

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,

This week brings to a close the most extraordinary term of schooling I have ever experienced. Think about how you will reflect on this time and talk about it in years to come. Experiencing a pandemic, transitioning to remote learning and back again, dealing with social restrictions as well as the many economic concerns. This has put us all under pressure and tested our resilience. However, despite this, I am confident the staff, students and community of Benalla P-12 College will bounce back bigger and better than ever.

To ensure we do recover fully from this situation, we are going to have to turn to our values - the core beliefs that drive us every day. At Benalla P-12 College they are Respect, Responsibility, Integrity and High Expectations. We must focus on these and ensure we are enacting them each and every day when we are at school – and even when we are not. To show Integrity means we should show the other values at all times, regardless of the circumstances.

Very recently, I received an email from a parent, informing me of a student at our College who had gone above and beyond in the demonstration of these values. This student had not only enacted our values, but had shown incredible kindness and compassion for another student, and the parent wished for them to be recognised and acknowledged.

Student Enrolment Information

Last week students were given a copy of their 'Student Enrolment Information Form' to take home. Please take the time to check over the details and make any changes required, sign and return to the college by the end of term even if there are no changes. This is a requirement of the Department of Education and Training. Having up to date information is important if we need to contact parents/carers.

Friday 26th June
LAST DAY OF TERM
2.30PM DISMISSAL

Monday 13 July
Term 3 Commences

BENALLA P-12 COLLEGE 2021 ENROLMENTS NOW OPEN



VIRTUAL TOURS COMING SOON!

Avon & Waller Campuses

For more information contact

Jo Treacy Avon Campus 5762 1646
Sam Hazell Waller Campus 5762 2600



For enrolment packs contact the office.

Avon Campus 3 Avon Street, Benalla VIC 3671

Waller Campus 127-139 Waller Street, Benalla VIC 3671

www.benallap12.vic.edu.au

Our College Values

Respect

Responsibility

High Expectations

Integrity

TERM 3 DATES, MONDAY 13TH JULY-FRI 18TH SEPTEMBER

PRINCIPALS MESSAGE CONTINUED.....

These acts of kindness happen every day, here and in the community. People taking the time to listen to each other and support those who need it. We have many wonderful students who believe in our values and demonstrate them day in and day out. They show Respect in the way they interact with staff and students; they show Responsibility in the way they wear their uniform and attend all classes with the appropriate materials; they show Integrity by always doing the right thing; and they show High Expectations by giving their best in all situations.

It is nice to finish the term on a positive note. Despite the challenges presented by the last 11 weeks, it is incredibly heartening to see and hear that there are positives happening, and that our values do matter – even more so now as we rebuild after the effects of COVID-19.

Thankyou all once again for your work and support during this unprecedented time. I hope all families have a wonderful holiday and that everyone stays safe. We look forward to seeing all students back for the start of term 3 on Monday July 13th.

Tony Clark

Executive Principal

2021 PREP ENROLMENTS ARE NOW OPEN

Do you or a friend have a younger child due to start school next year? We are currently accepting enrolments for prospective 2021 prep students and their families. Please contact our Avon and Waller Street Campus to register your interest.

Avon Street-5762 1646

Waller Street –5762 2600



GRAB & GO Brekky Club 8.30am

Breakfast club is still available from 8:30am on all campuses. Breakfast club is a little different now as its grab and go, but its still a great place to catch up with your friends and enjoy a great start to the day

Waller Street Campus is open everyday

Faithfull Street Campus - Tuesday—Friday

Avon Street Campus - Thursdays & Fridays



PRIMARY CAMPUS NEWS -AVON STREET

This week the Avon Preps have been practicing ordinal numbers. One of the activities we did was to make and race caterpillars. We had to fold and cut the paper to make our caterpillars then we had to race them by blowing through a straw. We ordered our finishers of each race as 1st, 2nd and 3rd. Once we had finished practicing as a class, we held a caterpillar Olympics with Miss Smith's class!



