

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,

Communication with families

This time during remote and flexible learning, staff will not be making regular phone calls home to students/parents every day. If a child is 'absent' – doesn't log on to complete work each day – this will be followed up on the day by our office staff. If this happens on more than one day it will be followed up by year level co-ordinators, wellbeing staff and class teachers.

Please also note that staff are still working during the day. Many primary staff are on site supervising students and secondary staff have been instructed to follow their normal timetables and be available to students during school hours. Staff will respond as soon as they can, but if they receive a message/email etc outside of normal school hours they may not get back to you until the following day. Please be patient and understanding as staff have their own families to look after and households to run. They will get back to you.

Onsite Learning

Attendance onsite during the day is only for children whose parents and working AND where no other arrangements can be made. There is provision for vulnerable students to be invited into school. If this is the case, we will contact you to discuss and make arrangements.

Please understand that in these circumstances, your child is much safer being at home. The more we can minimise people on site and people moving around, the better off we will all be and the sooner we will be free of the restrictions. We know that remote learning is hard. If you need support, please contact the school to discuss, however, sending your child to school is only a last resort.

Attendance

This time around during remote learning, we have expected secondary students to log on to Google Classroom for every class to collect work and answer an attendance question. This has been working well so far and we are having much better attendance rates for all secondary students. Thankyou to all the parents out there who are promoting this expectation and supporting students to get online for every class. It will make a big difference for student engagement and learning during this difficult time.

Our primary students are also engaging really well. Thankyou also to parents for responding via Class Dojo each day to indicate that students have completed work for the day.

Email: benalla.p12@education.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

Our College Values

Respect

Responsibility

High Expectations

Integrity

Values and Expectations

Our College has a statement of values and expectations for all members of the community, which sets out our expected behaviours to ensure we all interact with each other in a safe and supportive environment. This statement applies to all staff, students, parents and visitors to the school.

Given that this is a time of increased stress and anxiety for some, and there is much greater communication between the school and individual parents and families, the importance of having clear expectations for behaviour is even more important. During these times we need to be mindful of each other and to communicate in a respectful way at all times. If there are any issues or concerns, I encourage all parents to deal with these in an appropriate way by contacting the school and raising the issue with me directly. It is vital that we all work together during this challenging period to focus on the best outcomes for our students.

