

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

Whole School Assembly

Tomorrow is our first whole school assembly for the year. We will have the traditional welcoming of our new Prep students by our current Year 12 students at the very start, along with presentation of Campus Leaders and House Captains across the College.

For those new parents, the assembly is held in our stadium at Clarke Street/ Helms Court. There is always plenty of seating available for parents and family members so please come along at 11.30am if you can.

Swimming Sports 3-6

Thank you to all the parents and extended family members who came to our swimming sports day on Friday. The weather was kind and we had a great turnout of students who were keen to be involved and represent their house and school. Well done to our Primary Sports Co-ordinator Vanessa Neilsen and all staff for their work in planning and delivering a positive day. This Friday we have our secondary sports day at the Benalla pool. As with any day, all students are expected at school for the day, and it is always pleasing when the senior students come along with a positive attitude to have fun. I am looking forward to seeing lots of parents and students there on Friday.

School Council

As mentioned last week, nominations are currently open for parent representatives on school council. If you are interested or would like to know more, please contact your campus office for a nomination form. There are also two student vacancies on school council. These are also very important positions and we have had excellent student representation on council over the last couple of years. If your child is interested in becoming involved in school council and you would like to know more, please get in touch with me. Student nomination forms are available at the Faithfull Campus office.

PNG AusConnect Program

Last year we were fortunate to be involved in the inaugural PNG AusConnect program, where we sent a team of students and staff to PNG in September then hosted a team from PNG in November. This program continues in 2020 and we are just about to begin the selection process for a new team to be involved. There will be an opportunity for two Year 11 students to be part of the team again this year. Information will come home with students sometime this week. If you have a Year 11 student who you think might be interested, please talk to them about the program and contact the school if you would like more information.

Dates to Remember

Tuesday 18th February

- Whole school Assembly 11.30am
Faithfull Street Gymnasium

Thursday 20th February

- Welcome BBQ and pool night
Years 7-12 Faithfull Campus

Friday 21st February

- Swimming Sports Years 7-12

Monday 24th February

- Primary Ovens & Mitta Division
Swimming event -Wangaratta
- Year 9 Future Makers Camp 1

Tuesday 25th February

Parents Club Association Meeting-
Clarke St Campus 2.00p.m

Monday 9th March Public
Holiday-NO SCHOOL

Benalla P-12 Uniform Shop Open
Days-Faithfull Street Campus D1

- Wednesday 11th March 3pm-
5.30pm
- Wednesday 22nd April 3pm-
5.30pm
- Wednesday 13th May 3pm-
5.30pm

Our College Values

Respect

Responsibility

High Expectations

Integrity

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

PRINCIPALS MESSAGE CONTINUED.....

Attendance

After 3 weeks it is wonderful to see that so many students still have 100% attendance. This achievement is recognised weekly at our Waller and Avon assemblies. Coming to school on time, every day is vital for success. It means that students are with their teacher for as much time as possible to maximise the learning opportunities. It is also great preparation for the world of work where turning up on time every day is an expectation of employers. Thank you for supporting us by ensuring that your child maintains good attendance throughout the year.

Tony Clark
Executive Principal



every day counts
ATTEND TODAY -
ACHIEVE TOMORROW

WHY EVERY DAY COUNTS

Going to school every day is the most single important part of your child's education.

Did You Know? The main reasons for absences are **SICKNESS, FAMILY HOLIDAYS, "DAY OFF" TRUANCY, and SCHOOL REFUSAL.**

If your child is averaging 1 day a fortnight absent from school - this equals 1.5 years of being absent over the 13 years of school.

There are no safe numbers of days for missing school, missing school puts them behind.

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/Clark St Campus -Scott Greig 5762 1646
- Waller St Campus -Bron Greig 5762 2600
- Faithfull St Campus -Lou McCloskey 5761 2777
- Faithful Senior Campus -Craig Carley 5761 2777

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

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 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

Clarke 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 CAMPUS NEWS

On Monday the Year 1 / 2 students were lucky enough to participate in a Hockey Clinic. Students played games and learnt how to hold a hockey stick correctly. Everyone had a great time. Thanks to Lee, Willow and Taree for a great session.



