



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 20<sup>th</sup> May, 2019

Edition #12

## 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.*

### College Funding

As most of you would have seen on the front page of the Ensign last week, the College will receive less funding overall as a result of the closure of the Barkly Campus. Staff have been informed of this, but nothing has been finalised yet as we do not receive our 2020 budget until late September.

Per student funding is calculated by the Department of Education and uses the same formula for all public schools in Victoria. This formula remains unchanged for Benalla P-12 College, however, we will continue to receive a significant amount of extra funding based on the socio-economic status of our community.

One thing that is certain is that student outcomes will not be affected. Our focus will continue to be on excellent teaching for every student every day to ensure that every child learns. This will continue regardless of the level of funding for the College. I am committed to working with the Department of Education and our school-based committees to develop a workforce plan for 2020 and beyond.

If you have any further questions or require further clarification, please contact the school to speak with me directly. My door is always open.

### P-6 Cross Country

Congratulations to all students who took part in the primary cross-country event at Avon Street last Friday. It was great to see all the students not only taking part, but supporting and encouraging each other as well. Thankyou to all those parents who came along to watch (and even run), especially to those who helped out with marshalling on the course. Well done to our primary sports co-ordinator Vanessa Neilson for putting on such a successful event.

### Secondary Athletics

This Wednesday May 22<sup>nd</sup> is the secondary athletics carnival. Students have signed up to events and at this stage the weather is looking good. Please remember that this is a normal school day and all secondary students are expected to attend. Parents are of course very welcome and encouraged to come down and watch the action.

Continued.....

TERM 2 DATES, TUES 23<sup>RD</sup> APRIL- FRI 28<sup>TH</sup> JUNE

## DATES TO REMEMBER

### 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

Yr 11 Live 4 Life group 2 & 3

### WED 22<sup>ND</sup> MAY

Years 7-12 Athletics Carnival

Year 1 Active Afternoon

### THURS 23<sup>RD</sup> MAY

**Whole School casual dress day – "Celebrating Careers"**  
**Gold coin donation**

**NAPLAN- Years 3,5,7 & 9**

Yr 8 Outdoor Ed- Hut Building

### FRI 24<sup>TH</sup> MAY

Food & Fibre Careers Day- Dookie College

Yr 11 Live 4 Life group 1

### MON 27<sup>TH</sup>-WED 29<sup>TH</sup> MAY

Yr 10 Outdoor Ed- Kooyoora Trip

### WED 29<sup>TH</sup> MAY

Primary District Cross Country

### THURS 30<sup>TH</sup> MAY

Secondary Sport Round Robin

## Our College Values

Respect  
Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### Year 7 Band Concert

Last Thursday our Year 7 band played their first public concert, after only picking up their instruments 6-7 weeks ago. While the music they played was simple, they all did a great job and showed that practice and commitment can certainly help you achieve something. Thankyou also to all the parents who attended and have supported these students in their practice and lessons. Well done to our dedicated and experienced team of music staff - Barry Roberts, Bryce McMurray, David Roe and Rolf Koren.

### NAPLAN

You may have seen or heard reports in the media over the last week about NAPLAN online testing and issues being experienced by schools. We have experienced none of those problems and have a very successful first week of NAPLAN testing. Year 3 and 5 students have finished and Year 7 and 9 students have 1 or 2 more to complete this week. The students have engaged well with the tests and the online format using iPads has been advantageous to many of them.

Tony Clark  
Executive Principal

## ATTENDANCE

### Why every day counts

We are now in our fifth week of term 2. Has your child/ren been attending school every day this term? If yes, well done!!! Has your child/ren been absent from school this term and if so, how many days has there been? Has your child/ren caught up on all work they have missed while they have been away?

**So 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 has 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/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.



COMPASS  
School Manager

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.