Tony Clark

Executive Principal

2021 PREP ENROLMENTS ARE NOW OPEN

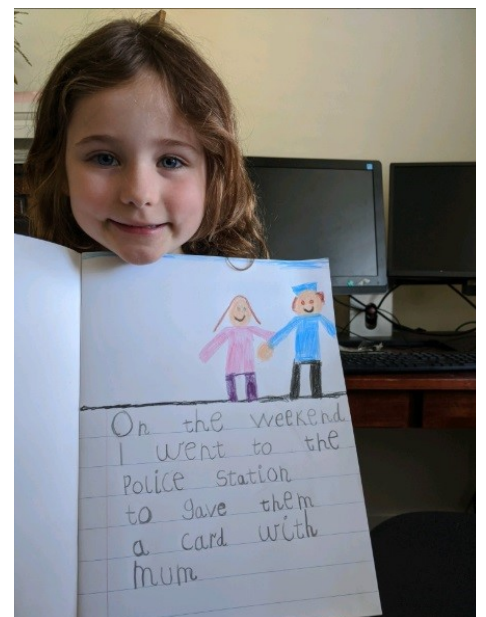
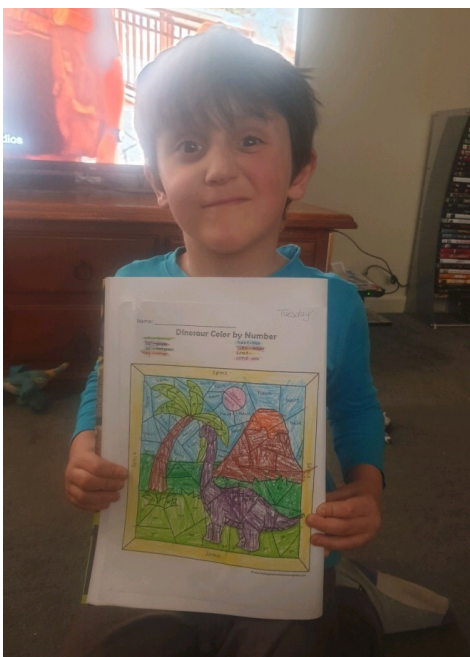
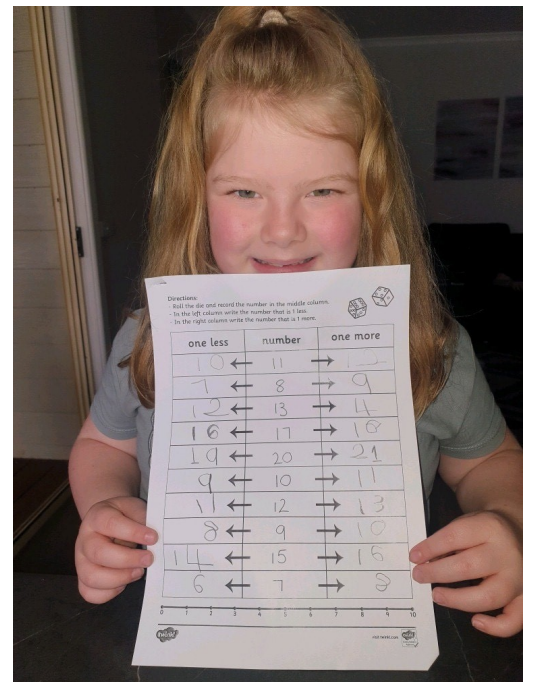
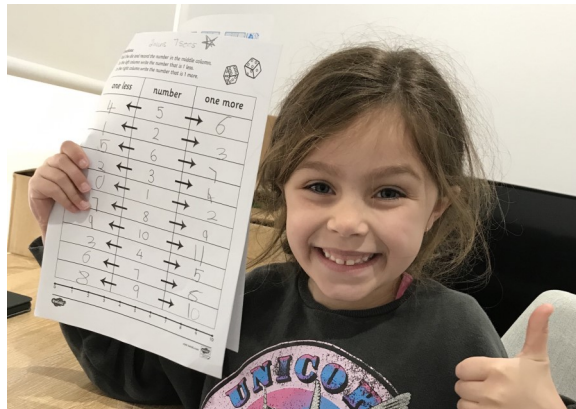
Do you or a friend have a younger child due to start school next year? We are currently accepting enrolments for prospective 2021 prep students and their families. Please contact our Avon and Waller Street Campus to register your interest.

Avon Street-5762 1646
Waller Street –5762 2600



PRIMARY CAMPUS NEWS-REMOTE LEARNING 2.0

Our Preps at Benalla P-12 have been doing an amazing job during Remote Learning 2.0! They have been learning about addition, 2D shapes, tricky words, animal diets and of course, focusing on our reading. We are so proud of what our Preps can do, and they do everything with a smile!



Staying Connected

Please make sure you log into your Google Classrooms at the start of each lesson and answer the attendance question.

Every Monday read this newsletter. It will update you on latest advice and arrangements for the week.

Other important information can be found on your Year Level Google Classroom.

All Year 7-9 students have been invited to these classrooms.

School Values Awards

Year 7: Abbey-Rose Richards, Alexia Squires, Allannah Metcalfe, Amber Armstrong, Anastasia Hunter-Barton, Aria Winkler, Blake Wilson, Brandon Sebaly, Charlie Pullicino, Charlotte Quilliam, Charlotte Rowland-Williams,, Cohen Symes, Daisy Coleman, Deisel Bondin, Diesel Vella, Eloise Armstrong, Emily Buitenhuis, Emily Hedt, Euan Winton, Hamish Willett, Hayden Paull, Isobel Sutherland, Jaxon McCarthy, Joshua Robertson, Jyai Godwin, Keely Williams, Koren Bonnitcha, Logan Witherow, Mackenzie Bickerdike, Matilda Martin, Paige Daly, Riley Hupe, Rory Buntine, Skylah Bull and Zach Schluter.

Student of the week: Emily Hedt, Brandon Sebaly, Euan Winton, Blake Wilson and Zach Schluter.

Year 8: Jude Ballantyne, Tyler Begnone, Jett Buntine, Hailie Maddox, Cody Marks, Jack Anderson, Teresa Cairns, Taylor Holland, Rose Mathieson, Jett Morgan, Tyler Stowermann, Grace Cooney, Max Cullen, Annabelle Lowe, Benjamin Spinks, Max Woods, Cooper Woods, Imogen Biddle, Hannah Brain, Kaylah Devlin, Ryley Ely, Rachael Fowles, Alia Heeps, Gemma Mathieson, Jye Pastuszka-McMahon and Pasan Ranathun Gamage.

