

Monday 24th July 2017

RESPECT RESPONSIBILITY HIGH EXPECTATIONS INTEGRITY

Benalla P-12 College Newsletter

Principal-Barbara O'Brien

Facebook

I would like to extend a warm welcome back to school to all our families. I hope you enjoyed some relaxing time together during the holidays.

Premier's Visit

This Friday 28th July, we have the privilege of hosting a visit by the **Premier of Victoria the Hon. Daniel Andrews MP.** The Premier will be visiting the College from 10:00am to 10:45am. He will be visiting classrooms before joining us for morning tea. Our College Captains Emily Neilson and Freyer Hubbard and Vice Captains Maisy Lister and Zac Cooke will meet and greet the Premier at the commencement of his visit.

Benalla P-12, Building Successful Futures – Information Evening

Benalla P-12 is building success for everyone, and our college is about to benefit from a major upgrade and modernisation project. We invite you, your friends and family to an information evening on **Monday 14 August** to learn more.

Come and find out about our great vision for education in Benalla. The Victorian School Building Authority and the architects will be there to explain how our school will look in the future, as well as showing plans and images of the new buildings.

We will also have a range of stalls so you can find out more about the great programs we offer in junior, middle and senior schools. Our fantastic teachers will be on hand to let you know more about what we do, and how our programs cater for the different learning needs of each child.



Come along and enjoy some light refreshments on: Monday 14 August Time: 5.30pm – 7pm Where: Avon St Campus, Multi-Purpose Room.

For any queries, please contact the school on 5761 2746 or email Benalla.p12@edumail.vic.gov.au

Kokoda

Congratulations to the Richard and Sheree Hubbard who successfully led students Liam Mahon, Kira Slater, Brittany Button, Callum Johnson, Samantha Desailly, Darcy Glynn and Tyler Wright to complete the Kokoda Track during the holidays. This is such a fantastic achievement!



Staffing

I would like to welcome Bridget Evans to our College this term. Bridget will be teaching Art and Visual Communication in Years 9, 10 & 11.

Senior School Expo

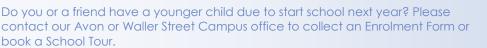
On Monday 31st July we will be conducting our Senior School Expo for students commencing Year 10, Year 11 and Year 12 in 2018. The evening will commence at 5:30pm with an information session for the current Year 9 students and their parents/guardians, who will then have the opportunity to tour the Barkly Campus. The Year 10 & 11 Information session will commence at 6:30pm followed by tours of the campus. I welcome all students currently in Years 9, 10 & 11 and their families to this important information evening.

Best wishes for the week ahead.

Barbara O'Brien

We are now taking **2018 PREP ENROLMENTS**!





Avon St Campus: 5762 1646 Waller St Campus: 5762 2600

> Avon St Campus (Prep-Yr 4) Ph: (03) 5762 1646 Fax: (03) 5762 2740 Attendance Hotline 5762 1646

Email: Benalla.p12@edumail.vic.gov.au Web: www.benallap-12college.vic.edu.au

Waller St Campus (Prep-Yr 4) Ph: (03) 5762 2600 Fax: (03) 5762 3863 Attendance Hotline 5762 2600
 Faithfull St Campus

 (Yr 5-9)

 Ph: (03) 5761 2777

 Fax: (03) 5762 4076

 Attendance Hotline

 5761 2747

Barkly St Campus (Yr 10-12) Ph: (03) 5761 2888 Fax: (03) 5762 5276 Attendance Hotline 5761 2810



2017 Term 3 Dates: 17th July-22nd September

July 24-28th	* Year 11&12 Ski Trip-Mount Hotham
July 25	* Hands On Learning Tree Planting -Winton Wetlands
July 26	* HOL & Year 12 VCAL Winton Wetlands tree planting Excursion
July 32	 * 100 Days of Prep-Avon St Campus * Year 9 Mock Job interviews * Year 5/6 HOL Winton Wetlands excursion * Barkly Campus Course Information Evening 6.00-6.00pm ⇒ Year 9 going into Year 10 ⇒ Year 10 going into Year 11 ⇒ Year 11 going into Year 12
August 2	 * Faithfull Street Parent information Evening ⇒ Year 4 going into Year 5 ⇒ Year 6 going into Year 7
August 3	* Year 9 Mock Job Interviews
August 4	* Year 8 Outdoor Education Warby Ranges Walk
August 7	 Year 9 Mock Job Interviews Year 10 Keys Please Presentation
August 9	 * Year 10 Careers Day * VTAC Information Session-Theatrette Barkly St Campus 6.00-7.00pm



Wednesday 18th and Thursday 19th October (Term 4).

