



# Benalla P-12 College

Executive Principal - Tony Clark

Monday 14<sup>th</sup> October, 2019

Edition #29

## 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.*

### District Athletics

Congratulations to the 24 students from Grades 3-6 who took part in the District Athletics in Wangaratta on Friday. From all reports, student behaviour was excellent and our College was represented in a very positive way. Well done in particular to Charlotte Quilliam, Xavier Wapling, Chelsea Edgar, Carter Adams and Larni Hoffman who finished either first or second in their events and have now qualified for the Regional Finals on Friday.

### Mobile Phones

As you may be aware, the Victorian government has announced a new mobile phone policy that will require students to switch their phones off and securely store them away during the school day.

The policy is designed to support teaching and learning in an environment that is free from unnecessary distractions, disruptions and student inattention caused by the urge to check their phones. At recess and lunch times, students will be better-placed to communicate with each other face to face and/or be involved in activities rather than being focused on a device or on social media.

The school is currently working on our own mobile phone policy that will implement the Government's announcement in a way that reflects the needs of our own community. As such, we will be undertaking consultation with students, staff and families to ensure our approach to implementing this policy meets the needs of our whole community. Details about consultations and the finalised policy will be made available throughout Term 4. Additional information regarding the policy is available on the Department of Education and Training's [website](#).

### Parent Opinion Survey Data

We have received the results from the Parent Opinion Survey for 2019. We had a good response rate this year with over 100 families completing the survey across the College. In almost all areas, we have a strong positive endorsement from parents that has not only increased from previous years but is also above state and similar schools. For example: Promoting Positive Behaviour 86% positive (2018 - 79%, State - 81%) High Expectations for Success 90% positive (2018 - 87%, State - 84%) School Communication 83% positive (2018 - 79%, State - 80%)

These results are an endorsement of the work being done by everyone at the College. Thankyou to those parents who took the time to complete the survey. As always, if you do have any specific feedback about anything at the College, please get in touch with e directly. We are always interested in receiving feedback and value your input.

*Continued.....*

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

## DATES TO REMEMBER

MON 14<sup>TH</sup>- THURS 17<sup>TH</sup> OCT

North East Dental Van Visits

MON 14<sup>TH</sup> OCTOBER

Clay Target Championships

Yr 7 & 10 Immunisations

**2020 Information Night**

Yr 5- 5.30pm at the Clarke  
St Campus

Yr 7- 6.15pm at the Year 7  
Classrooms

TUES 15<sup>TH</sup>-THURS 17<sup>TH</sup> OCT

Yr 8 Concert Band Camp

Yr 10 Outdoor Ed Camp-  
Kooyoorra State Park

WED 16<sup>TH</sup> OCTOBER

Yr 6-Beechworth Gold  
Excursion

Yr 9- Respectful Relationships  
"The Good The Bad & The  
Ugly"

THURS 17<sup>TH</sup> OCTOBER

Yr 3 & 4-Hands on Science  
Incursion

Taekwondo – Select Yr 8 & 9  
students

FRI 18<sup>TH</sup> OCTOBER

Yr 3 & 4 – Hands on Science  
Incursion

Yr 7D- Ceramics Workshop

## Our College Values

Respect  
Responsibility  
High Expectations  
Integrity

## PRINCIPALS MESSAGE CONTINUED.....

### Whole School Assembly

Next Monday at 9.50 we have our Term Whole School Assembly. This is also our last opportunity to farewell our current Year 12 students as a cohort. As is the tradition, they will be led in by their Prep Buddies, symbolising the 13 year span of education they have undertaken at Benalla P-12. The assembly will also see the announcement of our 2020 College Captains. They are currently going through an extensive selection process involving speeches to peers and interviews with staff and the current captains. All students who have applied are to be congratulated on taking up this challenge, and I have no doubt we will have a team of outstanding captains to lead and represent the College next year.

As always, parents and extended family members are welcome and encouraged to attend our assemblies.

Tony Clark  
Executive Principal

## ATTENDANCE

### Why every day counts

We have now commenced term 4. Thinking back to term 3, how many days was your child away? Did you have a think over the holidays to put some goals in place to increase your child's attendance for this term. Do you need to contact your child's teacher to organise a time to meet to discuss how you can be supported in getting your child at school every day. Don't forget you have the student wellbeing team members that are available to support you in getting your child to school.

### Top attendance tips for parents

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

If you are having trouble getting your child/ren to school every day, please pop in to see one of our student wellbeing team:

- Avon St/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

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

Email: [benalla.p12@edumail.vic.gov.au](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

## AVON ST CAMPUS NEWS

### STUDENTS OF THE WEEK



This weeks students of the week were Patrick, Charli, Brayden, Hayley, Locky and Tyler well done!

