



*flexible*  
Learning Centre

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Our School Values are: Respect, Resilience,  
Reliability & Resourcefulness



## TERM 1 2022 NEWSLETTER

### Welcome back to school for 2022!!

As we all reflect on our Term, I hope everyone has spent some well-earned time with friends, family and the school community. It is a pleasure to be back at the BFLC and to be working with you all again. Things have definitely changed again as we enter into the new year. RAT tests have been provided to all staff and students for Tuesday and Thursday - recommended testing days for the term. Although COVID-19 is in our communities we remain vigilant in our classrooms to ensure that they are safe places for all students. At the beginning of the year we have put in place two air purifying units in our big learning areas and ensured the vaccination status of all adults entering the premises. Our classrooms continue to be sanitised by professionals and our teachers are maintaining social distancing, hand sanitisation and cleaning down learning areas.

We have welcomed two new staff members to the team this year. Bryony LePoidevin has joined us as our Literacy Leader and Coach along with Terry de Souza, our local mosaic artist in residence and VET Community Services teacher. Please make sure that you continue to make them feel welcome as we continue through the new year and as we all learn together. Check out the new staff photos of our incredible educational team on page 'Meet the Staff' - <http://www.nefln.vic.edu.au/benalla/meet-the-staff/>

We are lucky to have the committed staff that we have and we are lucky to be working in an incredible school. As you will have noticed there have been significant works to the grounds and the maintenance of our school. Including the installation of our new lighting system throughout all classrooms. This move in lighting has reduced our carbon impact to make our school environmentally friendly and it has made our classrooms more effective learning spaces.

As we enter a new year it is important to refocus on our own personal goals and objectives for the year. For some, this is finishing their Year 12, for others it is about engaging with school on a regular basis. Whatever your goals may be the staff at Benalla Flexible Learning Centre are here to help. All students should now have their 2022 Term 1 timetable as we commence with positivity and productivity. A new electives timetable has been developed, please talk to your Learning Mentor if you are interested in participating in any activity. You can find a copy of this on page 2.

Student testing is underway; Please students, check-in with your Learning Mentor to book in a time to review your Literacy and Numeracy results.

Don't forget to check out our school website for more details and more information about the programmes on offer for you this year: <http://www.nefln.vic.edu.au/benalla/>

Alternatively, check out our NEW Careers website that supports students to find work and build their skills to ensure success at work: <https://neflcareers.com>

Finally, keep in mind our school motto and values as these support us in all of the work that we do together.

Every Student, Every Opportunity, Success for All  
At NEFLN we value: Respect, Resourcefulness, Resilience and Reliability

Kind Regards,

*Brad Hearn*

Campus Principal

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



# Important Dates

## March

**3rd** - Rhonda MAS - WRS Speaker  
**4th** - Labour Day - No School  
**8th** - International Women's Day  
**8th** - Rhonda MAS - Work Related Skills Speaker  
**18th** - National Day Against Bullying  
**18th** - Guest Speaker - Sally Matheson - Today  
 Tomorrow  
**19th** - F1 Aerodynamics to 2021 and the future -  
 Winton Wetlands  
**26th** - Fundraising Event - Benalla Lakeside (PDS)  
**30th** - Dog Wash - Animal Studies



## April

**6th** - 15 - Mile Creek Excursion  
**8th** - End of Term

## 2022 Elective Timetable

Time	Monday	Tuesday	Wednesday VETDSS	Thursday	Friday
Part Time Teachers	Sean + Bryony	Sean, Jenny & Bryony	Sean, Jenny & Bryony	Ian, Jenny & Bryony	Ian & Jenny
9-10			Woodwork (Sean)	Yoga (Bridget)	
10-11	Coffee Van (Lynne)			Social Enterprise (Tiny House) (Ian)	
11-12		Art Practical (Bryony)		Technology (Building & Construction) (Ian)	
12-12.30	Activities Sean	Activities Jenny	Activities - Rebecca	Activities - Sharee	Activities - Bridget
12.30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1-2		Jewellery Making (Sharee)	Mosaics (Individual Projects) (CS)	Automotice (Ian)	
2-3	Music Appreciation	YMCA (Brad & Sharee)	Mosaics (Group Projects) (CS)	YMCA (Brad & Bridget)	



