

# 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,

Now that restrictions are starting to ease it is feeling a bit more like 'normal' than it has in some time. Masks are no longer required for secondary staff and students and density limits have gone. This makes our end of year graduations and celebrations more inclusive and enjoyable for everyone.

Parents of secondary students would have received information about the Year 7 -11 presentation night on Wednesday December 8<sup>th</sup>. This is the first time we have done this together and I am looking forward to a great opportunity to recognise and acknowledge the work of all of our secondary students. Please come along if you can, to see these amazing students receive their awards. The event will be held in our stadium off Helms Court.

Our other major events for the end of year – including the Year 12 Graduation, Grade 6 Graduation and Waller and Avon assemblies – will also be able to cater for parents and relatives. We do require all visitors to provide evidence of vaccination so please make sure you have that in place before the date.

Of course, masks are still required for all students in Grade 3-6 and primary staff. This is in place in recognition of the fact that students of that age group are unable to be vaccinated yet. We have recently purchased some school masks and each student in Grade 3-6 will be given one of these for use. Please keep an eye out in your child's bag for these.

Just a final note on attendance at school. Attending school every day is important for all students all of the time. Given the year we have had, it is even more important that students are in class with their teachers. I understand there are still some anxieties around coming to school and this may be having an impact on student attendance. However, the school has lots of supports in place if you need any help in this area. Please reach out if you need any support with school attendance and one of our amazing wellbeing or office staff can contact you to discuss the issue.

Tony Clark

Executive Principal.



## PREP TO YEAR 12 ENROL NOW!

Benalla P-12 College is a multi-campus school providing education to students from Prep to Year 12. Our vision is to ensure 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. We aim to develop in our students a love of learning and instill the core values of Respect, Responsibility, Integrity and High Expectations. We are currently taking enrolments for 2022. Call us on 035761 2777 to discuss what opportunities we can offer your child.



RESPECT • RESPONSIBILITY • HIGH EXPECTATIONS • INTEGRITY

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



## SCHOOL UNIFORM DATES-FAITHFULL ST CAMPUS

**Last day this 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





### Wombat Stew

Students in Grade 1/2 have been learning about procedure writing. They enjoyed writing a procedure on how to make their own Wombat Stew. Students collected things they wanted to use for their Wombat Stew and then used this to help them with their writing.

#### How to Make Wombat Stew

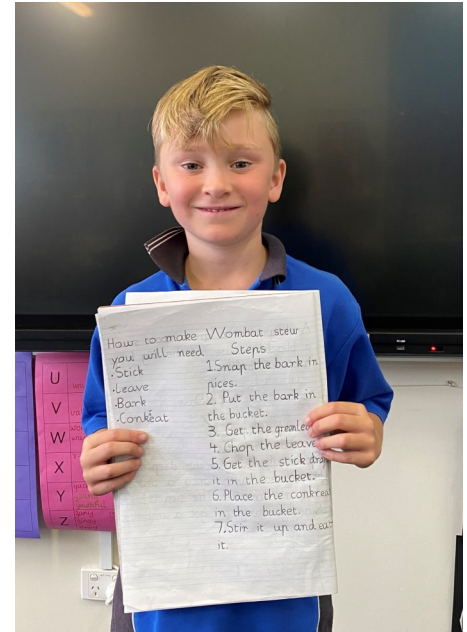
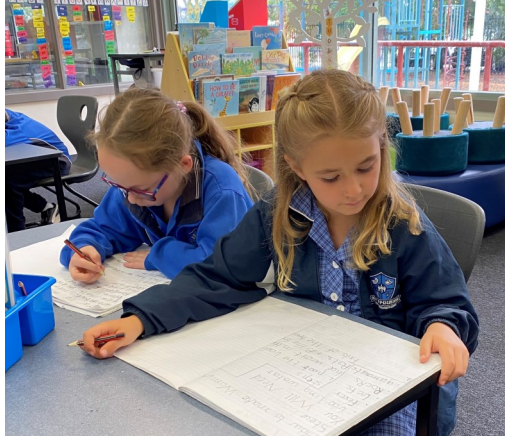
##### You Will Need

- Boiling water
- Feather
- Leaves
- Gumnuts

##### Steps

1. Pour the boiling hot water in the pot.
2. Rip the feathers frills off the feather then sprinkle them in.
3. Crush the leaf in little pieces then put it in.
4. Place the Gumnuts in the pot.
5. Get a wooden spoon and stir it.

