



Benalla P-12 College

Executive Principal - Tony Clark

Tuesday 11th June, 2019

Edition #15

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.

P-4 Concert

Friday afternoon was the culmination of the 'Artist in Residence' program with Bernard Mangakaha. Bernard worked with all our Prep to Grade 4 students over a week to teach them and rehearse dances and songs from a variety of different cultures, mainly from the Pacific region. The kids were amazing and did a great job learning their moves and working together to make the performances come to life. All the more incredible in such a short space of time. I would like to thank all the parents and extended family members who came along to support the show, as well as all the teaching and support staff who all fitted in extra practice times during the week and made sure the students were where they should have been on the day. What a fantastic way to end the week it was.

Staff v Students Basketball

June is staff wellbeing month and our College Wellbeing Co-ordinator, Craig Carley, has arranged a series of staff v student sporting contests to promote staff health, fitness and wellbeing. Last Friday was basketball, and despite a gallant effort from a mix of students from Years 9-12, the staff team proved too strong on the day. Netball next week may produce a different result based on the recent success of the senior girls netball team in the Winter Round Robin.

Sharing Food

Students should not be sharing food at school that has been packed for them at home. Parents who pack their child's lunch do so knowing what they are going to eat at school during the day. If children share food, this opens up the possibility of a child eating something that might not agree with them. Please speak to your child about this. Staff will also be particularly vigilant when supervising children eating at recess and lunchtime.

End of Semester Reports

Staff are busy at the moment finalising student reports for Semester 1. These are being completed through Compass, our school portal, and will result in a hard-copy report being ready for parents in the last week of term. Grade P-6 students will have their sent home with the student, while we will mail reports for all secondary students. If your contact details have recently changed, please contact the office asap so that we can update them and ensure the report arrives at the right address.

Continued.....

DATES TO REMEMBER

TUES 11TH JUNE

Yr 9 Mock Job Interviews
Yr 10 & 11 Exams

WED 12TH JUNE

Yr 12 GAT
Yr 8 Live4Life

THURS 13TH JUNE

Yr 8 Outdoor Ed- Survival
Camp

Business Management
Melbourne Excursion

Yr 12 Royal Freemasons Aged
Care Home Excursion.

4.45pm- Faithfull PAC
Instrumental Music Solos
Concert

WED 19TH JUNE

Hume Cross Country
Yr 8 Live4Life

THURS 20TH JUNE

ProjectABLE workshop

FRI 21ST JUNE

Tertiary Services Information
Day

Step to Success Program

Sport & Rec Ten pin Bowling
Coaching

VET Dance Mid Year Concert

Our College Values

Respect
Responsibility
High Expectations
Integrity

PRINCIPALS MESSAGE CONTINUED.....

Bringing Food to Faithfull Street

A small number of students have been receiving food drop offs from parents at lunchtime at Faithfull Street. This is not to happen. We have a canteen at school that provides a good range of food for students, and we are always open to suggestions from students and parents as to what we sell from there (within the guidelines for school canteens). Parents should also only make contact with their child through the general office. I am sure you would understand that we cannot have a situation where people are meeting at the fence line and passing things back and forth. Please remember that your children are our responsibility during the day and we owe them (and you) a duty of care, which means insisting that anyone who comes to the school goes through the office.

Tony Clark
Executive Principal

ATTENDANCE

Why every day counts

We now have 3 weeks to go until the end of term. There are only 14 days of school left. Not long now for holidays. Until the end of term, teachers will be busy writing up student's reports. This can reflect your child's attendance, if they are up to date with their school work requirements and how their absences have affected their learning. *Have you spoken with your child's teacher and organised work while they are absent so they can catch up?*

Top attendance tips for parents

- Schools want to work in partnership with parents-act early if you have any concerns by contacting your child teacher and asking for advice and support.
- Remember every day counts
- Talk positively about school and the importance of attending every day.
- Open and prompt communication with your child's school about all absences is a good idea.
- There are no safe number of days for missing school-each day a student misses puts them behind, and can affect their educational outcomes and their social connectedness.
- Avoid making routine medical and dental appointments during the school day or planning holidays during the term
- Seek help from your school if you are concerned about your child's attendance and wellbeing. Schools want to work in partnership with parents.

