



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 24<sup>th</sup> June, 2019

Edition #17

## 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.*

### School For Student Leadership

On Friday I visited our 6 Year 9 students (Maria, Georgia, Stacey, Jake, Justin and Harry) who have spent the last 8 weeks living in Far East Gippsland at the 'Coastal School' campus of the School For Student Leadership. It was great to see the students and they were excited to talk about their experiences for the past term, particularly their adventures caving, canoeing, biking, hiking and surfing in the local area. The day involved presentations from each of the school groups of their Community Learning Project – a project that they have planned and developed since being there that they will implement when they return. I was very proud of our students in the way they presented their work, as well as the way they interacted with others there and the maturity they demonstrated. It was obvious the experience has had an impact on them and I am very much looking forward to seeing them back next term.

### Grade 2 Sleepover and Winter Sports

Good luck to all the Grade 2 students sleeping over this Thursday night. It should be a fun experience for everyone – and let's hope they get some sleep!! Also good luck to our Grade 5 and 6 students taking part in the Winter Sports this Thursday in Wangaratta. We have teams competing in a range of sports and it is a great opportunity for students to represent our school and be part of a team.

### End of Term Dismissal

This Friday is the final day of Term Two. Dismissal for all students will be at 2.20pm. Please make arrangements to collect your child if they are not a bus traveller or they walk/scoot/ride home. I hope that everyone takes the opportunity to look at the end of semester report and that all students, staff and families have a safe and happy holiday.

### Kokoda

Today we have 8 students from Year 11, two staff and a couple of parents heading off to Papua New Guinea to complete the Kokoda Track. This activity aims to diversify the cultural experiences of students who attend as well as challenge them physically and mentally. We wish them all the best as they complete this epic journey and look forward to hearing their stories when they return.

Continued.....

TERM 3 DATES, MON 15<sup>TH</sup> JULY- FRI 20<sup>TH</sup> SEPTEMBER

## DATES TO REMEMBER

MON 24<sup>TH</sup> JUNE-WED 3<sup>RD</sup> JULY

Year 11 Kokoda Trek

WED 26<sup>TH</sup> JUNE

Years 3/4 -Soccer Clinic with Melbourne Victory

**Woodies Excursion**

THURS 27<sup>TH</sup> JUNE

Year 2 Sleepover

**Year 5 & 6- Winter Sports Day**

Royal Freemasons Aged Care Home Excursion

FRI 28<sup>TH</sup> JUNE

**Last day of Term 3**

**2.20 pm Dismissal**

## END OF TERM ASSEMBLY

AVON ST CAMPUS

Fri 28<sup>th</sup> June at 9am

WALLER ST CAMPUS

Mon 24<sup>th</sup> June at 2.15pm

5/6 HUB

Mon 24<sup>th</sup> June at 2.30pm

FAITHFULL ST CAMPUS

Fri 28<sup>th</sup> June- Years 7-9 at 9.45am in the PAC

Fri 28<sup>th</sup> June- Years 10-12 at 12pm in the Stadium.

## Our College Values

Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### Insurance

Parents and Guardians are reminded that the Department of Education does not hold insurance for personal property brought to school, and has no capacity to pay for any loss or damage to such property. This obviously applies to mobile phones, iPads and computers. Students are strongly encouraged to keep phones in their lockers during the day to avoid theft and/or damage.

### Parent Teacher Interviews

In the past we have run parent-teacher interviews on the last Thursday evening and Friday morning of Term 1 and 3. This is currently being reviewed and I would love to hear from parents about their preferences. Are evening sessions better? Are daytime sessions better? Is the current model working for you? If you have any feedback about this please send me an email or give me a call or speak to your child's teacher or campus principal and ask them to pass it on to me.

Tony Clark  
Executive Principal

## ATTENDANCE

### Why every day counts

Our last week of the term has arrived. Has your child been at school every day? Have they had a day or two off as they were sick? Have they had several days off or do you find yourself running late most days? Looking back, have they had more days off than you realised?

### Anxiety about going to school.

Going to school is usually exciting and enjoyable event for children and adolescents. However there are some children, who occasionally, are reluctant to go to school or have some anxiety about activities like school camp. It is also normal that in some stage of life every individual will feel anxious when faced with a difficult situation. Anxiety becomes a problem when it is persistent and prevents a person from enjoying normal life experiences for a long period of time. **You can help your child to cope with anxiety in effective ways, and, in doing so, helps them to develop self-confidence and resilience.**

### How can I tell if my child has anxiety?

Signs of anxiety include:

- Having lots of worries and a strong need for reassurance.
- Psychosomatic symptoms which occur before school (eg; nausea, stomach aches, headaches). These symptoms will reduce when the threat (or fear of going to school) is removed
- Crying, being clingy or fidgeting when nervous
- Sleep problems such as difficulty in falling to sleep, nightmares or trouble sleeping alone
- Fear and avoidance of a range of different issues and situations.

