



Monday 31st July 2017

RESPECT RESPONSIBILITY HIGH EXPECTATIONS INTEGRITY

Benalla P-12 College Newsletter

Principal-Barbara O'Brien



Dear Families,

Premier's Visit

We were very privileged to host a visit by the **Premier of Victoria the Hon. Daniel Andrews MP** last Friday. The Premier visited a couple of our music classes and then met with a group of students who asked him a number of questions about his role as Premier and how was he supporting students in rural areas. Our students really enjoyed the opportunity to meet with the Premier. The Premier then stayed for morning tea and met with our staff.



Kids Thrive

During last term our Year 6 students were involved in a program that teaches them how they can be a philanthropic support for agencies and organisations in the wider community. The students worked with a partner organisation to identify a project they could undertake to support them. On Friday the students presented their 'Pitch' to a panel to seek funds to undertake the project. The quality of the work the students have done so far is very high. The students were all very pleased to learn their requests for funds were accepted. They will now commence working with these organisations and agencies to implement the project. **This initiative would not be able to occur without the support of the Tomorrow Today Foundation and the Benalla Rural City. A special thank you to both of them.**



We are now taking 2018 PREP ENROLMENTS!

Do you or a friend have a younger child due to start school next year? Please contact our Avon or Waller Street Campus office to collect an Enrolment Form or book a School Tour.

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



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

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

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



Senior School Expo

This evening we will be conducting our Senior School Expo for students who will be in 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.

Capital Works Program

I have now been given an assurance by the Department of Education and Training that the plans for our new Year 10 to 12 Learning Hub, the new Technology Centre and the refurbishment of Avon St will go to tender for a builder by the end of August and construction will commence before the end of the year. This is very good news as it means that we are on target to move into these new buildings at the commencement of 2019.

College Activities

Last week our students were involved in a range of extra-curricular activities. During the week our Year 11 and 12 Outdoor Education students participated in a ski camp at Mt Hotham, while our Year 9 students, the Hands on Learning and Year 12 VCAL students were all involved in tree planting at Winton Wetlands. Year 12 students completed an English SAC and the Year 11 students participated in the Live4Life program. Another busy week for everyone.

Best wishes for the week ahead.

Barbara O'Brien
College Principal.

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

July 31	<ul style="list-style-type: none"> * 100 Days of Prep-Avon St Campus * Year 9 Mock Job interviews * Year 5/6 HOL Winton Wetlands excursion * Barkly Campus Course Information Evening ⇒ Year 9 going into Year 10 -5.30pm ⇒ Year 10 going into Year 11-6.30pm ⇒ Year 11 going into Year 12 -6.30pm
August 2	<ul style="list-style-type: none"> * Faithfull Street Parent Information Evening ⇒ Year 4 going into Year 5 -5.30pm ⇒ Year 6 going into Year 7 -6.15pm
August 3	<ul style="list-style-type: none"> * Year 9 Mock Job Interviews
August 4	<ul style="list-style-type: none"> * Year 8 Outdoor Education-Warby Ranges Walk
August 7	<ul style="list-style-type: none"> * Year 10 Keys Please Presentation
August 9	<ul style="list-style-type: none"> * Year 10 Careers Day * VTAC Community Information Session-Theatrette Barkly St Campus 6.00-7.00pm
August 14	<ul style="list-style-type: none"> * Building Successful Futures-Information Evening-Avon St, Multi-Purpose Room 5.30-7.00pm
August 15	<ul style="list-style-type: none"> * Indonesian Independence Day Celebrations
August 21-25th	<ul style="list-style-type: none"> * Scholastic Book Fair- Avon, Waller & Faithfull St Libraries
August 14	<ul style="list-style-type: none"> * Year 10 Outdoor Education Ski Trip -Mount Stirling



BENALLA P-12 COLLEGE

Administration – 20 Faithfull Street Benalla 3672
PO Box 819, Benalla 3671
Email: benalla.p12@edumail.vic.gov.au
Web: www.benallap-12college.vic.edu.au
ABN 72 163 296 413

AVON ST CAMPUS (Prep-Gr 4)

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

WALLER ST CAMPUS (Prep-Gr 4)

Telephone (03) 5762 2600
Facsimile: (03) 5762 3863

FAITHFULL ST CAMPUS (Yrs 5 - 9)

Telephone (03) 5761 2777
Facsimile: (03) 5762 4076

BARKLY ST CAMPUS (Yrs 10-12)

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

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.

