

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,

Now that we are back from the lockdown we are aiming to return to normal as quickly as possible. This includes ensuring that all students are back at school and attending regularly. Being at school every day is the most important thing school aged children can be doing for their future. If children are away, or late to school, they miss out on vital learning as well as the important social connections and relationships developed at school.

Of course, there are reasons to be away from school. At the moment the message is clear that children should not come to school if they are unwell. Thankyou to those parents who are using the Compass app and/or the attendance hotline to let us know if their child will be away. This is greatly appreciated and makes our job much easier.

Please remember that there are certain restrictions still in place for regional schools. Face masks are still compulsory for secondary students indoors, non-essential visitors are not coming on site, PE and Sport activities must be outdoors and excursions/incursions cannot occur at the moment. Camps can go ahead as long as they are residential and limited to students of one school.

Tuesday June 15th is a student free day for staff to write reports. As usual, we will offer child care for the day. This time it will be at Avon Street only.

Reports will be available to parents at the end of term through Compass. There will be some more detailed information coming out to parents and carers about how to access reports and ensure you are getting the most out of them .

Have you moved house or changed your contact details?

It's important that we have up to date contact details on file so in an emergency, or if your child is injured or unwell, we can contact you as quickly as possible.

Please let the General Office staff know if you have changed your address, mobile number or email address.



DATES TO REMEMBER

Monday 7 June

Year 9 Future Makers Camp 2-
Fifteen Mile Creek

Wednesday 9 June

VCE-GAT
Uniform Shop Open –Faithfull St
Campus 3.00-5.30pm

Monday 14 June

Public Holiday-Queens Birthday

Tuesday 15 June

Student Free Day-Report Writing

Wednesday 16 June

Hume Region Cross Country

Our College Values

Respect

Responsibility

High Expectations

Integrity

As we have done the last few reporting cycles, we are not automatically printing reports for all students, as they are available to you via Compass as a pdf. If you would prefer a hard copy and cannot print one yourself, please contact any campus office to request one.

Regards,
Tony Clark
Executive Principal.

MEET THE PRINCIPAL



SCHOOL UNIFORM DATES-FAITHFULL ST CAMPUS

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



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

CSEF

ARE YOU ELIGIBLE FOR THE CAMPS, SPORTS AND EXCURSIONS PAYMENT FOR 2021? APPLICATIONS CLOSE 25TH JUNE

If you hold a valid means-tested Centrelink Card (ie Health Care Card, Pension/Veterans Affairs Card, Youth Allowance Card) you are eligible to receive CSEF funding. This is available to help families with the cost of **Camps, Sport & Excursions**.

- ☐ Families of students new to the school will need to complete an Application Form and provide a copy of their valid Centrelink Card to the school
- ☐ Families who received CSEF last year do not need to reapply again this year provided your card is still valid.
- ☐ Please contact your campus office or see Compass for more information

If your contact information has changed,
don't forget to let us know!



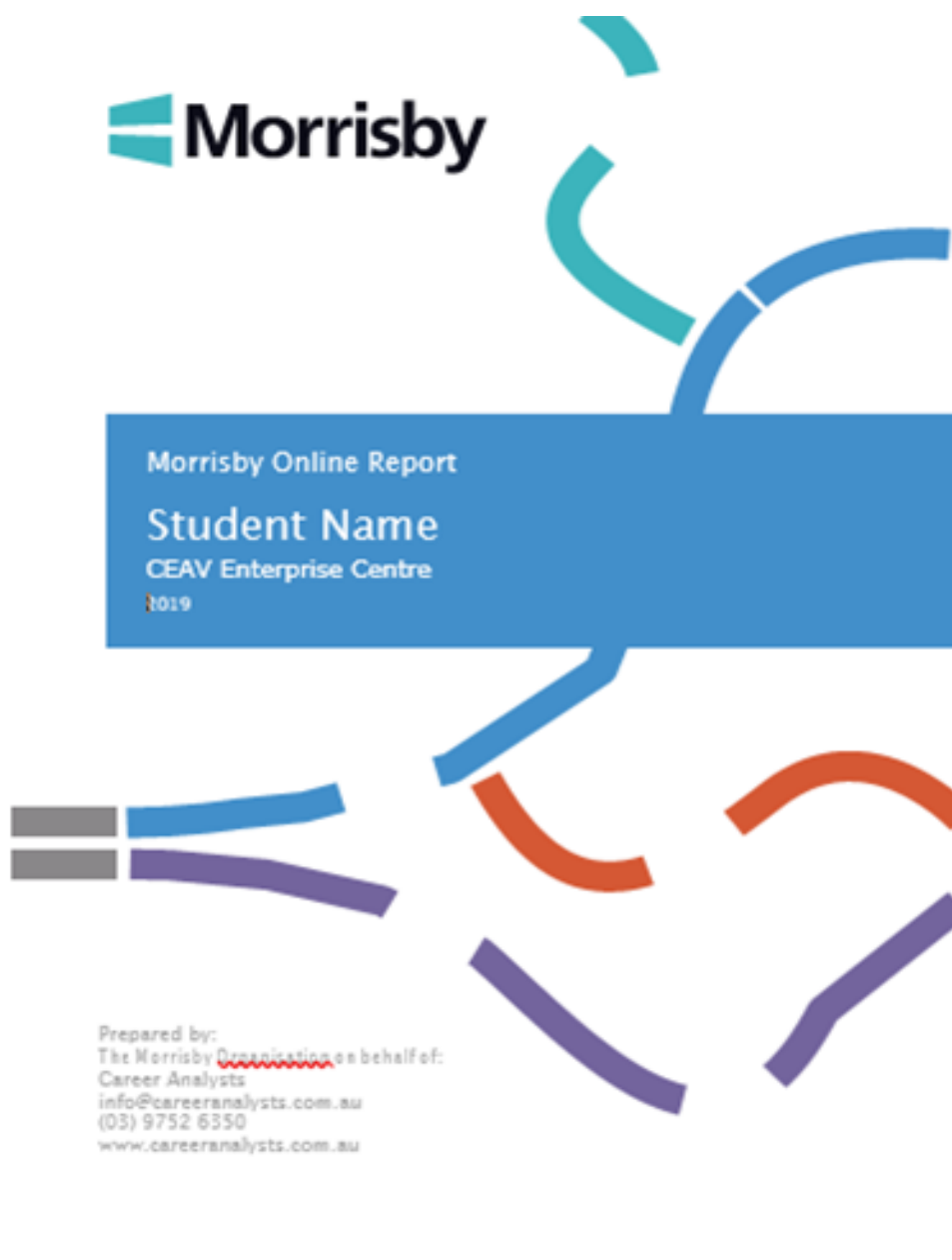
Most of our Year 9 students have now completed an **online personal career discovery tool** (Morrisby Online) that identifies potential suitable careers. The next step will be an analysis of their career assessment report in a **1:1 appointment conducted at school via Webex**. Discussions will include training, higher education and employment pathways. This report will form part of each student's Achievement Portfolio and will assist with subject choices for Year 10 and beyond.

