Edition #2

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'

Now that we have completed the first full week for the year, we have already seen a range of students recognised and congratulated for their attendance every day. Being at school on time each and every day sets students up for the most effective learning. Thankyou to those parents who use Compass to notify us of a student absence or contact the office to let us know. Please remember that our policy is to call home on the first day of a student absence if you haven't contacted us. Parents of secondary students will receive a text message via Compass at 10.30am to notify you if your child has been marked absent in either of the first two classes of the day.

Compass is a very important tool we use for a range of purposes – including marking rolls, timetables, reports sand parent teacher interview bookings. Last year we saw a marked increase in parents logging on to Compass and this helps a lot with our communication with you. If you have not logged on yet, have forgotten your password or need any other help with Compass, please contact the office for assistance.

COVID safety – unfortunately face masks are a fact of life again for all of us, and this includes at school and when travelling on buses to and from school. Please remember that all secondary students need to wear a face mask while at school and on a school bus. Since this was announced last week the students have been excellent in their willingness to comply. This will probably be something we live with for quite some time.

Swimming Sports – next Tuesday our secondary swimming sports are being held at the Benalla outdoor pool. This is NOT a day off. All 7-12 students are encouraged and expected to attend. It is a great day to get involved in the swimming events or by dressing in house colors and cheering friends on. We are hoping to see a strong turnout of students, especially the Year 12s who always have a fantastic day of fun. Parents and most welcome to come along on the day to watch.

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 2272 Attendance Hotline 035761 2752 Faithfull St Yrs 7-12 P: 035761 2777 Attendance Hotline 035761 2747



DATES TO REMEMBER

Friday 12 February

Year 10 Outdoor Education– Lake Nillahcootie

Monday 15 February

- Avon & Waller Street School Photos-9.00am
- Faithfull St Photos Yrs 10-12-12pm

Tuesday 16 February

Year 7-12 Swimming Carnival

Monday 22 February

Year 10 Outdoor Education –Lake Benalla

Wednesday 24 February

Faithfull Street School Photos Yrs 7-9 & Clarke St-9.00am

Our College Values

Respect

Responsibility

High Expectations

Integrity

PRINCIPALS MESSAGE CONTINUED...

School for Student Leadership – last week 6 of our Year 9 students began a 9 week stay at the Dinner Plain Campus of the Alpine School. Jack Anderson, Jude Ballantyne, Hayley Cooper, Jakob Decker, Kaylah Devlin and Liam Hopgood, along with about 40 other students from other schools around the state, will live and learn at the school in the high country for the rest of the term. I am sure they will all have a fantastic time and look forward to seeing them during a visit later in the term.

Regards, Tony Clark Executive Principal.

Benalla P-12 College

Photo Day 2021

Waller Street & Avon Street Monday 15th February
Faithfull & Clarke Campus Wednesday 24th February

To Order Photos:

Go to www.msp.com.au and click "Order Photos". Enter your child's personalised shootkey and follow the prompts.

Order your School Photos before midnight Tuesday 2nd March

Late Orders can be accepted after Tuesday 2^{nd} *March* by contacting **03 5482 3190**. All late orders incur an extra \$20 for postage and handling.

Family Photos – Please order online prior to photo day with the unique shootkey on the Family form. These are available from the school office. One shootkey per family.

Please note envelopes and cash payments are to be handed to the photographer on the day.





03 5482 3190 admin.mrr@msp.com.au www.msp.com.au



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

BACK TO SCHOOL UNIFORM DATES

- Wednesday 10th Feb 3pm - 5.30pm
- Wednesday 17th Feb 3pm - 5.30pm

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

Call Judds Yarrawonga on 5744 1269 for any further details







A reminder to families that our Foundation students will have each Wednesday off until the 3rd March.



PRIMARY CAMPUS NEWS -AVON STREET

The preps have been learning all about 2D shapes this week. They have been practicing naming squares, circles and triangles and counting their sides and corners. We had lots of fun creating mice using these shapes. What fun!





AVON SREET ATTENDANCE CHAMPIONS



Pictured above are Hayden, Pepper, Aeryn, Charlie, Hope and Jaxon.

