

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 and Carers,

School Assemblies

Thank you to all parents and carers who came along to our school assemblies today. As always it was an exciting moment to watch the Year 12s walk in with their Prep buddies. Our College Captains, Lachlan, Cheyane, Jess and Charlie are all to be congratulated for a fantastic job in planning and running their first assemblies. They were very well prepared and confidently spoke about our College values and what they mean at school. Thankyou also to our music staff and the College band for contributing music for both assemblies.

I would also like to congratulate the campus leaders and house captains/leaders from each campus who were recognised today. It is always incredibly pleasing to see students take on leadership roles and is something I would encourage all students to do when they get the chance.

School Council

Nominations for parent positions on school council closed today. There were only three parent nominations for the 4 vacant parent positions, meaning that Geoff Patterson, Barb Dyer and Stacey Hall are duly elected to council for a two year term. There is still one vacant parent position available. If you are interested in taking up a position on school council, please get in touch with me to discuss or ask any questions.

There are two Community Representatives on school council as well. Pat Claridge will continue in this role and will be joined by Councillor Punarji Gunaratne from the Benalla Rural City. I would like to thank Cr. Bernie Hearn from Benalla Rural City for her contribution to school council over the past couple of years.

School council meets 8 times per year, usually on a Monday night from 5.30 to 7.00pm, and rotates around the different campuses.

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

Wednesday 10 March

- Year 11 Barmah Paddle 10-12th March– Murray River Barmah
- Uniform shop Open 3.30pm-5.30pm Faithfull Street Campus

Wednesday 17 March

- Year 8 Live4 Life launch
- Year 5 Camp-Howqua

Monday 22 March

- Year 7 Immunisations

Thursday 25 March

- Tomorrow Today Year 10 & 11 Careers Day
- Parent Teach Interviews

March 29 –30 March

VET Sport & Rec-Feathertop Hike

Our College Values

Respect

Responsibility

High Expectations

Integrity

Cultural Understanding and Safety Training

Last Friday on our student free day, all staff took part in a 3 hour training session aimed at improving our understanding of indigenous students and families so that we can support their learning and experience at school more effectively. We learned about the difference between a welcome to country and an acknowledgement of country, about some pre-colonisation history and the impact of colonisation on indigenous people and about the importance of connections to land and culture. It was a very informative session and supports our vision to be a safe and inclusive school for everyone.

Regards,
Tony Clark
Executive Principal.



Attendance Matters

Every student. Every day.

Are there any good reasons to be away from school?

No. Unless your child is so sick they can't get out of bed or there is an event like a funeral, your child should be at school. Every day that your child is away is a day of classes and social connection they will miss out on. Taking a day off for birthday's or to go shopping isn't a good reason to miss school. Even medical and health appointments should be made either before or after school or during the school holidays. This includes family holidays. Parents are encouraged not to plan holidays during the term but to organise these during the school holidays. If your child have to be away for some reason, you need to contact the school and let them know what is going on. Depending on the situation, the school might provide school work for your child to complete.

If you are having trouble getting your child to school every day, please pop in to see one of our student wellbeing team:

- ☐ Avon & Clarke St Campus -Scott Greig 5762 1646 (Avon) -5762 2752 (Clarke)
- ☐ Waller St Campus -Bron Greig 5762 2600
- ☐ Faithfull St 7-9 Campus -Lou McCloskey 5761 2777
- ☐ Faithful St 9-12 Campus -Craig Carley 5761 2777

We would love to support and work together with you to get your child back on track attending every day



BOOK CLUB 2021

ISSUE 2 IS

ONLINE NOW!

ORDERS CLOSES 9.00AM

18th March

Click on the link to view the catalogue
https://issuu.com/scholastic_australia/docs/aus_issue_3?fr=sMTQ2ZTEwOTgzNjE

