

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,

Today we have been told we are in for another 7 days of lockdown – including 5 days of remote learning. This is unfortunate but is obviously informed by the best health advice and we will do what we need to do to stay safe.

Despite this, it is a blow for many of us. Being forced to work and learn from home and remain within a 5km bubble is never good news, and it feels like it keeps happening. We can't underestimate the impact that these lockdowns, however short, have on us all.

What we do know however, is that we can do this. We did it last year for over 100 days and made it through. Our Year 12s last year finished their exams and got great results. Many of them have gone on to university or employment or other study. They had it very tough but worked hard and achieved their goals in the end.

As a group, you as parents have been here before and know you can do this. Your commitment to learning from home last year was incredible and you all did a great job looking after your children for such an extended time. If these lockdowns are only 'short and sharp' as they say, I am very confident that we can all manage and get through together.

Please keep looking at Compass for information and updates, and always feel like you can reach out to us here if you have any questions or need any assistance.

Stay safe and warm.

Regards,

Tony Clark



SCHOOL UNIFORM DATES- FAITHFULL ST CAMPUS

Wednesday August 11th
Wednesday September 1st.

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

Call Judds Yarrawonga on
5744 1269 for any further
details

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.

Our College Values

Respect

Responsibility

High Expectations

Integrity

100% ATTENDANCE AWARD WINNERS WALLER STREET



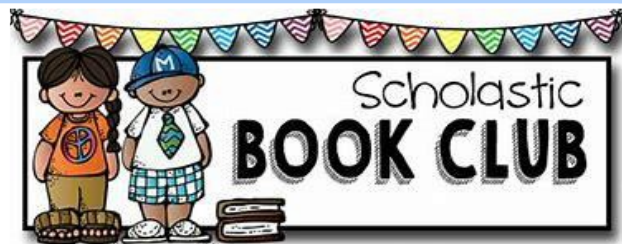
PBS Attendance Champions for term 2

Ms Milvain's class won the highest attendance percentage for term 2 with a score of %94.61. They are celebrating their win with an icy pole.

AVON STREET GOLDEN SHOVEL AWARD



Well done Fiza and Zac



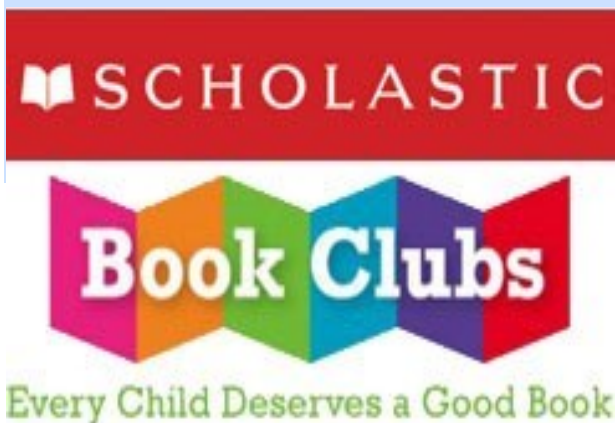
ISSUE 5 IS
ONLINE NOW!
ORDERS CLOSE 9.00AM
1 August

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=>

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TERM 3 DATES, MONDAY 12TH JULY– FRIDAY 17TH SEPTEMBER

STUDENT OF THE TERM NOMINATIONS FOR TERM 2, YEARS 7-9

Congratulations to all nominees for Years 7 to 9 for students of the term. These nominations are from specific subjects and have been nominated by their class teachers for students who have produced work to the highest equality work, for being self-motivated and demonstrating school values.

Year 7

The 2021 Year 7, Student of the Term for Term 2 with nine nominations including Humanities

YEAR 7 STUDENT OF THE TERM



Year 7, 1 nomination Ebony Broom William Herbert-Jeffery Charlotte Lawrence Zoe Moss Teliha Yates Billy Buitenhuis Jody Doody Molly Mathieson Ibrahim Osman Jonty Priest Sharna Sullivan Logan Threlfall Xavier Wapling		Year 7, 2 nominations Riley Sutherland Jacinta Woodward Patrick Ballantyne Blake McDiar-mid Caitlin Wood		Year 7, 3 nominations Laura Fowles Georgie Anderson Kaylee Boer Zaidyn Norrie Olivia Goodwin Josh Hart	
Year 7, 4 nominations <ul style="list-style-type: none">Ryder Levy	Year 7, 5 nominations <ul style="list-style-type: none">Cooper Binion	Year 7, 6 nominations <ul style="list-style-type: none">Mitchell CooneySamuel Gates	Year 7, 7 nominations Max Harman	Year 7, 8 nominations Ochre Lees	

Digital Technologies, Science, Health and Physical Education, Music, English, food Technology, Instrumental Music and Mathematics is **Bronti Mustey**.

