

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,

Firstly, Happy Mothers Day to all the mums out there. I hope you all had a wonderful day and weekend and were able to spend some quality time with your families. These days are important celebrations and a nice opportunity to come together and be grateful for the wonderful women in our lives.

This week is NAPLAN for all students in Years 3, 5, 7 and 9. There are 5 separate assessments across 3 days. Information was sent out via Compass last week explaining the purpose of NAPLAN and the schedule for assessment. If you have any questions, please refer to the document on Compass. All students at these year levels have been completing practice assessments and questions over the last few weeks and should be confident to undertake each assessment.

We are also beginning the annual Student Attitudes to School Survey with all students from Grade 4 to Year 12. There was also specific information sent out via Compass last week. The information outlined the additional health and wellbeing questions that secondary students will see when they do the survey. Participation is voluntary and is opt out, so if you wish to withdraw your child from the survey please let us know by the end of the day today.

Last week we had six Year 11 students provide assistance at a State Primary Schools AFL team selection event in Benalla. They helped organise younger students and run the activities, and received excellent feedback from the organisers about their positive attitude and willingness to help. It is always great to receive such positive feedback about our students when they are out in the community demonstrating our school values.

Regards,
Tony Clark
Executive Principal.

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

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

Wednesday 12 May

- Year 7 Band Performance
7.30- PAC Faithfull Street

Monday 17 May

- Year 9 Future Makers Camp 1-
15 Mile Creek

Wednesday 19 May

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

Thursday 20 May

District Cross Country -11.30am
Arundel Street oval

Friday 21 May

VCE GAT excursion -Lake
Nillahcootie

Our College Values

Respect

Responsibility

High Expectations

Integrity



Don't
Forget!

SCHOOL PHOTOS TOMORROW TUESDAY 11TH MAY

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.


misp
photography


Attendance Matters
...every school day counts!



Follow us on
Instagram

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

dates
to
Remember

**SCHOOL UNIFORM
DATES-FAITHFULL ST
CAMPUS**

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 Yarrawonga on
5744 1269 for any further details





GOLDEN SHOVEL & RED APRON

Congratulations to this weeks Golden Shovel and Red Apron award winners, well done Georgia, Thomas, Cash, Harry and Samuel.

STUDENTS OF THE WEEK

Pictured right are this weeks students of the week. Well done Levi, Jake, Scarlett, Arlo and Pou.



ATTENDANCE AWARDS



Pictured left are Sallyanne, Harry, Tyson, Lewis, Pou and Harry.

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.



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MOTHERS DAY AT AVON

MUMS, NANS AND CARERS ENJOYED AN EGG AND BACON ROLL LAST THURSDAY TO CELEBRATE MOTHERS DAY



Follow us on
Instagram

At Waller Campus, students in Years 3 and 4 have been learning about the Barong Dance in Indonesian. There are two main mythical characters in the Dance, Barong and Rangda. The Barong Dance is about the battle between good and evil. Barong is the "King of the Spirits" and represents the forces of good. He is the hero of the Barong Dance. Every village in Bali has their own Barong as a protector.

Using their creative skills, students have made their own interpretation of the masks or topeng. Wooden masks and costumes are worn by the dancers during the performance. Indonesian mask making is considered a master craft which is a highly skilled and respected art form. Mask making is a family tradition that is passed on from father to son. Traditionally, it is only men who make masks in Indonesia.



STUDENTS OF THE WEEK



The **Week 3 Students of the Week** were:
Back L-R: Eli, Kaleb, Kayde & Jaxon
Front L-R: Marli, Charlize, Patrick & Benjamin

RAY WHITE AWARD



The **Ray White Award** for April was presented to Mila Symes.





STUDENTS OF THE WEEK

Students of the Week: Mia Fazl (absent), Peyton Fowles, Torah Heeps & Jacob Campbell

KINDNESS AWARD

Thank you for making our school a kinder place Amy Lowe.


**Kindness
Matters.**



ATTENDANCE AWARDS

Attendance awards

Pictured left are Lily Bull, Maddison Wilson, Ayden Barnard, Deakin Bonnitcha, Robert Francis & Jobe Stovell



