

Benalla P-12 College

Executive Principal - Tony Clark



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

Welcome back

I hope that all families and children have had a safe and enjoyable holiday period. It has certainly been a challenging summer so far, with the fires, smoke, heat and recent storms. We have made a great start back to school and have welcomed 78 new preps and a number of other new students and families into the area.

Uniform

School uniform promotes a sense of pride and belonging to the school as well as a sense of equality amongst all students. For these reasons we have a clear uniform across all campuses that all students are expected to comply with. If for any reason your child cannot wear uniform on a particular day, please write a note with a valid reason. If you are having problems obtaining the correct uniform, please contact your campus and we can definitely provide support for you.

Staffing

As with most years, we have had several new staff join our team for 2020. You will get the opportunity to meet them over the coming weeks and at our whole school assembly on Tuesday January 18th.

Mr. Lachlan Alexander – Secondary Health/PE

Ms. Alex Keast – Secondary Health/PE

Ms. Zeenat Khan – Secondary Maths/Science

Ms. Brittany Annikin – Waller Primary Foundation

Ms. Katherine Clark – Waller Primary Foundation

Ms. Eliza Axten – Waller Primary Grade 3/4

Mr. Phil Brown – Clarke Primary Grade 5

There are also a few staff returning from leave to be part of our team again:

Ms. Narelle McInnes – Secondary Maths

Ms. Lianna Ramage – Secondary Maths/Science

Ms. Brooke Lilley – Primary

I would like to warmly welcome all of these staff to our College and thank them for their commitment to teaching at our school. I am confident that all of these staff will make excellent contributions to our team and to the learning of all the students they work with.

Dates to Remember

Monday 3rd-7th February 2020

- Yrs 5/6 Swimming Program.

Wednesday 5th February

- Uniform Shop Open Faithfull St 3.00pm-5.30pm

Thursday 6th February

- Avon Campus & Waller Campus Welcome BBQ's 5.30-6.30

Monday 10th February

- **Mon Feb10-Wed Feb 12** Year 7 Camp-Kyneton
- Hockey Clinic-Avon & Waller Street
- **Mon Feb10th-Thurs Feb 13th** Years 3/4 Swimming Program

Tuesday 11th February

- Hockey Clinic-Clark Street

Wednesday 12th February

- School Photos-Faithfull St Campus Years 5,6,8 & 9

Friday 14th February

- Years 3-6 Swimming Carnival

Monday 17th February

School Photos-Avon & Waller a.m Years 7,10,11 & 12 after recess

Our College Values

Respect

Responsibility

High Expectations

TERM 1 DATES, THURS 30TH JANUARY- FRI 27TH MARCH

PRINCIPALS MESSAGE CONTINUED.....

Privacy

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy.

Please take time to remind yourself of the school's collection statement, found on our website at <https://benallap12.vic.edu.au/schooldocuments/>

Tony Clark
Executive Principal

BENALLA P-12 COLLEGE BELL TIMES

FOUNDATION TO YEAR 4

Session 1	8.50am-11.00am
Recess	11.am-11.30am
Session 2	11.30am-1.30pm
Lunch	1.30pm-1.40pm (eating inside) 1.40-2.10pm (play time)
Session 3	2.10pm-3.10pm

YEARS 5-12

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

ARE YOU ELIGIBLE FOR THE CAMPS, SPORTS AND EXCURSIONS PAYMENT FOR 2020

If you hold a valid means-tested Centrelink Card (ie Health Care Card, Pension/ Veterans Affairs Card, Youth Allowance Card) you are eligible to receive CSEF funding. This is available to help families with the cost of **Camps, Sport & Excursions**.

- ☐ Families of students new to the school will need to complete an Application Form and provide a copy of your valid Centrelink Card to the school by 23rd February
- ☐ Families who received CSEF last year do not need to reapply again this year provided your card is still valid.

CANTEEN

If you have a few hours per week to spare, and who would like to volunteer helping out in the Canteen we would love to hear from you. It could be just one day per week or a few days.....whatever you can spare..... from 11am to 2pm.

If you are interested in finding out more please ring Faithfull Campus on 57612777 ask talk to Leanne.

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

EVERY DAY COUNTS

Going to school is usually an exciting and enjoyable event for children and adolescents. However most children are occasionally reluctant to go to school or have some anxiety about activities like school camp; it is also normal that at some stage in life every individual will feel anxious when faced with a difficult situation. Anxiety becomes a problem when it is persistent and prevents a person from enjoying normal life experiences for a long period of time.

You can help your child to cope with anxiety in effective ways and, in doing so, help them develop self-confidence and resilience.

HOW CAN I TELL IF MY CHILD HAS ANXIETY?

