



Benalla P-12 College

Executive Principal - Tony Clark

Monday 3rd June, 2019

Edition #14

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.

Every week as the principal of a school is different, and this past week was no exception. This newsletter is a bit of a summary of some of the key events and highlights from the past week for me.

Monday

Monday started off pretty well with the announcement in the State Budget that we have been allocated \$12.06 million in funding for the next stage of the redevelopment at Faithfull Street. This funding will cover the construction of two new buildings – a science wing and a STEAM wing (including Art and Digital Technology rooms). Although this will take a few years to become reality, it is very exciting for us and will only enhance the work we are currently doing to improve student outcomes at the school.

College Council was held on Monday evening at Avon Campus. The College uniform policy was discussed and a working party set up to review the policy. The group is made up of parents, students and staff and have set a meeting for today at 3.30pm. There will be consultation with all groups within the school to ensure the policy and dress code reflects the values and needs of our community.

Tuesday

After school on Tuesday, teachers met together to present their work to each other after an 'inquiry cycle' of learning. Staff had collaborated to investigate different teaching strategies and how they could use them most effectively in classes. The presentations were dynamic and showed a deep level of reflection and willingness to learn more. This was a very positive afternoon and very proud moment for me as principal to see staff working in that way.

Wednesday

Wednesday took me to Clarke Street with the staff and students in Grade 5 and 6. I am always taken by the calm and respectful way the students there go about their work. Quite often I am presented with persuasive pieces of writing students have written' where they have tried to convince me to introduce something at the school. Ochre Lees of Grade 5, showed me a poster she had done, outlining several compelling reasons why we should have horses at school. It's hard to deny the logic in Ochre's thinking, and I am still considering this very creative proposal.

Continued.....

TERM 2 DATES, TUES 23RD APRIL- FRI 28TH JUNE

DATES TO REMEMBER

MON 3RD JUNE

Altitude Day (Middle school Leadership Conference)

MON 3RD-TUES 4TH JUNE

Yr 9 Outdoor Ed Mt Samaria Hike

MON 3RD- FRI 7TH JUNE

Bernard- Artist in Residence P-4

TUES 4TH-FRI 7TH JUNE

Peep Music Week- Year 8 Band

WED 5TH JUNE

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

THURS 6TH JUNE

Primary Cross Country- Ovens & Mitta

Health Careers Forum

Excursion-Royal Freemasons Aged Care Home

MON 10TH JUNE

Year 10 & 11 Exams

TUES 11TH JUNE

Year 9 Mock Job Interviews

WED 12TH JUNE

Yr 12 GAT

THURS 13TH JUNE

Business Management Excursion

Excursion-Royal Freemasons Aged Care Home

Our College Values

Respect
Responsibility
High Expectations
Integrity

PRINCIPALS MESSAGE CONTINUED.....

Thursday

This was the Winter Sports Round Robin for a number of students from Faithfull Street who had the opportunity to participate in sports teams against other schools in the area. I am yet to see the full results and I do believe that some teams did very well, however, the most important aspect was that our students represented the school with pride and demonstrated our values. This was very pleasing to hear.

Friday

The week finished for me at the Avon Campus assembly. As usual I was impressed by the way the student leaders ran the assembly and the respect shown by the other students as they sit and listen. The Ray White team presented the monthly award to the wonderful Leila Fischer – thanks to the staff at Ray White for their support of the College and this award. Leila clearly demonstrates the values of our college and is a very worthy recipient. The highlight of my week however, came later in the assembly, when two students from Mrs. Hansen's Grade 3/4 read out some poems they had written in class. Erin Jenkins and Ruby Simpson wrote the most amazing 'freestyle' poems about a party, and read them beautifully to the audience. Well done girls. What a way to finish the week.

Tony Clark
Executive Principal

ATTENDANCE

Why every day counts

With only 4 weeks to go until the end of term, there are only 19 days of school left. Hasn't the term flown by. 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?*

What does your child miss out on if they are not at school? They miss out on all the big stuff-class discussions and all the interaction that happens in the classroom, the chance to get help from teachers and the opportunity to practice skills and gain knowledge. Being away means you might miss out on a lot of learning or that you need to catch up in your own time.

If all that isn't enough to convince you to get your child to school every day, being away also means they miss out on playing with their friends. Being away from school can be lonely. It has a big impact on relationships and social connections. Believe it or not, everyone wants your child to be at school and it really is better when they attend.

Remember, **every day counts**. If your child must miss school, speak with your classroom teacher as early as possible.

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/ren back on track attending every day

SCHOOL MANAGEMENT SYSTEM- COMPASS

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

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



COMPASS
School Manager

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

STUDENTS OF THE WEEK



Penny, Sophie, Bjorn, Jack and Liam were this week's Students of the Week.