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



Every Child Deserves a Good Book



TERM 1 DATES, TUESDAY 28TH JANUARY- THURSDAY 1ST APRIL

WHOLE SCHOOL ASSEMBLY

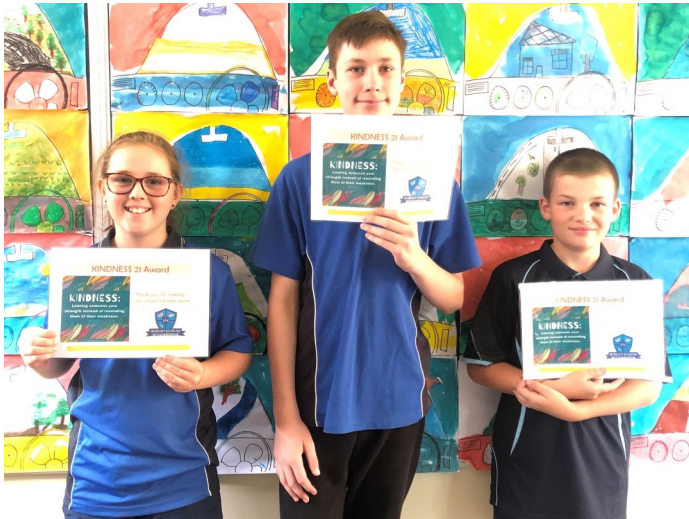
PREPS MEET THEIR YEAR 12 BUDDY



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Pictured right are: Camden Auld, Alex Berger, Indy Stovell, Ruby Simpson, Charli Button & Amy Lowe

KINDNESS AWARD



Kindness awards went to:
Torah Heeps, Will Colville & Josh Ward



Don't
Forget!

BENALLA P-12 UNIFORM
OPEN THIS WEDNESDAY 10TH
MARCH
3.30-5.30PM
FAITHFULL STREET
CAMPUS

YEAR 5/6 STUDENTS OF THE WEEK



ATTENDANCE AWARDS



Attendance
Jorja Adams, Oliver Norman, Joel Simpson, Elly Decker,
Kaleigh Burfield & Boden Hazell



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Benalla P-12 College had 10 primary students compete at the Ovens & Mitta Division swimming event on Friday 26th Feb. Well done to all students, you swam very well and gave your best effort.

Congratulations to Arni Lees for qualifying to compete at the Region Swimming Championships held last Wednesday 3rd March in Shepparton. Arni had a great swim and improved on his personal best time. Well done!

A very big THANK YOU to Tracey Lees who worked all day time keeping and Sarah Neilson who worked on the main score table.

A great day!

Vanessa Neilson

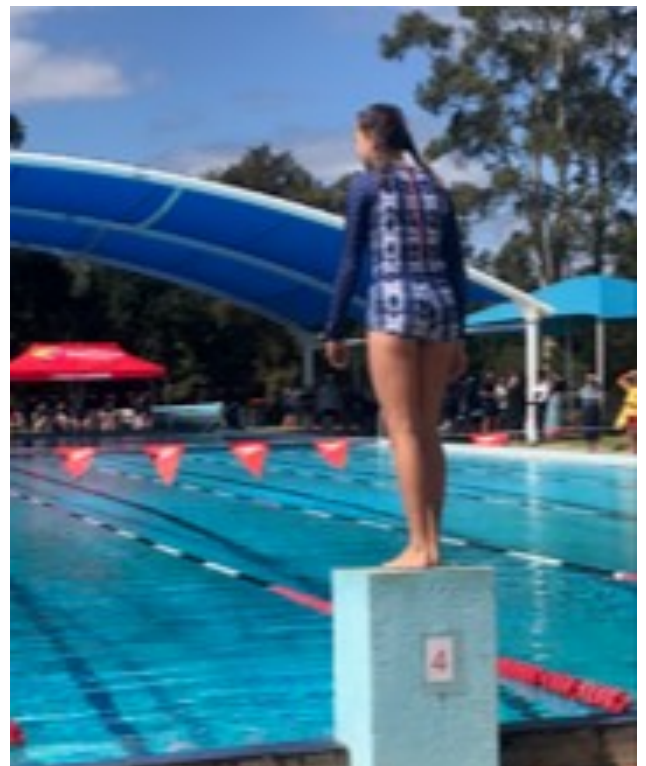
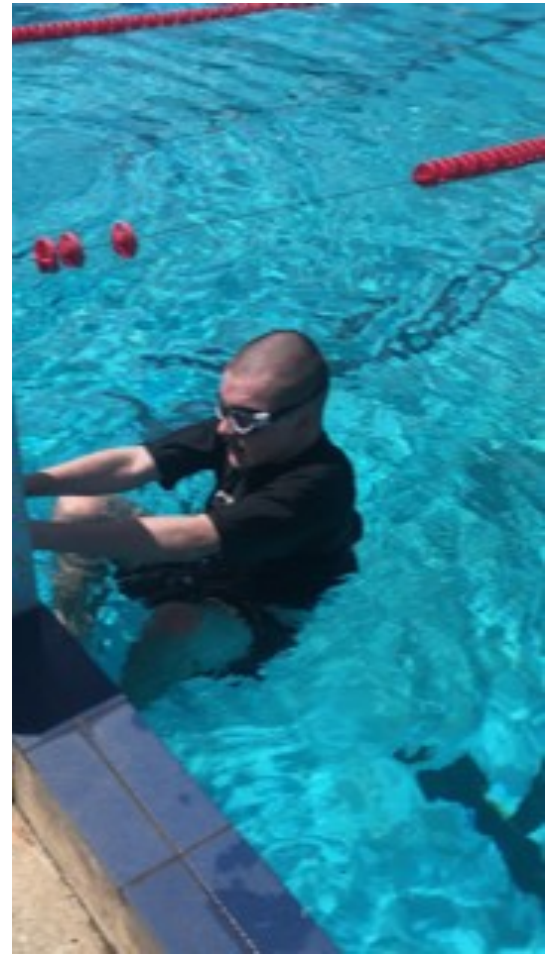
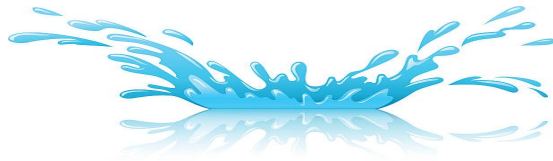


