



Benalla P-12 College

Executive Principal - Tony Clark

Monday 6th May, 2019

Edition #10

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.

ANZAC Assembly

Thankyou to those parents who attended our whole school assembly last Tuesday. The number of community representative there was excellent and we received lots of positive feedback from members of the RSL and others who felt that our ceremony was a respectful and moving acknowledgement of ANZAC day and the service of those in the armed forces. As usual, our College Captains did a fantastic job running the assembly and our college band were outstanding as always. Special thanks to Willow Plex for playing the Last Post so well.

What was most pleasing from my perspective was the respect shown by all our students all the way through the ceremony. This is a core value of ours and one that we talk about a lot, and it was wonderful to see this in action at a whole school event.

Kokoda Trivia Night

On Friday just gone, the annual Kokoda fundraising trivia night was held at the Faithfull PAC. It has been many years since I have attended a trivia night and it was a lot of fun. The level of support from local businesses was amazing and I would like to thank each and every one of them for the donations that helped make the night such a success. It was great to see Greg Hoysted back as the 'quizmaster', and thankyou to all parents and friends who came along to support the event. The students are training hard for this amazing experience and it is not that long now until they go.

School for Student Leadership

Another incredible experience offered by the college is for Year 9 students to attend the School for Student Leadership. This is a nine week residential program at the coastal campus near Marlo in Far East Gippsland. Last weekend, six of our Year 9 students - **Harrison Drury, Maria Campbell, Jake Evans, Georgia Nichols, Justin Maddox and Stacey Kutchel** - were dropped off by their parents at the school. They will participate in a range of leadership and outdoor adventure activities as well as plan a community project for implementation once they return to school.

Continued.....

DATES TO REMEMBER

TUES 7TH MAY

Mungo Youth Project- Camp

Yr 9 Outdoor Ed- Excursion
Lake Benalla

Year 9 Career Plan Workshop

WED 8TH- FRI 10TH MAY

Unit 1 OES Mt Howitt Bushwalk

THURS 9TH MAY

Hands on Trades Day

WED 15TH MAY

Yr 8 Outdoor Ed- Warby
Ranges Bushwalk

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

THURS 16TH MAY

F-2 Bpacc Excursion- The
Gruffalo

7.30pm- Yr 7 Band Concert-
Faithfull St PAC

Whole School Casual Day
Fundraising for the Salvation
Army, Gold Coin Donation

TERM 2 DATES

**Tuesday 23rd April-Friday 28th
June**

Our College Values

Respect
Responsibility
High Expectations
Integrity

PRINCIPALS MESSAGE CONTINUED.....

Cross Country

Unfortunately we had to make a decision to cancel the whole school cross country last Thursday. Our primary sports co-ordinator Vanessa Neilsen has plans to run a P-6 event at Avon Campus on Friday May 17th, so watch out for further information about that. Secondary students have their athletics day coming up on May 22nd and will have the opportunity to be selected for the interschool cross country through that event.

Kindness

At the Avon Street assembly last Friday students watched a short clip on kindness, and Assistant Principal Jo Treacy put the challenge to all students to focus on being kind for the term. I am certain our students will do a great job of treating each other with kindness and respect. The college, and the world, is a much better place when we do so.

NAPLAN and Student Attitudes to School Survey

Over the next 3 weeks, all students in Years 4-12 will complete a short online survey about their experiences at school. This is done every year and gives us good information that we can use to improve the school. NAPLAN also starts next week for all students in years 3, 5, 7 and 9. This is also completed online this year and involves the same four tests as always – Reading, Writing, Numeracy and Language Conventions.

Tony Clark
Executive Principal

ATTENDANCE

Why every day counts

We are now in our third week of term 2. Did you know that being away from school one day a fortnight equals missing 1.5 years over 13 years of school. **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?** School is better when you attend. Your friends and your teachers notice that you're away and wonder if you are ok. Why is regular attendance important? Right now, being at school is the most important thing you need for your future. School helps you build good habits for later on in life. You might think that school is just about Maths and English but your also learning about how to work with other people and how to solve problems.