YEAR 1 & 2 ART



The children in Grade 1/2 had a great time designing patterns for their Ming vases. They looked at different patterns of real Ming vases and discussed what these patterns meant. The children then painted hydrangeas in the hues of blue to suit their stunning vases.
-Rosy Hammond

RAY WHITE AWARD



Congratulations to Leila Fischer who is this Month's Ray White Award Winner.

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

SCHOLASTIC
READ
Every Day
Lead a Better
LIFE

WALLER ST CAMPUS NEWS

STUDENTS OF THE WEEK



Our **Students of the Week for Week 5** were:
Back L-R: Amazon, Kiera, Mason, Kayley & Ryan
Front L-R: Jackson, Deakin, Bella & Christina

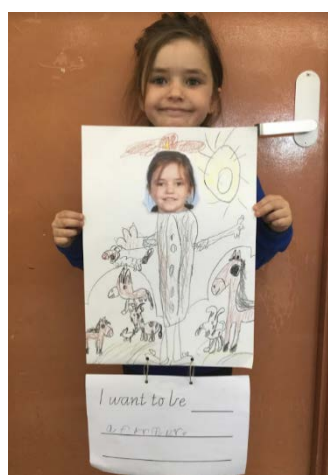
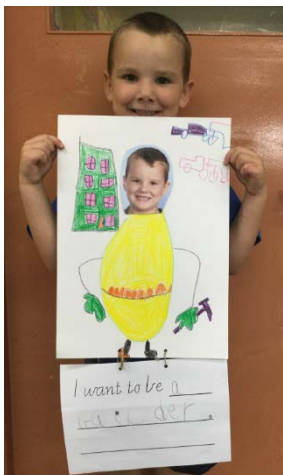
GOLDEN SHOVEL AWARDS



Our **Golden Shovel recipients for Week 5** (and some catch-ups) were:
Back L-R: Hadassah, Shakira, Christina, Lily & Mia
Front L-R: Ethan, Harry, Kyle, Kobie, Ryder & Cooper

EDUCATION WEEK CAREERS DAY

Students in Foundation celebrated education week by drawing a picture of their future careers.



POLICE AWARD



Marli Mundy received a certificate from the Police for her efforts dressing up as a Junior Constable in the Benalla Festival Street Parade.

PHOTOS CONTINUED....





A very big congratulations to all of our Students of the Week this week. They were awarded with their certificates at our weekly assembly.

Well done on all your efforts and hard work, keep up the outstanding attitude and continue to show our school values every day.

Back: Lachy Nield 6B, Joely Cherry 6C, Abbie Simpson 6A
 Front: Jake Berger 5B, Ashley Priest 5C, Laura Fowles 5A

CAREERS

PREPARING FOR MOCK JOB INTERVIEWS

Mock Job Interviews are nearly here – Tuesday 11 June

Last week Year 9 students completed personal presentation sessions with Ms Cairncross and Mr Smith. Students learnt about clothing, hairstyles and personal hygiene. They also reviewed tips on body language including a good handshake, correct posture and the importance of eye-contact. Students also worked on their resumes ready to show the interview panel.

How do you tie a tie correctly, Mr Smith?



Ayden Phillips, Tarquin Balcombe and Jackson Squires work with resume templates on Google classroom



Students learn about personal hygiene products

MOCK INTERVIEW SCHEDULE

9A	9C	9B
Mrs Vashishta	Ms Fernando	Mr Smith
P 1 & 2 Come to Year 9 Centre at 8.45am	P 3 & 4 Come to Year 9 Centre at 11am	P 5 & 6 Come to Year 9 Centre at 1.15pm

REMEMBER

- Arrive early on the day of your interview, particularly if you need to borrow items
- Clothes, behaviour and the way you enter the room all have a **BIG** influence on the panel
- BE PREPARED

Please contact me on 57612777 or email oakley.susan.e@edumail.vic.gov.au if you have any questions about classwork or mock job interviews.

Sue Oakley
 Pathways to Retention Coordinator

AFTER SCHOOL CARE NEWS



Students had a busy week enjoying the range of activities at After School care.

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

COMMUNITY NEWS

FREE!

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!



Benalla Primary School



For more information or to register your interest, contact Tomorrow Today on (05) 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

GIRLS GOT GAME

WITH MAKENZIE MILLER



Venue: At your School

Time: Bookings by appointment ring Tony 0402424811

Cost: Provided to schools.

Have Makenzie come and take your School class Numbers and age group required.

Proudly supported by:







Currently the North East Bushrangers have a female import, Qualified in Teaching in the US having worked as a Teacher's aid in Australia last year and complete with a WWC we are offering the promotion of booking Makenzie to take a class during a sporting activity in which we can deliver and introduce the sport we all love. This is to highlight "Girls Got Game" and promote basketball and Healthy active lifestyles. Contact details are above Limited time only.



