

# 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,

Parent Teacher Interviews are now open for booking on Compass for parents and carers. There are two sessions available – Thursday March 25<sup>th</sup> from 3.30pm until 6.30pm (face to face interviews) and Tuesday March 30<sup>th</sup> from 3.30pm to 5.30pm (phone interviews only). We are trialling the phone only interviews for one session after feedback from parents last year that this was successful and more flexible. It will be reviewed after this session to see if we continue with the same approach at the end of the year.

Parent Teacher interviews are an important opportunity to meet to discuss student progress and for teachers to provide feedback about where and how students might make improvements to their learning. In strongly encourage all parents/carers to book in for an interview. If you are not available on either of those afternoon sessions, but would still like to speak with your child's teacher, please contact the relevant campus directly. If you are experiencing difficulty making a booking through Compass or have misplaced your log on details, please also contact any office and they can help you out.

Thursday April 2<sup>nd</sup> is the last day of term because of Good Friday and the Easter weekend. All students will be dismissed at 2.30pm and buses will run early because of that. School resumes for term 2 on Monday April 19<sup>th</sup>.

As the weather cools down a little, especially in the mornings, jumpers and now being worn more frequently. Please make sure your child has the correct jumper on and that it is named in case it is left in the yard or classroom during the day. If your child needs a school jumper please contact us and we will discuss arrangements for this to be supported.

Regards,  
Tony Clark  
Executive Principal.

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 2272  
**Attendance**  
**Hotline**  
035761 2752

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



### DATES TO REMEMBER

Wednesday 17 March

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

Monday 22 March

- Year 7 Immunisations

Wednesday 24 March

- Uniform Shop Open –Faithfull Street Campus 3.00pm-5.30pm

Thursday 25 March

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

March 29 –30 March

VET Sport & Rec-Feathertop Hike

Thursday April 1

- Avon & Waller End of Term Assembly-9.00am
- End of Term Dismissal –2.30pm

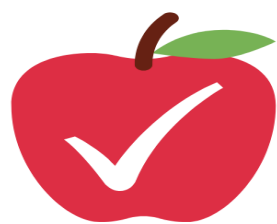
### Our College Values

Respect

Responsibility

High Expectations

Integrity



# 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:

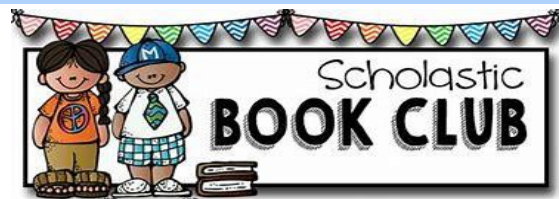
- Avon & Clarke St Campus -Scott Greig 5762 1646 (Avon) -5762 2752 (Clarke)
- Waller St Campus -Bron Greig 5762 2600
- Faithfull St 7-9 Campus -Lou McCloskey 5761 2777
- Faithful St 9-12 Campus -Craig Carley 5761 2777

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



Follow us on  
**Instagram**

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



**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=sMTQ2ZTEOTgzNjE](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](https://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



Waller and Avon Campus  
SLG Presents...

# Casual Day!

Thursday 18<sup>th</sup> March



Gold Coin Donation  
Both F-4 Campuses



This event is being held to celebrate the 2021...



**National Day  
of Action** against  
Bullying and Violence

All F-4 students are welcome to come dressed in casual clothes.  
Please wear enclosed footwear (no thongs) and  
Sun Smart clothing (no singlet tops).

All money raised will  
be going to...



**STATE  
SCHOOLS'  
RELIEF**

In support of an organisation that supports our students.

**National Day  
of Action** against  
Bullying and Violence

Official school



**On Friday the 19<sup>th</sup> of March 2021,**  
The Waller & Avon Street Campus, Stu-  
dent Leadership Group will be running a  
special assembly on "The National Day of  
Action against Bullying and Violence." To  
help support our students on this day, our  
families and friends are invited to attend  
and hear what our young leaders have to  
say.....