Student of the week: Hannah Brain and Pasan Ranathun Gamage

Year 9: Anna Jay Evans, Anthony Stowermann, Benjamin Sutherland, Claudia Guy, Cody Spencer, Dylan Whitelaw Orton, Hailie Keogh, Jasmine Woodford, Kaitlyn Barrow Glass, Kayne Clark, Kyle Termorshuizen, Larissa Mackay, Madison Brain, Memphis Williams, Montanna Sarre, Rylie Hawking and Waylon Walker.

Student of the week: Kyle Termorshuizen

100% attendance for of Remote Learning 2.0

Year 7: Mackenzie Bickerdike, Paige Daly, Emily Hedt, Jaxon McCarthy and Deisel Vella

Year 8: Jude Ballantyne, Imogen Biddle, Hannah Brain, Rachael Fowles and Gemma Mathieson

Year 9: Kayne Clark, Kyle Termorshuizen, Jasmine Woodford and DJ Whitelaw Orton

Tips For Remote Learning

1. Staying organized and having a strong routine are crucial. Structure your day like a normal school day. You need to log in to your subject Google Classrooms at the start of each lesson and answer the attendance question. This is how we are marking the roll this time so this is critical for your attendance.
2. Set up a space where you can work uninterrupted.
3. Have a recess and lunch break at the school time and in this break try to get a bit of exercise/fresh air.
4. Look after your well being. Make sure you connect with your friends and have some fun.
5. Constant media coverage can keep you in a heightened state of anxiety—try to limit related media exposure and focus on factual information from reliable, trustworthy sources of information.

Final Message :

Well done to all of those who received school values awards, student of the week and those who attended all classes. Please also watch the video about expected behaviours during online classes.

Have a great week.

School Values

I will

Be Respectful

Be Responsible

Have High Ex-pectations of myself

Show Integrity

Respect Responsibility

High Expectations Integrity

I will

**Participate in online classes and
check ins**

Use kind words in on line classes

I will

**Check in daily for my attendance
in classes.**

**Regularly check my Google
Classroom**

I will

Keep a tidy study space

**Complete my work to the best of
my ability**

I will

**Maintain a positive attitude to
re-mote learning**

**Attempt all task and ask for help
if it is needed**

Staying Connected

Please make sure you log into your Google Classrooms at the start of each lesson and answer the attendance question.

Every Monday read this newsletter. It will update you on latest advice and arrangements for the week.

Weekly Year Level Assemblies via WebEx on Tuesdays:

Year 12 assembly at 11:30

Year 10 and 11 joint assembly at 12:00

Go to your Year Level Google Classroom and click on the link.

Course Counselling for 2021

A huge thank you to all of the Year 10 and 11 students who have completed their courses for 2021.

Thank you also to all of the parents/carers who made themselves available to be part of the course counselling process carried out remotely. It is really important that we work as a team to get the best educational outcomes for our students.

To the handful of students who have not completed the process—please email Ms Martin your courses and I will organize your interview.

Health and Wellbeing

A reminder that the Benalla P-12 College “Mental Health and Wellbeing Guide to Remote Learning” is an excellent resource. It contains numerous tips, tricks and online resources that help promote positive health and well being for students and families.

Keep Active

Exercise is crucial to maintaining and promoting positive health as well as your mental health. We are currently only allowed to go outside for one form of exercise a day so make it count! The harder you work-out and push yourself, the more endorphins you will release and the better you will feel. Try to go out for an early morning or late evening run to avoid people, which will help with social distancing.

The guide contains many apps and websites for running, home workouts, Centrfit and yoga online videos.

Final Message : We can do this!! Ms Martin

Find out more at [Global Science and Technology Program](#)

Useful YouTube Recordings on Courses

Biomedical Science: <https://youtu.be/LIRYbedQo8o>

Commerce and Business: <https://youtu.be/5ktwqfdbxqo>

Communication: <https://www.youtube.com/watch?v=JiAKJ9el5ao>

Criminology: <https://youtu.be/HWu3eGkeuJg>

Creative Arts: <https://youtu.be/gH85fmsNp6Q>

Design: <https://youtu.be/mipnTzsWRBQ>

Environmental: <https://youtu.be/AHWsiQsZpWs>

Law at Deakin: https://youtu.be/_4oLrZX3pP0



MONASH University Monash Entry Schemes

At Monash, we know that a student's ATAR might not accurately reflect their ability. Life can be a bumpy road, and there are all sorts of circumstances that can get in the way of a student's academic achievement.

