

Benalla P-12 College

Executive Principal - Tony Clark

Monday 26th August, 2019

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.

Flag Raising Ceremony

Last Thursday our indigenous student group, 'Us Mob', arranged and ran a flag raising ceremony on the Faithfull Campus. 3 flag poles had been kindly donated by the Victorian Gliding Club and installed by our Hands On Learning Crew. The Australian Flag, the Aboriginal Flag and the Torres Strait Flag were all formally raised. Local Koori Education Support Officer, Jess Mobourne spoke about how important education is to everyone, especially indigenous people. Year 7 student Alyssa Priest spoke about how much the flags mean to Benalla P-12 College. It was a very respectful and significant assembly, and I congratulate all the 'Us Mob' students for their work and involvement. Special thanks to Mr. Hamish McPherson for his work with the group to organise the event.

Wow Work Award

Super effort from Avon student Indy Stovell for taking out the Wow Work Award last week. Her fabulous handwriting is a great example of the kind of work we are expecting from all students at Benalla P-12 College. Ms. Hair is doing something special in her grade as almost all the recipients have come from her class since the award started. I am looking forward to selecting a student at Waller Street tomorrow and know that it will be a tough choice as always.

Attendance

Over the past 5 years, absence rates at the College have remained about the same, with an average of around 14 days absent per student per year at P-6, and approximately 25 days average absence per year for each student 7-12. Both of these are far too high – every day away from school is a lost opportunity to learn. We have been working hard this year to improve attendance and it has been paying off with big improvements in secondary in particular (currently sitting at 16 days absent per student). At the moment, 72% of our primary students have less than 10 days absent this year which is a great result. Unapproved absences have dropped greatly too, and I thank all parents who call the school to let us know their child will be away and the reason. I hope that we all can continue to work hard on this to finish off the year strongly and maintain our current results. The challenge will be to further improve next year.

Continued.....

TERM 3 DATES, MON 15TH JULY- FRI 20TH SEPTEMBER

Edition #24

DATES TO REMEMBER

MON 26TH AUGUST

Yr 10 Outdoor Ed Overnight Trip- Mt Sterling

Vic School Music Festival

TUES 27TH AUGUST

9.30am – Learning Walk Transition for Year 4 students transitioning to Year 5

WED 28TH AUGUST

Year 8 Outdoor Ed-Warby Ranges Bushwalk.

Yr 12- Looking After Our Mates Presentation

DARE Program-Selected Yr 5 & 6 students.

Yr 7 Headspace Program – Selected students

THURS 29TH AUGUST

Term 3 Round Robin-Basketball – Selected Yr 7-10 Students

Being Brave Production- Waller St & 5/6 Hub Students

Taekwondo Sessions-Selected Yr 8 & 9 Students FRI 30TH AUGUST

Biomedical Sciences Day-Selected Yr 11 Students

Being Brave Production-Avon St Students

Our College Values

Respect Responsibility High Expectations Integrity

PRINCIPALS MESSAGE CONTINUED......

School for Student Leadership

Each year we normally send a team of Year 9 students to what is sometimes referred to as the 'Alpine School'. Unfortunately, due to demand from other schools in the state, we missed out on a place in 2020. However, the good news is, we have been allocated 6 student places in the Victorian Young Leaders to China Program. This means that 3 boys and 3 girls, currently in Year 8, will have the opportunity to take part in a 6 week residential program in China in Term 2 2020. This is incredibly exciting news for us, and the process of selecting the students will start immediately. Mrs. Vashishta will be sending out information very soon.

Doctors in Schools Program

Benalla P-12 College is fortunate to be one of 100 secondary schools in the state to be selected to participate in the Doctors in Schools program, which has been running at the College for over 2 years. We have a dedicated space next to the Weary Dunlop building on the Faithfull Campus that operates as a clinic every Tuesday. Staff from two of the local GP clinics in Benalla take turns to provide services there, along with a practice nurse. Students make appointments through our wellbeing team.

