

# 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,

By now most of you would have heard about the Premier's 'roadmap' out of lockdown announced yesterday, and how this will change things for us in regional Victoria. As yet, there is no specific information for schools about changes to operations, but there were some key announcements made yesterday that give us some sort of plan for the future.

What we do know for sure is that all schools will remain in remote and flexible learning until the end of this term – Friday September 18<sup>th</sup> - and for the first week of term 4 starting Monday October 5<sup>th</sup>. Senior secondary students will attend school on Wednesday October 7<sup>th</sup> to sit the GAT in that first week back, and may be able to attend to complete other essential assessments if required by the teacher. The Minister also reinforced the guarantee that VCE and VCAL students would get their results before the end of the year and would not be disadvantaged compared to students from other states.

This means that for the next two weeks all students will need to continue logging on each day as required and completing set work. This may change for the last week in order to provide time for students to 'catch-up' on work that has not been completed in the previous 6 weeks. We will communicate this to you when final arrangements are made.

During these last two weeks and the first week of Term 4, we will continue to offer on-site supervision for children of parents who are working and for our vulnerable students. Arrangements that have been put into place to 'book in' for on-site supervision will remain the same.

The second week in term 4, starting on Monday October 12<sup>th</sup>, will see a staged return to face to face learning for all students. What this will look like and which year levels it will involve are still to be determined and will be communicated to you as soon as they are known. These arrangements are still dependant on the thresholds being met and maintained.

This has been an incredible year in many regards and one that we will all remember. Things may yet change again, but as for now, we have a plan to return to face to face learning soon. Let's hope everyone continues to stay safe and do the right thing and we can resume 'normal' schooling.

Regards, Tony Clark  
Executive Principal.

Email: [benalla.p12@education.vic.gov.au](mailto:benalla.p12@education.vic.gov.au)  
Web: [www.benallap12.vic.edu.au](http://www.benallap12.vic.edu.au)

Avon St	Waller St	Clarke St	Faithfull St
Yrs F-4	Yrs F-4	Yrs 5-6 Hub	Yrs 7-12
P: 035762 1646	P: 035762 2600	P: 035761 2752	P: 035761 2777
Attendance Hotline	Attendance Hotline	Attendance Hotline	Attendance Hotline
035762 1646	035762 2600	035761 2747	035761 2747

### Our College Values

Respect

Responsibility

High Expectations

Integrity





ART NEWS

This week the Prep – 6 students worked on the “Fly Away” activity and to create Dandelions blowing in the wind. They used a lid to trace out a circle then explored water colour paints on wet paper to mix, bleed and blend achieving some amazing patterns.

They then used a Sharpie to add line details.

Some students also finished off their “Monster Mash-up” using their choice of water colour pencils, texta with a wet brush or oil pastels.

We are all very proud of their efforts. Keep up the great work!





## MORRISBY INTERVIEWS FOR YEAR 9 STUDENTS - SEPTEMBER 14th AND 16th

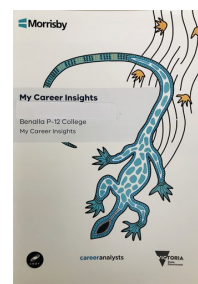
Congratulations to all Year 9 students who have now completed their Morrisby on-line assessment and are ready to have a 1:1 interview with a careers consultant. This is a great opportunity to review your results and discuss training, higher education and employment pathways. This report will form part of each student's Achievement Portfolio and will assist with subject choices in senior school and beyond.

Students have been given an appointment time below. Details of how to contact your interviewer on Webex will be emailed to you. Note that there are 2 interviewers working on Wednesday 16 September.

Please log in at least 5 minutes prior to your scheduled time. Parents and carers are also welcome to be part of this interview.