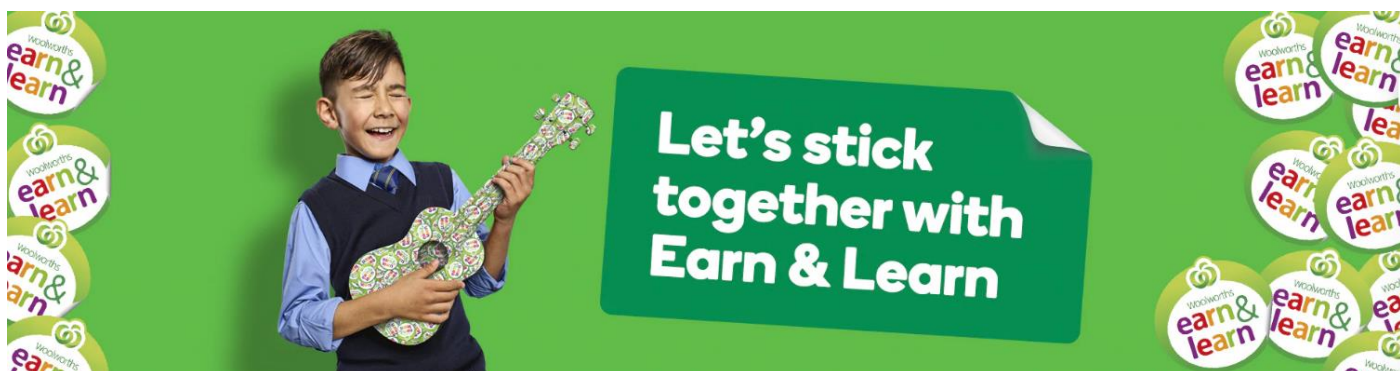


## EARN AND LEARN STICKERS

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 to our students of the week Harry, Boden, Beau, Jolene and Emily.

### MOTHER'S DAY BREAKFAST

We had lots of mothers, grandmothers, aunts and special friends who came to celebrate Mothers Day with us on Friday 10<sup>th</sup> May, by having a cuppa with an egg and bacon roll. It was a great morning with families chatting and having special time with their children and over 130 egg and bacon rolls served. A special thanks to Scott, Nardia, Mrs Treacy and Mrs Hansen for all their hard work on the day.

**A massive THANKYOU to Kate McPadden from Greta Valley Free Range Eggs who donated over 100 eggs for the Avon St Campus Mothers Day Breakfast. A big thankyou to everyone.**



### THE GRUFFALO EXCURSION

On Thursday the 16<sup>th</sup> of May, the Foundation to Year Two students went to BPACC to see a performance of 'The Gruffalo'.



This Term, students are studying an imaginative unit and have been learning about characters and settings. The Gruffalo soon become a favourite story! They had a great time!



## WALLER ST CAMPUS NEWS

### STUDENTS OF THE WEEK



Congratulations to our Week 3 Students of the week:  
Back L-R: Emylie, Darcey, Willow, Hannah, Hailey, Samuel & Carlissa  
Front L-R: Rebecca, Mikayla & Bentley (Declan P. absent)

### GOLDEN SHOVEL AWARDS

The Golden Shovel award was awarded to Blake, Liam, Charlie, Emily & Willow.



### CASUAL DAY


**BENALLA P-12 Student Leadership Group**  
**Casual Day!**

**Thursday 23<sup>rd</sup> May**  
(Education Week)  
Gold Coin Donation  
All Campuses

**Theme:**  
**'Celebrating Careers'**

Come dressed as what you'd like to work as in the future  
e.g. firefighter, nurse, musician, builder, scientist etc.

All money raised will be going to...



In support of the organisations that support our students.

