates LGBTQIA+ people globally, and raises awareness for the work still needed to combat discrimination. The students made flags, catered for the event by creating a rainbow-themed lunch and decorated the school with balloons and flyers. This was a fantastic event showing support for our LGBTQIA+ students and staff.

Pathways & Transitions



Students had an excursion out to Bertoli's in Shepparton. Bertoli's is a dealer of tractor and other farming equipment. They offer work experience for anyone who is wondering how the industry works. Students thought it was very informative and was worthwhile going.



Construction Induction Course

@ BFLC

Thursday June 24, 2021

From 9am to 3pm

This course will be conducted by GOTAFE and is necessary to gain access to any construction site.

Please ensure you have GOTAFE forms filled in, including a USI number.

Ask your Learning Mentor or Lynne for more information.

Course Overview

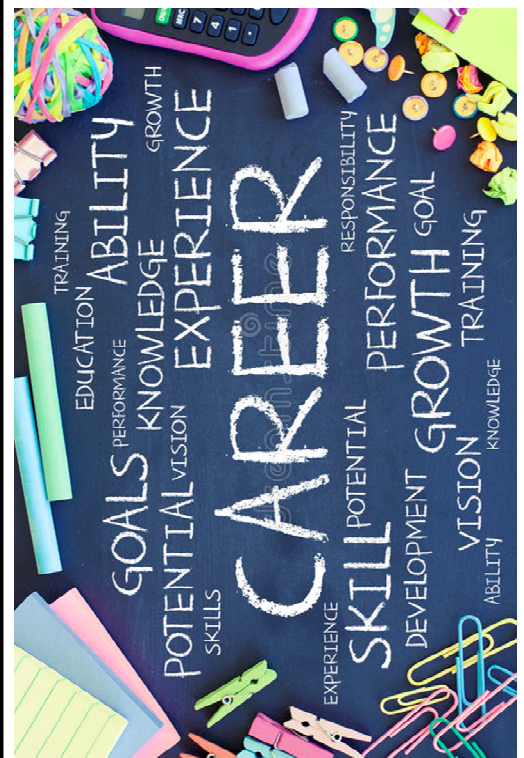
Prepare to Work Safely in the Construction Industry (also known as a CI White Card) is endorsed by and meets the requirements of WorkSafe Victoria for induction training in the building and construction industry.

Successful completion of this course will allow you legal entry into building and construction sites throughout Victoria and across Australia.

As part of the course, you'll gain an overview of basic OHS principles and legislation, and an understanding of hazards, risks and control measures.

Topics include:

- OHS legislative requirements
- Duty of care requirements
- Safe work practices
- Principles of risk management
- Common construction hazards
- Control measures
- Communication processes, information and documentation
- Designated OHS personnel
- Safety signs and symbols





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.

Cross Country



Joel and Clare took part in cross country on the 24th May in Myrtleford.

Well Done Joel coming 13th in your class



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

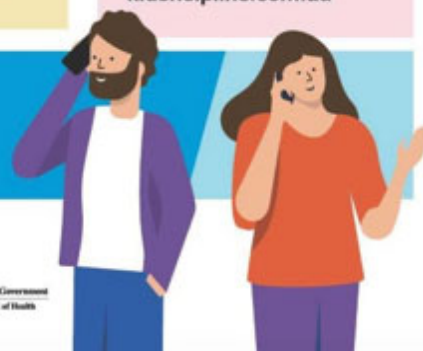
1300 659 467
suicidecallbackservice.org.au

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





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	ontheonline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/



The following is a list of activities that might be fun and pleasurable for you.

1. Going to a quiz or trivia night
2. Spending time in nature
3. Watching the clouds drift by
4. Debating
5. Painting my nails
6. Going ice skating, roller skating/blading
7. Scheduling a day with nothing to do
8. Giving positive feedback about something (e.g. writing a letter or email about good service)
9. Feeding the birds
10. Spending an evening with good friends
11. Making jams or preserves
12. Turning off electronic devices for an hour (e.g. computer, phone, TV)
13. Going to a football game
14. Doing woodworking
15. Repairing things around the house
16. Making a pot of tea
17. Watching TV, videos
18. Sending a loved one a card in the mail
19. Baking something to share with others (e.g. family, neighbours, friends, work colleagues)
20. Telling a joke
21. Having a video call with someone who lives far away
22. Organising my wardrobe
23. Playing musical instruments
24. Going to the ballet or opera
25. Lighting scented candles, oils or incense
26. Spending time alone
27. Exercising
28. Putting up a framed picture or artwork
29. Go to Winton Wetlands
30. Solving Riddles
31. Riding a motorbike
32. Going to the art gallery
33. Playing board games (eg Scrabble, Monopoly)
34. Birdwatching
35. Doing something spontaneously
36. Going on a picnic
37. Walking around the block
38. Massaging hand cream into my hands
39. Giving someone a hug
40. Laughing
41. Writing diary/journal entries
42. Playing tennis or badminton
43. Doing 5 minutes of calm deep breathing
44. Planting a terrarium
45. Playing lawn games (e.g. bowls, croquet, bocce)
46. Training my pet to do a new trick
47. Planning a nice surprise for someone
48. Seeing and/or showing photos
49. Saying "I love you"
50. Singing in the shower
51. Jogging, walking
52. Knitting/crocheting/quilting
53. Researching a topic of interest
54. Making a gift for someone
55. Blowing bubbles
56. Volunteering for a cause I support
57. Smelling a flower
58. Opening the curtains and blinds to let light in
59. Benalla Farmers' Market - 26 June
60. Doing jigsaw puzzles
61. Donating old clothes or items to charity
62. Doing water aerobics
63. Learning a magic trick
64. Talking on the phone
65. Listening to a podcast or radio show
66. Walking around my city and noticing architecture of buildings
67. Doing arts and crafts
68. Trying a new recipe
69. Sketching, painting
70. Mowing the lawn
71. Going horseback riding
72. Doing the dishes
73. Sitting outside and listening to birds sing
74. Writing a positive comment on a website/blog
75. Travelling to national parks
76. Star gazing
77. Playing cards
78. Learning about my family tree
79. Volunteering at an animal shelter
80. Re-watching a favourite movie
81. Gardening
82. Going camping
83. Playing volleyball
84. Going bike riding
85. Entering a competition
86. Doing crossword puzzles
87. Patting or cuddling my pet
88. Cooking a special meal
89. Soaking in the bathtub
90. Origami
91. Doing something nostalgic
92. Playing golf
93. Doing a favour for someone
94. Building a bird house or feeder
95. Looking at pictures of beautiful scenery
96. Having family get-togethers
97. Listening to music
98. Learning a new language
99. Taking a free online class
100. Going to a waterpark
101. Washing my hair
102. Singing around the house