We operate two schemes – the Monash Guarantee and the Special Entry Access Scheme (SEAS) – that can help students enter their preferred course, even if their ATAR is below the lowest selection rank.

By having two schemes, Monash wants to create a level playing field for everyone who aspires to an exceptional education. By operating both schemes, Monash can also help as many students as possible reach their full potential.

Students do not have to choose between the two schemes – depending on their situation and background, they could be eligible for one or both.

The Monash Guarantee

The Monash Guarantee can get a student into a Monash course even if they do not reach the course's lowest selection rank. Students could be eligible for the Monash Guarantee if they:

have experienced [financial disadvantage](#)

live in a [low socio-economic area](#)

are an [Indigenous Australian](#)

attend a [Monash list under-represented school](#)

So, every Monash undergraduate degree has a [Monash Guarantee ATAR](#), which is lower than the expected selection rank for that course. For most courses, if a student meets the [eligibility criteria](#), achieves the Monash Guarantee ATAR (starting at 70.00), and completes all course prerequisites, they will be eligible for a place at Monash. To be considered for the Monash Guarantee, Year 12 students must *submit a VTAC course application, complete a Special Entry Access Scheme (SEAS) application including any required documentation, and complete a VTAC Scholarship application.*

Find out more at [The Monash Guarantee](#).

Special Entry Access Scheme (SEAS)

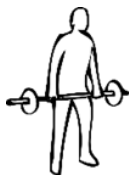
SEAS adjusts a student's ATAR in recognition of circumstances that may have affected their education. This gives students a better chance of getting an offer for the course they want. Monash uses this adjusted ATAR for selection into a course.

Find out more at [Monash SEAS](#)

**Dates for Term 3**

Year 12 VTAC timely applications – opened 3 August and closes 30 September

VTAC SEAS and Scholarship applications open 3 August and closes 9 October

What is a Sports Physiotherapist?

The [Health Times](#) website indicates that sports physiotherapy is a *specialised branch of physiotherapy, and sports physios provide advice on how to avoid sports injuries, treat injuries and help recovery for those playing recreational sport right through to elite sport.*

A sports physio is a registered physiotherapist who has achieved further study after completing a physiotherapy degree - in which students achieve an understanding of the physical, structural and the physiological aspects of human form and movement.

To become a sports physio, one will first need to complete a four-year bachelor degree in physiotherapy. Alternatively, students can complete an associated bachelor degree, such as in exercise physiology, followed by a postgraduate qualification in physiotherapy.

Physiotherapists can later choose to practice in sports physiotherapy but are unable to refer to themselves as a sports physio until they have achieved titled membership of the [Australian Physiotherapy Association \(APA\)](#).

Snapshot of Melbourne Polytechnic in 2020

Melbourne Polytechnic has been delivering vocational training since 1912 and today offers a diverse range of innovative, hands-on TAFE (VET) and Higher Education (Degree) program

- In October 2014, the Northern Melbourne Institute of TAFE (NMIT) changed its name to Melbourne Polytechnic

There are hundreds of [courses](#) to pick and choose from at Melbourne Polytechnic including pre-apprenticeships, apprenticeships and traineeships, and short courses too

Melbourne Polytechnic offers students a range of [services](#), facilities and learning resources across its campuses. There are six libraries, as well as learning services, conference facilities, restaurants and much more

Melbourne Polytechnic has a range of [campuses](#) including two Skills and Job Centres in Northland and Plenty Valley

Melbourne Polytechnic also participates in the [Free TAFE](#) for Priority courses

A number of [scholarships](#) are available to a range of students, and they differ from semester to semester and year to year so students are encouraged to keep an eye on what may be available to them.

News from Deakin University**Global Science and Technology Program at Deakin**

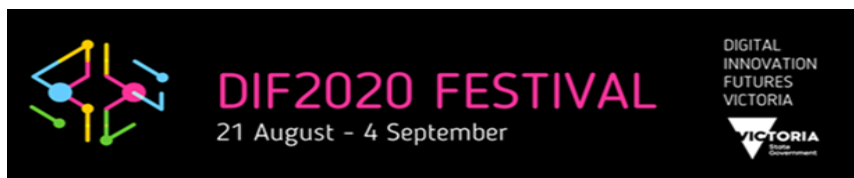
The **Global Science and Technology Program** aims to recognise, reward, and support high-achieving students, by providing opportunity for overseas study. It aims, therefore, to add an international experience to a students' degree, supporting them in developing new skills and a broader world view while studying overseas.

