

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,

As the substantive principal at Mansfield Secondary College, I have been privileged to work at Benalla P-12 these last two weeks, replacing Tony Clark whilst he is on leave. At a system level, it is not often we get the opportunity to see inside another college, and I have enjoyed the opportunity to be part of the team here. My reflection is on the capabilities of the staff and the leaders, and a core of very capable students.

The college has been working on their Annual Implementation Plan for the year, and has focal points around:

- The Tutor Learning Initiative, working with a particular focus on Numeracy, across years 4,5,7 & 9
- Wellbeing and mental health, particularly focusing around safe and orderly learning environments
- Literacy; 'writing to learn' at Faithful St, and a structured 'literacy block' across the junior school

The Annual Implementation Plan was accepted at School Council on Monday night.

With respect to School Council, we have extended our Parent category nomination period through to the end of this week (4 pm Friday 8th March.) We are still seeking parents who would like to be involved with the college in this way. It's a great way to see inside the college and an important way of supporting your children. Please contact the general office to obtain the nomination form.

Advance notice that the college has a college-wide curriculum day planned for Friday 11th March. On that day the senior campus will be focusing on the AVID Program, and the junior campuses are coming together to develop the curriculum program for the 'You Can Do It' initiative. We appreciate the support of parents to enable this important work to occur.

AVID stands for Advancement Via Individual Determination. It is a whole school approach to raise the educational achievement of all students, using a differentiated approach to curriculum delivery that supports student voice in the learning process. Further information can be found at <https://avidaustralia.edu.au/>

Email: benalla.p12@education.vic.gov.au
Web: www.benallap12.vic.edu.au



DATES TO REMEMBER

Tuesday 1 March

Southern Ranges Swimming-
Benalla Aquatic Centre

Friday 11 March

Student Free Day

Monday 14 March

Labour Day Public Holiday

Friday 11 March

Student Free Day

Monday 14 March

Labour Day Public Holiday

Tuesday 15th March

Hume Swimming

**A reminder to families to
please sign Local Excursion
and Media permission forms
on Compass**

Our College Values

Respect

Responsibility

High Expectations

Integrity

All the best with the school year.

Kind Regards,

Timothy Hall

Acting Principal – Benalla P-12

For

Tony Clark

Executive Principal – Benalla P-12



Camps, Sports &
Excursion Funding

CSEF APPLICATIONS ARE OPEN

*Helps Eligible families cover the cost of camps, sports and excursions.

*If you hold a means-tested concession card, you may be eligible.

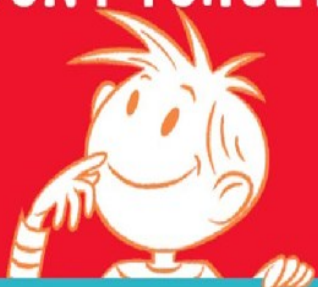
Payments are made directly to the school.

*If you applied for CSEF last year, you do not need to complete an application form, unless there has been a change to your family circumstances.

*All NEW students must complete a form to apply for CSEF.

Please contact your campus office for more information.

DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:

17th March 2022

The school only accepts **LOOP**
orders on-line

SCHOLASTIC
Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP



dates to Remember

**BENALLA P-12 UNIFORM SHOP
2021 OPEN DAYS
FAITHFULL STREET
CAMPUS**

BACK TO SCHOOL UNIFORM DATES

- Wednesday March 9th 3pm-5pm
- Wednesday April 6th 3pm-5pm

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

Call Judds Yarrawonga on
5744 1269 for any further details



A reminder to families
that our Foundation
students will have
each Wednesday off
until the 16th March.



Follow us on
Instagram

TERM 1 DATES, TUESDAY 31ST

The Grade 1 and 2 Students have had a wonderful time mixing colours! The children were only given the 3 Primary colours and the challenge was to mix secondary colours, remembering the colours they needed to use. We then added white to create some amazingly unique colours. Students practiced using their brushes "Like a Ballerina", using smooth brush strokes and not letting their work look dry or scratchy.

We started with Icy poles, then created fish with careful patterns and then some early finishers got to explore some beach scenes.

Ask them to teach you all about colour mixing!
They are just amazing little artists!



STUDENTS OF THE WEEK



This weeks Students of the Week were: Darcy, Rebecca, Joshua, Lenni and Maxine

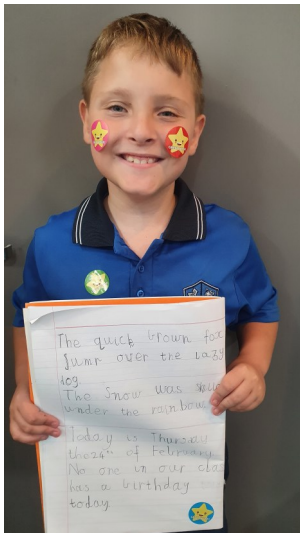


Follow us on
Instagram

The students at Waller Street Campus are in spin and it's all thanks to Terri's Terrific Twister apples. They started appearing around campus last week as a tasty treat during recess and lunch. Many students who are yet to experience having their apple turned into a slinky believe that it is an act of witchcraft. To find out what all the Jazz is about I went to the Pink Lady herself, Terri.

To be able to transform a boring old apple into a cored spiral of fun, Terri believes it takes a lot of love, skill and a machine she found under the bench in the staff room.

The majority of the apples that Terri uses are supplied by the Second Bite program; however, students are welcome to supply their own apples. For the best results, Terri recommends a good firm Granny Smith although she personally prefers the taste of the red apples such as Jazz. Terri believes that the process enhances the flavour of the apples. There is no set time that Terri has locked in when she makes the apple twisters; they are more of a random act of kindness to spread joy. Terri has big plans for her magnificent machine which may include an attempt at twisting a watermelon.



Pictured left is Johnny and his GREAT handwriting!

Our Grade 1/2s have been working super hard on their handwriting over the last few weeks! Johnny's is just one wonderful example! Keep up the GREAT WORK!



ATTENDANCE WINNERS AT WALLER

Week 3 Winners for the class with the highest attendance percentage was Mrs Carracher's 3/4 class with 91.7%. The class chose to watch a show on the big screen with popcorn in the air-conditioning at lunch time.



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Last Monday Year 3/4 students from Waller and Avon participated in Hockey clinics run by Hockey Victoria representatives.

A big thank you to Lee Manning and Erin Jenkins for showing the students how much fun Hockey is. Please have a look at the flyer attached to the newsletter for more information about Benalla Hockey.

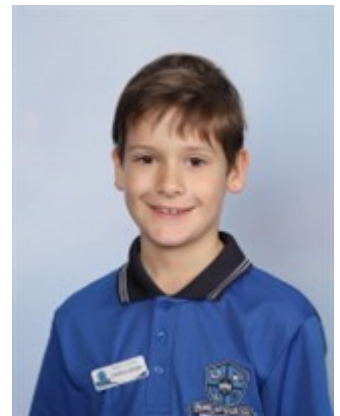


OVENS & MITTA DIVISION SWIMMING

Congratulations to Arni Lees, Darcey Carracher, Sophia Young and Noah Anderson who all competed in Wangaratta at the Division swimming event last week. They gave their events their best effort on the day. Well done to Arni who finished in third place in both freestyle and backstroke.

These are the students who competed at the Ovens & Mitta Division swimming event in Wangaratta.

Vanessa Neilson
PE Teacher



Benalla P-12 College Year 5 Students experienced Camp Howqua last week. This camp is designed to challenge students and build friendships and relationships with staff members. Camp Howqua helps to develop teamwork, self-confidence, independence, resilience, and kindness. The students enjoyed an action packed camp participating in a survivor course, Waterslide fun, Horse Riding, Flying Fox, High Ropes Course and Archery. We were delighted to see our students grow in confidence with their peers and staff members over the duration of the camp.



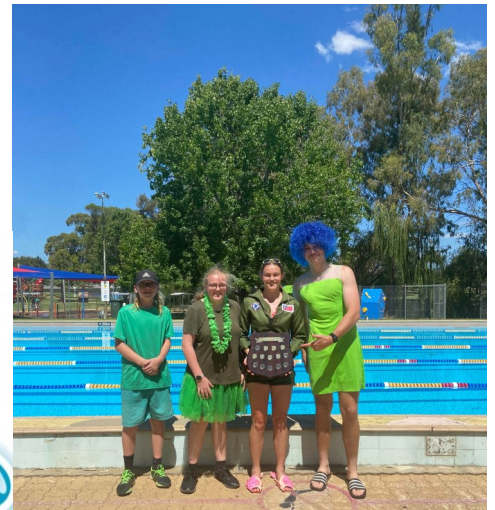
SOW-Carlissa Terry & Hayley Lau- Absent:- 3 other winners



Kindness- Eve & Levi

BUFFALO HOUSE WINS..

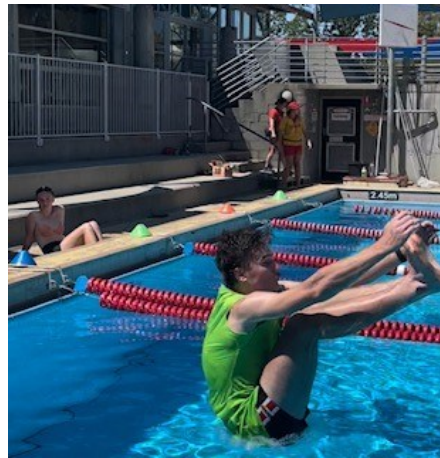
Congratulations to Buffalo who were crowned the winning house at the swimming sports on Tuesday. The pool was the place to be as we were blessed with beautiful weather for the day. Congratulations to all students who participated and supported each other!



House Champions - BUFFALO
Toby, Abbey, Maddy, Darcy

Age Champs

Back - Bailey, Damon, Oliver, Tayissa, Justin
Front - Nikita, Alyssa, Toby, Amali, Bronti, Connor



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MENTAL HEALTH PRESENTATION

Explore the practical and theoretical focus on mental health for individuals and organisations, not just those involved in sport.

OUR SPEAKERS



Professor Rosemary Purcell

(M. Psych, PhD)

Rosemary is the Head of Elite Sports and Mental Health at Orygen (Australia's National Centre of Excellence in Youth Mental Health), a Professor in the Faculty of Medicine at The University of Melbourne and a registered psychologist. She is a member of the International Olympic Committee's Mental Health Working Group, which is leading the promotion of mental wellbeing in Olympic sports, and has worked with a range of national professional sports in Australia, including the AFL and Australian Institute of Sport.



Tom Downie

Tom grew up in Benalla and left for boarding school in Ballarat in 2010 at the age of 16 to pursue his dream of basketball. He was selected in the Australian U17 basketball team which represented Australia at the 2010 World Championships in Germany. In 2011 Tom was drafted by Greater Western Sydney in the AFL and after relocating to Sydney made his AFL debut against Fremantle in 2013. After 8 more AFL games Tom retired in 2017 to focus on his mental health. At present Tom is a Youth Worker, a speaker for Beyond Blue and a player for Williamstown in the VFL.

THURSDAY 10 MARCH 7.30PM

**Benalla All Blacks Social Rooms
Ackerly Avenue Benalla**

FREE EVENT

Catering will be provided.
Please let us know if you are coming.

RSVP

Ray Gallagher (babfnc3@bigpond.com)
Paul O'Brien (04 02 309 627)



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INSIGHTS

How to help your child be a good friend



Winnie the Pooh once said that “a day without a friend is like a pot without a single drop of honey left inside,” and my bet is that when he said this, that he wasn’t talking about any friend, he was talking about a *good* friend.

Being a good friend and knowing what a good friend entails is an integral component of friendship. Research says that kids start making meaningful friendships from around the age of four and from that point onwards, friendships will contribute to their wellbeing, learning, confidence and mental health.

But understanding what a good friend is can be tricky, so here are some strategies you can use to help explain what being a good friend means to your child and how they can be one.

Defining what it means to be a good friend

While most adults know instinctively what a good friend is, explaining this to kids can be difficult, says Reach Out’s Online Community Coordinator Janine Nelson.

Pinpointing some of those elements of what being a good friend means can be a great way to start.

For example, “being a good friend means including concepts of respect, loyalty, providing support and having fun together”, Nelson explains.

“Good friends typically display behaviours such as being trustworthy, someone who is around for the hard times not just the good times, and someone you can laugh with. Good friends respect your boundaries, and make you feel comfortable being yourself.”

Healthy Harold and the team at Life Education add that “generally, being a good friend involves loyalty, empathy and trust. A good friend would listen, be an upstander instead of a bystander, be forgiving, be patient, and respect your opinion. They are empathetic, and able to put themselves in your situation.”

What a good friend is can vary and change

It is also critical for kids to know that a good friend can be different for different people and that what we view as a good friend can change over time and as we grow.

“As kids grow older, it’s important to help them understand that there are many different types of friends and that these relationships can change over time,” says Nelson.

Helping your kids understand that this is normal and that it doesn’t equate to failure, while also supporting them through these changes is important.



parenting * ideas

Teach your child friendship values.

Life Education says that helping your kids understand what specific values are associated with friendship is key to understanding what a good friend looks like and how to be one.

"Friendship values include being a loyal friend, accepting differences in a friend, standing up for a friend, being kind and supportive to a friend and including a friend in games," they explain.

Teach and model the social skills that underpin successful friendships

While knowledge and values are a key underpinning, consolidating these with skills is the next step.

Life Education suggest you "explain to your child that just as they can get better at swimming by practising, they can also get better at making and keeping friends by practising social skills such as smiling and greeting classmates, sharing, cooperating, negotiating, being positive, having an interesting conversation, playing games well (e.g., being a good winner and loser)."

