



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 16<sup>th</sup> September, 2019

Edition #27

## 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.*

#### Ensign Report

The Benalla Ensign's front page story last week said that "thirteen teachers are certain to be cut from Benalla P-12 College at the end of the 2019 school year".

These reports are simply not true.

Let me be absolutely clear that no teachers are losing positions next year due to the closure of the Barkly St Campus.

Like every school, we have a mix of ongoing and fixed term positions. We have staff employed in fixed-term positions for a variety of reasons – often to backfill teachers in ongoing positions who are on extended periods of leave. Each year some of these positions end, and we do everything we can to help those teachers find other roles for the start of next year, including using employment agencies to offer them extra support.

Like every school, our teacher numbers are based on the number of students enrolled.

This has not changed. As is the case every year, our teaching numbers for next year will be finalised once we know what our student numbers will be.

This is an exciting time for our school - we have seen the many benefits of having our students all together on the one campus, and the next stage of the redevelopment will bring exceptional new facilities, including a science block.

This misleading reporting is not helpful for our school community, and does not reflect the positive future for our school.

#### Year 10 Nepal Students

Only a few days until 5 very adventurous and excited Year 10 students fly to Nepal as part of the 15 Mile Creek Futuremakers extension program. We wish Alex, Andre, Jess, Cheyane and Molly a safe and successful journey, and look forward to hearing all about it when they get back.

#### Athletics

Our two athletics carnivals during the week were both highly successful, largely due to great weather, the organisation of sports co-ordinator Vanessa Neilsen, the hard work of all staff on the day, but most of all the enthusiasm and effort of all the students. Thankyou to all the parents who took time out of their days to come along to watch, support and even help out at events. It all makes for a great day for everyone.

#### Healesville Sanctuary and Mansfield Zoo trips

Students from Grade Prep had an excellent day at the Mansfield Zoo last week, while Grade 1/2 students travelled to the Healesville Sanctuary for the day. There has been a lot of positive feedback already about these two days, not only because of the experiences children had, but also for the great behaviour and attitude of all our students. A number of parents attended and once again, your support is greatly appreciated by the school

*Continued.....*

**TERM 4 DATES, MON 7<sup>TH</sup> OCTOBER- FRI 20<sup>TH</sup> DECEMBER**

### DATES TO REMEMBER

#### MON 16<sup>TH</sup> SEPTEMBER

Yr 6 Regent Honey Eater,  
Tree Planting Excursion

CI Card- Select students from Yrs  
9-12

#### TUES 17<sup>TH</sup> SEPTEMBER

Yr 9 Outdoor Ed Mt Samaria Hike

Hands On Learning- Waminda  
Gardens Project

#### WED 18<sup>TH</sup> SEPTEMBER

Yr 7 Melbourne Zoo Trip

Woodies- Select Yr 2-4 students

#### THURS 19<sup>TH</sup> SEPTEMBER

Yr 8 Outdoor Ed- Hut Building

Taekwondo- Select Yr 8 & 9  
students

**End of Term Dismissal-3.10pm  
4pm-7pm**

**Parent Teacher interviews**

#### FRI 20<sup>TH</sup> SEPTEMBER

#### STUDENT FREE DAY

**9am -12pm**

**Parent Teacher Interviews.**

### PARENT TEACHER INTERVIEWS

Compass is open for parent / teacher interviews bookings on Thursday 19<sup>th</sup> September from 4 – 7pm and Friday 20<sup>th</sup> September from 9 – 12.00pm. If you need assistance to make a booking please call or drop into any campus office. We encourage all parents to make a booking and come along to see your child's teachers.



### Our College Values

Respect  
Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### Parent Teacher Interviews

Last reminder that Parent Teacher Interviews are on this Thursday evening and Friday morning. Bookings are through Compass, and as I write this, we have about 40% of all households with at least one booking. We would like to see this higher, as these conferences are incredibly important in providing feedback about your child's progress in class, as well as giving you the opportunity to ask questions. If you need help making a booking, please call or drop in to any campus office.

### Great feedback

Recently, our Grade 6 students took part in an education program with a local community group about the Fruit Fly. When we do these sorts of activities, we hand out Benalla P-12 postcards to the presenters and ask them to fill them in with some feedback and send them back to me. On this occasion, I received three postcards, all of them commenting on how well behaved and engaged our students were during the sessions.