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
- Senior Campus -Craig Carley 5761 2777

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

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

Avon St
Yrs F-4
P: 035762 1646

Attendance Hotline
035762 1646

Waller St
Yrs F-4
P: 035762 2600

Attendance Hotline
035762 2600

Faithfull St
Yrs 5-6 Hub
P: 035761 2752

Attendance hotline
035761 2747

Faithfull St
Yrs 7-12
P: 035761 2777

Attendance Hotline
035761 2747

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

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



COMPASS
School Manager

PARENT PAYMENTS



**PAYMENT
REMINDER**

The school relies heavily on families paying their Parent Payments (School Fees) to provide resources for your children not provided by Government Funding. If you have already paid your fees, THANK YOU VERY MUCH. If not, please give this your urgent attention to support the education of your children.

Reminder letters are now being sent home.

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.

The next Uniform shop will be at the Faithfull St Campus on Wed 17th July from 3pm-5.30pm.

Alternatively, orders can be placed and paid for over the phone by contacting Judds Yarrawonga on 5744 1269.



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!



HEALTH UPDATE

With the cold & Flu season upon us, it is important we all do our best to help prevent the spread of it. Here are some helpful tips.



1. Wash hands- Studies have shown that handwashing can reduce absenteeism from infectious illness among school aged children.



2. Cough & Sneeze into a tissue or the inside of your elbow.

3. Avoid touching your face with unwashed hands.

4. Avoid sharing food, drink bottles and cups with friends.



5. Clean & disinfect surfaces.

6. Stay home when you are sick

WALLER ST CAMPUS NEWS

STUDENTS OF THE WEEK



Congratulations to our student of the week recipients.
Back L-R: Zak, Jakobi, Marli, Dempsey and Nicolas
Front L-R: Jett, Kaleigh, Hadassah, Charlie and Akira

GOLDEN SHOVEL AWARDS



Chantay, Zara and Madeline (Jake not pictured) display their Golden shovel awards.

RAY WHITE AWARD WINNER



Our Ray White Award winner for May is Megan. Olivia & Carly presented the award from Ray White.

SCHOLASTIC BOOK CLUB

Orders are due in by
**9.00am Wednesday 12th
June**

Scholastic Book orders have been distributed to students. 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. If paying by cash please ensure correct money and details are placed in a zip lock bag. Please make cheques 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

GETTING TO KNOW YOU SESSION WITH 5/6A BUDDY STUDENTS



In 5/6A we have been meeting each week to develop buddy relationships for friendship and support at school and socially strengthen our play skills in the yard. Each year 6A student is buddied up with a Year 5A student to talk and touch base each day in the playground to develop positive relationships. Students support and care for each other and develop a fun attitude to continue on hopefully through their senior years at Benalla P-12 College.

PRIMARY SPORT

OVENS & MITTA CROSS COUNTRY

Congratulations to all students who competed in this event. The competition was tough and there were over 100 competitors in each age group. All our students performed really well and cheered each other on. Well done to Teliha Yates, Charli Button, Zoe Hussell and Jaidyn Chee who qualified to compete at the region event on Wednesday 19th June. We wish them all the best.
-Vanessa Neilson



FAITHFULL ST CAMPUS NEWS

YEAR 9 OUTDOOR EDUCATION – MOUNT SAMARIA HIKING TRIP

On Monday the 3rd of June, the year 9 Outdoor students headed to Mount Samaria State Park for their overnight hiking trip, with a focus on Parks within Victoria. With poor weather forecasted, and predicted snow down to 800m overnight, the students knew they were in for a cold trip. Despite the predicted poor weather, the students embraced the cold, and made the most of exploring the natural environment. The students visited the ruins of the Sawmill Kilns, explored Wild Dog Creek Falls and summited Mt. Samaria on Tuesday morning. The students showed a great understanding of past uses of the land and demonstrated good use of minimal impact strategies throughout the trip. The class were very appreciative of dry firewood and a hot cup of milo.



FAITHFULL ST CAMPUS NEWS

MUSIC

Recently small groups of Year 8 instrumental music students visited daily sessions of PEEP (Parents' Early Education Partnership) run by the Tomorrow Today Foundation. Students demonstrated their instruments and played a group piece at each session. We followed up with a discussion about the benefits of playing and learning music for children at all ages.

Well done to Katie Barrow Glass, Anna Jay Evans, Maddie Fry, Nicole Patterson, Rylie Hawking and Dylan Lumsden.

Special thanks for the organisers at Tomorrow Today for providing this great opportunity for our students to share their music and the work of our teachers, Bryce McMurray, Rolf Koren and David Roe for making it all possible.



FAITHFULL ST CAMPUS NEWS

YEAR 10 PEAK PERFORMANCE

The Year 10 Peak Performance students have been studying coaching as part of their elective. This



culminated in the coaching of Year 6 students in a variety of sports.



The Year 10's really rose to the challenge of arranging and delivering a coaching session with fellow junior students.