AVON STREET SLG

On Tuesday the 11th of February the Avon Street Student Leadership Group held a casual day to raise funds for the bushfire relief effort. They raised a fantastic total of \$167.00. This money will go towards the rehabilitation and care of wildlife that has been impacted during these terrible fires.

Congratulations to all of the students that took part and donated to this important fundraiser. Also congratulations to the S.L.G. for their planning, speaking at assembly and collection of gold coins. Well done.



JOIN SCOTT AT AVON STREET FOR BREAKFAST CLUB AT 8.30AM EACH THURSDAY & FRIDAY MORNING

PRIMARY CAMPUS NEWS

WALLER STREET STUDENTS OF THE WEEK



Students of Week 3 were:

Back L-R: Annie, Tallulah, Hadassah & Max

Front L-R: Jillian, Toby, Rebecca, Vincent, Joshua & Zoe

BREAKFAST CLUB AT WALLER

Breakfast is served from Monday through to Friday morning, from **8:30 to 8:50am** in the Stephanie Alexander Kitchen.



Parents are also welcome. What you may not realise is that in this time in the morning, our children make new friends, share stories, make plans, laugh a lot, help others, learn life skills like washing and drying dishes, practice their social skills by being polite and courteous to others and put leadership skills into practice to name a few. Best of all, our children get to start the day with a smile on their face even if they have already had breakfast at home. It's not just about having breakfast, it's a meeting place for making a great start to the day.

If you are wanting to volunteer for the Breakfast Program, please call Bron on 5762 2600.

AVON, WALLER & CLARKE ST BOOK CLUB

Scholastic Book Club

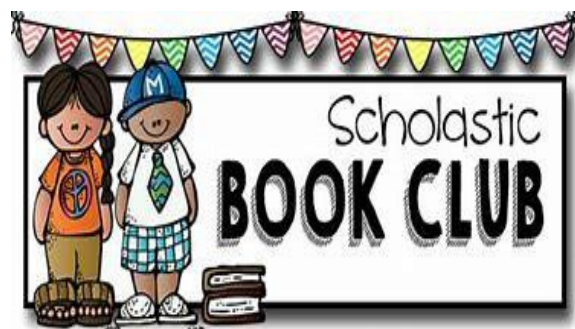
Orders are due in by

9.30am Monday 17th Feb

Scholastic Book club catalogues have been distributed to students. Orders can only 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.

Please note cash and late orders cannot be accepted.

For more information contact Scholastic Book Club 1800 021 233



After School Care 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



**National Day
of Action against
Bullying and Violence**

**TAKE A STAND
TOGETHER**

Friday 20 March 2020
www.bullyingnoway.gov.au

Reducing separation anxiety in young children

by Michael Grose



In the early years some clinginess, crying and tantrums are normal when a child is separating from parents. While a great deal of separation anxiety disappears with age, some young children will continue to experience anxiety when going to pre-school, child care or other care arrangements. This anxiety can be distressing for parents, and become an unnecessary source of guilt, further fuelling a child's anxiety. Many children who experience separation anxiety are biologically predisposed to anxiousness, shying away from new or novel situations. Here are some ways to support an anxious child at drop-off:

[Become practised at separations](#)

Help your child become used to separations by leaving them with caregivers for short periods at first and gradually increasing the length of separation.

[Get your child separation-ready](#)

Tired, hungry kids are generally clingy, cranky kids. Similarly, rushed kids are often stressed kids. If your child continues to cling to you when you leave them at pre-school or with carers, check your home routines. Are they going to bed early enough to get sufficient sleep? Are they waking in time to complete their morning activities without being rushed? Are they getting an energy-boosting breakfast such as porridge or an egg to provide the fuel to put them in the right mood? Sometimes simple adjustments to home routines can make a big difference to how a child reacts when leaving their parents in the morning.

[Develop a regular quick goodbye ritual](#)

Rituals, like routines, are both reassuring and personal. Develop your own special good-bye ritual, which can be simple such as a special wave or kiss. Alternatively, a fun good bye ritual such as a high five, low five, fist pump bursting into a hand explosion can be something a child enjoys. One you've said good-bye leave quickly without stalling or looking back. Avoid making leaving a bigger deal than it what it is.