### Uniform Survey

We have had a number of surveys completed and returned from staff, students and parents. We do value everyone's feedback and input into this issue. If you have the time, collect a survey from any campus office and fill it in. This will inform school council's decision about future changes to uniform.

### VCAL Students

Our VCAL students at the Faithfull Campus have been busy lately organising a range of events at school. This is part of their learning, but also contributes significantly to College life. We have had a casual day, RUOK Day, a movie night and a very successful Responsible Serving of Alcohol Course. Well done to all the students involved in these activities.

### Holidays

I hope all children and families have a safe and happy holidays. It has been an extremely busy term, as always, and I am sure that everyone is ready for a well-earned break. I have two days long service leave at the start of next term and return to work on Wednesday October 9<sup>th</sup>. Reno Lia will be acting College Principal for those two days.

Tony Clark  
Executive Principal

## ATTENDANCE- EVERY DAY COUNTS

We are now in our last week of term 3. Your child might be complaining of being tired or telling you that the teachers don't do any work in the last week of term so they don't need to attend school. YOUR CHILD IS STILL LEARNING EVERYDAY UNTIL THE LAST DAY OF TERM. Maybe its time over the holidays to put some goals in place to increase your child's attendance for term 4. The student wellbeing team are available to support you in getting your child to school.

With parent teacher interviews this week, this is the perfect time to talk to your child's teacher about any difficulties that your child is having with coming to school and how they could catch up the work that they have missed.

### 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 to school every day, please pop in to see one of our student wellbeing team:

- ☐ Avon St/Clarke St Campus -Scott Greig 5762 1646
- ☐ Waller St Campus -Bron Greig 5762 2600
- ☐ Years 7-9, Faithfull St Campus -Lou McCloskey 5761 2777
- ☐ Years 10-12, Faithfull St Campus -Craig Carley 5761 2777

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

## PRIMARY NEWS

### AVON ST STUDENTS OF THE WEEK



This week's students of the week goes to all the Year 1/2s for making great choices on their excursion to Healesville. Congratulations also to Taylah, Angus and Kaden.

### WALLER ST STUDENTS OF THE WEEK



The Students of the Week for Week 8 were:  
Back L-R: Zachary, Lailah, Calista, Emily, Thomas, Samuel & Amelia  
Front L-R: Jillian, Aston & Rebecca

## RED APRON AWARDS

### AVON ST



Red Apron Award Winners are Sophie and Kiarnah.

### WALLER ST



The **Golden Shovel** was awarded to: L-R: Taylah, Emily & Amber

## WOW AWARDS

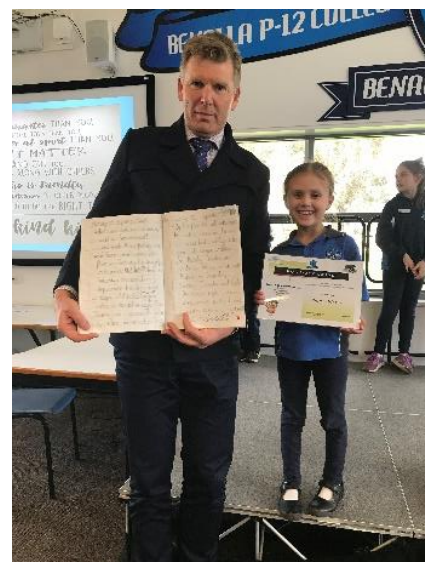
### AVON ST

Thomas Snell received this weeks WOW award for an amazing labelled diagram in his information report.



### WALLER ST

Mr Clark present his **WOW Work Award** to Meagan McMaster from Year 1/2 Spencer





Dear Families,

**We are excited about our upcoming House Colours Day next Wednesday, 18 September 2019.**

**PLEASE NOTE:** *Students are required to wear their full school uniform until lunch-time and then change into their House Colours clothing.*

**Parents & Friends Association are holding a Sausage Sizzle at a cost of \$2.00 per sausage in bread.**

**Please complete the tear-off slip below and return to the office by Monday, 16 September 2019.**

**Families who choose to attend this fun day will also be able to purchase a sausage in bread for a cost of \$2.00**

## **HOUSE COLOURS DAY - SAUSAGE SIZZLE**

Name of student \_\_\_\_\_ Class \_\_\_\_\_

Number of sausages \_\_\_\_\_



**Please return to the Waller St Campus General Office by Monday 16 September 2019**



## PRIMARY NEWS

### FOUNDATION MANSFIELD ZOO EXCURSION

On Tuesday 10<sup>th</sup> of September Foundation students from both Avon and Waller Street Campuses ventured off in perfect weather to the Mansfield Zoo. We saw lots of animals including camels, deer, monkeys, meerkats, marmosets and more! We learnt a lot about the animals' diet and habitats out in the wild from our friendly zookeeper Bronwen.