### VISION PORTRAITS FUNDRAISER

# SAVE THE DATE

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

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



**Vision  
Portraits**



## FAITHFULL ST CAMPUS NEWS

### MUNGO YOUTH PROJECT CAMP

A group of seven senior students recently travelled to Mungo National Park in south west N.S.W to join the Mungo Youth Project Camp from the 7 – 10<sup>th</sup> May. This camp brought together students from rural and urban schools in NSW and Victoria to learn about the natural environment, history of Aboriginal culture of this special place. Mungo National Park is within a UNESCO World Heritage Area which recognises its unique value to Australian and world history. It was here in 1979 that archaeologists encountered the human burial remains of Mungo Lady and Man, which proved Aboriginal occupation of Australia to at least 42,000 years BP. These are also the oldest burial remains to be found in the world. In recent years these and other remains have been rightfully returned to the traditional owners to rest in their country.

Aboriginal community members and elders now actively work with archaeologists, scientists and park rangers to protect Lake Mungo and share its stories.

During the camp, our students had many special opportunities to talk and work directly with all these people, to learn about Lake Mungo and develop their own personal and leadership capacities.

#### Highlights of the camp included:

- Walking tours with Aboriginal Discovery Rangers who explained the significance of plants, animals and living sites dating back tens of thousands of years.
- Working with university archaeologists to investigate artefacts on the eroded dunes of Lake Mungo and Arumpo.
- Discussion circle with elders from the Mutthi Mutthi, Paakantji and Ngyiampaa people who shared their stories and encouraged success in education and future careers.
- Spear making workshop with elder from La Perouse, NSW South Coast.
- Meeting and working with students and teachers from diverse rural and urban schools
- Enjoying evening musical performances from students such as the Ulludulla didgeridoo band.

Benalla P-12 students attended as members of the Indigenous Leadership Program supported by MADEC. They participated in all the activities of the camp with great interest and openness to new learning and showed themselves to be strong and positive current and future leaders.



## FAITHFULL ST CAMPUS NEWS

### HANDS ON TRADES CAREER EXPO

Last Thursday our Year 11 and 12 VCAL students, Hands on Learning students and other interested students attended the 3<sup>rd</sup> annual Hands on Trades Career Expo held out at Winton Raceway.



Students from around the region had the chance to experience many hands on jobs, including woodwork and welding, as well as having the opportunity to have their hair and nails done, meet a number of different farming animals and also to get a massage!

Present at the day were GOTAFE and Wodonga TAFE, employers including LS Quarries, employment and apprenticeship groups, the Defence Force and the Police.

Many thanks to the NE Tracks LLEN and the team who put together a great day.

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MR. DUNLEAVY CONSIDERS CHANGING HIS HAIRSTYLE.

## CAREERS

### YEAR 9 CAREER INTENSIVE PROGRAM- SAFE@WORK

As part of their Career Intensive Program, Year 9 students are now completing Safe@work certificates. In preparation for their on-line test, all students complete a booklet which includes activities about Health and Safety Laws, manual handling, personal protective equipment, noise, personal safety and how to deal with an emergency.

Students complete a General Module and at least one Industry Specific Module. These certificates are a requirement for work experience. Many students have taken the opportunity to learn about many different workplaces by completing up to 9 extra certificates. These include Automotive, Hairdressing, Retail, Electrical, Hospitality & Tourism, Primary Industry, Painting, Plumbing and Veterinary to name a few. These will be an excellent addition to their Achievement Portfolios.

Sue Oakley (Pathways to Retention Coordinator)



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IMOGEN QUILLIAM, MADISON GRAY AND TAREE FLETCHER PICTURED WITH THEIR MANY INDUSTRY SPECIFIC CERTIFICATES





## Defence Force Visit – Thursday May the 23<sup>rd</sup> – Years 9-12

Lunch time in the Theatre (Senior School)

Find out what is involved in having a career in the Australian Defence Force and the difference between general and officer positions.