Year 9 Parents and Carers please note - Appointments will be scheduled in weeks 8 and 10 of this term. These occur during school hours on school premises, with parents/carers encouraged to attend. If you are attending please come straight to the **Year 9 Centre** where you may sign in, rather than going to the General Office.

Results of the assessment will also be available online by logging in to <https://app.morrisby.com/>. Students require their school email address and password.

I will be allocating appointments to students and publishing them on our Compass homepage. Feel free to contact me at school on 57612777 or email maria.craig@education.vic.gov.au if you have any questions.

Molly Craig (Careers Coordinator)



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parenting*ideas

INSIGHTS

Anxiety requires understanding



The recent rise in childhood and adolescent anxiety and its acceleration during COVID-19 has worried parents and teachers. Many ask how they can assist kids when they become anxious about seemingly routine events such as attending school camps and excursions, tackling difficult subjects, or facing the prolonged absence of a favourite teacher.

Typical responses such as ignoring their worries or encouraging them to 'get on with it' are unhelpful. Allowing a child to avoid an activity that makes them anxious is another unhelpful option. Avoidance may help kids feel safe in the short term, but it risks the establishment of a long-term pattern that can be impossible to shift.

Regardless of the source every child and young person needs an adult in their life that understands them when they are anxious. It may make little sense that an activity makes a child anxious, you just need to understand that they are anxious. They need someone to witness their anxiety without dismissing or ignoring their feelings.

Anxious kids frequently look to parents and teachers for reassurance when they feel anxious. This shows in many ways, including kids continually seeking the opinion of others, wanting parents or teachers to make decisions for them, and continually asking for praise. Adults don't have to fix kids' problems, but we do have to understand they are anxious.

The use of 'Ahhhh' statements to validate how an anxious child is feeling, is a practical way to show that you are trying to understand them. It's also a great way to help a child develop a more nuanced emotional vocabulary. Here are some examples:

'Ahhhh, you're feeling anxious about going to school camp . . .'

'Ahhhh, you're having one of those "I might mess it up" thoughts . . .'

Each child's anxiety is unique. The first and most important response from an adult is to show a child that you 'get' that they are anxious. Having someone understand that they are anxious is an enormous relief, particularly if they haven't been taken seriously in the past. Sitting alongside a child who feels anxious is an underestimated act of compassion that makes a huge difference to their immediate emotional state.

**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.



After school activities for young people Wednesdays@ Waminda

3:30-5:30pm

26th May - Fix Your Wheels

2nd June - Gardening & Cooking for Kids

9th June - Art & Craft

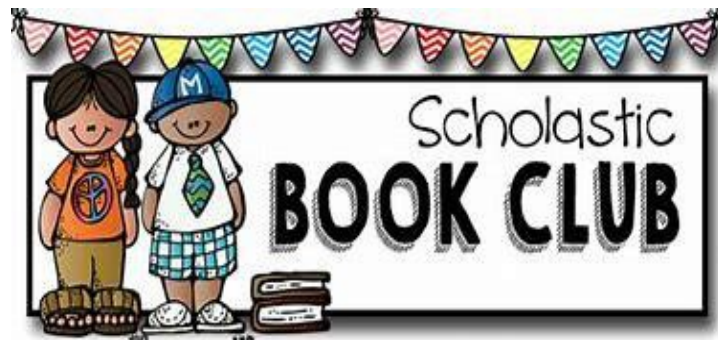
16th June - Fix Your Wheels

23rd June - Pizza Party & Dance

Contact Janet for details: 5762 4528



WAMINDA
COMMUNITY HOUSE



ISSUE 4 IS

ONLINE NOW!

ORDERS CLOSE 9.00AM

11th June

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!

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