



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 29<sup>th</sup> April, 2019

Edition #9

## A MESSAGE FROM OUR PRINCIPAL

### 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.*

Welcome back to Term Two. I hope that everyone had a happy Easter and a nice break if you had the chance. We are looking forward to a busy term of learning for everyone.

### ANZAC Day Parade and Assembly

Last Thursday we had a number of students represent the College at the Benalla ANZAC Day parade. Our college captains attended the dawn service with Assistant Principal Reno Lia, and they also attended the march and the 11am ceremony along with our campus leaders from Waller and Avon and quite a few other students from those campuses. It was also pleasing to see many other Benalla P-12 College students and staff marching with community organisations including the scouts, CFA and SES. One of our college captains Melanie Stretton performed a reading at the ceremony and as usual, did a fantastic job, demonstrating her outstanding public speaking skills.

Thankyou to all the parents who brought children along to this event and for supporting the College to be a part of the community.

Tomorrow we are holding our ANZAC ceremony and whole school assembly for Term Two. This will be held in the stadium at Faithfull Street at 9.30am. There are a number of community representatives coming and we encourage parents to attend as well.

### Staffing

Waller Street Assistant Principal Heather Leary is on leave for 5 weeks, so Sam Hazell is Acting Assistant Principal for that time. Sam will continue to teach most of his Year 9 maths classes to minimise disruption to them.

Grade 5 teacher Heidi Perry has reduced her time to 4 days per week. Sally Moore will join our staff to take the class every Friday. Sally is an experienced teacher who is currently teaching Grade 5/6 three days a week at a school in Wangaratta.

Similarly, Bryony Lepoidevin will work 4 days a week in her Grade 5 class and Julie Bell will take the grade on a Friday.

### Cross Country

This Thursday is the inaugural Benalla P-12 whole school cross country. We are looking forward to a great day out together where we can all participate and support each other. It is a normal school day and all students are expected to attend. Please support us by making sure that your child does attend school that day and we encourage parents to come along and be part of the event.

Continued.....

## DATES TO REMEMBER

MON 29<sup>TH</sup> APRIL-WED 1<sup>ST</sup> MAY

Yr 12 Falls Creek Bushwalk

TUES 30<sup>TH</sup> APRIL

**9.30am Whole School ANZAC Assembly-Faithfull St Stadium**

THURS 2<sup>ND</sup> MAY

Yr 12 Top Designs Excursion

**Whole School Cross Country-Benalla Showgrounds**

TUES 7<sup>TH</sup> MAY

Mungo Youth Project- Camp

Yr 9 Outdoor Ed- Excursion Lake Benalla

Year 9 Career Plan Workshop

WED 8<sup>TH</sup>- FRI 10<sup>TH</sup> MAY

Unit 1 OES Mt Howitt Bushwalk

THURS 9<sup>TH</sup> MAY

Hands on Trades Day

## TERM 2 DATES

**Tuesday 23<sup>rd</sup> April-Friday 28<sup>th</sup> June**

## Our College Values

Respect  
Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### PD day

On Friday, all staff were at school taking part in a range of professional development activities. Our support and admin staff completed their first aid training while teaching staff did some workshops on Compass. One of the key aims of the day was to develop our college 'Instructional Model'. This is the framework we use to build our lessons on and ensure consistent, high impact teaching in every classroom every day. Staff worked collaboratively to look at some examples from other schools and start the process of developing our own. This was very important work and was very successful.

### Security Cameras

Last term School Council endorsed our Student Driver policy which allows students to park in the new carpark off Helms Court at the Faithfull Campus. This will help reduce congestion in Helms Court and make it better for residents during the day. As a result we have installed two more security cameras that monitor the carpark, to complement the ones that are already on the new senior building.

Tony Clark  
Executive Principal

## ATTENDANCE

### Every day counts

Welcome back to term 2. As you would already know from the stories that your child bring home, that they learn new things every day. What you may not know that **going to school every day is the most single important part of your child's education**..... missing school puts them behind. There are no safe days for missing school.

Did you Know? Attendance patterns are established early - a child that regularly misses days in kindergarten or in the early years of school will often continue to miss class in later years and receive lower test scores than their classmates. It is vital that students go to school every day - even in the early years of primary school.

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

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

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

Email: [benalla.p12@edumail.vic.gov.au](mailto:benalla.p12@edumail.vic.gov.au)  
Web: [www.benallap12.vic.edu.au](http://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 CAMPUS NEWS

### STUDENT OF THE TERM AWARDS



## RAY WHITE AWARD WINNER



**Congratulations Hayley Watts  
for demonstrating our College  
Values.**

## EASTER RAFFLE WINNERS



A huge  
thank you  
to all of our  
Parents  
and Friends  
who kindly  
donated  
prizes to  
our Easter  
Raffle; over  
\$900.00  
was raised.

Congratulations to all Easter raffle winners.

## EASTER FUN DAY





## WALLER ST CAMPUS NEWS

### STUDENT OF THE TERM AWARDS



#### Foundation Students of the Term

L-R: Lily, Josh, Olivia and Steele

### YEAR 1/2 STUDENTS OF THE TERM



Sophia (Library Award), Marli, Noah, Arli and Char-Leah  
Front L-R: Patrick, Hannah, Meagan, Kayley and Tiffany (Art Award)

### YEAR 3/4 STUDENTS OF THE TERM



Back L-R: Nicholas, Chantay, Zara and Joel  
Front L-R: Andrew, Kaleigh, Caleb and Ryder

### SPECIALIST AWARDS

Back L-R: Ms. Brown (Literacy), Sharyn (Library), Ms. Gregg (Art) and Mrs.



