

# 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,

Over the weekend the Department of Education released the operational guidelines for schools that will be used for a safe and orderly return to face to face learning next term. As you already know, the first week back next term will see remote learning continue for all students. We will still offer onsite supervision at Waller Street for P-6 students and at Faithfull Street for secondary students. All senior secondary students who need to sit the GAT will attend onsite on Wednesday October 7<sup>th</sup>.

Monday October 12<sup>th</sup> will see all students return to full time face to face learning. This will take some planning, but we will be ready to welcome back all our students on that day. More detailed information about onsite arrangements will be sent out at the start of next term.

The DET has made it clear to us that schools will have 3 main priorities in Term 4.

1. Staff and student wellbeing – with a particular focus on mental health.
2. Learning – ensuring that students are 'caught up' where necessary and that there is a strong focus on essential literacy and numeracy skills.
3. Transitions – ensuring that all students make positive moves to and from the different stages of schooling.

This has been a momentous year, and would normally be one where our Grade 6 students and Year 12s mark a significant milestone in their lives – the completion of primary and secondary schooling. Depending on the community regulations at the time, we will be working closely with both groups of students to ensure they can mark this occasion in an appropriate way. I hope that we can do them justice, given the circumstances, and I know that the Year 12 students are already thinking about this and planning for alternative ways of celebrating such an important achievement.

## 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.

## Our College Values

Respect

Responsibility

High Expectations

Integrity

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

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

There was also some advice around assessment and reporting that came out on the weekend. All students will receive a written report at the end of the year and it will look fairly similar to most other end of year reports. Students will still be assessed against the Victorian Curriculum Standards for English and Maths and will receive written comments about their engagement and participation during remote learning.

We would normally have had parent-teacher interviews at this time of the year, and had planned to do them early in term 4. Face to face interviews are not permitted at the moment, but we will set up a system whereby teachers can call or video-chat parents who wish to do so. Further information about this will be sent out early next term.

Thank you again for your incredible work in supporting your children through this extremely difficult situation. You have done a great job and we have been very impressed with the increase in student engagement this time around. I hope you all enjoy the school holidays and we are very much looking forward to having students back on October 12<sup>th</sup>.

Regards,  
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



BENALLA P-12 UNIFORM SHOP  
2020 OPEN DAYS  
FAITHFULL STREET  
CAMPUS

### DATES TO REMEMBER

- **Tuesday 6th October**  
11am-5pm
- **Wednesday 7th October**  
11am-5pm ( previously scheduled for 3pm-6pm )
- **Wednesday 14th October**  
11am-5pm
- **Wednesday 21st October**  
11am-5pm
- **Wednesday November 11th**  
11am-5pm
- **Wednesday November 18th**  
11am-5pm
- **Wednesday December 2nd**  
10am-4pm. (previously advertised for 25 November). This will be the last day for the year.

Orders can also be placed over the phone and delivered to your campus.

Call Judds Yarrawonga on  
5744 1269 for any further details



Dear Families,  
During the last week of Term 3 staff will be engaging in professional practise days to prepare for Term 4. The teachers will post work for your student to complete but will not be available on that day. The schedule for these planning days is below:

**Monday – Maths/Science Teachers**

**Tuesday – English/Humanities Teachers**

**Wednesday – PE/Health Teachers**

**Thursday – Art Teachers**

**Friday – Music and Technology Teachers**

SACs for Year 11 and 12 students will still go ahead as planned next week. Teachers will also be marking the roll so students are still required to login to their classes as normal.



