

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, thank you all again for your support and helping make this transition to remote and flexible learning again. We have all done this before, but obviously things are a little bit different this time with cases in our regional area and the introduction of permits for authorised workers. As with other lockdowns, we will get through this together.

During this time, if you are having difficulties or are feeling stressed by the pressures of learning from home, please remember that you don't need to replicate the school experience for your child. You don't need to be their classroom teacher. As a parent you are already your child's first and most important teacher and the things you do with them at home are equally important and valuable during this time. Please remember to reach out if you need assistance. And also remember to look after your own wellbeing at this time. There are supports out there, but you might like to watch [this short video](#) from Headspace with some ideas for you and your family.

On a different note, today we are having some new electronic speed limit signs installed on Faithfull Street. These have been funded and are organised by the Regional Roads Victoria Hume Region and the Victorian and Australia Road Safety Works Program. As you know, school zones have a 40kmh speed limit in the drop and off and pick up times weekdays. These signs will help provide a safer environment around the Faithfull campus when we all do return to face to face learning.

Regards,

Tony Clark

Executive Principal.



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



Our College Values

Respect

Responsibility

High Expectations

Integrity



ISSUE 6 IS

ONLINE NOW!

ORDERS CLOSE 9.00AM

3 September

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



www.benallap12.vic.edu.au

Register **NOW** For...2022

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AVON STREET CAMPUS (Foundation–Year 4) Phone: (03) 5762 1646 | WALLER STREET CAMPUS (Foundation–Year 4) Phone: (03) 5762 2600
CLARKE STREET CAMPUS (Years 5–6) Phone: (03) 5761 2752 | FAITHFULL STREET CAMPUS (Years 7–12) Phone: (03) 5761 2777



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term 3 dates, Monday 12th July– Friday 17th September

Writing in Year 1/2 McNaughton

This term Year 1/2s are learning about different animals. We called the unit Feathers, Fur and Fins. Here are photos of our bird week. We brainstormed different types of birds and we wrote facts about some birds. We also made birds using drawings, play dough, sand, watercolours and special papers and scissors.

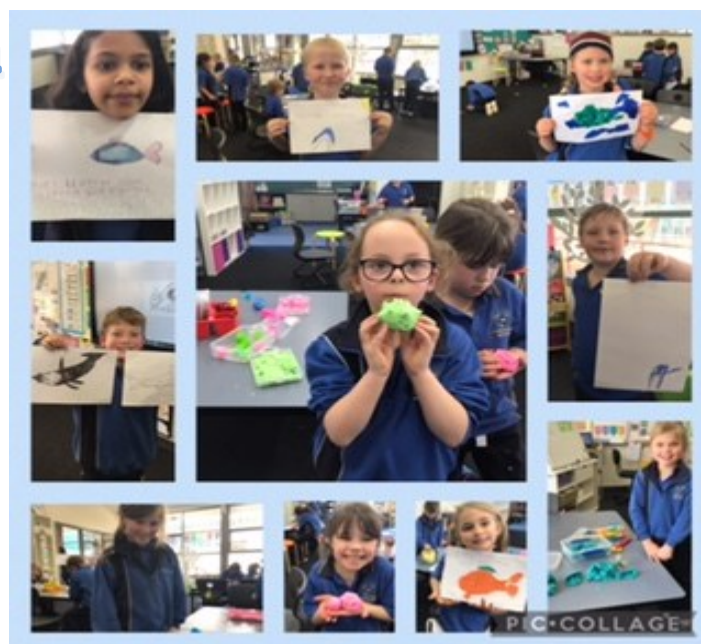
Ask your child about what they now know about birds? We are ornithologists in the making.

STUDENTS OF THE WEEK



Congratulations Chloe, Locky, Billy, Noah, Avneet, Nick and Olivia

GOLDEN SHOVEL AWARDS



RAY WHITE AWARD



Aeryn was the Ray White recipient for this month well done Aeryn!

Congratulations to Angus, Josh and Tyson pictured left who were this weeks Golden Shovel award winners.

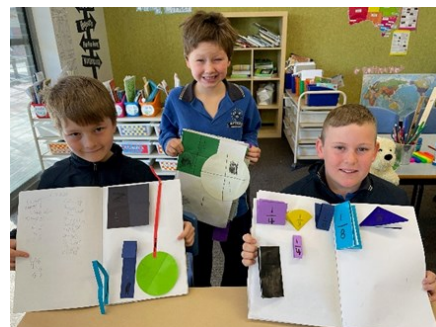
Red Apron awards went to Dylan and Haleyand

Camp Awards

All of our students were challenged and grew whilst on camp. In different ways they all stepped outside of their comfort zone trying new things. Waller Street students (Carlissa, Chelsey, Tyler, Noah, Kiera, Nicolas, Zander, Arli, Madisyn, Char-Leah, Bella and Xavier) were our award winners for camp.

