

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,

Yesterday our school was represented at the local Benalla ANZAC Parade and service by our school captains, campus leaders and a number of other students. There were also many students marching with other community groups including the Scouts, Girl Guides, and the Rose City Band.



Thankyou to all those students who came down to be a part of the service and who represented the school in such a positive way. Showing respect to the community through active participation in important cultural events such as ANZAC Day is a great way for us to show our values, and it was very pleasing to see so many young people involved. Thankyou also to the parents for supporting us and for bringing the students down for the morning.

Please remember that our ANZAC assembly is on tomorrow at 11.30am in the stadium. This will only involve students in Years 5-12 and will once again be run by our College Captains, Cheyane, Lachlan, Jess and Charlie. We are very fortunate to have a serving member of the ADF attending as our special guest and speaker. Major Sue Field will be at school and will run a Q&A session for secondary students at recess prior to the assembly. As always, parents and carers are warmly invited to attend.

DATES TO REMEMBER

Tuesday 27 April

- Years 5-12 ANZAC Assembly- Clarke Street Gymnasium
- Year 11&12 OES-Great Ocean Walk

Wednesday 28 April

Uniform Shop Open- Faithfull Street 3.00-5.30pm

Wednesday 5-7 May

- Year 8/9 Music Camp-Lake Nillahcootie

Thursday 6-7 May

- Year 9 OED-Mount Samaria

Tuesday 11 May

School Photos

- Avon Campus P-4 9am start
- Waller Campus P-4 9am start
- Faithfull Campus Yrs 10-12 - commence 12.00pm

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

Our College Values

Respect

Responsibility

High Expectations

Starting next week, all students in Grade 4 to Year 12 will begin to complete the annual Student Attitudes to School Survey. This is completed online and takes between 20-30 minutes for students to take. There will be some more specific information sent out to parents via Compass before the end of this week to fully explain the purpose and content of the survey.

Also coming up we have NAPLAN testing for all students in Year 3, 5, 7 and 9. This year we will be completing the tests on paper instead of online as in 2019. Once again, further information will be sent out via Compass to explain the schedule of the testing for all students.

Regards,
Tony Clark
Executive Principal.



SCHOOL PHOTOS

Avon Campus P-4 9am start
Waller Campus P-4 9am start
Faithfull Campus Yrs 10-12 - commence 12.00pm

Students have been issued with payment envelopes which should be returned on the photographer on the day.

Family photos will be taken at 8.15am

Please note parents of multi campus families will need to arrange transport to and from the relevant campus for family photos.



TERM 2 DATES, MONDAY 19TH APRIL – FRIDAY 25TH JUNE



SCHOOL UNIFORM DATES-FAITHFULL ST CAMPUS

Wednesday 28th April 3- 5.30pm

Wednesday 19th May 3- 5.30pm

Wednesday 9th June 3- 5.30pm

Wednesday 14th July 3- 5.30pm

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

Call Judds Yarrowonga on 5744 1269 for any further details



GOLDEN SHOVEL & RED APRON AWARDS

Congratulations to this weeks Golden Shovel and Red Apron award winners, well done Sean, Talbot, Chloe, Sebastian and Levi.



ATTENDANCE AWARDS

Pictured right are: Layla, Toby, Charlotte, Dominic, Isabelle and Josh
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.



STUDENTS OF THE WEEK

Congratulations to this weeks Students of the Week. Pictured above are:
Zach, Gawin, Georgia, Hope, Jed and Hayden



Our **Students of the Week** for week 1 were:
Back L-R: Daniel, Marleigh, Khloe & Mitchell
Front L-R: Drazick, Tyler, Noah & Liam



EVERY DAY COUNTS

Do I have to go to school?

Yes, in Victoria everyone aged from 6 – 17 has to go to school.

Missing one day a fortnight is the same as missing 4 whole weeks of school a year. From prep to Year 12 that adds up to 1.5 years of school!

School is better when you attend. Your friends and your teachers notice that you're away and wonder if you're OK.

Why is regular attendance at school important?

Right now, being at school is the most important thing you need to do for your future. School helps you build good habits for later on in life. You might think school is just about Maths and English but you're also learning about how to work with other people and how to solve problems.

Being at school every day also means you are becoming more independent as a learner and interacting with your friends and teachers. If you're at school you can get help from your teachers and friends and won't have to try to learn things in your own time.

Being an adult probably seems far away but we know that young people who attend school more frequently have better outcomes after school too. This means they earn more money, have better job opportunities and are generally healthier. So being at school really does make a difference!

Do my parents need to let the school know if I'm going to be away?

Yes. Your parents need to notify the school within **three days** of your absence.

If you're away from school too much and don't have a reasonable excuse like a serious illness, your parents can also get in trouble.

Are there any good reasons to be away from school?

No. Unless you are so sick you can't get out of bed or there is an event like a funeral, you should be at school. Every day you are away is a day of classes and social connection you miss out on. Taking a day off for your birthday or 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. Your parents are encouraged not to plan holidays during the term but to organise these during the school holidays.