Sometimes you may need assistance from professionals who can help anxious children. You may want to discuss your concerns with one of our Student Wellbeing team members, for advice and support. Alternatively you can seek support from your GP.

- 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/ren back on track attending every day**

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

Avon St  
Yrs F-4  
P: 035762 1646  
**Attendance Hotline**  
**035762 1646**

Waller St  
Yrs F-4  
P: 035762 2600  
**Attendance Hotline**  
**035762 2600**

Faithfull St  
Yrs 5-6 Hub  
P: 035761 2752  
**Attendance hotline**  
**035761 2747**

Faithfull St  
Yrs 7-12  
P: 035761 2777  
**Attendance Hotline**  
**035761 2747**

## SCHOOL LOCKDOWN DRILLS

During the last week of Term 2, the school will be conducting a "Lockdown Drill" in accordance with OHS guidelines at Faithfull and Clarke Street Campuses. This means that sometime during the week an alarm will sound, an announcement made and teachers will be instructed to follow procedures to mimic a school lockdown.

It should last only 15-20 minutes in total as site wardens need to wander about and complete a checklist of items which will be used in the school's follow up.

Students will be warned of this occurring at year assemblies and by class teachers, but the school would like parents and guardians to have this conversation with their children in order for them not to be upset or troubled by the experience.

Thanks again for your support in this matter.

## 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.

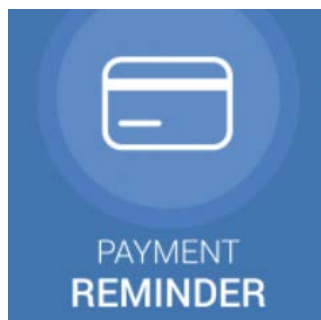
If you have not received your Log on information in the mail, please contact your campus office to get this information.

The Compass App is available to download in your App store



COMPASS  
School Manager

## PARENT PAYMENTS



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 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 17<sup>th</sup> July from 3pm-5.30pm.**

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



## SCOOTER SAFETY

Benalla Police will be conducting a scooter/bike safety operation during June/July.

The operation will include bike engraving, theft reduction ideas, and the enforcement of the Road Safety Rules for scooter/bikes.

For more information please contact the Benalla Police Station on 57600200 or join us on our Facebook page, at Benalla Police Service Area eyewatch page.

Thanks

**Mark Kennedy  
Senior Constable  
Benalla Police**

## 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



Well done Ben, Jai, Tyrone (absent) Fiza, Caidaynce and Kaden who are all this weeks students of the week.

## AVON & WALLER ST LUNCH ORDERS

Please note there will be no Lunch order from the Pink shop this Friday 28<sup>th</sup> June.

Please make sure you pack a Lunch from Home.



## WALLER ST CAMPUS NEWS

### STUDENTS OF THE WEEK



Back L-R: Jake, Brandon, Gaige and Chelsey  
Front L-R: Noah, Seth, Braxton, Paige, Drazick, Elizabeth and Amelia

## GOLDEN SHOVEL AWARDS



The Golden Shovel Awards were presented to:  
Back L-R: Kyle, Elly, Declan and Hayley  
Front L-R: Monique and Caleb

## YEAR 1 & 2 IMAGINATIVE STORY WRITING

Learning Intention: We are learning to write imaginative stories. The Year 1/2 students have been working hard on creating imaginative texts. We have been learning about the elements of a story, such as characters, settings, problem and solution. We have been learning to write sizzling starters to engage our readers, and using wow words to make our stories interesting. Here is an example of our story, inspired by our recent visit to BPACC.

### The day the Gruffalo came to school

By 1/2 Akhtar and Spencer

'It all started on Wednesday morning, when I walked into the classroom. There he was he was sitting on the chair staring at us. I thought I had seen him somewhere before .....It was the Gruffalo.'



## WALLER ST DISCO

Waller Student Leadership Group presents a...

# Pyjama DISCO!

**Thursday 27<sup>th</sup> June**

**When:** 2:00 - 3:00 p.m.

**Where:** 3/4 Hub

**Who:** All F-4 students who have earned their ticket

**Bring:** Pyjamas and a favourite bedtime toy

\*Students are wearing full uniform to school and getting changed into pyjamas at the end of lunch time

The SLG will also be selling

hot Milo and bags of popcorn

for 50c at lunchtime on this day ☺



## FAITHFULL ST CAMPUS NEWS

### YEAR 12 BUSINESS MANAGEMENT FUNDRAISER

On Thursday 13th of June, students organised a Milo and Homemade Cupcake stall to raise funds to support The Big Issue; a social enterprise they will be visiting on their Melbourne excursion later this term. The Big Issue assists disadvantaged people to find employment and connect with the community through the creation and selling of magazines in Melbourne's CBD. Students designed surveys, a production line and advertisements to support their understanding of operations management and invited students and teachers at Faithfull Campus to bring their own keep cup or mug for a discount as a waste minimisation strategy. Thanks to everyone who purchased something on the day as we made over \$200 profit! A big thank you to Pip and the HOL students who also assisted us!