In Class This Week

This week, the 3/4's have begun learning about fractions. Our students have been experimenting with different shapes and sizes of paper and string to make different fractions.



STUDENTS OF THE WEEK



Congratulations to Jenna, Cooper, Jett and Drazick for winner student of the week last week.

Congratulations to our Ray White Award winner for July, Elijah Young.



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P-2 CROSS COUNTRY

Well done to Avon and Waller Prep to Year 2 students! All your training has paid off.

Students cheered each other on and showed great sportsmanship.

Congratulations to the students who finished in the top 5 places.

The winning House was: **Hotham (Yellow) on 113 points**

In second place: Buller (Blue) on 83 points

In third place: Buffalo (Green) on 78 points

In fourth place: Stirling (Red) on 66 points



Thank you to all volunteers and staff who assisted on the day. It was a great team effort to make the event successful.






**Kindness
Matters.**



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Term 3 dates, Monday 12th July– Friday 17th September

Worlds Greatest Shave

On Tuesday 17th August, eight brave Benalla P-12 College Year 12 students and two teachers participated in the World's Greatest Shave which has become an annual event since 2018. The 'Chrome Domes' Andre, Harry, Lachlan, Asha, Charlie, Perry, Connor, Coby and teachers Richard Hubbard and Gerard Vitti felt very passionate about being able to hold a fundraising event for the Leukemia Foundation even though some were very hesitant to discover the shape of their bald heads. Through their online fundraising portal and event on the day whereby a BBQ and donations were raised collection, the team has raised a massive \$5,074.13 to date.

The team would like to show their appreciation to others who assisted in the organisation of the day including Lisa Linke who took pleasure shaving her son Coby's head amongst the other students, the VCAL students for manning the BBQ, Jakk Devlin for his photography and their peer Zoe Thomson for essentially being the manager for the group alongside team captain Lachlan Sands.

They are very proud of the community that has supported them to easily pass their original goal of \$2,500 by donating on the day or via their portal. We are sad that we couldn't have family and friends on site for the actual event but appreciate the kindness given as it does not go unnoticed each and every year. You are still able to donate via the following link or directly to the Leukemia Foundation:

<https://secure.leukaemiafoundation.org.au/registrant/TeamFundraisingPage.aspx?teamID=124850&langPref=en-CA>

If you see their sparkling heads around, be sure to give them a congrats!

Study Group

Students in years 7, 8 or 9 at the Faithfull Street Campus are invited to attend Monday night Study Group.

The group is located in B5 and runs from 3.30 until 4.30.

There will be computer access to research and complete homework and Teacher presence to assist with tasks.



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Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough

sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.



Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. "Go outside and play" is a term that this generation needs to hear as frequently as children in past eras.

In closing

The research into the links between kids' digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid's poor mental health aren't helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids' social media and digital technology use.

Dr [Kristy Goodwin](#) presents a related webinar: [Taming digital distractions](#)

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Taming digital distractions' at no cost.

About

In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

When

Wednesday 8 September 2021 at 8:00 PM AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code TAMING and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our schools name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This order is valid until 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



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.



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Come and Try Day

SUNDAY 12
SEPTEMBER
2021



Free community event showcasing Benalla's great sports and recreation activities.

Come and Try Day

Free community event showcasing Benalla's great sports and recreation activities.

Come and try:

- | | |
|--------------|---------------------|
| > Baseball | > Gibbs TaeKwonDo |
| > Basketball | > Tennis |
| > Guides | > Room at the Table |
| > Cricket | > Squash |
| > Archery | > Little Athletics |
| > Soccer | > Dance |

Who

Young people aged 5-19 years

When

Sunday 12 September 2021

Time

10am – 1pm

Where

Benalla Indoor Recreation Centre and All Blacks oval (Entry via Ackerly Avenue)

For more Information

Call Corena at Tomorrow Today on 5762 1211 or email admin@tomorrowtoday.com.au

If you decide to join a club or do an activity, Tomorrow Today can provide financial assistance to families with pension and health care cards.

FREE
SAUSAGE
SIZZLE!



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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FULL IMPACT PROJECT

BE HEARD

Are you aged 11-19 years old and living, studying, working or playing in Benalla? The Full Impact Project is an exciting initiative that will give young people of Benalla a voice on local issues.

Tomorrow Today is looking for a diverse group of young people to form our Full Impact Advisory Committee. The committee will take part in

multiple workshops aimed at developing skills and knowledge to lead and influence change in the community.

Applications: surveymonkey.com/r/RWRGB7C
Applications close on 24 August 2021

The Full Impact Project celebrates diversity and equality.



Photo by Kevin Vo



admin@tomorrowtoday.com.au
03 5762 1211
Shop 10, 66 Nunn Street, Benalla 3672
tomorrowtoday.com.au

TOMORROW TODAY
Benalla. Stronger together



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