

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

Dear Parents and Carers,

We have now entered a new and challenging chapter in the COVID story for Benalla. We have seen some cases at school and there are an increasing number of cases in the North East. The good news is that vaccination rates are very high in Benalla and that face masks are an effective strategy in reducing the spread of COVID.

I would like to reassure you that the school is doing everything we can to minimise the impact of COVID. We are responding quickly to confirmed cases and implementing all processes and strategies as required by the Department of Education and the Department of Health. All staff are vaccinated and anyone else who comes on site to work also has to produce evidence of vaccination.

The move back to remote learning for some of our students is unfortunate, but I must thank all parents for your support and understanding in making this process as smooth as possible. Hopefully it is only for a week or so and we can look forward to getting all students back on site as the state starts to open up this weekend.

The good news is that the DET is allowing some changes to school operations in the next few weeks. We will be allowed to have some camps and excursions, assemblies and transition programs for new Foundation and Year 7 students will commence. Please keep an eye out for information about these changes on Compass in the coming weeks.

Regards,

Tony Clark

Executive Principal.



A reminder to families

Monday November 1

is a pupil free day

**SCHOOL UNIFORM
DATES-FAITHFULL ST
CAMPUS**

Wednesday October 27

3.00pm-5.00pm

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

Call Judds Yarrowonga on

5744 1269 for any further details

Our College Values

Respect

Responsibility

High Expectations

Integrity



**READY | SET | PREP
ENROL NOW!**

REMINDER:

We are continuing to take enrolments for prospective 2022 Prep students.

If you are yet to enrol your child in a primary school or are an existing family, please contact our friendly office staff at Avon or Waller Street Campus to register your interest.

Avon Street Campus
5762 1646
Option 5

Waller Street Campus
5762 2600
Option 4



"I love school because it is fun. You learn handwriting and how to read books. Our teachers teach us how to use sounds in writing and I just think they are the best" -Dustin Year Prep

RESPECT • RESPONSIBILITY • HIGH EXPECTATIONS • INTEGRITY

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

Sun Smart

Please ensure your child has their navy blue school hat in their school bag each morning as Term 4 it is 'No Hat No Play'!

School hats can be purchased from the office or over the phone for \$10.00



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



Every day counts, even when your child is anxious

Anxiety and School Refusal during the COVID 19 Pandemic.

If you feel your child is experiencing anxiety or refusing and not wanting to come to school, please speak with your child's teacher, or contact one of our student wellbeing team members who can offer assistance and make recommendations about professional support if needed.

Early intervention is essential as prolonged absences from school can greatly impact a child's social and emotional development, academic achievement and vocational activities. It's important to get children back to school even more now with COVID 19 restrictions and lockdowns, to help improve their mental health as well as their social and emotional development.

Help us to help you, please contact one of our Wellbeing team, Lou, Bron or Scott to assist with your child and their attendance.

- ☐ Avon/Clark St Campus -Scott Greig 5762 1646
- ☐ Waller St Campus -Bron Greig 5762 2600
- ☐ Faithfull St Campus -Lou McCloskey 5761 2777



Attendance Matters

Every student. Every day.

The new Stephanie Alexander Kitchen Garden Program's vegetable garden at the Avon St campus is coming along nicely.

In between Covid 19 lockdowns the grade 3/4 students have been eagerly filling up the new metal garden beds with topsoil using wheelbarrows, buckets and lots of hard work. Only a few remain to be filled with soil.

Bamboo and string climbing frames have been made by the students and erected in several of the freshly filled beds and Snow Pea seeds have been sown at their bases.

With the lovely warm sunny weather and careful watering using by the students using watery cans and many eager eyes watching, they have sprouted and are now starting to climb up their frames.

The vegetable garden beds have also been mulched to keep out the weeds. Dozens of egg shells, saved from the students cooking classes, have been dried, crushed and carefully sprinkled around the new seedlings to keep away the pesky snails and slugs.





Ms Annakin's class received an icy pole this week for 94% class attendance.

Congratulations to our Students of the Week pictured right are Emma, Bella, Hunter, Estelle, Sebastian, Lochlan, Kaiden and Chloe.

Avon Street Students the Week



Waller Street Students of the Week



Congratulations, Vinnie, Sallyanne, Harry, Ethan and Lily on being last weeks 'Students of the Week'

Waller Street Attendance Winners

Congratulations to Mr Barkers class with getting the highest attendance percentage of 93.5% for Week 2 this term. The whole class was so excited. They all celebrated with a Zooper Dooper.



This week our Year 4 students at Waller St participated in their first Year 5 transition activity. Ms Akhtar and Ms Ewan from the Clark St Campus came to meet our Year 4s and brought with them a video about the Clark St Campus. The video provided our Year 4s with an opportunity to see their classrooms for next year, view the playgrounds and be introduced to some of the other Clark St teachers. After watching the video, the students had an opportunity to ask questions about the campus, their learning and the exciting Year 5 camp.



YEAR 3/4 STUDENTS OF THE WEEK

New Menu for Breakfast Club at Waller Street Campus



Congratulations to Kaylee, Tiffany and Daneeka pictured above.

The Brekky club is running 5 days a week on the Waller Campus serving up breakfast to our students with our GRAB and GO, where students can sit and eat undercover outside or dance to the music and play with their friends. Not only do we offer fruit and toast with jam, vegemite or honey, but we also serve Weetbix, Cheerios and Weeties and now we have gluten free cereal for students who are wheat intolerant or have Celiac's disease. If your child has an intolerance or allergy to certain foods and you want them to enjoy brekky at school, please give me a call at the Waller Campus so I can arrange to have it on the menu.