Consistent with the law in Australia, students can make appointments to see a GP and have a right to confidentiality – just as they would if they saw a GP at one of the local clinics.

Please see the attachment for further information about the program.

Capital Works

Stage 2a of the Faithfull Street Capital Works program is beginning to move along. Design Inc. have been appointed as the Principal Design Consultants. They will very soon be here in Benalla to hold a series of consultation meetings with staff and the community about the design of our new STEAM building (Science, Technology, Engineering, Arts, Maths). This will be an exciting process for us all, and if the process remains on track, construction is due to start in June 2020.

Tony Clark Executive Principal

ATTENDANCE

Every day counts, even when your child is anxious

What can I do if my child has anxiety?

It is important not to dismiss your child's anxiety but to help them see the situations they are worried about may not be as bad as they think.

- Remain calm- you will be better placed to make them feel more confident. Try not to let your child see that you are worried or frustrated.
- Listen to your child and encourage him/her to share their feelings and fears.
- Don't dismiss your child's feelings-everyone feels afraid sometimes and your child might perceive this as you not understanding or not caring of their concerns.
- Discuss various scenarios, possible outcomes and ways to handle situations to help your child develop problem solving strategies.
- Avoid taking over or giving your child the impression that you will fight their battles for them. Some children with anxiety are happy for others to do things for them and if you take over it stops them from learning how to cope themselves.
- Seek assistance from your child's school- there is support and assistance available. The sooner you talk to your child's school about your concerns, the better.
- Avoid being late when picking up or dropping off your child for school.

If you feel your child is experiencing anxiety and not wanting to come to school, please speak with your child's teacher, or contact one of one of our student wellbeing team members who can offer assistance and make recommendations about professional support if needed.

Help us to help you, please contact one of our Wellbeing team, Lou, Bron, Craig or Scott to assist with your child and their attendance.

- □ 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

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

Avon St Yrs F-4 P: 035762 1646 Attendance Hotline 5762 1646 Waller St Yrs F-4 P: 035762 2600 Attendance Hotline 5762 2600
 Faithfull St
 Fa

 Yrs 5-6 Hub
 Yrs

 P: 035761 2752
 P:

 Attendance Hotline
 Att

 5761 2747
 5761 2747

Faithfull St Yrs 7-12 P: 035761 2777 Attendance Hotline 747

AVON ST CAMPUS NEWS

STUDENTS OF THE WEEK



This week's Avon Street Students of the week were: Tyler, Charlie, Hugo, Sean, Tyler and Ella

GOLDEN SHOVEL AWARDS



Congratulations to our Golden shovel winners, Damon Freake and Erin Jenkins.

RED APRON WINNERS



Red apron award winners this week are Ruby and Tyler.

PARENTS & FRIENDS ASSOCIATION-FATHERS DAY STALL

Friday 30th August at 11.30am

Students will be able to purchase a gift for that someone special in their life. A wide range of gifts will be available priced from \$2-\$5

We would encourage all money to come in a sealable, named bag to avoid loss.

Thank you to our wonderful Parents who take the time to organise and run the stall.

COMPASS PARENT PORTAL

Did you know you are now able to



approve or enter upcoming or past absences for your son/daughter via the parent portal on Compass? If you don't have access to Compass please see Karen at the office for your login details. WOW AWARD



Mr Clarks WOW award goes to Indy Stovell well done Indy!

FATHER'S DAY BREAKFAST

We are inviting all Fathers and Grandfathers to come and join us for a special egg and bacon roll breakfast.

Date: Friday 30th August Time: 7.30am to 8.30am Cost: FREE

What you need to bring: *Students to share breakfast with Fathers/Grandfathers and Carers. *A big appetite.

RSVP: 5762 1646 before Friday 23rd August *for catering purposes.



