

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

Dear Parents, Carers and Friends of the Benalla P-12 College Community,

Return to School

Tomorrow is the big day. We will welcome back a significant number of our students to face to face learning for the first time in several weeks. There will be some excitement and anxiety from students and parents about this, but we are all very much looking forward to having children back on site again.

One of the big changes for this return to school is that access to the school grounds is restricted. This means that parents can only come on to the grounds if absolutely necessary. It will mean you have to drop your child off at the gate and not take them to their classroom, and that you can't enter the school at the end of the day and wait there. We recognise that this will be very different for some parents, but hope that you understand the reasons behind this decision. The fewer people who come on to the grounds the safer we all are. Please also remember these important points for a safe and successful return to school:

- If your child is unwell, they must stay at home.
- All students are expected in full school uniform.
- The mobile phone policy still applies to secondary students.
- Students must bring their own water bottles, lunch and snacks (Faithfull Canteen not operating).

We also recognise that there are parents who choose to keep their child/ren at home for a little longer. If this is the case, please let your child's teacher know and arrangements can be discussed.

On-site learning continues for students in Grade 3 to Year 10 who cannot be supervised at home and where no other arrangements can be made. Grade 3-6 students will all attend at Waller Street and secondary students will attend at Faithfull Street in the Year 9 Centre.

Survey

Usually at this time of year we would be conducting the Student Attitudes to School Survey and the Parent Opinion Survey. Because of the disruption caused by the transition to remote learning this year, the survey has been modified to ask for feedback about the specific situation in term 2. There is a notice on Compass for parents about this survey with a link and PIN to complete it. If you have not already done so can you please take the time to do it in the next week or so. All feedback is greatly appreciated.

DATES TO REMEMBER

Monday 25th May

Pupil Free Day

Tuesday 26th May

Students from Grades Prep-2 and Years 11/12 return to school.

Friday 5th June

Pupil Free Day-Report Writing

Monday 8th June

PUBLIC HOLIDAY -Queen's Birthday Long weekend

Tuesday 9th June

All students return to school.

Our College Values

Respect

Responsibility

High Expectations

Integrity



TERM 2 DATES, TUES 14TH APRIL- FRI 26TH JUNE

Reports

The Department of Education and Training has adjusted the expectations of Student Reports for Semester 1 in recognition of the transition to remote and flexible learning during Term 2.

While our school has continued to deliver its teaching and learning program and monitor the achievement and progress of each student, there have been some unprecedented changes to our usual program.

At Benalla P-12 College, we know it is vital to involve students and their parents/carers in learning. This process includes providing reports on student learning.

Benalla P-12 College will provide a written report for the parent/carer of each student enrolled at the school for Semester 1. The reports will include information on student achievement for each curriculum area taught, however, there are some changes from our usual Semester 1 reports.

Student reports for Semester 1 2020 will include:

- a description of the areas of the Victorian Curriculum F-10 taught
- comments regarding student learning achievement, based on the Victorian Curriculum F-10 for the subject areas taught
- a comment on how the student has adjusted to the remote and flexible learning environment.

Benalla P-12 College will not be including teacher judgements and a five-point scale due to the unprecedented changes to our program due to COVID-19. We will report on progress at the end of the year.

Tony Clark

Executive Principal

THE WELLBEING TEAM SUPPORTING OUR FAMILIES

The Wellbeing Team would like you to know that we are here to support you in any way we can, even more so in this time of isolation with staying at home. If you are struggling and need food to help feed your family, please do not hesitate to contact your Wellbeing Support worker on your campus either by phone or by email.