Regards,



Barbara O'Brien

Respect

Responsibility

High Expectations

Integrity



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

Date:

Respect

Responsibility

High Expectations

Integrity



YEAR 3/4 W KITCHEN

Well, for 3/4 Weaire, Term 3 could not have come quick enough. The anticipation for their turn in the SAKG Kitchen Programme had arrived. After successfully completing our kitchen licenses last week we finally got to actually cook. The trip to Waller St was a bus full of very excited promising chefs!

The session was a huge success with bowls of steaming Pumpkin Honey Penne, Carrot Muffins with garlic butter, Tomato and Feta Tarts and Pear and Date Crumble. Not a sound was heard as students sat and enjoyed the fruits of their efforts, with lots of murmuring yums and mmmms.

Well done for a great start to our cooking semester, especially the Year 3's as it was all very new and challenging!

On Wednesday 26th July Mrs Weaire's grade went to Kitchen. It was awesome! We got to cook meals. I am in group 2. Kitchen was different then I imagined. The adult I am working with is Faye. I can't wait until next kitchen.

Jayhe-Lee Quattrocchi

On Wednesday 26th July Mrs Weaire's class went to Kitchen and we had lovely helpers such as Amanda, Faye, Rhonda and Teresa and of course, Mrs Weaire.

I was with Mrs Weaire. Jack and I got Red Apron which means we get to wear a red apron and bring someone next week.

Sharna Sullivan



Please
Note

AVON STREET CAMPUS SCHOLASTIC BOOK CLUB

**Orders are due back to school
Wednesday 2nd August by 9.00am.**

If paying by cheque, please make payable to Scholastic Book Club.
Please note that late orders cannot be accepted.

Music Notes



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 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
Music P-4

**COUNT
US IN**



Congratulations and well done to Shontee, Jayde, Hayley, Jolre, Ava & Katie-Lee.

School Holiday Writing from WMB

Holiday – next year
I might be going to Bali
I know that Bali is beautiful.

Maddy B



The Holidays

The holidays are boring.
There is only one thing I
like about holidays –
Auskick. On the day
Auskick was on I didn't go
because I felt sick. I stayed
home watching TV. The
next day was awesome!!!
We got 4 teddies. I got two
Beanie Boos. I played with
them all day long.

Jacob G



"Thank you to everyone who has brought in or emailed their Holiday Challenge photos to school. We certainly love to read our books in very different places! Please continue to send them in."



Congratulations Lily, Chloe, Archie, Dean, Brock, Camden, Jordi, Noah and Noah



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 **9.00am, Friday 4th August 2017**. Details re ordering are located on the back of page of the Scholastic Book Club catalogue.



Well done Liam, Elizabeth, Lilly, Jayden, Eloise, Mia



Congratulations Elizabeth on being a Benalla P-12 Champion!

BENALLA P-12 COLLEGE AWARDED FOR THEIR EXCELLENCE IN SPEAKING IN INDONESIAN

On Friday night, students from our college received awards for being top in the state in Indonesian speaking and listening. The students competed at a regional and state level to achieve these results. With over 1000 students involved in this competition from Regional to State level, we would like to commend them on their fantastic achievements. The recipients included Kazadi Kadima 2nd, and Sophie Winkler 3rd in Level 1, Jayhe-Lee Quattrocchi 3rd in Level 2, Ryley Ely 3rd in Level 3, Evelyn Biddle 3rd in Year 7 Continuers, Ankur Singh 1st in Year 8 Continuers and Willow Plex 3rd Place—Year 10. Hebat sekali dan luar biasa—Excellent and Extraordinary.



