



Benalla P-12 College

Executive Principal - Tony Clark

Monday 2nd December, 2019

Edition #36

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

Defining Moments Project

Last Wednesday we held an event in the Weary Dunlop Education Centre to launch the 'Defining Moments Project'. This was a 7 minute video made by a group of students from Years 9 and 10, focusing on local history. It was completed in conjunction with the Australian national Museum. The quality of the video was outstanding and our students did a great job presenting their individual sections. It was great to see a good crowd of parents and community representatives in attendance to support the event. Thankyou in particular to our Secondary Humanities Leader Lauren Sims for her work with the students and ensuring such a successful outcome.



Reports and End of Year

Each week at the moment is very busy for everyone here at the College. Staff are finalising assessments and writing reports which will be ready for distribution in the final week of term. As we have done in the past, students in Grade P-6 will receive their report in an envelope to take home, while 7-12 students will have their sent in the mail. I encourage all parents to take the time to read these reports and reflect on them with your children. They are deigned to inform you of your child's progress throughout the year and what they can do to improve.

Our Headstart program for students in Years 7-11 has been very successful so far. We have had excellent attendance and students have engaged well with their new subjects and teachers. This will continue for 10-11 students for another week and then again next week for students in Years 7-9. It is important that all students continue to attend during this time to get the most out of these classes.

Our end of Year presentations start this week with the Grade 6 Graduation ceremony on Wednesday and the Year 10 and 11 presentation event on Thursday evening. These are important opportunities for us to recognise students who have achieved excellence throughout the year in a range of areas. There have been a number of students applying for scholarships in the past few weeks and these will also be awarded at the upcoming presentation events. The quality of the applicants for these scholarships has been outstanding and the decisions have not been easy. I look forward to seeing as many parents and students there as possible.

Continued.....

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

DATES TO REMEMBER

MON 2ND DECEMBER

Year 5- Life Education Decisions

TUES 3RD DECEMBER

Year 6 Transition into Year 7
9am-1pm

Year 6- Life Education Decisions

WED 4TH DECEMBER

Yr 6 Graduation

THURS 5TH DECEMBER

Yr 10-11 Presentation
(Faithfull St PAC)

FRI 6TH DECEMBER

Yr 11 & 12 VCAL Wangaratta
GO TAFE visit

Yr 11 & 12 (Headstart)- Final Day of Term

TUES 10TH DECEMBER

Statewide Transition Day

WED 11TH DECEMBER

5.30pm- Year 5 & 6
Presentation Night (Avon St Campus)

7pm- Years 7-9 Presentation Night (Avon St Campus)

FRI 13TH DECEMBER

Year 10 (Headstart)- Final Day of Term

Our College Values

Respect
Responsibility
High Expectations
Integrity

PRINCIPALS MESSAGE CONTINUED.....

Wow Work Awards

Congratulations to Char Leah Hempenstall from 1/2 Rae at Waller Street and Charlotte Fear of Prep Higgins at Avon for their Wow Work awards last week. It is always a pleasure to recognise students who are completing outstanding work at school. Both girls should be very proud of the work they achieved in order to receive the awards.

College Council

Last week Council met at Faithfull Street and had a presentation from the architects on the Master Plan for the Faithfull site. The 2020 draft budget was also approved and our staff Professional Development Policy endorsed. The proposal to change Parent Teacher Interviews was discussed and supported by council. The new model will be trialled in term 1 next year and reviewed afterwards. There is one final meeting in December to approve the 2020 Annual Implementation Plan and endorse the final version of the new mobile phone policy.

I would like to thank all the members of College Council for their work throughout the year - parents Stacey Hall, Geoff Patterson, Barb Dyer, Kaye McGuinness, Tiffany Heatherill and Leanne LeFebvre; community Reps Bernie Hearn and Pat Claridge; student reps Nicole Patterson and Willow Plex; and staff reps Hamish MacPherson, Ann Hansen, James Carboon and Scarlett Spencer. In particular I would like to thank Council President Michael Plex for his work and commitment to the school, in not only running effective meetings but going above and beyond in attending many other school based events and contributing to school improvement.