If you have any questions please email me at - [susan.oakley@education.vic.gov.au](mailto:susan.oakley@education.vic.gov.au)

Sue Oakley (Pathways to Retention Coordinator)



### Monday 14 September - Interviewer - Faye Jasper

<u>TIME</u>	STUDENT
9.00 am	Katie Barrow-Glass 9B
10.05 am	Anna-Jay Evans 9B
11.30 am	Shayne Kaltsis 9B
12.15 pm	Anthony Stowermann 9B
1.00 pm	Montanna Sarre 9B
2.10 pm	Cody Spencer 9B
2.55 pm	Memphis Williams 9B

### Wednesday 16 September - Interviewer - Faye Jasper

TIME	STUDENT
9.00 am	Jacob Adams 9A
10.05 am	Jack De Kleuver 9A
11.30 am	Isaac Hall 9A
12.15 pm	Hailie Keogh 9A
1.00 pm	Ebony Manning 9A
2.10 pm	Rhys Milburn 9A
2.55 pm	Katelyn Sellars 9A

### Wednesday 16 September - Interviewer – Tanya Honeychurch

TIME	STUDENT
9.00 am	Maddison Stow 9A
10.05 am	Dylan Whitelaw Orton 9A
11.30 am	Jett Bunter 9A
12.15 pm	Makayla Hoffmann 9A
1.00 pm	Christopher Marshman 9A
2.10 pm	Paris Russell 9A
2.55 pm	Shayla Pace 9B

## Virtual workshop with Darren Pereira

Next week students in Year 7 to 10 will be required to participate in a virtual workshop with Darren Pereira. The link and workbook will be posted to each Year levels Google Classroom with an attendance question. Students need to login and mark their attendance before completing and returning their workbook as they watch the presentation. The following times have been allocated for the completion of this work:

Year 7 – Thursday 10<sup>th</sup> September Period 1 and 2

Year 8 - Thursday 10<sup>th</sup> September Period 3 and 4

Year 9 – Friday 11<sup>th</sup> September Period 1 and 2

Year 10 – Friday 11<sup>th</sup> September Period 3/4



# Sora

The student reading app

## NEED SOMETHING TO READ

Then discover **SORA** our **FREE EBOOK & AUDIOBOOK** platform .

Collections include but not limited to:

- Read Along Books
- Comic & Graphic Books
- Laugh out Loud Reads
- From Aliens to Zombies: Science Fiction & Fantasy

You can access SORA via the Soraapp or by opening SORA using a web browser on your desktop.

To login you will need to select our School and enter your School login details.

Happy Reading  
Mrs Fraser/Library Manager

# 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.



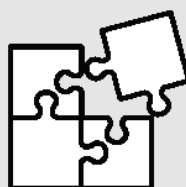
### 2 SIGN IN EACH CLASS

- 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](mailto: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.

## STAYING CONNECTED

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

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

## SCHOOL VALUES AWARDS

**Year 7:** Mackenzie Bickerdike, Rory Buntine, Murray Davis, Chelsea Edgar, Nikita Hanson, Liam Howard, Riley Hupe, Jaxon McCarthy, Isobel Sutherland, Hamish Willett, Keely Williams, Amber Armstrong, Emily Buitenhuis, Daisy Coleman, Manni D'Arma, Sky McNaughton, Charlotte Quilliam, Charlotte Rowland-Williams, Alexia Squires, Liam Sulman, Diesel Vella, Aria Winkler, Deisel Bondin, Shontee Connor, Paige Daly, Emily Hedt, Matilda Martin, Charlie Pulicino, Abbey-Rose Richards, Brandon Sebaly, Cohen Symes, Damon Vaughan, Euan Winton, Eloise Armstrong, Koren Bonnitcha, Jaidyn Chee, Darcy Lindsay, Hayden Paull, Joshua Robertson, Zach Schluter, Paige Simpson and Blake Wilson.

**Student of the week: Amber Armstrong, Manni D'Arma, Diesel Vella, Emily Hedt, Abbey-Rose Richards and Zach Schluter.**

**Year 8:** Jude Ballantyne, Tyler Begnone, Jett Buntine, Jakob Decker, Declan Fletcher, Hailie Maddox, Cody Marks, Timothy Matkovich-Allan, Samantha Teasdale-Poole, Tyson Turner, Yanru Zong, Sunny Freeman, Jackson Lindsay, Jett Morgan, Lincoln Terry, Marlee Townsend, Grace Cooney, Dakota Lindsay Whitelaw, 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: Pasan Ranathun Gamage, Alia Heeps and Kaylah Devlin.**

**Year 9:** Christopher Dosser, Anna Jay Evans, Rylie Hawking, Zoe Horsfall, Larissa Mackay, Memphis Williams, Ebony Armstrong, Bailey Bickerdike, Jazmine Blyss, Maddison Brain, Kayla Gracie, Oliver Hall, Jennifer Ludvigh, Eliza Manning, Isabelle Martin, Alice O'Brien, Nicole Patterson, Kyle Termorhuizen, Charlize Thomson, Waylon Walker and Ella Willett.

