

Monday 8 November, 2021

Edition #29

# 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,

This Tuesday and Wednesday we are having our transition school tours at each campus from 3.30 – 4.30 and again from 4.30 – 5.30. These are aimed at parents of new Prep students as well as students in Grade 4 and 6, but all parents are very welcome to attend. They will give you a chance to look around the campus you are wanting to visit and ask any questions you may have of the leaders and staff there. I am very much looking forward to meeting new parents as well as welcoming our existing parents along. Please contact the school to book in if you haven't already done so to allow us to cater for afternoon tea.

Last week I had the pleasure of dropping into the Benalla indoor pool to visit some of our Preps and Grade 1s and 2s while they were having their swimming lessons. It was great to see so many students in the water and actively participating in the activities. Swimming and water safety are such important skills for all children to develop for their own safety as well as a fun way to stay fit and healthy. Thankyou to all the parents who are supporting this important program by getting bathers and towels and googles organised each day.

The last couple of years hasn't been great for our student leaders. They have missed many opportunities because of restrictions and remote learning. This Thursday is Remembrance Day and we are fortunate to be able to take some of our leaders to a short outdoor ceremony at the Cenotaph in Benalla. This will be a good chance for the student leaders to represent the College as we acknowledge an important historical and cultural event. All campuses will also acknowledge the day at school for all students with a reading at 11am.

Have a wonderful week.

Regards,

Tony Clark

Executive Principal.



dates  
to Remember

## SCHOOL UNIFORM DATES-FAITHFULL ST CAMPUS

**Thursday November 25**

**3.00pm-5.00pm**

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

Call Judds Yarrawonga on  
5744 1269 for any further  
details

**Last Day for 2021**

## 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





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

don't forget to let us know!



Update



Follow us on  
**Instagram**

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## 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 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.



## Avon & Waller Street Awards

### WEEK 4 STUDENTS OF THE WEEK



Students of the week were Josh, Bjorn, Valentine, James, Indi, Remi and Nate. Well done

Pictured above left were our Red Apron award winners: Jacinta and Sean

Pictured left are our week 4 attendance award winners.



### Week 5 Students of the Week

#### Attendance Awards

Pictured below are this weeks attendance award winners: Josh, Bella, Kaden, Jordan, Gemma and Henry



Congratulations to our students of the week:

Daniel, Isabelle, Xav, Myla, Hope and Evie







Spring is in the air and 1/2 Barker's class pet, Bluey the bluetongue lizard, has crawled out from under her rock and has started to slurp down snails to replace the weight that she lost during winter hibernation. The class has been enthusiastically foraging for snails with up to 30 snails being brought in after lunch on any given day. Since arising from her slumber, Bluey has been making quite a mess of her enclosure. The class decided it was time to freshen up her surrounds and it was all hands-on deck clearing out the old sand, bark and leaves. The students did a fantastic job of collecting the new materials and rearranging some of Bluey's favourite places to lurk. Bluey is looking healthy and receiving plenty of cuddles.



#### WEEK 4 STUDENTS OF THE WEEK

Alistair Challender and Brandon Campbell

Congratulations to Ms Rae's class with getting the highest attendance percentage for Week 4 this term. What a huge effort to all the students. The whole class was so excited. They all celebrated with a Zooper Dooper.

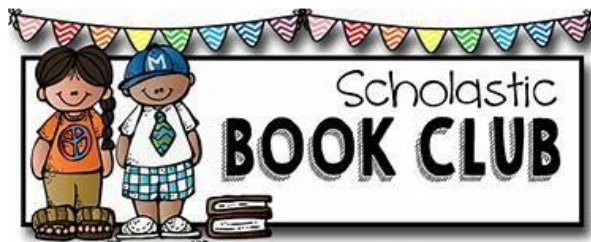




Today in art we decorated our donuts with felt "icing" and bead "sprinkles". I learnt that PVA glue is for fabric and clear glue is for paper. I had so much fun choosing cool decorations and cutting the icing. We also drew 3D donuts using chalk pastels. This task was messy but lots of fun.