TERM 1 100% ATTENDANCE



STUDENTS OF THE WEEK



Congratulations William, Sophie, Max, Josh and Valentine

GOLDEN SHOVEL AWARD WINNERS

Congratulations Ava, Lochy and Will



RED APRON AWARD WINNERS



Congratulations Dylan and Emily on being this weeks Red Apron winners

PRIMARY CAMPUS NEWS-WALLER STREET

EXPLORING CONCEPTS OF PROBABILITY!

1/2 HR had a great morning with Mr Cox!

They practiced their addition and probability with a game of greedy pigs!

Students were placed into 2 groups and helped each other adding all the numbers that Mr Cox drew out of a deck of cards all whilst learning about probability. No one wanted to get the dreaded 'four' card, as that meant game over!

Great math brains everyone!



STUDENTS OF TERM 1



On Friday we presented (belated!) **Student of Term 1** certificates to:
Back L-R: Peyton (3/4 Milvain), Charlie D (3/4 Axten) & Harry (3/4 Axten)
Front L-R: Charlie M (3/4 Milvain), Sophia (3/4 Carracher) & Lucas (3/4 Carracher)

TERM 3 DATES, MONDAY 13TH JULY- FRI 18TH SEPTEMBER

Award Winners

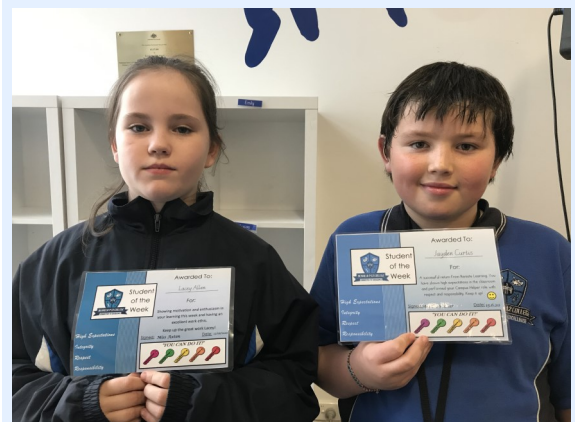


The **Golden Shovel** recipients for this week were:

Back L-R: Jackson, Noah M & Jayden
Front L-R: Noah A, Tiffany, Paige, Emily & Jai



Red Apron awards from the last week of term 1 were presented to Athena & Char-Leah



Our **Year 3/4 Students of the Week for Week 9** were: Lacey & Jayden

PRIMARY CAMPUS NEWS-WALLER STREET

PREP TERM 1 STUDENTS OF THE TERM



Congratulation to our above prep students of term 1. Pictured above with Mr Hazell are Chloe, Jonathan , Mikayla and Dianne, Leroy and Scarlett

CLARKE STREET NEWS

5/6 HUB

On Monday we held our first assembly since the return to school. Our assembly was a little different to the usual, as we connected via Google Meet and did a video call. We announced the winners of students of the week, term and the Ray White award, while the Classroom Teacher presented the awards to the winners.

This was our first virtual assembly, and it was a bit complicated at the start, with a few technical difficulties. We will be doing the virtual assemblies every assembly until the rules for COVID-19 are lifted.

By Jai Nolen and Tahlia Yates



TERM 3 DATES, MONDAY 13TH JULY- FRI 18TH SEPTEMBER

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

YEAR 12 STUDENTS-TIME TO START PLANNING

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 courses require interviews and portfolios. Some courses offer bonus points for certain subjects 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.**



ATTEND TODAY
ACHIEVE TOMORROW

CAREERS INFORMATION

1. **Encourage** your child prepare a portfolio that has everything it. This includes an up to date resume.
2. 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.
3. **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.
4. 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**



JUNE/JULY VACATION CARE

Waller Street Campus – 8:30 AM to 6 PM

Please find below details of the 10 day June/July Vacation Care Program. The program will run at Waller Campus only; planned activities are run each day.