Tegan Grade 1



### Students of the Week

Pictured right are our Avon Students of the Week: Hayden, Michael, Charlie, Emily, Estella and Jaxon



### Attendance Awards

Huge Congratulations to Ms Hudson's class who were this weeks attendance champions with 98% class attendance!!





"We have had a busy time in Art at Waller finishing off projects and starting new ones.

The Year 3/4 students have had their turn at Stream Punk models with the theme being robots. They used recycled materials, cogs and gears to create their robot ensuring they had a lot of different textures and details. They painted them with a dark brown then used a lighter dry brush and gold rub to create a metal effect. The results were fantastic! Well done to all of them!

The Year 1/2 Students created beautiful paper using food dye and water on diffusing paper. We used one piece to create stunning stained glass windows and the other for amazing wings on their birds. We then had fun flying them!

The preps had created a Patchwork Elmer. Cutting material was a challenge but they were up to it!"



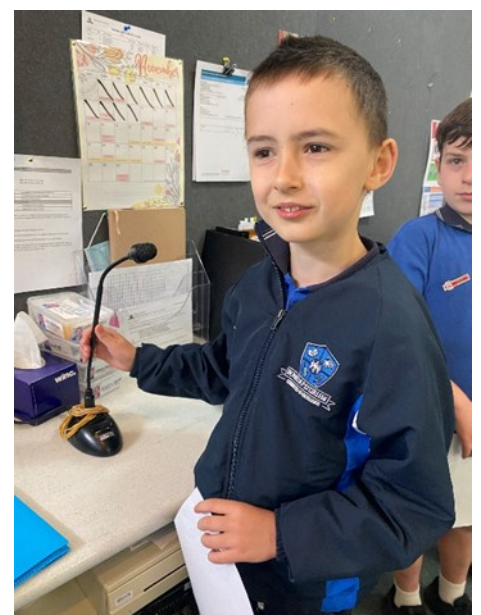
## REMEMBRANCE DAY AT WALLER



On Remembrance Day the House Leaders took responsibility for leading the whole campus in a brief service over the loud speaker.



The student leaders spoke about the significance of the day, recited The Ode and lead a one-minute silence.







Ms Kaitlin's class won in week 6 with a total of %95.5 attendance. Both classes celebrated with a Zooper Dooper.

Mr Barkers class won in week 5 with a total of his class attending for that week of %92.45



Our Year 3/4 Students of the Week for Week 7 were:

L-R: Noah, Lucas, Maddex & Liam



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## Mini Olympics

Last Tuesday the grade 5's and 6's competed in the Mini Olympics. We were competing in individual events for medals. The events were Vortex throw, T-ball hit, agility sprint, monkey bar hang and bean bag throw. We all had a sausage sizzle for lunch. The last activity of the day was Class v Class tug of war.

By Kobe

Miss Ewens 5B class were the winners!



ISSUE 8 IS

**ONLINE NOW!**

**ORDERS CLOSE 9.00AM**

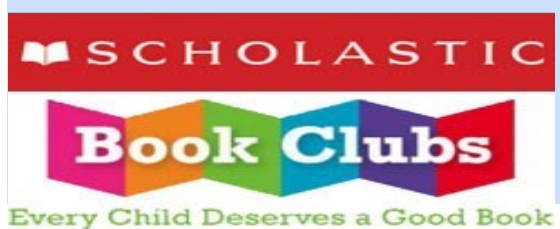
**3 December**

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=>

**Thank you for  
supporting our school!**

For more information contact  
Scholastic Book Club 1800 021 233





In the Automotive workshop, students work on a variety of different engines and projects.