We have had amazing interest from students in wanting to participate in the production. Mel Pentreath has already commenced auditions for roles and she has been overwhelmed by the enthusiasm and eagerness of the students to be involved. I am very excited that we will be able to perform our first Benalla P-12 College Production with close to 100 students putting their names down to be involved.



This year the Scholastic Book Fair will be running in the Avon, Faithfull & Waller Libraries from the 21st-25th of August. At each Campus the Book Fair will open during Parent Teachers interviews.

Fair Flyers containing more information will be sent home in the next couple of weeks.

Happy Reading Mrs Fraser

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AVON ST CAMPUS (Prep-Gr 4)

WALLER ST CAMPUS (Prep-Gr 4)

FAITHFULL ST CAMPUS (Yrs 5-9)

Telephone (03) 5762 2600

Telephone (03) 5761 2777 Facsimile: (03) 5762 4076 **BARKLY ST CAMPUS** (Yrs 10-12)

Telephone (03) 5761 2888 Facsimile: (03) 5762 5276

Telephone (03) 5762 1646 Facsimile: (03) 5762 2740

Facsimile: (03) 5762 3863

Years 5 to Year 9 General Excellence Scholarships 2018

Dear Families.

I am very pleased to announce that once again we offering General Excellence Scholarships to students entering Years 5, 6, 7, 8 and 9 in 2018.

Applications are now open for the Benalla P-12 College General Excellence Scholarships. The following scholarships are being offered:

- 2 x Year 4 Scholarships to the value of \$500:00 to students entering Year 5 in 2018
- 2 x Year 5 Scholarships to the value of \$600:00 to students entering Year 6 in 2018
- 2 x Year 6 Scholarships to the value of \$700:00 to students entering Year 7 in 2018
- 2 x Year 7 Scholarships to the value of \$800:00 to students entering Year 8 in 2018 2 x Year 8 Scholarships to the value of \$900:00 to students entering Year 9 in 2018

Students applying for these scholarships will be required to demonstrate strong academic outcomes, together with a capacity

to excel in such areas as community service, leadership and participation in school life. Copies of the latest school reports and NAPLAN testing must also be included in the application.

Interested students must complete the Application Form attached to this letter and complete a written report describing what our College Values mean to them, how they will contribute positively to College Life and demonstrate their contribution to the wider to community. This must be attached to the application. Students will also be required to complete an academic assessment.

The dates to note are:

- Application forms returned to the College by Friday 11th August.
- Academic assessment to be held in the week commencing 14th August
- Applicants will be shortlisted and invited to attend an interview in the week beginning 21st August.
- The scholarship winners will be announced at the Whole School Assembly on Thursday 31st August.

I would like to encourage all students in Years 4, 5, 6, 7 & 8 to apply for a scholarship in 2018.

If you require any further information please contact your child's Campus Principal.

Please find attached to this letter an Application Form which must be completed and returned to school by Friday 11th August.

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Regards,

BO'Brien

Barbara O'Brien

Respect

Responsibility

High Expectations





Principals message continued......



Benalla P-12 College Years 5,6,7,8 & 9 Scholarships 2018

Expression of Interest

Applicant's Family Name:		
Applicant's Given Names:		
Date of Birth:		
Gender:		Female / Male
Current Year Level:		
Current School/Campus:		
Applicant's Signature:		
Name of Parent/Guardian:		
Address:		
Telephone Number/s:		(H)
		(M)
e-mail Address:		
Parent/ Guardian's Signature		
C C		
Date:		
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Safe Schools www.benallap-12 Coalition Victoria	college.vic.edu.au	J

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Safe Schools www.benallap-12college.vic.edu.au



Year 2 Sleep Over

On Thursday 29th June, the Year 2 students at Avon Street Campus had a sleepover for the night in the Computer room. I enjoyed playing games with my friends. I brought Monopoly World Edition. I played with Peyton, Alex, Tyler and Sebastian. After the games we went to the Art room to have our dinner! We ate yummy pizza and had cordial! After dinner we played some more games, then we had dessert. We had yummy ice-creams and jelly for dessert! To finish the night, we got into our pyjamas, brushed our teeth and we all went to the computer room to watch 'Cloudy with a Chance of Meatballs'. It was funny. The next morning, we woke up really early and had breakfast in the art room. I was feeling sick so I didn't eat anything. We brushed our teeth again and went to assembly. The Grade Two sleepover was AWESOME!