Year 8

There were two Year 8 Students of the Term for Term 2 2021, both had seven nominations, the first Student of the Term had nominations including Digital Technologies, English, Science, Health and Physical Education, Music, Mathematics and Humanities and is **Zach Schluter**. The second Student of the Term had nominations including Health and Physical Education, Technology, Mathematics, Food Technology, Music, Humanities and Science and is **Emily Hedt**.

YEAR 8 STUDENT S OF THE TERM



Year 8, 1 nomination Matthew Brophy Nikita Hansen Ella Brennan Jordan Higgins Cohen Symes Luke Ward Amanda Ward	Year 8, 2 nominations Abbey Richards Alexia Squires Blake Wilson Daniela Bakri Hayden Paull Evan Winton Paige Simpson Abbey Townsend Jyai Godwin	Year 8, 3 nominations Mackenzie Bickerdike Rory Buntine Jackson McCarthy Keely Williams	Year 8, 5 nominations Meghan Guy Charlotte Quilliam Joshua Robertson Hamish Willett Amber Armstrong Abbie Simpson Aria Winkler
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Year 9

The 2021 Year 9, Student of the Term for Term 2 with five nominations including Humanities, English, Metals, Technology and Mathematics is **Imogen Biddle**.

Year 9, 1 nomination Bailey Ashton Nathan Grace Jemma Hausner Cody Marks Alyssa Preist Josie Reid Charlie Burfield Brian Dawson Emile Joel Blake Kerr	Hailie Maddox Kye Miller Jack Quilliam Hannah Brain Kaylah Devlin Rachael Fowles Chenel Herbert Ashton Hopkins Annabell Lowe Erin Calvert Jett Morgan	Year 9, 2 nominations Cooper Button Declan Fletcher Joseph Haebich-Mills Marlee Townsend Lincoln Terry Yanru Zong Mia Ely Liam Hopgood	Year 9, 3 nominations Tim Matkovich-Allen Tyler Begnone Jett Buntine Pasan Ranathun Gamage Year 9, 4 nominations Gemma Matheson Jackson Lindsay Sunny Freeman Grace Cooney
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RAY WHITE AWARD

The Ray White Award is awarded to students who have exemplary performance and conduct at school. This award is based on a monthly basis, the recipients for the months of May and June are **Emily Hedt** and **Jackson Lindsay**.



YEAR 9 STUDENT OF THE TERM



Pictured above Imogen Biddle



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Future Makers Camp

The year 9 Cohort had the fantastic opportunity to attend the 15 Mile Creek Outdoor School during the second half of last term. Whilst there they participated in the school's Future Makers Program. The purpose of the program is to develop future ready young people who consider their global footprint, the opportunities before them to make a difference and build their preferred future. Students participated in a range of outdoor activities whilst there, with a particular focus on collaboration and resilience. The Future Maker program delivers the learning capabilities through experiential learning and guided reflections. The first camp group were lucky enough to paddle down the mighty Murray River for a five-day journey.

Gemma – "Canoeing down the Murray was tiring at times, but enjoyable at others. The food was delicious. Myself and Rachael made a hut along the river and was able to sleep in it overnight. Due to the snap lockdown the second camp had a reduced program, but still had the opportunity to build upon their collaboration and resilience. Students were grateful that they were able to experience camp, despite being altered from the original plan.

Alyssa – "Camp was really good, even though we didn't get to go to the Murray, I still really enjoyed it. My favourite activity was the flying fox and I enjoyed hanging out with my friends."

Bailey – "I enjoyed trying out new things and stepping outside my comfort zone, for instance going abseiling on the climbing tower. I really enjoyed bike riding in the mud."

A special thank you to all the teachers that took time out of their busy schedule to attend the camp, it would not have been possible without you!