Signs of anxiety include:

- Having lots of worries and a strong need for reassurance
- Psychosomatic symptoms which occur before school (e.g. nausea, stomach aches, headaches or shortness of breath). These symptoms will reduce when the threat (fear of going to school) is removed
- Crying, being clingy or fidgeting when nervous
- Sleep problems such as difficulty falling asleep, nightmares or trouble sleeping alone
- Fear and avoidance of a range of different issues and situations

WHY ARE SOME CHILDREN ANXIOUS ABOUT GOING TO SCHOOL?

Anxiety may affect children at any age. The causes of anxiety may be different for young children than for teenagers:

- Separation anxiety (being afraid to be away from parents)
- Problems at school such as:
 - Being bullied and/or cyberbullied
 - Learning difficulties
 - Social isolation, not fitting in, friendship conflicts
 - Feeling lost at school
 - Fear of getting into trouble
 - Not getting along with a teacher
- New situations like the first day in a new class or the first day in a new school
- Failure – worry their schoolwork will be too hard, they won't be able to keep up, or they won't know the correct answer when called on in class
- Fear of losing a parent. They may think something bad will happen to a parent due to:
 - A parent being ill
 - Family problems and fighting
 - Parents separating
 - Knowing another child who has lost a parent or whose family has broken up

WHAT CAN YOU DO?

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

- Remain calm – you will be better placed to make them feel more confident. Try not to let your child see that you are worried or frustrated
- Listen to your child and encourage him/her to share their feelings and fears
- Don't dismiss your child's feelings – everyone feels afraid sometimes and your child might perceive this as you not understanding or not caring about their concerns
- Discuss various scenarios, possible outcomes and ways to handle situations to help your child develop problem solving strategies

EVERY DAY COUNTS

- Avoid taking over or giving your child the impression you will fight their battles for them. Some children with anxiety are happy for others to do things for them and if you take over it stops them learning how to cope for themselves. It also reinforces a perception that they are helpless and that someone will rescue them
- Remind your child that everyone makes mistakes and that this is where the best learning comes from
- Avoid being late when picking up or dropping off your child up from school
- Problem solve with your child about what is causing the anxiety. For instance, if your child has problems walking through the front gate, arrange for them to meet a friend or use another entrance. If they find socialising in the yard before school starts a source of anxiety, arrange for them to arrive just before the bell.
- Encourage your child to go to school even if they will be late; reassure them that you will contact the school to explain
- Arrange for a visit to the GP if your child reports persistent physical complaints
- Have a clear agreement between parents (even if separated) that school attendance is not optional and communicate this in a clear and calm manner to your child
- Provide rewards for appropriate behaviour and avoid unintentionally rewarding school avoidance
- Be clear with instructions and requests and consistent with consequences
- Be involved in your child's school through things like the school council or the canteen
- Support your child with homework and study, modelling skills for becoming more independent
- Seek assistance from your child's school – there is assistance and support available. The sooner you talk to your child's school about concerns, the better.

SCHOOL REFUSAL

School refusing children experience significant emotional distress not only when going to school but also at the thought of going to school; they may be absent from school for weeks or even months at a time. School refusal differs from truancy as children generally stay home with the knowledge of the parents and despite their best efforts to encourage their child to go to school.

School refusal can be very distressing for parents who can find it very difficult to manage and address; it can cause conflict in the home and disrupt routines. Identifying the cause of school refusal can be difficult and there may be a number of factors that contribute to it. Early intervention is essential as prolonged absences from school can greatly impact a child's social and emotional development, academic achievement and vocational opportunities.

FURTHER ASSISTANCE

Sometimes you may need assistance from professionals who can help anxious children. Discuss your concerns with relevant teachers or wellbeing staff at your child's school. They can help address any school-based issues, refer your child to school counselling services and make recommendations about professional support.

Alternatively, you could seek support from your GP who can assist with a referral to mental health professional such as a psychologist, psychiatrist or therapist. They can help your child overcome their anxiety using mindfulness, improving self-confidence and self-esteem and helping children change the way they think about difficult situations.

USEFUL WEBSITES/CONTACTS

Kids Matter - www.kidsmatter.edu.au

Youth Beyond Blue - www.youthbeyondblue.com.au

Headspace - www.headspace.org.au

Reach Out – www.reachout.com

Raising Children Network - www.raisingchildren.net.au

Kids helpline - 1800 55 1800 24 hours a day, 7 days a week or [web counselling](#)

Parent line – 1300 30 1300 (8am to 10pm seven days a week) & [web counselling](#) Tuesdays and Thursdays between 11am and 2pm

January Vacation Care

We had another very successful vacation care program, with lots of activities and outings. Some of these included a visit to the police station, making and using stilts, drumming, Bunnings craft & swim at Aquamoves, which is always extremely popular. Due to unsuitable water conditions we had to cancel the Violet Town pool and children accepted the change to a scavenger hunt without any issues. We were very proud that our children were praised at several of our outings for their good behaviour.

Can parents please note that our next holiday program closing date will be enforced as staffing for additional numbers is not always accessible.