- Miss Baker & the Year 12 Business Management class



## INSTRUMENTAL MUSIC NEWS

During 2019, the music department is working towards further developing instrumental solo performance skills. All of our instrumental students participate in one of more bands and that plays an important role in developing musicianship and skills. Solo

performance has been less of a focus for many of our students. Last Thursday afternoon three of our Year 10 students, Zoe Grundy, Cheyane Vaughan and Jakk Devlin performed solo pieces learnt this year for families and friends. Their performances were well prepared and beautifully presented. Later this year Cheyane and Zoe are undertaking Australian Music Examination Board exams at 4<sup>th</sup> and 5<sup>th</sup> grades respectively and we wish them the very best of luck. There will be further opportunities to present solo playing in terms 3 and 4 for students of all levels of experience, beginner to advanced.



## DR & NURSE SERVICE

### 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

Students in years 7-12 can access the Dr & Nurse service every Tuesday at the Faithfull St Dr rooms. Students can make an appointment by calling or texting 042752398, contacting Craig Carley or dropping by the Dr Surgery during the walk in session from 10.30am-11.15am.

## KOKODA



The Kokoda team were up early this morning to catch their flight to Brisbane and then continue onto Port Moresby.

They will be completing the Kokoda Track over the coming week and returning on the 3<sup>rd</sup> July.



## FAITHFULL ST CAMPUS NEWS

### HANDS ON LEARNING

Hands on Learning students are giving the new hens an introduction to our Hands on precinct and a taste of the food we cook. These hens will provide eggs for our baked products and some great conversations in the shed.

Other projects that have been on the go this term have included composting all our food waste and cardboard to produce a high quality compost for the garden and propagating and planting a hedge around the hot house. We have also grown and potted many casuarina trees for our wetland area that we will plant early next term for National Tree day.



## HANDS ON LEARNING



## CAREERS

### HEALTH CAREERS FORUM

Students from year 10, 11 and 12 recently attended the Health Careers Forum. This was held at the CSU Campus at Wangaratta. Students from across the North East attended this very informative day. Students had the opportunity to attend 4 workshops across the day. These included sessions on General Nursing, Psychology, Wound

Treatment, Occupational Therapy, Health Promotion, Physiotherapy, Allied Health and General Practice.

As well as hearing professionals speak, students were given the chance to have a go at various activities including bandaging wounds, trying out various items of equipment used to assist people, communication aides and plastering arms.

Thank you to NE Tracks/LLEN for organising the event as well as North East Health and GOTAFE and other agencies for being a part of a great day.



### DEFENCE FORCE VISIT

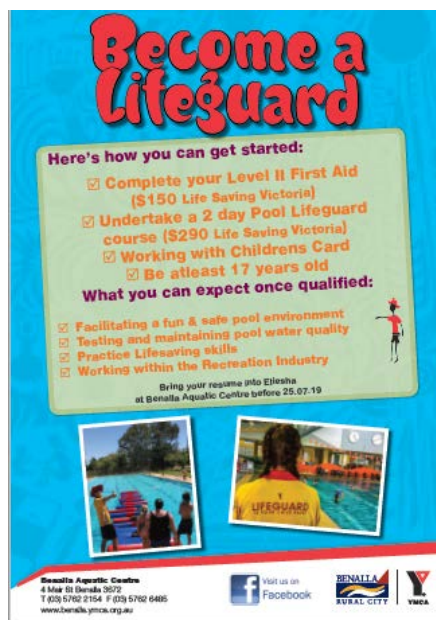
Members of the Defence Force visited the Faithfull Campus to speak to interested students about how to go about applying.

Students heard about the various access entry points including Officer entry – including ADFA and Graduate entry and General Entry – including technical and non-technical entry.

Also discussed were the benefits of being part of the ADF and the way the recruitment process works. There was then an opportunity to ask questions, of which there were many, about joining the Australian Defence Force.



