

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,

Last Thursday our music department held the annual End of Year Concert for our bands and instrumental music students. This is always a fantastic event and a great way to highlight the hard work of all the students and the music staff.

There were excellent performances by our Stage Band, Symphonic Band and Year 7 Band, as well as some outstanding individual performances from Cheyane Vaughan, Georgia Nichols and Katie Barrow-Glass. These students are performing at a very high level and are to be congratulated for their commitment to their lessons and practice.

Thankyou to all the parents and extended family members who came along on the night. And thankyou to our music staff Barry Roberts, Kristen Nichol, David Roe and Steve Winkler.

This week is another busy one with transition day today, Year 7-11 presentations on Wednesday and Grade 6 Graduation on Thursday. I am looking forward to recognising and celebrating the excellent work of our students at these events.

Please remember that attendance at these events by parents and family is restricted to fully vaccinated people only. There will be check in facilities at the entrance to the events and we will be checking vaccination status as a condition of entry. Thankyou for your support and co-operation with this.

Tony Clark
Executive Principal.

please note

The Faithfull Street Canteen will not operate next week during Activities Week. Students will need to bring their lunch to school.

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



BENALLA P-12 COLLEGE

COMMITTED TO EXCELLENCE

DATES TO REMEMBER

Monday December 6

Years 7-9 Swimming Program

Tuesday December 7

Statewide Transition

Wednesday December 8

Year 7-11 Presentation night

Thursday December 16

Year 12 Graduation

Friday December 17

Last Day of Term

1.30 Dismissal



Our College Values

Respect

Responsibility

High Expectation

Integrity



BENALLA P-12 COLLEGE
COMMITTED TO EXCELLENCE



2022

dates
to Remember

Judds Uniform Shop will be open at the Faithfull Street Campus on the following dates:-

Thursday 20th January 10am-3pm
Friday 21st January 10am-3pm
Saturday 22nd January 10am-3pm
Sunday 23rd January 10am-3pm
Monday 24th January 10am-3pm

Alternatively, you can call Judds Yarrowonga to place an order over the phone 5744 1269



**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 instil 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



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Art at Avon

Avon students had a wonderful time making awesome pottery in Art!

The Preps making gorgeous Fairy doors

The Year 1/2's stunning birds and the Year 3/4 amazing Fairy houses and Bird Houses.

Just amazed at their imagination and talent!

Ms Gregg



Avon Students of the Week

Pictured right are our students of the Week: Piper, Dustin, Bjorn, Aiden, Rifa, Hayden and Charlotte



Well done Charlie, Liam and Harry who were this weeks Red Apron Winners!



Year 3/4 Athletics 2021

Congratulations to all the Year 3/4 students who competed in the athletics event. You have trained very hard for this event and performed really well on the day.

The House results are:

1st Buller (Blue) 440

2nd Stirling (Red) 387

3rd Buffalo (Green) 379

4th Hotham (Yellow) 375

Well done to Buller!

Thank you to all staff who worked hard to make the day a success.

Vanessa Neilson



Recently our Prep students have been learning about procedural texts. They have explored why we have them, when to use them and why it is important to follow each step carefully. Students have enjoyed following a range of instructions such as paper plane making and crafts.

In numeracy students have been learning about place value and have used the MAB blocks to help build numbers.

Students have been learning about persistence and the power of never giving up, even when things are tricky. Students challenged themselves to draw Rudolf without an eraser.

Ms Sloan



Waller Students of the Week



Our **Students of the Week for Week 9** were:

L-R: Tom, Olivia, Toby, Memphis, Zach, Vinnie, Oliver & Serenity

Sitting: Trae



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CLARKE STREET AWARDS



Students of the Week

Ella, Boden, Amali, Mia, Eve & Amelie

Kindness Awards

Picture right are: Ayden, Jackson, Evie, Eve & Lochy



VET Community Services

It has become a Christmas tradition that Santa emails Miss Baker during Head Start every year to ask the VET Community Services class to be little helpers and prepare activity packs to be donated to well-behaved primary students that may benefit from an extra gift under their tree. The packs include Christmas Carol lyrics, stories, easy recipes, colouring in pages, word finds, chocolate treats and materials for a Christmas themed art activity. We wish everyone a Merry Christmas with loved ones.

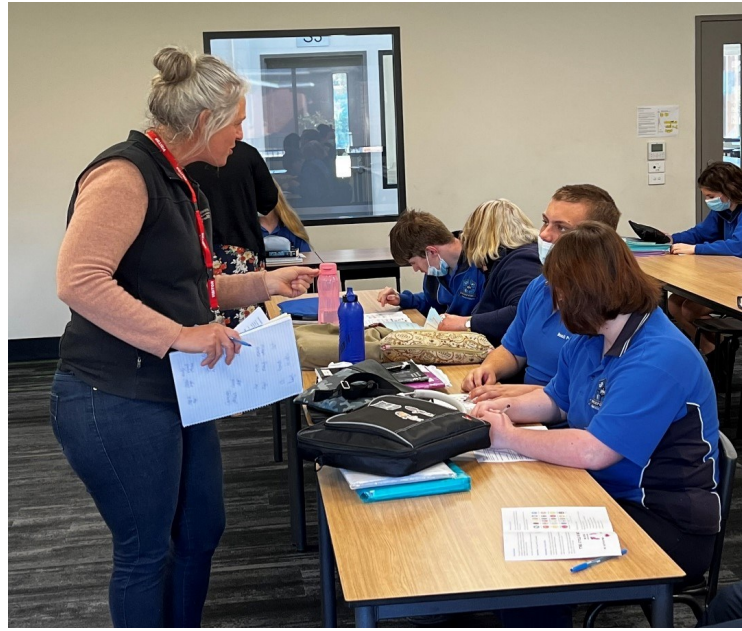


YEAR 10 CAREER SESSIONS

Year 10's, via their Humanities class, had the opportunity to have Suz Christinson work with them a couple of weeks ago. Suz is a Career Coach and led students through a session on creating a future direction for themselves, from subject selection, to career pathways.