WALLER ST CAMPUS NEWS

STUDENTS OF THE WEEK



Congratulations to our Student of the Week recipients: Back row: Liam Coates, Patrick Stratton, Jake Berger, Kaylee Clark, Kaleigh Burfield, Amber Teasdale-Poole, Noah Parker, Arli Dawson, Lily McDiarmid, Joshua Ziebell, Benjamin McHardy Middle rows:Clarke-Dannika Fahey, Jillian Shaw, Piper Carracher, Scarlett Halligan, Jett Mankey, Dom Hopgood, Mason Hanley, Brandon Campbell, Wyntar Stone, Kayden Gribble Front row:Memphis Train, Ariella Dhindsa, Destiny Jenkins, Kaleb East

GOLDEN SHOVEL AWARD



The Golden Shovel Awardees were: Back L-R: Tallulah, Athena, Arni, Jordi, Bella and Ella Front L-R: Ruby, Jackson, Joel, Kyle and Harry

SCHOLASTIC BOOK CLUB

Students and parents are reminded that Scholastic Book Club orders must be submitted online through Scholastic Book Club Loop Orders by Wednesday 4th

September 2019.

Details about ordering are located on the second last page of the catalogue.



YEAR 3 & 4 MATHS ANGLES EVERYWHERE



In our maths lessons last week Year 3/4 has been learning

about angles. We have been learning about what an angle

is, how we can measure an angle and the different



names used to describe several angles. During our investigations we searched for many common angles in our classroom and in the yard. We then looked at our names and searched for the different angles contained in our names.



YELLOW DAY



PRIMARY NEWS

BEING BRAVE PRODUCTION

On Thursday the 29th and Friday the 30th of August, Brainstorm Productions will be presenting their student wellbeing program 'Being Brave' for all year levels from prep to grade 6.

Brainstorm Productions

Being Brave is a live theatre production which will help students accept change, deal with their emotions and bounce back when things go wrong. The production is inspirational and empowering, providing kids with strategies such as good communication and positive self-talk, to help make them more resilient and able to navigate life's storms.

Being Brave is part of our student wellbeing curriculum and the program has been developed in consultation with teachers, psychologists, as well as real-life student experiences. The methodology of the program is safe, supportive and nonjudgmental and designed to provide students with positive and useful tools they can use in their everyday lives.

More than 350,000 Australian students have already benefited from Brainstorm Productions multi award-winning educational theatre programs over the past twelve months. Their programs cater to the specific wellbeing needs of students, helping to create a healthy and harmonious school environment. If you would like to know more about Productions, visit website Brainstorm their at www.brainstormproductions.edu.au

BOOK WEEK CELEBRATIONS

Last week Avon, Waller & Clarke St Campuses celebrated book week. There were lots of colourful and creative costumes. Avon St campus even had a book worm arrive! There were lots of superhero adults around too. Thank you to all those involved, It was a wonderful effort!



PRIMARY ART

Spring is nearly here at Waller, the Preps Snails are crawling along their silver snail trails and the Grade 1/2 butterflies have set flight.

Thanks to some grade 3/4 students for the wonderful backdrops and flowers to help with our display.





FAITHFULL ST CAMPUS NEWS

YEAR 10 CAREERS DAY

Students from across all schools in Benalla recently attended the Year 10 Careers Day which was organised by Tomorrow:Today. In the morning session students chose to either attend a workplace or a university workshop. Workplaces tours were at D&R Henderson, Schneider, Benalla Health, Benalla Rural City Council Depot, Primal Health and Rose City Vets. University workshops were in the fields of Science, Art and Design and Engineering.

All students then met at the Glasshouse for the rest of the day. They had the opportunity



to hear from former students and to meet and talk with various apprenticeship providers, TAFEs, Universities, employers and the ADF. Students rotated through speedy talks with a large variety of employers, learning about their jobs and the pathways to get there. After a delicious lunch, provided by Rotary, students chose workshops on the police force, the emergency services, apprenticeships and traineeships and what life is like at Uni. These sessions provided some more in-depth information about options, pathways and how to get involved.