By Dalsen Giles 1/2 Goodman.

At the Year 2 Sleepover we watched 'Cloudy with a Chance of Meatballs' in the computer room. My favourite part of the sleepover was when we ate pizza

for dinner in the art room! By Peyton Royston 1/2 Goodman



Rory, Logan, Nate, Sebastian, Meghan and Penny.



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We are so excited to announce that this term students from Prep to Year 4 at both Avon & Waller campus' will be involved in the Music Australia program "Count Us In".

This will involve our students learning a song along with over 600,000 other students in over 2,500 schools all across Australia. The song is called "Shine Together" and was written and recorded by students. This will culminate on Thursday 2nd of November with a celebration day across Australia, where all 600,00 students will join via a podcast to sing the song simultaneously!

Prep-Year 4 students will also have a chance to perform this song along with class items for family and friends in Term 4 with concerts at both Waller and Avon (more details on these in Term 4).

Thanks Pam Gregg



SCHOLASTIC BOOK CLUB WALLER ST CAMPUS LOOP ORDERS

Scholastic Book Club Issue 5 Catalogues have been distributed to all students.

Students and parents are reminded that all book orders must be submitted online through Scholastic Book Club Loop Orders by <u>9.00am, Friday 4th August 2017</u>. Details re ordering are located on the back of page of the Scholastic Book Club catalogue. Thankyou.









Holiday Poem

I went on a cruise Their slides are fun I don't like green thunder I'm glad that's done

We went to some islands Now it's Fiji I love the Isle of Pines Lucky me!!

We went to Noumea It was rainy and sad We got on a train That wasn't bad!

Isle of Pines has a beach I swam in the water It was cold at first But soon it got warmer

By Emily H









Congratulations to our Students of the Term well done Lucas, Nicholas, Alex, Harry, Tahlia, Dempsey, Emily, Charlie, Thomas, Callum, Mitchell, Abbey, Billy, Copper, Josh, Liam, Bill, Amy, Zara, Charlie, Marli, Amelia, Cienna, Brandon, Hamish, Jaidyn, Charlotte, Matilda, Cienna



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Winter Sports Day 2017

WOW congratulations to everyone who went and competed in the Ovens and Mitta Winter sports in Wangaratta on Tuesday 27th June. Everyone did an amazing job. We went with the tee-ball team to the softball/baseball reserve on Murdoch Road.

We had such a great day. Everyone showed such great sportsmanship and the tee-ball team had 3 WINS!! and 3 losses. We lost to Yarrawonga P-12 College by 3 runs in the finals.

Well Done to all of the teams who participated.

By Maison Ring





The netball team won 4 out of 5 games to qualify for the first round final. The game was very exciting as it was a draw after full time and extra time was played. It was still a draw so the team that shot 2 goals ahead was the winner. Our team lost 13-11.

The football team won all their games to qualify for the grand final. The played a strong game but were beaten in the end.

The soccer team played against some very tough competition. They gave every game their best effort but did not make it to the finals.

A big thank you goes to the parent helpers on the day. Thank you for supporting our sporting teams by cheering, scoring, coaching and supplying equipment. We really appreciate it.

Vanessa Neilson

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Congratulations to Isaac Hall (pictured below) who partially guessed sculpture of the month. 20 house points to Buller. What is its purpose?: salt and pepper holder Where does it come from? North Africa/Morocco What is it made from? ceramic

VORI \mathbf{DS}

I don't care if you're joking. I don't care if you didn't mean it. I don't care if someone else dared you to, l don't care if you felt peer pressured into it. I don't care if you think it makes you look cool.

Being a bully is not cool, it's not funny... Tearing someone else down to make yourself feel better is a cowardly act. Be an adult. Use manners.







<u>5/6 Winter Sports – Football</u> <u>Wangaratta 27/6/17</u>

On Tuesday 27/6, 19 boys played footy @ Wangaratta at the Barr Reserve. We had a team of 26 but 6 kids got sick so we had to shuffle kids around to have a full team. Coached by Jessie, Peter and Coxy's Dad- scorer Mrs A.