A minimum ATAR of 80.00 is required for entry into this course, and students must also meet the entry requirements of Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.

Successful applicants will be offered a monetary scholarship to assist with travel costs and will be required to participate in the Deakin Global Citizenship Program.

Scholarships will be awarded across the faculty to students undertaking any course offered by the Faculty of Science, Engineering and Built Environment.

INSTITUTION	DATE	TIME	CONTACT DETAILS
Australian Catholic University Melbourne Campus Virtual Tour Ballarat Campus Virtual Tour	Sat 29 August Sat 5 September Sat 12 September	9am -3pm 9am -3pm 9am – 3pm	1300 275 228 Email: opendayvic@acu.edu.au Register for any of the three Open Days at https://openday.acu.edu.au/AskACU – students can call, submit an online question, or start a chat
Australian National University Virtual Tour	Sat 22 – 28 August	Various times	https://www.anu.edu.au/events/anu-open-day
Bond University Virtual Tour	Sat 25 July	1pm – 5pm	1800 074 074 https://bond.edu.au/open-day
Collarts	Sat 29 August		https://www.collarts.edu.au/open-day
CQUniversity	Sat 1 August Sat 15 August	10am – 1pm	13 27 86 https://www.cqu.edu.au/courses/future-students/future-study-options/open-days
Charles Sturt University	6 - 17 Sept (select days)	Various times	https://study.csu.edu.au/life/events/open-day
Deakin University & Deakin College All Campuses	Sun 16 August	9am – 4pm	1800 334 733 https://www.deakin.edu.au/openday (03) 9244 5197 Deakin College
Federation University Virtual Tour	Sun 16 August		1800 333 864 https://federation.edu.au/openday
Griffiths University Nathan Campus Virtual Tour Gold Coast Campus Virtual Tour	Sun 9 August	9am – 2pm	1800 677 728 https://www.griffith.edu.au/open-day
Holmesglen Institute All Campuses Virtual Campus and Study Tours	6 August	Various times	1300 639 888 Online bookings are essential www.holmesglen.edu.au/opendays
La Trobe University & La Trobe College Melbourne Campus Virtual Tour Shepparton Campus Mildura Campus Albury-Wodonga Bendigo Campus Virtual Tour	Sun 2 August Sun 23 August Sun 23 August Sun 23 August Sun 23 August	10am–4pm 10am–3pm 10am- 3pm 10am- 3pm 10am – 3pm	1300 135 045 Register to participate at http://www.latrobe.edu.au/openday (03) 9479 2417 La Trobe College
Monash University & Monash College	Sat 29 August Sun 30 August Mon 31 August	10am – 2pm 10am – 2pm 4pm – 7pm	1800 666 274 www.monash.edu.au/openday (03) 9903 4788 Monash College
Photographic Studies College	Sun 2 August	tbc	(03) 9682 3191 or 1300 818 777 https://www.psc.edu.au/study-with-us/psc-virtual-open-day.html
RMIT Bundoora, City & Brunswick Campuses	Sat 8 & Sun 9 August	10am – 3pm	9925 2260 www.rmit.edu.au/openday
SAE Qaninm South Melbourne Campus	Sun 30 August	11am – 2pm	1800 723 338 https://sae.edu.au/news-and-events/events/melbourne-campus-open-day-16-august-2020/?date=2020-08-16&id=558
Swinburne University Hawthorn Campus Virtual Tour	From Wed 12 August	Various times	1300 SWINBURNE http://www.swinburne.edu.au/openday/
Torrens University	On demand	On demand	1300 575 803 https://www.torrens.edu.au/about/virtual-open-day
University of Melbourne Parkville and Southbank Virtual Tour	Sat 5 – Sun 6 Sept		1800 801 662 https://study.unimelb.edu.au/openday
University New South Wales (UNSW) Canberra Campus (ADFA) Virtual Tour Sydney Campus Virtual Tour	Sat 22 August Sat 5 September	9am 4pm 9am -4pm	1300 864 679 https://www.events.unsw.edu.au/event/adfa-open-day https://www.events.unsw.edu.au/event/unsw-open-day-0
University of Tasmania Virtual Presentation	28 – 30 August	10am – 5pm	https://www.utas.edu.au/open-day
Victoria University Footscray Park Campus Virtual Tour City Flinders Campus Virtual Tour City Queen Campus Virtual Tour	Sat 29 August	12pm – 6pm	1300 842 864 https://www.vu.edu.au/open-day-2020
William Angliss Institute of TAFE	Sat 1 & Sun 2 August	tbc	1300 264 5477 https://www.angliss.edu.au/study-with-us/meet-us/OpenDay/