Many thanks to Tomorrow:Today for organising the event, which was enjoyed by students, providing them with lots of ideas and helping them in their course selections for 2020.



UNIT 2 BUSINESS MANAGEMENT FETE

On Tuesday, August 20, the Year 11 Business Management students held a Small Business fete. They had spent a number of classes going through the planning and organising stages of these businesses and finally, they got to run them! There were quite a lot of challenges for the students, who had to be adaptable and think on their feet. There was a Sausage Sizzle, Cupcake decorating, soft drinks, lollies, miniature donuts and a Guess the Number of Lollies in the Jar businesses. An assignment followed on reflecting and improving their businesses. All students were grateful to the school community who came along to the fete and supported their businesses.





ABOUT YOU SURVEY

What is 'About You'?

'About You' is a survey of Victoria's young people, conducted by Colmar Brunton on behalf of the Department of Education and Training. The About You survey takes place in Victorian schools and collects essential information on the health, wellbeing, learning and safety of young people aged 12 to 17. Government schools with students in year 7, 8, 10 and 11 are being invited to participate in the survey in 2019. The information collected will assist in the development of programs, resources and services aimed at meeting the needs of young Victorians.

Who will participate?

All students in year 7, 8, 10 and 11 will be invited to participate in the survey from our school. It is up to you and your child as to whether they take part. The school will send an information letter explaining the background and content of the survey, along with a refusal-of-consent form home with your child, and to your email address. If you do not want your child to be included in the study, you should return the refusal-of-consent form to the school, or opt out via the email address that will be supplied. All responses are voluntary and students can opt out at any time. For further information, please contact Gillian Davenport at the Department of Education and Training via email AboutYou.Survey@edumail.vic .gov.au

AUTO NEWS

Our Auto department is looking for any old, broken or worn out lawn mowers and/or small engines for students to work on.

Please contact Mr Rogers for more information.



FAITHFULL ST CAMPUS NEWS

SILVER FOR JAZZ PERFORMANCE

The Victorian School Music Festival (VSMF) is an annual milestone event in our instrumental music program. This year our stage band attended for the first time in eight years under the direction for the first time of Mr Bryce McMurray.

Held in the grand rooms of the Hawthorn Arts Centre in Melbourne, the band played three jazz pieces to an audience from Camberwell High School, Siena College and members of the public. The second piece, a ballad style work featured Jakk Devlin on solo Saxophone.

The band also receive instruction from teacher and professional trumpeter, Willie Murillo from Los Angeles. This was followed by an extended workshop with local professional trumpeter, Dave Newdick who performs in many of Melbourne's professional Theatre productions and television bands.



We are all very pleased with the performance and congratulate all the players on the band receiving a Silver Performance Award. Well done.

CAREERS NEWS

WORK EXPERIENCE PROGRAM -YEAR 10 STUDENTS

All Year 10 students will complete a work experience program in **Week 3 of Term 4**.

The dates are Monday the $21^{\mbox{st}}$ of October to Friday the $25^{\mbox{th}}$ of October.

Students in Year 10 will be responsible for sourcing their placement in an area that interests them.

Good quality work experience can help you:

- learn about the world of work and understand the day-to-day realities of working in a particular job
- understand what employers look for in workers
- challenge your ideas about careers in particular roles
- work out whether you are suited to a particular job
- build and demonstrate your technical and employability skills and
- increase your professional networks, including finding possible referees for future job applications.

All students must have secured a placement by the Friday the 11th of October

We need support to enable us to place 70 students. Please contact Kellie Cairncross or Molly Craig in the Careers room if you would like to support a student.

OTHER CAREERS NEWS....