**Student of the week: Waylon Walker, Nicole Patterson, Kyle Termorhuizen, Kayla Gracie, Bailey Bickerdike, Larissa Mackay and Rylie Hawking.**

## 100% Attendance

**Year 7:** Amber Armstrong, Mackenzie Bickerdike, Emily Hedt, Jaxon McCarthy, Hayden Paull, Abbey Richards, Zach Schluter, Hamish Willett and Keely Williams

**Year 8:** Jett Buntine, Lincoln Campbell, Kaylah Devlin, Declan Fletcher, Sunny Freeman, Jemma Haunser, Alia Heeps, Hailie Maddox, Gemma Mathieson, Jye Pastuszka- McMahon, Tyson Turner, Hannah Brain, Jude Ballantyne and Imogen Biddle.

**Year 9:** Jack DeKleuver, Anna Jay Evans, Rylie Hawking, Michael Maddox, Tyler McGregor and Nicole Patterson.

## Tips For Remote Learning

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.

Set up a space where you can work uninterrupted.

Have a recess and lunch break at the school time and in this break try to get a bit of exercise/fresh air.

Look after your well being. Make sure you connect with your friends and have some fun.

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.

## COMMUNITY GRANTS

In the past week, the council news for August was placed in your mailbox. Brandon Sebaly received a community grant for the Benalla Aviation Museum, well done Brandon.



Brandon Sebaly received a Youth Participation Grant, which he put toward purchasing new mannequins for the Benalla Aviation Museum. Congratulations, Brandon.

## THE ROAD

In last week's Benalla Ensign, Ebony Armstrong has had a Poem published in the Poet's Corner.

*I'm on the long and winding road.  
My future is my goal.  
The road is hard and unforgiving,  
And that will take its toll.  
I'm on the long and winding road,  
With bumps round every bend.  
The road seems to stretch for forever...  
I doubt it has an end.  
I'm on the long and winding road,  
Going around twists and lurching turns.  
I've no idea where it actually leads...  
Because, well... NO ONE really knows.  
I'm on the long and winding road,  
With challenges unforeseen.  
But while this winding road may be a tough one,  
It can't be worse than where I've been*

## YEARS 10-12 NEWS –FAITHFULL STREET CAMPUS

### Staying Connected

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

Weekly Year Level Assemblies via WebEx on Tuesdays:

Year 12 assembly at 11:30

Year 10 and 11 joint assembly at 12:00

### 100% Attendance 28 August—3 September

A huge congratulations on 100% attendance to

Year 10: Evelyn Biddle, Maria Campbell, Cindy Daws, Isabelle Fowles, Lachlan Hupe, Ella Sheehan. Year 11: Alex Dowe, Ainsley Gilchrist, Chloe Glazebrook, Harry Hodge, Elliot McCallum, Charlie Paterson, Jessica Patterson, Lachlan Sands, Madison Stovell, Adrian Thaus, Zoe Thomson. Year 12: Ruby Desailly, Sienna Fox, Jessie Gervasoni, Amber Heaney, Sahara Hunter-Barton, Chelsea Mackinnon, Ebony Mathieson, Edward Mentiplay Smith, Cooper Nichols, Mackenzie Woods, Maddison Woods.

And congratulations on 90% attendance

Year 10: Dylan Brain, Darcy Edgar, Samuel Heaney, Mitchell Hooper, Jackson Squires. Year 11: Sara Green, Asha Rettke. Year 12: Rhianna London, Jemma Smith, Jesse Walker.