# 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.



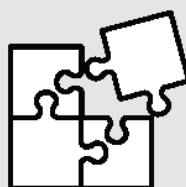
### 2 SIGN IN EACH CLASS

- 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

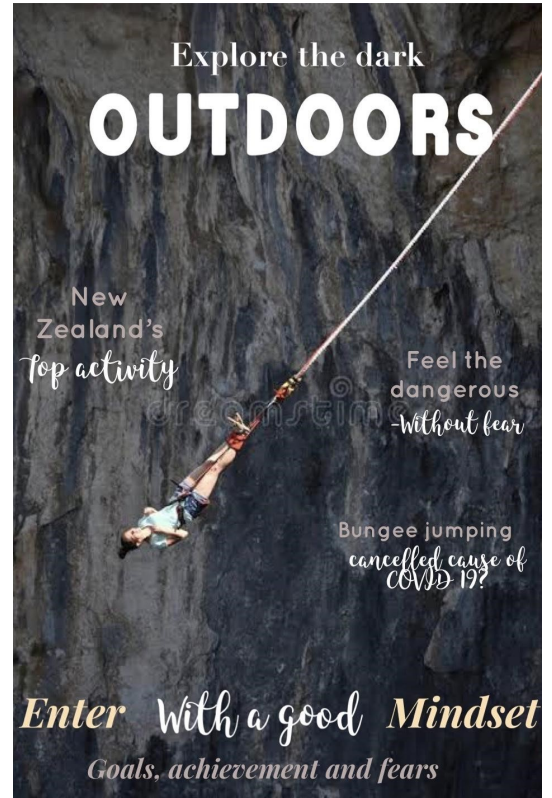
- Get outside
- Eat Well
- Exercise
- Stick to a Routine
- Let your teachers/coordinator know if you are getting overwhelmed.



Follow us on  
**Instagram** @benallap12college



"Year 9 Outdoor Education student's have been learning about the different ways we can view the land and how this influences our interactions and impacts on the land. From here, students looked at how different artistic mediums can portray the environmental in a certain light, therefor influencing our views, interactions and impacts. The class were asked to create a magazine cover which represented the environment in a portrayal of their choice"



## The Sunday Telegraph



**NATURE'S FURY FRIENDS**

DON'T BE FOOLED



## 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, Riley Hupe, Jaxon McCarthy, Hamish Willett, Keely Williams, Amber Armstrong, Emily Buitenhuis, Manni D'Arma, Rebecca Humphries Norman, Sky McNaughton, Lachlan Nield, Charlotte Rowland-Williams, Abbie Simpson, Alexia Squires, Liam Sulman, Diesel Vella, Amanda Ward, Aria Winkler, Deisel Bondin, Ella Brennan, Skylah Bull, Paige Daly, Emily Hedt, Charlie Pulicino, Abbey-Rose Richards, Brandon Sebaly, Euan Winton, Eloise Armstrong, Koren Bonnitcha, Hayden Paull, Joshua Robertson, Jet Russell, Zach Schluter, Blake Wilson and Logan Witherow.

### Student of the week: Zach Schluter

**Year 8:** Jude Ballantyne, Tyler Begnone, Jett Buntine, Jakob Decker, Campbell Drury, Hailie Maddox, Cody Marks, Samantha Teasdale-Poole, Lily Walkaday, Yanru Zong, Teresa Cairnes, Sunny Freeman, Joseph Haebich-Mills, Jemma Hausner, Rose Mathieson, Jett Morgan, Caleb Puttyfoot, Lincoln Terry, Marlee Townsend, Grace Cooney, Max Cullen, Dakota Lindsay Whitelaw, Annabelle Lowe, Benjamin Spinks, Summer Walker, Max Woods, Cooper Woods, Imogen Biddle, Hannah Brain, Kaylah Devlin, Alia Heeps, Gemma Mathieson, Jye Pastuszka-McMahon and Pasan Ranathun Gamage.

### Student of the week: Jude Ballantyne and Jett Buntine

**Year 9:** Kayne Clark, Maddison Stow, Molly Ward, Jasmine Woodford, Christopher Dosser, Anna Jay Evans, Rylie Hawking, Zoe Horsfall, Larissa Mackay, Memphis Williams, Ebony Armstrong, Bailey Bickerdike, Maddison Brain, Kayla Gracie, Oliver Hall, Ebony Jones, Joshua Lawrence, Eliza Manning, Isabelle Martin, Tyler McGregor, Alice O'Brien, Nicole Patterson, Erin Quin, William Smith, Benjamin Sutherland, Kyle Termorshuizen, Charlize Thomson, Nicholas Trethowan Waylon Walker and Ella Willett.

**Student of the week: Rylie Hawking, Memphis Williams, Bailey Bickerdike, Kayla Gracie, Oliver Hall, Kyle Termorshuizen, Charlize Thomson, Waylon Walker and Ella Willett.**

## 100% Attendance

**Year 7:** Mackenzie Bickerdike, Emily Buitenhuis, Rory Buntine, Jaxon McCarthy, Zach Schluter, Brandon Sebaly and Keely Williams

**Year 8:** Jett Buntine, Imogen Biddle, Grace Cooney, Kaylah Devlin, Sunny Freeman, Jemma Haunser, Alia Heeps, Hailie Maddox and Pasan Ranathun Gamage.

