

# 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*

Over the past few weeks we have had students starting to get involved in a range of activities in and out of school. This has generated some great opportunities for our students to demonstrate our school values and be at their best.

One example of this was the feedback I received about our Year 9 Outdoor Education class on a day trip to Mt. Buffalo last week. During the course of the day, this group of students volunteered to clean up rubbish at a public picnic spot, engaged in positive conversations with members of the public and showed concern for a person they encountered on their travels. The staff involved in this trip were incredibly pleased with the behaviour and attitude of the students and the way they represented our school. It is always great to get this sort of feedback about our students. Well done to all of them.

Students in our Year 11 VCAL class also recently undertook a sock and blanket drive as part of their Personal Development studies. The items collected were donated to the local Salvation Army and were very gratefully received, with the work of the students acknowledged by the staff at the Salvation Army. A great cause and a very positive project by this group of students.

Over the next few weeks school attendance is incredibly important. Teachers are still working hard to plan and deliver engaging and valuable lessons for students at all year levels. Please ensure that your child continues to attend school every day (as long as they are well).

As I mentioned in a Compass post last week, we are allowed to have parents back on site again. This will mean that parents may be able to attend some of the end of year assemblies and celebrations we have planned. Unfortunately, there is still a 150 person limit on indoor gatherings so these events will be considered as they arise and information sent out to parents about each one.



### DATES TO REMEMBER

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 Yarrowonga 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  
1.30pm Dismissal

### 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 272

Attendance  
Hotline

035761 2752

#### Faithfull St

Yrs 7-12

P: 035761 2777

Attendance  
Hotline

035761 2747

Statewide Transition Day is next Tuesday December 8<sup>th</sup> and will run as normal for our Grade 4 and 6 students moving to Grade 5 and Year 7. There is still some more information to come out regarding Kinder to Prep transition on that day and we will let everyone know as soon as possible.

Regards,  
Tony Clark  
Executive Principal.



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



BENALLA P-12 UNIFORM SHOP  
2021 OPEN DAYS  
FAITHFULL STREET  
CAMPUS

### **BACK TO SCHOOL UNIFORM DATES**

- **Tuesday 19th Jan**  
10am-4pm
- **Wednesday 20th Jan**  
10am-4pm
- **Wednesday 27th Jan**  
10am-4pm
- **Thursday 28th Jan**  
8.30am - 11:30am (first day back)
- **Wednesday 3rd Feb**  
3pm - 5.30pm
- **Wednesday 10th Feb**  
3pm - 5.30pm





## PRIMARY CAMPUS NEWS –AVON STREET CAMPUS

### STUDENTS OF THE WEEK



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

### KINDNESS AWARD



Well done Braden, Harry and Jake for choosing kindness this week!

### AVON ATTENDANCE

Mrs Hansen's class were the weekly attendance champions for week 7 with 96% class attendance. Congratulations you are all attendance champions! To help your class win this award simply turn up to school everyday.



### GOLDEN SHOVEL AWARDS



Our Golden shovel award winners this week were Hayley and Dylan

### RED APRON AWARD WINNERS



Levi, Sebsten and Ava were this weeks Red apron award winners.





STUDENTS OF THE WEEK



Pictured above are this weeks students of the week. Well done Lucien Duffy, Char-Leah Hempenstall, Darcey Carracher, Shanaih Eriha-Norman, Alia Wall

RED APRON AND GOLDEN SHOVEL AWARD WINNERS



Red Apron/Golden Shovel - Harvey Irwin, Jake Campbell, Liam Coats, Serenity-Rose Donoghue. Jayden Curtis, Lucien Duffy, Chantay Norman, Robert Francis & Arni Lees.

ATTENDANCE



Ms Hanna's class won for week 7 with the highest-class percentage for attendance of 97.80%. 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 3 more chances of your child's class winning.