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## STUDENTS OF THE WEEK



## RED APRON AWARDS



Students of the week above left:  
Sienna, Dominic, Haley, Rebecca, Gemma and Jaxon

Golden shovel Award Winners above:  
Levi, Rebecca and Fiza

Red Apron Award Winners pictured left:  
Rebecca, Sebastian, Angus and Bella

Pictured right are: Sebastien, Max, Aeryn, Harry, Evelyn and Eden

One student from each class is selected each week for 100% attendance. Students who receive the weekly award are then invited to a celebration BBQ at the end of term and the class with the highest attendance for the term will also receive an award.

Make sure your child attends every day to receive an award.

## ATTENDANCE AWARDS







The **Week 7 Golden Shovel & Red Apron Awards** went to:

Back L-R: Liam, Maddex, Logan & Lucas  
Front L-R: Sophia, Ebony & Tiffany

## ATTENDANCE AWARDS



The **Week 6 and 7 Attendance Awards** were also presented.



Waller Street Campus SLG  
Presents...

Icy-poles!

Every Friday recess  
in Term 1  
(Starting 26<sup>th</sup> February)



Cost: 50c





Thank you for supporting our SLG event☺

## STUDENTS OF THE WEEK



The **Students of the Week for Week 7** were:

Back L-R: Charlotte, Max, Xavier, Carlissa & Jillian  
Front L-R: Zahara, Jett & Eli



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## KINDNESS AWARD



Kindness- Hadassah, Edward & Elly

## YEAR 5/6 STUDENTS OF THE WEEK



Pictured above are this weeks students of the week:  
Ben Green, Josh Ward, Hayley Warnock, Alanna Moss, Torah Heeps & Ella Jenkins

## YR 7 STUDENT LEADERSHIP GROUP



Bronti Mustey, Caitlin Wood, Ebony Broom, Holly Kerr

## RAY WHITE AWARD

Ray White Award- Darcey Carracher pictured Below.





Thursday 25 March will see all Year 10 and 11 students attend the *Careers Day Carnival* organized by Tomorrow Today. Students will visit either a workplace or attend a university workshop and in the afternoon will have the opportunity to speak with representatives from universities, TAFEs and apprenticeship providers. The day will finish with the chance to listen to talks from the Victorian Police, the SES, the CFA, about what life is like at uni or apprenticeships and traineeships.

Permission forms went out last week and parents and guardians are asked to sign them and have their child return the form. Parents and guardians can also give permission for the excursion via the Compass app.



### **Physiotherapist, Chiropractor, Osteopath and Myotherapist**

**What is the difference?** In November 2020 an article by Charlotte Ganderton and Matthew King was published on the ABC website addressing this very topic, and the fact that all four types of therapy come highly recommended to assist people in managing their aches and pains. To sum up the article –

In Australia, **physiotherapists**, **osteopaths** and **chiropractors** have extensive university training and are registered with the Australian Health Practitioner Regulation Agency (AHPRA). Myotherapists complete an advanced diploma or bachelor's degree in myotherapy or "musculoskeletal therapy" but are not registered with AHPRA.

The article goes on to state that a *physiotherapist* assesses your problem, provides a diagnosis and helps you understand what's wrong while considering your general health, activities, and lifestyle. They treat your complaint with a variety of "active" therapies, such as exercise programs and hydrotherapy.

A *chiropractor* works on the diagnosis, treatment and prevention of mechanical disorders of the muscles, ligaments, tendons, bones and joints, and the effect on the nervous system. They have an emphasis on passive manual treatments, including joint and soft-tissue manipulation, and spinal adjustments. They may also prescribe exercises to help you rehabilitate from your condition as well as provide dietary advice.

An *osteopath* focuses on the muscular and nervous systems, assessing the structure of the body to determine its impact on function. Treatment involves a combination of active and passive therapies, including joint manipulation and mobilisation, massage, as well as postural advice and exercise programs.

Finally, a *myotherapist* works to assist your aches and pains by focusing on the muscles and joints. They offer a range of mostly "hands-on" treatments including dry needling, massage, and joint mobilisation, but can also prescribe exercises.

**BULLYING. NO WAY!**  
SAFE AUSTRALIAN SCHOOLS.  
TOGETHER.



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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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# Teaching about bullying

Teaching and learning about bullying has an important role in creating a positive school climate.