GREEN PANCAKES A HIT!

Students from Years 1-4 at Avon St Campus have been cooking up delicious Indonesian Green Pancakes filled with palm sugar and shredded coconut—a dessert delicacy! Students work as a team in our small kitchen to cook, serve and clean—each week leaving the kitchen spotless. Many of the students have been taking these recipes home to replicate them! Goodluck parents and families!



INDONESIAN LANGUAGE ACADEMY

On Monday night, students in the language academy were faced with a challenge. To cook a recipe that was in Indonesian! They worked individually to translate their recipes, then worked in teams to make the Indonesian speciality “Indonesian Special Fried Noodles.” They finished within the time limit and members of the School Council tasted the dish! Well done language academy students—a big success..... Next is finding a simple recipe—writing it in Indonesian then demonstrating how to make it Indonesian!! Come along and give it a try.

YEAR 7 CLIL FOOD TECHNOLOGY

This year, Benalla P-12 College introduced a new subject at Year 7. The students have been learning Food Technology in Indonesian and at the same time cooking up yummy goodies each week. Students have really enjoyed the challenge of learning the recipes, ingredients and skill words in Indonesian. One day, we could see many of the graduates of this program on Masterchef or better still cheffing in Indonesia or Malaysia!



Winton Wetlands Tree Planting excursions

Over three days last week, 35 students from Year 9, Hands on Learning and Year 12 VCAL spent a day out at the Winton Wetlands planting trees and checking on the 2,000 trees that were planted last year. "It was certainly great to see so many of the River Red Gums that we planted last year thriving and many were well over a metre high. The site is really starting to show signs of natural revegetation, and with the tree planting that we have contributed to it is beginning to look more like the swamp it was once was." says Hands on Learning Teacher Pip Rowe.

"The students work is starting to have a real impact now."



In primary school, some students **miss** on average **3 weeks** of school **per year**. That's **half a year** of school by the end of **year 6**.

Going to school every day is the single most important part of your child's education.

For more information and resources to help address attendance issues, visit: education.vic.gov.au



2, 4, 6, 8
Come to School
Don't be late
because
EVERY DAY COUNTS

In Years 7-10, students **miss** on average almost **a week** **every term** - that's **four weeks** of school per year.

Going to school every day is the single most important part of your child's education.

For more information and resources to help address attendance issues, visit: education.vic.gov.au



EVERY DAY COUNTS

VICTORIA
AS A LEARNING
COMMUNITY

VICTORIA
AS A LEARNING
COMMUNITY

10 Strategies to help kids develop resilience

Resilience is the ability to ‘*bounce back*’ from life’s difficulties. For many young people it is vital to help them develop resilience strategies that promote well-being and develop coping mechanisms. Many resilient teenagers are seen as *resourceful* and are *emotionally and mentally balanced*.

1. Make connections

Teach children how to make friends and develop empathy. Encourage them to be a friend in order to get friends. At school, watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience.

2. Teach children to help others

Children who may feel helpless can be empowered by helping others. Ask for help with a task they can master. At school, brainstorm with children about ways they can help others.

3. Daily routine

Following a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage children to develop their own routines.

4. Take a break

Although it is important to stick to routines, endlessly worrying can be counter-productive. Show children how to focus on something besides what’s worrying them.

5. Self-care for children

Teach child the importance of making time to eat properly, groom themselves, exercise and rest. Children need ‘down time’ to relax, so make sure that not all free time is filled with a scheduled activity.

6. Goals

Teach children to set reasonable goals and move toward them one step at a time. Moving toward that goal and receiving praise for doing so will focus children on what they have accomplished.

7. Nurture a positive self-view

Help children remember ways that they have successfully handled hardships in the past and how this can help them handle future challenges. Help children learn to trust themselves to solve problems and make appropriate decisions.

8. Be optimistic

Even when children are facing very painful events, help them look at the situation in a broader context. A positive outlook enables children to see the good things in life and keep going even in the hardest times.

