



*flexible*  
Learning Centre

16th September 2021

# Newsletter

50 Barkley Street, Benalla, Vic 3672

Email: [benalla@nefln.vic.edu.au](mailto:benalla@nefln.vic.edu.au)

Website: [www.nefln.vic.edu.au/benalla](http://www.nefln.vic.edu.au/benalla)

Phone: 0418 952 215

Dear Benalla FLC Community,

Well more Remote and Flexible Learning has been delivered to our school community this term as we come to terms with the consequences of this world-wide health pandemic. The great news now is that most of our community are eligible and able to access the Vaccines to COVID19. The health and safety of our school community remains now and always my number one priority and this is why I am encouraging all staff, students and their families to be vaccinated with any of the approved vaccines. All people aged 16 and over are eligible for a free vaccination. Those aged 12-15 with a medical condition or who identify as Aboriginal or Torres Strait Islander are also eligible for vaccination.

A special thank you to all of the Staff who have gone to amazing lengths to ensure that our doors stay open for all of our students and that every student has access to learning every day irrespective of lockdowns. Be that on MS Teams, over the phone, Email or in person at school. Our school community has done an amazing job at continuing to reach their personal and academic learning goals and achieved their IEP (Individual Education Plan) objectives.

We had a huge success with our NEFLN Exhibition: 'Inspire Within' opening in the Bridge Street Studios on Bridge Street this term. With many student's selling works to raise money for charity and their own art careers. The outstanding collection of work demonstrated the raw and inspiring talent that is held by all of the students within our learning community. I want to congratulate Sharee and the Team on an amazing show and the incredible work behind the scenes to make this exhibition a success.

I hope and trust that all members of our community have had a fantastic term. I hope that you have worked hard to achieve you goals and aspirations as you and your teachers have supported each other to work hard and work together. Remember that our school values are at the cornerstone of each of our lessons and sessions whilst at school; Respect, Resilience, Reliability and Resourcefulness. Remember to stay safe over the school holidays and look after one another. A reminder that help and supports are always here to support: KidsHelpLine Ph: 1800551800; Lifeline Ph: 131114; Beyond Blue Ph: 1300224636; Or online support via [www.Eheadspace.org.au](http://www.Eheadspace.org.au) or [www.Headtohealth.gov.au](http://www.Headtohealth.gov.au)

Have a great holiday and an incredible Term 4.

*Brad Hearn*



*flexible*  
Learning Centre

Site Principal

A campus of:

Wodonga Senior Secondary College

*Every Student, Every Opportunity, Success for All*





<b>24th September</b>	<b>Grand Final Friday</b>
<b>25th September</b>	<b>Grand Final Day</b>
<b>9-16th October</b>	<b>Mental Health Week</b>
<b>10th October-</b>	<b>World Mental Health Day</b>
<b>29th October</b>	<b>World Teachers Day</b>
<b>31th October-</b>	<b>Halloween</b>

## 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



"I think it's really good that they've brought in a lot of what has inspired them and what has helped them, especially during this challenging time," Mr Hearn said.



"I think all of the kids have been able to really showcase their student voice and give us a bit of an insight into their metacognition and what's going on for them."

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

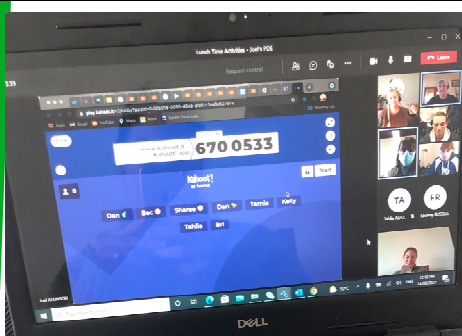
**Paintings, Mosaics, Ceramics, Digital artworks and a variety of other mediums.  
An opportunity for students to show the inspiration within, as they engage with education, learning and life!**

## ‘NIGHT’

This term, Year Nine and Ten English students studied the events of World War II within the context of the novel, *Night. Night*, a memoir by the famed 1986, Nobel Prize winner, Ellie Wiesel, depicts the horrible atrocities that occurred under the rule of Adolf Hitler in Nazi Germany. The novel brings to the forefront a picture of life as a Jewish prisoner in the dreaded death camps, such as, Auschwitz and Buchenwald. Students also researched interesting facts about key personalities during these times, as well as, the persecution of minority groups that are not often highlighted in the narrative of World War II.