### RED APRON AWARDS



Red Apron Awards winners for Week 1 are Will & Boden.

### GOLDEN SHOVEL AWARDS



Congratulations to our Golden Shovel Award recipients for week 1 in Term 4.

### WOW AWARD



Mr Clark's WOW award goes to Kaden Watts for his fantastic work.

### SCHOLASTIC BOOK CLUB



**Avon Street Scholastic Book Club**

**Orders are due in by  
9.00am Wednesday 23rd  
October**

Scholastic Book club catalogues have been distributed to students. Orders can be paid for online through Scholastic Book Club Loop Orders using your credit card. Three easy steps can be found on the back page of the catalogue.

If paying by cash or cheque, please make 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



## PRIMARY NEWS

### HEALESVILLE SANCTUARY EXCURSION

On Thursday the 16<sup>th</sup> of September, the Year 1 and 2 students from Waller and Avon Campus woke up super early! We were off to Healesville Sanctuary! We saw fantastic animals such as dingoes and koalas. The best bit was learning about the habitats of animals. Thanks to all the parent helpers and volunteers. It was a great day.



## FAITHFULL NEWS

### 9OED - MOUNT SAMARIA HIKING TRIP

At the end of last term, the two year 9 outdoor education classes both went on their overnight hikes at Mount Samaria State Park with the classes major focus being on minimal impact practice. With the first class having cold and miserable weather on the first day they were delighted to have a beautiful, sunny day on the Tuesday, with the second trip also being blessed with beautiful weather. Whilst there the class explored Back Creek Falls, the Sawmill Kilns, Wild Dog Creek Falls and ventured to the Summit. The students all stated that the Summit was their favourite place despite the hard hike up. The second group even got to climb to the summit twice, catching the sunset over the Strathbogie Ranges and returning to camp with a night hike. The classes had a fantastic time at Mount Samaria and took on board the knowledge that they had been learning in class, applying it well in the practical setting.





## PNGAUS PARTNERSHIP SECONDARY SCHOOLS INITIATIVE

It was a wonderful opportunity for Benalla P-12 College to be selected to be part of the PNGAus Partnership Secondary Schools Initiative, a pioneer initiative aimed to strengthen relationships between Papua New Guinean and Australian secondary schools in a manner that builds their capabilities in the areas of Science, Technology, Engineering and Mathematics (STEM), English language, youth agency and leadership, girls' education and inclusive education, as well as deepening people-to-people links.

Our team consisted of Mr Reno Lia, Mrs Sangeeta Vashishta, Mrs Tegan Vogel, Ebony Mathieson and Edward Mentiplay-Smith. During the September holidays, we travelled to Papua New Guinea and successfully completed a 10-day program.

This is an extract from Ebony's reflections:

*Welcoming, happy and absolutely incredible are just a few words I like to use when describing Papua New Guinea. When embarking on this trip, I was completely unsure of what was next to come but in my opinion, it could only be good. After a long day of travel, all 8 of our Australian partner schools met in Brisbane to take part in some of the duller but mandatory meetings about risk management and child protection. This was also where I met my wonderful roommate, Ava, who I shared my living quarters with for the trip.*

*During our stay in Port Moresby, Benalla met with the lovely Kerevat National High School, the school we were partnered with. This was the moment when all the excitement began, this was the PNG school we had to work with to achieve a goal we set ourselves. We had to pick one Sustainable Development Goal (SDG) to attempt to improve in one way in both of our schools. Our goal was Quality Education. Through much conversation we found our issue, developed a 'how might we' question, a solution to the issue and developed a fun role play to show off our solution or prototype. Our identified issue was, in basic terms, the oral communication skills and giving English oral presentations. Our solution to this was for each of us 6 students to make a passion talk, a recorded speech on a topic of our choice and share it at a common online platform. Our teachers will collaborate with each other to create resources for us.*

*Then we set off to East New Britain to visit Kerevat National High School where we were warmly welcomed and allowed to sit in some classes. Our Australian and PNG teachers planned lessons together and team taught.*

*As time flew past, we came closer and became one big family but after what felt like the first day, it was time to say farewell to our new found friends, Nora, Will, Paul, Hadasha, Jeffery, Chitra-Niss and Ray to start our journey home. Overall, the trip consisted of new found friendships, many laughs and building our knowledge of Papua New Guinea, the people, their education in comparison to our own and how lucky we Australians are to have what we have.*  
(Ebony Mathieson)

Ebony Mathieson and Mrs Sangeeta Vashishta



## FAITHFULL ST CAMPUS

### WELLBEING NEWS

The Wellbeing team provides several programs and events throughout the year to help promote positive health and wellbeing to all students.