One student from each class are selected each week for 100% attendance. Make sure your child attends every day to receive an award.









STUDENTS OF THE WEEK



PRIMARY CAMPUS NEWS -AVON & WALLER STREET

Congratulations to our Avon Street Term 1 Campus leaders Sebastian, Cash, Maddison and Amelia.

To be selected as a Campus leader Year 4 students must present a written speech in front of their peers and staff. Well done to all students who wrote and presented their speech. You all did a terrific job!





WALLER STREET ATTENDANCE AWARDS

The <u>Attendance Awards</u> went to: Back L-R: Charli, Mitchell, Mason & Jayme Front L-R: Liam, Tyler & Nicolas



STUDENTS OF THE WEEK-WALLER STREET



Our <u>Students of the Week for Week 2</u> were: L-R: Dannika, Loki, Grace, Charlie, Jack, Iza-Bella & Cailin



PRIMARY CAMPUS NEWS -AVON STREET





















PRIMARY CAMPUS NEWS –WALLER STREET

2021 Foundation Students



















CLARKE STREET CAMPUS NEWS

YEAR 5/6 SWIMMING

This week in years 5/6 we have been having swimming lessons.

On the first day we were sorted into groups by doing freestyle. Throughout the week, we learnt how to safely enter the water in a lot of different ways. On different days during the week we learnt breastroke, survival backstroke, freestyle and treading water. On the last day we had to wear clothes in the pool, after swimming in them we had to take them off while still treading water: it was so hard.

We are looking forward to the next time that we get to swim in our school pool.

Angus, Jess and Leila











BENALLA P-12 COLLEGE

Careers Education at Benalla P-12 College

The Careers Department at Benalla p-12 College looks a little different this year. Molly Craig is now the sole Careers Coordinator for Years 7-12. Molly will be putting together career activities and programs for the various year levels. This will include CAPs Plans, using the My Future website, the Year 9 Career Intensive Program, incursion and excursion opportunities, Work Experience, Structured Work Place Learning and School Based Apprenticeships.

Also assisting our students with Careers and Pathways is Doris Arendt from Geared4Careers. Doris can assist students with resumes, application letters, looking for work experience and other pathways plans. Doris works in the Senior and Year 9 Careers Offices.

Work Experience - We need your help!

This year we are planning a Year 10 Work Experience Program for the whole year 10 cohort in Term 4. This will involve around 70 students requiring a work experience placement in Benalla (or further afield). We need community and business support to make our program a success and are appealing to all businesses to consider having a work experience student and be placed on a list of employers that students will be welcome to approach. Work Experience placements assist students in their transition from school to work and aim to:

- Prepare students for the demands and expectations of the world of work
- Help students make informed career decisions by assessing their aptitudes and interests, and exploring potential careers
- Improve students' maturity, confidence and self-reliance
- Provide a link between school and local community

Provide students with appropriate knowledge, skills and attitudes concerning both paid and unpaid work Please contact Molly Craig on 57612777 or maria.craig@education.vic.gov.au to register your business for our program.

What is the difference???

Work Experience

Students get a feel for an industry that they might be interested in working in one day. Students need to be 15 years of age or older.

Work Placement or Structured Workplace Learning (SWL)

Students use their classroom learnt industry skills in a real work environment. For VET or VCAL students.

What is the difference between these options?

School Based Apprenticeship or Traineeship (SBAT)

provide students aged 15 years or older with valuable employment skills, hands-on industry experience and a nationally recognised qualification, while still completing secondary school qualifications.

Year 12 Pathways Appointment

All Year 12's are encouraged to see Molly Craig this term. Parent and carers are welcome to attend this interview as well to discuss pathway options post Year 12. Please call the school to make an appointment or book an appointment on the sign-up sheet outside the Senior Careers Room.





BOOK CLUB 2021 ISSUE 1 IS

ONLINE NOW!

ORDERING CLOSES 9.00AM 15 FEBRUARY

Click on the link to view the catalogue https://issuu.com/ scholastic australia/docs/aus issue 3?fr=sMTQ2ZTExOTgzNjE

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

Book Clubs Every Child Deserves a Good Book Attendance Matters ...every school day counts!