## Where can Biomedicine Take Me?

Graduates of the Bachelor of Biomedicine develop important skills in *scientific method, critical thinking and problem solving, the analysis of data and evidence, written and oral communication and the ability to work collaboratively in teams*. Biomedicine graduates also possess specialist scientific knowledge and technical skills for further research. Biomedicine graduates are equipped for a range of careers in industries including business, science, health, education and technology. Students who choose to enter the workforce after completing the Bachelor of

Biomedicine often find employment as a –

- Hospital Scientist
- Laboratory Technician
- Microbiologist
- Pharmaceutical and Medical Supplies Representative
- Scientific Equipment Sales Representative
- Pharmaceutical Scientist
- Diagnostic Technician
- Forensic Scientist

Alternatively, graduates of the Bachelor of Biomedicine go on to further study in –

- Medicine
- Dentistry
- Physiotherapy
- Engineering
- Law
- Nursing
- Social Work
- Public Health
- Genetic Counselling
- Clinical Audiology
- Optometry

Visit [Biomedicine Graduate Pathways](#) to find out more.

## Biomedicine/Biomedical Science Degrees in Victoria

A Biomedicine or Biomedical Science degree is offered at a number of universities and is often regarded as an excellent pathway degree to graduate medicine. Visit [VTAC](#) for more information on these and other courses – including double-degrees.

INSTITUTION	COURSE NAME	VCE PREREQUISITES	MAJOR STUDIES IN 2019
<b>ACU</b> M – Melbourne	<b>Biomedical Science</b> ATAR: 59.50 (M)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in any Mathematics.	Biomedical Science.
<b>DEAKIN</b> M – Melbourne G – Warrnambool	<b>Biomedical Science</b> ATAR: 80.15 (M) 72.50 (G)	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	Anatomy, Biochemistry, Bioinformatics, Biology, Biomedical science, Bioscience, Cell biology, Environmental health, Genetics, Human biology, Immunology, Infection and immunology, Medical biotechnology, Medical genomics, Medical microbiology, Medical research, Medical science, Microbiology, Molecular and cell biology, Molecular and human genetics, Molecular biology, Molecular life sciences (Burwood), Pathophysiology, Pharmaceutical Science, Physiology.
<b>FEDERATION</b> B – Berwick Gi – Gippsland Ba – Ballarat	<b>Biomedical Science</b> ATAR: 54.90 (B) 63.85 (Gi) 53.05 (Ba)	Units 3 and 4: a study score of at least 20 in any Mathematics or at least 20 in any Science; Units 3 and 4: a study score of at least 20 in any English.	Anatomy and Physiology, Biochemistry, Biology, Chemistry, Genetic Sciences, Health sciences, Medical microbiology, Medical science, Microbiology, Pathophysiology, Pharmacology, Public health, Statistics.
<b>LA TROBE</b> M – Melbourne	<b>Biomedicine</b> ATAR: 60.15 (M)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	Biochemistry, Biomedical Science, Biomedicine, Biosciences, Cell and molecular biology, Chemistry, Health, Human Physiology, Medical science.
	<b>Biomedical Science</b> ATAR: 59.50 (M)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in any Mathematics.	Biomedical Science.
<b>MONASH</b> C – Clayton	<b>Biomedical Science</b> ATAR: 90.35 (C)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in Chemistry; Units 3 and 4: a study score of at least 25 in one of Maths:	Anatomy and physiology, Biochemistry, Bioinformatics, Biomedical science, Biomedicine, Biophysics, Biotechnology, Genetics, Health sciences, Human biology, Human sciences, Microbiology, Molecular and cell biology, Neurobiology, Pathology, Pathophysiology.