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



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2022 Year 10, 11 and 12 Important Course Counselling Events

Week	Date		Details
3	Monday August 2	Senior School Course Hand-book online	Visit the Benalla P-12 College website
4	Monday August 9	Senior School Information Evening Weary Dunlop Education Centre 6:00pm – 7:30pm	<ul style="list-style-type: none"> EXPO showcasing all learning areas in the Weary Dunlop Education Centre Parent information session for students in Year 9 going into Year 10 2022 – 6:00pm start Parent information session for students in Year 10 going into Year 11 2022 – 6:30pm start Parent information session for students in Year 11 going into Year 12 2022 – 7:00pm start. Students and parents are asked to come to the Information evening before 7:00pm to look at displays and talk to teachers. Overview of VCE/VCAL certificate Ideas on how to choose the course that is right for you Information about career pathways/tertiary pre-requisites TAFE, NE Tracks representatives, MAS Careers Counsellor Opportunity to meet Year 10/VCE/VCAL teachers
4	Tuesday August 10 Period 3	“What course is right for me?” Year 10-11 Course and Subject Selection Information Sessions for 10 students PERIOD 3	Format VCE/VCAL/VET presentation Subject Information Sessions – students rotate through each learning area to hear from teachers about VCE and VET offerings in their learning area. English/Science/Humanities/Maths/Health, PE and Outdoor Education/Technology/Visual Arts and Performing Arts
5	Wednesday August 18	Course Counselling Day 9am to 5pm (Student free day for Years 9,10 & 11 students)	Completion of the course selection sheet for all Year 9-11 students. Course Counselling interviews – interview with a parent/carer and student. Interviews need to be booked on Compass prior to this day. The student's progress, attendance and Career Action Plan will be reviewed as well as recommendations from their current teachers. Fast tracking applications due VCAL applications due

Selecting the right course for Years 10, 11 and 12 is extremely important. The above table outlines the important events that will occur. All courses need to be carefully considered, so the Course Counselling Day (Wednesday August 18) is extremely important – we need all parents/carers to make an appointment with their designated teacher on this day. Jo Martin Senior Sub School Leader

UNIVERSITY BUS TOURS

This year, Year 11 and 12 students have the opportunity to visit 4 universities. As these trips are being organised by Tomorrow Today, there is no cost. Students can sign up on the white board outside the Study Centre.

Thursday 12 August

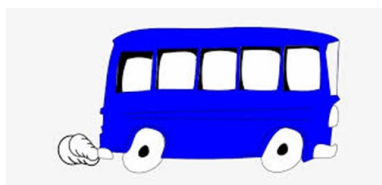
Bus 1: RMIT and La Trobe

Bus 2: Deakin and University of Melbourne

Thursday 9 September

Bus 1: RMIT and La Trobe

Bus 2: Deakin and Vic Uni



Students can attend one or both days. Parents/Carers are welcome to attend and will go on the opposite bus to their child. Interested parents/carers please contact Molly Craig on 5761 2777.

EMPOWER PPROGRAM

Students in 10C took part in the Empower Program run by ABCN (Australian Business and Community Network). This digital program had students working with mentors from LendLease to equip students with the confidence, behaviours and mindset need to prepare them for the rapidly changing world of work. The school is fortunate to have ABCN prioritizing our students to access to five programs throughout 2021.



Year 9 Careers - Morrisby Appointments

We have our final two days of appointments coming up. Students will meet with a career practitioner and go through 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 on Monday 26 July and Tuesday. 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 QR in, rather than going to the General Office.

Results of the assessment are 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)

Morrisby Online Report

Student Name

CEAV Enterprise Centre

1019

Prepared by:
The Morrisby Organisation on behalf of:
Career Analysts
info@careeranalysts.com.au
(03) 9752 6350
www.careeranalysts.com.au



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PRESENTS DR MICHAEL CARR-GREGG



Building Resilient Young People Post COVID-19

SchoolTV's Dr Michael Carr-Gregg comes to Benalla to share his insights on how best to support students in returning to learning in this new post COVID safe environment.

Michael will be encouraging parents and carers to implement some simple steps to help their young people deal with the challenges they currently face. This will include tips on how to identify and manage anxiety, school refusal and adjusting to being back at school.

Even before the coronavirus transformed our lives and social landscape, 1 in 4 young people struggled with their wellbeing from time to time. Post lock down a combination of financial hardship, social isolation and uncertainty as to the future has created significant levels of stress for some young people.

Because parenting doesn't come with instructions, this presentation offers practical evidence based strategies to build resilience at this difficult time.

SUITABLE FOR: PARENTS, GRANDPARENTS AND ADULT CARERS

DURATION: 45 MINUTE PRESENTATION FOLLOWED BY 15 MINUTES QUESTION TIME

Limited Numbers: To book your seat please contact 761 27 27 or contact your child's campus

This presentation will also be live streamed to those families who may not be able to attend this event in person due to capacity numbers in relation to COVID-19 Australian regulations.

Some of Michael's books will also be available for purchase in the evening. Credit card and EFTPOS facilities will be available for your convenience.