The program does not include any excursions this time as we still have some Covid -19 restrictions we are required to follow.

The cost of the Program will be based on **\$42.75 per day**.

Additional charges for some special days are indicated below.

Please note that the cost for activities will be charged to the parent account at the end of the program and needs to be paid in full on receipt of the account.

All families are eligible to claim some level of Child Care Subsidy (CCS) which reduces the daily fee, depending on the number of dependents and combined income of your family.

Please ensure you have completed a **current enrolment form**, electronically signed the Client Written Agreement (CWA) and "Confirmed" the enrolment in your Centrelink App (MyGov). Please check this information with staff, as this needs repeating if there has been no care within 8 weeks.

BOOKINGS

AVON 5762 1646

0428 014 133

Waller 5762 2600

0407 715 660

Or email:

[masters.kerry.j@](mailto:masters.kerry.j@edumail.vic.gov.au)

edumail.vic.gov.au

[holmes.nardia.i@](mailto:holmes.nardia.i@edumail.vic.gov.au)

edumail.vic.gov.au

<u>Monday 29th June</u>	<u>Tuesday 30th June</u>	<u>Wed 1st July</u>	<u>Thurs 2nd July</u>	<u>Friday 3rd July</u>
<u>Play Ground dress up Day</u> Make hammocks and cubbies using material, test your knot tying <i>Bring lunch, snacks and cold drink</i> <i>No extra cost</i>	<u>Big Screen Movie</u> Stay on campus to watch a children's movie. Enjoy popcorn and soft drink. <i>Bring Lunch, snacks, and drink</i> <i>\$2 Extra cost</i>	<u>Science Stem Day</u> Come and have some fun experimenting with solutions and trying new things. <i>Bring lunch, snacks and cold drink</i> <i>No Extra Cost</i>	<u>Savoury snacks</u> Make some savoury snacks. Have fun making and sharing some Savoury snacks to take home. <i>Bring lunch, snacks and cold drink</i> <i><u>\$4 Extra cost</u></i>	<u>Footy Day</u> Dress in your favourite footy colours. And practise some footy skills. <i>Bring lunch, snacks and cold drink</i> <i>No extra cost</i>
<u>Mon 6th July</u>	<u>Tues 7th July</u>	<u>Wed 8th July</u>	<u>Thurs 9th July</u>	<u>Friday 10th July</u>
<u>Large Box Art</u> Create something of your own choice out of a collection of boxes, eg: train, robot, kitchen ect. <i>Bring lunch, snacks and drink</i>	<u>Cultural Cooking Day Indonesian</u> Enjoy making and eating yummy Indo food for lunch <i>Bring snacks and cold drink</i> <i><u>\$4 Extra Cost</u></i>	<u>Big Screen Movie and Chalk Drawing</u> Stay on campus to watch a movie. Enjoy popcorn and soft drink. <i>Bring lunch, snacks and drink</i> <i>\$2 Extra cost</i>	<u>Ball and Board games</u> Spend the day joining in on fun inside and outside games <i>Bring lunch, snacks and drink</i>	<u>Technology and craft day</u> Play I pads, Xbox and be crafty <i>Bring lunch, snacks and drink</i>

JUNE/JULY VACATION CARE

I would like to book for Vacation Care at: Waller Campus

My children currently attends school at: _____

Contact number: _____ Email Address: _____

Bookings are now being taken for the June /July 2020 program. Please note that we have a limit on the number of bookings for each day. If some days are booked out, your child will be placed on a waiting list. Standard charges will occur for any cancellations less than 24 hours before the day of care.

If you would like your child/children to attend, please complete the following booking form and return to the office by Friday 19th July 2020.

Bookings only accepted from families who have up to date payments on their accounts for previous care. Full payment for After School Care and Vacation Care must be made prior to bookings being made for 2020.