Before the NDA, set up a professional learning session for staff to share your schools bullying prevention policy and discuss effective strategies to respond to reports of bullying. Talking about bullying can sometimes highlight issues or lead to increased bullying. Ensure staff know how to respond and that support is available. You'll find lots of great resources at [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au)

## National definition of bullying for schools

Developed by educators across Australia

Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening.

Bullying can happen in person or online, via various digital platforms and devices, and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records).

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

## Fast facts

Approximately **one in four** Year 4 to Year 9 Australian students (27%) reported being bullied every few weeks or more often.



Approximately **one in five** young school students reported experiencing online bullying in any one year.



Prevalence varies across student ages, with bullying reported most frequently among Year 5 (**32%**) and Year 8 (**29%**) students.

**83%** of students who bully others online also bully others in person.



**84%** of students who were bullied online were also bullied in person.

Peers are present as onlookers, and play a central role in the bullying process in **85%** of bullying interactions.



Source: [www.bullyingnoway.gov.au/understanding/Documents/infographic-facts-figures.pdf](http://www.bullyingnoway.gov.au/understanding/Documents/infographic-facts-figures.pdf)

1 SAVE THE DATE

2 PLAN THE NDA

3 TEACHING ABOUT BULLYING

4 SHARE THE NDA



# Teaching about bullying

## What we can do

### Student tips

#### If it happens in person, try these:

- **Ignore them.** Try not to show any reaction.
- **Tell them to stop** and walk away.
- **Pretend you don't care.**
- **Go somewhere safe.**
- **Get support** from your friends.

#### If it happens online, try these:

- **Avoid responding** to the bullying.
- **Report and block** anyone who is bullying online.
- **Protect yourself online** using privacy settings and keep records.

#### If you see someone being bullied:

- **Leave negative conversations.** Don't join in.
- **Support others** being bullied.

#### If it doesn't stop:

- **Talk to an adult** (parent/carer/teacher) who can help stop the bullying.
- **Keep asking** for support until the bullying stops.

### Parent tips

#### If your child talks to you about bullying:

1. **Listen** calmly and get the whole story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want you to do about it and how you can help.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find strategies.
5. **Check in** regularly with your child.

### Need help now?

Kids Helpline [www.kidshelpline.com.au](http://www.kidshelpline.com.au)  
**1800 551 800**

headspace [www.headspace.org.au](http://www.headspace.org.au)  
**1800 650 890**

Online bullying [www.esafety.gov.au](http://www.esafety.gov.au)

**BULLYING. NO WAY!**

### Listen, respect and acknowledge

Your first response to someone who tells you they are involved in bullying can make a difference to the outcome.

#### If a young person reports bullying to you:

- Find a suitable place to talk, or make a time to discuss the problem privately.
- Listen to their whole story and show you are listening.
- Ensure that your voice is calm and your body language is open.
- Ask the young person if they feel safe and reassure them that you will try to help them.



- If they haven't already told you, ask the young person when, how and where the bullying happens.
- Avoid minimising the issue and reassure the young person it's not their fault and it's never okay to be bullied.
- Ask the young person what they want you to do and whether they want you to do anything at this stage.
- Praise the young person for speaking out.
- Keep checking in regularly.

1 SAVE THE DATE

2 PLAN THE NDA

3 TEACHING ABOUT BULLYING

4 SHARE THE NDA







## 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](http://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

## **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

## Come and Try Day

FREE  
SAUSAGE  
SIZZLE!



Free community event showcasing  
Benalla's great sports and recreation activities.

## Come and Try Day

Free community event showcasing Benalla's  
great sports and recreation activities.

Come and try:

- > Soccer
- > Basketball
- > Squash
- > TaeKwonDo
- > Guides
- > Hockey
- > Baseball
- > Astronomy
- > Netball
- > Tennis
- > Footy
- > Junior Fire Brigade

Who

Young people aged 5-19 years

When

Sunday 21 March 2021

Time

10am - 1pm

Where

Churchill Reserve (Entry via Waller Street)

For more information

Call Corena at Tomorrow Today on 5762 1211  
or email [admin@tomorrowtoday.com.au](mailto:admin@tomorrowtoday.com.au)

If you decide to join a club or do an activity, Tomorrow Today  
can provide financial assistance to families with pension and  
health care cards.

FREE  
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SIZZLE!