[Take part of you with them](#)

If the pre-school or child care centre allows it encourage your child to bring a comforter such as a favourite soft toy, part of a blanket or even something that you've given them such as photo or toy. Taking a part of you with them can provide an added layer of security when you're not around.

[Stay confident](#)

Kids will often take their cues from their parents so a calm, reassuring approach can give your child the confidence they need that they will be okay.

[Involve your child's teacher or carer in the drop-off](#)

Discuss separation with the pre-school teacher or carer and involve them in the transition. Settle your young child with the other carer, preferably being involved in an activity before saying good bye and making a quick exit while your child is in the care of another adult.

[When separation anxiety is not normal](#)

Most separation anxiety is a normal part of your child's development. Some children will experience separation anxiety that is outside the normal range, which may require professional intervention. It can be difficult to determine whether a child's anxiety is normal or can be considered a disorder as many of the behaviours are the same. Consider seeking professional help if some or all of the following occurs:

- the intensity of the anxiety is outside the normal range for their age
- your child becomes agitated at the mention of being separated from you
- they withdraw from normal activities at home and at pre-school

the separation anxiety continues regularly for four weeks or more

Your child's local pre-school or your general practitioner are good places to start when looking for professional assistance with separation anxiety.

For a full blueprint for managing and minimising children's anxiety check out [Anxious Kids](#) co authored with Dr. Jodi Richardson.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spooned Generation*, and the bestselling *Why First Borns Rule the World* and *Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Building healthy relationships with teachers

by Michael Grose



As a former primary school teacher with 15 years experience and a parenting educator with 30 years experience, I've learned a great deal about the importance of healthy relationships between a child's parent/s and their teacher. I hold a Master of Educational Studies from Monash University specialising in parenting education, a Bachelor of Education and a Diploma of Primary Teaching from SCV Toorak University (now Deakin University). I've done the theory and I've also put my the boots on the ground. Uniquely, this has allowed me to appreciate perspectives from either side of the school gate.

Studies show that healthy parent-teacher relationships are a more significant factor in student success than parent income levels or social status. Parent-teacher relationships require effort and energy from both parties if they are going to really benefit children and young people. Here are some strategies to help you build a healthy working relationship with teachers in the year ahead.

Get to know them

For your partnership to be meaningful and successful, you need to meet with your children's teacher(s) with the goal of forming a respectful professional relationship. Be willing to share your aspirations for your child and be willing to build the teacher's knowledge about your family. For balanced perspective, also gain an understanding of the teacher's approach and what focus areas they have for their particular year group. This can be done formally by attending start of the year information evenings and informally through conversations, reading newsletters and staying in touch in digitally and in real-time.

Trust their professionalism

Children need to know that their parents are fully behind what their teachers are trying to achieve if they are going to commit fully to learning. The best way to support your child's teacher is to trust their knowledge, professionalism and experience. Avoid the temptation to question the expertise of teachers in front of students, particularly when the teachers use methods that you are unfamiliar with. Initiate conversations with teachers around methodology to give them the chance to explain the approach they are taking.

Go through the right channels

Despite the best teaching practices things do go wrong at school. Kids experience learning difficulties. Conflict and peer rejection happen. Kids will often come home from school with grievances, and call on you for assistance. Resist the urge to react emotionally. If you need to contact teachers do so respectfully, calmly and through the correct channels. A measured response will generally achieve the best result for your child.

Utilise their resources

Teachers and schools often put a lot of work into sourcing and sharing credible resources that they think will help parents. Take the time to read, utilise and enjoy the information provided to you. It's intended to make your parenting journey easier, which will also benefit your child not just at school, but at home. If your school doesn't yet have a clearly defined source in place, consider suggesting one to the teacher, such as the Parenting Ideas [memberships for schools](#).