Craig Carley -Senior Faithful Campus 5761 2777

carley.craig.c@edumail.vic.gov.au

Lou McCloskey- Faithful Campus 5761 2777

mccloskey.louise.h@edumail.vic.gov.au

Scott Greig -Avon Campus 57621646

Clarke Campus 5761 2752

Greig.scott.j@edumail.vic.gov.au

Bron Greig -Waller Campus 5762 2600

Greig.bronwyn.j@edumail.vic.gov.au



**UNIFORM SHOP-
FAITHFULL CAMPUS
D-WING ROOM D1**

**OPEN
WEDNESDAY
10TH JUNE
11AM-5PM**

**EXTENDED
HOURS**

- Social distancing 1.5m Rule will be in practice as per Government Guidelines
- Maximum 10 people at any one time
- Hand sanitizer will be available on entry
- Please allow extra time as delays will occur
- 3pm-5pm is usually extremely busy, extra time has been allocated to serve everyone as safely as possible
- Please come early to avoid delays
- Orders can be placed early for collection form individual campuses call 5744 1269

**IF YOU ARE SICK
DO NOT ENTER**

HOW CAN YOU SUPPORT YOUR CHILD WITH MAKING DECISION FOR THEIR FUTURE???

1. **Research** careers and courses through the VTAC website and my future.com and help your child wade through the endless amounts of information. Look at TAFE/VOCATIONAL pathways and local learning and job opportunities.
2. **Encourage** your child prepare a portfolio that has everything in it. This includes an up to date resume.
3. Encourage your child to **volunteer**. Unpaid work is one of the best ways to gain valuable experience and develop employability skills. Volunteering and community work is a great way for them to add experience to their resume. We know that this will be difficult at this point in time, but as restrictions ease, look out for opportunities.
4. **Take opportunities**. Encourage your child to take advantage of everything that is offered to them, whether that be excursions, volunteering and school involvement opportunities or work experience.
5. Research indicates that parents are the single greatest influence on their child's education and career decision making. High parental engagement can have a major impact on your child's learning and aspirations. We greatly value working with parents and guardians to help us support our students. We encourage you to attend careers interviews with your child.



What will the jobs market be like in 2021 and beyond?

- Jobs creation will be a reflection of Australia's projected increase in population and the impact of the aging population on healthcare and changing technologies.
- Nursing in particular, is expected to become the fastest growing occupation by 2050.
- According to the Federal Employment Department, the top three growth industries by 2025 will be:

1. Health care and social assistance – projected to increase by up to 798,000 jobs

2. Professional, scientific and technical services – projected to increase by up to 583,000 jobs

3. Education and training – projected to increase by up to 503,700 jobs

REMOTE LEARNING

HOPE THE SUPERHERO-BY TORAH

One day there was a beautiful girl named Hope. She LOVED cooking anything. Hope had special powers which no other person had. Hope could make something out of anything!

She would use her powers every day, she loves her powers. One day she decided to make something, not for herself, not for her Mum, BUT for other people around the world who are missing out on food. So she got on with it, first she made 2,000 pizzas, 1,000 hamburgers, 1,000 litres of chicken noodle soup and 10 tons of mash-potato, but Hope forgot to put chives in the mash-potato, so she quickly flew through the doors until she got to her garden then she picked her chives and brought them inside, and then she washed them, and placed the chives into her famous mash-potato.

Hope had an idea, she wanted to create a masterpiece. The masterpiece would consist of mash-potato, steak, carrots and peas. Hope made 220 of those master pieces.

Hope stopped and thought, 'Is that enough food?' Maybe not. So she made another 3,000 pizzas, 500 hamburgers and 1,000 tubs of fruit salad.

She didn't have any boxes to put them in, so she decided to use her magical powers to make all boxes she needed for the food, and she wrote on the tags and named them 'World Hunger Box'. Hope wrote a little note and popped it in the box and sent it off flying all over the world sending it to Australia, America, Africa, Indonesia, Canada, Russia and Greece. After that all she felt very proud of herself and made herself her own master piece, and that was a big chocolate sundae.



YEAR 12 STUDENTS-TIME TO START PLANNING!

University pathway: For students wanting to attend University, now is the time to be researching courses and planning to attend information sessions, open and virtual open days and enquiring about scholarships, accommodation options and more. You can always contact the University Course Counsellors to discuss courses in detail and job prospects once the course is completed.

The **VTAC website** is a fantastic starting point and allows students (and parents!) to explore the different courses and where they are offered. Please read carefully – some course require interviews and portfolios. Some courses offer bonus points for certain subject and many courses require that students get a minimum study score of 25 in English. Understanding the selection criteria and prerequisites is very important.

