

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

Parents Club

All parents are invited to attend the inaugural meeting of the Parents Association tomorrow at Clarke Street at 2pm. This meeting will elect office bearers and allow the Association to start functioning. Under the rules set by the Department of Education we can only have one Parents Association for the College and they must adopt the model constitution developed for all schools. This was done last year, and now we need to get a group up and running. It would be great to see as many parents as possible at this meeting tomorrow.

Swimming Sports

Last Friday we had our secondary swimming sports at the Benalla Pool. The weather was perfect and we had a good turnout of students, particularly our Year 12s who participated very well. Thankyou to our secondary Sports Co-ordinator Pip O'Donoghue and all staff for their work to make the day a success.

Today there are 11 students from grades 4-6 participating in the Ovens and Mitta Division Swimming Finals in Wangaratta. I hope they have a great day out.

School Council

At the first school council meeting for the year, the architects for the new STEAM building at Faithfull Street presented the detailed plans for endorsement. The building includes 3 Science rooms, a Science prep room, a Library, Art, Graphics and ICT rooms and a 'Maker Space' to combine a range of skills. These are all built around a central learning/gathering space.

Council also discussed our reporting format and considered whether or not to continue with hard copy paper reports at the end of each semester. There are other options for sending reports home to parents, including attaching it to Compass as a digital file. We are keen to receive more feedback about this from parents and will be sending out a very quick survey to parents in the next week or two to gather some more data. Please take the time to respond to this if you can to help us make the best decision.

Nominations for parent and student positions for council are still open. If you would like to nominate, or renominate, please contact any campus office.

Dates to Remember

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 2nd March

Southern Ranges Swimming sports

Friday 6th March

Kokoda Trivia and Auction Night 7.00pm

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.....

Whole School Assembly

Thank you to all the parents and friends who attended our first whole school assembly last Tuesday. It is always a memorable occasion to welcome our new Preps and our Year 12s for their final year of schooling. Unfortunately, we had another hot and humid assembly and will definitely be bringing next years assembly forward to start earlier in the day.

Congratulations to our Campus Leaders and House Captains who were awarded their badges on the day.

Tony Clark
Executive Principal



WHY EVERY DAY COUNTS

We are now in our sixth week of term 2. What stories have your child/ren brought home with new things they have learned in the classroom or in the playground every day. What you may not know is that **going to school every day is the single most important part of your child's education.**

Are there any good reasons to be away from school? No. Unless your child is so sick they can't get out of bed or there is an event like a funeral, your child should be at school. Every day that your child is away is a day of classes and social connection they will miss out on. Taking a day off for birthday's or to go shopping isn't a good reason to miss school. Even medical and health appointments should be made either before or after school or during the school holidays. This includes family holidays. Parents are encouraged not to plan holidays during the term but to organise these during the school holidays. If your child have to be away for some reason, you need to contact the school and let them know what is going on. Depending on the situation, the school might provide school work for your child to complete.

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 Campus -Scott Greig 5762 1646
- ☐ Waller St Campus -Bron Greig 5762 2600
- ☐ Faithfull St 7-9 Campus -Lou McCloskey 5761 2777
- ☐ Faithful St 9-12 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



PARENTS CLUB ASSOCIATION MEETING

TUESDAY 25th February
Clark Street Campus
2.00pm

We are looking for new and existing families to join our Parents and Friends Association. Parents & Friends is a great way to meet new people and be involved in fundraising activities for our school, you can be involved as little or as much as you like. We look forward to seeing you !

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 their 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.

PRIMARY NEWS

AVON ST CAMPUS NEWS



Congratulations to our Term 1 Campus Leaders for 2020. Pictured above are Harry, Charli, Lily and Ava

STUDENTS OF THE WEEK



Congratulations Rebecca, Estelle, Sara, Emily, Ava and Myla for being this weeks Students of the Week.