In Year 9 students start with a very basic 2 stroke engine and then work on a basic 4 stroke engine. As they move through the year levels they develop their skills and knowledge, and start to work on more complex engines and components.

In Year 10 they have the option of fast tracking into VET Automotive or continue with small engines in a more advanced and complex way.

In Years 11 & 12 students have the opportunity to complete VET Automotive. On completion, they receive a Certificate II in Automotive Vocational Preparation. This then sets up many different pathways within the Automotive industry. Some of the units they complete are OH&S, Tools & equipment, Servicing, Brakes, Suspension and many more.

Below are some students working on a 4 stroke Briggs & Stratton engine. We have a class set of these engines, one for every student. They normally work in pairs to start with and then on their own. They dismantle, clean, reassemble and start their engines. Students also identify the parts, explain the operation and look at trouble shooting different engine problems.



Imogen Biddle and Gemma Mathieson



Jackson Lindsay and Mr Rogers



Jack Anderson working on his own motor

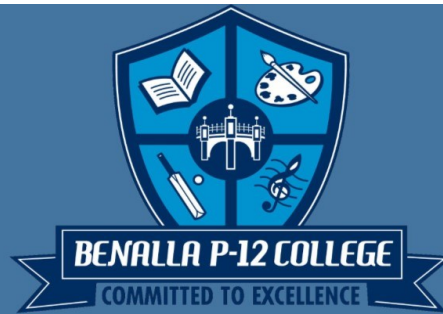


Cody Marks, Hallie Maddox and Jakob Decker starting their engine.





Year 7– Bronti Mustey

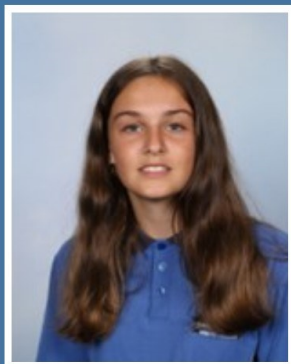


Faithfull St School-Wide Positive  
Behaviour Support Awards

Term 4, Week 5 and 6



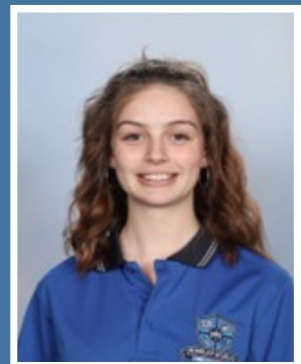
Year 11– Taree Fletcher




Year 8– Keely Williams



Year 9– Jude Ballantyne



Year 10– Eliza Manning



**Benalla P-12 College**  
**Year 7 to 11**  
**Presentation Night 2021**

December 8th, 2021  
Starting 5:30pm  
Faithfull St Stadium

Please RSVP by December 1st using the google form  
on Compass.  
Students to wear full school uniform.  
A light supper will be provided.  
COVID information found on Compass.



Follow us on  
**Instagram**

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



We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

### Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a home where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

### Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

### Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a corner and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

### Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have have such a positive impact on those around you.



# parenting \*ideas

## Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 'a favourite aunt who rarely ever gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager. If that doesn't work for you, pretend your child is a neighbour's kid!

## In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it make everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.



### Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au)



Follow us on  
**Instagram**

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**Racquet Club**  
TENNIS COACHING

## TENNIS ENROLMENTS

Coaching programs offered at Euroa Lawn and Benalla Lawn Tennis Clubs

- Group sessions (Ages 3+)
- Squad sessions
- Private lessons
- Cardio Tennis

Tennis Australia accredited coach Kyle Andrews  
For more information  
[www.racquetclubtenniscoaching.com](http://www.racquetclubtenniscoaching.com)  
0405 208 529



# 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**

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

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



## 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>



Follow us on  
**Instagram**

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