		Mathematical Methods, Maths: Specialist Mathematics or Physics.	
<b>RMIT</b> B – Bundoora	<b>Biomedical Science</b> ATAR: 69.20 (B)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 20 in Chemistry; Units 3 and 4: a study score of at least 20 in one of any Mathematics or Physics.	Anatomy, Biochemistry, Bioinformatics, Biomedical science, Biotechnology, Cell biology, Cell physiology, Human physiology, Medical science, Microbiology, Molecular medicine and biotechnology, Neurobiology, Pathology.
<b>UNI MELBOURNE</b> P – Parkville	<b>Biomedicine</b> ATAR: 94.05 (P)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in Chemistry; Units 3 and 4: a study score of at least 25 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics.	Biochemistry and molecular biology, Bioengineering systems, Biotechnology, Cell and developmental biology, Genetics, Human structure and function, Immunology, Microbiology and immunology, Neuroscience, Pathology, Pharmacology, Physiology.
<b>VICTORIA</b> F – Footscray St. A – St. Albans	<b>Biomedical Science</b> ATAR: n/a (St. A)	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL; Units 3 and 4: a study score of at least 20 in one of Biology, Chemistry, Health And Human Development, any Mathematics or Physical Education.	Human Physiology, Molecular Cell Biology.
	<b>Biomedicine</b> ATAR: 81.20 (F) n/a (St. A)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in two of Biology, Chemistry, any Mathematics or Physics.	Biomedicine.



#### Snapshot of Charles Sturt University (CSU) in 2019

Charles Sturt University has three Faculties which comprise of a number of Schools and centres for specific areas of study and research

–  
[Faculty of Arts and Education](#)  
[Faculty of Business, Justice and Behavioural Sciences](#)  
[Faculty of Science](#)

- CSU offers a range of [accommodation](#) options to students across six campuses
- CSU offers a broad range of [courses](#) including postgraduate studies
- Some courses that may be of particular interest include
  - ✓ [Bachelor of Communication - Radio](#)
  - ✓ [Bachelor of Dental Science](#)
  - ✓ [Bachelor of Pharmacy](#)
  - ✓ [Bachelor of Physiotherapy](#)
  - ✓ [Bachelor of Veterinary Biology / Bachelor of Veterinary Science](#)

THERE'S A NEW WAY TO GET INTO UNIVERSITY -THE CHARLES STURT ADVANTAGE (FROM THE CHARLES STURT WEBSITE)  
 We've been talking with employers about why they love our graduates so much. They told us that it's not just because they are so well trained for their jobs – it's that something extra they bring. It's the soft skills that give them the edge.  
 What are soft skills? They're skills like emotional intelligence, collaboration and communication skills, resilience and a commitment to creating a world worth living in.  
 We value these skills here at Charles Sturt University and want to reward you for having these special qualities.  
 That's why our new early entry program is changing the game on how you apply to university. We're looking beyond test scores and searching for people ready to unlock their potential and develop their soft skills while they study.  
 Have you got what it takes?  
 Register now to get all the details straight to your inbox. You'll be the first to know when applications open – and well on your way to gaining early entry to Charles Sturt University based on the qualities unique to you.

#### Key dates:

Applications open – June 2019  
 Applications close – August 2019  
 We'll tell you the outcome – September 2019  
 Start your course – March 2020

## SENIOR SCHOOL NEWS

Assemblies have been held this week to celebrate the achievements of Senior School students in term 1. A large number of students received commendation awards from their teachers for their achievements in all subjects. Students of the term were announced – these are students who received many commendation awards and uphold the Benalla P-12 College values of respect, responsibility, high expectations and integrity. Student of the terms were as follows: Year 12 Willow Plex, Taylah Grubissa and Macey Matthews, Year 11 Rhianna London, Chelsea McKinnon and Edward Mentiplay-Smith and Year 10 Andre McLean - Frankling and Jessica Patterson. Congratulations to all students who received commendations.

With the colder weather we are noticing a number of students are wearing incorrect uniform. Most obvious are hoodies, incorrect jackets and leggings. Our new building has excellent climate control so there is no need for these extra items. Parents are asked to support us with this by ensuring students leave home in full school uniform.