This Weeks Red Apron award winners pictured right were: Sophie, Lashaya Ruby (absent) and Liam

TERM 1 AVON STREET HOUSE CAPTAINS



Boden and Sebastian-Bulla



Ava and Lily-Buffalo



Hayley and Charli-Stirling



Ruby and Ben-Hotham

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

WALLER STREET STUDENTS OF THE WEEK



The **Students of the Week for Week 4** were:
Back L-R: Ethan, Bentley, Cailin, Kiera, Hannah, Alistair, Haylee & Thomas
Front L-R: Blake & Carlissa

WALLER STREET GOLDEN SHOVEL & RED APRON AWARDS

The **Golden Shovel and Red Apron awards** were presented to:
Back L-R: Lucas (GS), Aston (RA), Ethan (GS), Hayley (RA), Noah (RA), Peyton (RA), Olivia (RA), Charlie (RA) & Jackson (RA)
Front L-R: Alex (RA and GS), Maddy (GS), Carlissa (GS) & Bella (GS)

School Matters!



Attend Today, Achieve Tomorrow

KINDNESS COUNTS AT AVON STREET CAMPUS



Congratulations to Will who received the kindness award this week, for showing kindness to our crossing lady Dot, by taking her a cold glass of water on one of our very hot days. Keep being kind at our school.



PRIMARY CAMPUS NEWS

WALLER STREET LEADERS

The Waller Street Leaders were presented with their badges at the Whole School Assembly.



The **Term 1 Campus Leaders** are:

L-R: Charlie, Lacey and Lily Absent: Amelia



The **Semester 1 House leaders** are:

L-R: Torah (Hotham), Emily (Stirling), Peyton (Hotham), Hayley (Buffalo), Zane (Buller), Jake (Buffalo), Ryder (Hotham) and Sophia (Buller) Absent: Ethan (Stirling)

Can you find the pattern in our Pattern Snake?

This week in maths Year 3/4 students have been investigating patterns. We have been learning to find the rule for each pattern and then use this rule to continue the pattern.



WOW WORK AWARD



Mr. Clarke presented the **WOW Work Award** to **Hannah McCullagh** for her pattern work in maths.

WHOLE SCHOOL ASSEMBLY



SPORTS REPORT

YEARS 3-6 SWIMMING CARNIVAL

Congratulations to all students who participated in our swimming carnival on Friday 14th Feb. We had 70 students compete in time trials in freestyle, backstroke and breaststroke. Well done to all our place-getters and best wishes to students who qualified to compete at the Division event in Wangaratta. During the day House points were earned for finishing 1st, 2nd or 3rd in an event and also for being fantastic team players in our water fun activities.

The results for the House points were:

- 1st Hotham (Yellow)
- 2nd Stirling (Red)
- 3rd Buller (Blue)
- 4th Buffalo (Green)

Congratulations to Yellow House, our overall winner for the day!

Thank you to all staff, and our Year 10 students, who helped run a successful day.

Vanessa Neilson
F-6 Sport Coordinator



2020 SCHOOL LEADERS

Congratulations to the newly elected House Captains and House Leaders for 2020.

Their first role took place at the Swimming Carnival on Friday, where they participated, encouraged and helped with the running of the carnival for the day. All students did a wonderful job and showed amazing leadership qualities. Future roles will include the Athletics Carnival and Cross Country later on in the year.

Well done!



7-9 SCHOOL LEADERS:

HOTHAM - Alice O'Brien, Jacob Decker

BUFFALO – Amber Armsrong, Isabelle Martin

BULLER - Aria Winkler, Oliver Hall

STIRLING – Maddy Brain, Will Smith

F-12 SCHOOL HOUSE CAPTAINS:

HOTHAM – Holly Walkaday, Chelton Orchard

BUFFALO – Bree McFarlane, Tahlia McFarlane

BULLER – Shantelle Paton McKenzie, David Button

STIRLING – Makaila Gilbee, Luke Dunne



YEAR 7 CLASS BANDS MAKE A BIG SOUND

It's been an exciting beginning to 2020. Every student in Year 7 has begun learning a musical instrument as part of their very own class wind band. There are flutes, clarinets, saxophones, trumpets, trombones, euphoniums, percussion and even a bass guitar in one class.

