



Benalla P-12 College

Executive Principal - Tony Clark

Monday 16th December, 2019

Edition #38

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

As another school year comes to an end, it is a good time to reflect on the achievements and outcomes we have seen in 2019. Schools are incredibly busy places, and there are many activities and events that have occurred this year, alongside the day to day teaching that occurs in all our classrooms.

Some of my highlights from this year include:

- Opening the Weary Dunlop Education Centre and Rex Wills Technology Centre
- 100 days of Prep and Mothers/Fathers Day Celebrations
- The 5/6 'Greatest Show on Earth' at the Town Hall.
- Our school taking part in the PNG AusConnect Program
- Every time the College band played at an event.
- Watching the primary cross country event at Avon Campus.
- Handing out 'Wow Work' Awards at the Avon and Waller assemblies each week.
- Seeing our Year 9s 'dress to impress' at their mock interviews.
- Sitting down for lunch with Grade 3/4s after a kitchen session at Waller campus.
- Hearing the great reports about our Year 10 students when they participated in work experience.
- The P-4 dance performance with Artist in Residence Bernard Mangakaha.

There are many more – too many to list here – but safe to say it has been another excellent year at Benalla P-12 College.

As most of you would be aware, Assistant Principal Heather Leary retires at the end of this week.

I have already mentioned this in the newsletter before and in a letter to the families of Waller Street, but can't let the year finish without another thankyou to Heather for all her years of service to education and the students and families of Benalla.

We wish Heather all the best for a long and happy retirement.

Continued.....

TERM 4 DATES, MON 7TH OCTOBER- FRI 20TH DECEMBER

DATES TO REMEMBER

**MON 16TH-FRI 20TH
DECEMBER**

Years 7-9- Activities week

FRI 20TH DECEMBER

End of Term Dismissal -1pm

TERM 1 2020

Term 1 commences on
Thursday 30th January.

Wishing all of our families and friends a Merry Christmas and a relaxing holiday.



Our College Values

Respect
Responsibility
High Expectations
Integrity

VCE Results

Last week our VCE and VCAL results came out. It is with great pleasure that I announce Willow Plex as the Dux of Year 12. Willow was one of our College Captains this year and worked extremely hard to achieve the result she attained in the end. She is to be congratulated for this, and for ensuring that she will be able to follow her planned pathway to further education.

Many other students also achieved good results. After a brief analysis, we have increased our average ATAR from last year, and improved the average study score for many subjects, including English. This is a result of lots of hard work from students and staff. Whatever the result students achieved, we are proud of them for completing Year 12, and look forward to seeing them all at Graduation on Wednesday evening.

5/6 and 7-9 Awards Night

Well done to all students who received awards last Wednesday at the ceremonies at Avon Street. In particular, congratulations to the students of the year:

Grade 5: Danielle Know and Mitchell Cooney

Grade 6: Emily Hedt, Charlotte Quilliam and Abbie Simpson

Year 7: Kaylah Devlin

Year 8: Charlize Thompson

Year 9: Evelyn Biddle

ICAS Awards

A number of students elect to sit tests in a variety of different curriculum areas. These tests assess student's abilities to apply classroom learning in new contexts. They are very challenging and require significant higher order thinking and problem solving skills.

Three students achieved a distinction – the highest level possible – Evie Taylor (Grade 4 Waller) in English, Imogen Williams (Grade 4 Waller) also in English, and Jessica Shaw (Grade 4 Waller) in Digitech and English. Well done to these students and to all the students who took on this challenge.

I hope that all students and families have an enjoyable and safe holiday. We look forward to seeing everyone back next year, on the first day for students on Thursday January 30th.

Ray White Awards

Last Wednesday at our Year 7-9 presentation evening, Georgia Nichols of Year 9 was awarded the Ray White Student of the Year Award for the Faithfull Campus. This is well deserved and recognises Georgia's outstanding leadership and consistent demonstration of our College values.

There are two more awards to be given out this week, at Waller and Avon. Both recipients are again, very worthy, and are students who have worked hard in all aspects of their schooling all year. I look forward to seeing them announced later this week.

I would like to sincerely thank the team at Ray White for their continued support of the school through the Student of the Term Awards and the final Student of the Year Awards. These are highly valued awards and very much appreciated by the school community.

Tony Clark
Executive Principal

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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

PRIMARY CAMPUS NEWS

STUDENTS OF THE WEEK

AVON ST CAMPUS



Avon Students of the week are Erin, James, Azaala, Mikayla, Georgia and Amelia. Well done to you all!

WALLER ST CAMPUS



The Students of the Week for Week 9 were:
L-R: Lily, Amelia, Katelyn, Willow, Grace, Christina & Kayden

GOLDEN SHOVEL AWARDS



The Golden Shovel awardees for Week 9 were:
L-R: Caleb, Thomas, Evie, Jake, Peyton, Imogen, Jessie & Connor
Seated: Amber & Shylah

ICAS ASSESSMENTS



Congratulations Erin, Sophie, Boden, Emily, Angus and Alex pictured with Mr Clark who all recently participated in the ICAS assessment.

WOW AWARDS

AVON ST CAMPUS



Mr Clark's WOW work award this week goes to Jagga Schintler for his sensational Christmas letter.

WALLER ST CAMPUS



Mr Clark's WOW Work Award was presented to ALL of the Foundation students.

PRIMARY SPORT

Benalla P-12 College participates in the ANZ Hot Shots program. We offer a range of tennis activities within PE classes throughout the year. As a bonus all of our Prep students have received a free tennis racquet! Thank you Tennis Victoria.