Neilson (P.E.)  
Front L-R: Sophia (Library Award), Liam (Literacy Award), Lachlan (Indonesian Award), Jack (Literacy Award), Tyler (P.E. Award) and Tiffany (Art Award)  
Absent: Zachary Fitzpatrick (Library Award)

## PBS AWARDS

Congratulations Noah, Emily & Marleigh



### RAY WHITE AWARD WINNER



Congratulations Charli Button for demonstrating our School Values.

## SCHOLASTIC BOOK CLUB.



Scholastic Book Club Issue 3 catalogues have now been distributed to all students at Waller St Campus.

Students and parents are reminded that book club orders must be submitted online through Scholastic Book Club Loop Orders by Thursday 9th May 2019. Details for ordering are located on the back page of the catalogue.



# WALLER ST CAMPUS NEWS

## EASTER FUN DAY





## SPORTS NEWS

### WHOLE SCHOOL CROSS COUNTRY- THURSDAY 2<sup>ND</sup> MAY 2019

All of our students from Prep to Year 12 will be participating in our very first whole school Cross Country event.

Students will compete in their own year level or age group.

They will earn House points for participating and extra points for placing 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>.

A perpetual shield will be presented to the winning House.

**Venue:** Benalla Showgrounds and Arundel St ovals  
 Secondary students will walk and arrive from 10:15am  
 Year 5/6 students will walk and arrive at 11:30am  
 P-4 students will be bused to the venue at 11:30am

#### Students will need to:

- Wear school uniform or House colours and shoes suitable for running
  - Bring a water bottle (no sports drinks please)
- Bring some snacks and lunch OR order a sausage in bread

Parents and carers are most welcome to come along and support your children.  
 Car parking will NOT be available inside the venue in order to keep the students safe.

Age Group	No. of students	Distance	Age Group	No. of students	Distance	Race Time
18+ Girls	62	3000m				10:35
18+ Boys		5000m				
17 Girls	73	3000m				10:50
17 Boys		5000m				
16 Girls	70	3000m				11:05
16 Boys		5000m				
15 Girls	73	3000m				11:20
15 Boys		3000m				
14 Girls	73	3000m				11:35
14 Boys		3000m				
13 Girls	44	3000m				11:50
13 Boys	50	3000m				11:52
9 Girls	37	2000m	Prep Girls	24	800m	12:05
9 Boys	31	2000m	Prep Boys	33	800m	12:20
10 Girls	30	2000m	Year 1 Girls	25	1000m	12:35
10 Boys	37	2000m	Year 1 Boys	41	1000m	12:50
11 Girls	40	3000m	Year 2 Girls	27	1000m	1:00
11 Boys	33	3000m	Year 2 Boys	29	1000m	1:15
12/13 Girls	39	3000m				1:30
12/13 Boys	34	3000m				1:45

## CAREERS

### YEAR 9 CAREERS INTENSIVE AND MORRISBY ASSESSMENT

We have started our **Careers Intensive Program** with all Year 9 students. Last week students set up their portfolios and started to identify their Values and Personal Attributes that are important to include in their Career Action Plans (CAP) and resumes.

Last term a letter was sent home to all Year 9 families which explained our Career Intensive Program and the new Victorian Government initiative regarding Year 9 Career Advisory Service. In short, this requires students to complete an on-line assessment (Morrisby) in class which is later reviewed with the student by a visiting careers consultant. This is an exciting new opportunity that we want all of our students to take part in. It is therefore important that the **Consent Form is returned ASAP**. If you need another copy of the form please contact me.

Sue Oakley  
Pathways to Retention Coordinator  
[oakley.susan.e@edumail.vic.gov.au](mailto:oakley.susan.e@edumail.vic.gov.au)

## LOTE NEWS

### HOME STAY OPPORTUNITY

Benalla P-12 College has been given the wonderful opportunity to host an Indonesian secondary student for six weeks during Term 3.

We are seeking expressions of interest from any family with a student in Years 8 – 11 who would be prepared to accept a student of similar age into their home. You do not have to speak any Indonesian but anybody with a few words or phrases of Indonesian will be very welcome!

There is no expectation to do any extra-curricular activities with your guest, just to go about your everyday life as normal. They will be attending classes at school here during the day.

If you would like any further information, please contact Stephen Winkler at the school, or email me at [winkler.stephen.n@edumail.vic.gov.au](mailto:winkler.stephen.n@edumail.vic.gov.au) and I will be very happy to answer any questions.

An expression of interest does **not** mean you are committed but we would love to hear from any welcoming families who could be part of this fantastic experience



## SCHOOL CROSSINGS

The Council enforce road safety rules in Benalla Rural City, particularly around school zones to increase the safety of children on their way to and from school.

Under the *Road Safety Road Rules 2017*, whenever the school crossing flags are displayed it is illegal to stop or park:

- 20 metres before a school crossing
- 10 metres after a school crossing

The penalty for these offences is currently \$161.  
It is also an offence to:

- Be stopped on a nature strip or to obstruct access to a footpath
- Be stopped in a bus zone
- 

The penalty for these offences is currently \$97.

Rules around school crossings are made to keep our roads safe for children.

The Council, together with VicRoads, have strategically placed school crossings around schools for the safety of pedestrians. Ensure that children take advantage of designated school crossings to cross safely.





**headspace**

National Youth Mental Health Foundation

# Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

## Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



## Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.



## Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



## Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. veggies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



## Sleep well



Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you 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 your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

## Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



## Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.





# Tips for a healthy headspace



## Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.



## Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

## Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like 'relax' or 'calm down'). Place a hand over your diaphragm to make sure you're breathing slowly – you should feel your hand move if you're doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



## Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



## Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

## Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

## Play



Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

## Seek help



A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local **headspace** centre or visit **ehespace.org.au**. Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit **ehespace.org.au**