R1- Benalla 35 defeated Yarra 26- best on ground Tyler Macgregor R2- Cathedral 7 defeated by Benalla 34- Cooper Gracie

R3- Marmungan 12 defeated by Benalla 27- Kyle Termorshuizen
R4- Wang West 7 defeated by Benalla 108- Kyle Termorshuizen
R5 – Appin 16 defeated by Benalla 81- Charlie Burfield.

We then played Sacred Heart in the grand final and lost 40-2. It was a fantastic day out and all the games were played hard and fast. The kids played as a team effort and really supported and encouraged each other. Well done. Mrs A.

My Choice Pamper Day

The "My Choice" program develops positive life skills for participating students in Year 7. We learn about communication, body image, self-acceptance and managing difficult situations and emotions. The group finishes with an excursion to Tafe in Wangaratta to the Beauty Salon to learn about skin and nail care.

Lou McCloskey





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Breakfast Club at Faithfull

Breakfast Club at Faithfull St Campus was presented with a generous donation from the Anglican Parish of Benalla. The Rotary Club of Benalla donated \$500 to the Parish's Mission Focus, which is to support the Breakfast Club at Faithfull Campus. We are fortunate to have financial help from our community but also much needed help in the kitchen. Thank you so much from all at Breakfast Club as we continue to provide a delicious variety of food for breakfast to help our students get a good start to their day and be ready for learning.

Pictured left are Louise McCloskey, Amanda Challis and Reverend David Still.



Improving the genetics of our local trees.

The Hands on Learning students have performed some important work over the last week. They have spent time in the hothouse at the Regent Honeyeater nursery at CAL farm deciding what might be the tallest and best tree to keep in the seedling tube. Andie from the RHE project explained to the students that this was important work as many of the local remnant (old indigenous) trees left in our landscape were twisted and poorly shaped trees, as the tall straight ones had been taken for building and other purposes over the years.

During the three days the students had selected and pruned over 4,000 White Box and 1,000 Yellow Box seedling trees. These trees could live for another 300-400 years to provide habitat and nectar for the local birds and animals, in particular the rare Regent Honeyeater bird.

We also worked with Matt Smith who is a past student of Benalla College who has completed his Environmental Science and Management degree at CSU, Albury campus. He now works for Parks Victoria in summer up at Whitfield as a Project Fire Fighter and helps out at RHE nursery when he can. Matt says if you love the outdoors he can recommend the course and working for Parks.







Years 10-12 Barkly Street Campus News

Forensic Science



On Wednesday June 21st, 14 year 10's taking the Forensic Science Elective travelled to Yarrawonga for a workshop.

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The presenters were a father daughter combo from Yugoslavia – Milutin and Ivana Milutin is the inventor of the Poli-light. Different light waves have the capacity to fluoresce different objects making it easier to see/find different objects. It has many applications in many fields. He also trains police in the art of Crime Scene Investigation.

Ivana is a blood spatter expert. She showed us how CSI investigators find blood stains, differentiate between blood or other red substances, differences in height affecting blood spatter patterns, sweat stains on materials etc. She works in Queensland with the police and had even worked on TV sets!

Activities included testing different heights for blood spatter, fingerprinting, Poli-light (coloured light), shoe prints and inspecting a crime scene.

The feedback from the students was it was a great day filled with interesting activities.



A report from Hannah McCallum – Hannah is on student exchange for the year and is in Germany.

It has now been almost 5 months since I arrived in Germany on student exchange. Time is going so quickly. In a month my mother and brother will come to Germany to visit and we will go to Paris. In the 5 months I have been here I have visited Switzerland, France, Belgium, the Netherlands, Luxembourg, Austria, Czech Republic, England and all round Germany. I have experienced many German traditions such as the German "Karneval" celebrations. The whole week for the "Karneval" celebrations are public holidays. Everything is really different here. For starters, I can not count the number of times that I have crossed the road and lookgd the wrong way and I have almost been hit by cars. I start school at 7:15am, I have learnt a completely new language in four months and I am fully communicating with everyone in German now. It is summer here and the temperature barely reaches 25 degrees. I have had so many wonderful trips with my school and my friends. Going to London was definitely a highlight for me. I was also involved in a 15 day tour around Germany and the surrounding countries with 45 exchange students which was amazing. Going on Student Exchange is cool because I now have friends

from 43 different countries around the world. I am now with my second host family and they speak no English at all, so I have had to learn a lot when I first arrived. I have two host brothers, Fabio and Antonio Schnichels. Over

the next few weeks I am travelling with my host family to Luxembourg for a few days. I hope all is well back in Australia.