### Special GAT Revision Session

#### Tuesday September 15 at 11:30—12:30

All Year 12 VCE and Year 11 Fast Trackers need to attend. This is a 60 minute presentation looking at the writing tasks in the GAT. We are lucky enough to have a presenter who is an ex-GAT assessor, so he knows what is important. He covers how to respond to the material in a way that meets the criteria. He provides strategies for each writing section and how to approach each section with purpose and confidence.

We are also mailing out a hard copy of the 2019 GAT which we strongly recommend you do under exam conditions, using the full 3 hours of writing time. Remember—the GAT is extremely important this year, you need to make sure you prepare properly and practice as much as you can. You need to practice having the stamina and persistence to spend 3 hours on the exam. Practice GAT Wednesday September 23 10am—1:15pm. Yes, at home, in the holidays!!

**Final Message :** We can do this!! Ms Martin

**IndustryLive**

**2020 bookings  
now open!**



### **What is Industry Live all about?**

- Industry representatives can't always come together with schools at short notice to answer questions, share ideas, provide career education and ideas to help inspire students' future pathways.
- The convenience of videoconferencing allows us to use the power of technology to connect students, teachers and industry volunteers without leaving the classroom or workplace.
- Give students the opportunity to hear first-hand from a wide range of people in different jobs with diverse pathways to those jobs.
- Provide students with ideas to help them choose the best career for them.
- This 45 minute facilitated discussion format provides an engaging context to allow students access to industry mentors they might not otherwise have.

### **Event format**

- 1-hour timeslot (includes 45 min student contact + evaluation survey).
- All Industry Live events are free of charge.

### **Suggested cohorts/grades**

Industry Live is open to all students across Australia in Years 6-12.

### **Parent and community involvement**

We welcome parents and families along to watch the sessions.

### **What is required to be involved?**

You will need a computer (laptop or desktop) with a webcam and a microphone to allow you to communicate virtually.

You will also need access to Zoom. However, please note that you don't require your own licence to Zoom or any specific software installed to run it, you should simply be able to use the Zoom links that the Beacon Online team provide.

As part of your booking, you will be trained in how to access and use the appropriate technology and the Beacon Online team will perform a "tech check" with you prior to delivery.

We also provide links to career exploration resources after each event.

### **What careers topics are there?**

For the rest of the year the topics are Careers On and Off Screen, Working with Animals / Working Outdoors and Job Interviews

How do I find out more and register?

Head over to <https://ebeacon.net.au/industrylive/> for more information and to register.



## camps, Sport & Excursions Funding (CSEF) Extension

To recognise the challenges faced by our parent community during 2020, the Minister for Education has extended the eligibility for CSEF to 5 October 2020, with applications due by 27 November 2020. If you have not previously applied for CSEF and hold a valid Centrelink Card (Health Care Card, Pension Card etc) please contact the General Office for an application form. You may be eligible for government support of \$125 for primary aged students or \$225 for secondary students.

## VCE Extension Studies in 2021



### Deakin University – Deakin Accelerate

**Deakin Accelerate** is a distinctive VCE higher education program that allows students to study two first-year university subjects during Year 12. Studying one subject per trimester, this selective program gives students a head-start into university studies and also provides a potential boost to their all-important ATAR score. Besides the challenge of taking on a university subject, this subject will also count as part of the VCE and contribute towards the ATAR as the fifth or sixth subject. There are no tuition fees for Deakin Accelerate.

Find out more, including the subjects on offer, at <https://www.deakin.edu.au/courses/entry-pathways/accelerate>

### La Trobe University - VCE Plus Program

**VCE Plus** is an opportunity for high achieving Year 11 VCE students to complete a pair of first-year university subjects in their Year 12 and have them recognised as part of their VCE. Students enrolled in VCE Plus choose one subject per semester. VCE Plus is offered at all La Trobe campuses and subjects are delivered online, face-to-face, or a combination of both. There are fees associated with the VCE Plus Program.