If you do have to be away for some reason, your parents need to contact the school and let them know what's going on. Depending on the situation, the school might provide schoolwork for you to complete.



What do I miss out on if I'm not at school?

You miss out on all the big stuff – class discussions and all the interaction that happens in a classroom, the chance to get help from teachers and the opportunity to practice skills and gain knowledge. Being away means you might miss out on a lot of learning or that you need to catch up in your time.

If all of that isn't enough to convince you to be at school every day, being away also means you also miss out on playing with your friends. Being away from school a lot can be lonely. It has a big impact on relationships and social connections. Believe it or not, everyone wants you at school and it really is better when you attend.

What if I'm having problems getting to school?

Getting to school on time everyday can be about having a good routine. If you find yourself running late or missing school because you're disorganised, try:

- Asking your parents for help getting ready
- Having a set time to go to bed
- Leaving all technology out of your bedroom
- Packing your school bag the night before with everything you need
- Having a set time for breakfast
- Planning to meet up with a friend so you can travel to school together.

Sometimes though it can just be hard to go to school. You might feel overwhelmed by the work or things might be tough with your friends. Maybe don't feel safe at school or you really dislike a teacher or things at home aren't great. Perhaps you're feeling down or anxious and don't even really know why.

Whatever the situation is, staying away from school isn't the answer. There are lots of people who want to help. Try talking to:

- Your parents or another adult family member
- A trusted teacher
- Wellbeing Coordinator or the school counsellor
- Another trusted adult like your coach

USEFUL WEBSITES/CONTACTS

Kids Matter - www.kidsmatter.edu.au

Youth Beyond Blue - www.youthbeyondblue.com.au

Headspace - www.headspace.org.au or e-headspace www.eheadspace.org.au/ for online counselling & support

Reach Out – www.reachout.com

Kids helpline - 1800 55 1800 24 hours a day, 7 days a week or [web counselling](#)

If you are having trouble getting your child to school, please speak with your classroom teacher or a wellbeing staff member on your campus.

Waller Campus-Bron Greig 5762 2600

Avon/Clarke Campus -Scott Greig 5762 1646/5762 275

Faithfull campus7-9 Lou McCloskey 5761 2777

Faithfull Campus-years 10-12 Craig Carley 5761 2777



Going to school every day is the single most important part of your child's education.

For more information and resources to help address attendance issues, visit: education.vic.gov.au

VICTORIA
AS A LEARNING
COMMUNITY

The 7-12 Athletics carnival was held on Thursday. It was great to see so many students participating, cheering others on and helping staff with duties. Results will be announced in the coming days as it was too close to call on the day!



A VISIT FROM COOINDA

Thank you to the residents and staff from Cooina who visited the VET Community Services class at Faithfull Street as part of their Aged Care community development project to increase the wellbeing of the elderly in Benalla. A great time was had by all with a chat over morning tea and a competitive game of bingo.



VET Sport and Recreation Year 11 – Mount Feathertop Hike

Late last term our Year 11 VET Sport and Recreation Students hiked along the famous Razorback track to reach Mount Feathertop, the second highest peak in Victoria! On the 29th of March the class headed up to Mount Hotham with the School Bus and trailer packed full of heavy backpacks.

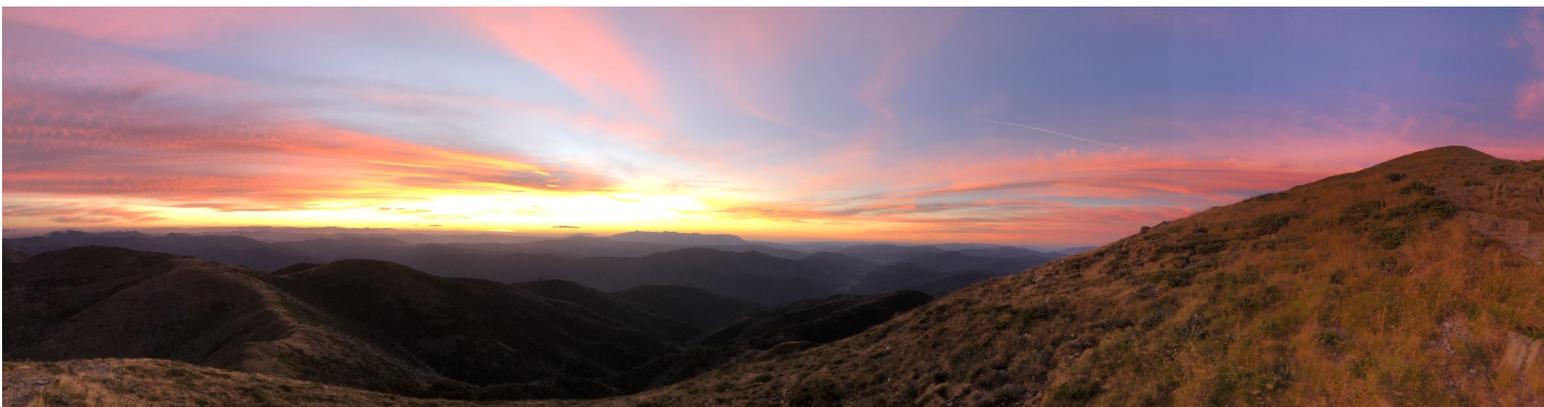
Students started at Diamantia Hut on the road to Hotham Village. Loading on their backpacks, in perfect hiking conditions, the class headed along the track for 10kms to reach their campsite at Federation Hut. The track was very popular throughout the day, with a number of other school groups enjoying the delightful weather as well.