Congratulations to Ochre, Josie, Bailey, Sam, Kye, Elliot and Bronte(absent) These students represented the college in Seymour on Tuesday at the Southern Ranges swimming carnival.

Elliot was awarded the 18-20 age champ. He placed first in the 50 freestyle, breaststroke and backstroke, breaking his own record in the 50 freestyle and breaststroke. Josie came first in backstroke. Both of these students will move on to the Hume Championships in Wodonga on the 16th March.

All of the students represented the college well by supporting and encouraging each other. Well done to these students who participated and gave their best effort.

Pip O'Donoghue
7-12 Sports Co-ordinator



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The Benalla Hockey Club was proud to present the Hockey Victoria Hockey Roadshow at Benalla P-12 College.

The students enjoyed learning how to be "hockey ready", dribble, steal and push the ball, and had great fun beating their teachers at hocktopus.

Year 3/4 students at Avon and Waller St students had fun playing "What's the Time, Mr Hockey?" and balancing balls on their stick with coaches Lee Manning and Cassie Hurley on Wednesday 24th February.

The Year 5 and 6 students at Benalla P-12 College were challenged to games of Number Hockey by coaches Lee and Mikayla Cole, assisted by Erin Jenkins and many of Benalla Hockey Club's Under-12 junior players.

Benalla's Hook In2 Hockey Program started on Thursday 4th March, from 4.30-5.30pm at Churchill Reserve, on the corner of Margaret and Waller Streets. Kids aged 5 to 12 can join in the fun hockey games, with equipment provided. The first two weeks are free.

For more information please email benallahockey@gmail.com or see the Benalla Hockey Club facebook page at: <https://www.facebook.com/Benalla-Hockey-Club-188762061176001>

For information on Hook In2 Hockey visit <https://hookin2hockey.com.au/>



CLIMATE CHANGE

On Friday the 26th February the Benalla P-12 College school captains attended the Benalla Sustainable Future Group's presentation on 'Climate Change: Present Facts & Future Predictions'.

The captains heard a variety of speakers including: climate scientist and former Benalla resident Dr Leanne Webb from the CSIRO Climate Research Institute, Dr Lynette Bettio, senior climatologist from the Bureau of Meteorology, Dr Helen Haines, Member for Indi and Jenny O'Connor, Mayor of Indigo Shire Council.

Dr Webb provided in depth information on the current state of the climate including a description of the key drivers of climate change. Dr Bettio explained how climate models are developed and refined. This was followed with the predictions based on several likely scenarios. Dr Haines spoke on the work she is doing at a federal level to address climate change and Mayor O'Connor spoke of the actions that have been taken in Indigo Shire including the declaration of a climate emergency.

The speakers were followed by a question and answer session during which Vice Captain Charlie Paterson asked what the youth of today could do to address climate change. The representation of Benalla's youth by Benalla P-12 College was very positively received by the community in general and in particular Dr Haines. As a result of this, Dr Haines publicly extended an invitation to our Captains to Parliament House to further discuss climate change and other issues affecting the youth of Benalla.



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A reminder to all Year 12 students to make an appointment to see Molly Craig before the end of Term 1. This will give the student the chance to discuss their plans for 2022 and beyond and look at pathways, including University, TAFE and apprenticeships and traineeships.

Kel Vincent from GOTAFE will be attending the school on Mondays each fortnight, to speak with students about courses and pathways and offer careers assistance. If students would like to meet with Kel, can they please see Molly in the Careers Office.