GRAB & GO Brekky Club 8.30am

Don't forget to join us at
Breakfast club from 8:30am on all campuses.
Breakfast club is a great place to catch up with your friends and enjoy a great start to the day.



Waller Street
Campus is
open
everyday

Faithfull Street Campus -Tuesday-Friday

Avon Street Campus - Thursdays & Fridays



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.



FAITHFULL & CLARKE STREET CAMPUS CANTEEN NEWS

Hot Food	1 4
*Chicken Burger (Chicken, cheese, tomato, lettuce & mayo)	\$5.00
*Hamburger (Hamburger, cheese, tomato, lettuce & tomato	\$5.00
sauce)	
*Vegetarian Schnitzel burger (Vegetarian schnitzel, cheese, to-	\$5.00
mato, lettuce and mayo)	.
*Ham & Pineapple Pizza	\$3.00
*Cheese & Bacon Pizza	\$3.00
Fried Rice (Vegetarian)	\$3.00
Pot Noodle (Chicken, Beef)	\$2.00
Hot Chips (with gravy add 50c)	\$3.00
Dim Sims (Steamed, fried or vegetarian)	\$1.00
Chicken Tenders (3 tenders with salad)	\$3.50
Pie	\$3.50
Sausage Roll	\$3.50
Hot Dog	\$3.50
Sandwiches and Wraps	
Chicken Caesar Wrap	\$5.50
Sweet Chili Chicken Wrap	\$5.50
Ham & Cheese Sandwich	\$5.50
Egg Chive on Rye Sandwich	\$5.50
Chicken Cheese and Mayo Sandwich	\$5.50
Snacks	
Fruit Cups (Fruit Salad or Two Fruits)	\$2.00
Yoghurt (Plain, Strawberry or Blueberry)	\$2.00
Fresh Fruit (Apple, Banana or Orange)	\$1.00
Double Choc Muffin	\$3.50
Blueberry Muffin	\$3.50
Lemon Slice	\$2.50
Banana Bread	\$2.00
Muesli Bars	\$1.00
*Jam Donut	\$3.00
*Pre-order only.	

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) FROZEN AVAILABLE	\$1.50
Flavoured Milk (Chocolate, Strawberry, Iced Coffee)	\$2.00

*Pre-order only



Use the QKR app and pre-order your lunches. Priority service and <u>never miss</u> your favourites.

The Faithfull St Canteen is open everyday. To avoid disappointment, please order via the QKR app.

*Year 5 & 6 students are only able to place orders for lunch, students are required to bring their own recess.

Eftpos facilities available

QUICK & EASY CANTEEN ORDERING -FAITHFULL & CLARKE ST CAMPUS ONLY

- No scraping up change for school lunches in the morning as the kids run out the door
- No waiting in line (social distancing)
- No bringing cash to school (cashless payment)
- No missing out on the Jam Donuts (pre-order so you get what you want)

Download our new App to make pre-ordering from the Canteen quick and easy.

You can order up to 2 weeks in advance and have your child's hot lunch ready when the bell rings each day.

Just put in the order by 9.30am and forget about it.

GETTING START IS EASY - TRY IT YOURSELF TODAY

Step 1 Download Qkr!

On your Android phone or iPhone, iPad users can download iPhone app

Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our School

Benalla P-12 College will appear in 'Nearby Locations' if you are within 10km of the school, or search for our school by name.

Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them

You're now ready to order meals

- •Select Menu
- •Choose the date for your order
- •Choose the child you are ordering for
- •Select Recess or Lunch
- •Then scroll through the menu to select the items
- Add to cart
- •Checkout and pay with the card of your choice (up to 5 cards can be loaded into the App).

It's that easy!!



BENALLA P-12 COLLEGE



Many thanks to Paul and his volunteers at Vinnies Benalla for their generous donation of 30 shirts to be used as art smocks. The 5/6 students appreciate your generosity and support of the arts program.

DR & NURSE SERVICE -EVERY TUESDAY

The Doctor and Nurse surgery at Benalla P-12 operates every Tuesday from 9am to 12:30pm for Year 7 -12 students at the school Doctor suite.

To book an appointment you can see Craig Carley or Lou McCloskey.

Alternatively you can call or text 0427752398 or walk in to book an appointment.

For further information on the service please see Craig or Lou.

ARE YOU ELIGIBLE FOR THE CAMPS, SPORTS AND

EXCURSIONS PAYMENT FOR 2021

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$125 for eligible primary school students and \$225 for eligible secondary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please complete an application form on the next page and provide a copy of your concession card.

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's <u>Camps, Sports and Excursions Fund web page</u>.

Check with the school office if you are unsure, and please return completed forms to the school office as soon as possible.







Parent/legal guardian details Surname	number (CRN) R Department of Health ar	_ Postcode
Parent/legal guardian details Surname	number (CRN) R Department of Health ar	Postcodeand Human Services (DHHS).
First name Address Fown/suburb Contact number Centrelink pensioner concession OR Health care card not	number (CRN) R Department of Health ar	and Human Services (DHHS).
Address	number (CRN) R Department of Health ar	and Human Services (DHHS).
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Child's surname Child's first name Stu	dentill	Year leve
authorise the Department of Education and Training (DET) to use Centrelink Confirmational and concession card status in order to enable the business to determine if I quantitational and concession card status in order to enable the business to determine if I quantitational and the confirmation of Human Services (DHS) to provide the results of understand that: DHHS will use information I have provided to DET to confirm my eligibility for the Campersonal information including my name, address, payment and concession card type this consent, once signed, remains valid while my child is enrolled at a registered Victorial can obtain proof of my circumstances/details from DHS and provide it to DET so that Excursions Fund can be determined. if I withdraw my consent or do not alternatively provide proof of my circumstances/details fund provided by DET.	ualify for a concession, I that enquiry to DET. nps, Sports and Excursic e and status. ian school unless I withdr it my eligibility for the Car	rebate or service. I also authoris ions Fund and will disclose to DE draw it by contacting the school. amps, Sports and for the Camps, Sports and Excurs
information regarding my eligibility for the Camps, Sports and Excursions Fund m Human Services and /or State Schools Relief for the purpose of evaluating concess fou are able to request access to the personal information that we hold about you, and		e Victorian Department of Health





Benalla Saints Season 2021

After a season off due to COVID we are hoping to see good numbers back playing Football & Netball. Benalla Saints offers an inclusive environment in one of Victoria's premier leagues, now is a perfect time to get involved.

Benalla Saints Sports Club have now commenced training across all grades of Football & Netball. Details below of training times for each of our grades.

Football

- Under 18 (Male) football training on Tuesday & Thursday nights at the Benalla Showgrounds commencing at 6.00pm.
- · Coach Terry Blackburn

Youth Girls Football

 Our under 18 Youth Girls football has not commenced training but we are very interested to see what numbers there are wanting to play. If you are interested our Womens Senior Team trains on Wednesday & Friday nights from 5.30pm at the Benalla Showgrounds.

Netball

- Training commences on the 1st of February at the Benalla Showgrounds. Training is Monday and Wednesday nights commencing at 6.00 pm. Trials for the under 15's & under 17's will be conducted in the coming weeks.
- Coach u/17 Robyn Smith & u/15 Courtney Sammon.

Any enquiries can be directed to the club email <u>benalla.saints@bigpond.com</u> or via Facebook.







Come & Try Hockey!

Thursday 4th March 2021

All ages

1st night FREE!

All abilities

Have fun, make friends
Whole family can play together
Come and surprise yourself!
No experience needed
Equipment provided
COVID safe



4.30 - 5.30 pm 4 - 12 year olds

FUN SUMMER HOCKEY

6 - 7 pm Teens and Adults

Term 1 = fun hockey, Term 2 = competition starts

Hockey field, Churchill Reserve cnr Waller & Margaret St

Bring a hat, drink, and friends!

More info: Lee, 0416 169 767 or benallahockey@gmail.com

BENALLA ALL BLACKS FOOTBALL & NETBALL CLUB



2021 Netball Try-outs

Saturday 6th February Monday 8th February Wednesday 10th February

Netball Court Friendlies Oval, Benalla



WANT TO TRY TENNIS - Commence 30 Jan 2021

COME AND TRY AT BENALLA LAWN TENNIS & CROQUET CLUB SATURDAY MORNINGS 8.30 - 9.30 Commencing 30th Jan. 2021 SRING SMOOTH SOLED SHOES, DRINK, HAT & SUNSCREEN BRING YOUR OWN RACQUET. SENALLA LAWN TENNIS & CROOLIFT CLUBINC





oarenting *****ideas

Leading the way for children during the Coronavirus pandemic



If you're like me, the news of the Coronavirus (COVID-19) pandemic has your head spinning and your heart pumping. That's only natural as life as we know has taken a seismic shift in recent days.

International travel bans, cancellation of sporting and cultural events, shopping frenzies and talk of school closures continue to dominate the airwaves. Terms such as social distancing, self-isolation and social lockdowns have entered our vocabularies and may soon become part of our daily lives.

Coronavirus is having an unprecedented impact on our daily lives, and will probably do so for some time. While keeping ourselves and children healthy and safe is our main concern, it's also essential to address the anxieties of children and young people during these changing times. Here are some ideas to help inform, reassure and keep children and young people safe.

Build on what your children know

Children and young people have already been exposed to a great deal of information about corona virus through media, digital means and direct social contact. Their understanding will vary depending on their age and also the quality of their information sources so you probably will need to help kids process what they already know.

Casual conversations with teenagers and older children can be useful ways to glean their understanding. You could ask questions like "What are you hearing about Coronavirus? Is there anything you're not sure about?" Younger primary age children may need a more direct approach with parents addressing their specific concerns without giving too much information that can overwhelm them.

Check your own thoughts and feelings

Check your own frame of mind and emotions about COVID-19 before talking to kids. Most children are astute mood detectives and they'll gauge their safety by the way you communicate with them. If you tell a child, "You've got to wash your hands or you'll get infected," you are communicating your own anxieties, making it difficult for them to maintain a healthy state of mind. Have a think about how you can frame your instructions and their importance in a way that doesn't heighten your child's anxieties.

Stay informed

It's difficult to work out fact from fiction, correct from incorrect, information from exaggeration when the news is changing so fast. However you need to educate yourself about the virus itself, including how it's transmitted and how to stay safe. Get information from trustworthy sources such as The Australian Government Health Department website and the current federal government corona virus information media campaign.

Answer questions truthfully

It's important that parents and teachers answer children's questions honestly in age-appropriate ways and within context of what is happening at the given time. If their sport or hobby has been temporarily cancelled empathise with their concerns, while helping them maintain a sense of perspective.

Initiate positive action

One way to reduce anxiety and allay children's fears is to involve them in planning and preparation for their personal and group safety. Positive activities such as maintenance of personal hygiene, greeting people with an elbow tap and getting plenty of sleep can help restore a sense of control, that is so important for their wellbeing.

Find refuge in rituals

Regular rituals such as mealtimes, bedtime stories and regular one-on-one time provide both an anchor to normality and a sense of connection for kids at times of change. Consider reconstituting favoured family rituals at this time if they have lapsed due to lack of time, or lifestyle frenzy.

Look outwards

In difficult times there is a tendency to look inwards, which is a natural protective strategy. The alternative is to establish a sense of connection and community spirit by focusing on generosity and togetherness. Help children see past their own needs and look for ways to assist others whether it's shopping for an elderly neighbour, helping a younger sibling occupy themselves, or planning an indoor movie night for the whole family.

The Coronavirus presents many practical challenges to parents and other important adults in the lives of kids. Staying calm, keeping informed, and adjusting our own habits are just some of the challenges we face. However a significant challenge is one of personal leadership. That is, during these difficult times we need to be civil to each other, look out for each other and be mindful of the common good in everything we do. In this, we can all take a significant lead.

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.