Last Tuesday, Joel Atkinson ran another day of his PDS Engagement Games. Joel previously had planned to do a few trivia themed quizzes held at the BFLC but as it turned out, he had to adapt to the changes with lockdown. Over Microsoft Teams, Joel ran his own virtual kahoots which many of the students & staff enjoyed. "This is what engagement is about" Joel Atkinson commented. "Creating fun and a bit of laughter even through a state wide pandemic!"





# Hands on Learning



## Chicken experiment

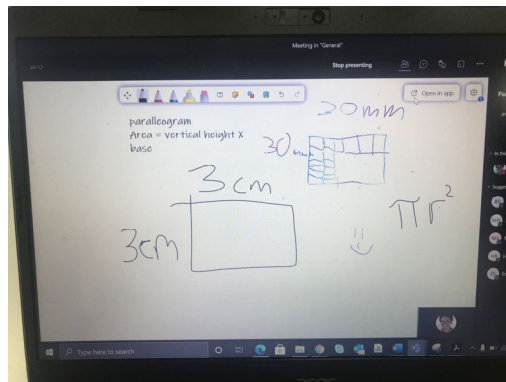
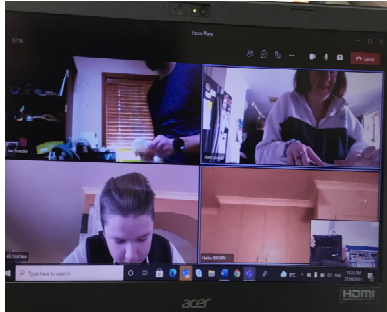


### The Chickens are Laying!

At the start of the year students took part in an experiment to see if they could hatch some chickens from eggs in an incubator. We had a success of 8; 4 were Roosters so went to new homes.

The 4 remaining have just started laying and providing our healthy lunch program with some fresh eggs.

## Remote Learning 6.0



**BFLC have managed to provide laptops to sustain outstanding attendance through Remote Learning**



# Pathways & Transitions



In Term 3, Joel Atkinson attained his Senior VCAL Certificate. This was achieved by sheer hard work and determination. During his time at Benalla FLC, he has completed a Cert II and Cert III in Music, Cert III in Agriculture, VCAL Literacy and VCAL Personal Development Skills. In Term 3, Joel ran a series of lunchtime engagement games, which was a massive success for both the students and staff. Well done, Joel, for this accomplishment! From all the staff at Benalla Flexible Learning Centre.

Careers will be focussing on Interview skills to support students who are looking to gain employment on leaving school. It is also a good grounding as our students prepare for work experience.



**First Aid Training - postponed to Term 4**

**Road Smart & Looking After Your Mates - postponed to Term 4**

## Community project with Waminda Community Centre Monday Morning Coffee Club

The plan was to run the coffee van on Mondays from 10:00am to 11:30am at Waminda, lock downs have made this challenging. So far we have run the Coffee Van once between lock downs. Stay tuned – hopefully Term 4 will be more accommodating.



Thank you to all the wonderful local businesses who have agreed to support BFLC students with Work Experience. If there are any businesses reading this newsletter and would like the opportunity to share skills and knowledge with our eager students please contact Jenny or Lynne on 0448 259 540.



# Do you know what RUOK Day is all about?

RUOK day is a national day that empowers everyone to meaningfully connect with the people around them and support anyone struggling with life's ups and downs.

Many factors contribute to someone feeling low. It is not always easy to know when someone is not OK. A range of circumstances can lead to someone feeling low including being around people going through tough times, arguing with someone, problems with school work, not sleeping well, experiencing grief or loss and a medical or chronic condition.

Be aware of certain behaviours and signs that can indicate a person might be struggling. The first thing to look out for is a change in behaviour. When people feel low, they often:

- Withdraw from their friend or family;

- Lash out at people and get angry or upset really easily, including towards the people they care about;

- Cry or become emotional;

- Lose interest in activities and things they usually love;

- Have changed sleeping patterns. They might be sleeping all the time, not sleeping much at all or sleeping at strange hours (such as the middle of the day);

- Have a changed appetite. They could be eating more or less than usual.