 **Be
Here!**
EVERY DAY. ALL DAY. ALL THE WAY!
ATTENDANCE COUNTS



**North East Regional
Pre School Association**

WELCOME TO OUR OPEN DAYS FOR 3 AND 4 YEAR OLD KINDERGARTEN IN 2022

- **Appin Park Kindergarten** (4 Year Old Program) – Appin Street, Wangaratta
Wednesday 26th May : 9.30am – 11.00am
- **Bernard Briggs Kindergarten** (3 & 4 Year Old Program) – Church St, Benalla
Wednesday 26th May : 1.00pm – 2.00pm
- **Chiltern Kindergarten** (3 & 4 Year Old Program) – Main St, Chiltern
Monday 24th May : 10.00am – 12.00pm
- **Christopher Robin Kindergarten** (4 Year Old Program) – Merriwa Park, Wangaratta
Tuesday 25th May : 1.00pm – 2.30pm
- **Coronation Kindergarten** (3 & 4 Year Old Program) – Swan St, Wangaratta
Thursday 27th May : 9.00am – 10.30am
- **Glenrowan Pre School** (3 & 4 Year Old Program) – Old Hume Highway, Glenrowan
Monday 24th May : 1.00pm – 2.00pm
- **James Tilson Kindergarten** (3 & 4 Year Old Program) – Burke St, Wangaratta
Tuesday 1st June : 2.00pm – 3.00pm
- **Moyhu Pre School** (Occasional Care, 3 & 4 Year Old Program) – Byrne St, Moyhu
Wednesday 26th May : 1.00pm - 2.00pm
- **Munro Ave Pre School** (4 Year Old Program) – Munro Ave, Benalla
Tuesday 1st June : 9.30am – 12.30pm
- **Munro Ave Pre School** (3 Year Old Program) – Munro Ave, Benalla
Wednesday 2nd June : 9.30am - 11.30am
- **The Hub Kindergarten** (3 Year Old Program) – Burke St, Wangaratta
Tuesday 1st June : 1.00pm – 2.00pm
- **Wangaratta West Kindergarten** (4 Year Old Program) – Orkney St, Wangaratta
Wednesday 26th May : 1.00pm – 3.00pm
- **Whitfield Community Childcare Centre** (3 Year Old Program) – Wangaratta Whitfield Rd, Whitfield
Visitors welcome : email whitfieldchildcare@gmail.com to arrange a time
- **Whorouly Kindergarten** (3 & 4 Year Old Program) – Church St, Whorouly
Thursday 27th May : 9.15am – 11.00am

talk to our staff about how the programs are run, *look* over the facility,
ask questions and *collect* a registration package





Most people steer clear from using destructive, toxic parenting strategies for fear of raising dysfunctional, emotionally unhealthy adults. Living vicariously through your kids or using fear to gain obedience are the types of strategies most parents avoid. So, what behaviours can parents practise that will help their kids function well, relate well to others and reach emotional maturity in adulthood? These behaviours will help you lay the foundation for your child to become an emotionally healthy adult.

Helping kids tolerate discomfort

While you don't need to expose kids to pain just for the purpose of toughening them up, you don't need to shield them from discomfort. Missing being picked for a team, a friend moving away and sitting a test that makes them nervous are the types of situations that reflect real adult-life. Providing children and young people with exposure to such experiences and giving them coping strategies such as positive distraction builds their resilience, which is essential for success and good mental acuity.

Validating their feelings

Telling kids to stop worrying or stop crying sends a message that emotions are bad. It teaches them to hide their emotions or fight their feelings. Similarly applying the terms 'good' or 'bad' to emotions sends a message that some emotions are not acceptable. The use of terms 'pleasant' and 'unpleasant' when discussing emotions is non-judgemental and shows your acceptance of all feelings. Let kids know through your language and behaviour that all emotions are a natural part of life, and that they provide important information to help them navigate their world. "Ahh! I see you feel upset about this" is the type of statement kids want to hear particularly when feelings are negative.

Letting kids live their own life

Parents have unrealised dreams as well as unhealed emotional scars. It can be tempting to put your own emotions onto your child or steer them away from areas of life that caused you pain. This practice places enormous pressure on children and restricts them from developing their own sense of self that comes from making your own life choices and living with the consequences. Kids require a certain amount of emotional space to develop their own interests and strengths that may be at odds with your expectations, which can be challenging when parenting small families.

Being emotionally available

One of the most difficult and time-consuming aspects of parenting is sharing a child or young person's emotional burdens. Supporting a child who is sad, or helping a young person manage disappointment is draining emotional labour, requiring your full attention. Supporting, coaching and coaxing kids when they are down is when parents do some of their most important work.



In closing

Raising children and young people to reach emotional maturity is an often (unintentionally) neglected part of parenting. By paying attention to their emotions and responding positively rather than shutting them down when their emotions get the better of them you will help lay the foundation to live healthy, balanced lives.

**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.



Benalla P-12 College and Tomorrow Today invite you to

An evening with Prof. Pamela Snow

Professor of Cognitive Psychology, School of Education at LaTrobe University Bendigo.

Internationally recognised expert in the field of literacy.

An evening for Benalla to learn new ways to support the
language and literacy development of our children.

Pamela is a registered psychologist and qualified speech pathologist. She has taught a wide range of undergraduate and postgraduate education and health professionals. Her research into language and literacy concerns the role these skills play as academic and mental health protective factors in childhood and adolescence.

In 2020, Pamela established The Science of Language and Reading (SOLAR) Lab in the School of Education at La Trobe University. Pamela's research has been published in a wide range of international journals and she is past Victorian State Chair of the Australian Psychological Society. Pamela has over 170 publications, and also writes a popular blog for teachers, parents, and clinicians: The Snow Report.

"Having Pamela Snow come to Benalla to talk about evidence based approaches to reading instruction is a wonderful opportunity for all of us. I urge all early years professionals to attend to hear her talk about the most effective strategies we can use to guarantee all children in Benalla become successful readers."
Tony Clark, Executive Principal, Benalla P-12 College.

This presentation will be relevant for educators, parents and volunteers working with children aged 0-8 years.

Tuesday 15th June 2021 | 5pm-6.30pm

Benalla Bowls Club

Followed by networking and meal (own expense)

RSVP to Sally Matheson by Friday 4th June 2021

sallymatheson@tomorrowtoday.com.au or 5762 1211.



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