Hannah McCallum



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The Benalla P-12 College Kokoda trip was completed over the holidays. Our party consisted of Year 11 students Kira Slater, Sam Desailly, Brittany Button, Darcy Glynn, Tyler Wright, Liam Mahon and Callum Johnson plus, Patrick Glynn, Jason Desailly, Clinton Relf, Melinda and Shawn Pentreath. The group was led by Sheree and Richard Hubbard along with our Australian Guide and former teacher, Daniel Hogarth.

With a day of travel each end, we spent 9 days on the Kokoda Track where we climbed and descended through the jungle. Every up has a down and every down has an up through massive trees with sprawling roots, slippery clay and sticky mud. We had the joy of many river crossings over Indiana Jones style bridges which get remade every year after the wet season washes them away. Walking through the swamp, we came across the No Roads 75th Anniversary Re-enactment Group, complete with Fuzzy Wuzzy Angels in the uniforms and equipment of World War II! Patrick Glynn can be seen in the photo with them. When entering Kagi, the children sang for us and then we met with Havala Laula, an original Fuzzy Wuzzy Angel!



In the evenings we got to know our new friends the porters in cultural talks on gardens, huts & marriage. On the last evening it was reversed and the porters asked us questions of our culture. This experience, plus the rest day in Kagi helped all involved appreciate the beautiful nature of the Papua New Guinean way of life.

We have all come away with a greater understanding of the hardships our soldiers faced in walking the track hungry, diseased, wounded and under fire and the great compassion and strength of the Fuzzy Wuzzy Angels.







Barkly St Theatrette, Benalla P-12 College 41-55 Barkly St, Benalla

The Victorian Tertiary Admissions Centre (VTAC) will be holding an open community information session. The session will cover information about applying to Universities, TAFEs and Independent Tertiary Colleges within Victoria; as well as information about the ATAR, scaling, special consideration, scholarships and offers.

This event will be of particular relevance to students currently completing VCE who are considering their post-Year 12 study options and their parents, as well as anyone in the community considering further study as a mature age applicant. Students in Years 9-11 and their parents may also find the session helpful when choosing subjects for VCE.

Come along to find out everything you need to know about tertiary study in 2018!



Benalla P-12College Competition 'Design a School Mascot'

The competition is open to all students of Benalla P-12 College. We are asking that you submit designs for a school mascot that is able to be used to promote the school's values of Respect, Responsibility, High Expectations and Integrity.

This mascot will be incorporated into our Matrices, put up around the school and will feature at sporting events and at assemblies.

The entries will be shortlisted and voted on by the School Council, Staff and Students.

Entries may be hand drawn or computer generated. One entry per student.

All entry's will earn 10 points per house, all shortlisted entries will earn 50 points per house. The winning entry will earn 150 points for their house. The winning entry will also win an art pack to the value of \$150-00.

The competition closes on Friday September 15th. Entries are to be submitted to the general office on your campus or emailed to halligan.kirsty.s@benallap-12college.vic.edu.au

*The winning entry may be reworked by a designer to make the mascot possible to use on documents and be made into a costume.





If you come along to Benalla Theatre Company's production of Anything Goes, you will see a number of familiar faces. BTC feels very fortunate to have ten members of the Benalla P-12 College community involved with the show.

There are students involved on stage and also in the orchestra pit. Year 8 students Hannah Moncrieff and Hamish Nelson and year 9 student Holly Walkaday are onstage. For Hannah, this is her first time on stage, but for Holly this is her second time, while Hamish is in his third show with the company and is playing the ship's Purser. Sienna Fox, in Year 9, is playing percussion in the orchestra.

Staff members are participating in a variety of ways. Barry Roberts and Rolf Koren are playing in the orchestra, Hamish McPherson is working as a follow spot operator and Stephen Winkler, Melinda Pentreath and Molly Craig are a part of the cast. Stephen plays leading man Billy Crocker, Melinda is an Angel, whilst Molly plays Evangeline Harcourt and is also the director of the show.

This very funny show is set onboard the ocean liner the SS American as it travels from New York to London. Onboard there are mistaken identities, disguises and the quest for true love. The show is on at BPACC for two weekends from 28 July to 5 August, including 3 matinees. Buy your tickets by visiting www.bpacc.com.au, 57625515 or at the box office.

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Senior students, Open Day season begins in July and runs through to September. These are great opportunities to go and visit universities, colleges and TAFEs to explore your future options.