Next year in Term 1 we will call for nominations for Council, and as always, I encourage any parent to get involved.

Tony Clark
Executive Principal

ATTENDANCE....EVERY DAY COUNTS!

How have you gone with your child's attendance this term? Has your child attended every day from the first bell to the last bell of each day? Did your child have regular days off each week? Was your child late most days? Did it become an all out fight to get your child to school? If yes, then this is the perfect time to catch up with one of our student wellbeing staff members who can assist and support you with getting your child back on track for next year. Support can be offered whatever the issue is.

This is the time for you to plan for a brand new start for 2020. What are your new goals? Maybe your goal could be your child having a higher attendance for term 1 next year than term 4 this year? Whatever the goal, we wish you all the best and if you are needing help to achieve your goal with your child attending school every day for 2020, then please don't hesitate to contact one of our student wellbeing team members.

Help us to help you, please contact Scott, Bron, Lou or Craig to assist in achieving your new attendance goal.

- ☐ 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

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

BUS TRAVEL NEWS

2020 SCHOOL BUS TRAVEL

The School Bus Management System is now accepting travel applications for the 2020 school year. Existing families have been notified by the system about the need to submit their child's 2020 travel application.

Submitting 2020 travel applications

Login to the School Bus Management System at <https://schoolbusapplication.ptv.vic.gov.au/> and complete one of the following actions.



- Existing Travellers - Families with children who require continued travel (e.g. same residential address and same school) must *Renew Applications* for Term 1 2020, or
 - Existing Travellers - Families with children who have changed residential address and/or school, must create a *New Application* for Term 1 2020, or
 - New Travellers - Families with children who have never previously travelled on a school bus, must Add Traveller/Child, then create a *New Application* for Term 1 2020.
 - o If family previously used the School Bus Management System, then login to the system using existing family account details.
 - o However, families may need to *Register* and create a new account if no other siblings have previously travelled.
- *** New accounts should only be created where families have not had access to the School Bus Management System ***

What is the timeline for 2020 applications

Travel applications for 2020 must be submitted prior to 29 November 2019. Applications received after this date will be processed after the initial round of travel offers have been made.

Travel offers will be made to families early December 2019. Families will then have four weeks to manage their travel offer before it lapses.

Require Assistance?

If families require assistance with system access or submitting travel applications, please call Public Transport Victoria on 1800 800 007.

UNIFORM SHOP NEWS

JANUARY UNIFORM SHOP DATES

Tuesday January 21 st	10.00am to 4.00pm
Wednesday January 22 nd	10.00am to 6.00pm
Wednesday January 29 th	10.00am to 6.00pm
Thursday January 30 th	8.30am to 11.30am

The Uniform shop is open on the Faithfull St Campus, located in D1

INTERCAMPUS PERMISSION FORM

The 2020 Intercampus Permission form is now available for families to complete and returned to your Campus Office.

The permission form is for all student travel between campuses. The purpose of the travel could include travelling to other classes, to use specialist facilities provided on other campuses, for sporting events or school assemblies.

These may also include: Whole School Assemblies and events, School music bands travelling to various campuses, ANZAC and Remembrance day at the cenotaph; SAKG program; Transition Programs; 100 Days of Prep; Yr 9 Activities; Benalla Show; Classroom Programs; House Team Activities; School Production rehearsals and performances.

It also provides permission for travel to the Benalla Aquatic Centre for the school swimming carnival and Churchill reserve for the school athletics Carnival, Benalla Showgrounds/Arundel St for the Primary Cross Country.

STUDENT SCHOLARSHIPS

Please see this [link](#) for the 2020 Student Scholarships for students who will be entering years four to 12 in 2020. Student Scholarships are designed to reduce disadvantage by providing financial support for education. Scholarships are payments to help you with the cost of your child's education.

[Applications from students in Years 4-12 and tertiary institutions in November 2019.](#)

Please also visit the Student Scholarships for more information.

www.education.vic.gov.au/parents/learning/Pages/student-scholarships

AVON ST CAMPUS NEWS

STUDENTS OF THE WEEK



This week students of the week goes to Amelia, Sophie, Jobe, Sallyanne, Levi & Charlie(absent)

RED APRON



Red Apron awards went to Sophie Marshall & Talydia Williams.