**Year 9:** Bailey Bickerdike, Chloe Broom, Kayla Gracie, Nicole Patterson and Charlize Thomson.

## RUOK Day

*Thank you to all people that participated in RUOK day, it is important during remote and flexible learning to continue to check in with friends and family to ask how they are going.*

## Darren Pereira Workshop

Thank you to all students that completed the Darren Pereira workshop during last week. This workshop helped build your mindset, choice making, isohacks, how to stay motivated.

**I'm checking in to  
make sure you're OK.**

**RUOK?**  
ruok.org.au  
#stayconnected

### 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 career consultant. Details of how to contact your interviewer on Webex will be emailed to you. Please log in at least 5 minutes prior to your scheduled time. Parents and carers are also welcome to be part of this interview. Please check Compass for your interview time.

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

### 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.

### Final Message :

Well done to all of those who received school values awards, student of the week and those who attended all classes.

Please keep up your work ethic during the last week of term.

Have a great holiday and week

Mr. Carboon

## YEARS 10-12 NEWS –FAITHFULL STREET CAMPUS –REMOTE LEARNING 2.0

### Staying Connected

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

Year 10 and 11 Assembly will be recorded and posted on your Google Classroom this week at 11:30am so Ms Martin and Mrs Rembold can attend the GAT Presentation. Please watch the recording.

### 100% Attendance 4—10 September

A huge congratulations on 100% attendance to

Year 10: Evelyn Biddle, Dylan Brain, Maria Campbell, Ella Sheehan, Kalisha Warner Year 11: Ainsley Gilchrist, Chloe Glazebrook, Harry Hodge, Elliot McCallum, Jessica Patterson, Perry Plex, Lachlan Sands. Year 12: Daniel Evans, Amber Heaney, Sahara Hunter-Barton, Chelsea Mackinnon, Leah Mafri, Ebony Mathieson, Edward Mentiplay Smith, Holly Walkaday, Anika Wilmott, Mackenzie Woods.

And congratulations on 90% attendance

Year 10: Darcy Edgar, Wil Entjes, Del Mills. Year 11: Holly Eyre-Walker, Sara Green, Cheyane Vaughan. Year 12: Ruby Desailly, Jessie Gervasoni, Kodi McMillan, Cooper Nichols.

### Special Announcements

#### Year 10 Immunisation

Cards for Immunisation have been mailed home. The actual immunization date is Friday October 30. The cards need to be returned to school by Monday October 19 (you will be back at school to return them).

#### Year 11 Fast Trackers and Year 12 VCE students. Special GAT Presentation on the writing tasks Tuesday September 15 at 11:30—12:30

Remember—the GAT is extremely important this year, you need to make sure you prepare properly and practice as much as you can. The link to this is on the Google Classroom.

#### Practice GAT Wednesday September 23, 10:00—1:15

Year 11 Fast trackers—these have been mailed out to you.

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



## BENALLA P-12 COLLEGE SENIOR CAMPUS NEWS

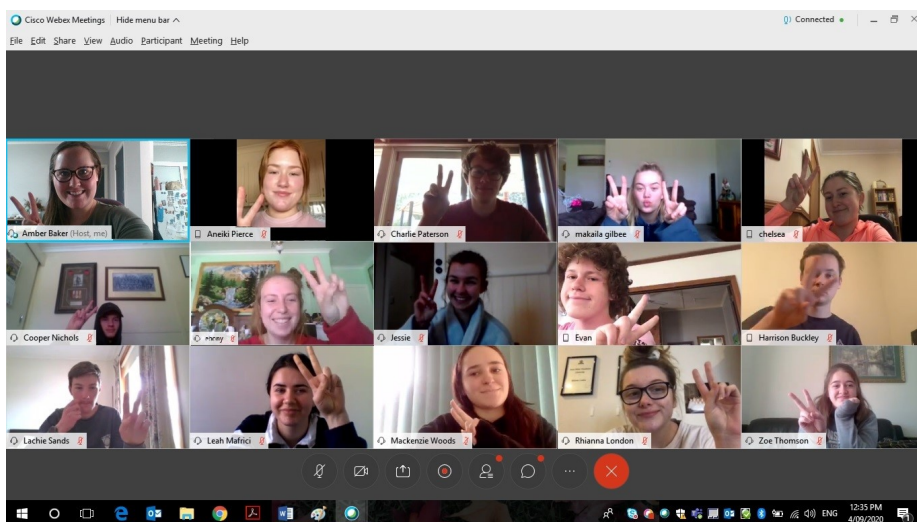
The Year 12 teachers would like to recognise the integrity and resilience of their students throughout remote learning this year.