## COMMUNITY NEWS



**Become a Lifeguard**

Here's how you can get started:

- Complete your Level II First Aid (\$150 Life Saving Victoria)
- Undertake a 2 day Pool Lifeguard course (\$290 Life Saving Victoria)
- Working with Childrens Card
- Be atleast 17 years old

What you can expect once qualified:

- Facilitating a fun & safe pool environment
- Testing and maintaining pool water quality
- Practice Lifesaving skills
- Working within the Recreation Industry

Bring your resume into Eilesha at Benalla Aquatic Centre before 25.07.19

Benalla Aquatic Centre  
4 Main St Benalla 3672  
T 035 5762 2154 F 035 5762 6485  
www.benalla.aquatic.org.au

Visit us on Facebook

BENALLA RURAL CITY YMCA

## SIR EDWARD 'WEARY' DUNLOP LEARNING CENTRE SCHOOL HOLIDAYS

ANDY JONES: QUIZZ-ITCH

Wednesday 3 July, 2.30pm

Free Event All ages

Enjoy a magical time of Harry Potter with best-selling children's author and entertainer, in his latest show. Quizz-itch will test your knowledge of everything Harry Potter. With trivia questions, a spelling bee, audio/visual teasers and drawing games.

PYJAMA STORY TIME

Tuesday 9 July, 5.30pm

Free Event All ages

Enjoy bedtime stories and a cup of warm Milo at a special Pyjama Story Time.

SIT AND KNOT THROUGH THE AGES

Wednesday 10 July, 2pm

Free Event All ages

Want to knit but don't know how? Come along and learn from our experienced knitters who can also show you some tips and tricks of the trade.

Finger knitters welcome!

NAIDOC STORY TIME

Friday 12 July, 10.30am

Free Event All ages

Aunty Desiree Walker will be joining us for a special Story Time to celebrate NAIDOC Week. This will be followed by a boomerang decorating craft activity.

Contact the Benalla Library on 5762 2069  
email: library@benalla.vic.gov.au



SCHOOL HOLIDAYS

## JULY VACATION CARE PROGRAM

All outstanding Accounts need to be paid in full, prior to bookings being accepted for July Holiday program.

### Out of School Hours Care

Please note that there is a dress code for our Vacation Care Program.

- Covered in foot wear
- Covered shoulders (T-shirts, short sleeves, no singlets, or string straps.)

This for your child/children's safety.

Children and Parents are reminded that children should pack a healthy lunch.

Please no lollies especially lolly pops.

Healthy drinks are also encouraged. (Water)

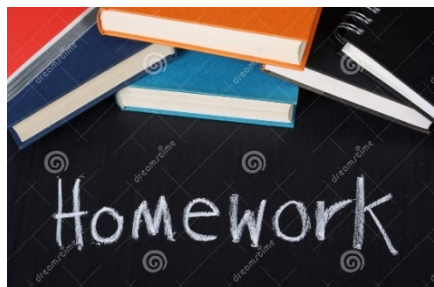
Please have at least one piece of fruit

### Please note:

Could all Parents/Guardians make sure that their address, phone numbers or any other information concerning their child is up- to- date. Please let staff know if there are changes, thank you.

## WAMINDA COMMUNITY HOUSE

Waminda Community House is looking for students from foundation (prep) to Year 6 to take part in a free pilot program during Term 4.



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 3.30-4.30pm at Waminda Community House – 19 Ballantine Street, 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 to Thursday between 9am and 4pm on 57624528. **Cost: Free**

## AFTER SCHOOL CARE NEWS



Drazick Ross & Steele Adams found the texture change of drawing with wet chalk, interesting.

Elly Decker spent some time at After school Care finessing her creative art designs with chalk drawing last week.



## BOOKINGS

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



## *Last chance to enrol in Managing Your Child's Anxiety Webinar for our Benalla P-12 College parents and staff.*

*A great opportunity in gaining vital information and strategies to assist your child or student.*

### Managing your child's anxiety

As your school has a membership with Parenting Ideas, you can attend the upcoming webinar –Managing your child's anxiety – at no cost! FREE

#### About the webinar

Join Michael Grose in this webinar where he will help parents better understand the nature of anxiety, equip them to recognise it in children, and provide practical tools to help children and young people manage and minimise their anxious states.



#### When

**Tuesday 25 June 2019 8:00pm AEST.**

#### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

#### How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-managing-yourchilds-anxiety>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **ANXIETY** and click 'Apply Coupon' (valid until 25 July 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'

Parenting Ideas make sit so easy and flexible for a parent. Just register for the webinar and if you can't make the allocated time that it is on, you can always watch it later at your own discretion as it will be saved to your account.

For more information, please contact Bron Greig-Student Wellbeing, Waller St Campus ph. 5762 2600.



# Insights

## Helping kids tolerate discomfort

by Michael Grose

Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.



### EXERCISING THEIR DISCOMFORT MUSCLES

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

### OPPORTUNITIES TO PRACTISE TOLERATING DISCOMFORT

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

### IT'S NOT TOUGHING IT OUT

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



#### 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.