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 St Campus -Scott Greig 5762 1646
- Waller St Campus -Bron Greig 5762 2600
- Faithfull St Campus -Lou McCloskey 5761 2777
- Barkly St Campus -Craig Carley 5761 2888

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

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 CAMPUS NEWS

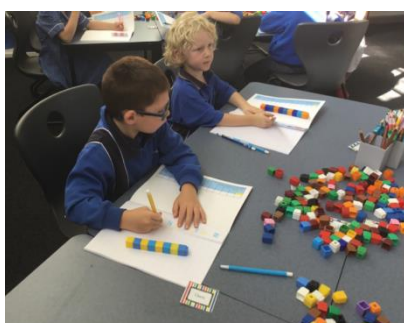
STUDENT OF THE TERM AWARDS



This weeks Students of the week are Isabelle, Sonny, Ruby, Jacinta, Sebastian and Sean

GREAT START TO TERM 2

The Preps at Avon Street Campus have come back from their Easter Break ready to learn! We have started lots of new things in our classroom this week. We have started our reading groups, the students are loving rotating through each group in the week and it seems that the iPad group is a favourite! We have also started practicing our number fluency tasks. This is a quick activity that we work on at the start of our maths lessons. This week we have been working on copying, creating and drawing patterns. We have also started show and tell. The Preps have brought in lots of interesting and exciting things to share with their peers about what they got up to on the holidays! Lots of people were lucky enough to go to the beach!



RAY WHITE AWARD



Congratulations Dylan Monaghan.

SCHOLASTIC BOOK CLUB.



**Orders are due in by
9.00am Thursday 9th May**

Issue 3 Scholastic Book orders have been distributed. To order and pay for Scholastic Book Club by credit card visit

www.scholastic.com.au/LOOP_

Three easy steps can be found on the back page of the catalogue. Ensure correct money is placed in a zip lock bag with correct details. If paying by cheque, please make payable to Scholastic Book Club and return to the office by the due date.

Please note that late orders cannot be accepted.

For more information contact
Scholastic Book Club
1800 021 233

MOTHERS DAY STALL

Our Parents & Friends Association will again be running a Mothers Day stall on

Friday 10th May

Each class will visit the stall and students will be able to purchase gifts ranging in price from \$2.00-\$5.00

Please send all money in a named zip lock bag to avoid loss.

WALLER ST CAMPUS NEWS

GOLDEN SHOVEL AWARDS



At our first Monday assembly for the term, Amanda presented Golden Shovel Awards to all of the Year 3/4 students who had been recognised for hard work in the garden in Term 1 (too many to name!)

TERM 2 CAMPUS LEADERS

Congratulations to our Term 2 Campus Leaders Darcey Carracher, Mekayla Halligan, Ryder Ginn and Andrew Noyes.



MOTHERS DAY BREAKFAST

We are inviting all Mum's and Nana's/Grandmothers for scrambled eggs on sour dough toast and a cuppa for breakfast at the Waller St Campus on Friday 10th May 2019.

Breakfast will be served from 7.30am to 8.30am.

Students need to return their reply slips by Friday the 3rd of May.



MOTHERS DAY STALL



The Waller St Parents & Friends association is having a Mother's Day/Nana/Special Friend Stall

Date:-Friday 10th May
Cost: Ranges from \$2-\$5

The stall is provided for students to purchase a small gift to say Thank you to their Mum, Nana or Special Friend.

Preorder is not required. Please bring along some money on the day.



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

The Waller P-4 students each made a lovely paper flower choosing their own colours and designs.

Elizabeth and Ebony McNair, Shakira Brown-Cottier, Shylah Gribble, Blake Parker, Mia Hopgood, Kaleb McDiarmond, Hadassa Adams, Marli Mundy, CharLeah Hempenstall, Brodie Rawlings and Evie Buitenhuis (not Pictured) then constructed the beautiful wreaths during their lunch break. These students then presented them at the Anzac assembly.



5/6 HUB NEWS

READING FUN WITH MR MCPHERSON

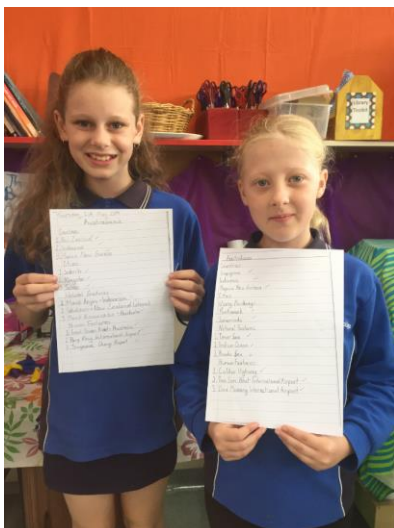
I feel happy and organised in reading groups. I like how we get to read new books every session. When we enter into our cool reading room we start a new book straight away. We get to go and look at new harder books too. Sometimes Mr McPherson brings bird books and binoculars so we can look at birds with him. We get to learn more words and when we go back into class we are learning about the same thing. I feel more confident with my reading now.

By Thomas Fitzgerald Baboussouras.



SETTING HIGH STANDARDS

Well done to Caitlin and Olivia this week for setting high standards in their written work. They have shown resilience and determination to complete all tasks to a high standard.



THE WORLD AROUND US

This week the Year 5-6 students commenced studies about Australia and our Asian Neighbours. They are thoroughly enjoying learning about capital cities, major mountain ranges and important tourist spots in Australiasia.



Event	Date	Details	Available to
Defence Force Visit	Thursday the 23 rd of May	Free Find out about careers in the defence force. Lunch time (1.00pm) in the Weary Dunlop Education Centre Theatre. Parents, carers and students welcome.	Students in Years 9-12
Dookie Food and Fibre Day	Friday the 24 th of May	Free. Bus transportation and lunch provided. The largest food & fibre careers event in Victoria. Students from Year 9-12 have the opportunity to attend this fantastic event. This annual event showcases a broad range of career options via interactive workshops for Year 9-12 students interested in food, fibre, agriculture and horticulture.	Students in Years 9-12 (express interest on careers board) Year 11 and 12 Food Technology students
Hands on Trades Day	Friday the 9 th of May	Free. Bus transportation. Periods 1 and 2. The Hands On Trades Expo is your opportunity to try out a range of different trades, from plumbing to mechanics and everything in between What does a career in trades mean? Is an Apprenticeship something you would like to explore? Discover the in's and out's of what's involved plus find out about the careers available in this region.	VCAL Students Hands on Learning students Other interested students on application (see careers board)
North East Health Careers Forum	Thursday the 6 th of June	Free. Bus transportation and lunch provided. Attend workshops and find out more about careers in the Health field.	Interested students on application (see careers board)
Tertiary Information Services Day	Friday the 21 st of June	Hosted by Charles Sturt University Location: Cathedral College Wangaratta 344 Wangaratta-Whitfield Rd, Wangaratta VIC 3677 Session 1: 10:00am – 11:15am Information from Tertiary providers (Universities and TAFE) and the Tertiary admission process.	All Year 12 students.

*Many of the items in this newsletter are courtesy of Compass Careers News

Where can an Arts Degree take you?

There is often the debate about the value of an Arts Degree and what kind of role an Arts graduate could find in industry. The list of roles is quite varied, and includes -

- Teaching & educational administration
- International aid and trade agencies
- Arts production and management
- Public service and social welfare agencies
- General management and administration (local and global)
- Communications industry, publishing, media and public relations
- Tourism and hospitality
-

One of the very important things for students to note, is that an Arts student learns skills that are very transferrable in industry. These include **communication skills, critical thinking and reading skills, analytical skills**, and **research skills** – browse [Career FAQs - What to do with your Arts Degree to learn more!](#)

Monash University recently shared this YouTube video about a [Career with a Bachelor of Arts](#).

Arts Degrees on offer in Victoria

Most universities in Victoria offer an Arts degree, and many of these are listed below. Students should note that the prerequisite VCE subject for most Arts degrees is only an English or EAL. For a comprehensive list of courses (including the many double-degree options) on offer at universities, visit [VTAC](#).

INSTITUTION	MAJOR STUDIES	ATAR 2019
<u>ACU</u> M – Melbourne Campus	Business studies, Drama, Economics, Education Studies, History, Literature, Mathematics, Media, Music, Philosophy, Politics and International Relations, Psychology, Sociology, Study of Religions/Theological Studies, Visual arts.	58.75 (M)
<u>DEAKIN</u> G – Geelong Warrn Ponds Campus M – Melbourne Campus	Advertising, Anthropology, Arabic, Children's Literature, Chinese, Creative Writing, Criminology, Drama, Education, Film, Television and Animation, Gender and Sexuality Studies, Geography and Society, History, Indonesian, International Relations, Journalism, Language and Culture Studies, Literary Studies, Media Studies, Middle East Studies, Philosophy, Photography, Politics and Policy Studies, Public Relations, Sociology, Spanish, Studies of Religions, Visual Arts.	55.80 (G) 60.60 (M)
<u>FEDERATION UNI</u> G – Gippsland Campus MH – Mount Helen Campus	Knowledge, Ideas and People - First Nations Studies, History, Philosophy & Sociology. Texts, Creativity & Culture - Film & Media, Literature & writing.	34.90 (G) 39.85(MH)
<u>LA TROBE</u> M – Melbourne Campus AW – Albury Wodonga Campus B – Bendigo Campus	Aboriginal Studies, Anthropology, Archaeology, Asian studies, Chinese, Creative and professional writing, Crime, justice and legal studies, Economics, English, French, Gender, sexuality and diversity studies, History, Human geography, Indonesian, International studies, Italian studies, Japanese, Linguistics, Mathematics, Media studies, Modern Greek, Philosophy, Politics, Psychology, Screen studies, Sociology, Spanish, Sustainability and development.	50.10 (M) 54.40 (AW) 53.00 (B)
<u>MONASH</u> Ca – Caulfield Campus CL – Clayton Campus	Anthropology, Archaeology and ancient history, Arts, Australian studies, Behavioural studies (minor), Bioethics (minor), Chinese studies, Communications and media studies, Criminology, Digital humanities, Film and screen studies, French studies, German studies, Global Asia, History, Holocaust and genocide studies (minor), Human geography, Human rights, Humanities, Indigenous cultures and histories, Indonesian studies, International relations, International studies, Islamic studies (minor), Italian studies, Japanese studies, Jewish studies (minor), Journalism, Korean studies, Languages, Linguistics, Literary studies, Music, Musical theatre (minor), Philosophy, Politics, Psychology, Religious studies (minor), Social science, Sociology, Spanish and Latin American studies, Theatre and performance, Ukrainian studies (minor).	78.00 (Ca) 83.00 (Cl)
<u>SWINBURNE</u> H – Hawthorn Campus <u>*Professional Degree</u>	Advertising, Chinese, Cinema and screen studies, Creative writing and literature, Criminology, Digital advertising technology, Environmental sustainability, Games and Interactivity, Global studies, History, Indigenous studies, Japanese, Journalism, Media industries, Philosophy, Politics and international relations, Professional writing and editing, Social media, Sociology.	55.00 (H) 75.60 (H)*
<u>UNI MELBOURNE</u> P – Parkville Campus	Ancient world studies, Anthropology, Arabic studies, Art history, Asian studies, Australian Indigenous studies, Chinese societies (minor), Chinese studies, Classics, Creative writing, Criminology, Development studies (minor), Economics, English and theatre studies, English language studies (minor), Environmental studies (minor), European studies (minor), French studies, Gender studies, Geography, German studies, Hebrew and Jewish studies, History, History and philosophy of science, Indonesian studies, Islamic studies, Italian studies, Japanese studies, Knowledge and learning (minor), Law and justice (minor), Linguistics and applied linguistics, Media and communications, Philosophy, Politics and international studies, Psychology, Russian studies, Screen and cultural studies, Sociology, Spanish and Latin American studies.	85.00 (P)
<u>VICTORIA UNI</u> P – Footscray Park Campus	Communication studies, Digital media, History, Literary studies, Political science, Psychology, Sociology, Visual arts, Writing.	n/a (FN) n/a (FP)

Studying Health Sciences at Deakin University

Study health sciences and help improve people's health and wellbeing. With so many careers in health sciences you'll be in demand – right now there's huge government investment in the sector, which means there's a real opportunity to make a difference. Now is your chance to become a healthcare expert and change lives for the better.

The Health Sector is Australia's fastest growing sector, and the Bachelor of Health Sciences at Deakin prepares students for a career in:

- disability services
- health education
- international aid
- sport marketing
- nutrition

The Bachelor of Health Sciences offers students 12 specialised majors of study, and on completion, can be used as a can be used as an excellent pathway to postgraduate study including:

- ✓ [Master of Public Health](#)
- ✓ [Master of Health Promotion](#)
- ✓ [Master of Health Economics](#)
- ✓ [Master of Health and Human Services Management](#)
- ✓ [Master of Human Nutrition](#)
- ✓ [Master of Dietetics](#)

Learn more by browsing [Health Sciences at Deakin](#)

Careers in Chiropractic, Osteopathy & Remedial Massage

According to the **Good Universities Guide** –

Chiropractors diagnose and treat health problems related to the nervous, muscular and skeletal systems, particularly the spine, without the use of drugs or surgery. They adjust patients' spine or other joints to correct joint dysfunctions interfering with proper nervous system control and integration of body function.

Osteopaths diagnose, treat and provide preventative advice about disorders that affect the body's musculoskeletal system, using manual techniques to alleviate stresses and dysfunction to improve the body's function. They treat patients using a variety of manual techniques, such as soft tissue stretching, muscle relaxation, gentle mobilisation or manipulation

Massage Therapists assess and treat the soft tissue of the body for therapeutic purposes. They administer treatments to promote relaxation, improve blood circulation and relieve muscle tension.

There are courses in Victoria that prepare students for careers in these three disciplines, and some of these are listed below. For a comprehensive list of these offered by all institutions, as well as similar courses, browse [VTAC](#).

INSTITUTION	COURSE	VCE REQUIREMENTS	ATAR 2019
Chisholm TAFE	Remedial Massage	Satisfactory completion of a Year 12	n/a
Holmesglen TAFE	Remedial Massage	n/a	n/a
RMIT	Chiropractic	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	60.55
	Osteopathy	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	60.90
	Remedial Massage and Myotherapy	Satisfactory completion of a Year 12 and ATAR is used as part of selection	n/a
Victoria University	Osteopathy	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, any Mathematics or Physics.	63.65

Career as an Occupational Therapist

Occupational therapists assess and treat people who, due to illness, injury or circumstance, are limited in their ability to undertake everyday activities. They assist people to regain lost functions, develop their abilities and social skills, as well as maintain and promote independence in their everyday lives to enhance health and wellbeing - [Good Universities Guide - Occupational Therapist](#)

Occupational Therapy is offered at the following Victorian Universities –

UNIVERSITY	VCE REQUIREMENTS	ATAR 2019
ACU M - Melbourne	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 Biology, Chemistry, Health and Human Development, Physical Education or Physics.	65.50 (M)
Charles Sturt AW – Albury-Wodonga R.C. – Range of Criteria	No VCE prerequisites but completion of Year 12 and an ATAR are used in selection	n/a
Deakin G – Geelong W'Front	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	70.00 (G)
La Trobe B – Bendigo M – Melbourne	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	70.75 (B) 75.20 (M)
Monash P - Peninsula	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	82.80 (P)



Career as a Physiotherapist

Physiotherapists assess, treat and prevent disorders in human movement caused by injury and disease - [Good Universities Guide - Physiotherapist](#)

Physiotherapy is currently offered at the following Victorian Universities –

UNIVERSITY	VCE REQUIREMENTS	ATAR 2019
ACU B – Ballarat	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 Biology, Chemistry or Physics.	87.55 (B)
Charles Sturt AW – Albury-Wodonga	No VCE prerequisites but maths and science subjects an advantage, and the ATAR is used as part of selection	89.20 (AW)
La Trobe AW – Albury-Wodonga B – Bendigo M – Melbourne Mi – Mildura S – Shepparton	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, Physical Education or Physics.	n/a (AW) 95.30 (B) 97.15 (M) n/a (Mi) n/a (S)
Monash P - Peninsula	Units 3 and 4: a study score of at least 35 in English (EAL) or at least 30 in English other than EAL; Units 3 and 4: a study score of at least 25 in two of Biology, Chemistry, Maths: Mathematical Methods, Maths: Specialist Mathematics or Physics.	97.35



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.



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.



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. 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



BENALLA P-12 COLLEGE

Administration - 20 Faithfull Street Benalla 3672

PO Box 819, Benalla 3671

Email: benalla.p12@edumail.vic.gov.au

Web: www.benallap-12college.vic.edu.au

ABN 72 163 296 413

AVON ST CAMPUS (Prep-Yr 4)

Telephone: (03) 5762 1646

Facsimile: (03) 5762 2740

WALLER ST CAMPUS (Prep-Yr 4)

Telephone: (03) 5762 2600

Facsimile: (03) 5762 3863

FAITHFULL ST CAMPUS (Yr 5-9)

Telephone: (03) 5761 2777

Facsimile: (03) 5762 4076

BARKLY ST CAMPUS (Yr 10-12)

Telephone: (03) 5761 2888

Facsimile: (03) 5762 5276

30 April, 2019

Dear Parents and Carers,

Attendance is one the keys to success at school. It is very clear that students who miss a lot of school do not achieve the same learning outcomes as those who attend every day. Our aim is to reduce student absences across all year levels.

We are working hard to ensure that we can more accurately track student absences and let you know when your child is not at school. We have a duty of care to do this and will follow our legal obligations in doing so.

The Department of Education policy is that we must contact parents on the first day of any absence. This can be via a phone call or text message or email. We prefer to make a phone call and will endeavour to do so where possible. If your child is absent for more than one day we will continue to call until we have been notified by you of a reason and timeline for the absence.

Text messages also go out for absences and as of next week they will be going out twice per day. This is very important, particularly for secondary students, to ensure that we have accurate absence data and that we can inform you if your child is not in class. *Please note that the system can only send text messages to one mobile number so please ensure you have advised the relevant campus of any changes.*

If you receive a text message about a student absence, you can respond by either calling us directly, or clicking on the link in the message. This is important as it lets us know you have received the message and are aware of the absence.

We would prefer if you could notify the school and let us know of an absence before it happens. ***(Faithfull Absence Hotline is 57612747, office for Avon 57621646, Clarke 57612752, Waller 57622600).*** We will then enter this onto our system and you won't receive a message. You can even log on to Compass yourself and put an absence in there directly.

Senior students are required at school all day every day. If your child has no scheduled classes in the morning or in the afternoon they are still expected to attend school from 9am to 3.10pm. There is no such thing as a 'free period' where attendance at school is optional.

If you haven't yet logged on to Compass, please contact the office of your relevant campus for assistance.

I greatly appreciate your support in this important matter. If you have any questions please contact me to discuss.

Yours sincerely,

Tony Clark

Executive Principal

Respect Responsibility High Expectations Integrity