# 15 Mile Creek Camp



"On Wednesday 23rd and Thursday 24th we went to 15 Mile Creek. After arriving Wednesday morning, we spoke about some rules and then went to our rooms to put away our stuff (bags and bedding). After settling into our rooms we went bike riding around the main bike tracks then stopped for lunch. After lunch we went to the rock wall. At the rock wall we rock climbed and abseiled. We stopped for afternoon tea and then we rode our bikes to the dam and had a swim. After having a swim we had a shower and got changed out of our wet clothes and hung around the house we stayed at until tea which was homemade Fish and Chips. After tea we did some Orienteering.

On Thursday we had breakfast, did some archery then canoeing/ swimming. After canoeing we changed out of our wet clothes, had lunch and then went on the flying fox. After the flying fox we went home."

Harley



# Pathways & Transition

## Connect 9



Karen and Alex from Tomorrow Today visited our school and gave our Year 9 students an insight on their very popular Connect 9 program.

This program helps Year 9 students to discover new things, with the support of a local mentor.

Connect 9 will run for 10 weeks in Terms 2 & 3.

Please make sure you fill in the application form.

*Speak to Lynne or Jenny if you would like more information.*

## Full Impact Project

Alex returned to talk to our Work Related Skills students about the opportunity to be involved with the Full Impact Project. A chance for 11-19 year olds to have their say in what happens in Benalla – a chance to make a difference in the lives of young people in Benalla.

## Introduction to Espresso Coffee Course Thursday, 28 April 2022

The making of a good coffee is a complex art and can contribute to the success or otherwise of a business. Participants enrolled in this workshop will gain experience in the use of espresso machines, the full espresso coffee menu and cleaning of espresso machines.

Participants will experience:

- Components of an Espresso Machine
- Espresso Coffee Menu
- Extraction
- Milk Texturing
- Pouring
- Cleaning of Machine

*Please put your name on the sign up sheet or speak to your Learning Mentor!*

## Food Handling Thursday, 5 May 2022

This skill set equips individuals for work in food handling to ensure food safety.

It is for entry level food handling personnel working in tourism, hospitality and catering organisations with permanent or temporary kitchens premises, and smaller food preparation or bar areas. It also supports the Food Act 1984. This skill set is nationally recognised and covers the food hygiene requirements for those working with in food in the Hospitality industry. The course covers safe food handling, personal hygiene, food hazards, cross contamination, storage and cleaning.

*Please put your name on the sign up sheet or speak to your Learning Mentor!*

# Great Start To Work

**FREE**  
FOR  
BENALLA'S 15-18  
YEAR OLDS.



*Want paid part-time work?  
We'll show you how!*



## Great Start To Work

**Great Start to Work** gives you the confidence and know-how to find paid part-time work. The program includes 18 hours of work-readiness training and connects you to local employers who need young people.

You will:

- > Develop your CV
- > Learn how to write a job application
- > Apply for a Tax File Number
- > Learn about your rights and responsibilities as an employee
- > Find out about employers' expectations of young people
- > Gain confidence in job interviews and team work
- > Receive follow-up support if you want it
- > Regular visits to workplaces

*70% of young people who complete Great Start to Work find paid part-time work within three months.*

### Dates for 2022

Runs for 6 weeks, in Term 2 or 3.

Term 2 – Wednesday nights

Term 3 – Tuesday nights

**Apply now – places are limited.**

Registrations close Friday 4 March.

Call Tomorrow Today on **5762 1211** or email: [admin@tomorrowtoday.com.au](mailto:admin@tomorrowtoday.com.au)



# connect9

**FREE**  
FOR BENALLA'S  
YEAR 9  
STUDENTS



*Learn more about yourself  
through new experiences!*



## connect9

**Connect9** helps you discover new things, with the support of a local mentor. You can try out new experiences and meet new people, which helps you explore future options for work, study, volunteering and just living a great life.

Some of the activities we can do in Connect9 include:

- > Training at the gym, swimming and boxing
- > Archery
- > Geocaching
- > Cooking
- > Workplace visits
- > Yoga
- > Blacksmithing
- > Glider flight

**FREE**  
FOR BENALLA'S  
YEAR 9  
STUDENTS

*'Connect9 was fun! It helped me to feel better about myself. It gave me more confidence.'*

### Dates for 2022

Connect9 runs for 10 weeks, in Term 2 or 3

Term 2 - every Tuesday night

Term 3 – every Wednesday night

**Apply now – places are limited.**

Registrations close Friday 4 March.

Call Tomorrow Today on **5762 1211** or email: [admin@tomorrowtoday.com.au](mailto:admin@tomorrowtoday.com.au)







*Presents*



## *Bean – alla Flexi*

*Benalla Flexible Learning Centre's refurbished coffee van!*

*BLC students together with Waminda Community House are providing barista style drinks on Monday mornings.*

*10:00am to 11:00am*

*The aim is to enable students to gain valuable experience whilst connecting with the community. It is also a wonderful opportunity for people to connect and chat.*

*The students would really appreciate your support. So please make the time to come along and say hi!*

## Monday Coffee at Waminda

*Benalla Flexible Learning Centre's Coffee Van will be coming to Waminda every Monday of Term 1, serving BARRISTA style Coffees!*



Flat White.....	\$4.00
Cappuccino.....	\$4.00
Latte .....	\$4.00
Chai Latte.....	\$4.00
Tea.....	\$4.00
Hot Chocolate.....	\$4.00

**10:00am — 11:30am**

# Teaching and Learning



## VCAL Literacy Oracy

“For the students first session of VCAL Literacy Oracy, they had to work in pairs to construct the tallest tower using marshmallows, spaghetti, string and tape. The lucky winners were Tahlia and Lilly-Ann. They were developing there communication and teamwork skills.”



## Humanities

As part of ‘identifying differences’ in languages, religions and spiritual traditions between Australia and other countries students have been studying the ancient civilisation of Egypt and its modern landscape. In the picture on the left, students are learning how to mummify fruit.



## Numeracy

This term, there is a strong focus on fluency as we concentrate on improving each aspect of proficiency in Mathematics: understanding, fluency, problem solving and reasoning. Students are participating in games involving mental strategies that can be used in everyday life.



## Practical Art

This year we welcomed Bryony LePoidevin to our team. Bryony holds classes every Tuesday in Practical Art, where students explore tactile experiences in everyday art. This term, they will work on a variety of projects from felting to dyeing. We look forward to the skills our students will again in this new elective. Pictured is their first project in design by Piet Mondrian.



# Hands on Learning

We are a partner school

# HANDS ON LEARNING

Engaging kids in education



*"In Hands on Learning you get to do a lot of things like mowing the yard to learning to cook. My favourite thing so far would be picking vegetables from the veggie patch"*

*Matilda*



*"The thing I enjoyed most in Hands on Learning was cooking Tacos."*

*Robert*

*"I like doing Hands on Learning because it gets me outside and engages my brain to fix real problems"*

*Seth*

*A good way to end the week and a fun way to learn about tools plus life skills*

*Harley*





# Wellbeing & Engagement



## Be Wise

On the 16th of February, during Health class students heard the story of Pat Cronin, a young man who lost his life after one punch to the head. They learnt the importance of making wise decisions, making sure you seek medical support after an altercation and how one night can devastate a family and community.



This programme aims to prevent youth violence and stop coward punches.



## Swimming

Students have been participating in Swimming session at the YMCA on Thursday's from 2pm to 3pm with Tamara. These sessions have included activities focused on water safety, developing swimming strokes and the basics of rescue.



## Group Fitness

Gym sessions have been running with Phil at the YMCA on Tuesday's from 2pm to 3pm. These sessions have included games and activities designed to develop co-ordination, team work, co-operation, strength and agility.



## Yoga

Yoga sessions have been running at the Mind Body Space Yoga Studio with Kelly from 9:30 to 10:30 on Thursdays. Students have been walking down to the studio and participating in sessions with focus on stretching, flexibility, core strength and general muscle strength.

# Wellness with Cara

## Theme: Sleep

**S**leeping well is a huge part of feeling well but getting enough zzz's isn't always easy.

Most people need between 7 and 9 hours of sleep a night to function at their best. However, sleep becomes a problem when poor sleep impacts your mood, health, concentration, learning and socialising.

Your routines and behaviours during the day, and especially before bedtime, can affect the quality of your sleep.

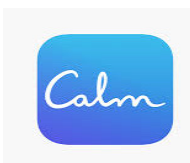
Replacing activities and habits that can disrupt your sleep with healthy sleep practices can mean the difference between a restful night and a restless one.

Healthy habits that encourage better sleep, to help you stay refreshed and aware during the day, are called sleep hygiene.

What are the benefits of good sleep hygiene? Here's what you feel like: You're alert all day, more focused, more productive and more present. Are you still counting sheep and not getting enough sleep? Try these sleep hygiene tips

Sleep hygiene tips:

- Set a consistent sleep schedule: going to bed and getting up at the same time each day
- Create a relaxing bedtime/pre bedtime routine: reading a book, listening to sleep apps, soothing music or meditation
- Keep your room cool and comfortable
- Dim the lights after dark, but get enough natural light throughout the day
- Unplug an hour before bed: this includes TV, phone, gaming consoles etc
- Steer clear of stimulants late in the day: coffee, energy drinks, soft drinks, chocolate, lollies
- Get regular exercise, try to do this early or mid way through the day
- Only use your bed for sleep: if you find yourself still thinking after 20 minutes of lying in bed, get up, get a glass of water and try again
- Limit or avoid napping
- Still having trouble sleeping? You can try some of these apps: Headspace, calm, sleep cycle and relax melodies





# What's Coming Up This Term .....

## Harmony Week 21st - 27th March

Harmony Week is a celebration of Australian multiculturalism. It is intended to celebrate the cohesive and inclusive nature of Australia and promote a tolerant and culturally diverse society. This week will include activities to promote the multicultural identities of the students and staff of BFLC.

### What would you like to do to celebrate Harmony Week?

*Discuss ideas with your Learning Mentor*

**Remember to wear orange**



## Youth Week 4th-8th April

This year's National Youth Week theme is:

### It's up to YOU'th

This is an opportunity for young people to share ideas, attend events, have their voices heard on issues of concern to them and celebrate their contribution to the community and have fun!



## 15 Mile Excursion 6th April

We have an upcoming excursion to 15 Mile Creek on 6th April.

15 Mile Creek (15MC) is located on the country of several Aboriginal language groups 220kms northeast of Melbourne and is nestled in a scenic rural valley in the foothills of the Great Dividing Range. The 15MC property consists of 110 hectares of unspoilt bush adjoining state forest. Students will enjoy several different adventure activities including lunch.

A fun day will be had by all.

**Speak to your Learning Mentor about attending.**



## Guest Speaker!!

Sally Matheson

From the Tomorrow Today Foundation

Date: 18<sup>th</sup> of March 2022

Time: 12pm until 12:30pm

Location: Benalla Flexible Learning Centre



Sally is coming to speak to us on behalf of the Tomorrow Today Foundation. Sally will talk about what the Foundation does. This will help inspire us to raise money at the Benalla Market. The money will be donating to the Tomorrow Today Foundation.

Olivia and Jazyah would love if you can come along to support our PDS project.

If you can think of any questions to ask Sally, please ask them!



# FUNDRAISING EVENT

Come along to help support our fundraiser for The Tomorrow Today Foundation. We will be selling a variety of products, including bath bombs, bath salts/scrubs, cookies, plants and many other items.



# NAPLAN – information for parents and carers



2022

## Why do students do NAPLAN?

NAPLAN is a national literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit in May each year. It is the only national assessment all Australian students do.

As students progress through their school years, it's important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national standards and over time.

NAPLAN is just one aspect of a school's assessment and reporting process. It doesn't replace ongoing assessments made by teachers about student performance, but it can provide teachers with additional information about students' progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

## Your child will do the NAPLAN tests online

Schools are transitioning from paper-based to computer-based assessments. Most schools will complete NAPLAN tests online in 2022. All Year 3 students will continue to complete the writing assessment on paper.

Online NAPLAN tests provide more precise results and are more engaging for students. One of the main benefits is tailored (or adaptive) testing, where the test presents questions which may be more or less difficult depending on a student's responses.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

## What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. Questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities have contributed to the development of NAPLAN test materials.

To find out more about NAPLAN, visit [nap.edu.au](http://nap.edu.au)

## Participation in NAPLAN

NAPLAN is for everyone. ACARA supports inclusive testing so all students can participate in the national assessment program.

Adjustments are available for students with disability who have diverse functional abilities and needs.

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN. Adjustments should reflect the support normally provided for classroom assessments.

To help inform these decisions, you may consult the [NAPLAN public demonstration site](#), the [Guide for schools to assist students with disability to access NAPLAN](#), or our [series of videos](#) where parents/carers, teachers and students share their experience of using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.



## What if my child is absent from school on NAPLAN days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

## What can I do to support my child?

Students are not expected to study for NAPLAN.

You can support your child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

Some familiarisation and explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

See the types of questions and tools available in the online NAPLAN assessments at [nap.edu.au/online-assessment/public-demonstration-site](https://nap.edu.au/online-assessment/public-demonstration-site)

## NAPLAN timetable

The NAPLAN online test window is nine days. This is to accommodate schools that may have fewer devices.

The NAPLAN online test window starts on Tuesday 10 May and finishes on Friday 20 May 2022. Tests must be scheduled as soon as possible within the testing window, prioritising the first week.

Online NAPLAN test scheduling requirements are detailed in the table below.

## How is my child's performance reported?

Individual student performance is shown on a national achievement scale for each assessment. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

## How are NAPLAN results used?

- Students and parents/carers may use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see information about the performance of schools over time at [myschool.edu.au](https://myschool.edu.au)

## Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](https://nap.edu.au/TAA)
- visit [nap.edu.au](https://nap.edu.au)

To learn how ACARA handles personal information for NAPLAN, visit [nap.edu.au/naplan/privacy](https://nap.edu.au/naplan/privacy)

Test	Scheduling requirements	Duration	Test description
Writing	<ul style="list-style-type: none"><li>• Year 3 students do the writing test on paper (on day 1 only)</li><li>• Year 5 writing must start on day 1 (schools must prioritise completion of writing across days 1 and 2 only)</li><li>• Years 7 and 9 writing must start on day 2 (schools must prioritise completion of writing across days 2 and 3 only)</li></ul>	Year 3: 40 min. Year 5: 42 min. Year 7: 42 min. Year 9: 42 min.	Students are provided with a 'writing stimulus' (sometimes called a 'prompt' – an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing)
Reading	<ul style="list-style-type: none"><li>• To ensure online schools are able to complete NAPLAN tests within the nine-day testing window, Year 7 and 9 students can start with reading on day 1; however, writing must start on day 2</li><li>• To be completed <b>before</b> the conventions of language test</li></ul>	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	Students read a range of informative, imaginative and persuasive texts and then answer related questions
Conventions of language	<ul style="list-style-type: none"><li>• To be completed <b>after</b> the reading test</li></ul>	Year 3: 45 min. Year 5: 45 min. Year 7: 45 min. Year 9: 45 min.	Assesses spelling, grammar and punctuation
Numeracy	<ul style="list-style-type: none"><li>• To be completed <b>after</b> the conventions of language test</li></ul>	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	Assesses number and algebra, measurement and geometry, and statistics and probability

# 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	<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>