Head to <u>www.vtac.edu.au/opendays</u> to find out when they're on and start planning where you're going to visit!



The MS Readathorn commences in AUGUST To participate students simply register online at <u>msreadthon.org.au</u> with approval from their parents.

Every individual that completes the program will receive a Certificate of Appreciation.

Happy reading Mrs Fraser







OPERMORE AT MONASH

Peninsula Saturday 5 August 10am – 3pm

Caulfield and Clayton Sunday 6 August 10am – 4pm

Parkville Sunday 20 August 10am – 3pm



KEY REASONS TO COME TO OPEN DAY:

- Meet our experts face-to-face for course and career advice.
- Get all your questions answered.
- Tour the facilities.
- Walk around the campuses and discover the clubs, accommodation and support services.
- Talk with current students about what they think of Monash.

ONLINE TOOLS TO HELP PLAN YOUR DAY



Open Day ePlanner Customise your Open Day plan.



Buses Travel on our free inter-campus buses.



Video. Check out tips and advice on Open Day.



Parent information and FAQs Read our FAQs and resources for parents.

Maps Find your way around our campuses.

Find a course Explore your course of interest.

Plan yo<mark>ur</mark> day at monash.edu/open-day



Avon Campus: 0428 014 133

Monday 24/7	Tuesday 25/7	Wednesday 26/7	Thursday 27/7	Friday 28/7
Activity: Hamabeads & footy Afternoon Tea: Fruit, noodles, milk and juice	Activity: Cars & 40/40 Afternoon tea: Fruit, nachos, milk and juice	Activity: Craft & blocks Afternoon tea: Fruit, pasta, milk and juice	Activity: Dress ups & drawing Afternoon tea: Fruit, cocktail franks, milk and juice	Activity: Board games & octo- pus Afternoon tea: fruit, pancakes Milk and juice

Waller Campus: 0407 715 660

Monday 24/7	Tuesday 25/7	Wednesday 26/7	Thursday 27/7	Friday 28/7
Activity	Activity	Activity	Activity	Activity
Drawing & sandpit	Board games & Jocks	Bubbles & skipping	Bowling & totem Tennis.	Beads &
Afternoon Tea	Playground	Afternoon Tea	Afternoon Tea	football
Fruit, cereal, milk &	Afternoon Tea	Fruit, biscuits &	Fruit, pasta, milk & juice.	Afternoon Tea
juice.	Fruit, milk & Juice.	spreads, milk & juice.		Fruit, wedges, milk &
5	Mini Hot Dogs	1 0		juice
	5			5

JULY VACATION CARE - Although the weather was cold and misty, we had an exciting vacation care, with high numbers of children enjoying many experiences, suitable for the winter climate. In the first week, children discovered knitting and weaving, built on cooperation skills with Bluearth coaches. They learnt about the law, with our community Police Officer, Paula Allen, visited the Benalla Gymnastics centre and enjoyed the author Alan Brough at BPACC. This week was also NAIDOC week, where the Benalla Library host-ed our children to take part in cultural art and storytelling activities. In the second week, children visited the Benalla cinema, our popular Shepparton Aquamoves excursion, enjoyed winter cooking, making toys from recycled jumpers and learning the relaxation techniques of Yoga, taken by Mark Blyss. There was certainly no time for sitting around and we received many positive comments of appreciation from families. Thanks to our huge band of staff who worked throughout the two weeks, to make this program a huge success one again (Kerry, Nardia, Tali, Vicki, Mary-Lou, Di, Gaby, John, Brad, Milly, Jenny, Kate and Lauren).









Enquiries please email: <u>hanrahan.anne.e@edumail.vic.gov.au</u>or phone Anne on Fridays at Waller 5762 2600 L

Safe Schools www.benallap-12college.vic.edu.au

Community News





Rock and Water Program

for women and girls



The goals of the program are:

- To teach basic self defense skills
- To become aware of emotions and reaction patterns
- To experience body strength and learn to trust your own strength
- To increase self confidence
- To use mental strength and positive self talk

<u>When:</u> Every Wednesday from 5pm starting 19th July—13th September 2017 <u>Where:</u> Waminda Community House shed, 19 Ballintine Street <u>What to wear:</u> Loose, comfortable clothes <u>How much:</u> FREE, only your time! <u>More information:</u> Benalla Community Health Service ph- 5761 4500

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www.aafc.org.au