Build links to student learning

There's a huge body of research that points to the correlation between parent engagement in student learning and their educational success. If you want your child to improve their learning, take an interest in what they are doing. Follow school and teacher guidelines about helping at home and attend as many conferences, meetings and events involving your child as possible. This strategy has a significant, long-term impact on your child's attitude to learning.

Stay in touch

Life's not always smooth sailing for kids of any age. Family circumstances change. Friends move away. Illness happens. Mental health challenges can hit anyone at any time. These changes affect learning. Make sure that you keep teachers up to date with significant changes or difficulties that your child or young person experiences so they can accommodate your child's emotional and learning needs at school.

Be loyal

Show your loyalty to your child's teachers by being an advocate. Talk positively about your child's teacher and school, rather than being negative about them when speaking in the wider community. Teachers hold very public positions and generally work hard to build good reputations both within their school and their wider education community. Consider a teacher's reputation among the community and also with children when you discuss educational matters with others.

Building healthy parent-teacher relationships doesn't just happen

It takes goodwill from both sides, a commitment to setting aside the time necessary to support the home-based learning tasks that are expected, and a willingness to communicate both concerns and commendations through the correct channels.

YOUTH MENTAL HEALTH FIRST AID COURSE

LOCAL MENTAL HEALTH TRAINING FOR PARENTS AND COMMUNITY MEMBERS



MENTAL HEALTH FIRST AID
Australia



WHEN:

Wednesday 26 Feb 5.30-9.30pm
Wednesday 4 Mar 5.30-9.30pm
Wednesday 11 Mar 5.30-9.30pm
Wednesday 18 Mar 5.30-9.30pm

WHERE:

Benalla Community Care
45 Coster St, Benalla
(Activity Room 1)
Light supper provided.

A comprehensive Youth Mental Health First Aid course over four sessions. Learn about adolescent development, the signs and symptoms of mental health problems, how and where to get help and what sort of help is most effective.

For more information and to register go to benalla.vic.gov.au/YMHFA
Limited places are available. Registrations close 21 February 2020.

Contact Benalla Rural City Council on 03 5760 2600 for more information.



Brought to you by Live4Life Benalla Partnership Group and Youth Live4Life Inc.



SENIOR CAMPUS NEWS

Debating.

Any students who would like to join the Debating Team, please sign up! The sign-up sheet is located in the senior building on the notice board opposite the staff room. If you would like further information please see Krys Evgenidis. Team meetings will begin next week during lunch time on Thursday in S8.

Rostrum Youth of the Year Public Speaking Competition.

This public speaking competition takes place in term 2. It is Victoria wide, so you will be able to challenge yourself against students from all over the state. There are some great cash prizes and a wonderful learning opportunity.

If you would like to compete in this competition please see Krys Evgenidis for more details.

SCHOOL PHOTO DAY

SAVE THE DATE

Benalla P-12 College

Photo Day 2020

Wednesday 12th February (yr 5, 6, 8, 9)

Monday 17th February (Waller & Avon)

(Faithful, 7, 10, 11, 12)



To Order Photos:

Go to www.msp.com.au, enter your unique shootkey and follow the prompts.

Order your School Photos before midnight 17th February.

Late Orders can be accepted after Monday the 17th February by contacting 03 5482 3190. All late orders incur an extra \$20 for postage and handling.

Family Photos – Please order online prior to photo day with this unique shootkey. One shootkey per family.


msp
photography

03 5482 3190
admin.mrr@msp.com.au
www.msp.com.au



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

saverplus

* 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.

gatewayhealth



Parent & Relationship Education Programs Term 1 - 2020 – **Bookings essential**

Our sites

Wangaratta
45-47 Mackay Street
Wangaratta Vic 3677
T: (03) 5723 2000

Wodonga
155 High Street
Wodonga, Vic 3690
Freecall: 1800 657 573
T: (02) 6022 8888

Myrtleford
32 Smith Street
Myrtleford Vic 3737
T: (03) 5731 3500

www.gatewayhealth.org.au
www.facebook.com/gatewayhealth1



WANT TO TRY TENNIS - Commence 1 Feb. 2020

COME AND TRY AT BENALLA LAWN TENNIS & CROQUET CLUB
SATURDAY MORNINGS 8.30 - 9.30 Commencing 1st Feb 2020.
BRING SMOOTH SOLED SHOES, DRINK, HAT & SUNSCREEN
RACQUETS ARE AVAILABLE IF YOU DO NOT HAVE ONE
BENALLA LAWN TENNIS & CROQUET CLUB INC.