AFTER SCHOOL CARE NEWS

UPCOMING ACTIVITIES

To view the activities and afternoon tea menu, click on the following link:

<https://benallap12.vic.edu.au>



Darcey, Piper and Vicki playing a very competitive game of Jenga.



Oliver is wearing some groovy glasses.

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

DR & NURSE SERVICE

The Dr & Nurse service is available every Tuesday from 9am-12.30pm.

To make an appointment, just call or text 0427 752 398.

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 attending the surgery during the walk in sessions from 10.30am - 11.15am.

FAMILY RELATIONSHIP ADVICE LINE



1800 050 321

- Strengthening family relationships
- Helping families stay together
- Assisting families through separation

Monday to Friday 8am to 8pm local time
Saturday 10am to 4pm local time
Closed Sundays and national public holidays

PARENT & RELATIONSHIP EDUCATION PROGRAMS

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

Outdoor School Future Maker EXTENSION PROGRAM



These programs are for students who will be in Year 10 in 2020, and who have participated in the Outdoor School's Future Makers program during the 2019 school year. Application forms and sample videos can be found on our website at <http://www.outdoorschool.vic.edu.au/extension-programs/2455/>, or use the links listed below to directly access the online application form.

We currently offer three extension programs to Year 10 students who have completed the Future Maker Program in Year 9:

Summit to Sea

One of the best wilderness journeys possible in Australia, a twenty-one-day expedition from our highest mountain, Mt Kosciusko, all the way to the ocean at Marlo. We move through some of the most scenic and diverse environments in South Eastern Australia, using snowshoeing, bush walking and white water rafting as modes of transport.

<https://www.surveymonkey.com/r/NKK77K3>

CEDA Nepal

The CEDA (Cultural, Environment, Development & Adventure) Nepal program provides students with a rounded experience in a developing country with some of the most spectacular mountain scenery in the world.

The four aspects of the program that are addressed are:

Cultural – students experience world heritage listed cultural sites both within the cities and countryside of Nepal.

Environment – students will address the competing environmental issues in some of the most spectacular locations in the world.

Development – students will have the opportunity to contribute to a local Nepalese development project and make a real difference to a community and its people.

Adventure – students will be a part of a multi-day trek, camping in tents and exploring the local environment in the Solo Khumbu region of Nepal. This area will enable students to access the Himalayan mountain range.

<https://www.surveymonkey.com/r/CEDA2020>

Kimberley

'A cultural learning experience of a lifetime'

Outdoor School is offering an exciting educational learning adventure in the form of a eighteen day extension program at JARLMADANGAH BURRU ABORIGINAL COMMUNITY. As well as having the opportunity to go 'bush' and experience the history and culture tied to living on the land students will be immersed in the daily workings of this remote Indigenous community in the Kimberley region of Western Australia.

<https://www.surveymonkey.com/r/LPNYQ5W>

WELLBEING NEWS

RESOLVING FAMILY CONFLICT

Disagreements are a healthy part of family life. We're all individuals with different ideas, personalities and ways of doing things, and we all want to control the TV remote! And while we shouldn't expect to agree all the time, ongoing conflict and tension can cause stress and damage our relationships. Resolving family conflict effectively also teaches kids how to negotiate and reach compromises, setting them up for strong relationships throughout life.

IT STARTS WITH YOU

As an adult, you set the tone for your home, and the children and young people in your family will mirror your behaviour. If you shout or use physical aggression to deal with conflict, kids will think this is the way to get their point across or win a disagreement.

If you have an argument with another family member, try to model anger control by taking time to calm down before revisiting the issue. It's important to show kids that although conflict is inevitable in life, it can be dealt with effectively.

DEVELOPING CONFLICT MANAGEMENT SKILLS

Cooperation: Get kids to help solve conflict together. It's important that you help them approach conflict in a positive way, and believe that they can work together to solve it.

Managing emotions: It can be really difficult for kids (and adults) to keep their cool in a conflict situation – especially if they feel they're being accused or blamed. Reacting aggressively or withdrawing from the situation are common responses. It can help to take a bit of time out to let everyone calm down before returning to the problem.

Empathy: Teach kids how to listen to, and understand, the needs and concerns of other people. Help them to ask why the other person wants something and consider what it might be like to be 'in their shoes'.

Communication: Learning to speak clearly and respectfully takes practice. You can help kids practise positive ways to ask for what they want: "I would like you to ask before using my things."

When enough is enough: Some issues are too big for kids to work out and the conflict continues to escalate. If the conflicts become very intense or lead to physical aggression, then it is important for you to step in. When a mutual solution is not possible, you can still help your child to think through the alternatives that are available to him or her and choose the best one.

SIX STEPS TO CONFLICT RESOLUTION

Try this step-by-step approach to working through an issue. You can also use these principles to sort out disagreements with your child or young person.

Step 1. Help kids see conflict as a problem they can sort out fairly with help. For example, you might say: "It looks like there's a problem here. I'm sure if we talk about it we can sort it out."

Step 2. Get each child to explain how they see the conflict. Get them to focus on what they want or need, and what their concerns or worries are, rather than blaming the other person.

Step 3. It's helpful to restate each person's concerns so everyone's on the same page. For example, "So, you're worried that you won't get a turn; and you're trying to make it to the next level of the game and you're worried that if you stop now you won't get to it."

Step 4. Get each child or young person to suggest at least three different solutions. For example, "What are some ways to solve this so you can all feel OK about it?" If they can't think of any, offer some ideas for them to think about.

Step 5. Help them agree on a solution that will work and put it into action.

Step 6. Praise them for sorting it out.