9. Self-discovery

Change and tough times are often when children learn the most about themselves. Help children to see that this is a good time to find out “what they are made of.” Change can be scary for young people, help them to see that change is part of life.

10. Make home a safe haven

In high school, taunting and bullying can intensify – home should be a haven, especially as your teen encounters more freedoms and choices and looks to home to be a constant, safe and emotionally secure place in his or her life.



Deakin Accelerate is a distinctive VCE extension studies program. If you’re a high achieving Year 11 VCE student, you’ll complete two first-year university units alongside your Year 12 studies. Accelerate gives you a head start into your future university studies and a potential boost to your ATAR.

Subject areas offered are:

Accounting, business analytics, criminology, disability diversity and inclusion, economics, health practice and research, journalism, law, management, marketing, psychological science and robotics and data science.

To find out more go to: <http://www.deakin.edu.au/courses/entry-pathways/accelerate>

VTAC Community Information Evening Benalla



**6pm
Wednesday 9 August, 2017**

**Barkly St Theatre, 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!

Like us on Facebook: facebook.com/vtacguide
Follow us on Twitter: twitter.com/vtacguide
Visit our website: www.vtac.edu.au

Victorian
Tertiary
Admissions
Centre



Benalla P-12 College 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.



Benalla P-12 College will be on display at the

**Benalla Library
from the 14th -28th
August.**



In conjunction with Book Week and the theme 'Escape to Everywhere' we will be showcasing reading and all of the fantastic extra-curricular programs/activities that we offer at our college.

Look for the glass cabinet just inside the entrance and the red display board in the children's section for a display of photographs, student work and much more!

The Benalla Library opening hours are:

Monday, Tuesday, Thursday and Friday:	9:30am to 6pm
Wednesday:	12noon to 8pm
Saturday:	9am to 12noon
Sunday and Public Holidays:	Closed

If you would like further information please see Dee Carracher or Sharyn Stolz.

BOOKSALE

A selection of **EXCELLENT** quality second hand Non-Fiction Books will be available for purchase in the Barkly Campus Library during the Senior Expo/Course Selection Evening on July 31st. Prices will range from \$1-\$5



readathon



**"Read to make
a difference"**

The MS Readathon commences in AUGUST To participate students simply register online at msreadathon.org.au with approval from their parents. Every individual that completes the program will receive a Certificate of Appreciation.

SCHOOL BUS MANAGEMENT SYSTEM

Dear Families

Public Transport Victoria (PTV) and the Department of Education and Training (DET) have reviewed the administrative system of the School Bus Program in order to streamline and improve the process for parents and students.

Here is a summary of the changes:

- > An online School Bus Management System is being introduced and Benalla has volunteered to be part of the pilot program for Semester 2, 2017.
- > Once the changes occur, PTV will manage the application process and issue bus passes, rather than schools.
- > New students who would like to access a school bus will need to apply online directly to PTV.
- > Existing school bus users that have already applied will automatically transfer to the new system and PTV will let each family know of next steps, including their username and password.
- > Schools will continue to manage on-the-ground information, student behaviour and emergencies.
- > Until the changes officially begin, your school will continue to manage travel applications.

PTV will share more information about the new School Bus Management System over the coming months. If you have any questions, please contact your school or call PTV on 1800 800 007.



DISCOVER MORE AT MONASH OPEN DAY

Peninsula

Saturday 5 August
10am – 3pm

Caulfield and Clayton

Sunday 6 August
10am – 4pm

Parkville

Sunday 20 August
10am – 3pm

5 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.

**Parent information
and FAQs**

Read our FAQs and
resources for parents.

**Buses**

Travel on our free
inter-campus
buses.

**Maps**

Find your way
around our
campuses.

**Video**

Check out tips
and advice on
Open Day.

**Find a course**

Explore your
course of interest.