Benalla Netball

2020 AUTUMN COMPETITION

**Commencing
Tuesday 3rd March**

TUESDAYS: Juniors, Ladies
WEDNESDAYS: Mixed (Weekly Fees)

Registrations: <http://benallana.vic.netball.com.au/>

All Enquiries: benallanetball@gmail.com

0450 192 249

Find us on  facebook

LITTLE ARTISTS - FOR PRESCHOOLERS



**First Wednesday of
every month
10 – 10.45AM**

FREE EVENT

Ages Under 5
(Children must have a
carer present to assist)

Little Artists is a creative program for the very young that continues throughout 2020 on the first Wednesday of every month. It is developed specifically for preschool children.



We use games and storytelling, as well as creating and making activities to encourage young children, along with their parents and carers, to have fun while learning about art.

Sessions are free and are scheduled for:

05 FEB	04 MAR	01 APR	06 MAY	03 JUN
01 JUL	05 AUG	02 SEP	07 OCT	04 NOV
				02 DEC

Bookings essential:
T 03 5760 2619 or gallery@benalla.vic.gov.au

Benalla Art Gallery
Botanical Gardens
Bridge Street, Benalla VIC 3672
benallaartgallery.com.au

 @thebenallaartgallery
 @benallaartgallery

**BENALLA
ART GALLERY**

CREATIVE VICTORIA

**BENALLA
RURAL CITY**

LET'S DO THIS

LEARN THE NETBALL BASICS, GET OUTSIDE AND MAKE
SOME FRIENDS.
PLAY SUNCORP NETSETGO
AT YOUR LOCAL CENTRE.



VENUE

Churchill Reserve, Bond St, Benalla

SESSION DAYS & TIMES

4.30 pm Tuesday

START DATE

10 March 2020

CONTACT

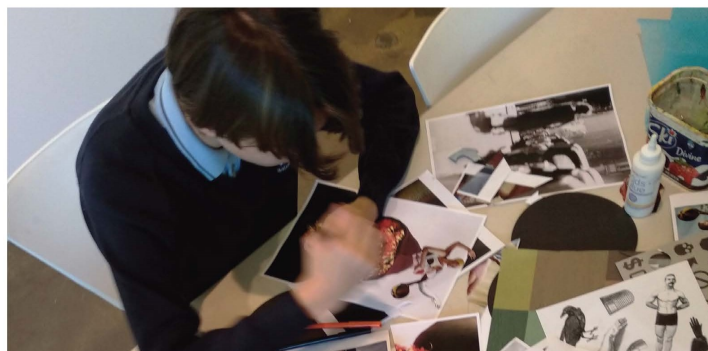
email : benallanetball@gmail.com

phone : 0450 192 249

Find your nearest centre at play.netball.com.au



ART AFTER SCHOOL - FOR TEENS



**Every Thursday
during school terms
3.15 – 4.45PM**

Benalla Art Gallery
(Patricia [Pat] Gardner
Studio)

FREE EVENT

Young artists
(12 – 18 years)



Experiment, create and explore at Benalla Art Gallery's
Art After School program. It's free, and designed specifically
for budding teen artists!

Are you interested in making art? Through this program,
you'll connect with like-minded young people and work
alongside guest artists.

This is a great opportunity to work with different materials,
techniques, processes and explore a variety of artforms
including drawing, painting, sculpture, multi-media and
printmaking.

Bookings essential:
T 03 5760 2619 or gallery@benalla.vic.gov.au

Benalla Art Gallery
Botanical Gardens
Bridge Street, Benalla VIC 3672
benallaartgallery.com.au

 @thebenallaartgallery
 @benallaartgallery

**BENALLA
ART GALLERY**

CREATIVE VICTORIA

**BENALLA
RURAL CITY**