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

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

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



BENALLA P-12 UNIFORM SHOP 2020 OPEN DAYS-FAITHFULL STREET CAMPUS

- THIS WEEK Wednesday 5th Feb 3pm-6pm
- Wednesday 11th March 3pm-5.30pm
- Wednesday 22nd April 3pm-6pm
- Wednesday 13th May 3pm-5.30pm
- Wednesday 10th June 3pm-5.30pm
- Wednesday 15th July 3pm-6pm
- Wednesday 19th August 3pm-5.30pm
- Wednesday 7th October 3pm-6pm
- Wednesday 25th November 10am-4pm
(Prep try-on & order day)

Orders can also be placed over the phone and delivered to your campus.

Call Judds Yarrawonga on
5744 1269 for any further details





Come & Try Hockey!

Thursday 20th Feb 2020

All ages

1st night FREE!

All abilities



Have fun, make friends
Whole family can play together
Come and surprise yourself!
No experience needed
Equipment provided



HOOKIN2HOCKEY

5 – 6 pm 4 – 12 year olds

FUN SUMMER HOCKEY

6.15 pm 10yo – Adult

Term 1 = fun hockey, Term 2 = competition starts
Hockey field, Churchill Reserve cnr Waller & Margaret St
Bring a hat, drink, and friends!

More info: Lee, 0416 169 767 or benallahockey@gmail.com



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- | | | | |
|--|--------------------|--|----------------------|
| | laptops & tablets | | lessons & activities |
| | uniforms & shoes | | books & supplies |
| | sports fees & gear | | camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

Contact your local Saver Plus Coordinator
Phone or SMS your name and postcode to 1300 610 355
Email saverplus@bsl.org.au
Online saverplus.org.au
Find us on Facebook



* many Centrelink payments are eligible, please contact your local Coordinator for more information.
Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

North Eastern
Presents

STEP UP TO THE PLATE

2020 JUNIOR COME AND TRY DAYS FEATURING:

- Hand-eye skills for batting and fielding
- Ages 7-15 | All abilities
- Teamwork and inclusivity
- BBQ Lunch
- All equipment supplied

2ND FEB
@ Longwood Park, Wangaratta

9TH FEB
@ Springvale Baseball Field, Albany

16TH FEB
@ Benalla Baseball Ground, Benalla

23RD FEB
@ Pershing Park Baseball Field, Pershing

1ST MAR
@ Gairdner Park, Wangaratta

For more information contact Owen Gadenzi - 0419 514 495
Each session will run from 10am - 12:30pm. Come along to one or all of our sessions, and a \$5000 prize!

BENALLA ALL BLACKS NETBALL TRYOUTS

Benalla All Blacks Netball Tryouts 2020

Saturday 1st February 10am
Monday 3rd February 6pm
Wednesday 5th February 6pm

Churchill Reserve Netball Courts
Bond St Benalla

FOR ALL ENQUIRES:
Bec Mathieson (A&B Grade) 0439 615 982
Brooke Bradshaw (Bres) 0428 582 511
Erin Matthews (U15's & U17's) 0409 741 169



PIC•COLLAGE



Approaching the issues of online pornography with your teenagers

Centre for Excellence in Rural Sexual Health (CERSH)

Public Event

How should parents and carers approach the issue of online pornography with their teenagers?

Ms Jenny Walsh

Relationships and Sexuality Education Expert

Pornography in the online age is a concern for many parents and carers. Are our kids accessing it? If so, how? What are they watching and what impact might it be having?

The University of Melbourne's Centre for Excellence in Rural Sexual Health (CERSH) is partnering with not-for-profit organisation Parenting Guides Ltd to present an information evening for parents, carers and educators about porn in the 21st century.

Relationships and sexuality education expert Jenny Walsh will address the impact of modern pornography on young people. Many families worry about what their teenagers are doing online and the possible consequences but feel ill-equipped to help.

Jenny is a former teacher who moved into community health education

and educates young people about sex. A former senior member of La Trobe University's Australian Research Centre in Sex, Health and Society, she also produced The Practical Guide to Love, Sex and Relationships for Years 7-10.

Jenny has worked with the Victorian Aboriginal Community Controlled Health Organisation and the University of Melbourne's Centre for Excellence in Rural Sexual Health to develop sex ed resources.

In 2012 she developed 'Catching On Early', a primary school teaching resource for Foundation-Year 6. Jenny loves sharing her knowledge and is looking forward to these informative events.

www.jennywalsh.com.au or
www.parentguides.com.au



Event Details

Date:
Tuesday 11th February 2020

Time:
5:30pm - 7:00pm

Venue:
The University of Melbourne
Department of Rural Health
49 Graham Street
Shepparton VIC 3630

Enquiries:
DI Doyle P. 5823 4512 or
E. ddoyle@unimelb.edu.au

Bookings:
Bookings are essential for this free public lecture. Register at www.trybooking.com/BHCRQ