This is a great opportunity to establish some basic skills, setting each student up to receive specialist lessons if they want to learn from one of our specialist teachers. Lessons at school are free of charge and we are keen to discuss how any of our students can be further involved. There will be an expression of interest form coming home soon with further information.

Barry Roberts



ENVIRONMENTS AND SUSTAINABILITY COMMITTEE

Benalla P-12 now has an Environments and Sustainability Committee. We would like to invite staff members, students and families from all campuses to join. The Committee will focus on the positive things our school is already doing for the environment as well as identify what we could be doing better to enact change. We have already made connections with some passionate community groups around Benalla that are excited to support us.

If you are interested in being a part of this committee please contact Bridget Evans.

Evans.Bridget.M@edumail.vic.gov.au

Remember, there is no planet B.



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

AFTER SCHOOL CARE NEWS

The Benalla P-12 College After School Care is a service for families within our school community who require care at the end of the school day. It offers After School Care at Avon St & Waller St campuses.

We have a range of different activities that will be sure to have your loved one entertained.

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



IS YOUR LOLLIPOP PERSON THE SWEETEST?

Nominate your Lollipop person for the 2019/2020 School Crossing Supervisor of the year award.

Jump online and complete a nomination at

www.schoolcrossingsvictoria.com.au

Your support of this program will help ensure your School Crossing Supervisor is shown the appreciation they deserve for their commitment to the ongoing safety of our children



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.



**BULLYING.
NO WAY!**
**TAKE A STAND
TOGETHER**



Parent & Relationship Education Programs Term 1 - 2020 –Bookings

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



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.ds.gov.au for more information.

FREE EVENT!



Girl Powered.

S*T-E*A*M

SCIENCE * TECHNOLOGY * ENGINEERING * ARTS * MATHEMATICS

Calling all STEAM-loving girls in Benalla aged **11-16!**

Join us for:

- Robotics
- Technology
- Hands-on activities



Date: Wednesday 4th March
Time: 4pm-6.30pm

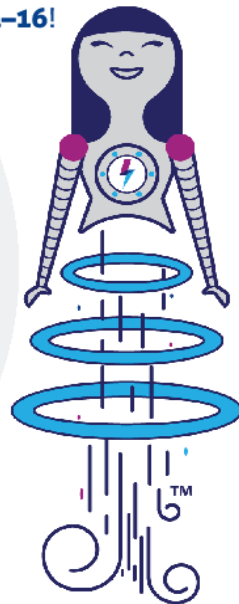
Location: Benalla Lakeside Community Centre
Register: via Eventbrite on Tomorrow Today's Facebook page or website, or call: 03 5762 1211

4pm-5:30pm: Benalla girls aged 11-16 years

Talk with women working in STEAM • Meet other girls who love STEAM • Get hands-on with robotics and technology

5.30pm-6.30pm: Open to the Benalla community

Panel discussion featuring local women working in the STEAM fields, led by our own Alana Johnson, AM. Topics include: STEAM career pathways, why STEAM is a great option for girls, how to raise aspirations for girls in the Benalla community. Panelists include a mechanical engineer, robotics teacher, IT specialist and a financial literacy specialist.



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

SIR EDWARD 'WEARY' DUNLOP
LEARNING CENTRE
BENALLA LIBRARY

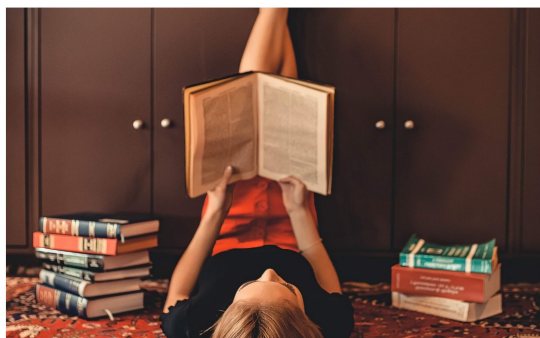
BOOK BUZZ TEEN BOOK CLUB

Wednesday 4 March, 5pm - 6pm

Book Buzz is open to 12 to 18 year olds to discuss popular books and author recommendations.

