



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 13<sup>th</sup> May, 2019

Edition #11

## 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.*

### Parents Club

Parents' Clubs are important for any school. They foster closer links between parents, teachers and the principal; facilitate parental participation in the school and work together with school staff and school council to ensure the best outcomes for all students.

A strong parents' club not only benefits students, but can enrich and contribute to the wellbeing of the whole school community through their positive interactions and support.

Benalla P-12 College currently has informal arrangements for parents' clubs at Waller and Avon Campuses. Under the DET guidelines, we must have one club, the Minister's approval and a constitution.

To begin the process of establishing one parents' club for our school, I am calling a meeting of all interested members of the school community to discuss the matter, and hopefully form an interim committee to complete the work of adopting a constitution.

This meeting will be held on **Tuesday May 28<sup>th</sup> at 5pm** and will take place at the Waller Street Campus. This will be published on Compass and via our Facebook page over the next two weeks. If you are interested but are unable to attend, please contact me. Please get in touch also if you have any questions about this process.

### Uniform

Given the weather is getting colder, students may be tempted to wear items that are not part of our dress code, including hoodies and puffer jackets. There are items available through the uniform shop that are suitable for winter. If you are unable to purchase these please get in touch to see how we can support you.

School Council has approved our dress code and expects students to adhere to it. If students are wearing non-uniform items they will be asked to remove them. Please support us to ensure we have all our students in uniform looking like they belong to our college and having a strong sense of pride in being a student here.

Continued.....

## DATES TO REMEMBER

### TUES 14<sup>TH</sup> MAY

Yr 11 -Live 4 Life Group 1 & 2  
**NAPLAN- Years 3,5,7 & 9**

### WED 15<sup>TH</sup> MAY

Yr 8 Outdoor Ed- Warby Ranges  
Bushwalk  
**NAPLAN- Years 3,5,7 & 9**

**Uniform Shop – 3pm-5pm**  
**Located in D1 at the Faithfull St Campus**

### THURS 16<sup>TH</sup> MAY

F-2 Bpacc Excursion- The Gruffalo  
**NAPLAN- Years 3,5,7 & 9**

**7.30pm- Yr 7 Band Concert-  
Faithfull St PAC**

### FRI 17<sup>TH</sup> MAY

Yr 11- Live 4 Life Group 3  
**NAPLAN- Years 3,5,7 & 9**  
**Primary – Cross Country at Avon St Campus**

### MON 20<sup>TH</sup> MAY

Yr 10 Ned Kelly Excursion  
**NAPLAN- Years 3,5,7 & 9**

Lions Club Speeches at Avon St Campus

### TUES 21<sup>ST</sup> MAY

Yr 9 Outdoor Ed- Reef Hills  
Excursion  
**NAPLAN- Years 3,5,7 & 9**

Lions Club Speeches at Waller St Campus

## Our College Values

Respect  
Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### Mothers Day Breakfasts

Thankyou to all those mums and Grandmothers and other special friends who came along to our Mothers' Day Breakfasts at Waller Street and Avon Street last Friday. The numbers of people attending was fantastic and great for the kids and for our school. Special thanks to parent Kate McPadden for donating all the eggs from her farm at Lurg. I hope that all who attended had a great start to their day and followed up with a wonderful Mothers' Day on Sunday.

### NAPLAN

As mentioned last week, all students in Years 3, 5, 7, and 9 will be sitting 4 NAPLAN tests over the next two weeks. The tests are online this year, which means we get our results more quickly and the tests provide a more accurate assessment of student abilities.

### Cross Country

Don't forget the cross country for P-6 students at Avon Street this Friday. The more parents in attendance the better. At this stage the weather looks good and the students are very much looking forward to it.