Today we finished our donuts. My donut was a rich chocolate flavour with lemon sorbet icing topped with rainbow sprinkles. They were the size of this full stop. By Lucy Year 5



ISSUE 8 IS

**ONLINE NOW!**

**ORDERS CLOSE 9.00AM**

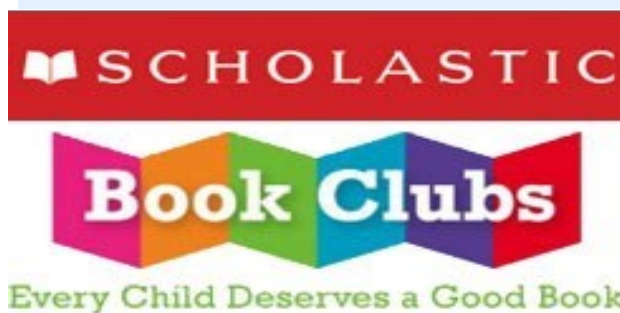
**3 December**

Orders can [only be paid for online through Scholastic Book Club Loop Orders](https://mybookclubs.scholastic.com.au/Parent/Register.aspx?ReturnUrl=) 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=>

**Thanks for  
supporting our school!**

For more information contact  
Scholastic Book Club 1800 021 233



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# HANDS ON LEARNING

## Hands on Learning Wicking bed project

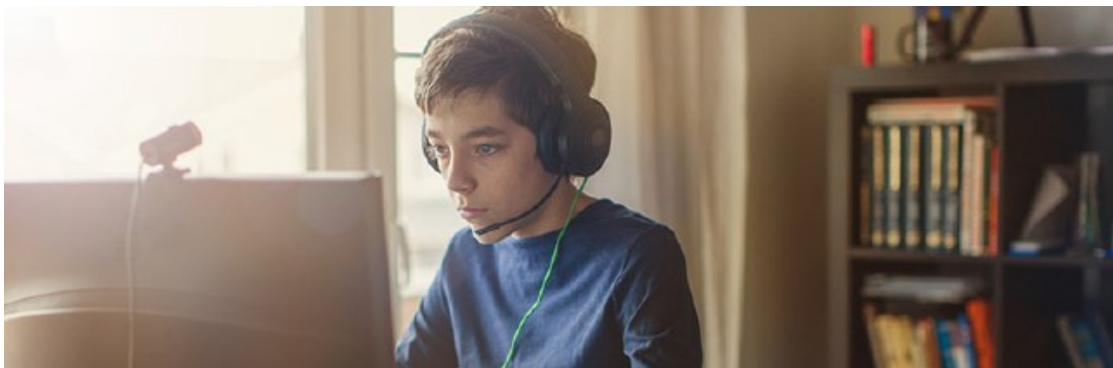
This project has so many great aspects to it. It has used mostly upcycled materials that have been donated by local businesses and requires students to practice many of the tool skills that they have been acquiring in the Hands on Learning program. The wicking bed design has utilised IBC tanks as the reservoir for the plant wicking bed and then added a pallet timber surround to complete the seating. Students have completed four new beds for the Hands on Learning garden and will be producing tomatoes, cucumbers, melons and lettuce for the school canteen, adding another layer of student involvement. The beauty of this design is it that it can be filled with water once a week over the summer season making it a very water efficient growing system.

Pip Rowe who teaches in the program has seen students grow in their confidence and understanding of how a team approach can benefit when everyone is pulling in the same direction. "They are gaining recognition through Tool Skill Certificates as well as seeing a purposeful project coming to fruition. There are so many aspects of classroom theory put into practice here where accurate measuring and mental calculations are put to work".

Students are now working on another four beds and looking to put these out into the community and happy to hear from interested parties.







Children and teens are spending an increasing amount of time on digital devices for both learning and leisure. Lockdowns, remote learning, and online learning have resulted in a surge of young people complaining about sore eyes, blurred vision, headaches, red eyes or general eye fatigue.