Childs / Children's Name: _____ **Grade:** _____

Childs / Children's Name: _____ **Grade:** _____

March 2020		Tick			Tick
Mon 29th June	Play Ground dress up day		Mon 6th July	Large Box Art	
Tues 30th July	Large Screen Movie <u>\$2 extra cost</u>		Tues 7th July	Cultural Cooking day Indonesian \$4 extra Cost	
Wed 1st July	Science Stem day		Wed 8th July	Big Screen Movie and chalk Drawing \$2 extra cost	
Thurs 2nd July	Savoury Snacks Cooking day <u>\$4 Extra cost</u>		Thurs 9th July	Ball and Board games	
Fri 3rd July	Footy day		Fri 10th July	Technology and Craft day	

INSIGHTS

Developing young people's emotional smarts



The last few months has certainly been a test of young person's emotional smarts. The ups and downs of the COVID-19 experience continues to play on the emotions of all us, but for adolescence who are going through a period of brain development, this can be a particularly tricky time. Fortunately, parents are in a wonderful position to assist and in doing so develop emotional smarts in their young people. The following strategies will help:

Talk openly about feelings

Your young person will benefit from being around adults who talk about their own emotions and feelings rather than ignoring or bottling things up. A focus on emotions builds their vocabulary and also gives them permission to do the same.

- Talk about the emotional impact that daily events such have on you
- Ask them how they feel or react emotionally to things that happen to them
- Use specific terms for feelings such as 'irritated', 'nervous', 'tense', 'annoyed'

Build awareness of the triggers

Your young person may experience mood swings due to the changes occurring in both their body and brain as well as the changes COVID-19 brings. They may feel confused and even fearful of their reactions. Help your young person recognise the situations and events that trigger different emotions. Your young person may be aware that returning to school, for example, may make them nervous but they may not realise that they become annoyed when they're told to do something rather than when they are asked.

- Discuss trigger events and moments with your young person
- Make a list of trigger moments to help him prepare for them
- Develop plans to better manage emotions before they spiral out of control

Encourage journaling

Young people often have difficulty internally processing many of the events that happen during the course of day, leading to confusion and worry. Encourage them to keep a daily diary or journal so they can make better sense of events and situations that impact on them emotionally. Getting their thoughts and emotions down on paper helps them gain clarity, gain control of their emotions and build better mental health. Writing thoughts and worries down prevents constant rumination, which often leads to catastrophising.

- Give your young person the privacy needed for journaling
- Remind them that posting on social media is different to journaling
- Share with your young person how you process your thoughts and emotions in healthy ways

Differentiate between feelings and mood

Adolescence can be a confusing time, particularly when they're changing from primary school to secondary school. Feelings of confusion and self-doubt can seem like constant companions. Help your young person understand the difference between mood and feelings. A mood can stay for a long time – days and weeks – and is impacted by the lifestyle factors such as sleep, diet and exercise. Feelings are fleeting. They come and they go. They are easily shifted with simple tools such as breathing, visualisation and distraction.

Accepting discomfort

We naturally want to feel happy and content, however life is never that simple. Your young person is more than likely learning to come to terms with that. Help them feel comfortable with unpleasant feelings such as sadness, disappointment, jealousy and frustration. Let them know that there are behaviours that can't be tolerated such as aggression and hurting others, but there is nothing so bad that they can't talk about it. Introduce them to healthy coping skills they can use to make uncomfortable situations more tolerable. These include:

- Humour: having a laugh or finding a funny side is a great coping strategy
- Normalisation: understanding that you are not the only person experiencing something helps to rationalise thinking
- Distraction: taking a break from a situation if only for a short time is very therapeutic
- Compartmentalisation: stopping an event infecting all areas of life is a wonderful coping skill
- Goal-setting: finding solutions to problems and taking the first steps needed to reach them creates a sense of hope and momentum

Emotional intelligence is a skill that grows over time. It's like working out at the gym – those muscles will take time to build. Similarly, those emotional muscles will take some time to grow stronger. They may need time to talk about and explore their feelings, and become more accustomed to experiencing feelings, even those that make them feel uncomfortable.



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.