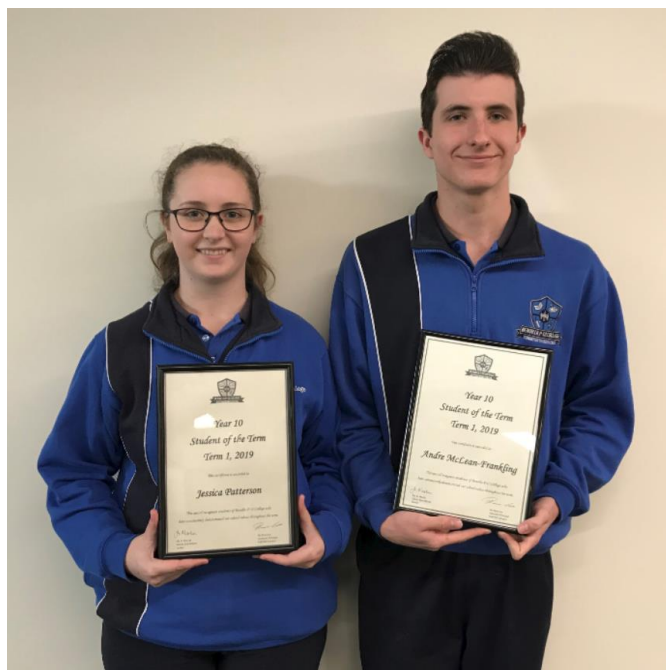
Exams are rapidly approaching. The GAT (General Achievement Test) is on Wednesday 12 June 10.00am – 1.15pm. All students studying a Year 12 subject this year are required to sit this exam. All students will be provided with a leaflet containing all of the details about the GAT in a week or so. It is important that all students treat the GAT seriously and complete all writing tasks and multiple choice questions to the best of their ability. There are past GATs available for students to practice on and Year 12 teachers have all committed to doing practice GAT multiple choice questions in their classes over the next few weeks.

Year 10 English and Maths exams are being held on the Monday June 3 and Tuesday June 4.

Year 11 exams will occur from Monday June 3 to Tuesday June 11. Once finalised, the exam timetable will be published in the next newsletter. It is important that students study hard for these exams so that they are successful in their different subjects.

Jo Martin  
Senior Subschool Leader

### YEAR 10 STUDENT OF THE TERM RECIPIENTS



Congratulations Jessica & Andre.

### YEAR 11 STUDENT OF THE TERM RECIPIENTS



Congratulations Rhianna, Edward and Chelsea.

### YEAR 12 STUDENT OF THE TERM RECIPIENTS



Congratulations Willow, Taylah & Macey.





THE UNIVERSITY OF  
MELBOURNE

## 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)

## Yoga/Relaxation Sessions

Commencing Tuesday 28<sup>th</sup> May

Any ability/age

These sessions will last for 45 minutes. These classes are fully funded by the Benalla Support Group for Children with Special Needs. Mark Blyss is a well experienced and competent instructor with many years' experience. Mark is able to accommodate everyone's needs and you don't have to get on the floor!!

Mark will guide you into a world of relaxation which you can practice in your own time and take forward for many years to come. Mark understands the different stresses that carers experience often on a regular basis.

Come and have a try, mums and dads. I am sure we will all have fun.

Sessions will be held at Marks rooms out at the Benalla Airport. Go down Airport Drive and turn left where the sheds are....Mark is on the right about half way down.

Any queries, please contact Roslyn Archer, Benalla Support Group for children with Special Needs on 57627057.

## Dr & NURSE SERVICE

EVERY TUESDAY

9AM - 12:30PM

CALL OR TEXT MESSAGE FOR  
APPOINTMENT:

0427752398

Private, confidential & free



Alternatively you can arrange an appointment by seeing Craig Carley or turn up to the surgery during the walk in sessions from 10:30 to 11:15



## Helping families get along better

### ● Free Program

8 weeks of fun family activities and games

Family meals provided after every session

Opportunities to spend quality time together

We can assist with childcare and transport

Interested? ..... See Bron Greig at the Waller

Campus or call her on 5762 2600

● Family Prize to be won!

Thursday 23rd May  
from 4.00pm to  
7.00pm

Venue - Tomorrow  
Today,  
Cecily Court,  
66 Nunn St Benalla.

## Trivia & Auction Night



Local woman Denise Cooke adopted her 2 children from 2 Cambodian orphanages in 2007 and 2008 before returning to Benalla in 2009.