Research suggests that there has been an increase in myopia (nearsightedness) rates for children and teenagers during the pandemic. Myopia is a vision condition in which someone can see objects near to them clearly, but objects farther away are blurry.

One [study](#) revealed an almost 400% increase in six-year-olds presenting with myopia symptoms during the 2020 lockdown. The phenomenon referred to as 'quarantine myopia'. Experts believe that screen time may be to blame. HCF Health Insurance data shows over 20% more school-aged children had claims entered for glasses or contact lenses in 2020, compared to five years ago.

While it may seem logical to blame these negative impacts solely on screens, there's emerging evidence to suggest that screens alone may not be triggering or causing eye strain or myopia. The pandemic has not only led to an increase in screen time but has also resulted in kids spending more time inside and less time outdoors in natural sunlight. Family history is also a known risk factor for children developing myopia.

Given that kids will need to continue to rely on digital technologies for their learning and leisure, parents, carers and educators need to equip them with the strategies that will support their eye health and reduce the impacts of screen-related eye conditions such as eye strain and myopia. Following are some simple strategies to help keep screenagers' sight healthy and in optimum condition.

### Keep an eye on their eyes

Be on the lookout for symptoms such as headaches, blurry vision, squinting, or rubbing eyes, as they may indicate potential eye issues. Take your child to an optometrist if symptoms persist.

### Teach them the 20/20/20/20 rule

Every 20 minutes, they should take at least a 20 second break, look into the distance for 20 metres to develop depth of vision, and blink 20 times – because when they stare at a screen their blink rate declines by 66%.

### Remind them to close their eyes

Learning through screens is mentally taxing, depleting the two regions of the brain which process what they see and hear online. Encouraging kids to close their eyes, even if just for 10 seconds, gives these regions of their brain a much-needed break. It increases alpha waves in their brains, leaving them feeling focused and alert after a short break.



## Remember the arm's length rule of thumb

Remind your kids to keep all their digital devices and reading materials at least an arm's length away from their eyes.

## Brighten up

Make sure kids read with appropriate lighting, as poor surrounding light increases eye strain. You may need to adjust the brightness on the screen they are using, or the lighting in the room.

## Encourage them to head outdoors

Research shows that young children who spend more time outdoors are less likely to be short-sighted as teenagers, so ensure your children get at least two hours of 'green time' time a day. Evidence also reveals that just 40 seconds in nature will reduce stress levels.

Given that technology plays a pivotal role in kids' lives, it's essential that parents, carers and educators equip kids with the skills and strategies that will protect their eye health. This requires strategies to deploy when kids are using devices and ensuring that their tech time doesn't displace vital offline experiences, such as time in nature. Yet another reason why we need to balance their 'screen time' with their 'green time'.



### 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](http://www.drkristygoodwin.com).



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# 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

## 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](http://www.racquetclubtenniscoaching.com)



Term 4  
enrolments

## DEVELOPING CAREERS SAVING LIVES



## BECOME AN AUSTSWIM TEACHER OF SWIMMING AND WATER SAFETY™

AUSTSWIM Teachers are in high demand. Develop essential knowledge,  
skill and understanding to teach vital swimming and water safety education.

### 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](mailto:vic@austswim.com.au)

PROUDLY SUPPORTED BY  
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RTO No:  
104975

ENROL TODAY AT [AUSTSWIM.COM.AU](http://AUSTSWIM.COM.AU)



# W & DJFL



## BENALLA JFC U12'S FOOTBALL 2022!

WHEN - Friday November 19th

TIME - 5:00pm to 6:30pm

WHAT - Football Clinic & AFL9's Games

WHO - All eligible U12's players for 2022 (Born 2010 & 2011  
New & Returning Players)

VENUE - Arundel Street Ovals, Benalla

A BBQ will be provided for those in attendance on the evening!

To assist with Covid19 regulations and  
planning, participants are asked to  
register via the following link, or simply  
scan the QR code through your phone  
camera to access the form.

<https://forms.office.com/r/fpme24KknE>



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