YEAR 3 & 4

Year 3/4 Avon Street students have been working hard in class analysing narratives. Today we are working on comparing and contrasting two narratives.



WOW AWARD

Mr Clarks WOW award goes to Charlotte Fear.



RAY WHITE AWARD

Congratulations Ben Green for being the Ray White award winner for November.



WALLER ST CAMPUS NEWS

STUDENTS OF THE WEEK



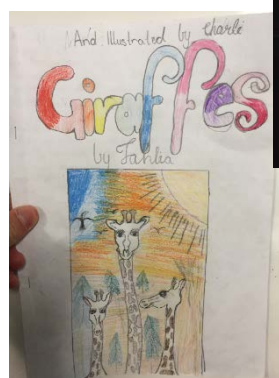
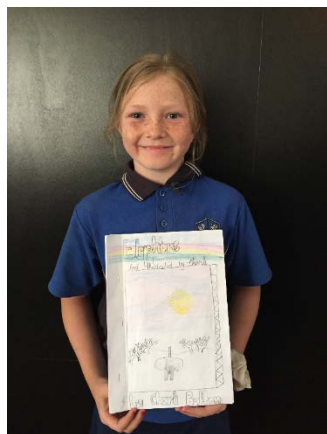
The **STUDENTS OF THE WEEK FOR WEEK 7** were:

Taylah McKenzie, Athena Baboussouras, Jessinta Pennington, Thomas Still, Owen Haxby, Xavier Cooper, Amazon Hunter Barton, Vito Coats, DJ Sarre, Tom Lewis

YEAR 3 & 4 PASSION PROJECTS

3/4B have been doing "Passion Projects". Passion Projects is where you have a topic that you are passionate about; in this case I did Christmas history. Everybody roughly chose different topics. If you do a passion project, you have to do a report, a persuasive piece of writing, a story and a procedure about your topic. 3/4B have enjoyed doing our passion projects.

-By Zara Young



WOW AWARD

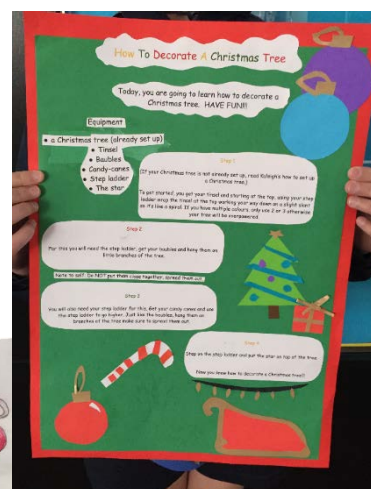
Mr Clark presented his **WOW WORK AWARD** to Char-Leah Hempenstall



GOLDEN SHOVEL AWARDS



Congratulation to our Golden Shovel recipients for this week Ella Jenkins, Athena Baboussouras, Calista Allcroft, Kyle Morgan, Nic Batman, Alana Moss



FAITHFULL ST CAMPUS

YEAR 9 OUTDOOR ED- MT BUFFALO

On the 12th and 14th of November the two year 9 Outdoors classes visited Mount Buffalo National Park for the day. On the day students were able to see multiple examples of what they had been studying. Their main focus for the term had been Parks in Victoria – National, State, and Regional. Whilst there students learnt about the Parks history (being one of the first National Parks in the state!), recreational activities available, the types of environments and the flora and fauna that are part of the different eco systems. The students enjoyed visiting the Chalet, looking out over the Buckland Valley and walking around Lake Catani... but everyone's favourite place was the Chalwell Galleries! The Chalwell Galleries are a jungle of large granite rocks, which students had to scramble and tightly squeeze through gaps and passages in order to get through the track. Although a few students were a little hesitant beforehand everyone agreed it was definitely worth the walk.



YEAR 9 FORMAL

On the 22nd of November, our year 9 students celebrated the many achievements and successes of their school year. The formal was organised by students themselves, and consisted of various activities, music and delicious food. Students and teachers alike were entertained by outstanding performances such as a rap from Mr Williams, and music from Georgia Nichols and Sienna Fox.

