



Benalla P-12 College

Executive Principal - Tony Clark

Monday 4th March, 2019

Edition #4

A MESSAGE FROM OUR PRINCIPAL

OUR COLLEGE VISION

BENALLA P-12 COLLEGE ENSURES THAT EVERY CHILD LEARNS AND IS PREPARED FOR THE FUTURE THROUGH A COMMITMENT TO EXCELLENCE IN TEACHING, HIGH EXPECTATIONS AND POSITIVE RELATIONSHIPS IN A SAFE AND INCLUSIVE ENVIRONMENT.

Senior Building Opening

After much back and forth, we have finally secured the Minister of Education, Mr. James Merlino, for our official opening of the new senior building and trade building at the Faithfull Campus. It does however, mean the date has changed from Wednesday March 27th to Thursday March 28th, and the time has changed also from a 4.30pm start to a 1.00pm start. All families will receive an invitation in the mail very soon and ads will appear in the local paper over the next few weeks. We look forward to seeing as many people there as possible to share the excitement of this event.

Probus Club Talks

Last week we had three senior students attend a Probus Club meeting to speak about their experiences on the Kokoda Trek last year. From all reports the students did a fantastic job and spoke confidently to a packed house of members. Not only does the Kokoda Trek take students to another part of the world and develop many physical and personal skills during the camp, it continues to provide our students with opportunities to challenge themselves in different ways. Congratulations to Declan Chibnall, Taylah Grubissa and Daniel Pulicino for representing the College at this local community event.

School Council

Today is the final day for nominations for school council. Nomination forms can be collected from any campus office.

Staffing

Primary Music teacher Ms. Tegan Hennessy finished up with us last week and has taken up a full time teaching role in Wangaratta. Mrs. Nina Hanna will take over the primary music classes for the rest of this term.

Deb Ball

Year 11 students have the opportunity to participate in a Deb Ball each year. This is a school event but takes quite a lot of organisation. Because of this we have engaged the services of ex-student Olivia Cooney from Precision Events Management to co-ordinate the entire event. Olivia will meet with interested students very soon and will send home all relevant information to families.

Continued...

DATES TO REMEMBER

MON 4TH MARCH

Yrs 7-12

Southern Ranges Swimming

WED 6TH MARCH

**3pm-5pm- Judds Uniform Shop
Faithful St Campus**

THURS 7TH MARCH

**Senior Boys Cricket
Hume Region**

THURS 7TH MARCH

**7.30pm- Yr 7 Band Info Night
Faithfull St PAC**

TUES 12TH-FRI 22ND MARCH

**Yr 9 Futuremakers Camp
Group 1**

TERM 1 DATES

31st Jan- Friday 5th April 2019*

*Friday 5th April is a student free day due to Parent/Teacher Interviews.

Our College Values

Respect

Responsibility

High Expectations

Integrity

PRINCIPALS MESSAGE CONTINUED.....

Primary Maths Specialists

Last week I attended a day of training for the new DET Primary Maths Specialist Program, along with our two selected specialists – Mr. Glen Holt and Mr. Glenn Barker. This program has been highly successful in other schools and we are confident it will have the same outcome here at Benalla P-12. Mr. Holt and Mr. Barker both have a great passion for teaching maths and will spend the next two years becoming 'experts' in the area so that they can help all our staff deliver the best maths program possible. This is a great opportunity for our College and one that I am sure will have great benefits for our staff and students.

Have a great Week

Tony Clark
Executive Principal

CSEF

ARE YOU ELIGIBLE FOR THE CAMPS, SPORTS AND EXCURSIONS PAYMENT FOR 2019?

If you hold a valid means-tested Centrelink Card (ie Health Care Card, Pension/Veterans Affairs Card, Youth Allowance Card) You are eligible to receive CSEF funding. This is available to help families with the cost of Camps, Sport & Excursions.

Please complete the application forms with a copy of your valid Centrelink card and return to any campus office as soon as possible!