The family support the children and young adults they left behind in these orphanages. "They rely on donations to feed, house, school and generally provide health and comfort to the people in their care", says Denise. "My kids haven't forgotten their first homes or the people they started life with". The family are holding a Trivia & Auction night to raise money for these 2 impoverished communities and are encouraging locals to come along and support the cause while having a fun night with friends.

St Josephs Hall

7pm. Friday 24th May 2019

\$20. BYO beer, bubbles and brainy buddies. Supper provided.



Contact Denise to book tables of 8-ish.  
0428 320 101

CAMBODIAN ORPHANAGE FUND

### Some items up for grabs include

- Accommodation at Benson Lodge.
- ROME signed print from EMPIRE exhibition
- HILO house week 4 men 4 hours.
- 2 meter skip.
- Whole lambs
- Wine
- 2 nights luxury accommodation at Mulwah
- Deluxe 4000 ft glider flight
- 500 kg of cut wood ready to be delivered.
- Vouchers from various Benalla businesses
- More wine
- 8 tickets to Melbourne Spring Show 2019
- 2 days painting
- Kitchen ware.
- Stacks and stacks and stacks more



parenting \* ideas

# insights

PARENTING BOYS



## Helping teenagers manage friendship issues

by Michael Grose

Having a supportive group of friends plays an important role in the life of young people. They can help your young person negotiate the journey from childhood, where they are reliant on parents, to adulthood, where they need to stand on their own two feet.

### The importance of peers

To a parent a teenager's friendships may seem all-consuming, taking precedence over family, school and even healthy leisure time. While peers may now begin to take a more prominent place in your young person's life, family is still an important source of belonging and safety for them. It helps if you get to know their friends and discuss any concerns you have about their choice of friends.

### Managing peer pressure

We all experience some degree of pressure to conform to the behaviours and norms of our social groups, yet this pressure is heightened in adolescence, when the need to fit in with peers becomes paramount. Ostracism is unthinkable, which makes some teenagers susceptible to negative influence of some peers. You can help by talking to your young person about peer pressure; helping them resist peer pressure while maintaining status and encouraging them to speak out rather than be reliant on the approval of others.

### Encouraging more than one set of friends

It's helpful to think of friendships as a series of concentric circles. Most young people will have a few close friends in their inner circle but are surrounded by many friends in the outer circles. Encourage your young person to maintain friendship groups outside of school to help insulate against any teasing or unfriendly behaviour that may occur at school.

### When you disapprove

Sometimes parents disapprove of their young person's choice of friends, because of behaviour, poor reputation or the adverse influence they may have on a young person. Young people take criticism of their friends personally so be careful how you handle these issues. If you have worries about your child's choice of friends: Check that your concerns are real. Encourage diversity of friendships. Be available to take your young person and their friends to outings, sports practice, parties and school formals, to familiarise yourself with their social groups. Many parents have found that, when they get to know their children's friends, many of their concerns were unfounded.

## Differentiate between online and offline friends

In all likelihood, your young person will communicate with their friends in real time or through digital technology. Help your young person understand the difference between the two, discussing how behaviours and norms vary between the real world and online. Discuss the ethics and behaviours appropriate to each format so they can enjoy healthy friendships in both the online and offline worlds.

Friendships can be a source of angst and also a source of joy for your young person. Your role as a parent is to promote healthy friendships and encourage your young person to empathise with others, show they are worthy of trust and treat others with respect – all foundations of mature adult relationships.

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar -Teach girls to build each other up – at no cost!

### About the webinar

Join Parenting educator Collett Smart in this special webinar that will show you how to help girls create positive peer relationships and provide practical advice and ideas to help navigate tricky situations including toxic friendships, cliques and bullying.

### When

Wednesday 29 May 2019 at 8:00 PM AEST.

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register.

### How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **FRIENDSHIPS** and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until 29 June 2019
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your parenting material
7. Click 'Place Order'



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.