

# 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'*

### Phonics Check and Reading Improvement

Since 2019 we have been teaching students to read using an evidence-based approach, which has included a systematic phonics program called Jolly Phonics for P-2 students. Last year we began measuring progress using a 'phonics check' and have recently retested all Year 1 and 2 students.

Well, the data is in, and it shows positive growth almost all our students. It also shows a majority of Year 2 students scored highly on the check, indicating they are confident in identifying and breaking down the sounds with a word – an essential skill to become a good reader.

Those students who need extra support have been identified and will receive this at school as well.

Our staff will continue this work using evidence-based reading strategies to ensure that every child is an effective reader by Year 3.

### Capital Works at Faithfull Street

It has been a long process to get the site ready at Faithfull Street for the construction of our new STEAM building. Things have progressed in the last couple of weeks and the final preparations are being made to prepare the site for setting out to occur. It has delayed the project significantly but at least we are back on track with the new Science and Art and Library building due to be ready for the start of the 2023 school year.

### 5/6 Hub review

Thankyou to those parents who have given their time to the review of the 5/6 Hub. This process has been running for several weeks now and is almost reaching it's conclusion. The findings will be presented to the working party and then to school council before any recommendations are made.

## 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 August 2

Year 3/4 15 Mile Creek Camp-Group B

Wednesday August 4

- Year 3/4 Camp 15 Mile Creek Camp- Group C
- Year 11/12 Snow Trip Mount Hotham

Tuesday August 10

Hands on Learning Excursion- Lake Nillahcootie

Wednesday August 11

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

Thursday August 12

- Victorian School Music Festival
- University Bus Tours

## Our College Values

Respect

Responsibility

High Expectations

Integrity

### Attendance

One of our key priority areas since coming back from lockdown is ensuring all students are back at school and engaged in their learning. This is incredibly important as we all know that 'every day counts'. Our wellbeing staff and admin team will be in contact with you if your child is absent and if you haven't provided an explanation. Please continue to support this process by using Compass to let us know your child will be away or providing a note afterwards.

Regards,

Tony Clark  
Executive Principal.



## EVERY MINUTE COUNTS

*Just a little bit late doesn't seem much but.....*

He/She is only missing just....	That equals....	Which is....	over 13 years of schooling, that's....
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly HALF A YEAR
20 minutes per day	1 hour 40 minutes per week	Nearly 2.5 weeks per year	Nearly 1 YEAR
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 AND A HALF YEARS
1 hour per day	1 day per week	8 weeks per year	Nearly 2 AND A HALF YEARS




# dates to Remember

## SCHOOL UNIFORM DATES-FAITHFULL ST CAMPUS

**3.30pm-5.30pm**

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

## Register NOW For ...2022



Do you or a friend have a younger child due to start school next year? We are currently accepting enrolments for prospective 2022 prep students and their families. Please contact our friendly Avon and Waller Street Campus to register your interest.

Avon Street Campus-5762 1646

Waller Street Campus-5762 2600



Follow us on  
**Instagram**

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



STUDENTS OF THE WEEK



Congratulations to Indi, Isabelle, Henry, Darcy and Lachlan for being this weeks 'Students of the Week'



100% ATTENDANCE AWARDS



Our attendance awards went of Charli, pepper Josh, Aiden and Bella





Avon & Waller Street students had a wonderful day, dressing up as if they were 100 years old last Friday to celebrate 100 days of Prep!



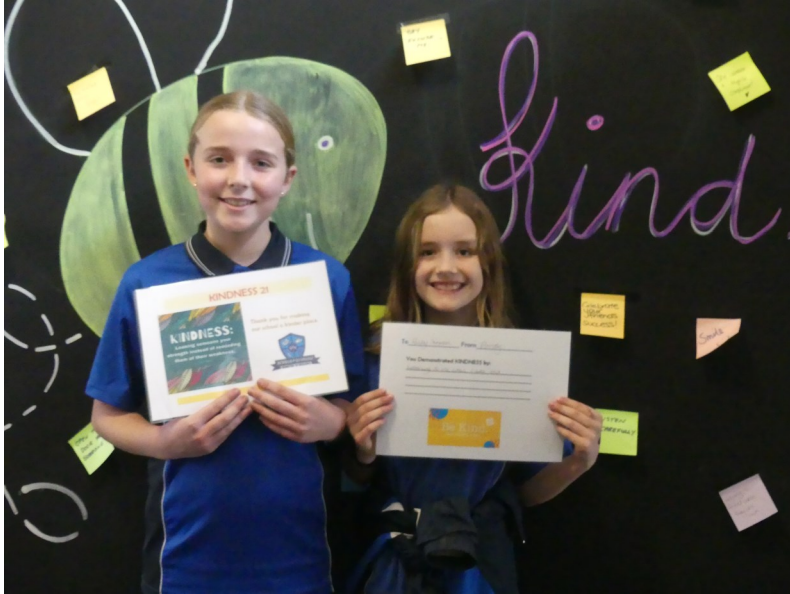


## 100 DAYS OF PREP





## KINDNESS AWARD



Kindness Award  
Darcey Carracher & Ruby Simpson

  
**Kindness  
Matters.**

## CAMPUS LEADERS



Evie Taylor, Emily Mackay, Ava Sutherland, Talydia Williams, Sadees Ranathun & Penny Rando



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



#### Remote trivia winner

Well done to Cindy Daws from year 11 who came first in our 10-12 trivia over Webex during remote learning. She has shown good persuasive skills to receive a HSP from the kebab shop as her prize which Miss Baker promised to honour for Friday lunch. Thanks to all students and teachers who joined in to lift morale and have a bit of fun even though we were separated!



## Attendance Matters

Every student. Every day.

#### 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

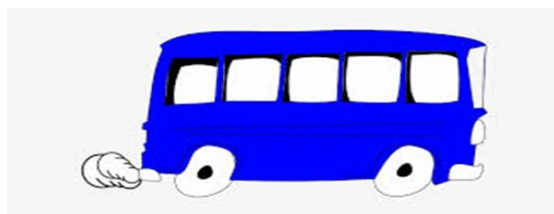
Bus 1: RMIT and La Trobe

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.



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The disruption caused by the coronavirus pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

### We crave connect and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, coronavirus case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own coronavirus story consisting of loss, disappointment, hardship, frustration or overwhelm of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

### Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

### Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome', and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.





### Embed wellbeing strategies into family-life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

### Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

### Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty. There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



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.



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

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**

## AUSTRALIAN NATIONAL BUSKING CHAMPIONSHIPS™

# RUTHERGLEN

### SATURDAY 28 AUGUST 2021

**Busking Prize Money Over \$5,000**

Category	1st	2nd	3rd
Open Age	\$1000	\$500	\$300
Secondary Age	\$500	\$200	\$100
Primary	\$300	\$200	\$100
People's Choice	\$500	\$300	\$100

Best Band \$500  
Judges Encouragement Award \$200  
Special Judges Awards \$200x4

**Entry Fees for Buskers:**

Solo	\$20
Duos	\$40
Groups (3 or more)	\$50

Buskers will be required to play 2-3 x 30 min sets at various locations along Rutherglen's closed Main St. Judging will be conducted by 3 Judges between 10am and 4pm.

Find us at Busking Rutherglen on Facebook and entry forms can be obtained from [buskingheatrutherglen@gmail.com](mailto:buskingheatrutherglen@gmail.com)