Tony Clark  
Executive Principal

## ATTENDANCE

### Why every day counts

We are now in our fourth week of term 2 and **going to school every day is the most single important part of your child's education.**

**Did You Know?** The main reasons for absences are **SICKNESS, FAMILY HOLIDAYS," DAY OFF" TRUANCY,** and **SCHOOL REFUSAL.** If your child is averaging 1 day a fortnight absent from school- this equals 1.5 years of being absent over the 13 years of school. **There are no safe numbers of days for missing school, missing school puts them behind.**

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

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

## SCHOOL MANAGEMENT SYSTEM- COMPASS

We have introduced a new school management system this year called Compass. It is used by staff for a wide range of reasons and is available to parents to complete some important functions. If you have not received your Log on information in the mail, please contact your campus office to get this information.

The Compass app is available to download in your App store.



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

## 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. \$125 per year is paid for eligible Primary school students, with \$225 per year paid for eligible Secondary school students.

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

CSEF applications for 2019 closes on 28 June 2019

## WHOLE SCHOOL CASUAL DAY

In Education week, we are "Celebrating Careers"

with a **Casual Dress Day!**

### On Thursday 23<sup>rd</sup> May

Come dressed as what you'd like to do in the future...  
e.g., Firefighter, Doctor, Scientist, Mechanic, Artist etc.



### Cost is a Gold coin donation

All Funds raised will go to the Salvation Army and State School Relief.

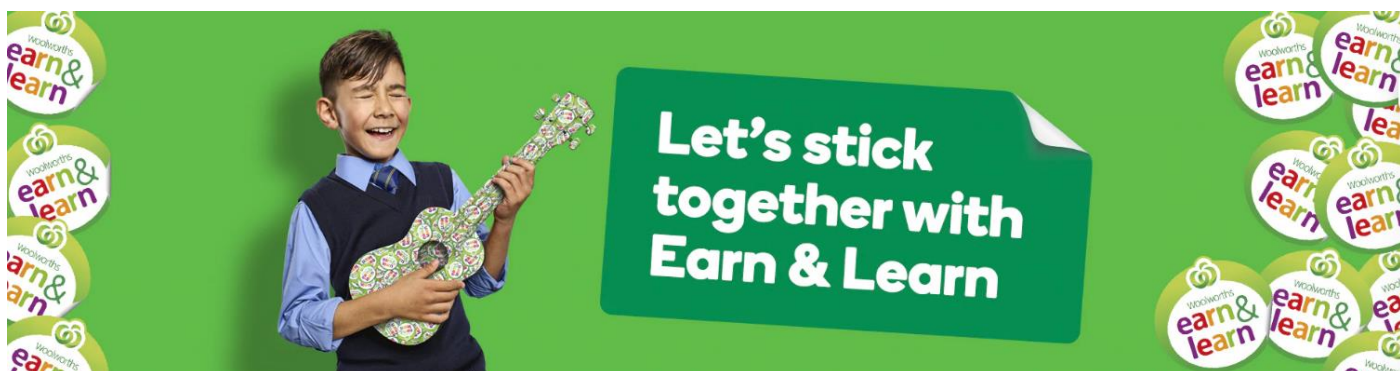


## EARN AND LEARN STICKERS

If you are shopping at Woolworths, Please collect the Earn and Learn stickers for our school!

We redeem these stickers for science, technology, maths, arts, books and sports equipment.

Each campus has a Collection box in the Office, so get collecting!





## AVON ST CAMPUS NEWS

### STUDENTS OF THE WEEK



**Congratulations Cash, Orion, Sebastian, Haley, Millie and Harry**

### TERM 2 CAMPUS LEADERS



**Congratulations to our Term 2 Campus Leaders, pictured with Mrs Treacy are Indy, Kristy, Leila and Jai.**

### FRIENDSHIP BENCH

At Avon St Campus this term we have a focus on 'kindness'. Students are being taught how important it is to 'choose' to be kind to others. An important part of this message has been the introduction of our 'Friendship Bench'.

The original concept for 'friendship benches' or 'buddy seats' started in schools in Great Britain. The idea is that this very special, brightly coloured seat, is placed in the school yard and this is a spot where students who are lonely or sad can sit during recess or lunch times. In in doing so they alert teachers and other students that they would like to join in a game with others.