ATTENDANCE

Why every day counts

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

Are there any good reasons to be away from school? No. Unless your child is so sick they can't get out of bed or there is an event like a funeral, your child should be at school. Every day that your child is away is a day of classes and social connection they will miss out on. Taking a day off for birthday's or to go shopping isn't a good reason to miss school. Even medical and health appointments should be made either before or after school or during the school holidays. This includes family holidays. Parents are encouraged not to plan holidays during the term but to organise these during the school holidays. If your child have to be away for some reason, you need to contact the school and let them know what is going on. Depending on the situation, the school might provide school work for your child to complete.

If you are having trouble getting your child to school every day, please call or pop in to see one of our student wellbeing team:

- ☐ Avon/Clark St Campus -Scott Greig 5762 1646
- ☐ Waller St Campus -Bron Greig 5762 2600
- ☐ Faithfull St Campus -Lou McCloskey 5761 2777
- ☐ Faithful Senior Campus- Craig Carley 5761 2777

We would love to support and work together with you to get your child back on track attending every day.

Email: benalla.p12@edumail.vic.gov.au
Web: www.benallap12.vic.edu.au

Avon St
Yrs F-4
P: 035762 1646

Attendance Hotline
035762 1646

Waller St
Yrs F-4
P: 035762 2600

Attendance Hotline
035762 2600

Faithfull St
Yrs 5-6 Hub
P: 035761 2752

Attendance hotline
035761 2747

Faithfull St
Yrs 7-12
P: 035761 2777

Attendance Hotline
035761 2747

AVON ST NEWS

The Year 1 & 2 students are learning about place value. We read the number, we make the number and we write the number. Some numbers go all the way up to 100 and 1000! We are working super hard and LOVE learning all about numbers



STUDENTS OF THE WEEK

Congratulations to this week's students of the week Cash, Daniel, Amelia, Talydia and Jobe



RAY WHITE AWARD



Charlie Bowen is this month's Ray White Award winner. Congratulations Charlie!

YOU'RE INVITED!

Avon Street Parents & Friends Association Meeting

When: March 8th

Where: Staff room

Time: 9.00am



We are looking for new and existing families to join our Parents and Friends Association. Parents & Friends is a great way to meet new people and be involved in fundraising activities for our school, you can be involved as little or as much as you like.

We look forward to seeing you all there for a cuppa and a chat!

WALLER ST NEWS

YOUR MORNING ROUTINE FOR SCHOOL: TIPS

Last week I put an article in the newsletter about getting organised for school each morning. This week I have some tips I would like to share with you to help you have a stress free morning getting ready to school. Rushing can really increase everyone's stress levels, so it helps to give yourself a bit more time in the morning. One of the best ways to do this is to **get up 15-30 minutes earlier**.

Here are more tips to take the stress out of mornings:

- Think about an alarm for children who find it hard to wake up or don't like getting out of bed.
- Tackle the morning as positively and as optimistically as you can. Good moods can be infectious. One way to do this is by focusing on the positive aspects of your children's behaviour and praising them – for example, 'Great to see you eating some toast'.
- Give your children calm, clear instructions about what you want them to do, and follow up with specific praise as soon as they start to cooperate. You might need to remind younger children more often about what they're meant to be doing and when. Simple 'to do' checklists, even with pictures, can help.
- As your children get older and more capable, encourage them to do more for themselves. For example, an eight-year-old can get dressed on his own, make his own breakfast, and tidy up after himself. A five-year-old can do things like putting his lunch box in his bag.
- Cut down on distractions like television, tablets and other devices. Many families have a rule about no screen time in the morning. Think about leaving screens off, unless screen time is a special treat for being ready on time.
- Try not to give your children extra attention for arguing, whining or stalling. Even negative attention is an incentive for them to keep going with this behaviour.
- Make it fun – for example, try our ['Beat the buzzer'](#) game to encourage your child to be ready on time. Sometimes children drag out the time in the morning as a way to avoid school. If you think this might be happening with your child, it's a good idea to check in with your child's teacher to make sure there aren't any problems that are causing school refusal.

For more ideas and information with getting organised in the morning, please see Bron- Student Wellbeing or call 5762 2600.