The two 30 minute session of fitness and training helped develop core strength and teamwork.

YEARS 7-12 SOUTHERN RANGES ROUND ROBIN

NETBALL NEWS

On Thursday the 30th May 56 girls braved the cold conditions and bared their legs to play netball in Shepparton. All 7 teams from Years 7 through to Year 12 had a great day despite the weather and gave it their best in all matches. Opponents included Seymour, Broadford, Yea, Mansfield, Kilmore, Euroa and our hometown rival FCJ. Well done to all of the girls who conducted themselves well throughout the day, showing respect to the umpires and a high level of sportsmanship. Great effort to the Year 7 girls who made the semi-finals and congratulations to the Year 12 girls who did not lose a game all day so are now through to the next round. Thanks to the staff Elyse Felstead (Year 10 team coach), Karen Legg (Year 9 team coach), Sarah Mundy (Year 8B team coach) and Pip O'Donoghue (Year 7 and 8A team coach) for their time and enthusiasm to make this day possible for the girls.

Tara Hunter (Year 11 and 12 team coach)



YEAR 7 BOYS FOOTBALL TEAM



The Boys had a successful day. Coach Mr Thomas had the following to say about the team...

"To walk away at the end of the day winning 4 from 4 games is a great effort by the boys. The message for the day was simple, defend first and then spread, hit targets and bring each other into each game. The boys demonstrated their commitment to each other and the team throughout each game, even when a game was close. There were many different players who stood up across the day, but the most pleasing thing was they continued to play as a team. Well Done Boys let's move on to the next round."

-Mr Thomas

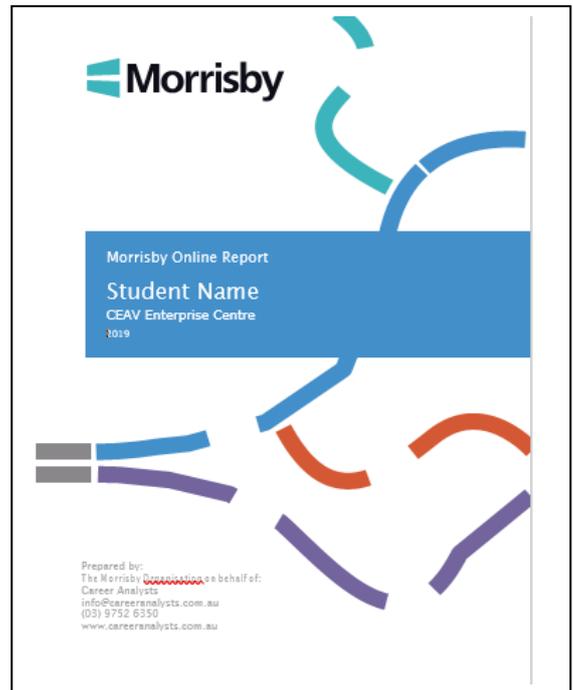
Year 9 students have now completed an **online personal career discovery tool** (Morrisby Online) that identifies potential suitable careers. The next step will be an analysis of their career assessment report in a **1:1 appointment conducted by a visiting qualified career consultant**. Discussions will include training, higher education and employment pathways. This report will form part of each student's Achievement Portfolio and will assist with subject choices for Year 10 and beyond.

Year 9 Parents and Carers please note

Appointments will be scheduled in the last 2 weeks of this term during school hours on school premises, with parents/carers encouraged to attend. Results of the assessment are also available online by logging in to <https://app.morrisby.com/>. Students require their school email address and password.

I will be allocating appointments to students and publishing them on our Compass homepage. Feel free to contact me at school on 57612777 or email oakley.susan.e@edumail.vic.gov.au if you have any questions.

Sue Oakley (Pathways to Retention Coordinator)



Morrisby On-Line Assessment Session



FAITHFULL ST CAMPUS NEWS

HANDS ON LEARNING



Our Hands on Learning Students were excited to assist Fisheries to re-locate some big Murray Cod and Yellow belly into Lake Benalla.

A whole lot of fun was had by everyone involved, with big plans made for future fishing trips. We can't wait to see the results of the fishing trip.



AFTER SCHOOL CARE

Penny, Jack & Jolene enjoyed some time on the playground at the Avon St Campus.

Bookings can be made by contacting:

Waller Street Campus:

57622600 or mob 0407 715 660

Avon Street Campus:

5762 1646 or mob 0428 014 133



LOOKING FOR A JOB WHILE YOU STUDY?

coles | Good things are happening

Looking for a job while you study or an exciting place to start your career? Look no further than Coles Supermarkets! We are looking for people who are positive and passionate about working in the local Benalla community to deliver great service and availability to all our customers. No prior experience needed, we'll teach you everything you need to know!

