

WHATS ON

Thursday 6th March

Workplace Visit
Alpine Bakery

Monday 10th March

Labour Day Holiday
No School

Wednesday 12th March

NAPLAN Begins

Thursday 13th March

F1 Driving Experience
Melbourne

Friday 28th March

Avalon Careers Day

Friday 4th April

Last day of Term 1.

Monday 21st April

First Day Term 2.

TERM 1, WEEK 5 2025

What a fantastic start to the year!
Well done to all the students and staff on the first half of Term One. We have had increased attendance which has been fantastic to see, with lots of students engaged in learning. As well as some amazing projects starting to take shape.

I am so proud of all the hard work and dedication that I am seeing around the school and look forward to what the rest of the year will bring!

Keep up the incredible work.

-Sharee



REMINDERS

- All students need to sign in and out.
- Students **MUST** stay on the school ground for morning and afternoon breaks.

WELCOME



Amy



Jacinta

We have two new staff joining us at Benalla Flexible Learning Centre this year, Amy and Jacinta.

Both Amy and Jacinta will be Learning Mentors.

Amy is teaching lots of different things including PDS and Health classes.

Jacinta is teaching a wide range of things as well including Numeracy and Literacy.

If you see them around the school grounds make them feel welcome by saying Hello

We have a number of new students joining us, as this year kicks off as well, so a Very BIG WELCOME to them!

REMINDERS

If you would like to attend any of our upcoming excursions, please pop your name down on the sign up sheet in the Admin area.

If you would like more information about an excursion before you sign up, have a chat to your Learning Mentor.

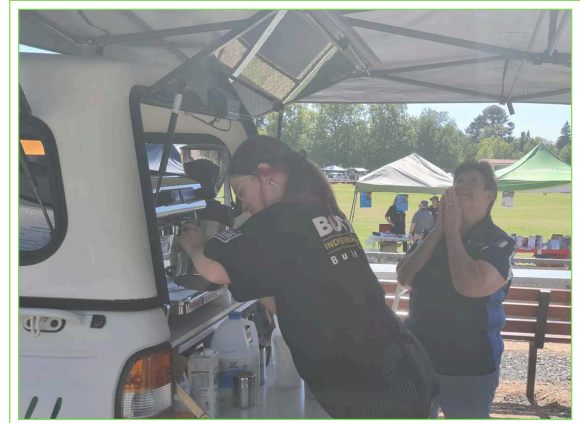
BEAN-ALLA FLEXI COFFEE VAN

Benalla Flexible Learning Centre Coffee Van, Bean-alla Flexi has been making the rounds since we returned to school this Term.

We have had continued success in our CWA Coffee club, coffee making. With students going down to CWA hall every Wednesday morning to make coffees for their Coffee Club.



This term has also seen the Bean-alla Flexi Coffee Van head to the Benalla Showgrounds to cater for all the coffee needs of the Benalla Community Expo.



INSPIRATIONAL QUOTE

If you can't fly, then RUN.
If you can't run, then WALK.
If you can't walk, then CRAWL,
but by all means, KEEP MOVING.

Martin Luther King Jr

HIGHLIGHTS

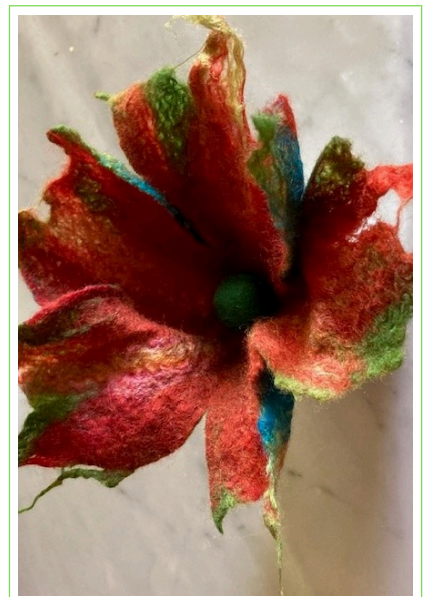
Garden is enjoying the sunshine, our Sunflowers are on full display.



Students engaged in learning with one of our new teachers Jacinta! We love it!!!!



On Wednesday the 19th of February, as part of Waminda Community house Link Up program, Matilda (with back up from Bryony) ran a Flower Felting workshop. Feedback from a Community member was “Matilda was calm, explained things really well and showed a great amount of patience.” Well done Matilda on a fantastic community workshop!!!



IMPORTANT NUMBERS

School Admin: 0418 952 215

Sharee: 0448 066 336

Céline: 0457 735 410

Make sure you have the number of your Learning Mentor, in case you are going to be absent or need to call!

SUPPORTS

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