Plan your day at
monash.edu/open-day

Avon Campus: 0428 014 133

Monday 31/7	Tuesday 1/8	Wednesday 2/8	Thursday 3/8	Friday 4/8
Activity: Ball tiggly & cubbies Afternoon Tea: Fruit, spaghetti, milk and juice	Activity: Lego and senior fort Afternoon tea: Fruit, fresh sandwiches, milk and juice	Activity: Cars & drawing Afternoon tea: Fruit, sausage rolls, milk and juice	Activity: Play dough & soccer Afternoon tea: Fruit, muffins, milk and juice	Activity: Electronics & sandpit Afternoon tea: Fruit, noodles, milk and juice
Monday 7/8	Tuesday 8/8	Wednesday 9/8	Thursday 10/8	Friday 11/8
Activity: Playground & soccer Afternoon tea: Fruit, cocktail franks, milk and juice	Activity: Dodgeball and loombands Afternoon tea: Fruit, toasted sandwiches, milk and juice	Activity: x-box & sandpit Afternoon tea: Fruit, noodles, milk and juice	Activity: Junior fort and connected sand Afternoon tea: Fruit, kabana, cheese, milk and juice	Activity: Ipads and skipping Afternoon tea: Fruit, dim sims, milk and juice

Waller Campus: 0407 715 660

Monday 31/7	Tuesday 1/8	Wednesday 2/8	Thursday 3/8	Friday 4/8
Activity Hama beads & Basketball Afternoon Tea Fruit, dry biscuits & spreads, milk & juice	Activity Sandpit & craft Afternoon Tea Fruit, nachos, milk & juice	Activity Jock's playground & board games Afternoon Tea Fruit, steamed dim sims, milk & juice	Activity Cubbies & hula hoops. Afternoon Tea Fruit, toast & spreads, milk & juice	Activity Lego & skipping Afternoon Tea Fruit, cereal, milk & juice
Monday 7/8	Tuesday 8/8	Wednesday 9/8	Thursday 10/8	Friday 11/8
Activity Football & board games Afternoon Tea Fruit, party pies, milk & juice.	Activity Xbox & colouring. Afternoon Tea Fruit, 2 minute noodles, milk & juice.	Activity Loombands & tennis. Afternoon Tea Fruit, pasta, milk & juice.	Activity Hama beads & Chalk drawing. Afternoon Tea Fruit, cereal, milk & juice.	Activity Playdough & Jock's playground Afternoon Tea Fruit, mini hot dogs, milk & juice.

Updated Asthma Plans

If your child has been diagnosed with Asthma and attends After School Care or Vacation Care, then we need a current Asthma Care Plan, signed by your doctor. Please speak to our carers about providing this plan.

Updated Anaphylaxis Plans

If your child has been diagnosed with Anaphylaxis, then an up to date Action Plan for Anaphylaxis, signed by your doctor, is required by the service. Please speak to our carers about your child's needs.

Administration of Medication

If your child requires medication while they are in care, parents/carers are required to provide the medication in the original container with the label intact, bearing the child's name, dosage, instructions and the expiry date. When our carers administer medication, this is documented throughout the day on a medication register.

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

The Centre

your Community College

Are you currently unemployed, returning to work or considering further education?

Getting There is an engaging and supportive learning program that helps you gain the confidence and skills to apply for and gain employment, or go on to further education.

Courses starting soon in Wangaratta, Benalla and Seymour.

9am to 5pm, two days per week for 26 weeks. 15 face to face hours per week and 10 non-contact hours per week.

This course is undertaken through (22237VIC) Certificate II in General Education for Adults which is an accredited language, literacy and numeracy program.

Contact Tanya at *The Centre* on 5721 0221 or tanya.mcerlain@thecentre.vic.edu.au for more information
www.thecentre.vic.edu.au

JAM Tennis Coaching Commencing Term 3

Book Now

417 517 959

www.jamtennis.com

mick@jamtennis.com



Rock and Water Program for women and girls

Benalla
HEALTH

Benalla
HEALTH

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

When: Every Wednesday from 5pm starting 19th July—13th September 2017

Where: Waminda Community House shed, 19 Ballintine Street

What to wear: Loose, comfortable clothes

How much: FREE, only your time!

More information: Benalla Community Health Service ph- 5761 4500