How is an ATAR calculated??? - Source: <http://www.vtac.edu.au/>

- The ATAR is not a score out of 100 – it is a rank. **It shows a student's achievement in relation to other students.**
- The ATAR (previously known as ENTER) is calculated by VTAC solely for the use of tertiary institutions to compare the overall achievement of students who have completed different combinations of VCE studies.
- VTAC forwards the ATAR along with application information to selection authorities at institutions.
- **The ATAR is developed from an aggregate produced by adding:**
- VTAC scaled study score in one of English, English Language, Literature or English as an Additional Language (EAL)
- **The next best three** subjects
- 10% of the fifth and sixth subjects (this is why fast tracking a subject can be beneficial)

The way to ensure that you achieve your best ATAR is to **choose your studies according to what you are interested in, what you are good at, and what studies you need for future study.**

LeaRning
= TODAY =
LeaDing
tomorrow



BEFORE AND AFTER SCHOOL CARE AND VACATION CARE NEWS

Care will be offered on Pupil free days- Friday June the 5th bookings are required by Wednesday June 3rd.

Vacation Care will be running from Monday June 29th till Friday July 10th at **WALLER STREET** only.

ACCOUNTS

All outstanding **Accounts** need to be paid in full, prior to bookings being **accepted** for March / April Holiday program.

The Government free child care ceases on 26th of May so full fees will apply (with CCS)
This is \$42:75 per Day

Out of School Hours Care

Please note that there is a dress code for our Vacation Care Program.

Covered in foot wear
Covered shoulders (T-shirts, short sleeves, no singlets, or string straps.) This is for your child/children's safety. Children and Parents are reminded that children should pack a healthy lunch.

Please no lollies especially lolly pops. Healthy drinks are also encouraged. (Water)

Please have at least one piece of fruit

Please note:
Could all Parents/Carers/ Guardians make sure that their address, phone numbers or any other information concerning their child is up- to-date. Please let staff know if there are changes, thank you.



PARENTS PLEASE NOTE:

If you have had a change of circumstances recently and now hold a Current Concession Card, you may be able to access the CSEF Fund. Please read below eligibility and if this applies to you come into the school office for an application form. If you have already applied you don't need to apply again.

Eligibility

Below is the criteria used to determine a student's eligibility for the CSEF

To be eligible for the fund, a parent or legal guardian of a student attending a registered government or non-government Victorian primary or secondary school must

- a) be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder or
- b) be a temporary foster parent and
- c) submit an application to the school by the 19 June 2020.

The CSEF is an **annual payment** to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- ☐ Primary School student rate \$125.00
- ☐ Secondary School student rate \$225 per year

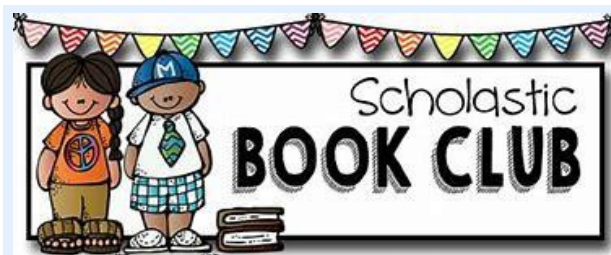
The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

How to Complete the Application Form

All sections must be completed by Parent/legal Guardian

1. Complete the Parent/Legal Guardian details section. Make sure that the Surname, first Name and customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.
2. Complete the STUDENT DETAILS section for students at this school.
3. Sign and date the form and return to the office as soon as possible. The CSEF program for 2020 closes on 19 June 2020.

Any queries relating to CSEF eligibility and payments should be directed to the school office.



BOOK CLUB ISSUE 4 IS ONLINE NOW! ORDERING CLOSSES 9.00AM 15TH JUNE

Click on the link to view the catalogue
https://issuu.com/scholastic_australia/docs/aus_issue_3?fr=sMTQ2ZTEOTgzNjE

Online ordering via LOOP only.

You can place your child's order at scholastic.com.au/LOOP or using the LOOP app, which can be downloaded from the App Store or Google Play Register.