Firstly, for being resourceful and setting up their workspaces like our 'Home Office View' competition winners with supportive technology (Anika), a country view (Ethan) or with our pets by our side to get us through (Isaac- First Place).

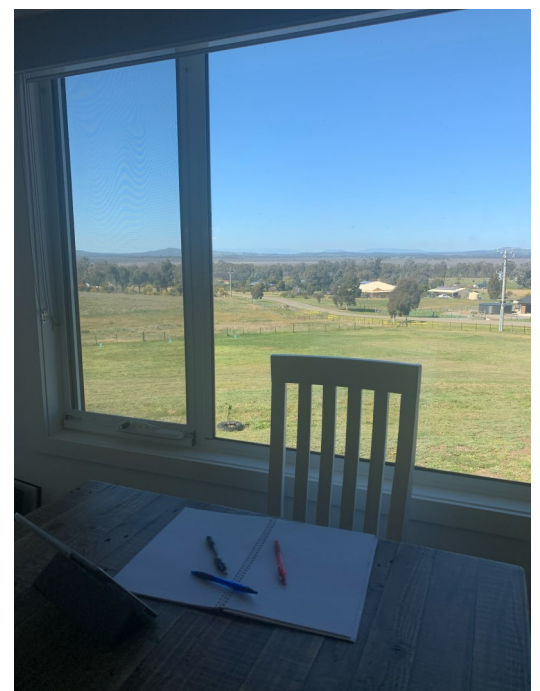
Currently we are commending the students who are now sitting multiple SACs or completing VCAL modules over the next couple of weeks like the Year 12 Psychology class pictured.

Finally, we wish the student all the best in the coming weeks, school holidays and for the return to school as they start to prepare for exams in November.

If you know a 2020 Year 12 Student; reach out with a positive message to guide them through what has been and is a stressful time in the current pandemic restrictions. I am proud of you, keep up the hard work- Miss Baker (Year 12 Coordinator).



Follow us on  
**Instagram**  
@benallap12college



**Tuesday (September 15, 2020)**



**Monash University Information Evening - Metro East**

At these information sessions, you'll learn about what it's like to study at Monash. Find out about the range of courses, accommodation options, scholarships, student life and so much more! You'll also have the opportunity to hear from a current student or graduate about where their Monash degree has led them.

**Time:** 6.30pm - 8.00pm

**Location:** Box Hill Pavilion, 1155 Whitehorse Rd, Box Hill

**Details and Registration:** <https://www.monash.edu/information-evenings/metro-east>



**Defence Careers Virtual Information Session**

Tune in for a virtual info session to speak with current serving members and ask your questions- is a career in the Australian Defence Force for you?

How does it work?

Step 1 - Register to attend.

Step 2 - Before the session, you will be sent a separate email with instruction on how to access your virtual information session. Please note: This information session will be delivered via the Google Meet virtual platform. If you're participating using a smart phone or tablet be prepared to download the Google Meet app and use the code provided on the day of the session. If you're using a laptop or desktop computer simply follow the link (Google Chrome will be required).

Step 3 - Join the virtual information session at the time and date.

**Time:** 4.00pm - 5.00pm

**Location:** Online

**Details and Registration:** <https://www.defencejobs.gov.au/events/events-detail/53bv1j0>



**Swinburne University of Technology - Plan of VTAC Web Session**

Want to know more about the Early Entry Program? Need a quick refresher about how VTAC and preferences work? Join the host and panel as they take you through the basics - and the particulars - of applying to Swinburne for 2021.

**Time:** 4.00pm - 5.00pm

**Location:** Online

**Details and Registration:** <https://www.swinburne.edu.au/events/2020/09/plan-of-vtac/>



**Melbourne Polytechnic - Drama and Theatre Arts - Online Information Session**

Find out everything you need to know about studying the following courses at Melbourne Polytechnic. Diploma of Theatre Arts 22315VIC Diploma of Live Production and Technical Services - Costume for Performance CUA50415 Diploma of Live Production and Technical Services - Live Production CUA50415 Diploma of Screen and Media - Specialist Make-Up Services CUA51015 **Time:** See link below

**Location:** Online

**Details and Registration:** <https://www.melbournepolytechnic.edu.au/information-sessions/?>



**Basair Pilot Career Webinar**

Many dream of a career as a Pilot, but few know where to start.

"Am I eligible?" "How much does it cost?" "Where should I learn?" "What would that career path look like?"

At this online seminar you will learn about a career as a Commercial Pilot.

**Time:** 6pm

**Location:** Online

**Details and Registration:** <https://www.eventbrite.com/e/basair-pilot-career-webinar-tickets-103190834564>

**Melbourne Polytechnic - Music Performance and Industry - Online Information Session**

Find out everything you need to know about studying the following courses: Advanced Diploma of Music Industry - Sound Production CUA60515 Advanced Diploma of Music Industry - Performance CUA60515 Certificate IV in Music Industry - Sound Production CUA40915 Certificate IV in Music Industry - Performance CUA40915 Diploma of Music Industry - Music Production CUA50815 Diploma of Music Industry - Performance CUA50815 **Time:** See link below

**Location:** Online

**Details and Registration:** <https://www.melbournepolytechnic.edu.au/information-sessions/?>



## Wednesday (September 16, 2020)



### Deakin University CASPer Test Webinar

Students applying for teaching degrees at Deakin must successfully complete the CASPer test – an online situational judgement test that measures non-academic suitability for teaching.

Join Professor Damian Blake, Head of School and School Manager Jo Collins to learn more about preparing for CASPer.

**Time:** 5.00pm - 6.00pm

**Location:** Online

**Details and Registration:** <https://www.deakin.edu.au/about-deakin/events/deakin-casper-test-webinar>



### Charles Sturt University - Virtual Open Day

Want to come on campus virtually and see what we're all about at Charles Sturt? You're in luck! Virtual Open Day will be on in September 2020 and you can find out all there is to know about studying with Charles Sturt. Learn about applying to uni, living on campus and what support is available. You can also discover the fun side of uni through our clubs, societies and sporting teams.

**Time:** See link below

**Location:** Online

**Details and Registration:** <https://study.csu.edu.au/life/events/open-day>

## Thursday (September 17, 2020)



### Royal Military College Virtual Information Session

See if a career as an Army Officer is for you. Join this virtual info session on to learn about Army Officer careers and the Royal Military College.

How does it work?

Step 1 - Register to attend.

Step 2 - Before the session, you will be sent a separate email with instruction on how to access your virtual information session.

Please note: This information session will be delivered via the Google Meet virtual platform. If you're participating using a smart phone or tablet be prepared to download the Google Meet app and use the code provided on the day of the session. If you're using a laptop or desktop computer simply follow the link (Google Chrome will be required).

Step 3 - Join the virtual information session at the time and date.

**Time:** 6.00pm - 7.00pm

**Location:** Online

**Details and Registration:** <https://www.defencejobs.gov.au/events/events-detail/byemue0>



### ACU - Talk with Nurses, Midwives and Paramedics Online

Join us online to hear from ACU alumni about their experiences working as nurses, midwives and paramedics. Take part in a Q&A session with our graduates to hear what it is like to work in health care, and if you join us on campus, you can take a tour and visit AskACU.

**Time:** 5:00pm

**Location:** Online

**Details and Registration:** <https://www.acu.edu.au/about-acu/events/2020/september/talk-with-nurses-midwives-and-paramedics-online?redirect=%26FilterBy%3dUpcoming%26Year%3d2020%26PageNumber%3d1>

## VACATION CARE

### SEPTEMBER /OCTOBER VACATION CARE BOOKING FORM 2020

#### ACCOUNTS

All outstanding accounts need to be paid in full, prior to bookings being accepted for September/October program. Our fee for the Vacation program is \$42:75 per day.

**Vacation Care Hours are 8:30 am till 6pm.** Early drop off is available for an added fee, bookings must be made with staff.

#### 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 sting 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 encouraged. (WATER)

Please have at least one piece of fruit.

Children need to bring their own drink bottle as we are discouraging children from drinking from bubble taps during Covid 19.

#### Please note:

Could all Parents/Carers/Guardians make sure that their address, phone numbers and any other information concerning their child is up to date. Please let Staff know if there are any changes so they can be amended and the enrolment form updated.

THANKYOU

BOOKINGS  
Waller  
57622600  
Mobile  
Avon 0428014133  
Waller 0407715660  
Or email  
[kerry.masters@education.vic.gov.au](mailto:kerry.masters@education.vic.gov.au)

### September/October2020 Vacation Care

#### Waller Street Campus 8:30 AM – 6 PM

Please find below details of the 10-day Vacation Care Program.