WEEK 4 STUDENTS OF THE WEEK



Back L-R: Steele Adams, Joshua Ziebell, Maddison Brown, Brodie Rawlings, Rhyse Streader and Oliver Parker
Front L-R: Jake Campbell, Barry Reid, Charli Button, Joel Lewis & Kayley Haskew-Jones

RAY WHITE AWARD

Congratulations Kayley Haskew-Jones From Year 1/ 2 Rae, for demonstrating our School Values.



GOLDEN SHOVEL AWARD

Congratulations to Imogen Williams, Evie Buitenhuis, Mekayla Halligan & Arni Lees for receiving Golden Shovel awards.



HOT FOOD DAY

Term 1 Hotdog Hot Food Day

Friday 15th March Is Hotdog Hot Food Day! To order yours, simply return an order form with the correct money to school.

Orders are to be returned no later than Friday 8th March at 9am.

*Order Forms are available at the Waller St Office.



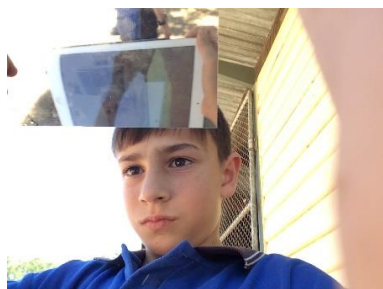
The winners of the 5/6 Sports Awards were; Nikita Hanson, Zach Schluter, Koren Bonniticha, Charlotte Lawrence, Emily Hedt, Daniel Fry, David Armstrong, Sam Gates, Ryan Hopgood, Logan Withrow, Jack Parker, Laura Fowles, Toby Reeve.

STUDENTS OF THE WEEK



YEAR 5 SCIENCE UNIT

This term the Grade Five Students have been studying Light for our Science Unit. We have been doing lots of experiments to find out about reflections, transmission and absorption. We also have been experimenting with CD's and Mirrors to reflect and change light.



MY REPORT ON LIGHT

On Tuesday we got five clear gummy bears and one red gummy bear we put them in a line so red was at the back. We shone a white torch through them and saw that the light went through the clear bears then the red gummy bear absorbed it. Then we put green cellophane over the torch light and it went through all of them. Then we took off the green and put the red cellophane on it went through the clear and the red absorbed it. Danielle Knox

MY REPORT ON LIGHT

When we shone a torch through gummy bear the light went through the clear bears and was absorbed by the red. The green cellophane made it darker and the light went through the red easier.



ABOUT LIGHT

We found out about different types of light. White light is all the colours of the rainbow. We bent light with our CD's. We shone our CD's at each other in the sun and made rainbows. Jody Doody



SENIOR NEWS- CAREERS

Work Experience – We need your help!

This year we are implementing a Year 10 Work Experience Program for the whole Year 10 cohort in Term 4. This will involve around 70 students requiring a work experience placement in Benalla (or further afield). We need community and business support to make our program a success and are appealing to all businesses to consider having a work experience student and be placed on a list of employers that students will be welcome to approach.

Work Experience placements assist students in their transition from school to work and aim to:

- Prepare students for the demands and expectations of the world of work
- Help students make informed career decisions by assessing their aptitudes and interests, and exploring potential careers
- Improve students' maturity, confidence and self-reliance
- Provide a link between school and local community
- Provide students with appropriate knowledge, skills and attitudes concerning both paid and unpaid work

Please contact Molly Craig of Kellie Cairncross on 5761277 or email Cairncross.kellie.l@edumail.vic.gov.au to register your business for our program.

What is the difference???

Work Experience

Students get a feel for an industry that they might be interested in working in one day. Students need to be 15 years of age or older.

Work Placement or Structured Workplace Learning (SWL)

Students use their classroom learnt industry skills in a real work environment. For VET or VCAL students.

What is the difference between these options?

School Based Apprenticeship or Traineeship (SBAT)

provide students aged 15 years or older with valuable employment skills, hands-on industry experience and a nationally recognised qualification, while still completing secondary school qualifications.