HOLD THE DATE



**Virtual BiG Day In Wangaratta Wednesday 26 August 2020
9.00am to 12.00pm Guest Speakers include:**



Dr Tim Kitchen – Adobe



Calvin Davidson – Microsoft



Mike Gardiner - Buzzy Games

PLUS! Emma Jones – GHD & Nick Cooper – Issimo

Join us on **26 August at 09.00am (AEST)** online for
2020 Virtual BiG Day In Wangaratta LIVE presentations

<https://www.thebigdayin.com.au/live-wangaratta>

**No registration required - just click on the link above on the day &
select 'Watch on the Web'**

Students will be able to ask questions in the Q & A session
by clicking on the 'Ask a Question' button

- Each presentation will be approximately 25 minutes
- Further details on our website - more details to come!

www.thebigdayin.com.au



ONLINE -Tuning into Kids

A 5 week program via **ZOOM** for parents/carers of children 2-10 years of age that helps you tune into your children's emotions and manage their behaviour.

Learn about:

- "Emotion coaching" - helping children to understand and regulate their emotions.
- Responding to your children's individual needs in ways that suit the child and the family.
- Problem solving and managing strong feelings.
- Using children's emotional experiences as an opportunity for connection and teaching.



Online via
ZOOM

Time: 10am to 12pm



Wednesday
19th August to 16th
September 2020

What do I pay?

FREE



Bookings Essential

Email:

gerda.schaap
@gatewayhealth.org.au

REMOTE LEARNING AT BENALLA P12 COLLEGE 2.0

A Guide to Online Learning



1

FOLLOW YOUR NORMAL TIMETABLE

- Your teachers will set work to be completed during each lesson a week.
- If you can't remember your timetable reach out to your coordinator.



2

SIGN IN EACH CLASS

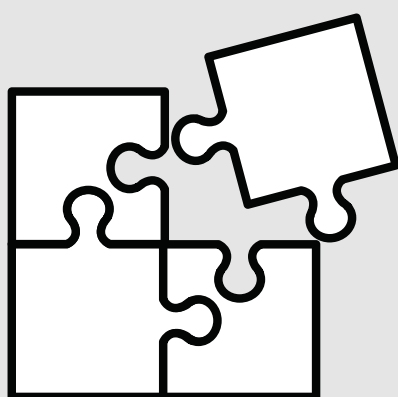
- Students must record attendance for each class every day on Google Classroom.
- Each subject teacher will keep track of you work completion to help you stay up to date.



3

NEED HELP?

- Teachers will be available during your scheduled class time via email or Google Classroom.
- IT help can be accessed by emailing helpdesk@benallap12.vic.edu.au



4

SUBMITTING WORK

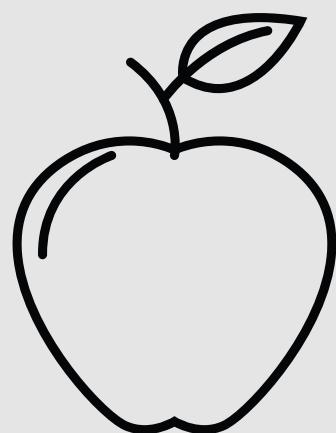
- Submit your work by the due date set by your teacher. This may be the end of the lesson or later if it is a larger task.
- Upload work to Google Classroom so your teacher can mark it and give you feedback.



5

VIDEO LESSONS

- Once a week your teacher may ask you to attend a video lesson during your scheduled class time. They will be short and used to check in on your progress.
- If your teacher decides to run a live lesson they will send you the information on Google Classroom.



6

LOOK AFTER YOURSELF

- Get outside
- Eat Well
- Exercise
- Stick to a Routine
- Let your teachers/coordinator know if you are getting overwhelmed.



Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at headspace.org.au/centres



Create a headspace account

Just by visiting the headspace website at headspace.org.au and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health