Children are taught how special the seat is and to look out for any student who is on it. It is hoped that our Avon students will approach the seat and invite whoever is on it to play with them or simply check if they are ok. The seat can be a key beginning to promoting friendship and kindness in children and help build a sense of community.





## WALLER ST CAMPUS NEWS

### STUDENTS OF THE WEEK



Back L-R - Blake, Dominic, Lucy and Tom  
Front L-R - Liam, Maddy, Imogen and Shylah

### GOLDEN SHOVEL AWARDS



Congratulations Camden, Bella, Alana, Shylah, Katelyn, Declan and Arni.

### MATHS IN THE 3/4 HUB



### ATTENDANCE AWARDS

Miss Gough's Class were the **Term 1 Attendance winners** with over 96% attendance! They all received a drink bottle for their class achievement.

### RAY WHITE AWARD



Congratulations to Josh McNair, Ray White Award recipient!

### VISION PORTRAITS FUNDRAISER



The Parents and Friends Association has scheduled a family/kids photo fundraiser for **Sunday 26<sup>th</sup> May, 2019.**

**The cost is \$15 and includes a 10" x 13" photo and frame.**

To secure a booking please go to the following link

[https://www.visionportraits.com.au/family\\_fundraise2019](https://www.visionportraits.com.au/family_fundraise2019) Password: [fundraise2019](https://www.visionportraits.com.au/family_fundraise2019)

For all enquiries phone 03 8689 0033 or email [info@visionportraits.com.au](mailto:info@visionportraits.com.au)



Vision  
Portraits



## WALLER ST CAMPUS NEWS

### CELEBRATING MOTHER'S DAY ON THE WALLER CAMPUS

We had lots of mothers, grandmothers, aunts and special friends that came to celebrate Mothers Day, by having a cuppa with scrambled eggs on sour dough toast. It was a great morning with families chatting and having special time with their children. With over 160 plates of scrambled eggs served up, this could not have happened without the support from our fabulous volunteers, Karren O'Connor, Wilma Greene, Betty Rae and staff Kerrie M, Library Sharyn, Office Sharyn, John H, Sam H, a very big shout out to you all.

***A massive THANKYOU to Kate McPadden from Greata Valley Free Range Eggs who donated over 10 dozen eggs for the Waller Campus Mothers Day breakfast . A big thankyou to everyone.***



## 5/6 NEWS

### YEAR 5 SCIENCE

This term the Year 5 students are learning about the Solar System. We are learning all about the creation of the Universe. We did a Science Experiment called "Tornado In A Jar" that showed us what it was like when the giant mass in space spun and made stars, planets, the Solar System and Universe.

#### **This is what we did**

1. We put water in a jar.
2. We added glitter and food colour
3. We added 1 teaspoon vinegar and detergent.

We shook the jar and made the tornado.

#### **This is the Science behind this.**

We worked out the vinegar and soap were heavier than the water. When we shook the jar it fell to the bottom, creating a tornado. The tornado was like what happened when stars and planets were created. We had lots of fun doing this.





## FAITHFULL ST CAMPUS NEWS

### STUDENT OF THE TERM AWARDS

Congratulations to the below students that received recognition for their hard work this term.

#### YEAR 7



#### YEAR 8



#### YEAR 9



### WALL 2 WALL ACHIEVEMENT AWARDS



Ms Evans presented awards to Toby Condrón-Tippens, Annabelle Lowe, Grace Cooney and Rachel Fowles for their outstanding contribution to the Wall 2 Wall project.

### RAY WHITE AWARD WINNER



Congratulations to Ray White Award recipient, Jack Anderson.

### ATTENDANCE AWARDS

#### YEAR 7



#### YEAR 8



#### YEAR 9



### YEAR 9 CAREER INTENSIVE PROGRAM AND MORRISBY ASSESSMENT

Last week was busy time for Year 9 students with respect to their Career Education. They attended a workshop with Careers Coach, Glenn Irvine, who helped them to identify their skills, interests and qualities, together with the level of Education and Training they will require to pursue possible future careers. Students will build on this session when they begin their Career Action Plans (CAPs) and set up their profile on the *MyFuture* website this week.