Olivia: 'I loved feeding the Joeys, they were so cute!'

Kaleb: 'I can't believe I got to see the lions!'





## FAITHFULL ST CAMPUS NEWS

### HANDS ON LEARNING

Hands on Learning students have once again participated in the Cows Create Careers program. The students have learnt how to check a calf's health, take responsibility for their feeding and looked into the many jobs that the dairy industry has to offer. Over the three week period Zoe Horsfall and Ty Bozanich have feed the calves on the weekend while others have spent time with the calves teaching them to take a quiet walk. Other tasks included presenting information that they have collected whilst measuring the calf's health and finding out about how milk makes it way from the cow to the supermarket shelf. We would like to thank the Dookie Dairy , Dairy Australia, Maxicare milk products and Reids Feed who provided the calves and feed products for the program.



**HANDS ON LEARNING** 



### RUOK DAY

The Faithfull St Campus celebrated RUOK? Day on Thursday by hosting a Sausage Sizzle.

Students were encouraged to start a conversation that could change a life while enjoying Giant Jenga, Guess Who and Connect 4.

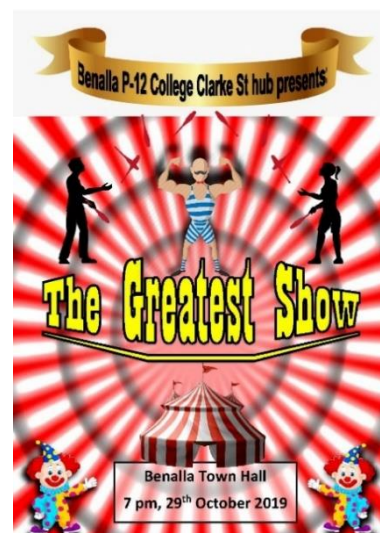


### RAY WHITE AWARD WINNER

The Ray White Award recipient for this month is Ebony Armstrong in Year 8.



### 5/6 HUB NEWS





## FAITHFULL ST CAMPUS NEWS

### YEAR 10 PEAK PERFORMANCE

Over the last two weeks, Mr Thomas' Year 10 Peak Performance class has been coaching students from 5B and 6A. These students have been coached in basketball, netball and hockey by the Year 10 students. All students have enjoyed the experience.



### SENIOR SCHOOL'S GOT TALENT!

Well, it's been proven. Our Senior School does have talent and so do some of our teachers. Ms Martin suggested that the Senior School hold a talent quest, so last week we show-cased some of the talent from students and teachers.

Charlie Paterson from year 10 started off the concert singing "Stand By Me" and playing the piano. He was followed up by Luke Dunne and Mae Flores. They sang "Stitches" and Luke accompanied on the guitar. Tiahna and Sienna Fox then performed a duet of "With Or Without You" and Tiahna accompanied on the guitar.

The concert then went up a decibel or two with an act by the Principal, Mr Clark and Mr Booth. They were assisted in their efforts by Sienna Fox on the drums and Ed Mentiplay-Smith on guitar. The classic ACDC song "It's A Long Way To The Top If You Want To Rock And Roll" had everyone tapping their feet. Mr Clark and Mr Booth dressed to impress with wigs and ACDC moves.

Bree and Tahlia Macfarlane Auld finished up Tuesday's acts with a duet of "Jar Of Hearts". There were still a number of acts to get through, so the concert continued on into Wednesday lunchtime. Mr Williams had maximum audience participation during his self-composed rap song "Billy Ilish Its This Rap For The First Dish". Jakk Devlin playing saxophone was accompanied by Bryce McMurray on the piano. He was followed by Bridget Evans singing a tribute to the audience "Teenagers". Mr McMurray came back on stage to perform a puppet act using oven mitts, singing a love song. Mr Lia then performed some stand-up comedy in the style of "Austen Tayshus". The year 12 students were very impressed!



## FAITHFULL ST CAMPUS NEWS

### SENIOR SCHOOLS GOT TALENT

The judges, Ms Martin, Ms Rembold and Ms Tippet, had an extremely difficult task attempting to award points for acts. The student section of the concert had a triple tie, with Charlie Paterson, Bree and Tahlia Macfarlane Auld and Jakk Devlin all scoring a first place. The teacher section had a clear winner with Mr Clark, Mr Booth, Sienna Fox and Ed Mentiplay-Smith taking out the first prize.