Year 12 Pathways Appointment

All Year 12's are encouraged to see me this term. Parent and carers are welcome to attend this interview as well to discuss pathway options post Year 12. Please call the school to make an appointment or book an appointment on the sign-up sheet outside the Careers Room.

Upcoming Careers Events

University Bus Tours: Wednesday the 13th of March



Available to Year 11 and 12 students from FCJ College and Benalla P-12 College

- Bus 1 - La Trobe University (Bundoora) and RMIT
- Bus 2 – Deakin University and Victoria University

Proudly supported by the Tomorrow Today Foundation

Depart: Benalla at 7.30am and return at 7.00pm

Cost: Free

Please see Mrs Cairncross or Molly by the March 1 to register your interest. Permission slips will be generated early next week.

Charles Sturt University Ambassador Visit: Monday the 18th of March

SENIOR SCHOOL THEATRETTE



- What is University like?
- What study options are there at University?
- Is University for me?

Come along to hear ambassadors from Charles Sturt University discuss what Uni is all about!

SPORTS REPORT

Congratulations to all staff and students who made our inaugural Swimming Carnival such a success. On Friday 22nd February our Year 3 to 6 students participated in their very first swimming carnival held at the Benalla YMCA. Some students competed in time trials with the opportunity to be selected to compete at Division level in Wangaratta. All students cheered the competitors on and then participated in fun water activities.

The following students have qualified to compete in Wangaratta: Jobe Stovell, Zac Fennell, Indy Stovell, Mia Hopgood, Thomas Woods, Dean Streader, Ochre Lees, Lachlan Nield, Carter Adams, Nikita Hanson and Ella Brennan. We wish them all the best.

House points were earned throughout the afternoon for awesome team play, participation in activities and placing in the time trials. The scores were close with Yellow House finishing on top with 473 points. Then Green on 463, Red on 449 and Blue on 401.



The Swimming Carnival was great because there were so many different activities. I liked *Ping Pong Madness* because it was in the shallow end and we thought of lots of different strategies to get the balls.

Alana Moss

Our first Swimming Carnival was good because we got to do a lot of water activities and some people were proud of themselves for doing well in the time trials.

Mia Hopgood

The Carnival was amazing because I got to race in the 50m backstroke and freestyle. I felt proud of my effort.

Imogen Williams

AFTER SCHOOL CARE NEWS

FREE-COME AND TRY NIGHT

Out of School Hours Care

Out of School Hours Care invites you to attend one of our come and try nights.

After school care is offering you one come try evening free of charge.

Children will be offered fresh fruit, milk, juice and then something special for afternoon tea.

After afternoon tea children can join in activities indoors and outdoors.

Parents/Carers need to pick up visiting children by 5pm.

Time: 3:10 – 5:00pm.

Where: Waller Street Multi-purpose Room.

When: Tuesday 5th or Thursday 7th March

No Charge

RSVP by Friday 1st March

Bookings a must

Childs Name: _____ Age: _____

Parent's Signature: _____

Preferred Evening: _____ Tuesday
_____ Thursday



Students worked together to strategize on how to build the highest Lego tower and the longest Cubby House.



HOW TO BOOK:

Bookings can be made by contacting:

Waller Street Campus:

57622600 or Mob 0407 715 660

Avon Street Campus:

5762 1646 or Mob 0428 014 133

UPCOMING ACTIVITIES

To view the activities and afternoon tea menu, click on the following link:

<https://benallap12.vic.edu.au>

COMMUNITY NEWS



BENALLA NETBALL ASSOCIATION

TUESDAY NIGHT AUTUMN COMPETITION

Junior competition for boys and girls, social womens and mixed (Wednesday) competition.

1st Round starts from Tuesday 12th March, 2019

Registration ONLINE via our website:
www.benallanetball.com.au

All enquires to: Rebecca Mudd: 0416 755 226
benallanetball@gmail.com

Like our facebook page to stay up to date!