In two one-hour sessions Year 9 students also completed an online personal career discovery tool (Morrisby Online) that identifies potential suitable careers. The Department of Education and Training is supporting all Government Secondary Schools to provide this new comprehensive, free career advisory service for Year 9 students. The next step will be an analysis of their career assessment report and a 1:1 appointment conducted by a qualified career practitioner. Discussions will include short-term specific subject choices as well as training, higher education and employment pathways and will inform the Career Action Plan (CAP) the students completes at school.

**Year 9 Parents and Carers** - Please make sure you have completed the **consent form** or replied to the SMS sent by Mrs Reena John as soon as possible. Appointments will be scheduled in the last 2 weeks of this term during school hours on school premises, with parents encouraged to attend. If you have any questions, please feel free to contact me, on 57612777.

Sue Oakley (Pathways to Retention Coordinator)



Charlie McCarthy completes a personal profile and identifies his "Life Motivators"



Students discover and discuss workstyle, lifestyle and personal interests



Year 9 students share their short term and long term goals



Morrisby On-Line Assessment Session





## Aboriginal Mental Health and Social and Emotional Wellbeing

Department of Rural Health

Public Event

### Can community driven research help us understand some of the complexities?

Dr Graham Gee

Clinical Psychologist and Senior Research Fellow

The University of Melbourne, Department of Rural Health bring you a Public Lecture by Dr Graham Gee.

Graham is an Aboriginal man also with Celtic heritage from Darwin.

Graham previously worked as a Psychologist at the Victorian Aboriginal Health Service for 10 years and has recently taken up the position of Senior Research Fellow at the Murdoch Children's Research Institute. His research focuses on Aboriginal mental health and social and emotional wellbeing, and resilience and recovery from trauma.

Graham will present findings from several community controlled projects that have used the Aboriginal Resilience and Recovery Questionnaire (ARRQ).

These projects conducted in partnership with the Aboriginal Community Controlled Health Organisations (ACCHO) are building understanding of what types of personal, relationship, community and cultural determinants of wellbeing are associated with better post-trauma and other mental health and wellbeing outcomes.

Graham will also discuss the World Health Organisation's (WHO) recent introduction of the Complex Trauma construct in the field of mental health and present early findings from national workshops with Aboriginal practitioners and community members that has led to the early stages of developing an Aboriginal Complex Trauma response questionnaire.



#### Event Details

**Date:**  
Thursday 20th June, 2019

**Time:**  
5:30pm - 6:30pm

**Venue:**  
Department of Rural Health  
The Department of Rural Health  
49 Graham Street  
Shepparton VIC 3630

**Enquiries:**  
Di Doyle P. 5823 4512 or E.  
ddoyle@unimelb.edu.au

**Bookings:**  
Bookings are essential for this free public lecture. Register at  
[www.trybooking.com/BCMME](http://www.trybooking.com/BCMME)

# BENALLA SWIMMING CLUB

## Ready for the fun of squad swimming?

Can you swim 25m of freestyle and backstroke?

We offer 3 squads to meet you at your level and our qualified coaches can help you refine and develop your skills in a supportive and fun environment

## Sounds like this could be for you?

We offer 2 free try-out sessions!

Come along to training, the times are on our website and chat with our friendly coaches, or for further information contact:

Richard Mailer (President) 0429 177 044

Gary Bowman (Head Coach) 0422 354 371

[www.benalla.swimming.org.au](http://www.benalla.swimming.org.au)

Fees are invoiced by the term. Health Care Card holders can apply for a subsidy from the Tomorrow Today Foundation for registration fees.



# 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](http://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)



**Benalla P-12 Child Safety Officer:**

**Craig Carley**

**0357612777**

**If Craig is unavailable please go to  
your campus principal**





**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...

## 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.



## 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.

## 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. vegies, 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.



## 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.



## 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 [eheadspace.org.au](http://eheadspace.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 [headspace.org.au](http://headspace.org.au)