Year 10s worked on their Career Action Plans last week as well as starting to think about what they would like to do during their Work Experience week in Term 4. Students also completed their preferences for the Careers Day Carnival. This will take place on Thursday 25 March and is being organised by Tomorrow Today. Students in the morning will have the opportunity to do a university workshop in science, arts or engineering or go on a workplace visit, which includes Thales, Schneider, Primal Health, Benalla Racing Club and Rose City Vets. In the afternoon students will be a part of workshops including apprenticeships and traineeships, the police force, the SES and what life is like at Uni. Permission forms will be going out in the next week. Parents and guardians can also provide permission for the event via Compass.



Engineering Heroes Podcasts

Engineers Australia has now officially taken the helm of the Engineering Heroes podcast series. Students keen on a career in engineering may find these podcasts about the engineering challenges in today's society of interest. Engineers discuss their work life and the issues they are dealing with.

There are various categories of podcasts including *aerospace*, *building services*, and *computer systems*.

Visit Engineering Heroes at <https://engineeringheroes.com.au/> and sign up for regular updates.



Snapshot of Deakin University in 2021

- Deakin University has nearly 60 000 students across its five campuses– Burwood, Geelong Waterfront, Geelong Warrnambool, and one being its Cloud Campus -and is the 6th largest university in Australia
- Ranked 275 in the prestigious QS World Rankings after first entering the top 300 two years ago, and is also now ranked at #26 in the top 100 universities younger than 50 years old
- Ranked 5 stars for world-class facilities, research, and teaching, as well as employability, innovation, and inclusiveness – browse About Deakin <https://www.deakin.edu.au/about-deakin> and Why Choose Deakin <https://www.deakin.edu.au/research/become-a-research-student/why-choose-deakin>
- Deakin has maintained the highest level of overall student satisfaction among Victorian universities for ten years running
- Deakin's School of Exercise and Nutrition Sciences is a world-leading sports science school, ranked #1 in Australia. Shanghai Ranking's Global Ranking of Sport Science Schools and Departments ranked Deakin the #3 sport science school in the world in 2020
- Deakin has four faculties and several schools within each faculty
- Deakin is one of only 3 Victorian universities offering graduate medicine
- Deakin offers trimesters and offers a significant number of its courses online - CloudDeakin
- Deakin students have access to a personal study hub which is personalised for each student and provides them with everything they need to know about their course and life at university in order to succeed.
- Deakin Genie is an award-winning **digital personal assistant** tool for students - Genie is ready to answer student questions, and make sure they keep on top of their studies. A voice-controlled smartphone app, Genie is with you 24/7 to ensure you feel supported, organised and in control throughout your studies
- Deakin Hallmarks are prestigious **University awards** that recognise students' outstanding achievement that are key to employment success. Each Deakin Hallmark is developed and assessed in partnership with industry, community, or professional bodies to ensure that they recognise achievement that is valued in graduates
- Deakin has an excellent app for prospective students called **Explore**. Students can use this web app to either search for courses to find careers, or start with a career and find the courses that can lead to it - Explore Deakin <https://explore.deakin.edu.au/>
- Deakin encourages its students to participate in study abroad and exchange programs as part of their course
- Another excellent resource for Deakin students is **this**. This resource is packed with inspiration for life, learning and career. Deakin believes the journey is as important as the destination, and whether students are curious about technology, innovation, culture, or personal development, **this** is the perfect place to ignite imagination and fuel ambition - this Deakin <https://this.deakin.edu.au/>
- Deakin has a strong reputation for producing highly-skilled, work-ready, and resilient graduates from a diverse range of backgrounds. The award-winning **Deakin TALENT** Careers and Employment Service helps employers to connect with Deakin students across a range of areas



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 CSEF. There is also a special consideration category for asylum seeker and refugee families.

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.

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



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name

School REF ID

Parent/legal guardian details

Surname _____

First name _____

Address _____

Town/suburb _____ State _____ Postcode _____

Contact number _____

Centrelink pensioner concession **OR** Health care card number (CRN)

- - - **OR**

☐ Foster parent* **OR** ☐ Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
 - this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
 - I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
 - if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
 - information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.
- You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____ Date ____/____/____



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INSIGHTS

Supporting boys in early secondary school



The first year of secondary school is a time of massive change and boys can struggle more than girls. Even though some of our boys are physically mature and look big and grown-up, this time can be challenging, unpredictable and full of big emotions. Buried under some early adolescent angst are tendencies for forgetfulness and poor organisation due to brain pruning, which is a ‘trimming down’ process in the teenage brain where irrelevant/unused mental connections from childhood are lost. The larger environment of secondary school with its many different classes, and different teachers who have varied expectations can be particularly confusing for boys. Anxiety is often surging through their hormonally charged bodies and parents need to be mindful to recognise that for many pubescent boys, every day at school feels like going into a war zone because it is so unpredictable.