Bring along your favourite book to share with the group.

Held at the library on the first Wednesday of every month.



Bookings required
Contact the Benalla Library on 5762 2069
email: library@benalla.vic.gov.au

  @BenallaLibrary

BENALLA
RURAL CITY

TEEN BOOK CLUB

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



FREE

COME & TRY DAY

Free community event showcasing Benalla's great sports and recreation activities.

Give it a go!

Soccer, Archery, Badminton,
Hockey, Fishing, Auskick, Cubs,
Scouts... and more

Who: Young people aged 5-19 years

When: Sunday 22nd March, 2020

Time: 10am - 1pm

Where: Churchill Reserve (entry via Waller Street)

FREE sausage sizzle!

If you decide to join a club or do an activity, Tomorrow Today can provide financial assistance to Families with pension and health care cards.

For more information call Corena at Tomorrow Today on 03 5762 1211.

TOMORROW TODAY

Valley Sport 

INSIGHTS

Tools for managing teenage anxiety



Anxiety is the most common mental health issue facing young people today. It impacts significantly on their happiness, wellbeing and learning. Untreated anxiety in young people is likely to continue to pose a problem in adulthood.

It's normal for a young person to feel anxious from time to time. Here are some tools to help them manage their anxiousness.

Defusion

Young people often tell themselves stories about how they appear to others, how they will do in an assignment, test or learning activity and how they will meet with challenging events. Their stories can be helpful – “I know I can do this!” or unhelpful – “I’m hopeless at sticking with projects.”

To reduce the impact of unhelpful thinking on their emotional state, teach them to distance themselves from their unhelpful stories and self-talk through the skill of defusion, or thought-distancing. Here are some examples you can use:

- “I feel awful about this exam.” Ask “Is that helpful thinking?”
- “Everyone will find this test hard.” Ask, “Is that a thought or a fact?”
- “I’m hopeless at school.” Add “I had a thought that I’m hopeless at school.” – it places them one step away from the thought

Mindfulness

When someone is anxious, they are often worried about a future event. Their restless mind needs to take a rest from future thinking, ruminating and worrying. Settling back into the present gives them a chance to relax and calm down. The practice of mindfulness, even if just for a few seconds, is a wonderful way to let go of their worries. Encourage your young person to practise mindfulness regularly and at different times of the day.

Here’s some mindfulness tools that can help them to bring their focus back to the present. Ask them to count out loud on their fingers:

- Five things they can see
- Four things they can hear
- Three things they can feel (such as their feet in their shoes)
- Two things are grateful for
- One person they love

Deep breathing

When someone is stressed, their whole physiology is on edge. When they are anxious their breathing becomes shallow.

parenting*ideas

Deep breathing activates their relaxation response to relieve stress. As a result, the heart rate decreases, muscles relax, pupils constrict and the stomach starts to do its job that was put on hold when anxiety struck. Encourage your young person to breathe in this way:

- Say to them “Come on, let’s take three deep breathes together”
- Encourage them to breathe into their belly to get control over their body and steady their mind

Exercise

Exercise releases chemicals called endorphins that increase your young person’s feelings of wellbeing. It also relieves the muscle tension that builds up over a day of working, worrying and ruminating. There are many ways to get more movement into your young person’s life including:

- Engaging in regular sports
- Walking to school and to other activities
- Taking regular movement breaks from homework
- Joining you in a morning walk

When anxiety comes a problem

Anxiety becomes a problem when it impacts on your young person’s quality of life and prevents them from participating in everyday activities such as school, interests and social events. If this happens your young person may need professional support. Their school, your local general practitioner and the relevant department at your local council can assist.



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 *Spoonfed 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.