Student winners shared in driving lessons with "Gerry's All Terrain Driving School" and vouchers from "Just Jeans" and "Lion Heart". The teacher act won a weekend on the Mornington Peninsular. A big thankyou goes out to our wonderful audiences during both lunchtimes and especially to Mr Roberts without whose help and expertise none of this would have been possible.



We all look forward to next year's talent quest!  
Krys Evgenidis





## Important Dates -Term 4

Year 10 Work Experience	October 21-25
ABCN Interview to Impress- Year 10 (selected students)	October 9
VTAC Applications (timely)	September 30
SEAS and Scholarship information	October 10
UAC SRS (NSW early entry program)	September 30
Year 12 ATAR's released	December 12
VTAC First Round Offers	December 18

### Nutrition Studies at Deakin University



Deakin University offers a range of ways for students to study nutrition and food studies, including as majors in a broad range of degrees including *commerce*, *health sciences*, and *exercise and sport science*. Nutrition-specific courses are also offered – *nutrition science* and *dietetics*. The following is really useful information –

#### ➤ Food Innovation Major

Students completing the [Food Innovation Major](#) will gain excellent preparation for careers in *food safety and quality*, *food product development* and *sensory analysis*, as well as further study in dietetics.

#### ➤ CASS Academy

The [Centre for Advanced Sensory Science \(CASS\)](#) is a training hub set up for talented students who are interested in *sensory and consumer science*. CASS's vision is to guide and aid the sustainable growth of the Australian food industry through research excellence. The two laboratories are used by students studying nutrition units within numerous degrees.

#### ➤ Why Study Dietetics at Deakin?

Students completing a [Master of Dietetics](#) at Deakin are able to build on their undergraduate knowledge in physiology, biochemistry and nutrition and get professionally accredited in just 18 months. During this time, students will participate in 21 weeks of professional practice and will be graduate-ready.

### Career as a Paediatric Nurse

*Paediatric nurses care for babies, children and adolescents*. Children are not small adults; they have special needs and specialist paediatric nurses understand these. There are a diverse range of specialty areas within paediatric nursing. Nurses may work in *schools, hospitals or community centres* and work with families to provide optimal health. Several specialty areas also exist within paediatric nursing. For example, paediatric nurses may become specialised in intensive care, oncology (cancer nursing), mental health and child development.

Visit [Career as a Paediatric Nurse](#) and [How to Become a Paediatric Nurse](#) to find out more.

### ACAP College of Applied Psychology



*What triggers someone to commit crime and defy societal standards? Study criminology to understand the motivations, patterns and contributing factors relating to criminal behaviour.*

**ACAP College of Applied Psychology** is a private college that offers a **Bachelor of Criminology and Justice** degree.

The Bachelor of Criminology and Justice covers a broad range of topics, such as *criminology*, *criminal psychology*, *criminal law and procedure*, *law enforcement*, *corrections* and *justice* related issues. In this course students receive a comprehensive, theoretical education in each of these areas – from learning why people commit crimes to understanding the importance of ethics and legal processes.

Visit [ACAP - Bachelor of Criminology and Justice](#) to find out more.



### Associate Degree in Engineering Technology

**RMIT University** offers the [Associate Degree in Engineering Technology](#) which is an excellent 2-year degree for students undecided which specialised area of Engineering they wish to study. Students who successfully complete this course and have maintained a grade point average (GPA) of 2.0 or higher, will be eligible to receive a **guaranteed entry with two years of credit** (equivalent to 192 credit points) into the following RMIT programs relevant to their study major. This pathway course is also often used by students who do not attain the minimum English/EAL and Maths Methods study scores, or if their ATAR is not high enough to enter the bachelor degree. Students keen on [telecommunications engineering](#) can also use this pathway course, by completing the Electrical and Electronics major.

*Medical imaging technologists operate X-ray and other imaging equipment, such as MRI and Ultrasound, to produce radiographic images which are used in the diagnosis and subsequent management of disease or injury.* Below are links to the specialised medical imaging areas, some of which are detailed in the *Good Universities Guide*: [Nuclear Medicine Technologist](#), [Medical Imaging Technology](#), and a useful links - [So, you want to be a Sonographer?](#), and [Medical Imaging and Radiation Sciences at Monash](#).