This link will take you to the registration page:
<https://mybookclubs.scholastic.com.au/Parent/Register.aspx?ReturnUrl=>

**Enter your details | Add Child |
Search for our School & your
child's class | Ready to Order!**

Thanks for supporting our school!

**Please note cash and late orders cannot
be accepted.**

For more information contact Scholastic
Book Club 1800 021 233

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

Upcoming Webinar for Parents

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents in this school community can attend some fantastic webinars in 2020 at no cost. We're pleased to let you know about an upcoming webinar.

Understanding techno tantrums: 17 June 8-9pm AEST



Watch from any device, any location



See the expert as they speak



Catch up recording available

**Valued at
\$37 per person**

Webinar Overview

In this digital era, chances are we've all experienced our children throwing a techno-tantrum. Techno-tantrums are completely normal and often a result of the neurobiological changes that occur when kids use technology. But this doesn't mean that we have to simply accept that they're part of our modern parenting reality. In this webinar Dr Kristy Goodwin helps parents and carers understand why children and teens emotionally combust when they digitally-disconnect, and how to establish new, healthy technology habits. Key learning and discussion points include:

- The science behind why kids and teens have techno tantrums and find it challenging to switch off screens
- How to establish and enforce firm guidelines and boundaries
- How to be the pilot of the digital plane
- Researched based, realistic strategies to help develop healthy digital behaviours so that screen time doesn't end in 'scream time'



[View video overview](#)

parenting*ideas

Presenter Overview

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher, and a mum who also deals with her kids' techno-tantrums! She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console – she believes digital abstinence isn't the solution.



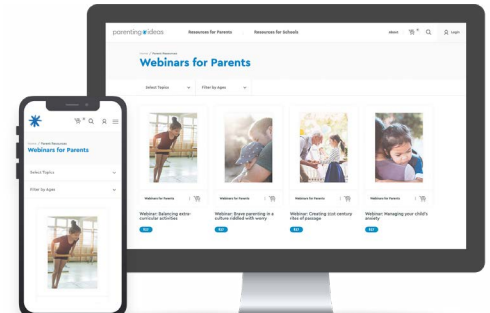
Kristy worked as an educator for fourteen years before becoming an academic and speaker who's on a mission to help children, teens and adults tame their technology habits so they're not a slave to the screen.

Redeem your webinar – it's easy!

To redeem your webinar click this link:

www.parentingideas.com.au/parent-resources/parent-webinars/understanding-techno-tantrums

- Click 'Add to cart'
- Click 'View cart'
- Enter the voucher code TECHN0 and click 'Apply'
- Enter your school's name to verify your eligibility. The \$37 discount will then be applied.
- Click 'Proceed to checkout'
- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'



This offer is valid until 17 September 2020.

If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Articles for Parents

On the Parenting Ideas website you can also view and receive helpful articles to support your parenting journey.

Read up on topics such as:

- Resilience
- Siblings
- Bullying
- Positive Parenting
- Digital and Social Media
- Behaviour
- Confidence
- Friendships
- Anxiety
- Girls
- Boys
- Learning and Education



Visit www.parentingideas.com.au/blog to access today.



When and how to seek help for your child?

The COVID-19 pandemic has brought about challenges we have not had to face before and has been a time of great uncertainty. This has caused significant stress for children and their families. How is your child coping? Are they experiencing more anxiety or sadness than usual? In this document, we describe what signs to look for, and how you might go about seeking extra support for child.

SIGNS THAT HELP YOU IDENTIFY IF YOUR CHILD IS NOT COPING:

SIGNS YOUR CHILD MAY BE ANXIOUS

- Seeking frequent reassurance (asking repetitive questions).
- Avoiding situations or objects they are afraid of.
- Becoming upset or crying easily.
- Complaining of stomach-aches or headaches.
- Clinging to you or reluctant to leave the house or leave your side.

SIGNS YOUR CHILD MAY BE DEPRESSED

- They have low energy.
- They have lost interest in activities and things they usually enjoy.
- They make negative comments.
- They become upset, irritable or easily annoyed.
- Their appetite or sleep patterns have changed.