Key dates:

- University / TAFE Open Days 2019 throughout August
- Year 12 VTAC timely applications throughout August and September
- VTAC SEAS and Scholarship applications open August and September
- La Trobe Aspire closes August 31
- RSA Course Wednesday the 4th of September
- Year 10 Work Experience Monday the 21st of October Friday the 25th of October

VCAL 2020 UPDATE

We have had a number of wonderful applications for our new VCAL Program in 2020. We will be reviewing the applications this week and confirming our enrolments into the course.

Reminders:

Any student who has indicated that they would like to do a VCAL course must complete a CI Card. Please see Molly Craig for further information about future dates for completing the course.

Students must begin to source their work placement on Friday's in 2020. We are also looking for employers to assist us with taking students for work experience placements.

RSA COURSE

The year 12 VCAL PD group are running an RSA course on Wednesday the 4th of Sep, from 9:00am till 1:00pm. It will cost \$55 and the signup sheet is in the senior building noticeboard. Payment must be provided by the 28th of August and signups close the same day.



AFTER SCHOOL CARE NEWS

COMMUNITY NEWS

Benalla Proud & Deadly Awards 2019

The Benalla Aboriginal and Torres Strait Islander Advisory Committee along with our sponsors will be hosting our second Proud and Deadly Awards Ceremony for 2019 Our Committee and students would appreciate your attendance for this event WHEN: Wednesday 4th September 11am - 1pm WHERE: Benalla Town Hall 82 - 86 Nunn Street For more information, please contact:

Jessica Mobourne on 0429 160 926 mobourne.jessica.j@edumail.vic.gov.au



COMMUNITY NEWS



Information Session

Date: Thursday 12th September

Location: Shop 1, Cecily Court, 66 Nunn Street,

Benalla Time: 6pm

- Contraction of South
- Foundation qualifications:
- Certificate I In Transition Education
 Certificate I In Work Education
- Certificate I In Initial Adult literacy & numeracy
- Certificate I In General Education for Adults

Short Courses:

- First Aid
- Responsible Serving of Alcohol
- Food safety
- Construction Induction Card

Learning experience: Video feedback from Student & Parent.

Presentation: Proposed NDIS presentation from Representative from the local area

Please register your interest with:

Julie Eastwood on 5445-9834 at Access Skills Training or Sally Matheson at Tomorrow Today Foundation on 5762-1211 or Maggie at Edspace on 5762-5543.





AMELIA MAKING MUFFINS

FOR AFTERNOON TEA.

AERYN ENJOYS BOX CRAFT











PARENT AND RELATIONSHIP EDUCATION PROGRAMS

Tuning in to kids- emotionally intelligent parenting (2-10 years) Friday 16th August-13th September 10am-12pm Gateway Health Room F1 45-47 Mackay St, Wangaratta Call to Book 035723 2000

"Whatever" Adolescent

Parenting (2hr workshop) 10.30am-12.30pm Thursday 19th September Gateway Health- room F1 45-47 Mackay St, Wangaratta Call 5723 2000 to Book your place.

Young Driver Program - it's all about attitude

A thought provoking, confronting and informative road safety program with advice on a wide range of topics for young drivers. Presented by Benalla Police and local agencies

Safe driving for life - it's all about ATTITUDE!

WEDNESDAY 18 SEPTEMBER, 2019

Benalla Performing Arts & Convention Centre (BPACC) Arrive at 6.30pm for a 7.00pm start | Free entry

Enquiries contact: Leading Senior Constable Paula Allen (03) 5760 0200

Senior Constable
Mark Kennedy (03) 5760 0200 VICTORIA POLICE





parenting*****ideas insights

When relationships

go wrong for girls

by Collett Smart

Girlhood relationships are so important, yet they can be both wonderful and awful in the same week. A friendship fallout hurts, but children need to know that arguing doesn't have to be the end of the friendship.