Young people cannot be expected to fix someone's problems or know the best way to help and support. However; they can listen to their friends, tell them they care and tell a teacher, school wellbeing or a trusted adult.

RUOK has 4 Conversation steps to help navigate a conversation when someone says "No I'm not OK"



1. Ask



2. Listen



3. Encourage action



4. Check in

If you are looking for videos about how to have these conversations:

[How to be a good mate - YouTube](#)

[How to ask a schoolmate R U OK? \(full version\) - YouTube](#)

Useful contacts when a young person is not OK

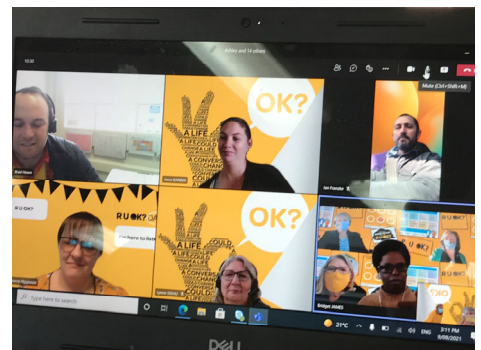
- School counsellor/wellbeing

- GP or psychologist

- Kids Helpline on 1800 55 1800

- Lifeline on 13 11 14

- Dial 000 if someone's life is in imminent danger



really  
Are they OK?  
Ask them  
today

RUOK? DAY  
9 September 2021

Learn what to say at [ruok.org.au](http://ruok.org.au)



# School holiday activities



## Staying Active during School Holidays

With the change in weather for spring and the upcoming school holidays it is a great time to start moving and being outside. Regular physical activity is great for people's healthy development as it triggers a positive feeling in the mind and body.

Physical activity can regulate and improve your mood, promote sleep, improve memory and concentration and provide the opportunity to socialize.

It is important to make time in your day to move your body. Physical activity is any bodily movement that uses energy including sport, exercise, household chores and recreational activities. Think about what you love to do and how it affects you.

What level of activity do you do?

**Light physical activity** which includes everyday activities like walking, standing to do artwork or playing a musical instrument

**Moderate activity** is an activity that makes you huff and puff. Including brisk walking, dancing, bike riding and jogging, even some active household chores including vacuuming, mowing the lawn and washing the car;

**Vigorous activities** increase your heart rate. These can include playing sport such as football, tennis, cycling, running and dancing.

Always make sure you plan ahead for physical activity – wear comfortable clothing and stay hydrated



During these school holidays go outside for a **scavenger hunt**.

Choose your level of activity and find all 10 items. For a prize take a photo of all items on this list and provide them to Kelly at the beginning of Term 4.

Outside artwork

Running water

Native animal or bird

Stop sign

Someone doing a Handstand

Something reflective

A white house

A sunset/sunrise

Something with numbers on it

An item that makes you smile



# COVID 19 Vaccine

Dear students

As part of the COVID-19 vaccination roll-out, all students aged 16 years and above are now [eligible to receive the Pfizer COVID-19 vaccine](#).

The Victorian Government aims to fully vaccinate all final year students by the time they sit their end-of-year exams and provide at least one dose for children aged 12 and older by the end of the school year. Final year students are therefore urged to immediately make an appointment to receive a vaccine by following the instructions under the heading 'How to book an appointment' below.

All eligible students are encouraged to make an appointment to receive the vaccine as soon as possible. We are particularly encouraging final year students to make an early appointment as this will support the safe conduct of the VCE examinations late this year. You will be supported in every way possible to be vaccinated before the examinations begin.

All GAT students are encouraged to book in for your first dose before the GAT on 5 October. With limited vaccine supply, there are limited appointments available, you're encouraged to check for appointments in state-run vaccination sites, and at General Practices. However, it is recommended you don't get your first vaccine on the day of an exam, or the day before an exam - to avoid feeling common but mild side effects such as tiredness, headache, muscle pain, fever and chills and/or joint pain during your exam.

Please discuss your vaccination with your parent/guardian or carer and with your teachers to plan your absence and minimise disruption to your learning if your absence is during school hours.

