

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 Community,

Welcome back to On-Site Learning. It is fantastic to have you all back at school learning. This term is a busy term with many important dates coming up.

Please make sure that you check in with your Learning Mentor about the upcoming dates and how these impact you and your timetable.

As always COVID19 is the topic on the forefront of everyone's' mind. Please see below the key aspects of our approach to supporting you all during this time and ensuring that our school remains safe, productive and hygienic for all staff, students, families and our community.

Finally have a wonderful Term 4. I hope you are all well on your way to achieving your Individual Education Plan goals and that you are making the most of the time you have with us.

Three Vs: Ventilation, Vaccination and Vital COVIDSafe Steps



*Exemptions will only be for staff with a signed medical certificate

Brad Hearn



Important Dates

November

1st of November-No School buses running
2nd of November - Melbourne Cup Day (School remains Open but there are no school bus services on this day)

10th of November – Pupil Free Curriculum Day (Student Free Day)

26th of November – Wodonga Cup Day (No school, Pupil Free Day)

December

10th of December – Graduation Day

13th of December – Activities Week

14th of December – Pupil Free Curriculum Day (Student Free Day)

16th of December – Last Day of Formalised Classes with Learning Mentors

17th of December – Administration Day Last Day of Term – School Open

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

Whats going on!



First Aid Training

POSTPONED

A number of our senior students have been very busy studying for their **HLTAID003 : Provide first aid** certificate. There are a number of modules on line to be completed prior to the practical component which has been postponed. We will advise the new date when determined

Coffee Van – now has a name!

Thank you to staff and students for providing such creative suggestions. There were many great names – in the end we have chosen “*The Bean-alla Flexi Van*” New name inspires a new look, soon our coffee van will be proudly displaying our new name - keep an eye out!

It has been great to be able to dust the cobwebs off the coffee van and get it and our students out serving the community our wonderful coffees. Thank you to Gateway Health and Waminda Community House for inviting us to provide our barista style drinks to those receiving their vaccinations last Thursday.

We will be back again on Friday 5th November at the Library ready to support the next group of people receiving the jab.

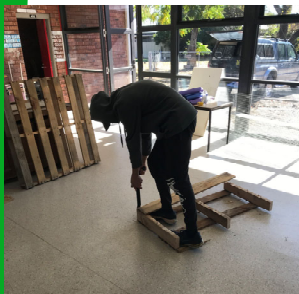
Work Experience

Thank you to the Benalla Businesses for willingly supporting our students to enable them the opportunity to get a feel for what it is like in the workforce. Covid has caused many challenges for us, but finally we have found a window of opportunity.



WOODWORK

The woodwork students have finished building a mud kitchen. It is made entirely from recycled pallets.



Furphy Literary Award

The award's Open Category received more than 500 entries from across Australia.

Furphy Literary Award director Sam Furphy said the quality of the shortlisted and finalist entries was once again outstanding.

“With such a large field of entries from all over the country, the winning and shortlisted works really are a joy to read,” Mr Furphy said.

Fellow award director Adam Furphy said work was now under way to publish the second anthology showcasing the best of the submitted 2021 open category short stories.

He said the anthology would be available in bookstores from December.

Winner of the youth short story category was Benalla Flexible Learning Centre student Kai Easterbrook for their short story *Permanence* about a young person facing the death of a loved one.

Lila Plunkett of Goulburn Valley Grammar School won the junior short story category for her short story *Ash and Embers* about a family's dramatic escape from a bushfire.

The youth poetry section was won by GVGS student Zoe De Paola for her poem *Fading*, while Darcy Mintern of Grahamvale Primary School won the junior poetry category for his entry *A Hopeful Dream*.

Winning entries from all categories can be read at www.furphystory.com.au

WELL DONE KAI!

Talk with your BFLC
Learning Mentor about a
FREE Membership

GET ACTIVE AT THE BENALLA AQUATIC CENTRE!

We're committed to supporting our community to get active and maintain healthy habits. We have a range of group fitness classes, offer swimming lessons to children of all ages and abilities, and provide personal training to help you reach your health and fitness goals.

BECOME A MEMBER!

Visit us in centre or learn more online at
benalla.ymca.org.au

BENALLA
AQUATIC CENTRE



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

gatewayhealth

COVID 19

Practise good hygiene

All staff, students and visitors to schools should undertake regular hand hygiene, particularly on arrival to school, before and after eating, after blowing their nose, coughing, sneezing or using the toilet. Staff should direct or supervise young students where required.

Hand sanitiser should be made available at entry points to classrooms. Age-appropriate education and reminders about hand hygiene should be provided. If soap and water are not readily available, hand sanitiser that contains at least 60 per cent alcohol should be made accessible.

Sharing of food is not permitted.

Use non-contact greetings (not shaking hands, hugging or kissing).

Ensure the highest hygiene practices amongst food handlers where these services are operating, as per the Department's [Safe Food Handling Guidance](#).

Keep surfaces clean

COVIDSafe routine cleaning arrangements will continue for all Victorian government schools in Term 4. This involves daily end-of-school-day cleaning, with a particular focus on cleaning and disinfecting of high-touch surfaces, and the inclusion of some elements that were not cleaned every day prior to the COVID-19 pandemic.

Schools should consider the necessity of using shared equipment at this time. Such items may include shared computers, class sets of teaching and learning materials, and musical instruments. If used, strict hand hygiene should be followed before and after use. Risk can be further minimised with users wiping down items where appropriate, for example using a two in one disinfectant/detergent wipe.

Consider adjusting how staff and students interact within the built environment to reduce contact with certain surfaces. For example, a simple measure such as keeping a door open will reduce the need for multiple people to touch the door handle. Consider use of plexiglass as a physical barrier at school reception and canteen where practical and feasible

Stay home when unwell and get tested

The most important action school communities can take to reduce the risk of transmission of COVID-19, is to ensure that any unwell staff and students remain at home and get tested, even with the mildest of symptoms. [Everyone should consider their health before they start work or attend school and ensure that they are free from coronavirus symptoms and have not had contact in the past 14 days with a person confirmed to have coronavirus or a person suspected to have coronavirus.](#)

For further information for schools and to distribute to families see: [Managing illness in schools and early childhood services during the COVID-19 pandemic.](#)

Tips for a healthy headspace

There are a number of ways you can look after your mental health and wellbeing every day...

Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. vegies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



Sleep well



Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.



Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



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/