Praise the good stuff

Provide positive feedback when you observe your child using social skills or values that have the potential to contribute to the development of their friendships. This will help reinforce the values that make a good friend.

Empower them to find their own solutions

Don't always try to fix every problem that arises, be present and support the children as they try to find a resolution. Create an environment where no questions are off limits so that nothing is too uncomfortable to discuss.

Friendships in adolescence are different

As your kids grow into teens, friendships often take on a different significance and influence. Reach Out advises some additional strategies for parents with pre-teens and teenagers to use to help support them being a good friend. Work with your teen to set expectations around how they should treat their friends. A reminder of the values of a good friend and the skills that a good friend utilises can be helpful.

Be supportive if your teen comes to you about an issue with one of their friends without necessarily always trying to solve the problem. Listen openly and non-judgmentally without jumping into solution mode can be helpful. Model the behaviours of being a good friend. For example, you could get your teen involved if you are cooking a meal to support a friend and use the opportunity to talk about why that is important to you.

In closing

Helping your child understand the distinction between being a friend and being a good friend is important but supporting them to become one can be a tricky process. It can vary depending on you, your child/ren, the friendships and over time. Experiment with different strategies and techniques and see what works best for you and your child/ren.



Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on [Instagram](#).



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Come & Try Hockey!

Thursday 3rd March 2022

All ages **First 2 nights FREE!**



Have fun, make friends
Whole family can play together
Come and surprise yourself!
No experience needed
Equipment provided
COVID safe



All abilities

HOOKIN2HOCKEY

4.30 – 5.30 pm 5 – 12 year olds

FUN SUMMER HOCKEY

6 – 7 pm Teens and Adults

Term 1 = fun hockey, Term 2 = competition starts
Hockey field, Churchill Reserve cnr Waller & Margaret St
Bring a hat, drink, and friends!

More info: Lee 0416 169 767, benallahockey@gmail.com, [facebook](https://www.facebook.com/benallahockey)



2022 Autumn Netball
Competition

Calling all Net Set Go,
Under 11, Under 13 and
Under 15 netballers.

Our Autumn Netball competition will
commence in early March at Churchill
Reserve

For registration details - please visit the
Benalla Netball facebook page or email
benallanetball@gmail.com

Squash Juniors



PEEP Calendar
Term 1 2022



Now playing on
Sundays
4pm to 5pm.

Come play some fun 'quirky games' and you might find
you are really good at squash and enjoy it.

Girls and boys of all ages welcome

Where: Thomas Street Squash Courts, just behind
the Police station.

Contact: Vicki 0439 822 207

Please note: You need to be registered to attend. No sessions during school holidays or on public holidays.
We are taking precautions to be #Covid-19safe. Proof of Covid19 double vaccination is currently required to attend.

Day	Session Name	Time
Mondays	Multi Age Group 1 (0 – 5 years)	9.30 am – 10.30 am
	Multi Age Group 2 (0 – 5 years)	10.45 am – 11.45 am
	Middle Babies (approx. 5 – 8 months)	12.00 pm – 1.00pm
	Intro Babies (approx. 0 – 5 months)	2.00 pm – 3.00 pm
Tuesdays	Multi Age Group 1 (0 – 5 years)	9.30 am – 10.30 am
	Multi Age Group 2 (0 – 5 years)	10.45 am – 11.45 am
	Older Babies (approx. 8 - 12 months)	12.00 noon – 1.00 pm
	Multi Age Group 4 (0 – 5 years)	2.00 pm – 3.00pm
Wednesdays	Multi Age Group 1 (0 – 5 years)	9.30 am – 10.30 am
	Multi Age Group 2 (0 – 5 years)	10.45 am – 11.45 am
	Multi Age Group 3 (0 – 5 years)	12.00 noon – 1.00 pm
Thursdays	PEEP Multi Age Group 1 (0 – 5 years)	9.30 am – 10.30 am
	PEEP Multi Age Group 2 (0 – 5 years)	10.45 am – 11.45 am
Fridays	PEEP Multi Age Group 1 (0 – 5 years)	9.30 am – 10.30 am
	Multi Age Group 2 (0 – 5 years)	10.45 am – 11.45 am

PEEP is a facilitated weekly session for families with children from birth to pre-school age (0-5 years).
The program celebrates the role you play as your child's first and most important educator. PEEP supports
you in your parenting role and helps you and your child to learn new skills and prepare for learning at school.

To register contact: Tomorrow Today (03) 5762 1211 or for more info visit
www.tomorrowtoday.com.au

Social Media: Please 'follow' the Tomorrow Today Facebook page and join the
'PEEP Benalla' Facebook group.



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