How Home Learning Has Been For A Year 6 Student



Evie Taylor, Year 6 student

Over the COVID19 pandemic, I (as well as many others) have been learning from home via work packs and online platforms such as Class Dojo and Google Classroom.

Each Friday we would go to pick up our work packs and work through them the next week with online help from our teachers. Struggles of home learning include not being able to work through tasks with peers, too many distractions around the house and not being able to see friends.

I am excited to go back to routine, face-to-face learning and seeing my friends as well as resuming my role as Campus Leader and continuing the 2022 Scholarship testing.

Although the last 18 months have been trying, I am grateful that we have been able to continue our education remotely, but now I am eager to go back to some form of normality.

IMMUNISATIONS

The second round of Year 7 school immunisations and Year 10 immunisations are being conducted at this school on **Tuesday 30th November 2021**.

The following vaccines will be offered on this day:

YEAR LEVEL	VACCINES OFFERED
YEAR 7 MALE & FEMALE STUDENTS	GARDASIL9 (HPV) DOSE 2 FINAL DOSE
YEAR 10 MALE & FEMALE STUDENTS	MENINGOCOCCAL ACWY – ONE DOSE ONLY

These vaccinations are funded as part of the Victorian Secondary Schools Immunisation Program. Should your child miss out on starting their vaccination course this year they may not be eligible to receive them for free in subsequent years in the school program.

Please ensure that your child is wearing their sports uniform or a short sleeve shirt on the vaccination day (without any long sleeved layers underneath), this will enable a smooth vaccination process.

Please note that no vaccines can be administered within 7 days of receiving any COVID vaccination. Please advise Council's Immunisation Team on immunise@wodonga.vic.gov.au before the vaccination day. You are advised to bare this in mind if you are booking a COVID vaccination appointment.

Parents/guardians who wish to withdraw their consent for any reason may do so by emailing your withdrawal of consent to Council's Immunisation Team on immunise@wodonga.vic.gov.au before the vaccination day.

If your child has been vaccinated elsewhere and you have not already done so, please notify council's immunisation team on 1800 655 360.

If you DO NOT wish for your child to receive any further vaccinations or if you have any enquiries about the program or your child's vaccinations, please contact Wodonga Council's Immunisation Team on 1800 655 360.

Year 7 Students

Consent cards for Year 7 students should have already been signed and completed for these vaccinations earlier this year.

If your Year 7 child missed the first dose of vaccines please contact council's immunisation team on 1800 655 360 to obtain a consent card (if consent card previously not returned). Council can administer the first dose of vaccines at school if we have a signed consent card. To complete the vaccine course, students must attend a council immunisation session or their GP, 6 months after dose 1 was given.

Year 10 Students

Consent cards for Year 10 students were recently distributed for Meningococcal ACWY. Year 10 students who have NOT returned a Meningococcal ACWY consent card may obtain a spare consent card from the school office. This completed consent card must be returned on or before the 29th October 2021.

The Covid Games

On the 19th of October the Year 11 Sport and Recreation Class held the Covid Games for our 7-9 Students. The Covid Games aimed to provide an opportunity for the junior students to engage, get active and have some fun whilst working with their peers.

The year 11 class ran the Covid Games for their unit studies, in which they must organise and run an event, as well as plan and lead a range of activities and games.

The event was a massive success, with our Junior students getting actively involved and enthusiastic during their games. Feedback from our junior students was that they thoroughly enjoyed the games and want them every week!

The Year 11 students were absolutely fantastic on the day, with their confidence growing throughout the day. They were organised, engaging and encouraging with their activities.

A massive thanks to the Year 11 Sport and Rec class for running such a great event. A special thanks to Miss Felstead, Jessie, Lou, supervising teachers and the Junior Sub-school for all the support on the day!



Year 12 Celebration Day

On Tuesday 19th October, our Year 12 Students were lucky enough to have an on-site Celebration Day. The beautiful sunshine played in our favour as we were restricted to an outdoors event starting with a breakfast BBQ with their Year 12 teachers and staff and a parade sporting group costumes and the hot fashion accessory of the year... face masks! This was followed by a competitive game of inflatable soccer and some old school party games. Of course it wouldn't be Celebration Day unless students drenched teachers in a water fight unexpectedly. Students became particularly emotional towards the end of the event as they were given surprise letters from their parents and carers who proudly congratulated them on their 13 years of schooling and especially completing Year 12 during the ongoing pandemic. The staff were so impressed with the respect all students showed on the day and throughout this year.





Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.



Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit maggiedent.com



Junior Players we want you!

Come and join our family friendly club!

Car pooling can be arranged to training or game day

Under 15s (11-15 under 16 as at 31/12/22)

Under 17s (under 18 as at 31/12/22)

Please contact Junior Netball Coordinator Jo Gall on 0428641336 or Kate Nolan 0438621880 for further information

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COURSE INFO

VENUE:	Benalla Aquatic Centre
DATE & TIME:	Saturday 20th & Sunday 21st November 2021 9.00am - 5.00pm
COST:	\$395

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



RTO No: 104975 **ENROL TODAY AT AUSTSWIM.COM.AU**

CHILDREN'S WEEK 2021

23 October - 31 October

Activity Packs

Friends play together



Friends create together



Friends have the right to safely connect with each other

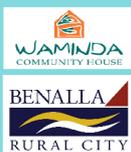


To celebrate **Children's Week 2021**, we're inviting children aged 0 - 12 in Benalla Rural City to get their creativity flowing.

The theme for this year is:

All children have the right to choose their own friends and safely connect with others.

Collect your activity pack promoting friendship and safely connecting with others from:
 Waminda Community House, 19 Ballintine Street, Benalla and Benalla Community Care, 45 Coster Street, Benalla on **Wednesday 27 October 2021**.



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



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