DATE:
SUNDAY
6 July, 2021



TIME:
AEST
7.00pm - 8.00pm



VENUE:
Avon Street
Campus

WHO IS PRESENTING?

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author, broadcaster and specialist in parenting, children, adolescents and mental health. He wrote his PhD at the University of NSW on adolescents with cancer and in 1985, he founded the world's first national teenage cancer patients support group, Canteen. He currently works in private practice in Melbourne and is the Commonwealth Government representative on the Board of the Australian Children's Television Foundation and is the Consultant Psychologist to Australian Boarding Schools Association. He joined SchoolTV in 2016 as a key presenter to help support parents in understanding the mental health and wellbeing challenges faced by young people today.

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INSIGHTS

Establishing digital boundaries for a good night's sleep



It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study*.

There are many reasons for young people's poor sleep habits including school demands, co-curricular and/or work commitments, perceived pressure from parents and educators and consumption of energy drinks. Young people's digital device habits can have a significant, negative impact on their sleep.

Handheld devices emit blue light which hampers melatonin production. This can result in the delayed onset of sleep and potentially shorten critical phases of the sleep cycle. Research confirms that children who have not yet gone through puberty are particularly vulnerable to blue light exposure in the evening as they have larger pupils, compared to post-puberty adolescents.

Strategies to stop screens from sabotaging your child's sleep

Parents can have a positive influence on their child and teens' digital habits and doing so will yield positive results for their child's sleep and subsequent learning and wellbeing.

Establish a digital bedtime

Kids should switch off digital devices 60 minutes prior to falling asleep. Reinforce this habit by establishing a 'landing zone' such as a kitchen bench, or desk in a study or sideboard where digital devices go for charging and storage. Many students report that they 'need' to complete homework or submit assignments late at night. Verify the validity of such statements and work in partnership with your child's school to limit this type of required screen activity at night. Parents need to also be good role models by switching off before bed too.

Tech-free zones

Bedrooms should be tech-free zones so consider buying an alarm clock if your child uses a mobile phone to wake themselves up. Keeping devices out of bedrooms removes the tech-temptation to use them throughout the night, reduces the likelihood that they'll reach for them upon waking and lessens the chance of cyberbullying incidents. Ensure any devices left in bedrooms are on airplane mode and that the device is away from their line of sight.

Ensure a daily dose of 'greentime'

Exposure to natural blue light from sources such as the sun is critical for regulating circadian rhythms and promoting sleepiness at night. Ensure your child/teen is exposed to bright, natural, daytime light preferably before midday each day.



Use blue light filters

Most devices include options for 'night mode' or 'dark mode' that reduce blue light exposure. Dimming the brightness of the screen in the settings or applying a filter on a desktop or laptop also assists.

Do a screen swap before bed

Encourage passive tech activities before bed such as watching TV, listening to an audiobook, music or podcast, or reading on an e-reader.

It can be a challenge navigating digital boundaries with your child or teen particularly when it involves sleep, which is vital for health, wellbeing and learning. Talk to them regularly about the importance of sleep using science and facts to substantiate your claims.

*The Australian Department of Health recommends between 9-11 hours of sleep for children (aged 5-13 years) and between 8-10 hours of sleep for adolescents (aged 14-17 years). A 2019 study published by the Australian Institute of Family Studies found that a quarter of 12-15 year olds were experiencing a concerning lack of sleep and more than half of the 16-17 year olds in the study were not getting the recommended 8-10 hours/night ([Source: https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf](https://aifs.gov.au/sites/default/files/publication-documents/lsc-asr-2018-chap4-sleep.pdf))



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.





7 July 2021

Dear Parent, Guardian or Student

Tomorrow Today provides the chance for every young person in Benalla to participate in local sport and recreational activities.

So, if you hold a current Pension Card or Health Care Card and live in the Benalla local government area, 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 have any questions about this project, please call Tomorrow Today on 5762 1211.

We look forward to hearing from you.

Yours sincerely

A handwritten signature in dark ink, appearing to read 'Sally Matheson', with a long, sweeping flourish extending to the right.

Sally Matheson
Education Benalla Program Manager



Racquet Club Tennis Coaching



There is a range of tennis programs offered at Euroa Lawn and Benalla Gardens Tennis Clubs. Ages 3+ with weekday afternoons and Saturday morning options available.

- Kinder group sessions
- Primary and secondary school group lessons
- Squad sessions
- Private lessons (limited spots)
- Cardio Tennis



Tennis Australia accredited coach Kyle Andrews

For more details contact
0405 208 529 or Racquet Club Tennis
coaching on Facebook

**Term 3
enrolments**



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