Developmentally, some squabbling is vital because it helps kids learn about respectful conflict resolution. Here's how parents can help at these difficult times:

LISTEN TO THEIR STORY

When inevitable conflict arises, girls can often get caught in a 'rumination loop' replaying the scene over in their minds, like a song stuck on repeat, which makes things feel catastrophic. As a girl's brain is still learning how to interpret some responses, she may be misinterpreting a friend's words or signals. If this is the case, ask her to look for evidence to support her interpretation. Suggest your daughter talks to her friend privately in an assertive way. Help her plan the conversation beforehand, starting with 'l' words, which encourage her to own her feelings. She could say, 'l felt let down when ...' Model apologies at home. Help her think of ways to say, 'l'm sorry. Can we fix this?'

DISCUSS THE SHIFTING NATURE OF FRIENDSHIPS

Relationships don't always last. As girls grow their tastes and interests change. They want to explore the possibilities of new people and activities. This often leads to hurt when one girl is not ready for a shift.

Parents can help by explaining that changes in friendships are a part of growing up (although never an excuse for meanness). Rather than simply dismissing a girls' feelings as silly, acknowledge the hurt and gently reassure her there are many new, interesting people she will meet.

EXPAND HER VILLAGE

Ensure your daughter has friends in a few settings – a neighbour, a team mate, a family friend. They can provide a different connection and helps girls realise they are not alone. Discuss toxic friendships

Most girls will experience the pain of interacting with a toxic 'friend' during their school years. This

type of interaction is called relational aggression and serves to damage a person's sense of social place. For instance, a girl may appear to be friendly but she may use passive-aggressive strategies such as gossip, ostracism and online exclusion. These actions can be very confusing, leading to feelings of shame and loneliness.

When not given healthy ways to express their pain, girls can often internalise their emotions in unhealthy way such as through self-harm, anxiety, eating disorders and self- loathing.



ALLOW HER TO EXPRESS HURT

Allow your daughter the chance to process pain, vent or cry when they are hurting. Adults may not be able to change a toxic person's behaviour, but shouldn't underestimate the power of

parenting *****ideas

listening and being available. Don't assume that you know what your daughter needs. Rather ask, "What do you need from me in this situation?" When a relationship problem escalates it may need to be taken to the school for further intervention.

PROVIDE GROWTH OPPORTUNITIES

Help your daughter develop the skills for developing healthy friendships. Explicitly teach your daughter to think about what compassion, kindness and empathy look like in a friend and helps her recognise what it means to be a good friend herself.

Helping girls manage friendship issues can be exhausting so parent self-care becomes a priority during these times. Girls benefit enormously from having a caring, emotionally healthy adult in their lives who can support them and help them process their thoughts and emotions when peer relationships turn sour.



Collett Smart

Collett Smartis a psychologist, qualified teacher and author of 'THEY'LLBe OKAY: 15 Conversations To Help Your Child Through Troubled Times'. Collett has over 20 years' experience in private/public schools, as well as in private practice. She appears regularly in the media as an expert in teen and family issues, has delivered psychology seminars worldwide and is an Ambassador for International Justice Mission Australia.

LAST CHANCE TO REGISTER FOR CREATING 21ST CENTURY RITES OF PASSAGE.

As your school has a membership with Parenting Ideas, you can attend the Creating 21st century rites of passage webinar – at no cost!

About the webinar Join Dr Arne Rubinstein as he discusses the importance of rites of passage in the 21st century. In this webinar you'll develop clear guidelines and learn impactful strategies to support you to build strong healthy relationships with your children, bolster their independence and support them in their use of technology in these rapidly changing times.

When Wednesday 28 August 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: <u>https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-creating-21stcentury-rites-of-passage</u>

2. Click 'Add to cart'

3. Click 'View cart'

4. Enter the voucher code <u>RITES</u> and click 'Apply Coupon' (valid until 28 September 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'

Dr. Arne Rubinstein Dr. Arne Rubinstein is an internationally recognised expert on Rites of Passage and adolescent development. He is the author of the best-seller 'The Making of Men' and has won multiple awards for his work including being nominated for Australian of the Year 2008 for his work with youth. Dr Arne is the proud father of two wonderful young men and a mentor to many others.