If you would like to be part of an iconic Australian brand, then head over to www.colescareers.com.au and apply today!

COMMUNITY NEWS



Waminda Community House is looking for students from foundation to Year 6 to take part in a free pilot program during Term 3.

The program will aim to assist children with their homework. A snack and drink will be provided.

We will be running it once a week on a Wednesday from 3.30pm-4.30pm at Waminda Community House- 19 Ballintine St, Benalla.

If you would like more information or to put your child's name on the list to participate, please contact Waminda Community house Monday- Thursday between 9am-4pm on 5762 4528. Cost is Free.

COMMUNITY NEWS



Discovery Workshops for 11 to 16 year-olds

Looking for something to do in the July school holidays that will be loads of fun and give you new skills?

Come along to one of our **FREE** three-hour 'Discovery' workshops on Tuesday 2nd July or Wednesday 3rd July 2019.

Join us for:

- problem solving
- teambuilding
- learning new things
- discovering new opportunities
- meeting new people
- yummy food
- lots of fun!



For more information or to register your interest, contact Tomorrow Today on (03) 5762 1211

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

A fantastic opportunity for Benalla students in 2019



Would you like to work with a top digital designer to create a digital app? Maybe you could solve a community problem, or produce something that improves living in Benalla.

You might even be able to create a game or program that makes you some money.

Tomorrow Today is looking for 40 young people, aged 11-16 years to participate in an exciting project that involves working with digital technology.

Students involved in the 2018 digital project said....

"The best part was being able to be part of making a web page and meeting new people."

"It was great to see our ideas designed and created into something usable. Hearing all the great feedback from adults about our website was exciting."

"I learnt about making websites and how problems can be fixed by using technology."

88% said their problem solving and communication skills have improved

100% said they would recommend the workshops to their friends

Selection criteria

Young people who are

- aged 11-16 years
- living in Benalla Rural City Local Government Area
- attending a school or learning centre in Benalla
- interested in learning new skills
- interested in exploring digital solutions to problems
- available for regular workshops after school and possibly during school holidays.

To Apply

Students should complete an application form and submit it to the Tomorrow Today office by hand, post or –email ASAP

All students who apply will be invited to attend an interview to find out more about the project.

From the interviews 20 girls and 20 boys will be selected.

For further information regarding the Digital Project, contact Sally Matheson, Education Benalla Program Manager, 5762 1211 or mobile 0409 967 303
email sallymatheson@tomorrowtoday.info

Grief



What is grief?

Grief is a natural response you experience when you lose someone close to you. Grieving is a normal part of life and there is no right way to grieve – everyone is different. It can begin as soon as you become aware of a loss and can continue over the course of the first 12 months.



Although there are many different kinds of 'loss', this fact sheet looks at grief after the death of someone close.

Feelings of grief

Grief can affect you in many different ways; how you think, what you feel and how you spend your time. You might experience:

Shock and disbelief that the person has died

Longing for the person, wishing they were around, to be able to touch them or be comforted by them

Anger or resentment for being abandoned, for the unfairness of the loss, or towards those seen as responsible for the loss

Sadness that the person has gone

Guilt that you were unable to save the person or that you survived while they did not

Anxiety about the future; about how things will be without your loved one or about your own safety

Difficulty thinking about anything else; always thinking about the person you have lost

Difficulty concentrating and remembering things

Changes to your sleep patterns and appetite

Physical changes including headaches, feeling tired, muscle aches and nausea.

Experiencing

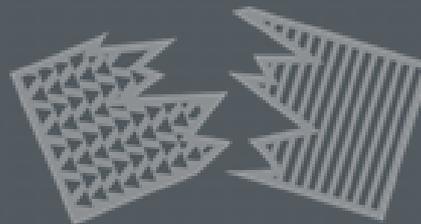
grief

If you are experiencing grief, try not to stress too much about what's "normal".

Everyone goes through grief differently and should be able to grieve at their own pace and in their own way.



Grief



Things that can help in managing grief

It's important to do what's right for you. Some things that might help include:



Accepting your feelings. It's okay to feel sad about losing someone special and to take time to cope with what has happened. Losing someone is stressful and upsetting, and it's normal to experience strong emotions.



Allowing yourself time to grieve and if you can, let yourself cry. You might need a safe place at home or at school to go when you're especially sad.



Taking time out. Being around other people can sometimes be stressful and overwhelming, especially if they are also grieving. Go for a walk, listen to some music, sit in a park or do something enjoyable like shopping or going to a movie.