SIGNS YOUR CHILD MAY BENEFIT FROM EXTRA MENTAL HEALTH SUPPORT

- Your child's worries or sadness/irritability are starting to impact their family life, schooling or friendships.
- Your child's anxiety or low mood is stopping them from doing things they enjoy.
- Your child's distress seems to be out of proportion to the situation.
- Your child's anxiety or low mood persists for longer than expected.
- Your child has been sad or irritable most of the day for two weeks.

WHAT SHOULD YOU DO?

WHERE SHOULD YOU GO TO FIND SUPPORT?

COVID-19 SPECIFIC HEALTH SERVICES

Coronavirus Mental Wellbeing Support Service

T: 1800 512 348

coronavirus.beyondblue.org.au

Head to Health for more information and support options

headtohealth.gov.au/covid-19-support

GENERAL PRACTITIONER (GP)

Your GP can provide advice and connect you with other appropriate mental health professionals. To be able to receive Medicare rebates from psychologists and other mental health professionals, you need a Mental Health Care Plan.

SCHOOL COUNSELLOR

Your child's school counsellor is another person you can seek advice from. Contact your child's teacher/educator or school administration officer, and they can help you get in touch.

ONLINE TREATMENT PROGRAMS

Support and treatment programs are available online, particularly during this time where we are encouraged to stay at home. See our [Cool Kids Online program](#) and also the [Brave Program](#).

PSYCHOLOGISTS AND OTHER MENTAL HEALTH PROFESSIONALS

Others may prefer to work individually and take a tailored approach with a psychologist or a mental health professional in your local area, either face to face or telehealth. For those who live in Sydney, the Centre for Emotional Health Clinic at Macquarie University offers psychological treatment. Other treatment options are listed below.

NAVIGATING THE MENTAL HEALTH SYSTEM

Finding the right help for your child can be challenging at times.

Many government and community services have long waiting lists (months, sometimes years). If you need more immediate help, visit your GP.

- Be aware that the first therapist you see may not be the best fit for your child. Persist until you find someone both you and child feel comfortable with.
- It is also important to speak to your therapist about the type of treatment approach they will be using and the evidence for this approach. For example, for anxiety problems, we know that exposure therapy is a key component of treatment, so it is critical to see a therapist who has experience in delivering exposure therapy.

LINKS TO KEY SUPPORT SERVICES

CENTRE FOR EMOTIONAL HEALTH CLINIC

Macquarie University

T: (02) 9850 8668

E: ehc.admin@mq.edu.au

mq.edu.au/CEH-clinic

IN CASE OF A CRISIS, CONTACT

- **ACT:** 1800 629 354 – Mental Health Triage Service
- **NSW:** 1800 011 511 – Mental Health Line
- **NT:** 1800 682 288 – Northern Territory Mental Health Line
- **QLD:** 1300 MH CALL or 1300 642 255 – 24-hour specialist mental healthcare
- **SA:** 13 14 65 – Mental Health Triage Service
- **TAS:** 1800 332 388 – Mental Health Service Helpline
- **VIC:** [Victoria's Mental Health Services](#) – See website for services in your area
- **WA:** 1800 676 822 – Mental Health Emergency Response Line

LIFELINE

T: 13 11 14

KIDS HELPLINE

T: 1800 55 1800

kidshelpline.com.au

HEAD TO HEALTH (AUSTRALIAN GOVERNMENT)

headtohealth.gov.au/covid-19-support

BEYOND BLUE

Coronavirus Mental Wellbeing Support Service

T: 1800 512 348

A dedicated COVID-19 [online forum](#) is available for people to share their concerns and connect online to support one another.

coronavirus.beyondblue.org.au

REACH OUT

[Online youth forums](#) and [online parents forums](#) for COVID-19 offer peer support in safe and established online communities.

au.reachout.com

MINDSPOT CLINIC

T: 1800 61 44 34

E: contact@mindspot.org.au

mindspot.org.au

HEADSPACE

headspace.org.au

AUSTRALIAN PSYCHOLOGICAL SOCIETY

psychology.org.au/FindAPsychologist

In an emergency, dial 000.