Have realistic expectations

In this transitional year parents need to be creating as calm and predictable an environment as possible at home given the everyday stress at school. Parents can do this by avoiding too many questions and too much pressure especially around homework. Especially avoid criticism, nagging and lecturing — they won’t improve anything.

Keep things light

Boys appreciate lightness and humour, especially when they may be struggling with anxiety or worry. Maybe you could find some funny, goofy cat or dog videos to show them or share some funny experiences that might trigger the beautiful happy neurochemicals in their brain. Be a bit ridiculous – intentionally.

Share developmental changes

Have brief conversations with your son about brain changes, especially pruning, so that he can understand why he may be struggling with organisation and be forgetting things that he used to remember. Once he knows there is a reason, he’ll tend to manage it better — indeed many boys are relieved! Help your son to work out ways to remember important stuff.

Stoke his spark

If your son has a passion whether that be surfing, music, soccer or gaming help him keep it alive and burning throughout high school. Disengagement is very common among boys in the middle school years and those who have an interest they love and are capable at, tend to struggle less. Obviously if it is gaming there needs to be healthy boundaries around prioritising schoolwork ... and a firm bedtime.

parenting*ideas

Watch for red flags

While it is normal to experience anxiety at the beginning of the school year, some anxiety can be ongoing and difficult for parents to identify. Some boys display anxiety through silliness, inappropriate behaviour, an increase in aggression often toward siblings, disrespectful language towards parents, changes in eating patterns and struggles with sleep. If you have ongoing concerns check in with your son's year coordinator and seek help.

Practise kindness

Even though this sounds counterintuitive if you are experiencing some hot moments with your early secondary school son, kindness especially in small unexpected ways has enormous power. Our boys struggle with low self-worth and when they muck up they struggle even more with feeling acceptable and loved.

Above all, reassure your son often that you love him fiercely and unconditionally, no matter what.

Maggie Dent presents a related webinar: Communicating with teenage boys

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Communicating with teenage boys' at no cost.

About

In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

When

24 March 2021 8:00pm AEDT

To redeem

1. Click this link: www.parentingideas.com.au/parent-resources/parent-webinars/webinar-communicating-with-teenage-boys
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code COMMUNICATION and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 24 June 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.

Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, *Parental As Anything*. She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com





26 - 28 MARCH 2021 TOWONG FATHER & SON

This 3 day program is an opportunity for fathers (or a male guardian) & their son to get away for adventure activities, a small service project & campfire conversation. The program is a chance to make some memories, share stories and connect.

www.themandalaproject.com.au

Call Nicho on 0435 910 357



Empower | Connect | Experience



INCLUDES | Food, Activities,
Mountain Bike & Facilitators
EXCLUDES | Tent/Swags

This is a drug, alcohol & technology free program.

AGES 12 - 16 WITH
A FATHER OR
GUARDIAN

COST | FREE
SPONSORED BY
PARKLANDS
ALBURY WODONGA

5PM FRIDAY -
4PM SUNDAY

CORRYONG AREA

MOUNTAIN BIKING



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.
BRING SMOOTH SOLED SHOES, DRINK, HAT & SUNSCREEN
BRING YOUR OWN RACQUET.
BENALLA LAWN TENNIS & CROQUET CLUB INC.



Dear Parent, Guardian or Student



Tomorrow Today, in partnership with a number of Benalla clubs, is running a program to ensure every Benalla young person can participate in local sport and recreational activities.

So, if you hold a current Pension Card or Health Care Card, your children aged 5 to 19 can have from \$60 to \$130 paid towards their registration costs for a sport or activity in Benalla.

If you already know what sport or activity you would like to do, phone Tomorrow Today on **5762 1211**. We will help to organise the registration and payment.

If you would like help with choosing a sport or hobby, you are invited to attend the: **Benalla Come and Try Day**
Sunday 21 March 2021
Churchill Reserve, Waller Street, Benalla
10am to 1pm

Many clubs will run activities on the day and a free barbecue will be provided.

If you have any questions about this project, please call Tomorrow Today on 5762 1211.

Tomorrow Today | Shop 10, 66 Nunn Street, Benalla, Vic 3672 | 03 5762 1211 | tomorrowtoday.com.au | ABN 90 610 420 123

Benalla Netball Autumn Competition 2021

SAVE THE DATE!

9th March - Junior and Ladies Social

16th March - Net Set Go

17th March - Mixed Competition

Keep up to date on registrations via
our Facebook Page

Teams and individual entry welcome