Looking after yourself is really important, so try to keep regular routines of sleep, eating and exercise. These things can feel hard to keep up but they can improve how you think, and how you feel.



Collecting memories of your loved one and expressing your feelings in a way that feels right for you. Perhaps write about them and the things you did with them. Collect photos, make a scrapbook or journal, create a website or blog, write music or poetry, or create some artwork.



Finding a way to say goodbye in your own way and in your own time. This might mean going to the funeral, writing them a letter or having a memorial service.



Allowing yourself to feel happy and to move on with your life without feeling guilty. People sometimes feel bad if they let themselves smile or if they seem to be moving on; it doesn't mean that you have forgotten the person you have lost. Your loved one would have wanted good things in your life.



Planning for times that may be hard, like Christmas, birthdays or anniversaries. Perhaps arrange to spend time with friends or do something enjoyable for yourself.



Finding your own way to stay connected, **keep** and remember the person who has died.

Finding help

Grief is an experience that can last for weeks, months or over a year. Learning to live with the loss can take time and you may experience **ups and downs** in the process.

If your grief is continuing for a long time, is very upsetting or is stopping you from getting on with life, or you are grieving for someone who has died by **suicide** then it's important to get help. Getting the right support can help you get back on track sooner and help you to learn to live with your loss.

It's important to find someone you trust and feel comfortable with. There are general practitioners (GPs) and other health professionals who **are** experienced in working with young people who have experienced grief and loss.

A good place to start might be your local community health **centre** or **headspace centre**. You could talk with a **trusted** friend, teacher or family member about finding some help. It's important to remember that you don't need to talk about the details of the experience if you don't feel comfortable or safe to do so.



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

insights

Creating healthy digital habits in kids

by Martine Oglethorpe

Surveys have consistently shown that children have been exposed to rising amounts of screen time in recent years, as well as parents struggling to manage the moods and time demands of children and young people.

As kids spend increasing amounts of time tethered to a digital device, it makes sense that the time they are online, is time well spent. As parents we're often concerned about the connections children and young people are making and the subsequent impact on their wellbeing. We're often concerned about the content they're consuming, and how helpful, relevant and safe it is for them. Rightfully, there's concern that the time spent online, scrolling, searching and swiping, may well be time better spent on other pursuits.

Obviously, these digital devices won't be going anywhere fast. So, we need to look at how we remain in control of our screen use, and ensure the time we're investing online is adding something helpful, positive and meaningful to our lives.

Here are a few tips to help you be more intentional with your scrolling. Being mindful of how time spent on devices, is certainly not just reserved for young people.

ENCOURAGE CREATION NOT JUST CONSUMPTION

Here's a simple question. Are you more of a consumer or creator when you're online? When you spend your online time in creative mode such as making things, creating own videos, editing photos, writing blogs, coding a video game or composing a song you are getting something tangible in return for the time spent on a screen. You are achieving and creating something, rather than simply consuming the content made by others, which is generally far more satisfying as a user.

LOOK AT WHO YOU ARE FOLLOWING

Consider the real purpose of the people on your feeds. Are you following celebrities you can never relate to, companies you would never buy from, or people who bring you down rather than teach or inspire you? Ideally, you'll follow people and companies that you can connect with and add positively to your life.

So what about your child? If they have a passion for something, help them find suitable people to follow. For instance, if they love space, search for NASA and related accounts. If they love photography, help them find great photographers sharing their work online. When they're following people that teach, inspire and ignite their passions, they're less likely to spend valuable time with energy zappers.

DO A DIGITAL DECLUTTER

We all have so many apps on our devices and many are just clutter that we used once and no longer visit or don't add anything constructive to our day. Maybe you could try deleting all the apps on your phone and only put those back that you need to make your day easier, or that offer you something positive. This forces us to look at the real benefits, or not, of the apps and thus the time we are spending online. Could there be better games for your kids to play? Are there better videos for them to watch than the ones that the YouTube algorithm believes they want to see?

ROLE MODEL GOOD PRACTISES

Most kids learn much more from what they see and experience, rather than from what they are told. As a parent be sure to be intentional with your screentime. Do you:

- Follow people that support you, challenge you in helpful ways or inspire and lift you up?
- Interact in positive ways?
- Give people your attention rather than scroll whilst others are talking to you?
- Put your digital devices away in order to fit all the other important things into your day?

Setting your kids up with good online habits will help make these practises the norm. If you don't want your children falling prey to the harmful and unhelpful experiences online, you need to be sure that they are focusing on positive and helpful screentime pursuits.

Be intentional with your scrolling, and you'll ensure you're getting a much greater return on your online investment.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent