

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

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

School Captains 2021

Year 11 students recently had the opportunity to apply for the position of school captain for 2021. Pleasingly, a number of students put themselves forward for this role and undertook a process involving an application, interview and speech to peers and staff (online this year). The outcome of this process was made public today and the students notified of the outcome. I have great pleasure in announcing the results here today. Our 2021 College Captains will be Lachlan Sands and Cheyane Vaughan, while our Vice-Captains will be Charlie Paterson and Jess Patterson. Congratulations to these students for their applications and for their willingness to take on the role of student leaders and represent their peers. I am very sure they will do a fantastic job next year and I look forward to working with them.



There were a number of other Year 11 students who applied and who were unsuccessful. I want to also thank these students for their commitment to our school and for being prepared to take a risk in applying. They will still provide great leadership to their peers and all other students in the school by their involvement in the SLG as well as their day to day behaviour and interactions with others.

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 272

Attendance
Hotline

035761 2752

Faithfull St

Yrs 7-12

P: 035761 2777

Attendance
Hotline

035761 2747



DATES TO REMEMBER

Monday 30 Nov-Thursday 03 Dec

Year 10 & 11 Headstart
commences

Wednesday 02 December

- Last Day for Year 11 students
 - 10.00am-4.00pm-Uniform shop opened (This will be the last day for the year.)
- Call Judds Yarrawonga on 5744 1269 for any further details

Thursday 03 December

Year 12 End of Year Excursion-
Lake Nillahcootie

Monday 07 December

- Year 5 Howqua Camp
- Year 9 Outdoor Education -Mt Samaria

Wednesday 10 December

Year 6 Howqua Camp

Friday 11 December

Year 3/4 End of Year Celebrations

Friday 18 December-Final Day of
Term 4

Our College Values

Respect

Responsibility

High Expectations

Integrity

Music Donations

We have recently been very fortunate to receive some wonderful donations to our music program from local community members. Neil Richards has donated a guitar while Sallie Horn has donated a French Horn. Thankyou very much to both of them for their kind donations to our school.

Scooter and Bike Safety

It is great to see students riding or scooting to school at all campuses. If your child does ride a scooter or bike to school, please make sure they have a helmet and they wear it. Helmets left at home or hanging on bags or handlebars won't provide much protection from a fall. Thankyou for supporting the safety of students ensuring helmets are worn as required.

Release of VCE Results

This year, VCE results are delayed and will be released to students on December 30th. There will be staff available at the school on that day to support students with course counselling and change of preference processes as required. More information will be sent out to parents closer to that time.

Student Permissions

Please remember to return your child's College permission forms for next year – Local Excursions, Media and ICT. These are important for all students and cover a whole range of activities that may occur across the year.

Regards,
Tony Clark
Executive Principal.



Attendance Matters

Every student. Every day.



HATS: A reminder that hats are compulsory for outside play this term. Please ensure your child/ren have a broad-brimmed hat, with their name clearly labelled on it. Hats are available to purchase from the office for \$10 each.

Want to earn money while developing new skills?

Considering a gap year?

Like working with animals and being outdoors?

A DAIRY GAP YEAR IS THE ANSWER!

Make money, earn a qualification and develop unique skills during your dairy gap year in 2021!

Contact Melva Tyson at Murray Dairy for more information.
Phone: 0439 667 425
Email: melvat@murraydairy.com.au

Murray DAIRY Dairy Australia



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TERM 4 DATES, TUESDAY 5TH OCTOBER- FRI 18TH DECEMBER

100 DAYS OF PREP

On the 18th of November the Avon Street Preps celebrated 100 days of school! We spent the day doing lots of fun activities based on the number 100. For writing we wrote about what we would do when we are 100 years old. The Preps had some wonderful ideas such as baking, knitting, fishing, lying on the beach and yelling their grandkids to eat their peas! We had a barbeque and an icy pole for lunch then danced the afternoon away with a disco! Lots of fun was had especially perfecting our old person shuffle! Congratulations to all of the preps for a fantastic effort for their last 100 days. Well done to our 100 days superstar recipients, Rifa Patel (AFA) and Estelle Doig (AFB).



STUDENTS OF THE WEEK



This weeks students of the week were:
Cash, Sophie, Penny, Azaala, Kaiden and Kaden

KINDNESS AWARD



Well done Ruby and Beccy for being so kind.

AVON ATTENDANCE

Mrs Higgins Prep class received icy poles again for the third week in a row for 96% class attendance. Congratulations you are all attendance champions! To help your class win this award simply turn up to school everyday.



100 DAYS OF PREP



ATTENDANCE

Ms Clark's class won again for week 6 with the highest-class percentage for attendance of 99.35%. The class has celebrated with their prize with an icy pole. For your child's class to win is easy, all you need to do is send your child to school every day. There will be a class weekly prize with the highest-class attendance percentage each week in term 4. There are 4 more chances of your child's class winning.



FAITHFULL STREET NEWS

CI CARD TRAINING

Benalla P-12 College had four students undertake the training for the nationally recognized course to obtain their C.I. (Construction Induction) or White Card. The course provides students with basic Occupational Health and Safety knowledge that they will need prior to commencing work experience and then work on construction sites.

Thanks to the support from Schneider Electric and Tomorrow Today students from across Benalla undertook the course with GOTAFE at the Benalla Campus on 18 November.



BOOK CLUB ISSUE 8 IS

ONLINE ONLY NOW!

ORDERS CLOSE

WEDNESDAY 9.00am

25th November

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

Online ordering via LOOP only.

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

This link will take you to the registration page:

<https://mybookclubs.scholastic.com.au/Parent/Register.aspx?ReturnUrl=>

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

**Thanks for
supporting our
school!**

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

For more information contact
Scholastic Book Club 1800 021 233



BUFFALO WINNERS OF COVID CUP!

Thursday saw the 7-10's compete in the highly sought after Covid Cup. A sports day was held where year levels were split into their house groups and rotated through Ultimate Frisbee, Dodgeball and Kickball. The day was a huge success due to students getting behind the day, as well as Miss Felstead's VET class helping organise and run the day. This day would not have been possible without their help! It was a wonderful opportunity for the year levels to work together as a cohort, do some physical activity and have some fun!

BUFFALO house was victorious on the day. Several canteen vouchers were handed out for amazing sportsmanship and team work.

Pip O'Donoghue
7-12 Sports Co-Ordinator



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Lunch & Recess

*Chicken Burger (Chicken, cheese, tomato, lettuce & mayo)	\$5.00
*Ham & Pineapple Pizza	\$3.00
*Cheese & Bacon Pizza	\$3.00
Pie	\$3.50
Sausage Roll	\$3.50
Pastie	\$3.50
Hot Dog	\$3.50
Pot Noodle (Chicken, Beef)	\$2.00
Hot Chips (with gravy add 50c)	\$3.00
Potato Cakes	\$1.00
Dim Sims	\$1.00
Chicken Tenders	\$1.00
Extra Sauce	\$0.10

Snacks

Lemon Slice	\$3.50
Double Choc Muffin	\$3.50
Blueberry Muffin	\$3.50
Banana Bread	\$2.00
Muesli Bars	\$1.00
*Jam Donut	\$3.00
Fresh Fruit (Apple, Banana)	\$1.00

Icy Poles & Drinks

Icy Pole	\$0.50
Zooper Dooper	\$1.00
Frozen Yogurt	\$2.50
Water	\$1.00
Hot Chocolate	\$2.00
Prima Juice (Orange, Apple, Tropical) <i>FROZEN AVAILABLE</i>	\$1.50
Flavoured Milk (Chocolate, Strawberry, Iced Coffee)	\$2.00

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Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use selfkindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

Let them hear the process

Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiꝰ upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look aꝰer myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.

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.