Find out more, including the subjects on offer at <https://www.latrobe.edu.au/study/apply/pathways/undergrad/vce-plus>

### RMIT University – VCE Extension

**RMIT's VCE Extension** allows Year 12 students to undertake university subjects while completing their VCE. These courses are VCAA-accredited towards VCE results and students may be eligible for credit in a related RMIT program. Students will get a taste of university life; they attend lectures and study on campus with full access to all the services and facilities enjoyed by RMIT students. **VCE Extension** subjects are taught at the City campus and are counted towards students VCE and provide a boost to their ATAR. RMIT charges no fees for RMIT Extension courses.

Find out more, including the subjects on offer, at <https://www.rmit.edu.au/study-with-us/levels-of-study/pre-university-study/rmit-extension/get-ready-to-start>

### University of Melbourne – Extension Program

The **Extension Program** is an opportunity for high achieving Year 12 students to study a university subject whilst at school which counts towards their ATAR, as well as experience university life. The University of Melbourne does not charge any fees for participation in the Extension Program. However, some School Centres where an Extension subject is taught may charge a reasonable fee to cover teaching and administrative costs.

Find out more, including the subjects on offer, at <https://study.unimelb.edu.au/study-with-us/programs-for-high-achievers/university-of-melbourne-extension-program>

## Conquering kids' techno-tantrums



Many of us have witnessed our kids or teens emotionally combust when asked to switch off their gaming console or put their phone away. I colloquially call these 'techno-tantrums'. Many of us fret that this signals that they're 'addicted' to technology and find ourselves worrying about why they behave in such intense ways.

So, what makes technology so psychologically appealing for kids and how can we help them to unplug so that screen-time doesn't end in scream time?

### Technology is so appealing

Technology has been intentionally designed to cater for our kids' most basic psychological drivers. As humans, our three most basic psychological needs are the need for connection, competence and control.

Technology caters for these needs in very clever ways. For example, our need for relational connection explains why many of our boys are obsessed with multi-player video games and girls are infatuated with social media. These online tools have also been designed to help young people experience competency- gamers see tangible measures of their performance by their levels of attainment, or battles won. Scrolling through YouTube and 'selecting' which video they'll watch next also enables young people to experience a sense of control and agency over their lives – something they biologically crave.

### Here's what technology does to their brains and bodies

Digital technology impacts on children and young people in the following ways:

#### 'It feels good'

When our kids use a screen it's usually a pleasurable experience for them. Their brains secrete the neurotransmitter dopamine, which makes them feel good. This means, when you demand that they turn the device off, you're terminating their production of dopamine (pleasure response). It's better to provide a choice of more appealing transition activities when you want them to move away from a screen. For example, suggest that they ride their bike, or walk the dog after they've switched off the device.

#### 'I want more'

The online world has no stopping cues, so our kids and teen never feel 'complete' or 'done'. They can always re-fresh social media; continue to play to attain another level in a game; or watch another YouTube clip. This is also referred to as the state of insufficiency.

One parenting tip that works is to give your children and teens hard end points. Rather than giving them a quantity of time (for example, you can watch an hour of TV today), give them the finish time (for example, I'd like you to switch off the TV at 4:30pm).

**‘It’s so novel’**

Our brains are wired to seek out new and interesting stimulus. The online world is always instantly gratifying, fast-paced and requires minimal cognitive effort. In comparison the offline, real world doesn’t always offer novelty. The real world is a lot slower-paced, and it’s not always instantly rewarding and interesting like our kids’ digital world.

Ensure your kids and teens have ample time to experience boredom. Our brains were never designed to be switched on and processing information as they are in the digital world. Opportunities for boredom allow the brain time to reset and help our kids become accustomed to not always being ‘switched on’.

**Related webinar**

Our school has a membership with Parenting Ideas. As part of this membership, you can access the below webinar recording ‘Understanding techno tantrums’ at no cost.

**About**

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.

To redeem

Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-understanding-techno-tantrums>

Click ‘Add to cart’

Click ‘View cart’

Enter the voucher code TECHNO and click ‘Apply Coupon’ Your discount of \$37 will be applied.

Click ‘Proceed to checkout’

Fill in your account details. These details are used to login to your account and access your parenting material

Click ‘Place Order’

The voucher is valid until 17 September 2020. The webinar recording will be available in your Parenting Ideas dashboard so you can refer to it at any time.

**Dr Kristy Goodwin**

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and 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 (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. For further details visit