In Victoria students can study specific medical imaging courses (also known as medical radiography or medical radiations or sonography) at the following universities:

INSTITUTION	COURSE	VCE PREREQUISITES	2019 ATAR
<b>CQU</b> M - Melbourne Campus	<a href="#">Medical Sonography</a>	Year 12 English	83.15 (M)
<b>Deakin University</b>  G - Geelong Warrn Ponds Campus	<a href="#">Medical Imaging</a>	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in one of Biology, Chemistry or Physics; Units 3 and 4: a study score of at least 22 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics or at least 30 in Maths: Further Mathematics.	89.95 (G)
<b>Monash University</b>  C – Clayton Campus *This course is primarily at Clayton with some first year-level units only available at Caulfield.	<a href="#">Radiography and Medical Imaging</a>	Units 3 and 4: a study score of at least 35 in English (EAL) or at least 30 in English other than EAL; Units 3 and 4: a study score of at least 25 in one of Biology or Physics; Units 3 and 4: a study score of at least 25 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics.	98.60 (C)
	<a href="#">Radiation Sciences</a>	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 30 in Maths: Further Mathematics or at least 25 in Maths: Mathematical Methods or at least 25 in Maths: Specialist Mathematics.	84.75 (C) *
<b>RMIT University</b>     B – Bundoora Campus	<a href="#">Medical Radiations (Radiography)</a>	Units 1 and 2: satisfactory completion in one of Biology or Chemistry or Units 3 and 4: one of Biology or Chemistry; Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 20 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics.	94.55 (B)
	<a href="#">Medical Radiations (Nuclear Medicine)</a>	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 20 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics; Units 3 and 4: a study score of at least 20 in Chemistry.	82.55 (B)
	<a href="#">Medical Radiations (Radiation Therapy)</a>	Units 1 and 2: satisfactory completion in one of Biology or Chemistry or Units 3 and 4: one of Biology or Chemistry; Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 20 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics.	87.70 (B)



## AFTER SCHOOL CARE NEWS

The school holiday program has been finalised and has been sent home with some children and emailed to parents. If you did not receive one they are also available at the front office at all primary campuses.

Friday the 20th September is a **Pupil Free Day**. We are offering care on that day at **Waller Street only**.

If you require care please book your Child in ASAP.

## COMMUNITY NEWS

## 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

## PARENT AND RELATIONSHIP EDUCATION PROGRAMS

### Tuning in to kids- emotionally

#### "Whatever" Adolescent Parenting

(2hr workshop)

10.30am-12.30pm

Thursday 19<sup>th</sup> September

Gateway Health- room F1

45-47 Mackay St, Wangaratta

Call 5723 2000 to Book

# Community mindfulness event

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement. Community members are invited to attend this event and learn what mindfulness is and how to use it help build healthy young and smiling minds.



Date: Monday 21 October 2019

Time: 5.30 - 7.30pm

Where: Benalla Scout Hall  
14 Lawry Place,  
Benalla VIC 3672

RSVP: <https://bit.ly/2LZGLq9>

Organised & Run by Katamatite Lions Clubs International



When: Sunday 22nd September  
Where: Katamatite Recreation Reserve

Time: 11am - 4pm

Entry \$5 per person

(Children 3 & under free)

Kite kits an additional \$5

Purchase a kite kit - decorate & construct then have fun flying your own creation!

Jo Baker from Kites 4 Kids will be displaying different types of kites on the day!

Katamatite Lions will be running a bbq from 11am-2pm + free water station

Many free kids activities - sand play, First Aid for kids, timed obstacle course, Katamatite Kinder bubbles, natural arts and crafts, colour your own calico bag, GV Water kids activity, make a paper pot, willow craft, Indigenous story time, Muckatah & District Landcare and Dutch Thunder Wildlife shelter..... Contact Julie on 0422 415 294 for more information

Fundraising for the Katamatite Lions Club Katamatite Silo Art Project



# CoolHeads

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

BENALLA  
**Ensign**

**gotafe**

**BENALLA**  
  
RURAL CITY





### Paper Flowers

**Wednesday 25<sup>th</sup> September, 10am-11am**

Spring is here! Join us to create your very own bunch of flowers using paper, glue, scissors and special folding techniques. Inspired by the surrounding Botanical Gardens you will be making wildflowers, native flowers, poppies, peonies, roses and sunflowers. Take them home in a bunch to display in your own vase.