**The below events/programs are taking place on the Faithfull St Campus:**

## THE GOOD, THE BAD AND THE UGLY

The Good, the bad and the ugly is an event for all Year 9 students to be held on **Wednesday 16<sup>th</sup> October** during Periods one to four. We have four guest speakers coming to talk to students about Sexual Health, Consent and the Law, Respecting Diversity and Healthy Relationships. Morning tea and lunch will be provided for students.

## US PRIDE

Us Pride, the support group for students who identify as LGBTI and their supporters/friends/allies meets every second Thursday from 12.30pm. The meeting dates for the month of October are the 10<sup>th</sup> and the 17<sup>th</sup>. Us Pride provides a safe space for students to express themselves and to seek assistance in a supportive environment. The group also works to reduce bullying and discrimination throughout the college as well as increase education and awareness of inclusion and diversity. For any enquires about attending the group please contact Craig or Lou in Wellbeing.

## THE BREAKFAST CLUB

The Breakfast Club at Faithfull operates every Tuesday, Wednesday, Thursday and Friday morning in the Stadium. All students are welcome to come along and enjoy toast, a variety of toasties, cereal, fruit and milkshakes. Term four can be a hectic and stressful term, so make sure you are looking after yourself by having a good breakfast.

## THE "BE YOU" ROOM

The "Be You" room is open at lunchtimes for students looking for a safe space to chill out. The Be You room has giant games like Jenga and Connect Four and is fully supervised. The Be You room is open most lunchtimes and is located in D1.

## THE LIVE4LIFE YEAR 8 CELEBRATION DAY



The Live4Life Year 8 Celebration Day is on **Wednesday 23<sup>rd</sup> October**. This is the culmination of the Live4Life program for the Year 8's which included each student learning Teen Mental Health First Aid. Current Year 8 students may continue to promote the positive mental health message in the college by joining the Live4Life Crew in 2020. Find out more info on the day.

## 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

Alternatively, you can arrange an appointment by contacting Craig Carley or by attend the surgery during the walk in sessions from 10.30am - 11.15am.

### PARENT & RELATIONSHIP EDUCATION PROGRAMS

TUNING INTO KIDS-  
EMOTIONALLY INTELLIGENT  
PARENTING (2-10 YEARS)

Venue: Pangerang  
Community House, 38 Ovens  
St, Wangaratta  
Date: Fri 8<sup>th</sup> Nov- 6<sup>th</sup> Dec  
Time: 10am-12pm  
Call: 03 57 23 2000 to book  
your place.

### POSITIVE PARENTING TELEPHONE SERVICE

Venue: Free call telephone  
service  
Date: ongoing  
Time: day & evening  
appointments  
Phone: 1800 880 660

## AFTER SCHOOL CARE NEWS

### UPCOMING ACTIVITIES

To view the activities and  
afternoon tea menu,  
click on the following link:  
<https://benallap12.vic.edu.au>

### HOW TO BOOK:

**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

### BENALLA SWIMMING CLUB

Swimming is a great way to keep fit and have fun. Swim training can also have many benefits for your performance in other sports as a form of cross training. Benalla Swimming Club invites interested kids to give Swim squad sessions a try. The Club provides tailored coaching programs designed to improve your swimming technique and overall fitness in a positive and fun environment.

Our **Come and Try sessions** have been designed for potential swimmers to "try out" squad swimming. These **Come and Try sessions** will be held on:

Mon October 21 <sup>st</sup>	4:00pm – 5:00pm
Wed October 23 <sup>rd</sup>	4:30pm – 5:30pm

The sessions will be held at the Benalla Aquatic Centre, in the 25m pool and swimmers can choose to attend as many of these sessions as they like. Just mention at the counter that you are here for the **Come and Try sessions**.

Further information on joining the club and squad training times will be provided at these sessions. If you are keen to learn more, or try swimming with the squad straight away please contact our coach Gary Bowman on 0422354371, or visit our website at <http://benalla.swimming.org.au/>

# 2:20AM

By Rebecca Lister  
Directed by Hallie Shellam

*'I jolt awake at 2:20am every morning, heart thumping, pulse racing... 2:20am. It's always 2:20am.'*

Four ordinary people, all bereaved by suicide, meet as strangers at a creative writing class and are forced into a reluctant bond. Together they grieve, laugh, behave badly, and reveal far more about themselves than they bargained for...

Starring **Joanne Davis, Izabella Yena, Michael Treloar and Zoe Ellerton-Ashley**  
2:20AM is a contemporary drama that directly tackles the subject of suicide with truth and humour, and pulses with the credibility of lived experience.

2:20AM is drawn from Lister's own experience of losing a family member to suicide along with real stories of people directly impacted by suicide.