The class was well paced, smashing through the 10 kilometres of track with ease. Once arrived at the campsite, students set up their tents and had time to recharge the batteries before heading for the peak of Mount Feathertop. Reaching the summit, the students were amazed by just how far they could see, as well as being able to see just how far they had walked for the day. With the sun setting, students walked back down the summit track to cook dinner on their Trangias in the fading light.

With lighter packs and only a couple of blisters, the group descended down the Mountain using the Bungalow Spur Track in the morning.

With steep declines the students hiked along arriving to the small town of Harrietville for an early lunch. A great trip had by all!!

Students will now use their experience in the Alpine National Park to assist with their course for the units of 'How to respond to emergency situations' and 'Provide First Aid' if they were to occur in an overnight bushwalk or a remote location. Special thanks to Mr Alexander, Pip and Miss Felstead for taking the students!



YOUTH MENTAL HEALTH FIRST AID COURSE

FOR PARENTS OF YOUNG PEOPLE IN BENALLA RURAL CITY



MENTAL HEALTH FIRST AID
Australia



WHEN:

Wednesdays in May
5.30-9.30pm

Light supper provided.

Cost: \$20 (to cover manual)

WHERE:

Benalla Community Care
45 Coster St, Benalla
(Activity Room 1)

A comprehensive Youth Mental Health First Aid course over four sessions. Learn about adolescent development, the signs and symptoms of mental health problems, how and where to get help and what sort of help is most effective.

For more information and to register your interest go to benalla.vic.gov.au/EOI-YMHFA

Limited places are available. Expressions of Interest close Monday 26 April 2021.

Contact Council's Youth Development Team on 03 5760 2600 for more information.



Brought to you by Live4Life Benalla Partnership Group and Youth Live4Life Inc.



ISSUE 3 IS

ONLINE NOW!

ORDERS CLOSE 9.00AM

10th May

Orders can only be paid for online through Scholastic Book Club Loop Orders using your credit card. Three easy steps can be found on the back page of the catalogue or follow the below link 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!

For more information contact Scholastic Book Club 1800 021 233



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POSITIVE PARENTING

The family was a little shocked when dad Chris, bought his six and four-year-old daughters a motorbike. "You got them a what?" was the standard reply.

It turns out that getting his daughters a motorbike was a stroke of pure fathering genius, although Chris didn't know it at the time. Chris bought the motorbike for his daughters because he had fond memories of riding on his family's farm when he was young. He wanted his kids to enjoy the same experience.

Close family members questioned Chris about introducing a motorbike to kids at such a young age, but he let it pass. He even received a comment or two about the suitability of such a pursuit for girls. "You and your brothers loved motorbikes, but that

doesn't mean that your daughters will," was the attitude of some people.

Undeterred, Chris spent many weekends riding in a nearby property teaching his girls the finer points of motorbike riding. He began by riding with each daughter using trainer wheels, slowly progressing to two wheeled riding as they grew more confident.

The parenting genius in three parts

Helping them to face their fears

Firstly, after acknowledging his daughters' fears, Chris encouraged them to face them, but in their own time. The girls set the developmental pace, so they felt they had full control over their experiences. He showed himself to be astute listener ready to work with his daughters. This is respectful relationships in action.

Lessons of self-worth

Secondly, through the experience Chris showed his daughters that what they do with their bodies is far more important than how they look. His daughters are young, and their attitudes may change when they become tweens or teens, but the lessons of self-worth they absorb during this stage of childhood are lasting. The fact that these messages come while sharing activities organised by their father adds to their potency.

Communicating and forming strong bonds

Thirdly, he's using activity to communicate with and form strong bonds with his girls. Fathers generally express themselves best with their children when they are fully absorbed in an activity. Parenting author Steve Biddulph says 'activity is the language of fathering'. Men are usually at their parenting best when they're involved in games, having fun or being active with their kids. It is through activity that many dads teach kids lessons such as fairness, playing by the rules, trying their best and, of course, sharing stories from their own childhood.



Another side to this parenting genius is that Chris shared something of himself with his daughters when he bought that motorbike. Each time he rides with them he is sharing a part of who he is with his daughters – not the work persona, the parent persona or the friend persona – but something that is close to the essence of who is, which was forged during the joyous times of childhood

by Michael Grose