The year 9's were also joined by students and staff from Benalla P-12's sister school in Papua New Guinea.

The year 9's participated and enjoyed activities such as 'Don't Drop The Tassel,' 'Dip-Low-Ma' and 'Musical Chairs.'

Overall, everyone that attended had a wonderful evening and it was a fantastic end to year 9.



FAITHFULL ST CAMPUS NEWS

NEW BELL TIMES

Benalla P-12 College

Bell Times

Period 1	9.00am - 10.00am
Period 2	10.05am - 11.05am
Recess	11.05am - 11.25am
Period 3	11.30am - 12.30pm
Period 4	12.35pm - 1.35pm
Lunch	1.35pm - 2.10pm
Period 5	2.15pm - 3.15pm

AFTER SCHOOL CARE NEWS

UPCOMING ACTIVITIES

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

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

WALLER ST CAMPUS HAD NEW CHICKS!



The children have been very excited to welcome the new additions to Waller Street. Last Monday the first Chick was born, and now there are 6. The children got to enjoy watching the eggs in the incubator and seeing the chicks hatch before being put in a temporary house until they get bigger.

We would like to send out a big thank you to the Hands On Learning team, especially Shelby, who made a fantastic hobby horse for the children in after school care to play with. The children have had a terrific time playing with the horse, and has been requested to be played with every night.



MARLI ENJOYS PLAYING IN ALEX'S CAR

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.

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.

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

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

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.

CHRISTMAS TOY DRIVE

Benalla P-12 College is assisting Vinnies Benalla with their Toy Drive.

The toys will go with the Christmas Hampers, and will go to families in need in our Benalla Community in time for Christmas.

If you would like to assist with this worthy cause, please drop your toy/s to any of our Campuses before Friday 6th December 2019.

There is no need to gift wrap, Vinnies will do this.

Gifts do not have to be expensive, just whatever you wish to donate.

We thank you for generosity and assisting this worthy cause.



2040

Join the REGENERATION
#whatsyour2040



7pm, Wednesday 11 December 2019
Benalla Performing Arts and Convention Centre
Free community screening
For bookings visit www.bpacc.com.au
or call 03 5762 5515

Concerned about his young daughter's future, award winning filmmaker Damon Gameau travels the world in search of new approaches and solutions to global warming.
• Q&A led by Benalla Sustainable Future Group
• Light supper provided following the screening



Benalla Sustainable Future Group



Renewable Energy Benalla
100% by 2028



Environment, Land, Water and Planning



BENALLA
RURAL CITY

Good Golly it's ART TIME

Come join us for some colourful fun! School holiday art classes

BENALLA

December 21st, 22nd and 23rd
2019

Pom-Pom unicorn
headbands

10am - 11am

Painted pencil cases

12pm - 1pm

Painted pots

2pm - 3pm

\$20 a session

Booking is essential ph:0422231229
Email: mollyhodgsonartist@gmail.com
Instagram:good_golly



Can you help The Salvos this Christmas?

Each year the Benalla Salvation Army helps more than 60 families with Christmas food hampers. To do this we rely heavily on donations from the wider community. If you are able to help us this year with a food donation could you bring your donation to the Benalla Salvation Army (85 Bridge Street West) on a Monday or Friday between 9:30am-3:30pm.

Suggestions for food donations:

Plum pudding, jam, canned fruit, sweet treat,
savoury treat, bon bons, Tim Tams.

Thank you for your assistance to help families in our
community this Christmas.



THE MAN CAVE

YOUTH LEADERSHIP TRAINING

BENALLA | 7 - 8 DEC, 2019

Are you a man that wants to make a difference
in the community of Benalla?



Join The Man Cave team for 2 days of honest conversation and upskilling with
other men in the community. Open to Men of all ages.

Applications close Monday 25th November.

Apply: 'Work & Volunteer with Us' webpage or call David on 0416 560 484
www.themancave.life

insights



Why validation is the best parenting skill of all

by Michael Grose



At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that. "

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.



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.