INTRODUCTION TO JEWELLERY MAKING with Sally Wallace

Held in Gallery 2 at North East Artisans.

Friday mornings 9:30am – 12:30pm during school terms.
\$20 per term or \$5 per session.

This workshop is open to all aged 16+.
Learn how to design, create and repair your own jewellery.
Most materials are provided.

NOW OFFERING.....

A repair service for those who have pieces they wish to have repaired, restrung or reimagined!

Cost is by negotiation and all profits go to Waminda Community House.

For more information contact Sally on 0438 063 185 or paddler249@gmail.com

insights

6 tips for parenting anxious kids

by Dr Jodi Richardson

If you're the parent of an anxious child you're most certainly not alone. The number of children experiencing an anxiety disorder is currently estimated at 117 million worldwide. Here in Australia, there's an average of 2 anxious kids in every classroom; and they're the ones with a diagnosis. Many more anxious kids are yet to have their anxiety identified and understood.

As much as we'd like to, we can't rid our kids of their anxiety, but we can help them to manage it in ways that enable them move it from centre stage and get on with living a vibrant, rich and meaningful life.

Here are 6 tips to support you to parent your anxious child:

1. EXPLAIN ANXIETY

Anxious kids can struggle to explain how they feel and can worry that no-one will understand what they're going through. That's why explaining anxiety is an important step in supporting an anxious child. The knowledge that anxiety is well understood, that other kids experience it and that it's manageable brings them immediate relief.

Teach your anxious child that the part of their brain that protects them from danger is always on high alert. Called the amygdala, it's meant to protect them from genuine danger but for anxious kids, it can be almost constantly activated.

Explain that when they feel anxious, their amygdala sends signals to their body to fight or flee from the threat, whether it's real or imagined.

Next, talk about the body changes such as increased heart rate, rapid breathing and an upset stomach that power them up to fight or flee. They might even feel dizzy, hot, sweaty and panicked. Anxiety affects thinking and behaviour too.

2. RESPOND WITH EMPATHY

In the midst of an anxious moment it's natural to want to reassure anxious kids they've got nothing to worry about. Reassurance works in the short term but it soon wears off and they come back for more, which becomes an unhelpful pattern.

Instead, respond with empathy and validation. Use ahhh statements such as:

- "Ahhh, I see you're feeling really anxious right now, I know how hard this is for you"

- “Ahhh, I know you’re feeling really worried right now, it’s not much fun feeling like that is it?”

Anxious kids need to know you understand what they’re going through.

3. SHOW THE AMYGDALA THEY’RE SAFE

Once the amygdala senses danger, the cascade of events that follow can’t be stopped. The body and brain will respond as if the danger is immediate. The best way to help an anxious child calm their anxious brain is to teach them to *show* their amygdala they’re safe. Deep and intentional breathing helps an anxious child to calm their amygdala and will begin to reduce their anxious symptoms. Practise intentional breathing regularly between anxious times before applying this technique in the midst of an anxious moment.

4. PRACTISE MINDFULNESS - THE ANTIDOTE TO WORRYING

Anxiety is distress now about a possible future event, which is why worrying is common for anxious kids. When an anxious child’s mind fast-forwards to an upcoming event or expectation, their amygdala can respond as if the ‘threat’ to their safety is immediate. The antidote to worrying is mindfulness. Put simply, mindfulness is paying attention to what’s happening in the present moment. It may take time to learn, but is a powerful anxiety management strategy once it’s mastered.

5. PRACTICE DEFUSING STICKY THOUGHTS

Anxious thoughts can get stuck, refusing to budge no matter how much attention is payed to them. Defusion is a strategy that helps anxious kids look *at* their thoughts rather than *from* them.

Imagine your anxious child is worried about an upcoming test. They’re thinking “I’m going to fail the test”. The thought makes them feel awful. Defusion helps kids (all of us) to look *at their* thoughts by reminding them that the words in their heads are indeed just words, not reality.

Your anxious child can defuse his unhelpful thoughts by putting a statement in front of the thought such as: “I notice I’m having the thought that I’m going to fail the test.” Alternatively, he can say the thought in a character voice like Darth Vader or Peppa Pig, or sing it to the tune of happy birthday or a nursery rhyme. Defusion puts distance between anxious kids and their thoughts and is a wonderful skill to learn.

6. GET THE FUNDAMENTALS RIGHT

Ample sleep, good nutrition and exercise are essential for anxious kids. Support your child to adhere to their optimal bedtime so they wake naturally around the time of their alarm, reduce their sugar intake to support their gut health and to exercise regularly for optimal mental health.

These are some of the many strategies that you can share with your child to support them to recognise and manage their anxiety so they can live life in full colour.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au