



flexible
Learning Centre

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



END OF TERM 1 2022 NEWSLETTER

Dear Benalla FLC,

What an incredible term we have had here at the Benalla Flexible Learning Centre. With the school holidays around the corner, I want to take this opportunity to congratulate all those students who have reached their IEP goals for this Term. The start of the year saw a strong focus on our value of Reliability and this has been clearly demonstrated by every student who has made significant progress on their learning over the past 11 weeks.

There have been many upgrades and changes to our school since the start of the year, with many more to come over the course of the year as we continue to build on the outstanding facilities that we have access to. Our new fence and car park along with our new neighbours, the CASES Training Centre, have been fantastic new additions to our school site. New Lighting, New Internet, New Chook Pen, New Garden Beds are to name a few of the highlight changes that the school has undergone since the beginning of the year.

The start of this year has been full of fantastic opportunities for our students. To name just a few; 2 Camps with the team at 15 Mile Creek learning Respectful Relationships Curriculum and learning Leadership Skills have been an outstanding chance for student to step outside of their comfort zone and overcome challenges faced in the great outdoors; both at the King River and those at the high heights of 15 Mile Creek. Our Easter Market organised and ran by 2 of our Personal Development Skills VCAL students was an outstanding success with over \$300 being raised to support the work of the Tomorrow Today Foundation. Our Year 9 students began practising for the online NAPLAN test and trialed out the new digital approach to National Assessment. Our Health Programmes this term were extremely popular as we teamed up with the amazing staff at the YMCA in Benalla (Tamara and Phil) to deliver Swimming and Water Safety Lessons weekly along with Group Fitness and Personal Training Sessions. Health was further supported weekly with our new partner Kelly Mort Yoga Studios and in classroom Health Class with our Youth Worker: Kelly, Teacher: Sean and School Nurse: Cara, along with our Social Emotional Learning program 'Green Folders'. Our weekly Coffee Van social enterprise supported Waminda House every Monday in teaching Business, Finance, Customer Service and Barista Skills to our students. Careers Sessions with MAS worker: Rhonda have seen many students find work, find apprenticeships and find skills to be work ready. A Road Smart Session helped students preparing to hit the roads safely with their L and P plates. Our Work Related Skills VCAL class 'Thank you Morning Tea' for Benalla Businesses that have supported the school all year was a fantastic success for all who attended.

At the NEFLN we pride ourselves on adapting to meet the needs of every student and provide everyone with every opportunity, every day. This can be achieved by staying true to our values and continuing the focus on building skills, knowledge and practice, that comes with learning: Respect, Resilience, Reliability and Resourcefulness. I understand that we all face barriers and challenges in the world today but together we can overcome and achieve irrespective of the hurdles placed in our way.

We have an incredible team of staff at our school and we are lucky every day to work in a fun and vibrant learning community such as our school in Benalla. I want to take this opportunity to congratulate Rebecca Higginson on her work with us and wish her all the best as she takes maternity leave from the school starting at the end of Term 1. We wish Rebecca all the best in the world. We are also so pleased to hear of the arrival of a new addition to Jess Barber's family. We know that both staff will have every success as they juggle two young ones in their families.

RATs will continue for the first four weeks of Term 2 and it is recommended that we do these on a Tuesday and Thursday. As someone who has experienced COVID in this last week of term it is not something to ignore and vital that we protect and look after our learning community and each other as we head into the colder months. Finally I want to wish you all a safe and restful holidays and a well-earned break.

I look forward to welcoming you all back to Benalla FLC in Term 2.

Kind Regards,

Brad Hearn

Campus Principal

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



Important Dates

April

4th-14th - National Youth Week

8th - End of Term

25th - ANZAC Day

26th - Term 2 Starts

28th - Barista Short Course

May

5th - Hands on Learning Expo - Winton

10th - 20th - NAPLAN



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)	Automotive (Ian)	
2-3	Music Appreciation	YMCA (Brad & Sharee)	Mosaics (Group Projects) (CS)	YMCA (Brad & Bryony)	

Thank You Morning Tea



Work Related Skills

"We, the Work Related Skills team, made a plan to provide morning tea for the people we did work experience with as a way to say "thank you". We had to organise where we would have it, and what food we would make. We had to learn how to make barista-style coffee, we had what ingredients we would need to buy and we would have to plan when to provide the morning tea.



Once we had finished our planning, we had to make phone calls to invite the people to our morning tea. We had to send them a follow up email after the phone call. We made the slices and learnt how to make the barista-style coffee prior to the event.

On the day, we made the sandwiches in the morning before the guests arrived. We also set the coffee maker up and set up tables and chairs. When the guests arrived, we greeted them and showed them around the school. Once they had been shown around, we made them coffee and offered them sandwiches and slices. We all talked and then we showed them out."

Andrew



Benalla Lakeside Market - PDS



On the 26th of March 2022 Jazyah and Olivia were apart of the Benalla Lakeside Market to sell our handmade goodies and therefore donate our profits to the Tomorrow Today Foundation.

Olivia and I decided to choose the Tomorrow Today Foundation as we wanted to raise awareness for those that are struggling and are in need of help. We want to let everyone know that they are not alone and there are always people that will be here to financially support you.

Olivia and Jazyah raised \$355 together with the help of our staff and students at Benalla FLC. We would like to say a massive thank you to everyone that came along and helped us set and pack up and that put their time and effort in helping us, it was greatly appreciated.

Jazyah



Road Smart



On the 28th of March we had a presentation from Roadsmart. Our facilitator, Duade spoke to the students about the importance of road safety, and the ways that they can ensure they are as safe as possible while driving.



We learned how safety can be optimised through safer roads, safer cars, and safer driver behaviours. Duade explained how our choice of car, and the decisions we make while driving can affect the chances of being involved in an accident, and about the importance of driving to the conditions and making decisions based on the environment at the time.

Pathways & Transition



Australian Defence Forces Expo

"Going to the ADF expo was one of the best experiences ever. I would so go again. I had a lot of fun with the Navy's Helicopter Simulation and I loved being able to hold one of the Army's Stealth Drones. It was very exciting! It was super cool to sit on one of their trucks."

So overall one of the best days I've ever had."

Clare

**Have you thought about your future pathway?
Have you spoken to Rhonda?**



Whether you know which career you want to follow or are still exploring your options, Rhonda our Mas Career Advisor is willing to support you on your journey. Rhonda will work with you to help you map out a pathway.

Speak to Jenny or Lynne to find out when Rhonda will be at school and make an appointment.

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

Sign up completed, express any interest for future courses to your Learning Mentor

Food Handling Thursday, 12 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!

Courses Sponsored by:





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



Oracy

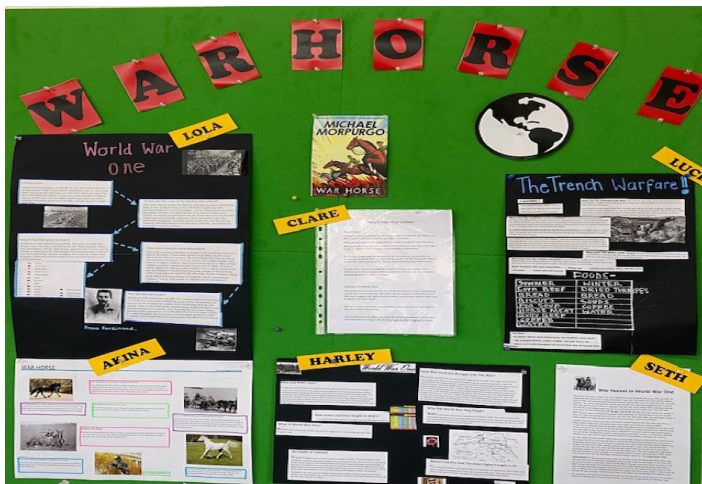
Over the term, the VCAL literacy students have been learning about giving clear instructions to one another. Each student had to instruct another student how to perform a series of steps to complete a task. Some of the tasks chosen were how to make a latte, how to make a Nutella sandwich, how to make a smoothie and how to braid.

The students receiving the instructions had to give feedback on how easy the instructions were to follow and what could have been clearer.

The students are starting to build their confidence and ability to speak clearly.

Well done!

Literacy



This semester, students are studying Michael Morpugo's work based on the events of World War 1(WWI), through the well-known novel, War Horse. As part of understanding the historical events of WWI and the role horses played in the Calvary, students created posters of their research. Topics included Trench Warfare, A Soldiers' life at the Battle Front, The Role of the Calvary, Events That led to WWI and The Treatment of Horses During and After the War.



Mosaics (Individual Projects)

"This mosaic represents the land of the Aboriginal people and the ocean of the Torres Strait Islanders." By Akina Nancy Bono

Hands on Learning

We are a partner school

HANDS ON LEARNING

Engaging kids in education



"Hand on Learning was a great learning experience where I was able to learn and practise things that can help after school as a grown up. Things like making flyscreens, mowing the lawn and how to cook."

Kain



Wellbeing & Engagement

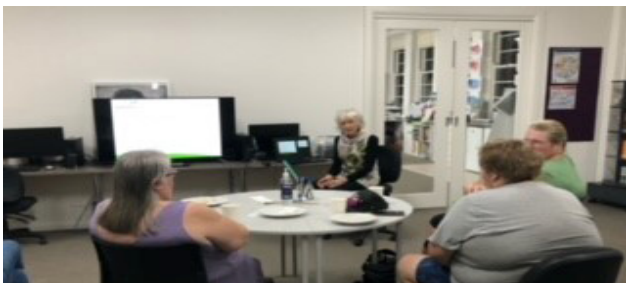


Harmony Week Celebrations were held between 21st and 25th April. Students and staff discussed their family traditions and how they celebrate Australian multiculturalism.

This orange paperchain included comments from staff and students

Activities

Throughout Term One we have had fun during activities time both indoors and outside. The students have participated in a wide variety of games where they have built skills in co-operation, working with others and being respectful of others. Students have tried a range of different activities and most importantly have had heaps of fun along the way!



Information Session - Anxiety

On the 5th of April, an Information Session was held for parents about Anxiety.

This session gave parents, students and teachers an opportunity to learn different ways to communicate with young people and their peers. It was also a good chance for social connection within the BFLC community.

What's Coming Up

POP UP

MOVIE NIGHT



FREE
EVENT

SATURDAY 16 APRIL 2022

— HARRY POTTER AND THE PHILOSOPHER'S STONE —

SUNDAY 17 APRIL 2022

— SING 2 —

**SUNSET KICK OFF TIME (6.30PM)
BENALLA LAKE FORESHORE**

FOOD TRUCKS | EASTER ACTIVITIES ON SUNDAY

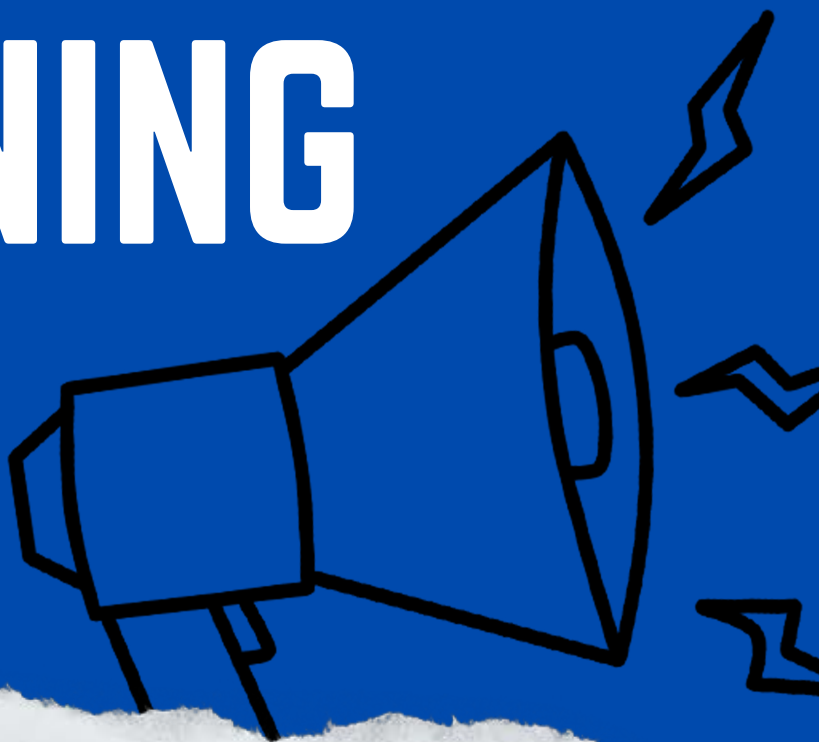
NO DRUGS, ALCOHOL OR SMOKING



RSA TRAINING

RESPONSIBLE SERVICE
OF ALCOHOL

FREE



Looking to increase your workplace training and qualifications?

Benalla Rural City Council in partnership with Waminda Community House is offering free RSA training for young people.

If you are between 17 and 26 years old and live, work or study in Benalla Rural City, you are eligible to register.

Thursday 14 April

10am - 4pm

Waminda Community House

Register your interest no later than 1 April at benalla.vic.gov.au/RSA-Training or scan the QR code



For more information contact our Youth Development team on 03 5760 2600



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/