The program will run at Waller Campus only; planned activities are run each day. The program does not include any excursions again, due the Covid19 restrictions still in place.

The cost of the Program will be **\$42.25 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 Child Care Subsidy (CCS) which reduces the daily fee, depending on the number of dependents and the combined income of your family.

Please ensure you have completed a current enrolment form, electronically signed the CWA and "confirmed" the enrolment in your Centrelink App (MyGov).

Please check this information with staff, as these needs repeating if there has been no care within 8 weeks.

<b><u>Monday 21<sup>st</sup> Sept</u></b>  <b>Sensory Day</b> Play with some exciting, sensory feeling substances.  <b>Bring lunch, Snacks and water bottle</b>	<b><u>Tuesday 22<sup>nd</sup> Sept</u></b> <b>Big Screen Movie</b> Watch a movie, enjoy popcorn and a soft drink.  <b>Bring lunch, Snacks and water bottle \$2 extra</b>	<b><u>Wed 23<sup>rd</sup> Sept</u></b> <b>Tie dying</b> Bring along a cotton article to create something bright.  <b>Bring lunch, Snacks and water bottle</b>	<b><u>Thurs 24<sup>th</sup> Sept</u></b> <b>Death by Chocolate</b> Make a variety of chocolate treats.  <b>Bring lunch, Snacks and water bottle \$3 extra</b>	<b><u>Friday 25<sup>th</sup> Sept</u></b> <b>Technology Day</b> Enjoy a day of playing Xbox, iPad, and K'nex  <b>Bring lunch, Snacks and water bottle</b>
<b><u>Monday 28<sup>th</sup> Sept</u></b> <b>Musical Instruments</b> Make a musical Instrument to take home to play to Mum /Dad. <b>Bring lunch, Snacks and water bottle</b>	<b><u>Tuesday 29<sup>th</sup> Sept</u></b> <b>Pizza Day</b> Come and make a pizza in our pizza oven, you can choose your toppings. <b>Snacks and water bottle \$4 extra</b>	<b><u>Wed 30<sup>th</sup> Sept</u></b> <b>Wool and Balsa wood Craft Day</b> Make something from wool and create something out of balsa wood. <b>Bring lunch, Snacks and water bottle</b>	<b><u>Thurs 1<sup>st</sup> Oct</u></b> <b>Big Screen Movie</b> Watch a movie, enjoy popcorn and a soft drink  <b>Bring lunch, Snacks and water bottle \$2 extra</b>	<b><u>Friday 2<sup>nd</sup> Oct</u></b> <b>Cricket Skills Day</b> Learn some skills before the season starts.  <b>Bring lunch, Snacks and water bottle</b>

# Vacation Care- Bookings Taken Now

I  would like to book for vacation care at: Waller Campus  
 My  child/children currently attends school at \_\_\_\_\_  
 Contact number \_\_\_\_\_ Email address \_\_\_\_\_

Bookings are now being taken for the September/October 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 11<sup>th</sup> September 2020

Bookings only accepted from families who have paid their accounts in full for previous care. So please make sure your account is paid in **FULL**.

Childs Name \_\_\_\_\_ Grade \_\_\_\_\_

Childs Name \_\_\_\_\_ Grade \_\_\_\_\_

Childs Name \_\_\_\_\_ Grade \_\_\_\_\_

Sept/Oct 2020		Tick			Tick
Monday 21 <sup>st</sup> Sept	<b>Sensory Day</b>		Monday 28 <sup>th</sup> Sept	<b>Musical instrument Making Day</b>	
Tuesday 22 <sup>nd</sup> Sept	<b>Large screen movie \$2</b>		Tuesday 29 <sup>th</sup> Sept	<b>Pizza Day \$4</b>	
Wed 23 <sup>rd</sup> Sept	<b>Tie dying</b>		Wed 30 <sup>th</sup> Sept	<b>Wool Craft day</b>	
Thur 24 <sup>th</sup> Sept	<b>Chocolate Day \$3</b>		Thur 1 <sup>st</sup> Oct	<b>Large screen movie \$2</b>	
Friday 25 <sup>th</sup> Sept	<b>Technology Day</b>		Friday 2 <sup>nd</sup> Oct	<b>Cricket skills day</b>	



## INSIGHTS

## Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most di

suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be di for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

### Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Co

people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote moodenhancing endorphins and spending time each day in calm-inducing green space.

### Resilience bank account

During my conversations one person described living in this era as "always feeling a little o a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start.

Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.



### 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