## Consent

Students can book their own appointment and consent to vaccination themselves if the health professional assesses them to be a mature minor.

## How to book an appointment

To book an appointment, visit the [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) website or contact the Coronavirus hotline by phoning 1800 675 398.

To find a vaccination centre and opening times, visit the [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) website.

From 30 August, people aged 16-39 can get their COVID-19 vaccine at a doctor's clinic, pharmacy or community health service through the [Australian Government Eligibility Checker](#). You can book your appointment online or by calling the vaccine provider nearest to you.

## What to bring

Bring these things, if you have them:

- a face mask
  - any emails about your vaccination appointment (on your phone or printed)
  - photo identification, if you have one, such as a passport or driver's licence
- a Medicare card or [Individual Healthcare Identifier](#) number

Please refer to Department Health information on [what to bring to your vaccine appointment](#) for more information.

## More information

For more information about eligibility, visit [coronavirus.vic.gov.au](https://coronavirus.vic.gov.au) or use the Australian Government's [COVID-19 vaccine eligibility checker](#).

For further assistance, contact:

the Department of Health Coronavirus hotline: 1800 675 398

the National coronavirus and COVID-19 vaccine helpline: 1800 020 080.

Please feel free to reach out to me if you have questions.





## 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](http://www.acd.org.au)  
all other enquiries email Nicole O'Brien: [manager@inspiredcarers.org.au](mailto:manager@inspiredcarers.org.au)

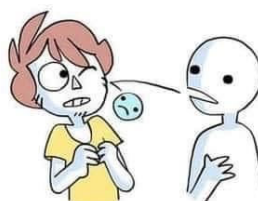


**Book now**

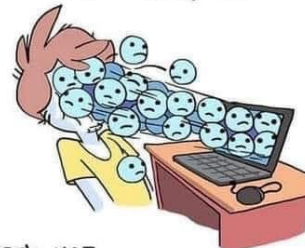
<https://link.acd.org.au/zwg>

Workshops may be cancelled if numbers are low.

BEFORE THE INTERNET,  
YOU COULD RECEIVE  
MAYBE 1 OR 2 PIECES  
OF BAD NEWS PER DAY.



BUT NOW YOU GET TO  
HEAR **EVERYONE'S** BAD  
NEWS FROM ALL OVER  
THE WORLD, 24/7



AND THAT'S NOT  
MENTALLY HEALTHY.

IT'S IMPORTANT  
TO TAKE  
SOME TIME  
TO SHUT OFF  
THE PHONE,



CLOSE THE  
LAPTOP,

AND JUST FIND  
SOMEWHERE NICE TO  
SIT AND RELAX.



## Mental Health Services and Support

### Lifeline

24/7 crisis support and  
suicide prevention services

13 11 14  
[lifeline.org.au](http://lifeline.org.au)

### Beyond Blue

24/7 mental health  
support service

1300 22 4636  
[beyondblue.org.au](http://beyondblue.org.au)

### QLife

LGBTI peer support  
and referral

1800 184 527 (6pm-10pm daily)  
[qlife.org.au](http://qlife.org.au) (online chat 3pm-12am daily)

### Mensline

24/7 counselling  
service for men

1300 78 99 78  
[mensline.org.au](http://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](http://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](http://1800respect.org.au)

### Suicide Call Back

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

1300 659 467  
[suicidecallbackservice.org.au](http://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](http://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




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



## 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	<a href="http://headtohealth.gov.au">headtohealth.gov.au</a>
Who, What, Where Benalla	<a href="http://www.benallaservices.com.au">www.benallaservices.com.au</a>
Beyond Blue	<a href="http://beyondblue.org.au">beyondblue.org.au</a>
Lifeline	<a href="http://lifeline.org.au/Get-Help">lifeline.org.au/Get-Help</a>
Suicide Call Back Service	<a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>
SANE Australia	<a href="http://sane.org">sane.org</a> (Helpline: 1800 187 263)
eheadspace (for 12–25yo)	<a href="http://eheadspace.org.au">eheadspace.org.au</a>
ReMinder suicide safety plan app	<a href="http://ontheline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/">ontheline.org.au/what-we-do/suicide-prevention/making-a-safetyplan/</a>