Students looked at their strengths, made some goals and thought about ways they can support themselves to lead their own lives.

Many thanks to Tomorrow Today for helping to organize for Suz to come and speak with our Year 10 cohort. Thanks to Suz for her interesting and thought-provoking sessions.

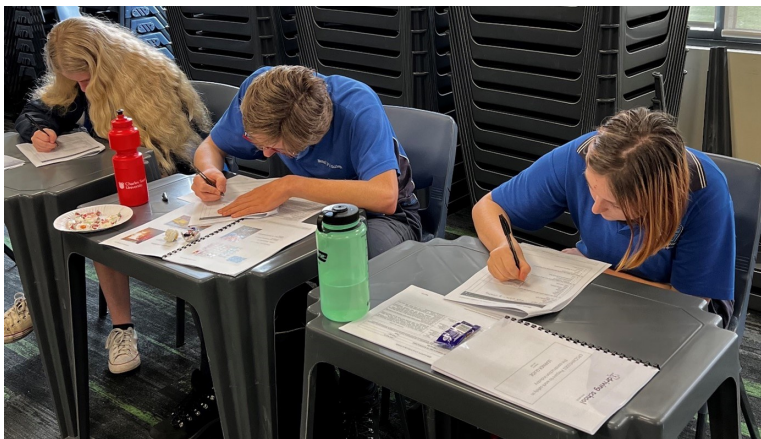


CONSTRUCTION INDUCTION CARD TRAINING

A group of Year 9, 10 and 11 students undertook the CI Card or White Card training on 26 November. Run by 1 Stop Driving School, the trainer spent the day working with students as they learnt about Work Health & Safety. Sections included legal requirements, risk management, construction hazards and construction emergencies.

Congratulations to all 12 students who completed the course. This means that they can now undertake work experience or a School Based Apprenticeship on a building/work site.

Thank you to Doris Arendt from Geared4Careers for organizing the course to be run, Tony Finn from 1 Stop Driving School for running the certificate and to Schneider Electric for sponsoring our students to undertake the course.



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



Year 7– Ryder Levy



Faithfull St School-Wide Positive
Behaviour Support Awards

Term 4, Week 8




Year 10– Ebony Armstrong



Year 8– Jaxon McCarthy



Year 9– Grace Cooney



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.



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Can you help The Salvos this Christmas?

Benalla P-12 College Christmas Food Drive

Each year the Benalla Salvation Army helps more than 65 families with Christmas food hampers. To do this we rely heavily on donations from the wider community. If you are able to help us this year with a food donation could you bring your donation to your Benalla P-12 College Campus Office, by Monday 13th December.

Suggestions for food hamper donations:

Plum pudding, jam, canned fruit, sweet treat,
savoury treat, bon bons, Tim Tams.

**Thank you for your assistance to help families in our
community this Christmas.**



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Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.



Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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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School Holiday Netball Clinics & Where to Play

Netball Clinics in January 2022

THURSDAY 13TH JANUARY 2022

2pm to 4pm for 8-year old's to 12-year-old

4:30pm to 6:30pm for 13-year old's – 17-year old's

Clinics to be held at Benalla All Black Football Netball Club, Netball Courts

TUESDAY 18TH JANUARY 2022

2pm to 4pm for 8-year old's to 12-year-old

4:30pm to 6:30pm for 13-year old's – 17-year old's

Clinics to be held at Benalla Netball Association

Both Tuesday and Thursday session will be ran by local Benalla coaches from Benalla Netball Association and Benalla All Blacks FNC.

Everyone is welcome

Where to Play:

Benalla Netball Association

Contact Details -

Name: Kirsty Renkin

Email: benallanetball@gmail.com

Facebook: Benalla Netball

Benalla Saints Football Netball Club

-Associated with GV FNL

Contact Details -

Name: Megan Morrison

Email: meganhannah@live.com.au

Facebook: Benalla Saints

Benalla All Blacks Football Netball Club

- Associated with O&K FNL

Contact Details -

Name: Rebecca Mudd

Email: babfnc3@bigpond.com

Phone: 0416755226

Facebook: Benalla Netball

Goorambat & District Football Netball Club

- Associated with O&K FNL

Contact Details -

Name: Carma Priest

Email: carma.priest@bigpond.com

Facebook: Gooramab & District Football

Netball Club



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
0405 208 529



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

Empower

A free event for women



**I am enough
I am worthy
I am able**



A two-day workshop that focuses on you!

Working to empower participants in a person-centred practice allowing the individual the freedom to choose their own journey. Building strong relationships and community connections.

8 & 9 December, 9 AM - 3 PM

Free lunch included

The Centre for Continuing Education
17 Chisholm Street, Wangaratta

For more information

SMS or call 0428 107041 or email empower@thecentre.vic.edu.au.

Secure your spot by Monday 6 December.

Please bring ID (Medicare card) and proof of vaccination.

Reg. Nr. A0001858K | The Centre is a Child Safe Organisation | Training is delivered with Victorian and Commonwealth funding: individuals with disabilities are encouraged to access government subsidised training.

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**