Sound Design: Darius Kedros Lighting Design: Megz Evans  
Dramaturg: Mari Lourey Image by: Sarah Walker Design: Sam Gowing



Dandenong October 31	Traralgon November 1
Swanpool November 7	Mildura November 8
Ringwood November 14	Thomastown November 15
Frankston November 20	Kyneton November 22

Audience forums, facilitated by Support After Suicide, will follow each performance.

Tickets: \$25 Full, \$22 Concession, \$20 Groups 6+ | Bookings: [www.anvilproductions.com.au](http://www.anvilproductions.com.au)



Produced by Anvil Productions, Jesuit Social Services and Support After Suicide  
Supported by Creative Victoria and SANE Australia

## Benalla Festival

### Kids Flea Market

The Village by the Lake – Lake Benalla Foreshore

9<sup>th</sup> November 2019, 3-5pm



Are you between 5 and 12 years old? Do you want to earn some extra pocket money? Then the Kids Jumble Sale is for you.

Some ideas are you can sell:

- old toys or board games you no longer play with
- home grown produce, such as fruit and veggies you have grown
- plants and small trees
- handmade items, like bird/ doll houses, jewellery or drawings
- bikes or scooters that are too small
- clothes (including uniforms) that don't fit

For more information and to book a market stall, please contact Benalla Festival Committee Member **Carol Bolitho** on 0416 213 488 or at [candabolitho1@bigpond.com](mailto:candabolitho1@bigpond.com)

TOMORROW  
TODAY

## Open Garden

9 & 10 November, 2019

10am to 4.30pm

## 'MARANGY'

45 Standish Lane, Benalla

5kms out Kilfeera Road from Benalla Hospital

Marangy features beautiful mature elms with lawn area, walled vegetable garden, and extensive low water-use gravel plantings with agaves, yuccas and perennials. Extends to local indigenous and other native plantings, wetlands and olive grove.

Entry: adult \$10, \$8 concession, children free

Tickets from Eventbrite at [eventbrite.com.au/e/72334068145](http://eventbrite.com.au/e/72334068145) or pay in cash at the gate

Delicious morning and afternoon teas available for purchase

Afternoon entertainment by Benalla Guitar Ensemble and Benalla Guitar Trio

All proceeds will support Tomorrow Today Foundation's work in the Benalla & District community

#### Enquiries:

Tomorrow Today 0357 621211





## Daily lessons in resilience

by Michael Grose

Recently, I saw a mother give a simple, yet profound resilience lesson to her school-aged child, after he missed a much-anticipated excursion due to poor behaviour at school. Replying to the child's protests about teacher unfairness and his over-reaction to missing out on a learning opportunity his mum simply replied, "Oh well!" Then she busied herself with other tasks. The child stunned by her reaction, shrugged and headed off to complete his homework.

### ADULT REACTIONS MATTER

It's in our reaction to children's and young people's every day mistakes, mess-ups, muck-ups and hurts where the real lessons in resilience lay.

The lessons for this child were simple but profound. "Oh well" meant:

- *Stuff happens*
- *Don't look for fault or*
- *blame Keep your perspective*
- *Pick yourself off and continue with what you were doing*

### HOW TO REACT

The resilience lesson for this mother were equally as profound. When a minor mishap with a child or teenager occurs:

- *Match your response to the*
- *incident Stay calm and be positive*
- *Don't look for fault or*
- *blame Remember, stuff happens*

### RESILIENCE LESSON FOR PARENTS – "OH WELL"

Every day there are opportunities for parents to give their children lessons in resilience.



A child misses being picked for a team that he had his heart set on joining. *"Oh well. Let's see how you go next time"*

When a boy experiences rejection in the playground at school. *"Oh well. You'll find that some people don't want to be your friend."*

When a teenage girl doesn't get the mark she thinks she deserves in an assignment. *"Oh well. Sometimes we don't get the marks we think we deserve."*

Match your response to the challenge to promote resilience

There are times when "Oh well" won't cut it. When a child is bullied he needs your continued support.

When a student's continuous efforts at improvement are constantly met with criticism then you may need to act on his behalf and meet with a teacher.

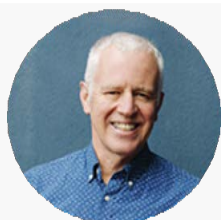
When a child always struggles to make the grade and is never picked for a team then you may need to help him make different choices.

These types of situations also present opportunities for daily lessons in resilience, but they require more parental support and teaching.

The resilience lessons learned are deeper and include concepts such as 'things will eventually go your way,' 'there are times when you need to seek help' and 'this too shall pass.'

Promoting personal resilience focuses on helping kids cope with life's hurts, disappointments and challenges in the present, while building strengths for the future.

Daily lessons in resilience are everywhere. You just need to be ready to make the most of these valuable lessons when they come your way.



## 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.