Attendance - pictured below are: Char-Leah Hempenstall, Ruby Hedt, Charlie Davies, Mystique Vella







## STUDENTS OF THE WEEK

Tahlia Marks, Blake Mcdiarmid, Sam Gates, Charli Button, Willow Stocker & Caleb Mcdiarmid

## CAMPUS LEADERS



## KINDNESS AWARD

Kindness awards this week went to Jonty Priest, Mila Repia, Evie Taylor & Declan Campbell



Pictured above are our Clarke Street Campus Leaders. Congratulations Sam Gates, Mitchell Cooney, Charlotte Lawrence, Jai Nolen, Mia Hopgood & Liela Fischer

*Well Done*

CHOOSE  
**Kindness**



Follow us on  
**Instagram**





Pictured left to right: Brandon Sebal, Emily Hedt, Cameron Stel, Jude Ballantyne, Dylan Whitelaw Orton and Jett

CANTEEN MENU-FAITHFULL STREET



Use the QKR app and pre-order your lunches. Priority service and **never miss** your favourites.

*\*Pre-order only.*

### 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

## Managing the mother load



“The mental load means always having to remember.”

Emma, a French cartoonist summed up the mental load that most mothers carry in her 2017 viral comic, ‘You should’ve asked’. In the opening scene a very hassled mother was preparing for a dinner party, while feeding her two young children, dealing with a noisy dog and answering the phone, all while she was hosting a colleague for dinner. As the dinner boils over the stove and onto the floor she looked at her partner imploringly. He unwittingly answered, “But you should’ve asked! I would have helped.”

This scene artfully exemplifies the many invisible layers of responsibility that mothers carry including arranging most household tasks, managing the family home and being on top of the fine detail in every family member’s life. This is not the case in all families, but current research reveals that the great majority of women bear the load when it comes to housework (mums do twice as much as dads), caring for children (again, mums doing twice as much as dads) and carrying the mental load for their family.

There’s only so much we can manage. For those of us who are anxious, there will be times our plates will fill, and overflow. While there’s no single way to ease the mental load that mothers carry the following ideas will help to make life more manageable:

### Stop making life easy for others

Anecdotal evidence suggests that many mums will overdo preparation rather than expect others to step up and help. I have been known in the past to cook and freeze up to a week’s worth of meals prior to travelling for work. Not any more though. Magically, my husband and two school-aged children have become very capable in the kitchen as I’ve stepped back.

### Delegate and let go

Delegate some household jobs to your children. Leah Ruppanner, professor of sociology at Melbourne University says, “Unless death is impending from poor domestic decisions, step back, support and allow others to learn from their mistakes.” Letting go of jobs and allowing kids to do things in their own way is hard for perfectionist personality types, but it’s essential if you are going to last the parenting journey. Surprisingly, both guilt and perfectionism ensure that many mums keep their children dependent upon them.

### Diarise and check

One way to ease the mental load is to lessen the number of mental notes and details that you carry around. Set up recurring electronic calendar entries for routine tasks and check regularly. This way you have less to remember and a place to find what you need, which is more efficient and mum-friendly way of being organised.

### Lower the bar

Many mothers confess that they constantly feel guilt. If they don’t put their children first. That’s a heavy burden to carry. If anxiety is a constant companion, it’s essential to lower the bar on your self-expectations. Unfulfilled expectations are proven stressors for mothers so take away tasks, rather than add to your mother load.

### In closing

There’s little doubt that many mothers carry an overwhelming mental load that adds to their anxiety and stress. I’m not suggesting that you abandon your job entirely but rather to look for ways to make the mental load you carry a little lighter. In doing so, life will become easier to manage. As with all behavioural change its easiest to start small. But whatever you do, if you’re straining under the mother load make a start at releasing and sharing the load.

Parents can learn more about minimising anxiety as a mum in Dr. Jodi Richardson’s book *Anxious Mums: How mums can turn their anxiety into strength* published by Penguin Random House.

### Dr Jodi Richardson

Dr Jodi Richardson helps people to reduce their anxiety, strengthen their wellbeing, live by their personal values and achieve resilience and lasting happiness. Her research-based advice is grounded in a career of extensive university studies, clinical practice, education and endless compassion. Jodi is the co-author of the highly acclaimed book *Anxious Kids*. Her latest release is *Anxious Mums: How*

