

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,

This term has once again proved very challenging for us all, but as with previous lockdowns I am incredibly proud of the way we have come through it as a community. Learning from home and managing a pandemic is never going to be easy, but the work you have all done to support your children through these difficult times has been amazing. I would also like to highlight the way in which our community members have interacted with each other. The respect and understanding people have shown towards each other has been a positive indicator of the strength of our community.

This week we farewell two key staff members. Faithfull Campus Assistant Principal Reno Lia has accepted a position at another school and will be finishing this Friday. Reno has had countless interactions with students and families in his 4 years with the school and has made a positive difference with his calm and measured approach to working with and supporting people.

I am pleased to announce that James Carboon will take on the role of Acting Assistant Principal for Term 4. James has had extensive experience as a Year Level Co-ordinator and Sub-school Leader and I am confident he will do an excellent job in that role.

Our facilities and maintenance manager John Hanrahan is also finishing this week. John is retiring after a long association with the school and has contributed a great deal to the College in that time. We are about to appoint a replacement for John this week and will be able to announce that at the start of next term.

On behalf of the College, I would like to thank Reno and John for their work at the school and wish them all the best for the future, whatever that holds for them.

On a different note, NAPLAN results have come in and will be sent out in the mail to all parents of students in Year 3, 5, 7 and 9. Please expect that to arrive soon.

Regards,

Tony Clark

Executive Principal.

*End of Term dismissal 2.30pm Friday 17th September
Term 4 commences Monday 4th October*

Our College Values

Respect

Responsibility

High Expectations

Integrity





Pictured left is School Captain Cheyane Vaughan receiving her first Pfizer vaccination at school last Thursday. This was provided by the team from GV Health and their new mobile vaccination service known as 'Jabba the Bus'. We had about 35 Year 11 and 12 students receive the vaccinations that day and they will get their second jab on September 30th.



To celebrate the 2021 Book Week from afar, Benalla P-12 College staff created an online virtual library! Books were added to the library shelves daily. With the click of a picture story book, students could listen to their favourite teachers (and Principals) read some of their favourite books. It was a huge hit with the kids both learning from home and on site.

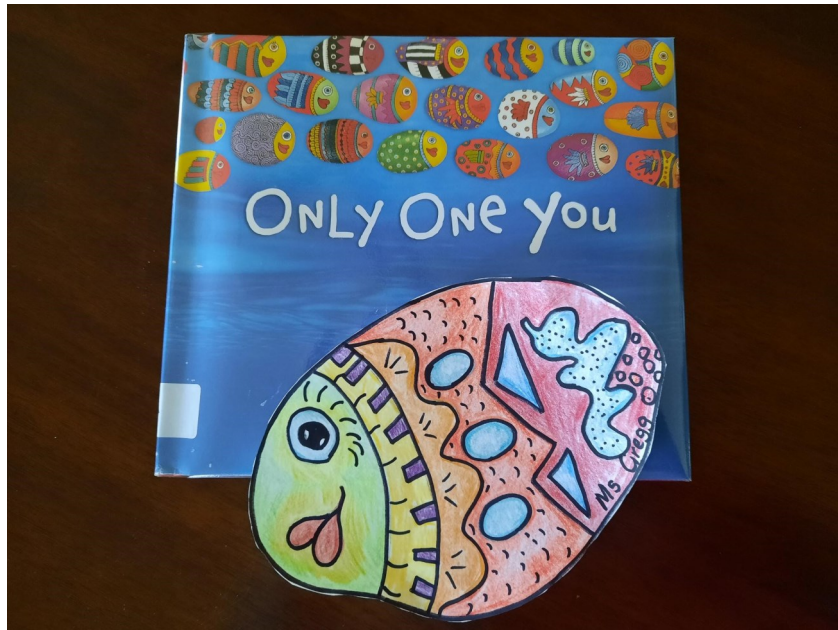


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Term 4 dates, Monday 4th October– Friday 17th December

One of our Remote Learning Art Sessions was based on the books "You Be You" and "Only One You" by Judith Kranz.

These wonderful books emphasise how everyone is different and that it is OK to be different! The onsite students and home learning students (and some family members!) sent in their amazingly unique fish for a display. Well done to all!!!!



At Benalla P-12 we understand the importance of celebrating kindness, especially in the ever changing format of today's learning environment. While students were attending on site supervision we saw an excellent example of this, upon seeing another student struggling with her reading, Hannah demonstrated kindness by



11 and 12 OES White Water Rafting

On the 18th of August our Year 11 and 12 Outdoor & Environmental Studies classes had a day of new adventures when they went White Water Rafting down the King River. On what had been a cold week in Winter, students were prepared for the freezing water conditions, with several layers on they eagerly entered the water and went straight into the biggest rapid for the day! What a thrill!

The river was a little lower than what was originally planned but students happily adapted to being in 2-person rafts. A special mention to Asha Rettke who took on and triumphed the challenge of paddling a raft by herself! Awesome effort!



