

Benalla Flexible Learning Centre

- Individual Learning Plans
- Flexible timetables
- Mentor Support
- Involvement in the community
- Catering for students needs

WHAT'S ON

MONDAY 30TH January

Teachers resume

TUESDAY 31ST January —
 FRIDAY February 3RD

Student Timetabling and
 Individual Learning Plan
 meetings

Reports and Year Books were given out at our Christmas Lunch. If you were unable to attend, please contact the school to organise collection of these.

**Congratulations
 Bonny
 The highest scorer
 at Ten Pin Bowling**

2017 has been another productive year for students at Benalla Flexible Learning Centre. We have enjoyed the successes of many students. Attendances during this semester have been excellent and students have continued focus on their studies right through the year.

Certainly a great achievement.

I would like to take this opportunity to wish each and every one of our students and their families a happy Christmas and an enjoyable break over the summer holidays and look forward to seeing you all in the new year.



Thank you Shirl, for spending time showing us how to create beautiful Christmas Cards



CAKE DECORATING

Jess is proudly displaying the cake she decorated.

Great Job Jess.



DO YOU KNOW WHERE TO GET HELP WHEN YOU ARE MOST IN NEED?



Connect ~ Benalla
www.connectbenalla.org.au

- 1 **CALL 000 IF LIFE IS IN DANGER NOW** → Tell the operator that your life or someone else's life is in immediate danger. They will talk to you until help arrives
- 2 **MENTAL HEALTH CRISIS LINE**
24 HOUR SUPPORT
CALL - 1300 783 347 → A caring person will talk to you, ask some questions and suggest next steps to getting help
- 3 **CALL OR ATTEND BENALLA HEALTH URGENT CARE**
24 HOUR SUPPORT
45 COSTER ST - (03) 5761 4222 → Someone will ask you questions and help you get the support that you need to keep you safe
- 4 **CALL A DOCTOR IN BENALLA**
BUSINESS HOURS ONLY
30 CARRIER ST - (03) 5762 4629
34 CHURCH ST - (03) 5762 1022
8 COSTER ST - (03) 5762 2538 → Tell the operator that you need an urgent appointment and you will be booked in to see a doctor that day

OR CALL ANY OF THESE NUMBERS FOR 24 HOUR SUPPORT



24 HOUR
Mental Health
Advice
And
Support

•LIFELINE
13 11 14
•SUICIDE CALL BACK
1300 659 467
•BEYOND BLUE
1300 22 4636

•KIDS HELPLINE
1800 55 1800
•ONLINE FOR 12-25 yo
RISKY OUT.COM
EHEADSPACE.ORG.AU



CONNECT BENALLA IS AN INITIATIVE DEVELOPED BY THE BENALLA MENTAL HEALTH COMMUNICATIONS WORKING GROUP. FOR MORE INFORMATION, CONTACT THE CHAIR, NEIL SPOTT ON 57614500

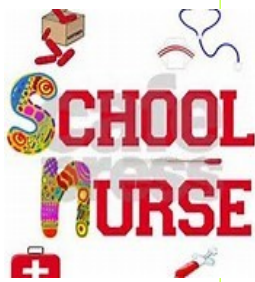
INVISIBLE HURDLES PROJECT



Andrea Georgiou is available if you need some legal advice or just want to chat about the law.

To contact Andrea:

- Ask your teacher for an appointment
- Phone 0438 249 051
- Email ageorgiou@umfc.com.au.



Cara

Will be back with us in 2018.

Benalla Flexible Learning Centre was saddened to hear of the sudden passing of Josh Hughes. This affected many of our students and we offer our condolences to all who knew him.

Support services are available at the school for the remainder of the year and early next year for those who may wish to access them. During the holiday period for those seeking help for themselves, friends or family please phone Lifeline 131114. Also, please refer to the attached document regarding supporting young people during the holiday period.

Did you know that Gateway Health provides a Youth Alcohol & Other Drug Outreach service in Benalla?

The Youth AOD Outreach service Supports people ages 12 - 25 years and can visit you at home, school or another place of the young person's choosing.

How do I get help?

Referrals for the AOD Youth Outreach service are made through **headspace** Albury Wodonga. This will ensure that the best possible service to the Young Person through an initial screen being conducted, covering issues including AOD, mental health, employment, self-harm etc. It also means that a referral is received and processed in a timely manner, allowing for the outreach workers who are often absent from the office due to the nature of their work.

Anyone can make a referral. You can either phone **headspace** Albury Wodonga **02 60559555** and speak to a duty worker or complete the **online referral form** using the link <https://headspace.org.au/headspace-centres/albury-wodonga/>

Gateway Health are committed to ensuring that the referral pathway is easy to use therefore please contact us if there are any issues or further questions –

Jill Evens Coordinator M: 0400 775 220
or Karina Kerr Centre Manager M: 0437 925112.

Peter, from Gateway Health, is the newest member of the team at Benalla Flexible Learning Centre and will be in the school most Wednesdays to chat with students if they need some support.



Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they 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 electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more vegies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



headspace
School Support

Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.