WANTED

Benalla Bandits Baseball Club

are looking for
Players all ages, Umpires, Scorers,
Club Members & Supporters

Thursdays
4:30pm - 5:30pm
Come & Try! Kids of all ages
6pm - 7:30pm
Training Mixed Seniors 16+

Contact Details:
Phone: 0410095002 or 0410095004
Email: benallabandits@gmail.com

Training times subject to change. Check facebook for up to date times.

 Find us on facebook.

Meryula Clinic

Sexual health advice and services

Commencing Friday March 8 2019

What is Meryula Clinic and who is it for?

The Meryula Clinic is a free and confidential sexual and reproductive health service that offers clients a safe setting in which to discuss sexual health concerns and receive specialist sexual and reproductive health care. It is staffed by an experienced registered nurse who has specialised training in sexual and reproductive health. The clinic focuses particularly on under-screened groups in the community and welcomes people of all ages, genders and diverse groups.

What services are offered?

Meryula Clinic provides information, support, clinical services and appropriate specialist referral for issues surrounding:

- Sexually transmitted infections, including screening and treatment
- Contraception, including Implanon insertion
- Emergency contraception
- Pregnancy testing
- Unplanned pregnancy counselling and referral
- Cervical screening (Pap smears)
- Genital pain and discomfort
- Sex work certificates
- Blood Borne Virus screening, counselling and referral
- Hepatitis C treatment
- HIV PrEP
- Contact Tracing
- Referral to specialist services

What is the cost to attend Meryula Clinic?

- Under 18 years – Free / Medicare Bulk Billed
- 18+ years – Medicare Bulk Billed
- Pathology – Medicare Bulk Billed
- Pharmacy – small charge

Where is Meryula and when is it open?

Meryula runs every second Friday from 9am to 4pm. The clinic is located in the Community Rehabilitation Centre Building at Benalla Health on Samaria Road opposite BPACC.

Bookings are essential
Phone: 03 5761 4500

Benalla
HEALTH



CREATE THE CHANGE
YOUTH POLITICS CAMP

8 - 10 APRIL 2019
MOUNTAIN VIEW RETREAT
HARRIETVILLE VICTORIA

F YOUTH POLITICS 2017
NORTH EAST YOUTH POLITICS CAMP

REGISTER NOW: YOUTHPOLITICSCAMP2019.EVENTBRITE.COM.AU

ALPINE towongshire Strathbogie INDIGO BENALLA

ART AFTER SCHOOL

A creative program for teenagers

Experiment, create and explore art in Benalla
Art Gallery's creative basement studio



Are you interested in making art?

Would you like to learn new skills such as sculpting, drawing and painting?

Join our after-school workshops, connect with like-minded young people and work with guest artists.

WHEN: Thursdays during term, 3.15 - 4.45pm (starting 7 March)

AGE: 12 - 18 years

COST: Free

CONTACT: Benalla Art Gallery 03 5760 2619

Registration essential

Parental permission form available from Benalla Art Gallery or by emailing

artgallery@benalla.vic.gov.au

Free books for kids at Big W!



Free books
FOR KIDS*

One new book released weekly in store.
*While stocks last. 1 book per child.

STUDENT WELLBEING

Dear Parents,

At Benalla P-12 College we aim to create a safe and supportive school community for everyone.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

We are sending you a pocket card from Bullying. No Way! with tips on what to do if your child talks to you about bullying. Parents know their children best and know the best way to tailor communication to their needs. Adapt these tips to what works for you and your child.



If your child talks to you about bullying:

1. Listen calmly and get the full story.
2. Reassure your child that they are not to blame.
3. Ask your child what they want to do about it and how you can help.
4. Visit www.bullyingnoway.gov.au to find some strategies.
5. Contact the school.
6. Check in regularly with your child.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid more distress to your child.
2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that.' or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all'.
3. **Ask** your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.
4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.
5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child's safety.
6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please feel free to contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make Benalla P-12 College a great school for everyone.

Craig Carley
Student Wellbeing Coordinator

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.

For Students, please call:
1800 551 800 (Kids Helpline)
In an emergency, always contact 000 for emergency services



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect

For Parents
1800 991 099 (Child Wise Helpline)
131 278 (Child Protection Crisis Line)
1300 138 180 (Child First)