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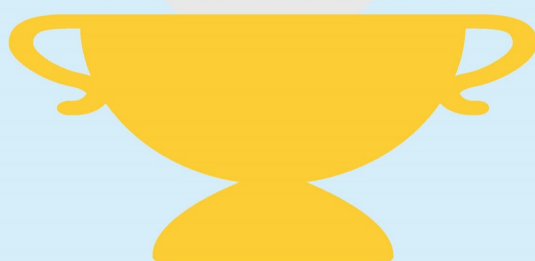
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Students who were onsite enjoyed their STEM task last week. That was to design and build an old fashioned carnival game from mixed materials. They had to plan their design, list materials and finally construct it. A few design flaws were discovered, but mostly worked well. Students got to play each other's game too!



P12 HOUSE CHALLENGE

COMPLETE A CHALLENGE TO
SHOW OFF YOUR SKILL OR
TALENT AND EARN POINTS FOR
YOUR HOUSE



STARTING WEDNESDAY 8TH
OF SEPTEMBER

More information will become available on
dojo or google classrooms

parenting*ideas

INSIGHTS

Building resilience during the COVID pandemic

The pandemic continues to bring worry and anxiety to children and young people. Resilience can help kids get through these difficult times, but it is not something they are born with. Resilience is built up over time as kids interact with the environment and each other. Emerging relatively unscathed from a setback or hardship can boost future resilience. On the other hand, if experiences are too overwhelming or stressful, kids can be traumatised, making it difficult to respond with future hardships with resilience.

The Harvard University Centre for the Developing Child depicts resilience as 'a see-saw or balance scale, where negative experiences tip the scale toward bad outcomes, and positive experiences tip it toward good outcomes. The point where the scale balances is called the "fulcrum," and if it is more to one side or the other, it can make it harder or easier to tip the resilience scale to the positive.' Everyone's fulcrum is in a different spot—which explains why hardships impact on people so differently.

Reduce the impact of COVID by reducing stress

During the pandemic there has been a constant build-up of stress and disappointment for many kids. Remote learning, postponement or cancellation of highly anticipated events such as graduations and formals, limited access to community activities and extra-curricular activities are just some of the negative outcomes that kids have experienced.

Most of these stressors are out of parents' control however any efforts to lighten the load on kids and tip the balance to a more positive side will help build resilience. Reducing sources of stress on kids include:

- facilitating visits to recreation areas for play and contact with friends
- ensuring academic expectations are realistic and reflect the circumstances of each child
- back and forth parent-teacher communication responding to pandemic-induced problems
- alleviating unnecessary family conflict such as temporarily loosening digital limits

Build up positive outcomes through supportive relationships

The presence of healthy supportive adult relationships with children and teenagers is a recognised contributor to resilience. Harvard University state, "The one thing that most children who develop resilience have in common is a stable, committed relationship with a supportive parent, caregiver, or other adult. Adults need those supportive relationships, too!"

Parents can build more positive outcomes for kids by strengthening the connections they have with friends, family and members of the community. Relationship-building activities can include:

- increasing family connections through shared mealtimes and enjoyable family activities
- positive one-on-one activities between parents and kids
- encouraging regular digital or face-to-face connection with friends
- maintaining contact with extended family



parenting*ideas

Strengthening core skills and coping capacities

Children and adults need a set of core skills to manage their daily lives. These skills include planning, ability to focus, self-control, self-awareness and adaptability. When children and young people are under extreme stress it's difficult to apply these core skills so the ability to manage even simple tasks can be compromised.

Parents can strengthen these skills in children and young people by:

- building daily organisational skills at age-appropriate levels including the use of schedules, timetables and other visual organisers
- encouraging children to relax and enjoy regular downtime
- developing anxiety-management tools such as deep breathing and mindfulness
- embedding wellbeing strategies of relaxation, exercise and play into family life

Building resilience in children and young people during the current pandemic is a continuous task for families. Resilience is best promoted by relieving stressors on kids, ensuring they experience a variety of supporting relationships with adults and other children, and building core executive functioning skills so that they can successfully manage their daily lives during these times of change.



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.



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COURSE INFO

VENUE: Benalla Aquatic Centre

DATE & TIME: Saturday 25th & Sunday 26th September 2021, 9.00am - 5.00pm

COST: \$395

For more information please contact:
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PHONE 1300 885 666
EMAIL vic@austswim.com.au

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Racquet Club Tennis Coaching



There is a range of coaching programs offered at Euroa Lawn and Benalla Lawn Tennis Clubs in Term 4 (Group sizes dependent on COVID restrictions)

- Kinder group sessions (3+)
- Primary and secondary school group lessons
- Squad sessions
- Private lessons
- Cardio Tennis



Tennis Australia accredited coach Kyle Andrews
For more information
www.racquetclubtenniscoaching.com



**Term 4
enrolments**



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