Cost: \$12 members & \$15 non-members

Ages 5 – 12 YRS

Bookings essential:

p. 03 5760 2619 e. [gallery@benalla.vic.gov.au](mailto:gallery@benalla.vic.gov.au)



### Wire & Plaster Sculpture

**Thursday 26<sup>th</sup> September, 10am-11:30am**

Renowned Swiss artist Alberto Giacometti (1901 – 1966) is the inspiration for this special sculpture workshop. His impossibly tall, elongated figures are often shown walking and appear almost weightless. In this workshop you will make people and animals from wire and plaster – perhaps in the style of Giacometti. We will show you how to construct your sculpture to create something really special to take home. **NOTE: WEAR SUITABLE CLOTHING THAT CAN WITHSTAND A MESSY ACTIVITY!**

Cost: \$12 members & \$15 non-members

Ages 5 – 12 YRS

Bookings essential:

p. 03 5760 2619 e. [gallery@benalla.vic.gov.au](mailto:gallery@benalla.vic.gov.au)



### Garden Sculpture- Toadstools & Fairies, Dungeons & Dragons

**Thursday 3<sup>rd</sup> October, 10am-11am**

Using air dry clay and wire you will create your very own fantasy 'creatures' – fairies, dragons, pixies and goblins. Learn hand-building and sculpting techniques using clay tools and your imagination. These fascinating creations can be decorated with acrylic paint (plus a clear sealant if placing outdoors) when fully dry. A fun introduction to 3-D art!

Cost: \$12 members & \$15 non-members

Ages 5 – 12 YRS

Bookings essential:

p. 03 5760 2619 e. [gallery@benalla.vic.gov.au](mailto:gallery@benalla.vic.gov.au)



### Paint a masterpiece on canvas

**Friday 4<sup>th</sup> October, 10am-11am**

Inspired by THE COLOURS OF COUNTRY exhibition you will paint your own landscape masterpiece on canvas. Using an easel, canvas, acrylic paints and brushes try your hand at painting like a professional. We will discuss line, shape, colour and perspective using the artworks in THE COLOURS OF COUNTRY as our starting point.

Cost: \$12 members & \$15 non-members

Ages 5 – 12 YRS

Bookings essential:

p. 03 5760 2619 e. [gallery@benalla.vic.gov.au](mailto:gallery@benalla.vic.gov.au)

# \* insights



## Helping your child avoid being cyberbullied



by Martine Oglethorpe

Cyberbullying of children and teenagers is one of the greatest fears facing parents today. The thought of their child being subjected to heinous words, threats to their physical safety, as well as their social and emotional wellbeing, is something no parent wants their child to experience.

Most of the bullying behaviours we now see are happening from behind a keyboard, playing out in social media feeds and gaming chat rooms. It is little wonder parents feel overwhelmed and out of their depth, especially when for most, online is an environment that is relatively unfamiliar.

So what can we do to help our kids avoid these types of behaviours, as well as give them the skills to deal with cyberbullying behaviours should they be exposed?

- **Remind them of all of the things they have control over:** While it may not feel like it, we have a lot of control over what happens online. We can determine who we talk to, what we ignore, what we share, how we comment, who we follow, who we block or hide from our feeds. All of that, helps us determine who is allowed to play a role in our online experiences and ultimately what behaviours we accept on our feeds
- **Give your child time away from the screens:** Everyone needs a break from screens. We want to encourage regular times when a child doesn't need to be tethered to their device. Building a wider community away from the screens helps a child or teen build their sense of self worth. Keeping devices away from the dinner table also gives them a break from being socially switched on and allows the to connect with family without a device. Removing devices at night helps their active brains to switch off, and prepare for sleep.
- **Role play possible responses:** Discuss with your child whether they should respond to bullying or nasty online comments, If they do, then consider how they could respond. Consider the statements or types of people they ignore, block or report.
- **Regularly check the privacy settings:** Every app, game and social network has a settings button that enables you to determine how positive an experience your child can have on that platform and how much control they have. Visit these settings regularly to look at the options available

While nothing is guaranteed particularly when it comes to the online world, we can certainly be taking steps to help our kids. We can give them skills, encourage positive behaviours and thinking that allow them to minimise their exposure to the bullying behaviours of others.

*If your child is being cyberbullied you can also access the reporting tool at [esafety.gov.au](https://esafety.gov.au)*



**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](mailto:info@martineoglethorpe.com.au), [themodernparent.net](https://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)